
What's Afoot

USATF #127

A Newsletter for The Stevens Creek Striders Running Club

www.stevenscreekstriders.org

FEBRUARY 2000

President's Message

With memories of the holiday season lingering in our collective thoughts, we are now well into the new year. And with the winter solstice behind us, it's a downhill slide to longer days ahead. Already, blossoms and other signs of renewal color the countryside, heralding the approach of Spring. Life is good in the Silicon Valley.

The holiday season was good for the Stevens Creek Striders. In early December, we took the Christmas Relays by storm with a record 12 teams! **JERRY HILL** and his "Hilton on Wheels" were on site to make our conspicuous encampment. The Striders banner flew high above our merry throng, and we were, indeed, a force to be reckoned with. We were certainly hard to miss. Later in the month, we gathered en masse for the annual holiday party and awards ceremony. Over 70 members and friends joined us for this, our biggest and most festive event of the year. I'd like to credit our Vice President, **JANINE FLAGG**, who went the extra mile to make both of these events so successful. Please join with me in thanking her for another memorable holiday season.

At the holiday party we recognized members for their significant athletic accomplishments during the preceding year. Our "Big L" Award recipients were **CHRISTINA BROWNSON, STAN**

by Doug White

JENSEN, GAYLA JOHNSON, PAT KOREN, and MARK WILLIAMS. Congratulations to all five of these people for such noteworthy achievements. Their perseverance and determination are inspirational.

Last year, we made some significant contributions to the greater running community by providing volunteer support at a number of races. I'd like to encourage continued activity in this area. It's an important way for us to really make a difference for our fellow runners. Along that line, I have already been contacted by the Race Director Staff of the "Bay to Breakers." They are looking for volunteers to support that wild party in May. This is a great opportunity and a really fun experience. If you volunteer for one of the "walls," you get to run the race for free. Please contact me if you want to volunteer, and I'll get you signed up.

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What's Inside

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Looking ahead, many of us are diligently preparing for significant races and perennial running events. A smaller group of Striders have begun a habit of doing long trail runs on Sundays. We try to do a variety of wilderness courses, exploring remote trails in the local environs. If any of you are interested in participating in these runs, just let me know, and I'll add you to my notification list. I usually use email to announce the meeting place and course description, but I also make announcements at our Saturday meetings the day before.

Wishing you all the best of everything through the coming year...

Fair winds.

Doug White

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www.stevenscreekstriders.org

ABOUT OUR CLUB

The Striders have group runs every Saturday morning at 8:30 AM. We meet in the lower parking lot (main lot, just below the dam) of Stevens Creek County Park. This park is located along Stevens Canyon Road in the foothills between Saratoga and Cupertino. Prior to the run, we hold a group meeting with announcements. After these Saturday runs, many of us meet at the Cupertino Hobee's restaurant (in the Oaks Shopping Center) for breakfast.

On Thursday nights throughout the year, we hold track workouts at the Cupertino Junior High School track on Homestead Road and Bernardo. The actual workout begins at 6:00 PM, and consists of about 3 miles of speed work. People usually arrive a bit early to warm-up.

During daylight savings months (late April through late October) the Striders meet for evening group runs at Rancho San Antonio County Park. These runs are held on Tuesday and Thursday evenings at 6:00 PM.

Stevens Creek Striders Member Profile Al Morotti



Al was born in Colfax, California some time back, we don't know exactly when, and it isn't important. What is important is that he can honestly say he was a founding member of a running club called "The Heavy-Breathers Club". (Was there ever a more perfect name for a running club?) Before that, Al was a navy man, enlisting in January 1942, and retiring 20 years later. Not one to just sit around on his pension, after retiring from the navy, Al went to work in the electronics industry here in Silicon Valley. He worked as a Senior Test Technician at Watkins Johnson until a second retirement in 1989.

It was in the early 1970's at Watkins Johnson that Al, along with some other employees, got interested in running by attending an exercise class at nearby Lynbrook High School. This was the beginning of The Heavy Breathers Club. Al ran his first mile by going round and round and round inside the gym - 16 laps for a mile. When daylight savings time kicked in, they all went outside to run only about 3

continued on next page . . .

miles at a time. Al figured this was plenty for anybody! But as many of us know, it doesn't often stop there, and before he knew it, Al was training for his first marathon at age 55. When he showed up for work wearing his Paul Masson Marathon shirt, his buddies Johnny Gorino and Larry Gomez had T-shirt envy and soon they were all training for another marathon together. Larry and Johnny went on to become ultra-runners, while Al decided since he couldn't seem to break the 4-hour mark after a few marathons, he'd go back to enjoying the 10k's.

After years of running, Al's knee began to hurt, and kept getting worse, so he hung up his running shoes and bought a bicycle. When he isn't watching the 49er's or making wine with Strider John Felde, Al enjoys riding his bike about 3 to 4 times a week, and swimming at Lynbrook High School three times a week! And while Al isn't a runner anymore, he is a very active member – look for him at breakfast on Saturday!



Above: Al running with his grandkids.

WELCOME NEW MEMBERS!

Brenda Allor
Rowena Branch
Susie Bump
Danny Dreyer
Lorenzo Bertuzzi
Robert Fenerty

Tammy Julien
Lilia Kim
Joan Lawson
Pritty Mandalia
Petr Mares
Joan Mullins
Russ Stanley

Susie's Story

by Susie Bump

I started running a year ago. My initial reason to engage in this activity was the dramatic results that I was seeing in my roommate - weight loss, increased energy, and sleeping better. So, I started in January 99; I barely could do a block. Then, I received a flier in the mail: San Jose Fit division of USAFit. Tom Kaisersatt turned out to be my coach. I was progressing quite well and then, a fractured pelvis due to roller blading accident. This occurred in June. I was determined to do the marathon in San Jose for October 99. I continued attending the Saturday lectures and obtaining the training schedules. As my running buddies were progressing, I was in the walk mode. I remember Carol, Tom's assistant, telling me: Run for life not an event. So, I received the clearance to "jog until it hurts" 6 weeks after my injury. Between ice, ibuprofen, and training, I successfully completed the half-marathon in October and I was very pleased.

Then, I thought "I'll try the Disney World Marathon, January 9, 2000." I continued with training and joined my Florida buddies (I relocated from Sarasota, Florida, 2 yrs. ago) for the millennium event. It was a totally awesome experience. 15,000 athletes at the start line. Fireworks sounding off and traversing the pavement through the theme parks and highway. Disney does an outstanding job in organizing the event.

The downside of the marathon was too much time on the highway vs. the theme parks, and the humidity. As for my first marathon performance: My first 1/2 was a great pace, 9 min. miles; however, I slipped to 11-12 min. mile in the last half. The only trouble that I had was blisters on my feet but I did finish!!!

I am looking forward to future runs with this running club and my friends that I have met since I started putting the "rubber side down."

Recipe Corner

Mocha Brownie Torte

(From Weight Watchers)

submitted by Christina Brownson

The following dessert was a big hit when Christina served it at January's Board meeting:

2/3 cup hot water
2 Tablespoons instant coffee granules
1 (20.5 oz) box low-fat brownie mix
(such as Sweet Rewards)
2 teaspoons vanilla extract
4 large egg whites, lightly beaten
cooking spray
coffee whipped cream frosting

1. Preheat oven to 325
2. Combine hot water and coffee granules in a large bowl; stir well. Add brownie mix, vanilla, and egg whites; stir until well blended. Pour mixture evenly into 2 (9-inch) cake pans coated with cooking spray. Bake at 325 for 20 minutes. Let cool in pans 5 minutes on a wire rack. Spray racks with cooking spray. Loosen brownie layers from sides of pans using a narrow metal spatula; turn out onto greased wire racks. Let cool completely.
3. Spread coffee whipped cream frosting between layers and over top and sides of torte. Serve immediately or store, loosely covered, in refrigerator.

Coffee Whipped Cream Frosting

3 cups frozen reduced-calorie whipped topping,
thawed
1 Tablespoon instant coffee granules

Place whipped topping in a bowl; sprinkle with coffee granules. Gently fold coffee into whipped topping (fold only until coffee granules disperse and whipped topping has a speckled look).

Per serving: 246 Calories, 45.5 g Carbo., 6.2 g fat

Christmas Relay 1999

As you read in the *President's Message*, the Stevens Creek Striders took the Christmas Relays by storm. We had a record number of teams this year, twelve in all. Some of the highlights include **DAVE BEAULEY**, who ran the fastest leg ever since the Striders have been participating in this event, and **LISA KELLY**, our fastest woman this year. Four Striders, **PAT KOREN**, **TOM KAISERSATT**, **DAVE MCLEOD** and **DOUG WHITE**, each ran two legs due to unexpected injuries and illnesses of other members. One member who suddenly fell ill was our Christmas Relay organizer, **JANINE FLAGG**, who after organizing all the teams, collecting money and sending in the registrations, came down with a bad case of the flu. We want to thank Janine and her husband **SCOTT FLAGG** for this beautiful, fun day. Although Scott did not run either, due to a twisted ankle, he bought the bagels we enjoyed that morning. Thanks you two, we missed you!

For specific times from the Christmas Relay, please see the chart that follows.



Future Strider **Jeffrey Booher** at the Christmas Relay

(No group photo was taken this year)

Christmas Relay Results

from Janine Flagg

Team #1 The Jingles Belles-W/Masters

Runner	Name	Total Time	Leg Time
1	Pat Koren	0:37:36	0:37:36
2	Judy Mays	1:13:13	0:35:37
3	Mary Miller	1:56:33	0:43:20
4	Christina Brownson	2:34:40	0:38:07

Team #2 The Snowflakes-W/Open

Runner	Name	Total Time	Leg Time
1	Tamlyn Schafer	0:34:34	0:34:34
2	Glorianna Ting	1:11:37	0:37:03
3	Teresa Centeno	1:46:17	0:34:40
4	Lisa Kelly	2:15:55	0:29:38

Team #3 Babes In Toy Land-W/50+

Runner	Name	Total Time	Leg Time
1	Laurie Hogan	0:46:57	0:46:57
2	Shelley Black	1:26:12	0:39:15
3	Marsha Levy	2:14:54	0:48:42
4	Mary Miller	3:00:36	0:45:42

Team #4 Toys In Babe Land-M/Masters

Runner	Name	Total Time	Leg Time
1	Doug White	0:30:06	0:30:06
2	Tom Kaisersatt	1:04:57	0:34:51
3	Steve Reagan	1:42:24	0:37:27
4	Eric Klein	2:12:00	0:29:36

Team #5 Rubber Legs-M/Masters

Runner	Name	Total Time	Leg Time
1	Charles Roberts	0:31:55	0:31:55
2	Sandi Radcliff	1:11:41	0:39:46
3	Tom Kaisersatt	1:48:53	0:37:12
4	Dave McLeod	2:25:10	0:36:17

Team #6 The Four Scrooges-M/60+

Runner	Name	Total Time	Leg Time
1	John Felde	0:41:06	0:41:06
2	George Black	1:27:13	0:46:07
3	Dick Wedge	2:06:35	0:39:22
4	Ron Weston	2:41:07	0:34:32

Team #7 Holly & Ivy League-Couples

Runner	Name	Total Time	Leg Time
1	Susan Tamburro	0:37:25	0:37:25
2	Dave McLeod	1:11:50	0:34:25
3	Peggy Alfred	1:44:10	0:32:20
4	Doug White	2:14:10	0:30:00

Team #8 Frosty's Flakes-Couples

Runner	Name	Total Time	Leg Time
1	Bob Hodges	0:46:34	0:46:34
2	Diana Schultz	1:27:37	0:41:03
3	Claire Schultz	2:02:20	0:34:43
4	John Schultz	2:30:40	0:28:20

Team #9 The Missiles Toes-Open

Runner	Name	Total Time	Leg Time
1	Bill Gough	0:27:19	0:27:19
2	Nick Brown	1:01:12	0:33:53
3	Navraj Nandra	1:29:10	0:27:58
4	Dave Beasley	1:53:52	0:24:42

Team #10 The Raindears-Couples

Runner	Name	Total Time	Leg Time
1	Kate Purdon	0:40:30	0:40:30
2	Simon Purdon	1:13:18	0:32:48
3	Emily Jones	2:00:24	0:47:06
4	Bill Jones	2:32:12	0:31:48

Team #11 The Vixens-W/Sub-Masters

Runner	Name	Total Time	Leg Time
1	Margaret Wagenet	0:46:30	0:46:30
2	Pat Koren	1:27:31	0:41:01
3	Sarah Westley	2:10:52	0:43:21
4	Laurel Frishman	2:50:50	0:39:58

Team #12 Santa's Slaves-M/50+

Runner	Name	Total Time	Leg Time
1	Darryl Denton	0:39:16	0:39:16
2	Jerry Hill	1:19:38	0:40:22
3	Bob Schmiedeskamp	2:06:25	0:46:47
4	Larry Phelan	2:46:26	0:40:01

FOR WOMEN ONLY

A team of scientists at McMaster Medical Center in Hamilton, Ontario, recently discovered that carbo-loading--as we know it, anyway--doesn't necessarily work for women.

Mark Tarnopolsky, M.D., Ph.D., assistant professor of medicine at McMaster and an avid ultrarunner, studied eight women and seven men for two four-day trials in which they reduced the time and intensity of their exercise, as though they were tapering. In the first trial, each man and woman consumed a normal diet, deriving 60 percent of their calories from carbohydrates. In the second, they ate the same number of calories but got 75 percent of their calories from carbs. And on the fourth day of each trial, they exercised for 1 hour at 75 percent of their max VO2, and then again to exhaustion at 85 percent of their max VO2.

"We did muscle biopsies before and after each of the hour workouts," says Tarnopolsky. "And we found that the men had increased their muscle-glycogen levels by about 45 percent on the high-carbohydrate diet, whereas the women hadn't boosted their muscle glycogen at all." As a result, the men were able to work out about 45 percent longer on this diet, while the women showed no increase in endurance whatsoever.

The carbo-loading hadn't worked for the women. The question is why?

Tarnopolsky has a theory: Women athletes need to eat more--especially when they're tapering. "It's likely that the total energy intake for well-trained women athletes isn't high enough to account for their activity," he says. "For instance, we know that men usually consume about 44 calories per kilogram of lean body weight, and women usually consume just under 40. So women may be in a state of mild starvation. And as such, their bodies may not be able to glycogen load."

Unless, that is, we do two things:

- 1. Chow down immediately after finishing a run.** "Following endurance exercise, both men and women show similar rates of glycogen resynthesis," explains Tarnopolsky. Which means, if we eat a high-carbohydrate snack--like a bagel, a glass of fruit juice or an energy bar--within 20 minutes of finishing a run, we may be able to boost our glycogen stores.
- 2. Boost carbohydrate intake even higher during the taper.** According to Tarnopolsky, women need to eat at least 8 grams of carbohydrates per kilogram of lean body mass in the four days before a race. So he suggests consciously eating the equivalent of an extra piece of fruit and a bagel each day during your taper. "In other words, don't simply increase the percentage of calories you get from carbohydrates, make sure you eat a little bit more overall--and that the extra food you eat is carbohydrates," says Tarnopolsky. "The only weight you'll gain is the water associated with glycogen storage." And that'll be gone come Monday--post-PR.

ANNOUNCEMENTS

Running Form Clinics and Classes

from Danny Dreyer

There will be a running form clinic at 9:00am on the first Saturday of every month. The cost is \$5 and the clinic last for approximately 1 hr. and 15 minutes. We'll meet at Stevens Creek County Park in the first parking lot on the left. There will also be a 3-session ChiRunning Class beginning on February 13th at 9:00am and will continue on the 20th and 27th of February. For class descriptions and details please see my website at: www.chirunning.com

Must Sell!! Linda Evans Lifetime Fitness Membership. Pay \$200 now, then nothing for six months. In six months you pay only \$19/month dues. Call LAURIE HOGAN at 408-257-7367

GERI SPEILER announces she is going to be a grandmother this July!
Her daughter-in-law is pregnant, and Geri is very, very excited!

Race Results

The following race result was accidentally omitted from the last newsletter. Sorry Mike!

Silicon Valley Marathon 10-31-99

Mike Kallbrier 3:22:54

Chevy Chase Turkey Trot, 5K, Bethesda Maryland 11-25-99

Rob Greenlee 46:50

Millennium 5K 12-31-99

Christina Brownson 2 days

Resolution Run 5Miles 1-01-00

Tom Kaisersatt 41:47

Christina Brownson 44:59

Rob Larson 45:38 PR

Pat Koren 49:00

Christopher Brownson 50:23

Hazel Donaldson 52:00

Mary Miller 52:00

Robert Miller 52:00

Gretchen Hartsook 52:00



Millenathon Half Marathon -Oakland, 1-16-00

Judy Mays 1:51:15 - 4th place in age division

San Francisco Half Marathon 1-30-00

Bill Gough 1:29

Tom Kaisersatt 1:49

Pat Koren 2:00

Christina Brownson 2:02

Rob Larson 2:27

Carol Borders 2:32

Brenda Allor 2:36 (+-)

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