

# What's Afoot



Stevens Creek Striders

A Newsletter For the Stevens Creek Striders Running Club

USTAF #127

www.stevenscreekstriders.org

## May-June 2000

### President's Message

As I pen this message, the summer solstice is nearly upon us. The long days are a welcome virtue of these dog days of Summer. For they allow us all the more time to be out on the trails enjoying our passion for running. Still early in Summer, we've had some unusually hot weather to contend with. Yet true to form, our running members seem to have taken this all in stride.

A lot has happened since Spring, and we've made good use of our time to play in the outdoors, enjoy each other's company, and contribute our time to the larger running community. In May, we held our annual Spring picnic, and it was a grand success. Despite the record heat, we had a very large turnout of "happy campers." I'll note that Marsha Levy did a wonderful job in making this happen for all of us. Also in May, Marsha led our efforts at the Dam Aid Station for the Quicksilver 50K/50M run. Many of our members turned out to lend a hand and support this race. Later in the month, about 20 of our members showed up to volunteer in the Human Wall for the Bay to Breakers race. These volunteer efforts constitute a significant contribution to our sport of running; and our participation reflects well on the Striders. For those of you who helped out in these events, I thank you on behalf of the club. You make us all look good!

Coming up soon, we will participate in the Western States aid station at Last Chance. Once again, "Sheriff" Jerry Hill will captain the Last Chance Saloon at mile 43 along the course. Many Striders are signed up for this activity, and I predict they'll have a great time, provided the mosquitoes haven't learned to like DEET.

Closing in on July, I remind us all that it's time to renew our memberships. You may give your dues (still \$20) to any Board member and be renewed for yet another year. On that note, I should announce the make-up of our new Board. Beginning on July 1st, the Striders Board will be staffed as follows:

**President: David Mcleod**  
**Vice President: Marsha Levy**  
**Secretary: Bill Gough**  
**Treasurer: Emily Bologna**  
**Newsletter: Margaret Wagenet**  
**Events Director: Steve Reagan**  
**Sargent at Arms: Pat Koren**

I hope you'll all join with me and welcome the new Board into their positions. They have a great club to lead.

With this in mind, I'll begin the close of this, my final President's message. To you, my Striders friends, I owe a great debt of gratitude. Having now served you for two years, I can say that I have been the beneficiary more than the benefactor. Without

exception, I have enjoyed phenomenal support from the club. From the bottom of my heart, I will tell you that my time as President of the Stevens Creek Striders has provided one of the most rewarding experiences of my life.

I leave the Board on a very upbeat note. The club has grown, and its demographics have changed considerably. Yet the personality of the club remains wonderfully immutable. Whenever asked by prospective members about our club, I proudly tell them that we are a group of friends who care as much about each other as we do about our running. It's this spirit of support and camaraderie that sets our "extended family" apart from the rest. It's good to be a Strider.

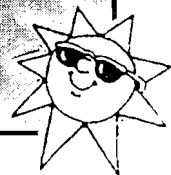
Now the time has come to bid you farewell and thank you for your support. May you experience nothing but the very best of everything that life has to offer. And so, with the blessings of the ancient mariner to his mates on the high seas, I wish you all "fair winds, following seas, and God's speed."

Humbly yours,

Doug White

### What's Inside

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## The Importance of Varying your Workouts: Adding spice to your running life.

By Danny Dreyer

I've always had difficulty with boredom. I hate being bored! I carry around an innate fear of repetition and stagnancy and my running program is no exception for good reason.

Doing the same runs every time you go out to run not only gets less and less interesting, but you're not helping your running any in the process. Think of it this way. Every time you go out to run, you exercise a certain set of muscle groups. If you always do the same runs, the same muscle groups will always get exercised, but what about all of the muscle groups that *don't* get exercised? What happens when a friend invites you to go running on her favorite course? What if it's hillier than your "regular" course, or different in some other way? If it is too different than what you're used to, you'll notice that you have to work a little harder than usual. That's because you might be using muscles that don't normally get exercised as much.

Varying your workouts is as sensible as not eating the same food for every meal. Just as your body craves nourishment from many different food groups, the muscles in your body need to be "fed" with exercise. If you always do the same run there will be many parts of your body that will go unattended because they're not required to participate. Therefore, I suggest that you try to provide your body with runs that require it to use different muscle groups. Here are a few suggestions:

- Hilly runs (help you to work your upper body)
- Trail runs (work more of your lateral muscles)

- Tempo runs (start slower and finish faster)
- Intervals (helps develop your leg speed and upper body)
- Long runs (LSD: Long Slow Distance builds aerobic capacity)
- Fun runs (rest your brain and your ego)
- Group runs (builds your social skills)
- Form runs (time to work on improving your bio-mechanics)

I maintain a 5 day running schedule and every run is totally different. The basic rule that I follow is to try not to do back to back difficult runs. Your body will thank you if you alternate easy and hard runs. Hard runs are for building your conditioning and easy runs are for recovering, both mentally and physically.

Adding a little "spice" to your running diet will work wonders on your running appetite. You'll find that you'll have favorite workouts. You'll have more to talk about to your friends. Your body will be better conditioned and boredom will never be an issue. At least while you're running.

## Tahoe Relay 2000

By Margaret Wagenet



Saturday, June 10 marked another year that the Stevens Creek Striders had a team at the Lake Tahoe Relay. I asked John Felde if he could remember how many consecutive years the Striders have been doing this event. He thought it must be at

least 18, since he remembers what his 1983 Tahoe Relay shirt looked like.

**Lisa Kelly** ran the first leg for our team, which started at the "Y" intersection, running 9.6 miles past all the hotels and casinos to Zephyr Cove, giving us an excellent lead for the rest of the day. Lisa handed off the **John Felde**, who chose to run leg 2, which is an 8.2 mile uphill climb. Next was **Charles Roberts** who ran leg 3, which he has done for several years in a row now, saying he likes the tradition of running the same section each year. Personally, I'm trying to run a different leg each year, so that in seven years I can say I've run all the way around Lake Tahoe. So this year I ran in leg 4, with **Janine Flagg** and **Laurie Hogan** which is 12.3 miles including Lakeshore Drive and Incline Village, crossing over the Stateline. Janine maintained another tradition of running into the Nugget Casino right over the stateline to drop a quarter in a machine! (No jackpot) I got to hand off to my brother-in-law **Robb Kolberg**, who flew down from Portland, Oregon to run with us. Robb kept a steady pace for 11.7 miles, handing off to **Randy Mahoney**, who ran the grueling leg 6, which is 10.5 miles, and saves all the uphill for the last 3+ miles. Our anchor runner was **Mike Shields**, who ran leg 7, up around the Emerald Bay lookout, then down the hairpin turns (watch out for that motor home, Mike!) all the way to the cheering crowd at the finish line.

The afternoon runners would like to thank their support person, **Bryan Booher** for providing excellent support. And a big thank you also goes out to **Bev Ward** who came along just to help take care of my baby so I could relax and enjoy the beautiful day of running at Lake Tahoe.

## Umstead 100-miler

By Karen Claire

Race morning...up at 3:30, a half hour before my alarm set for 4. I got to the park gate at 4:45, 15 minutes before the ranger would open it up for us, and joined the line of cars waiting to get in. I headed to the HQ building, geared up and ready to go. Fireworks began the run and we were off! It was still dark when we started - I think this was a good thing, as it meant a slow start to the first loop. Loop after loop came and went...I ran fairly steady for the first 30 miles. I finished 25 miles in 5:30. I slowed down in the last 2 loops though, and came in around 11:30 hours. Each 10 mile loop finished at race headquarters at Camp Lapihio. After finishing the loop, runners had to do a short out and back down to Lake Sycamore to begin the next loop, passing by the start/finish aid on the way out. I enjoyed waiting to stop for aid until after completing the out and back spur. So, the loops are going by and by...eventually it starts getting pretty windy, and the storm what was predicated was blowing in. I was advised after my third loop to bring some extra clothes along as the rain was expected to hit. I was glad to have my water vest on, I could store my Stevens Creek Striders long sleeve top (which I had worn for the first loop) on the back, in anticipation of wearing it soon. I was running near Mike somewhere around miles 6-7 of the loop I believe when the storm hit. I remember it started out a little slowly...I enjoyed the cooling effects of the water, and contemplated keeping my jacket off for a while. Then it really started to rain!! I got my jacket on, and

wondered how well it would protect me from the rain. I ceased to wonder as the pools of water gathered in the cuffs of the jacket sleeves - I was drenched! And it was COLD!! I basically just slogged it out until the end - if anything, I think the rain sped me up to finish the 50, as I was trying to stay warm. I was COLD! We went inside HQ, where it was warmer. They had a fire blazing, and somebody on a stretcher they were trying to warm up in front of the fire. So many people were having trouble from the cold! I spoke with a woman named Rebekah who had lapped me at my mile 44 (she was on 54) - she said that she was hypothermic and couldn't go on. I warmed myself up in front of the fire (still in wet clothes) for a while, had some hot coffee, and headed back to the car to change into dry things.

I dried off and put on TONS of clothes. I had been resting/warming up for an hour now - it was around 6:30pm when I met my first volunteer pacer angel. It amazes me that people came in the middle of the night to volunteer to pace people! I am so grateful to all of them! And of course, the aid station and race volunteers who were there around the clock, too. Even the guy who made me smile every time I came in from a lap. My pace seemed to be slowing, but we made it thorough 70-80 by around 4am or so. I had my left foot re-taped by a Red Cross volunteer. I then met my 3rd volunteer pacer, I think his name was Bill. Unfortunately the batteries in his flashlight had died, so we ran without the benefit of additional light. We did have the

benefit of the sunrise, however. Yes indeed, I was lapped by the sun! We came in to mile 90 around 7am or so. It was weird to see people who had run the 50 mile leaving their tents to head to breakfast - they had been sleeping! I met my final pacer, Ben, who runs the Umstead web site. I recall when we got to mile 4, I said "4 down, 6 to go". Ben corrected me "\*94\* down, 6 to go!" - that helped a lot. I was definitely fading on this last loop - as Ben later told me, even my voice was fading, he had trouble hearing me near the end. But he kept me going with his loud proclamations of "98 miles!!", etc. He even told me I would run the last hill up to the finish...I thought he was nuts! Well, I guess this story has to end! We finally reached 99...I swore there was no way I'd run up that last hill, until I got to it, and I did run! I finished in 28:42:09, in tears of joy - it was awesome! I wish I knew more names of people to thank, all of the volunteers who helped to make this possible. Everybody at the two aid stations did such a great job! The Umstead folks made for a fantastic weekend!! I hope to return, either as a runner, or to help out with the event.

### Welcome New Members!

Lisa Curran  
Tane Davidson  
John Easterbrook  
Danika Harris  
Wallace Judd  
Sue Kayser  
Julie Laframboise  
Robert Lingscheit  
Sam Shimakage

## Whether your vacation takes you to the beach or to the mountains, here are some things to remember about running away from home:

### 1. Why do even superfit people get altitude sickness?

As you ascend above 9,000 feet, your body must adjust to a decrease in oxygen. The faster you climb, the greater the risk of succumbing to Acute Mountain Sickness (AMS), says Thomas Dietz, M.D., a wilderness medicine specialist in Hood River, Oregon. And the better the shape you're in, the quicker you'll climb, and the less time you'll have to acclimate. If you experience nausea, shortness of breath, an increased need to urinate or even a slight headache (often the first sign), don't ignore it. If you keep climbing, AMS can be fatal.

### 2. Is it better to run on hard, wet sand or the soft, dry part?

Neither, according to the Shelly-Lynn Florence, a running coach with Great Strides, a fitness consulting firm. Take your dog for a walk along the beach, but take your run to terra firma. That hard, wet sand can be jarring to the joints, and the sloping ground by the water's edge will give you an awkward one-hip-higher-than-the-other gait. Heading farther ashore has its own problems: Sinking in the sand is tough on the ankles and the Achilles. "Once a week, it might be good for building ankle stability," Florence says. "But running on the beach a couple of times on vacation is more likely to cause injury than do anything productive."

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## The Few, the Proud, The Fit

You or your partner may think you're in great shape, but could you make it as a member of the U.S. Marine Corps?

The chart below shows what Marines have to go through every six months to stay in the ranks.

**Note:** The sit-ups should be done with bent knees and within two minutes. One pull-up is raising your body with your arms until you chin clears the bar and lowering yourself until your arms are fully extended. The score for the flex arm hand measures how long you can keep you chin above the bar with your elbows flexed.

AGE	FLEX ARM HANG (F)	PULL-UPS (M)	SIT-UPS	3-MILE RUN(F)	3-MILE RUN (M)
17-26	15 sec.	3	50	31 min.	28 min.
27-39	15 sec.	3	45	32 min.	29 min.
40-45	15 sec.	3	45	33 min.	30 min.
46+	15 sec.	3	40	36 min.	33 min.

Source: Marine Corps Daily 16 workouts

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## 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.*

## Adventure Running Email List

On most weekends, a group of runners meets for a long trail run through our local environs. This is not an "official" club activity, but many of the participants are Striders.

We usually run two course versions: a shorter course of 12 - 15 miles and a longer course of 18 - 25 miles. The course changes each week, and runners receive notification of time and place to meet via email. This email includes a course description and any special considerations for survival.

If you'd like to be a member of this email distribution list, send an email to Doug White at [Adventure@edwhite.net](mailto:Adventure@edwhite.net). You will receive a run announcement whenever a run is planned.

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## JUST FOR FUN

### *Exercising My Rights*

My grandmother started walking five miles a day when she was 60. She's 97 now, and we don't know where the heck she is.

I joined a health club last year, spent about 400 bucks, and haven't lost a pound. Apparently you have to show up.

The only reason I would take up jogging is so that I could hear heavy breathing again.

I have to exercise in the morning before my brain figures out what I'm doing.

I don't exercise at all. If God meant for us to touch our toes, he

would have put them further up our body.

I like long runs, especially when they are taken by people who annoy me.

I have flabby thighs, but fortunately my stomach covers them.

The advantage of exercising every day is that you die healthier.

If you are going to try cross-country skiing, start with a small country.

I don't jog. It makes the ice jumps right out of my glass.

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## Upcoming Birthdays



Irene Smith - July 21  
Christina Brownson - July 21  
Susan Tamburro - July 24  
Joan Mullins - July 27  
John Harvey - July 31  
Teresa Centeno - August 3  
Sam McIntosh - August 4  
Tane Davidson - August 8  
Al Morotti - August 8  
Rob Larson - August 8  
Russell Stanley - August 11  
Larry Phelan - August 12  
Carol Borders - August 13  
Sandi Radcliff - August 15  
Diana Schultz - August 29

## Recipe Corner

### **Jalapeno-Lime Shrimp**

*from The Best of Cooking Light*

4 pounds large shrimp, peeled, deveined, and butterflied  
1 cup thawed orange juice concentrate, undiluted  
2 teaspoons grated lime rind  
½ cup fresh lime juice  
½ cup honey  
4 teaspoons ground cumin  
½ teaspoon salt  
6 garlic cloves, minced  
4 jalapenos, seeded and chopped  
cooking spray

1. Combine first 9 ingredients in a large zip-top plastic bag; seal and marinate in refrigerator 30 minutes. Remove shrimp from bag, reserving marinade. Thread shrimp onto 12 skewers.
2. Prepare grill or broiler.
3. Place the skewers on a grill rack or broiler pan coated with cooking spray, and cook 4 minutes on each side or until shrimp are done, basting frequently with the marinade. Yield: 12 servings (serving of 1 kebab) or enough for two runners.

*Note:* You can substitute 3 pounds of skinned, boned chicken breast or pork tenderloin, cut into 1-inch cubes, for the shrimp, if preferred.

### Newsletter Contributors

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# Race Results

## Big Bunny Fun Run 5K 4/22/00

Christina Brownson 25:00 (3<sup>rd</sup> in division)  
Christopher Brownson 30:00

## Pike's Peek 10K Sunday 4/30/00

Rob Greenlee - 45:40  
*The Pike's Peek result was in Rockville, MD, not on the mountain in Colorado. (It's a really lame name for a race down Rockville Pike.)*

## Country Music Marathon, Nashville, TN 4/29/00

Christina Brownson 4:29

## Big Sur Marathon 4/30/00

Bob Haynie 4:19  
Susie Bump 4:28

## Boston Marathon

David Bealey 2:33:35  
Rowena Branch 4:39:54  
Mike Kallbrier 3:48:15  
Lisa Kelly 3:41:43  
Michele Rodriguez 3:56

## Mi Wok 100K 5/6/00

Steve Reagan 16:20  
Noel Relyea 14:??

## Wildflower ½ Ironman Triathlon 5/6/00

Pat Koren 7:46

## Wildflower Triathlon 5/7/00

Christine Miller 3:07 - 14th Place Age Division

## Quicksilver 50-miler, 5/13/00

Gayla Johnson 8:26 - 1<sup>st</sup> place women/2<sup>nd</sup> place overall  
Noel Relyea 10:59 - 2<sup>nd</sup> in age division

## Quicksilver 50K

Danny Dreyer 4:30  
Eric Klein 5:22  
Stan Jensen 5:43  
Christina Brownson 7:00  
Pat Koren 7:00 (pacing Christina)  
Karen Claire 7:14  
Dick Wedge 9:03  
Rob Larson 10:00 - his first 50K!

## Uvas III Triathlon 5/15/00

Christine Miller 2:04 - 13th Place Age Division

## 10K Bethesda, MD 5/21/00

Walter Johnson 46:50, 2nd in age group.

## The Forest of Nisene Marks - Trail Marathon 6/3/00

Christina Brownson 4:53\* - 1<sup>st</sup> in division

\* Includes two "Kodak moments". The forest of Nisene Marks Marathon is in the beautiful Santa Cruz mountains on the Aptos Creek Fire Trail. It is about 95% shaded by redwoods. The course is an out-and-back with an elevation gain of 2500 feet in 12 miles with 2 steep climbs at the 5 & 10-mile marks. At the overlook at the turn around you get a spectacular view of the ocean. In conjunction with the marathon there is a 5K & ½ marathon. This year there were 50 runners in the marathon, 91 in the 5K and 160 in the half.

## See Alice Run - 5 miles 6/18/00

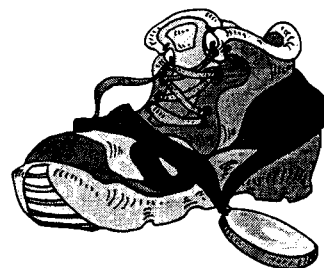
Peggy Alfred: 36:36, 1st in the 40-44 age group (and the women's masters).  
Dave McLeod: 39:57, 10th in the 45-49 age group.

The "See Alice Run" race is a 5-miler held in Golden Gate Park. This year (the second time the event has been run) it happened on Father's Day, June 18th. The race includes a free concert at the end, and this year the highlighters were "Green Day", and "Stroke 9". It's really a fun race that has grown from about 500 runners in its first year to about 1500+ runners in its second year.

## Western States 100-miler 6/23-25/00

Gayla Johnson was the 6th place woman with a time of 23 hours 6 minutes!  
Noel Relyea finished in 29 hours 42 minutes.

Thanks to Jerry Hill all the volunteers that worked at the Last Chance Aid Station. Once again, ours was among the best equipped and operated aid stations at the race.



To get race results or any other pertinent running club information published in "What's Afoot", either email them to [Mwagenet@aol.com](mailto:Mwagenet@aol.com), or telephone the newsletter editor at: 408-281-5909