
What's Afoot

A Newsletter for the Stevens Creek Striders Running Club - USATF#127- www.stevenscreekstriders.org

October-November 2000

Message from the President

What's Inside:

*Member Profile:
Christina Brownson!*

Providian Relay 2000!

Clambake!

Race Results!

Big L Awards!

October Board Meeting minutes!

Past Events:

Hard to believe, but summer is over! A good summer it was, too, for the most part – and we ushered it out with a wonderful Clam Bake Run & Beach Party that was very well attended. Approximately 35 Striders and guests ran, walked, biked and/or drove trails and roads to assemble at Waddell Beach and enjoy a veritable feast of homemade goodies, including soup, two kinds of chowder, an assortment of salads, plenty of desserts, and of course copious amounts of various liquid refreshments. For those who were unable to attend, there are photos on our web-site, so you can see what you missed!

By the time you read this, the Providian Relay – the 200-mile race from Calistoga to Santa Cruz – will already be completed. I'm sure that Doug White and Peter Hargreave will be supplying plenty of details and photos in time for our next newsletter.

Call for Last Chance Aid Station Captain

At our September board meeting, we heard from veteran Strider Jerry Hill, who has been Captain or Co-captain of the "Last Chance Aid Station" for the better part of the last two decades. After a long and distinguished service, Jerry has decided that it's time for him to hang up his clipboard and park the motor-home in more hospitable climes. Jerry will contribute to the Aid Station for the last time in 2001. After that, his selfless contribution of time and energy will be sorely missed.

Jerry addressed the board with the objective of putting out a request for someone to take on the role of "Last Chance Aid Station Captain" following his departure from the post. This is not a position to be taken lightly, and will probably require a two or three year commitment from the right person. At Jerry's suggestion, to make the job a little easier for the Captain, the Board has initiated the creation of a committee whose job will be to assist the Captain in fulfilling the logistical requirements of this annual undertaking. The committee currently consists of Marsha Levy and Steve Reagan, and we are looking for one or two others from the club who'd like to participate. But we also have a great need for one outstanding volunteer to Captain the effort on behalf of the Striders, so that our Club presence will continue to inspire those hardy ultra-marathoners past the 43-mile point.

The volunteer should have a very good understanding of what's involved in running as a competitor in a long-distance event of this type, so as to know what other runners' needs may be and to anticipate ways to fulfill those needs. The volunteer must also be prepared to participate in at least two meetings annually with the Race Officials in Sacramento. Jerry has suggested that the Captain should be prepared for at least a two-year stint, although a three or more year commitment would be better, since the first year is largely a learning experience and can seem quite daunting – but, as Jerry points out, the job does get easier with time, and the feeling of being overwhelmed does pass. And, to make matters a little easier still, Jerry will act as Co-captain with the volunteer for the first year in order to ensure that his knowledge and experience is passed on.

If you think you'd like to do this job, or if you know of someone who might be both qualified and interested, please contact a Board member with the information.

Holiday Party

Time is quickly running out folks! Don't forget about our Holiday Party, coming up on December 8th. We'd love to see a record turnout at this year's event, which will be held at Michael's Restaurant in Sunnyvale (not Michaels at Shoreline as I erroneously reported earlier!). Details of the event are posted on our web-site, but just as a reminder, here are the critical points:

When 6:30pm, Friday, December 8, 2000
Where Michaels Restaurant
830 E. El Camino Real
Sunnyvale, CA (408) 245-292
Cost **Before 25 Nov 2000:**
\$30 Members / \$40 Non-Members
After 25 Nov 2000:
\$35 Members / \$45 Non-Members

We'd like to get a fairly accurate head-count as soon as we can, so please sign-up for this event as soon as you know that you can make it. You can sign up by giving your details and payment directly to a board member, or you use our on-line form for sign-up if you prefer. However, in order to reserve your space at the discounted price, we need to have your payment, so please get it to us before November 25th. (Remember: after this date, the price goes up by \$5.00 per person.)

Big L Awards

One of the major attractions of our annual Holiday Party is the presentation of Big L and Strider-of-the-Year awards to club members who have distinguished themselves by virtue of outstanding achievements and/or contributions to the club. Award candidates are nominated by the general club membership and selected through a voting process involving the members of the current and last year's Board. Anyone who is an active and current Club can be nominated as a candidate for the current year.

Now is the time for you to consider your fellow Striders and to think about which of them is most deserving of an award. And don't be afraid to nominate yourself – we on the voting committee need all the information we can get about people who have distinguished themselves, so we can make fair and unbiased selections.

Eligibility

To be eligible for an award, a recipient must be an active and current (i.e. fully paid up) member of the Stevens Creek Striders

How do I Nominate Someone?

Nominations can be received in one of 3 ways:

1. A simple document in either paper or electronic format, turned in to any board member.
2. An email message to any board member.
3. The handy on-line nomination form found on our website: www.stevenscreekstriders.org

Just remember to include the following information about the person you are nominating:

- ✓ Your Name (this is optional and you can leave it out if you want).
- ✓ The name of the person you are nominating.
- ✓ Whether you are nominating her/him for a Big L or a Strider-of-the-Year award.
- ✓ A description of the accomplishments/contributions that you think makes this person eligible. Please be as specific and detailed as you can.

Deadline

Deadline for submissions for the 2000 Awards is **Monday, November 13, 2000**, so please get your submissions in early.

Well, fellow Striders, that's all I have for this issue of our newsletter. I hope to see you all on the trails, but if our paths don't cross right away, then I hope to see you at the Holiday Party. Until next time, happy running and all the best to everyone!

Dave McLeod

**Stevens Creek Striders
Member Profile
Christina Brownson**

What do Halloween and **Christina Brownson** have in common? It just so happens that Christina met her husband, Terry on Halloween 1964, and three years later her first son, Christopher was born on Halloween! (In between those occasions, Christina and Terry were married) Christina was married on September 4, 1966 while still in high school, and got to miss the first week her senior year. Her attendance report says, "Absent – Honeymoon". A native of the area, Christina graduated from Los Altos High School in 1967, and had another son David a few years later.

Christina earned her black belt in Tae Kwon Do at the age of 42, but doesn't practice it anymore. Now all her free time is spent with running and outdoor photography. Christina remembers exactly when she started running; it was March 13, 1989, the day she and Terry declared they were quitting smoking. They went over to the track, and Christina says she couldn't even run around it once. She got serious about running in 1995 with the "Run to The Far Side" as her first official race. About a month after joining the Striders in 1996, Christina ran her first marathon, the San Francisco. Since then Christina has completed 17 marathons and 11 ultra runs, along with countless 10K's.

The Clambake Run – Aug 27, 2000

by Peggy McLeod

A little light mist and a sprinkle of sun. Loggin' some dirt miles. Good friends and good food. The Stevens Creek Striders do know how to party!

The Clambake is one of those special annual events that sets the Striders apart from other clubs. Our run is split into two legs of 18 and 12 miles, and runners have the choice of running one or both of the legs. The total distance of 30 miles covers some of the most beautiful terrain between Saratoga Gap up on Skyline and Waddell Beach on Highway One north of Santa Cruz. This is a run that needs to be experienced to be believed! And as if the run isn't enough, runners are treated to a wonderful Beach Picnic afterwards.

Our day began with a sleepy group of runners departing from Saratoga Gap at 6:00am, some to run the 18 miles

Christina says she would really like to see her family become more health-oriented, and learn to enjoy the beauty of the outdoors. She is beginning to influence them already: Her son Christopher has run a number of 10K's this past year, and David's children are beginning to follow grandma's footsteps too. Emily, who is 6, did a "Trike-n-Trot" race when she was 4, and has completed the Wildcat Loop at Rancho! Even Christina's grandson Jacob, who is a little over one, has been around the trails at Rancho twice now, in the jogger-stroller! Additionally, Terry got to run the Olympic Torch Race at the beginning of the 1996 Olympics, running in Sunnyvale.

To date, Christina's most enjoyable and thrilling running event has been the "American River 50", which she has run 3 times and intends to run as long as she is capable. "It's absolutely beautiful!"

Christina works as a secretary/treasurer for a family-owned tool & die company, Groeger Special Tooling where her husband is the General Manager. She says they see each other constantly at work. And yet they've stayed married 34 years!

Christina would like to thank Strider Tom Kaisersatt for his support and encouragement in helping her become an Ultra Runner. Without him, she says she never could have done it!

into Big Basin, and others to complete the entire 30 miles to the coast... *whew!* Many thanks to Doug and Susan who provided much appreciated aid along the upper course – those potato chunks were heaven-sent! Gayla led the charge at record pace (with Doug collecting photographic evidence enroute!), and for the first time in the history of the run, the LDR's arrived at Big Basin Headquarters ahead of the caravan. As there was an anticipated wait of about 30 minutes before the second leg would begin, the 30-milers decided that they would go on ahead.

At around 10:00am, following a couple of group photos in front of everyone's favorite giant redwood tree, Tom organized the second wave of runners for the leg that would wind its way through 12-miles of hilly, bumpy, sometimes-treacherous-but-always-fun trails around (and even through) ever-present redwoods down to the beach. At about the 1.5-mile mark, Tom and Christina opted for a "short-cut" detour, and the rest of the runners (about 13 in all) continued down the "trail more traveled" – with Dave darting back and forth capturing photo-ops on film –

arriving at the beach significantly ahead of Tom and Christina!

Runners had a good time "doing it in the dirt", and were treated to some delicious clam chowders and pepper soup upon their arrival at the beach. Thank you Janine, Emily & Bill, and Dave! Bob & Marsha worked very hard to get the stoves set up and food on the table, and everybody contributed some delectable items for the beachy feast. A few brave souls were initiated (or re-initiated, as the case may be) into the *Polar Bear Club*, which involves running out willy-nilly into the freezing cold Pacific surf. (Bill, Simon, John, Dave, and Paul...*you're crazy!!*).

Meanwhile, others of us (saner, no doubt!), relaxed by sprawling out in the sand under a cool, hazy sky or strolling contemplatively along the beach. Cody and Emily (a couple of our Striders-to-be) amused themselves by collecting shells, feathers, and dozens of smelly crab claws!

Eating, schmoozing, and other merry-making continued well into the afternoon, and the last of the revelers headed homeward around 3:30pm. A very good time was had by all, and everyone appeared to be looking forward to doing it all over again next year!

Congratulations Team! Providian Relay 2000

By Doug White

I want to thank you all for participating in this year's Providian Relay. Our official finish time for team "Stevens Creek Striders" was 27:00:44. This is the second best performance in our five years of doing The Relay, based on average pace. The only year that we did slightly better in average pace was our first year, 1996. However, average pace isn't everything; race conditions are different every year. If you look at our overall place for the past five years, this year was our highest relative finish! In fact, we kicked butt this year placing in the top 29 percentile overall! See the bottom of this email for past results.

Our sister team, "Stevens Creek Striders 2000," finished a mere two minutes, 49 seconds faster than we did in 26:57:55. Unfortunately, we never saw our friends during the run. They started at 1:00 PM, two hours after us. Though we missed seeing them, at least we know they didn't beat us by two hours or more as some of us expected they might!

I think we did extremely well this year. Everything went very smoothly, you all ran superbly, and in my assessment, we had a great time. With fun being the most important metric, I'd say we brought home the Gold!

Thanks again for the great experience! - Doug

Past Relay Results:

Year	Finish Time	Average Miles	Pace	Our Place	Number of Teams	Percent
2000	27:00:44	199	8:09	61	211	29%
1999	28:46:40	199	8:41	100	184	54%
1998	26:43:17	193	8:18	84	158	53%
1997	27:34:02	197	8:24	108	153	71%
1996	26:16:09	194	8:07	41	78	53%

The Team: "Stevens Creek Strider" for Year 2000:

Susan Tamburro, Tamlyn Schafer, Teresa Centeno, Doug White, Sophia Lewis, Gayla Johnson, Peggy Alfred Tom Kaisersatt, Noel Relyea, Lisa Kelly, Charles Stevens, Christina Brownson

Race Results

Doug's Team's results from the Providian Relay (Other race results follow)

Leg	Runner Name	Distance/ Difficulty	Exchange Arrival	Runner Leg Time	Min/Mile Pace	Cumulative Team Time
1	Susan Tamburro	4.8 E	11:39:15	11:39:15	25:41	11:39:15
2	Tamlyn Schafer	4.7 E	12:18:10	00:38:55	8:17	12:18:10
3	Teresa Centeno	4.1 E	12:49:45	00:31:35	7:42	12:49:45
4	Doug White	7.4 M	13:39:30	00:49:45	6:43	13:39:30
5	Sophia Lewis	5.0 E	14:16:35	00:37:05	7:25	14:16:35
6	Gayla Johnson	4.5 E	14:50:15	00:33:40	7:29	14:50:15
7	Peggy Alfred	6.9 M	15:49:45	00:59:30	8:37	15:49:45
8	Tom Kaisersatt	7.4 M	16:52:21	01:02:36	8:28	16:52:21
9	Noel Relyea	5.6 E	17:40:55	00:48:34	8:40	17:40:55
10	Lisa Kelly	8.9 VH	18:52:28	01:11:33	8:02	18:52:28
11	Charles Stevens	7.1 H	19:45:04	00:52:36	7:25	19:45:04
12	Christina Brownson	4.8 H	20:30:04	00:45:00	9:22	20:30:04
13	Susan Tamburro	6.0 M	21:18:01	00:47:57	7:59	21:18:01
14	Tamlyn Schafer	5.0 H	21:59:35	00:41:34	8:19	21:59:35
15	Doug White	6.5 H	22:43:22	00:43:47	6:44	22:43:22
16	Teresa Centeno	5.3 E	23:26:47	00:43:25	8:12	23:26:47
17	Sophia Lewis	4.9 E	00:03:34	00:36:47	7:30	00:03:34
18	Gayla Johnson	5.8 H	00:52:47	00:49:13	8:29	00:52:47
19	Peggy Alfred	7.0 H	01:51:26	00:58:39	8:23	01:51:26
20	Tom Kaisersatt	5.9 H	02:46:00	00:54:34	9:15	02:46:00
21	Noel Relyea	6.5 M	03:42:15	00:56:15	8:39	03:42:15
22	Lisa Kelly	4.2 E	04:11:40	00:29:25	7:00	04:11:40
23	Charles Stevens	3.7 E	04:38:05	00:26:25	7:08	04:38:05
24	Christina Brownson	5.9 M	05:31:00	00:52:55	8:58	05:31:00
25	Susan Tamburro	5.5 E	06:14:23	00:43:23	7:53	06:14:23
26	Tamlyn Schafer	4.2 E	06:48:10	00:33:47	8:03	06:48:10
27	Lisa Kelly	6.3 M	07:33:41	00:45:31	7:13	07:33:41
28	Teresa Centeno	4.4 H	08:08:53	00:35:12	8:00	08:08:53
29	Sophia Lewis	3.0 VH	08:36:36	00:27:43	9:14	08:36:36
30	Gayla Johnson	3.1 VH	09:07:35	00:30:59	10:00	09:07:35
31	Peggy Alfred	6.2 M	09:47:39	00:40:04	6:28	09:47:39
32	Gayla Johnson	4.7 E	10:29:37	00:41:58	8:56	10:29:37
33	Noel Relyea	6.3 E	11:31:55	01:02:18	9:53	24:31:55
34	Doug White	6.2 VH	12:17:22	00:45:27	7:20	25:17:22
35	Tom Kaisersatt	6.5 H	13:17:14	00:59:52	9:13	26:17:14
36	Christina Brownson	4.7 E	14:00:44	00:43:30	9:15	27:00:44
		199.0				

And our other team at the Providian Relay:

Team: Stevens Creek Striders 2000

Start Time: 1:00:00pm

Finish Time: 3:57:55pm

Duration: 26:57:55

Runners in Order:

Judy Mays, Larry Phelan, Bill Jones, Mark Williams, Don Murdoch, Navraj Nandra, Michele Rodriguez, Peter Hargreaves
Sarah Broadbent, Dave Beasley, Simon Purdon, Marlon Menedes

Volunteers: Michael Florence: end of leg 23 3am-6:45am & Emily Bologna-Jones

Other Race Results

Vine to Wine 10K 8/20 Mark Ikemoto - 45:10.

Carousel to Coaster 10K at Great America, 9/24, Mark Ikemoto - 45:14.

Draft Horse Classic 8K Trail Run in Grass Valley – 9/17

John Felde – Medal winner

Laurie Hogan – Medal winner

Mary Miller – Medal winner

Robert Miller – Medal winner

No times were noted, as John said, "Here in Retirement-land, time is not so important"

Saratoga Super Trot 5K, 9/24

Megan Leney –33:30

Jim Leney – 34:10 (pushing a double-wide jogger stroller)

Mary Miller – 29:29 - First in Age Division

Robert Miller – 29:29

Bryan Booher - ?

Margaret Wagenet – 31:41 (pushing the baby jogger)

Kids 800M, Glenn Booher age 13, Leslie Booher age 10

Evan Leney (age 5) said that he and his toy tiger had fun in the baby jogger. What he liked best about the event was the jump house. Hannah (age 23 months) enjoyed all the balloons!

Run On The Sly – 9/3

Doug White ran the 50 miler in 8:22:14 (3rd in age group)

Susan Tamburro ran the 50K in 6:08:50 (5th in age group)

Newsletter contributors for October-November

Dave McLeod

Peggy McLeod

Christina Brownson

Doug White

Peter Hargreaves

----- **TEAR OUT AND RETURN** -----

Thursday Evening Intervals

One of the mainstays of our running schedule for the last 10 years or so has been the Thursday Evening Interval training sessions hosted by **Jim Bordoni** and **Bob Campbell** at the track at Cupertino Junior High School. It seems that this weekly event has been suffering from diminished attendance of late, and it is not clear whether the attendance problem is due to scheduling conflicts, lack of interest, or simple lack of awareness amongst the general membership. This situation was brought to my attention in an email from Jim Bordoni, in which he indicated that he and Bob would not be able to continue coaching the track workout on a regular basis.

I think the time has come for us to decide what to do about the track workout, so I'd like to solicit some feedback from all of you. If you could take a few minutes to answer the following questions and return them to me or to any other board member, that would be a great help. I'm afraid that if there is insufficient response to this request, the board will have to assume that there is little or no interest in a regular track workout, and we will have to drop it from our weekly schedule.

Please just take a moment to fill out the questionnaire and let us know your thoughts about this. Then tear it out, and return it to any Board Member on a Saturday morning, or mail it to: Stevens Creek Striders, P.O. Box 1176, Cupertino, CA 95015. Thank you.

1. Are you interested in participating in a weekly track workout that will focus on speed work?
 Yes
 No (if no, please skip the remainder of the questionnaire.)
2. Would you be willing to officiate at the workouts?
 Yes
 No (if no, please skip to question 5.)
3. How frequently?
 Weekly
 Bi-weekly
 Monthly
 Occasionally
4. In what capacity?
 Head coach
 Assistant coach
 Gopher/Helper
5. Does the current schedule work for you?
 Yes
 No, I'd like it changed to: _____
6. Does the current workout location work for you?
 Yes
 No, I'd like to move to: _____
7. Do you have any suggestions/comments about the track workout format?

8. If you have indicated an interest in officiating, please provide the following information:
 Name: _____
 Phone: _____

Board Meeting Minutes, Gumba's Pizza, October 3, 2000

Present: Dave McLeod, Steve Reagan, Bill Gough, Marsha Levy, Pat Koren, Margaret Wagenet

Absent: Emily Jones

1. Call To Order
 - By Dave at 8:02PM
2. Secretary's Report
 - Prior meeting notes were accepted
 - Treasury report accepted
3. Old Business
 - Need to get someone to take the "Last Chance" station at Western states. Pat Koren has expressed interest and will get back to club to confirm.
 - Xmas Party -- Margaret will investigate DJs. Dave's band suggestion was too expensive.
4. New Business
 - Big L's awards coming up -- Margaret to get requests into the newsletter
 - Dave would like to take a photo of all board members for the website but not everyone was present.
 - We decided to have Christina Brownson be the next featured member in the newsletter
 - Agreed to deadline of November 13 to accept Big L awards.
 - Pat provided update on coolmax gear available from SportHill. To get cotton gear, you need to pay for artwork, screen work. We agreed to go with the Coolmax shirts only. We will price the shirts at 10% and rounded to their nearest dollar.
5. Adjournment
 - Meeting adjourned at 8:46pm
 - Next Meeting First Tuesday of November, 11/7 @ 7:00pm at Gumba's Pizza on Stevens Creek Blvd.
 - Joint meeting will be held Tuesday, November 28 to vote on the Big L awards
6. Action Items
 - Margaret to look for DJs for the Xmas
 - Canvas the club for interest in Thursday track workouts. Dave will write a blurb for the newsletter to get feedback.
 - Margaret needs input by Fri 10/13
 - Marsha will check out award vendors for this year
 - Dave to write call for "Last Chance" and give to Margaret
 - Dave will maintain membership list -- the membership will be under control of the board, specifically Dave
 - Bill will locate the club bylaws. Dave will post online.
 - Marsha will call Ramona to see if she wants to host the joint mtg on 11/28 at her house
7. Additional notes not related to the meeting
 - We took our Board photo!

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. There is a \$4 fee for parking at this location, or you may purchase an annual parking pass for \$50. 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.

Etc . . .

To get items published in "What's Afoot", submit them to the newsletter editor at: newsletter@stevenscreekstriders.org. If you don't have internet access, contact Margaret Wagenet.

Stevens Creek Striders Board Members

President – David McLeod

Vice President – Marsha Levy

Secretary – Bill Gough

Treasurer – Emily Bologna-Jones

Newsletter – Margaret Wagenet

Social Activities – Steve Reagan

Sergeant at Arms – Pat Koren

What's Afoot
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