

# What's Afoot



A Newsletter For the Stevens Creek Striders Running Club

USTAF #127

www.stevenscreekstriders.org

December 2000 - January 2001

## Message from the President

Greetings, fellow Striders!

Well, the holidays are virtually upon us now, with Thanksgiving come and gone, and Christmas and Chanukah right around the corner. No doubt, many of you are planning to get together with family members you haven't seen for a while, whether you have folks visiting you here in California or whether you happen to be traveling out of the area to visit people elsewhere. Either way, things are bound to get a little quieter on the running front until the New Year – although I know everyone will be keeping themselves in shape one way or another!

### Western States 100M

Some really good news for the club as a whole! In 2001, we will have a total of 5 people entered to run the Western States 100 mile race. This is one of the premier ultra-running events anywhere in the world, and it is one of the oldest races held in the United States. 100 miles is an incredibly difficult challenge by any standard, but the Western States event is in a league of its own, and ultra-runners from everywhere declare it a "must-do" event on their list. We've always known that we've been blessed to have some great runners in our club, but I think we have really outdone ourselves this time. Congratulations to Gayla Johnson, Eric Klein, Steve Reagan, Doug White, and Karen Claire; you know we will be there to cheer for you on race day! May you all complete the course healthy, happy, and with enough energy to really enjoy your personal victory!

### The Holiday Party

Our premier annual event, the *Holiday Party*, was held on Friday, December 8<sup>th</sup>, at Michael's Restaurant in Sunnyvale. The dinner, consisting of a wonderful buffet blend of filet mignon, roast chicken and pan-fried prawns surrounded by an array of delicious veggies and salads, was thoroughly enjoyed by about

60 stalwart Striders. The catering staff at Michael's not only provided us with an excellent repast, but also decked out the room with plenty of lights, wreaths, holly, and a beautifully decorated revolving tree. Following the meal, an enthusiastic deejay provided plenty of high-intensity dance music from the 70's, 80's, and 90's that kept a lot of people moving until the late hours.

### Big "L" Awards

The main event at the *Holiday Party* was the presentation of the Big "L" awards. This year we had thirteen nominees for Achievement Awards, and nine nominees for Strider-of-the-Year. In my mind, this says a lot about the caliber of people in our club; clearly, we have a lot of great people who not only achieve good things for themselves, but also make valuable contributions to the club as a whole. Our ritual of recognizing the achievements and contributions of our members is an annual reminder of why we have become Striders in the first place, and why most of us keep coming back.

### Achievement Awards

The nominees for achievement awards were (in no particular order): Pat Koren, Mark Williams, Eric Klein, Carol Borders, David Beasley, Tom Kaisersatt, Steve Reagan, Gayla Johnson, Susan Tamburro, Christina Brownson, Doug White, Jerry Hill, and Marsha Levy. And the winners:

Eric Klein: Napa Marathon, 3:06; Quicksilver 50K, 5:22; San Francisco Marathon, 3:04; Skyline 50K, 4:50; Run-on-the-Sly 50M, 7:43.

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and more!

*President's Message continued . . .*

**Steve Reagan:** Way-too-Cool 50K, 6:47; American River 50M, 11:47; Mi-Wok 100K, 16:20; Skyline 50K, 6:50; also completed Sweden 100K, Sacto 100M, Fire Trail 50M, and Helen Klein 50M, as well as pacing other runners in various events.

**Gayla Johnson:** Quicksilver 50M, 2<sup>nd</sup> overall, 1<sup>st</sup> in the Womens Division, 8:27; Western States 100M, 37<sup>th</sup> overall, 6<sup>th</sup> in the Womens Division, 23:06 (winning the "Silver Buckle").

**Marsha Levy:** completed 26 weeks of dedicated to complete the Silicon Valley Marathon, 5:49.

**Susan Tamburro:** trained for and completed her the Run-on-the-Sly 50K, 6:05 without ever even doing a marathon.

Congratulations **Eric, Steve, Gayla, Marsha,** and **Susan!** The awards are all well deserved. Continued success to you all in the future.

#### *Strider-of-the-Year Award*

The nominees for Strider-of-the-Year were (in no particular order): **Pat Koren, Tom Kaisersatt, Carol Borders, Doug White, Michael Florence, Emily Bologna-Jones, Bob Campbell, Marsha Levy,** and **Jerry Hill.**

This year's Strider-of-the-Year is someone we have all grown to love and appreciate. He has gone way above and beyond the call of duty in so many ways, and really epitomizes the true spirit of Striderdom. Not only is he an all around nice guy who has great respect and caring for each and every member of the club, but he just keeps on giving. For about 20 years, since before the club became "official", **Jerry Hill** has led the organization of the Western States "Last Chance" Aid Station, and in so doing, has helped bring the Stevens Creek Striders into the forefront of the collective mind of the running community. And if that is not enough, Jerry has also been a regular volunteer at the Quicksilver aid station as well as numerous other running events, and he can usually be found at the Christmas Relays welcome warmth to the other runners with his "Hilton-on-Wheels". The list of things Jerry has done for the club really is a long one, and there is no-one more deserving of the award than he. Congratulations, Jerry, and thank you so much for all of the time and energy you have given to the club.

#### *Christmas Relays*

On Sunday, December 10<sup>th</sup>, many of us participated in the annual Christmas Relay race, held at Lake Merced in San Francisco. There were 9 Striders teams altogether, and, even though we didn't have Jerry

Hill's warm and cozy mobile party pad available, we still had a great time running and socializing in the traditional Strider way. Following the race, about 20 of us convened at Pete's Harbor for breakfast and/or lunch (some of the attendees had both!). It was a great time for all, and you'll find details of the event elsewhere in this newsletter.

#### *Last Chance Aid Station Committee*

Last time, I put out a call for volunteers to help out with the organization of the 2001 Western States Last Chance Aid Station. As usual, the Striders have responded in their typical generous way, and we will have a full committee consisting of **Pat Koren, Jerry Hill, Steve Reagan, Marsha Levy,** and **Gayla Johnson.** Pat and Jerry will be co-captains for the aid station this time around, and Pat will be doing a full "Vulcan mind-meld" on Jerry to learn as much as she can – she has very generously offered to carry the title of "Aid Station Captain" after Jerry hangs up his clipboard in 2002.

#### *Thursday Evening Intervals*

We received a few responses to last issue's questionnaire concerning the continuation of the Thursday evening intervals. The responses in general showed what we had already concluded: that interest in this sort of workout has dropped off considerably. What we also found out was that the respondents seem more interested in keeping the interval workout less formal, with no particular need for coaching. So, although there won't be any further formal scheduling of intervals (i.e. on the Striders web-pages), the consensus is that the actual workout will be continued ad-hoc at the same location, and those who show up will decide for themselves what sort of workout they will do. If there is further interest in this sort of thing, and there is someone who wants to spearhead its organization, please just let us know, and we'll do what we can to help you out.

Well, fellow Striders, I think that's it for this issue of our newsletter. Happy Holidays to all of you! May you enjoy all the festivities of the season with family and friends, and be blessed with an abundance of peace, joy and love in your life.

Until next time, happy running and all the best to everyone!

**Dave McLeod**

*"As long as it's the other guy drinking it."*

*- Jim Fixx, when asked if beer was good for marathoners*

**Stevens Creek Striders  
Member Profile  
Bill Jones**

When I called Bill to interview him for "What's Afoot", he was in the middle of moving - the last night in the house to be exact, but he was gracious enough to take a few minutes to answer some questions and talk to me about his running career. His wife Emily got on the phone at one point and said she'd found lots of newspaper articles on Bill's racing while he lived in Dallas, Texas. It seems Bill won a lot of races in Dallas, "I mean a LOT" says Em. She's looking forward to assembling them into a special scrapbook for Bill once they get settled in the new house in Santa Clara.

Bill Jones was born in New Jersey, and lived in or around New York City while growing up. He went to school in Tennessee and Middlebury Connecticut. Bill studied in Spain and joined the Peace Corps soon after. His work with the Peace Corps took him to Colombia, where Bill got into educational television and teaching. While in college Bill got into running, but he says he was slow in those days, and his big event was the ½-mile. After leaving the Peace Corps, Bill got married, and three wonderful children soon followed. He moved his family back to New Jersey, where he taught school. Bill also taught and lived in Ohio for several years. In 1979 Bill got his realtor's license and started selling real estate. He moved to Dallas in 1981 where he went to work for an International Chemical Company. His position entailed extensive travel in South America for a number of years. Some of the employees in Dallas were also runners, so Bill started getting more serious about running and his times started to improve.

While living in Dallas Bill won many 10K's, and ran his first marathon, the White Rock Marathon in 1984. His memory of this first marathon is very special, as he also got to act as guide for Harry Cordellos, who is a world-record holder for blind runners. It seems that Harry almost didn't get to run because he didn't have a guide. Bill offered to act as guide even though he'd never run a marathon before! Bill managed to convince Harry he was up for it, and since his times were good, Harry agreed. They finished the marathon in 3:30 and were featured on the local news that evening. Bill was very much involved in the Dallas running club and won a number of races in his age group during the next several years. He also ran two other marathons. Bill's job then took him to Jamaica and the HEAT. Bill also worked in Puerto Rico for several years. Bill moved to San Jose to be closer to his kids in 1995. Bill now teaches high school Spanish and sells real estate in San Jose. Bill discovered the Striders

shortly after arriving in San Jose in 1995 through a referral at Athletic Performance in Los Gatos. He was looking for an easy, fun-loving group to run with!

Soon after joining the Striders, Bill met and married Strider Emily Bologna. Besides running, teaching, selling real estate, and spending time with Emily, Bill is a talented guitar player and sings in his church choir as well as with his students. Bill likes to get out and golf when he can and spend time with his children. His son Christopher lives in Oakland. His daughter Frances is in Pasadena with his only grandchild to date, Kira. Bill's daughter Erin has her MA in Marine Biology and is the Personal Assistant to the Shark's Hockey Team Owner (get the connection?)!

Bill's proudest running accomplishments are in Dallas, where he ran a 4:55 mile at an indoor track meet; and guided Harry Cordellos in his first marathon.

Bill wants to let members and friends know that he is planning a trip to Spain & Portugal for the summer of 2001 if anyone wants to join them for a great vacation! They are also going to plan some Sunday "Brunch Runs" from their new house....which borders the Guadalupe River Trail.

## My First Marathon



By Marsha Levy

Twenty-six point two miles. That distance never meant more to me than the distance between California and Catalina Island until recently. It seemed SO long. For years I was convinced anyone who ran a marathon had to have a perfectly symmetrical body. How else could they even make it that far? I was perfectly happy running my five or six miles every run with an occasional five or 10K race to get that coveted T-shirt. My running goals were to have fun, enjoy the scenery, and stay healthy, and they still are. So what changed?

I've been running with the Stevens Creek Striders for quite a while. Every so often I overhear a story about someone's marathon. It slowly dawned on me that I had never even tried to challenge myself with a long distance run. My longest run had been a half-marathon. I had to walk the last two miles because my legs cramped up. I was a wimp, I thought.

Then I heard about San Jose Fit. Maybe this was the challenge I was looking for. In June of 2000 I signed up with San Jose Fit to start training for my first marathon.

During the twenty-six weeks of training I had a few other challenges that almost got in the way. I started a new job in July. In August my doctor put me on insulin to control my diabetes. I had to eat something before I ran and monitor my blood glucose levels four or five times a day. I learned to carry glucose tablets with me at all times to prevent a low blood sugar reaction, and I learned how to inject myself with insulin before every meal.

We trained on Los Gatos Creek Trail. I met up with Paula Awlet, who ran about my pace. We trained together and ran the marathon together. I learned a lot from San Jose Fit and all the other runners in my life. With all that training, I only had one really bad day. I hadn't drunk enough water and my calves cramped up horribly at mile 12 of an 18 mile run. I was in tears and ready to quit. Two of the San Jose Fit coaches, one of them a massage therapist, got me going again. Tom Kaisersatt even offered to go get the car if I sat down and waited. That was tempting, but I was stubborn. I had to keep going. The rest of the training went well, and on October 29, 2000 I was ready for my first marathon.

The biggest lesson I learned was that if you have a difficult goal, plan carefully and get lots of support. I sure got it from Tom, Carol, Bob, Paula, Mary, Robert, the Striders, and San Jose Fit.

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## Oh Those Dawgs!

Human Feet facts:



- Each foot has 26 bones, 33 joints, 107 ligaments, 19 muscles and tendons.
- The 52 bones in your feet make up about 25 percent of all the bones in your body.
- There are approximately 250,000 sweat glands in your feet and they sweat as much as 8 ounces of moisture per day.
- The average person takes 8,000 to 10,000 steps a day, according to the American Podiatric Association. And us??

*Submitted by Laurie Hogan*

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## Weed Whackers

As the year 2000 comes to a close I would like to take this opportunity to thank all the volunteers who worked on the trails this year. We had four workdays and 16 members

of the club spent 104 hours on trail work. This crew went beyond the expectations of the Santa Clara County Parks (72 hours) and we expanded our trail work to include the Zinfandel Trail. The many fun projects we completed this year were to clear landslides, resurfacing of part of the trail and the trail brushing.

I would like to send a special big Thank You to **Christina Brownson** who attended all the workdays, **Marsha Levy**, **Tom Kaiseratt**, **Lorenzo Bertuzzi**, **Steve Reagan**, and **Larry Phelan** who each attended two workdays, and to the rest of the crew: **Chuck Wilson**, **Bob Schmiedeskamp**, **Gayla Johnson**, **Sophia Lewis**, **Doug White**, **Stan Jensen**, **Tom Marshall**, and **Simon Purdon**.

One of the highlights of the year was being awarded the "The Volunteer Group of the Year" by the County Parks for our 5 years of stewardship on the REI Trails. My job of coordination is made easy by the enthusiastic participation of the volunteers. Thank you from the County Parks Staff and myself.

**Carol Borders**

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## Upcoming Runs For the More Adventurous

Visit International Falls, Minn. Between January 18-21 and you can participate in their "Iceberg Days" which features the "Freeze Yer Gizzard" fun run AND the Cold Pizza delivery race. If that wasn't enough fun, you could also go on a snowshoe hike or try your hand at outdoor turkey bowling. (So, how do you teach a turkey to bowl?). They also have mutt sled races, a must see for those who love to stand around in the cold.

For those of you who love the warmer climates, on Jan. 28-29 in Hong Kong is the Four Peaks Race. This is an overnight race that includes sailing between islands and climbing four peaks. (Maybe we can get Doug White to put together a team.)

*From the San Jose Mercury News  
Sunday Dec. 31<sup>st</sup> 2000.  
Submitted by Marsha Levy*

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## Western States 2001

The Lottery for entry into the 2001 Western States 100 Mile Endurance Run was held on Saturday, December 2, 2000. This, the 27th running of the race, will be held on June 23-24, 2001.

This year, we have a number of Striders and friends of the club who made it into the run. Entrants include:

Western States continued . . .

**Striders:**

Danny Dreyer	San Rafael	CA	M/51
Gayla Johnson	Sunnyvale	CA	F/37
Eric Klein	Mountain View	CA	M/46
Steve Reagan	Mountain View	CA	M/48
Doug White	Mountain View	CA	M/44
Mark Williams	San Jose	CA	M/35
Karen Claire	Somerville	MA	F/31

**Close Friends of Striders:**

Debbie Moss	Salt Lake City	UT	F/46
Brian Robinson	Los Altos	CA	M/39
Joe Walter	Cupertino	CA	M/59
Chuck Wilson	Palo Alto	CA	M/52

Once again, the Striders will work the Last Chance Aid Station at mile 43.3 along the course. This year, **Doug White's** family will manage the Dusty Corners Aid Station only three miles up-course at mile 40.1.

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## Race Results

**George Black:**

- Sacramento Chevy's to Chevy's on 9/16/00, placed third with a time of 1:23:18 in the 70-74 age group.
- Humboldt Half Marathon on 10/15/00, placed fourth with a time of 2:43:35 in the 70-74 age group and just edged out of third by about 35 minutes.

**Christina Brownson:**

- Silicon Valley Marathon, Oct 29, 4:24
- Run For a Better World 10K, Nov. 11 49:46  
2<sup>nd</sup> in age group
- Run to the Far Side 10K, Nov. 26, 53:41
- Resolution Run 5K, Jan. 1, 44:20

**Gayla Johnson**

- Cal International Marathon, 4:21

**Ron Weston:**

- Bridge to Bridge 12K, Oct. 1, 2000, 1:04:35
- Stevens Creek Trail 10K, Oct. 8, 2000, 49:48 (1st age group)
- Silicon Valley Half Marathon, Oct. 29, 1:53:52
- Run for a Better World 10 K, Nov. 11, 46:42 - 2nd in age group

**Pat Koren:**

- Resolution Run 5K, Jan. 1 43:15

**Jennifer Underwood:**

- Resolution Run 5K, Jan. 1, 42:12

**Carol Borders:**

- Resolution Run 5K, Jan. 1

**Hazel Donaldson:**

- Resolution Run 5K, Jan. 1

**Rob Larson:**

- Resolution Run 5K, Jan. 1,

### Welcome New Members!

Jane Barwell  
Sona Dube  
Jonathan Kimura  
Janet Lee  
Mike Martin  
Robert Pochowski  
Todd Varnell  
Nicol Varnell

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## Board Meeting Minutes-Dec 2000

Board Meeting at Gumba's Pizza, December 5, 2000  
Present: Dave McLeod, Pat Koren, Marsha Levy, Steve Reagan  
Absent: Margaret Wagenet, Bill Gough, Emily Jones

**Call to Order:** By Dave at 7:35p.m.

**Treasurer's Report**—E-mailed by Emily. Balance after 12/05/00 deposits = \$3,074.48. We still have to pay for Michael's Restaurant and the DJ. The treasurer's report was read and accepted.

**Secretary's Report**-- Minutes from last meeting were remembered and accepted.

**Old Business**—Clothing. Patti discussed ordering cotton T's and sweatshirts with the Strider logo. People will need to sign up for them and pay before she can order. There is a minimum order and members may have to wait. Patti has been looking for ball caps but hasn't found any yet. Steve R. said he might have a lead for them. Sporthill has jackets, but there is a minimum order, which we must satisfy before ordering. Dave has put pictures of the shirts on the Web site.

**Holiday Party**—Marsha said the arrangements are set for the holiday party at Michael's Restaurant in Sunnyvale. She sminimum of 100. Emily has already paid for the Big L awards and she will bring them. Marsha said that the cost of the party was higher than previous years and going up every year. We may not be able to host a party like this again, and the Y no longer allows catered events. The board needs to think about this and offer suggestions.

**Western States Bid from the Club**—Steve said all the club members that were eligible got chosen from the W.S. lottery. He didn't want the club bid to be wasted, and nominated two outstanding candidates for the boards' consideration. After discussion, the board chose Karen Claire as their Western States bid entry from the Striders. Candidates had to have been in the lottery and been rejected before the Club could award them the bid, according to Greg S., the W.S. director. Dave asked how the lottery works. Steve said between 300 and 400 are picked from the 750 or so entries. Two time losers get in automatically on the third try. The Striders have always awarded their bid to a

member, but some clubs throw it away if they don't have members that want it.

**Christmas Relays**—Dave said we have 9 or 10 teams signed up to run the Christmas relays. We are meeting at Tom Kaisersatt's for bagels and coffee instead of at J.Fs.

**Newsletter**—Deadline to submit articles for the Newsletter is December 11, 2000. E-mail them to Margaret Wagenet at her Web site E-mail address.

**New Business**— We discussed sending cards and flowers to sick members and/or spouses since one members' husband was

having health problems. Decided that it was too easy to miss someone and that it was better to contact people individually and not as a club action.

**Action Items:** Next club event is the Spring picnic. Steve will start scouting a spot to have it.

Pat will continue to research ball caps, cotton shirt and jacket prices and availability.

Meeting adjourned at 8:31 p.m.

Next Meeting: Tuesday, January 2<sup>nd</sup>, 7:00 p.m. at Gumba's Pizza in Cupertino.

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## Christmas Relay Results, Sunday, December 10, 2000

Lake Merced, San Francisco, 4.5 miles each lap

### Team#1 The Jingle Belles - W/50+:

<b>Total Team Time</b>	<b>3:10:52</b>
Laurie Hogan	48:28
Carol Borders	46:20
Emily Bologna Jones	49:12
Marsha Levy	46:52

### Team#3 Babes in Toy Land - W/Open:

<b>Total Team Time</b>	<b>2:36:05</b>
Margaret Wagenet	42:01
Teresa Centeno	34:37
Tamlyn Schafer Peterson	35:16
Martha Landis	44:11

### Team#5 The Old Fartleks - M/60+:

<b>Total Team Time</b>	<b>2:38:36</b>
Dick Wedge	42:04
John Felde	40:53
Harry Cook	42:23
Tom Kaisersatt	33:16

### Team#7 The Missile Toes - Couples:

<b>Total Team Time</b>	<b>2:20:53</b>
Charles Stevens	33:09
Charles Stevens	33:36
Dave McLeod	34:16
Dave McLeod	39:52

This is a couples Team?

### Team#9 Holly & Ivy League - Couples:

<b>Total Team Time</b>	<b>2:03:24</b>
• Paul Ruby	28:53
• Julie Laframboise	33:01
• Lisa Kelly	29:35
• Doug White	31:55

### Team#2 The 4 Scrooges - M/50+:

<b>Total Team Time</b>	<b>2:31:50</b>
Larry Phelan	39:29
Mike Shields	36:01
Sam Shimakage	31:19
Bill Jones	45:01

### Team#4 Toys in Babe Land - Open:

<b>Total Team Time</b>	<b>2:13:57</b>
Charles Roberts	31:19
Mike Martin	33:55
Steve Reagan	37:17
Nick Brown	31:26

### Team#6 The Tiny Tims - M/SubM:

<b>Total Team Time</b>	<b>2:76:62</b>
Bob Schmiedeskamp	52:28
Michael Florence	40:21
Mark Williams	36:36
Rich Siemens	34:45

### Team#8 Frosty's Flakes - Family:

<b>Total Team Time</b>	<b>2:32:26</b>
Bob Hodges	47:02
Diana Schultz	43:00
Claire Schultz	34:12
John Schultz	28:12

### Team#10 Dashers & Vixens - Couples

<b>Total Team Time</b>	<b>2:05:24</b>
Susan Tamburro	34:33
Doug White	29:14
Brooke Stasiak	32:43
Brian Robinson	28:54

## Post Holiday Party Questionnaire

Fellow Striders, our Holiday Party this year was a great success and we'd really like to build on this success next year. In order to make the Board's planning process a little more manageable, we'd really appreciate your input on a couple of important issues. Please take a couple of minutes to fill out this short questionnaire. You can either hand-deliver your response to any Board member, or, if you wish to remain anonymous, you can mail your response to Stevens Creek Striders, P.O. Box 1176, Cupertino, CA 95015-1176.

1. I would like the next Holiday Party to be held in the month of
  - December, 2001
  - January, 2002
2. I would prefer the party to be held on a
  - Friday
  - Saturday
3. I prefer the following kind of venue (please choose one only)
  - A full-service sit-down restaurant
  - A private catered room in a restaurant
  - A community hall or other location that we decorate and cater ourselves.
4. I am interested in either seeing or participating in entertainment involving members of the club.
  - Yes
  - No
5. I have the following suggestions for improvements to the Holiday Party.

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## Steven's Creek Striders Clothing Order form

**DEADLINE TO ORDER IS 2/28/01**

(All items are imprinted with the Striders logo)

Please return to any Board member or mail to Pat Koren, 10439 Glencoe Dr. Cupertino, CA 95014

1. Invasion Zip Top, color white (long sleeve, made of Polartec 100) **COST: \$33**

Sizes: Men's: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_  
 Women's: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

2. CoolMax Speed Tee, color white (short sleeve) **COST: \$ 21**

Sizes: Men's: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_  
 Women's: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

3. Speed Singlet, color white (CoolMax, mesh) **COST: \$19**

Sizes: Men's: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_  
 Women's: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Total Amount Enclosed: \$ \_\_\_\_\_ **PAYMENT IS DUE IN ADVANCE**

## 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.

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.

Members receive discounts for shopping at Metro Sports in Cupertino and Athletic Performance in Los Gatos.

## Etc . . .

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

What's Afoot  
Stevens Creek Striders  
P.O. Box 1176  
Cupertino, CA 95015

### *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*

|||||  
Carol Borders  
3801 Perie Lane  
San Jose, CA 95132  
[ID: 1028 Exp: 6/30/01]