
What's Afoot

A Newsletter for the Stevens Creek Striders Running Club

USTAF #127

www.stevenscreekstriders.org

March-April 2001

Message from the President

Greetings, fellow Striders!

Seems like only a few days ago that I was preparing my message for the last newsletter! It never ceases to amaze me how fast the time flies in Silicon Valley, and it's good for all of us to pause for a few deep breaths now and then!

Over the last couple of months, attendance at group runs has diminished a little as it usually does this time of year. Some people like to just take a bit of a hiatus from their heavy training schedules, while others like to get away to enjoy some skiing and other fun activities in the snow. But now that the weather has started to brighten up, and sunrises are occurring earlier and days are beginning to last longer, attendance will be on the rise once again. To those hibernators in our club, we look forward to having you join us once again for Saturday morning runs!

New Arrivals & Soon-To-Be's

In case you haven't heard the news, our list of "associate members" grew by one on February 17th, 2001, when Michelle Tina Ban made her appearance on the scene! She was born at 5:06AM at the Good Samaritan Hospital, and both **BELA** and **JEANNETTE** are very happy...and maybe just a little tired! Congratulations to the Ban Family!

In order to improve our chances of having good weather, and to give everyone plenty of notice, we are scheduling this event for April 21st. Also, to ensure that we get the picture done reasonably early, we'd like to ask everyone to be present no later than 8:15am. This way, we can get the photo done, and still complete our group meeting and hit the trails at our usual time. So, once again the details are:

<p>Group Photo Shoot 8:15 am Sharp Saturday, April 21 Stevens Creek County Park Parking Lot</p>

We would really like to get as many people as possible out to this event, so please encourage all the members you know to come out and attend. This is one Saturday that you won't want to miss, so please mark your calendars and make a commitment to be there!

In a surprising but unrelated development, it was revealed to the club on Saturday, March 10th, that **SIMON** and **KATE PURDON** are in the early stages of preparing for the arrival of TWO new associates! We can anticipate this exciting event to take place sometime around mid-August. Congratulations, and all the very best to the Purdons - all of them!

Group Photo

Hey, guess what? We're going to have a group photo shoot! We want to assemble the biggest group of active Striders we possibly can and capture the event on film, both for our club history books and for our web-site. The plan is to convene a little earlier than usual on a Saturday morning, assemble everyone in a somewhat orderly arrangement, and shoot a couple of pictures just before we start our official meeting. Naturally, we would like to see everyone (or at least as many people as possible) wearing official Striders garb. This would include things like long-sleeve or short-sleeve shirts, singlets, sweatshirts, hats, shorts, socks, or any other clothing you might have from the present or past that bears an official Stevens Creek Striders logo.

Spring Picnic

One of our favorite annual events, the Spring Picnic, is coming up on **Saturday, May 19th**. This year, we're going to host the event at Linda Vista Park in Cupertino, so we will have lots of space to play and to socialize. Mark your calendars for this special event and make it a point to come out and get to know your club-mates just a little bit better.

Special Letter to the Striders

I recently received a lovely email from former members Larry Gomez and Kathy Stinson. As this was addressed to the Striders as a group, I asked Larry if it would be okay to publish his message in our newsletter. He responded enthusiastically, and asked me to include his contact information and encourage all of his old friends to get in touch with him. Here is the body of his letter:

Thanks to **GEORGE and SHELLY BLACK** we discovered this wonderful web site.

We are former founding members and officers of the Steven Creek Striders (1979-1994). We remember our first meetings in the 1979-1980 time period, after we put on a 100-mile race as the "California Roadrunners". We broke off from the Roadrunners to form the Striders. It is great to know something so special to us has continued so strong. We never had any doubts of the club's ability to sustain life, but almost 20 years is fantastic.

Thank you for being a part of our lives. We have so many memories of days past and love every one of them.

We now live on Martha's Vineyard (since 1994) and sometimes get back to California and Rancho San Antonio Park to run with old friends. Our running consists of 4-5 miles, when we feel like running, and dreams of the WS 100 & AR 50 dance in our heads, like sugar plum fairies. Oh, how we miss those training days!

We miss old friends: Jerry Hill, Ernie Flores, Tom Williams, George Black, Shelly Black, Rich & Shelly Grieb, Lirio Guevara, Don Savant, Frank Mahoney, Jim Bordon, Bea & Sam McIntosh, Al Morotti, John Guarino, Larry Beck, Bob Downs, Terry Seyfarth, and so many more. Our photo albums still burst at the seams with all your faces.

We would love to hear from you all. Please e-mail to say hello. We wish the best to all of you and may your PR's be plentiful in 2001.

PS: has anyone broken my WS100 record????

It's always great to hear from old friends, no matter what they are doing! For those who would like to get in touch with Larry and Kathy, here is the contact information:

Web address: www.greenwoodhouse.com

E-mail: innkeepers@greenwoodhouse.com

Mailing address:

Larry Gomez & Kathy Stinson
c/o Greenwood House Bed & Breakfast
Martha's Vineyard Island
P.O. Box 2734
Vineyard Haven, MA 02568-2734
Phone: 508-693-6150

Happy Trails!

Well, fellow Striders, that's it for this issue of our newsletter. As the days get longer and brighter, I hope to see you all a lot more in the coming days of Spring.

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

Dave McLeod

Supplementally Speaking

by Michael Florence

I'm not big into taking supplements. In fact, I take none on a regular basis. The thought of spending twenty or thirty dollars for a bottle of ninety anything just nauseates me, especially if instructions tell me to take it three times a day.

A runner going into a health food store could be the store clerk's dream. Just imagine what this guy who gets his education off of large jars of supplements and television infomercials could sell me. It's probably not a good idea to ask him anything. He is liable to tell you anything. Anything to make a sale is everything the clerk wants to do. If you go into a health food store not knowing what you want, it's probably a good idea to leave with nothing.

So, what is a health food store good for if you're not going to buy supplements? On hot summer days, a good store will have air conditioning. A store with ten million pills on its shelves can't afford to have the summer heat ruin their existence. I have my reservations about bottles of carrot juice, but if you're feeling the least bit guilty about keeping cool, I suppose you could buy six ounces worth.

You're probably thinking, what does this guy have against carrot juice? Well, here it is. I like carrots, but they take a long time to eat. If a carrot could be ingested faster, it would come from a tree in the form of sap. There must be a reason in nature for it to take so long to eat a carrot. Why would anyone want to pulverize three of them just to be able to suck it down in thirty seconds? The fiber I would have had is now reduced to orange sugar water with carotene.

If I wanted that much carotene I would buy a bottle of supplements. I don't buy supplements.

Stevens Creek Striders Member Highlight Noel Relyea

I'm a single mother of 2 grown daughters. To my great delight, they're both gainfully employed in professions that they truly love. Nicole teaches 4-year-olds in a small nursery school in Mountain View, and Merry is a chef working at LaPastaina in San Jose.

So I'm the only "techie" in the family, working on development of high-speed cell sorters at Becton Dickinson.

I was never very athletic, and didn't start running until I was close to 40. Running made a huge difference at a very difficult time in my life. Running has given me both confidence in my abilities and myself. Being out on the trails provides a great deal of calm and time to put perspective on things from work to family to whatever. I love the outdoors. Running has also given me a chance to make some incredible, lasting friendships. Best of all, running (at least a my level) doesn't require special skills - the more you get out there and do it, the better you get.

Now for the stats: I peaked in my late 40's, at which time I even held some state age group records (Delaware's a small state) in the marathon and other distances. Probably my best achievement was to be the overall women's winner in the 50 mile Mountain Masochist (Virginia blue ridge) on a Saturday, and then drive to Washington DC and run a 3 hr 43 min Marine Corps Marathon the next day, a Boston qualifier. Locally, I had a good weekend when I turned 50 and won my age group at Quad Dipsea on a Saturday and then placed 3rd in my age group at the Far Side 10K the next day. I also had 2 finishes at Western States 100 mile - first in '91 and again last year. Although I love the 100K distance (What Mi Wok is one of my favorite races), the 100 mile is a real challenge.

Incorporating running with travel has been great. My first ultra was in Davos Switzerland, and I loved it. I've also done multi-day stage races in France, Czechoslovakia, and Russia and marathons all over the world. I plan to do the Jungfrau Marathon this summer. It's been a great way to really enjoy the environment in other countries. With runners, you always find you have so many of the important things

in common - enthusiasm for life, desire to push yourself to your limits.

This leads to my current running goals. Maybe it's just that I'm no longer able to clock the times I could once run. However, I prefer to think that it's because I've gotten wiser as well as older. I've "got a new attitude." No more the focused competitor I once was. I have a much gentler attitude toward my running. I have nothing more I want to prove here, I do it because I love it. I love the outdoors, the camaraderie and the quiet. I love the time to myself to think. I don't take my running or myself so seriously anymore. (This is a good time to look at the attached photo.)



The Marathon de Medoc was a spectacular event. It takes place mid-September in the heart of the premier wine-growing region of France. The clusters of grapes are at the peak of ripeness on the gently rolling hillsides. The beautiful chateaux open their doors to over 7000 gaily-costumed (I mean full, often hot and heavy costumes) runners. They serve wine to us as we run through the carefully manicured courtyards. Ahead, you see a string of bright costumes weaving through the chest-high vines. It's an incredible experience. It has every bit as much local enthusiasm and support as the Boston marathon, and it has many very fast, talented runners. But it also has a characteristically French laugh at ourselves. Why be so serious when there are fine wines, cheeses and even oysters being offered to us at every turn? It was my slowest, but most enjoyable marathon time.

Guess I should add something about all that serious stuff now, like training, diet, other sports. Here goes: How often do I run? - I want to run every day, but generally only get to it 4 or 5 days a week. How far do I run? - As far as I have time for, maybe 5 to 8 on weekdays and 10 to 15 on

weekends lately. How fast do I run? – That depends totally on the course. At the moment, 8 minute miles on the flat is top speed, and on hills MUCH slower. What do I eat? Anything and everything. I love foods, especially red wines, chocolates, and most any scavenger than crawls on the ocean bottom. What

cross training do I do? This has changed with the years from weights to aerobics, to yoga. I think the yoga has helped keep me a bit more flexible and helped avoid injury, but I'm just a sample of one.

San Jose Fit

WHAT IS SAN JOSE FIT?

San Jose Fit is an award winning 25 week marathon training program. Complete this program and you will be able to complete the October 28, 2000 Silicon Valley Marathon.

WHAT IS INCLUDED FOR THE \$85 SIGN-UP FEE?

- Ability based group work-outs and coaching
- Weekly seminars
- Weekly training schedules
- San Jose Fit T-shirt

WHAT HAPPENS AT THE SIGN-UP SESSION?

The sign-up sessions include orientation, sign-ups, and a 1 or 3 mile time trial to place you in the correct ability based group. The sign-up session takes approximately 1 1/2 - 2 hours. For your convenience there will be two sign-up sessions: April 28, and May 5.

SIGN UP LOCATION & DIRECTIONS

Sign-ups and weekly work-out sessions will take place at Los Gatos High School - next to the track. To get to Los Gatos High School from San Jose take the 17 south. Exit at East Los Gatos. Turn right on Los Gatos Blvd., go 1/4 mile and turn right on Pleasant. The track is straight ahead.

WHAT IS AN ABILITY BASED GROUP?

San Jose Fit consists of 4 groups: Blue, Green, Yellow, and Red. You will be placed in the group that best matches your training pace. For example, if you train at an 9-10 minute per mile pace you will be a member of the Yellow group. This system works because it allows you to train with those who are at your ability level.

WHAT ARE THE WEEKLY SEMINARS?

Each Saturday, before the group run, a 15-20 minute seminar will be presented. Topics will all be health & fitness related, and will be led by knowledgeable professionals. After each seminar you will break off into your groups for a brief talk and description of the planned work-out of the day. Your coach and assistant coaches will be available to answer all your questions.

WHAT ARE THE WEEKLY TRAINING SCHEDULES?

Each Saturday when the group meets for their weekly work-out, the following week's schedule will be available for pick-up. If you miss a Saturday work-out, you will be able to obtain the upcoming week's schedule by calling the San Jose Fit Voice Mail number. The voice mail is updated each week and is very useful - especially for those who travel frequently and are not always able to make the Saturday group sessions.

DOES ENTRY INTO SAN JOSE FIT INCLUDE ENTRY INTO THE SILICON VALLEY MARATHON?

No, your payment to San Jose Fit covers the cost of your participation in the training program.

For further information contact Tom Kaisersatt at 408 255-0823.

Race Results



San Francisco Half 01/28/01

Ron Weston 1:53:13 2nd age group

Jed Smith 50K 02-10-01

Christina Brownson 5:50:40

Tom Kaisersatt 5:50:45

Pat Koren 5:51:35

Napa Valley Marathon 03-04-01:

Mike Shields 4:05:35

Ron Weston 4:13:54 1st age group!

Bob Haynie 4:15:36

Tom Kaisersatt 4:33:51

Christina Brownson 4:33:56

Please submit race results to:
newsletter@stevenscreekstriders.org

Save The Date!

The annual Striders Spring Picnic will be held this year on **SATURDAY, May 19th** at Linda Vista Park in Cupertino. The park is off of McClellan - close to both Stevens Creek Park and Fremont Older - so we can still get our Saturday runs in before feasting afterwards. More details will follow shortly ...

In the Footsteps of Atalanta

“One of the reasons some people don't support women in sport is that through sport we shatter into a million pieces the stereotypes portraying women as weak, helpless, dependent and passive. Through sport we produce exactly the opposite type of woman: strong, independent, assertive, competent and confident, with strong self-esteem.”

– Christine H.B. Grant, University of Iowa's director of athletics

Tahoe Relay time!



Who: Open to all Striders and their partners/friends (no pets)

What: Robert DeCelle Memorial Relay around Lake Tahoe approximately 76 miles. Legs are from 9-12 miles.

Where: Lake Tahoe, CA/NV

When: Saturday, June 9, 2001

Why: It's a fun weekend, a beautiful place to run, and we want you to join us!

Cost: Roughly \$75-90 depending on how many attend. This gets you two nights lodging with other Striders, Race registration and T-shirt, meals and snacks all day Saturday.

How: Stay tuned for a contact person and organizer

Non-running partners and spouses are welcome at a reduced rate.

Mind Over Matter

“Now if you are going to win any battle you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do. The body will always give up. It is always tired morning, noon, and night. But the body is never tired if the mind is not tired. When you were younger the mind could make you dance all night, and the body was never tired. . . You've always got to make the mind take over and keep going.”

– George S. Patton, U.S. Army General and 1912 Olympian

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.

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.

What's Afoot
Stevens Creek Striders

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Stevens Creek Striders Board Members

President – David McLeod

Vice President – Marsha Levy

Secretary – Bill Gough

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Newsletter - Margaret Wagenet

Social Activities– Steve Reagan

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