

What's Afoot



A Newsletter for the Stevens Creek Striders Running Club – USTAF #127

www.stevenscreekstriders.org

July-August 2001

President's Message

Dear Striders,

As the days of early summer drift behind us, we can look back on some noteworthy happenings for our club. Late Spring and early Summer have traditionally been a time when the Striders extend their hand to the greater running community. This year has been no exception. I'd like to recount a couple of the more significant activities and recognize the people who made it happen.

In mid May, **MARSHA LEVY** led a team of Striders to run the Dam Overlook aid station for the Quicksilver 50K/50M Run. That site is the most vital and busy aid station on the course, being visited three times by the runners. This year, an unusually large group of Striders showed up to help. As usual, they did a great job supporting the race and its runners. A hardy well done and sincere thanks to Marsha and all those who helped; you made a difference!

Later in June, the happy attendants of the "Last Chance Saloon" made their mark on the 28th running of the Western States 100 Mile Endurance Run. For his 19th year, **JERRY HILL** led the Last Chance aid station at mile 43.3 of the course. This year Jerry was joined by first time co-captains **PAT KOREN** and **EMILY BOLOGNA-JONES**. Both Pat and Emily did a great deal to help make this important contribution a reality. Of course, Jerry, Pat, and Emily were joined by a host of Striders who worked hard to make Last Chance an extraordinary aid station. Having visited them all, I can speak with authority: There was no aid station better than the Last Chance Saloon! This was a highly praiseworthy contribution from our club, and it did not go unrecognized by the greater running community. Doing things like this is a big part of what makes the Stevens Creek Striders such an awesome club!

On to club business, July came with the turnover of the Board. Last year's Board did a wonderful job of administering our happy gang. They are to be commended for their hard work and selfless contribution to the rest of us. On behalf of the club, I want to thank all seven of them for their service. To **DAVID MCLEOD**, **MARSHA LEVY**, **BILL GOUGH**, **EMILY BOLOGNA-JONES**, **MARGARET WAGENET**, **STEVE REAGAN**, and **PAT KOREN** my most sincere gratitude.

You all did a great deal for the club, and we are grateful. Our President from last year, David McLeod, has written a very nice article for this edition of the newsletter. I join David in his thoughtful remarks and urge you all to read them. I'd also like to recognize this year's Board. Emily, Margaret, and Steve are back for another year, and I am joined by **TOM KAISERSATT**, **CHRISTINA BROWNSON**, and **LEAH COSTA** for the term. Speaking for the group, we hope to serve you well in the year to come.

Turning our eyes to the months ahead, we have some fun stuff to look forward to. Our annual Clambake Run and Beach Party will be held on Sunday, August 26th. This multi-distance run and picnic outing is one of our most popular events of the year, and I encourage you all to join in the fun. I think you'll like it! There's an ad for the event in this newsletter. Check within for more details. Also, it's time for our preparation for The Providian Relay, 199 miles from Calistoga to Santa Cruz on September 29th and 30th. We have two teams registered, and we need two volunteers for each team of runners. Please consider participating as a volunteer; it's a great way to contribute. You can contact either me or **PETER HARGREAVES** for more information.

As for running and training, the club will begin one new program and bring back an old one this month. Track workouts will be back! **DON MURDOCH** has volunteered to head up this effort. He has an article in this newsletter, and is looking for inputs from members. In the category of "new stuff," **LISA KELLY** and **BELA BAN** have volunteered their time to organize a marathon training program for Striders members. The goal race for this program is the Napa Valley Marathon in March 2002. For more details see their article within.

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Finally, and on a personal note, I am both honored and humbled to be on your board again. As a group, the Stevens Creek Striders are like extended family to me. I look forward to the year ahead, and am grateful to be among you all.

Fair winds...

Doug White
doug@stevenscreekstriders.org

Message from the Outgoing President

Greetings, fellow Striders!

As amazing as it may seem, it has already been a year since I became a member of the Board of Directors. It has been an interesting year, to say the least, and I feel proud of the things that we have been able to accomplish for the club during that time. On behalf of the Stevens Creek Striders, I'd like to extend many thanks to all members of the outgoing Board for their generous gift of time and effort over the past year. Fellow Striders, please take a moment out of your busy schedules to recognize the contributions of Marsha Levy, Emily Bologna-Jones, Bill Gough, Steve Reagan, Margaret Wagenet, and Patty Koren; if you happen to see any of these fine folks, just let them know that you appreciate all the work they have done.

Now that our term has ended, it is time to pass the baton to the incoming Board of Directors. Please join me in welcoming Doug White as President, Tom Kaisersatt as Vice President, Emily Bologna-Jones as Treasurer, Steve Reagan as Secretary, Margaret Wagenet as Newsletter Editor, Leah Costa as Events Coordinator, and Christina Brownson as Sergeant-at-Arms. These people have stepped up to offer their time to contribute something back to the club, so please stand behind them and give them your support throughout the coming year.

Once again, thank you all for your support. May your coming year be filled with blessings and good tidings – both on and off the trails. Happy running and all the best to everyone!

Dave McLeod

Running with Ability

By Michael Florence

I have sometimes gone to a starting line wondering if I have trained sufficiently to finish the race. Have I over or under trained? What will be the end result? Often we don't catch on that we've done either one till it's too late and the race goes poorly.

Over training just about did me in at my last Western States run. My average mileage from January to June was eighty miles a week. This was stupid and I paid for it. At Forest Hill, I was so fatigued I had to lie on the ground crying for an hour before my crew coaxed me out. Western States was mine in twenty-nine hours and twenty-three minutes, but over training cost me a silver buckle. I realized early in the race, twenty-four hours was out of reach that day and staying within my ability was the only way I could finish the race.

I walked for two years because of a bad back. My only goal for 1997 was to do the Clambake Run if I could. Having successfully completed the Clambake 12 mile run, I with some reservation entered the Silicon Valley Marathon. Now, I felt under trained and had no idea what I could do. My guess was that I would do it in about five hours. The lesson learned from Western States was to run within my ability. The plan was to only run as fast as my feet wanted to go and no faster.

I ran a negative split, an hour faster than I thought I could do. 3:52 was no PR but it was what the best I could do that day.

In training we need to test our limits if only to find what they are. It's then when we want to find our strengths and weaknesses, not during a race. Having over trained, I was not surprised at my poor performance at Western States. Having under trained, I was amazed at my performance at the Silicon Valley Marathon. For either race, running within my ability was the key to a successful finish.

"Everybody and his mother knows you shouldn't train hard on Friday if you have a race on Saturday. But Thursday is a little tricky; Thursday is the most dangerous day of the week."

Marty Stern

Summertime, and the living is easy!

Clambake Run & Beach Party

Sunday, August 26, 2001

Event Announcement:

Three run distances: 12, 18, and 30 miles.
Non-Running Hang out at the beach and enjoy Janine's famous salmon chowder! Relax, eat food,
Option: have fun, shuttle runners back to their cars.
Fee: \$7 for members and \$10 for non-members.

Run Information:

30 M Starts from Saratoga Gap at 06:30 AM and ends at Waddell Beach when we get there. This is a gentle, net-downhill run, and we progress at the pace of the slowest runners. This way we don't leave anybody behind. This is not a race! :)

Aid stops are provided along the way by Doug White. We stop at Big Basin State Park Headquarters for a short rest and photo opportunity. At Big Basin we drop off the 18 mile runners and are joined by the 12 mile runners.

18 M Starts from Saratoga Gap at 06:30 AM with the 30 mile runners and ends at Big Basin State Park Headquarters. Run with the group at an easy pace. We usually arrive at Big Basin by 10:30 AM. From Big Basin, proceed by car to Waddell Beach for the picnic.

12 M Starts at Big Basin State Park Headquarters after the 30 and 18 mile runners arrive, usually about 10:30 AM. All runners then proceed to Waddell Beach via the beautiful Bib Basin trails. See waterfalls and old growth redwoods. Not to be missed!

What to do:

12 mile runners & drivers:

Meet at 08:15 AM in the Stevens Creek County Park parking lot. From there, you will carpool to the Big Basin State Park Headquarters and wait for the arrival of the 18 & 30 mile runners. When the 18 and 30 mile runners arrive, we will pose for a group photo. Then the 12 mile runners hit the trail for Waddell Beach and the drivers drive to Waddell Beach.

18 & 30 mile runners:

Talk to Tom Kaisersatt or Doug White for instructions. You will start from Saratoga Gap at 06:30 AM.

For the picnic:

Bring your own drinks, utensils, and a dish to share. The club will provide salmon chowder. We need Drivers, Coleman stoves, card tables, and beach chairs.

You may register three ways:

1. Sign up at the Saturday morning club meetings.
2. Use the online registration form at our web site. You can get to it from the home page.
3. Contact either Tom Kaisersatt or Doug White in person.

Race Results

Thanks to **Tom Kaisersatt** for collecting these!

Please submit your race results to the newsletter editor at mwagenet@aol.com or give them to any Board member

Ohlone Wilderness 50k, 5/20/01

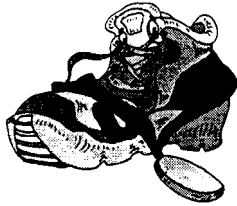
Eric Klein 6:19
Brook Stasiak 6:50
Tom Kaisersatt 9:29
Christina Brownson 9:44
Steve Reagan 9:44

Vineman Half Ironman, 7/8/01

Chris Miller 5:29
Pat Koren 6:27

San Francisco Chronicle Marathon, 7/8/01

Mike Martin 4:01
Christina Brownson 4:38
Tom Kaisersatt 6:15



Wharf to Wharf, 7/22/01

Lisa Kelley 40:26, 54th woman overall
Mike Martin 57:
Christina Brownson 58:
Jerry Hill 58:
Melanie McCleary 62:
Emily Bologna 67:
Rob Larson SDF
Bill Jones 67:
Emily Bologna-Jones 67

Skyline 50K – 8/05/01

Sophia Lewis 4:59:40, 1st in age group, 3rd woman overall
Rich Siemens approx. 5:30:00, 1st in age group
Randy Mahoney
Tom Kaisersatt
Mike Martin (First Ultra)
Steve Reagan
Lee Jebian
Wini Jebian

Contributors to What's Afoot for July/August

Doug White
Dave McLeod
Michael Florence
Tom Kaisersatt
Lisa Kelly
Don Murdoch

“In my Training Diary is a photo of Jack Nicholson from One Flew Over The Cuckoo’s Nest. It’s a facial shot of him trying to pull out the drinking trough and use it to smash one of the barred windows to escape. One of the other patients said: ‘Don’t be stupid, you can’t do that.’ Jack replied, ‘Yes I can, anything is possible.’ He strained his guts working at it for a few minutes with the veins sticking out of his neck. Of course he couldn’t move the bloody thing. They all said: ‘We told you that you couldn’t do it.’ Nicholson looked at them and said: ‘At least I tried, you bastards.’ To me that summarizes what I think about life.”

Chris Wardlaw, 2:11 Australian marathoner

Marathon Training

by Lisa Kelly

Have you always wanted to run a marathon, but aren't sure how to train for it? Or maybe you've already done a few, and are just looking for a group to train with. Either way, we've got the answer for you. Come out and join us for the inaugural season of Stevens Creek Striders' marathon training program! We'll be targeting the Napa Marathon on March 3rd, 2002.

The program will have two different tracks, each with a slightly different focus on this goal. One track will be targeted at novice marathoners – if this is your first or second marathon, this is the program for you. The main emphasis of this program will be getting you to the finish line in reasonably good shape. The second track will be geared towards more advanced marathoners who have specific time goals. The second track will include higher mileage and more high-intensity workouts.

Participants will meet one day each weekend for a long run. The long runs will rotate between several locations, like Stevens Creek, Sawyer Camp Trail, and Los Gatos Creek Trail. We will probably break into 2-3 groups for the long run, depending on speed. There will be one scheduled track workout during the week, coached by Don Murdoch. The actual workout may vary depending on the level of the runner; for example, a novice workout may include fewer repetitions, or longer rest periods between efforts. There will be suggested workouts for the other days of the week, and there may periodically be other organized group workouts. We'll also be doing a few races as a group prior to Napa Marathon, in order to gauge progress and (of course) to have fun!

The length of the program will be 18 weeks, beginning the last week of October and culminating for the Napa Marathon on March 3. For first or second time marathoners, we will probably include some workout guidelines for several weeks prior to this, in order to ensure a reasonable amount of base mileage before the program begins.

We'd like to get interested participants together before this for a few runs, though, to get a better idea of who's interested, and to give everyone a chance to get acquainted. This will help us better design the program based on the type of runners who will be participating. Once we have a better idea of who is interested, we'll work out the details of the program and send those out to everyone in the club.

If you're interested in participating in this program please send an email to Lisa Kelly (lisakelly4@home.com). Include your personal information, and also include your level of experience and your anticipated goal for the Napa Marathon (do you just want to finish, or are you targeting a specific time?). Please feel free to include any other information, such as suggestions for the program or suggestions for specific tune-up races prior to the big day. We look forward to hearing from you!

Striders E-news!

Have you ever missed a Saturday run, but wished you knew what information was put out at the group meeting? Now you can get our weekly club announcements delivered to you by email. This new service, E-news, is available to all club members and features one email message per week with all the Saturday announcements and web site links for further information.

To sign up for this service, go to our web site at:

<http://stevenscreekstriders.org/announce/enews.html> and submit the online form.

Track Is Back!

Hello All,

By Don Murdoch

I have been asked, and am honored, to serve the club in bringing back the weekly track workouts that **JIM BORDONI** so selflessly did for many years.

I first came to the club in 1986. I was living in Cupertino, just off Foothill, and literally "ran into" the club one Saturday morning. During that time, from 1986 to 1991, I was also being coached by a chiropractic student by the name of Dave Eastland. Several Striders were also part of his group, some before I came, and some during and after. With the help of Dave's coaching, I was fortunate to have phenomenal successes in distances from the mile to the marathon. Dave was a great coach, and I learned a lot about interval training and racing from him. From 1991 to 1994, I returned to Calgary, Alberta, and while there, I started my own track group using what I had learned from Dave as well as from my own experiences. I can say that it worked very well.

Interval training can be fun and refreshing and does NOT have to be painful or uncomfortable. In fact, it should NEVER be that. A good balance of consistency and flexibility in designing workouts is important.

Our club has a diverse group of runners who are into many different aspects of running. Not everybody is interested in racing; however, all those who desire to improve their speed or their overall fitness can benefit from interval training. Those who do like to race, including our ultrarunners, will definitely benefit from track workouts.

I believe in individual coaching, and will try to do that as much as possible. The important thing is to have fun and create an atmosphere in which everyone can improve and, most importantly, HAVE FUN. :-)

If anyone has specific questions, please feel free to approach me at the Saturday runs, or call me at 650-875-3911. I hope to see you out there!

A note from the editor: Striders track workouts will begin as soon as we decide upon two important issues. Don is seeking input on what day of the week works best for our members and which track to use. Please contact Don or any Board member if you have input along that line.

Striders Do Well at Skyline 50K - Castro Valley, CA, August 5, 2001

By Doug White

The 2001 running of the Skyline 50K was blessed with ideal weather and a strong field. As usual, the Striders were well represented with eight of our members taking on this local classic, the perennial start of the ultra season.

Running her first ultramarathon, **SOPHIA LEWIS** surprised veteran ultra runners with a stunning performance. Crossing the finish line in 4:59:40, she placed third overall for women and first in her age group. Though few may have know her name at the beginning of the race, many were wondering where "that Sophia lady" came from by the end of the day. She definitely made an auspicious entry on the ultra circuit!

One of our most experienced and highly accomplished runners, **RICH SIEMENS** also put in a great performance that day. Rich placed first in his age group with a time somewhere around 5 hours and 30 minutes. His exact official time may never be know since Rich actually got a late start. Yet he still finished before all others in his age group and before many much younger runners.

Other Striders who successfully finished this demanding 50K course through the beautiful Oakland hills include:

RANDY MAHONEY, TOM KAISERSATT, MIKE MARTIN (First Ultra), STEVE REAGAN, LEE JEBIAN, WINI JEBIAN

All in all, it was a fine day for the Stevens Creek Striders ultrarunners.