
What's Afoot



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

www.stevenscreekstriders.org

September-October 2001

President's Message

Dear Striders,

So much has transpired since we last published a newsletter, that I hardly know where to begin. I must confess that, like many people the world over, I am still in shock over the events of September 11th. What happened that dreadful day has shaken our nation to its core. As a people, we changed the way we view our world in some very fundamental ways. The horrifying images of fire, chaos, death, and ruin, so vivid in our collective minds, have indelibly etched the sordid figure of hate and terrorism in our collective hearts. From Joseph Conrad's classic novel, *Heart of Darkness*, the two words that best describe this spectacle are "The horror."

Yet from the worst of a few has blossomed the best of the multitudes. Straight out of the unthinkable acts which struck fear, anger, and profound sadness into our hearts has risen a swell of solidarity and brotherhood unlike anything most of us have ever experienced. Take a look around you. A lot of people seem more friendly, more tolerant, and more willing to help their fellow citizens. Indeed, the prime virtue of charity seems to be peaking all around us. The only question is whether the goodwill that flourishes now can go the distance. That's where we come in.

As a group, the Stevens Creek Striders are a model of amity and community caring. We found each other through the common hobbies of running and fitness, but our club psyche is about so much more than that. Our defining qualities are embodied in the camaraderie, encouragement, and supportiveness that we openly accord each other and the larger running

community. We are good at being good to people, and now is the time to enlarge that character.

We have it within us to help make things right, not just in our club, but in our communities. Shakespeare wrote, "How far that little candle throws his beams! So shines a good deed in a naughty world." This simple passage reflects on the ability of the individual to act on a large scale and how benevolence can spread so far. Each of us, every single individual, has the power to make the goodwill last over the long haul. I bid you do your part. Be positive in your own way, and don't let a flag-waving frenzy become a passing fad. For in setting the example of altruism and kindness, each of us can make a lasting difference.

Fair winds to all,

Doug White

STRIDERS – THE NEXT GENERATION

Congratulations to **Bill Gough** and his wife Karen on the birth of a son, Christopher William who arrived on August 10. To see a picture of this fine young fellow, follow this link: www.stevenscreekstriders.org/photos/2001/cwg.html

And, Congratulations to **Kate & Simon Purdon** on the birth of twin daughters!! Amy & Beth arrived on August 24. To see photos of these lovely ladies, follow this link: www.stevenscreekstriders.org/photos/2001/abp.html

STEVENS CREEK STRIDERS
MEMBER PROFILE
MARY MILLER



Mary and her husband Robert at the Paris Marathon, circa 1998

Having grown up in Portland, Maine, in a family of six girls, I was not involved in any athletic sports until moving to California in the late 70's. Compared to Maine, California weather seemed fabulous to me, and it wasn't long before I got the running bug. In the early days, while I was a student at Foothill College, I ran a few miles on a track, two or three days a week. Gene Seelbach was my math instructor, and he ran with a group of us who were his students. Gene was also a member of the Stevens Creek Striders, and that inspired me to join the club.

My running philosophy has always been that running should be fun, and if I'm running too fast to talk, then it's not fun. When I first joined the club, I had never run more than five miles, but I immediately loved the social aspects of the club, the challenge of increasing my mileage, and club members were very friendly and helpful. It wasn't

long before I did my first 5K, 10K, half-marathon, and then a marathon. I've never been a fast runner, but found I had stamina for long distance running.

As my first marathon, I ran in San Jose in February 1986, and the same year I did the Boston Marathon, as a back of the pack runner. I finished my first marathon in 4:30 and the second in 4:45. Although very tired at the end of both marathons, they were good experiences for me.

The next long distance running venture was my first ultra marathon in 1987 at the American River 50 miler. George Black was the coach and the rest of the group included Jeannie Seelbach, Maxine Adler, and Jerry Hill. I finished the race in 12:10, with Robert pacing me for the last 20 miles. He was singing and full of energy, while I could barely make it up that very long final hill to the finish line. It was a difficult course for me, but I was pleased with the sense of accomplishment I felt reaching the finish line.

In 1988 I decided to participate in the Santa Rosa American Cancer Society 24-hour track run, with a goal of completing 50 miles. I completed 57 $\frac{3}{4}$ miles and raised about \$2,000.00 in pledges from running friends, family members, and coworkers. In 1990 I did the race again, and completed 75 miles in the 24-hour timeframe. It was an unforgettable experience and I raised about \$4,000.00. In both runs, Robert and his son, Bob, were my chef crew and support members, and I couldn't have done it without them, and all the other Striders who volunteered to log my laps around the track.

At about that time, I had the pleasure of serving on the Strider Board for about four years. For me, it was a way to become more involved with the club, and an opportunity to give something back for all the support members had given me. I am also proud to have received the Striders Big "L" Award in 1992 as the Strider of the Year.

Since that time I've continued to run about one marathon a year and have done Napa several times, Davis, Point Reyes, and San Francisco a couple of times. My very favorite marathon was in Paris a few years ago, because that was Robert's very first marathon, and our first trip to Europe. Again we trained with a group that included Lew Franklin,

Mary Miller's Highlight, continued

Jeannie Seelbach, and Megan Leney. Plus during the race, there was a live band at one of the aid stations and we all stopped and danced for a few minutes. I don't even remember our finish time, but it was a fabulous experience. It was great weather, lots of spectator support all along the course, and they served fabulous chocolate at the aid stations.

This year we took on a new challenge in March, and went to climb Mt. Kilimanjaro in Tanzania, Africa. Jeannie Seelbach came up with the idea last December, and my first response, was who would ever do such a thing? Well, for those of you who know Robert, he was hooked from the very first discussion and eventually I decided it would really be a great challenge that we could share together. We did the climb with 12 other friends, and only three of the group made it to the very top, which is 19,340 feet. Unfortunately, I was not one of them, but I was very thrilled that Robert did make it all the way.

I'm currently running about four days a week, and wondering how I ever found the time to do the long distance training. I jokingly tell people that after I chased Robert for 16 years, he finally caught me, and we got married in 1993. Fortunately, we both love to run, and as busy and hectic as our lives can get, we really look forward to running with the Striders. We will continue to run as long as our bodies hold up physically, and we really treasure the many friends that we've made through the running club.

Yellow Jacket Update

by Marsha Levy



Now that the cooler weather of fall is here the nuisance of those pesky yellowjackets is almost gone. They will continue to die off, until only the queen is left. She will find a sheltered spot

to hibernate over the winter and then rebuild a nest in the spring.

Yellow jackets are beneficial to the environment by preying on flies and other pest insects. Their nutrition requires both a protein and sugar source for food. They have a keen sense of smell and are attracted to meat (sweaty humans included) and flowery scents such as soaps or lotions. They also like the sweet smell of soda pop, fruit juices and your electrolyte drinks.

Yellow jackets are wasps, not bees, and can sting many times with their smooth stinger. They can also bite. The pain of a sting is due to several toxins including formic acid. The bite has less toxins so the pain of a bite doesn't last as long.

These social insects nest in vacant openings such as rodent burrows, hollow logs, or even walls of buildings. They become very aggressive if the nest is, in their opinion, threatened. This often happens when one or more runners cause vibration by running over a subterranean nest. Too many of us have had this experience! The opening to the nest can be as far away as twenty feet so you may not see where the wasps are coming from.

If stung, leave the area immediately. Yellow jackets send a chemical "SOS" to their nest mates to bring out the reinforcements and fight off intruders. Wash the wound as soon as possible with soap and water. Apply ice (not directly on skin) if swelling occurs and take aspirin to reduce inflammation and pain. If you have trouble breathing or the swelling is severe, call a physician immediately.

Yellow jackets are most active in warm weather and most aggressive in late summer. You'll see them less and less as the weather continues to cool, giving us more time to admire the red leaves of a year-round hazard, poison oak.

Race Results – No results were submitted to the newsletter this time! Perhaps the following list will give you some ideas.

Upcoming Events *(Information on some local runs you may be interested in)*

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|-------------|---------------|---|
| October 14 | Half Moon Bay | Pumpkin Festival 5K, 10K, Kid's Run (1/4 mile)
650-712-7322 or caraschmal@aol.com |
| October 14 | Stanford | Theta Breakers Run for the Children 5K, 10K Run or Walk
877-517-1685 or www.active.com or alamdarear@stanford.edu |
| October 14 | San Jose | Almaden Times Classic 10K & 2M Run
408-997-0200 or Avycs@avycs.org |
| October 20 | Palo Alto | Home Run 5K, 10K Run-Walk
408-235-1376 or dahn@stanford.edu |
| October 27 | Gilroy | Halloween 10K, 5K run-Walk
408-683-4683 or Wflodberg@aol.com |
| October 27 | Big Sur | Big Sur River Run 10K Run, 5K Walk
831-624-4112 or www.BigSurRiverRun.org |
| October 28 | Santa Cruz | Santa Cruz 5 miler
831-662-0886 or www.santacruzparksandrec.com/events |
| October 28 | San Jose | Silicon Valley Marathon, Half Marathon, Marathon Relay
831-477-0965 or www.svmarathon.com |
| November 4 | Los Gatos | Run For The Law 10K, 5K
209-795-7832 or www.onyourmarkevents.com |
| November 17 | Santa Cruz | Santa Cruz Turkey Trot 10K, 5K, 1K (for kids!)
831-469-4935 or www.sctc.runners.net |

For more information on these races and additional running events you may link to The Runners Schedule from our web page: stevenscreekstriders.org

Women to Watch

Watching women's sports can improve a woman's body image

Study author Kristen Harrison, Ph.D., of the University of Michigan says that we're particularly inspired by the strength women show when they play traditionally "male" games, such as basketball, soccer and tennis.

Newsletter Contributors for September-October
Doug White, Marsha Levy, Mary Miller

Just For Fun

Why Athletes Shouldn't Be Role Models

Chicago Cubs outfielder Andre Dawson on being a role model: "I want all the kids to do what I do, to look up to me. I want all the kids to copulate me."

New Orleans Saint RB George Rogers when asked about the upcoming season: "I want to rush for 1,000 or 1,500 yards, whichever comes first."

Football commentator and former player Joe Theismann 1996: "Nobody in football should be called a genius. A genius is a guy like Norman Einstein."

Senior basketball player at the University of Pittsburgh: "I'm going to graduate on time, no matter how long it takes."

Bill Peterson, a Florida State football coach: "You guys line up alphabetically by height." And "You guys pair up in groups of three, then line up in a circle."

Stu Grimson, Chicago Blackhawks left wing, explaining why he keeps a color photo of himself above his locker: "That's so when I forget how to spell my name, I can still find my clothes."

Shaquille O'Neal on whether he had visited the Parthenon during his visit to Greece: "I can't really remember the names of the clubs that we went to."

Shaquille O'Neal, on his lack of championships: "I've won at every level, except college and pro."

Lou Duva, veteran boxing trainer, on the Spartan training regime of heavyweight Andrew Golota: "He's a guy who gets up at six o'clock in the morning regardless of what time it is."

Pat Williams, Orlando Magic general manager, on his team's 7-27 record in 1992: "We can't win at home. We can't win on the road. As general manager, I just can't figure out where else to play."

Chuck Nevitt, North Carolina State basketball player, explaining to Coach Jim Valvano why he appeared nervous at practice: "My sister's expecting a baby, and I don't know if I'm going to be an uncle or an aunt."

Jim Finks, New Orleans Saints General Manager, when asked after a loss what he thought of the refs: "I'm not allowed to comment on lousy no good officiating."

Alan Kulwicki, stock car racer, on racing Saturday nights as opposed to Sunday afternoons: "It's basically the same, just darker."

Torrin Polk, University of Houston receiver, on his coach, John Jenkins: "He treats us like men. He lets us wear earrings."

Shelby Metcalf, basketball coach at Texas A&M, recounting what he told a player who received four F's and one D: "Son, looks to me like you're spending too much time on one subject."

And the Gem

Oiler coach Bum Phillips when asked by Bob Costas why he takes his wife on all road trips, Phillips responded: "Because she is too damn ugly to kiss goodbye."

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 Hobe'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: mwagenet@aol.com
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 - Doug White

Vice President - Tom Kaisersatt

Secretary - Steve Reagan

Treasurer - Emily Bologna-Jones

Newsletter - Margaret Wagenet

Social Activities - Bill Jones

Sergeant at Arms - Christina Brownson

Carol Borders
3801 Perie Lane
San Jose, CA 95132

OK
~~EXPIRES 2004~~
Paid-up! sorry Carol!