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# What's Afoot?

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A Newsletter for The Stevens Creek Striders Running Club  
[www.stevenscreekstriders.org](http://www.stevenscreekstriders.org)

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**February 2002**

## **President's Message**

**by Lisa Kelly**

Greetings striders! As we make our way through another 6 weeks of what passes for winter here in northern California, let's all pause a moment to reflect on those less fortunate than ourselves - like all the folks who live on the east coast who are currently blanketed under feet of snow! Then let's get out the door and enjoy the sunshine!

Much has happened since our last newsletter (and yes, it's been a while but we promise, this issue will make up for it!). This year's holiday party was another great success. About 50 members and their guests gathered at the Crowne Plaza Cabana in Palo Alto for a delicious dinner, fun games, and fabulous prizes! Winners of this year's **Big L awards** were:

**Most Athletic: Christina Brownson, Tom Kaisersatt, Sophia Lewis, and Mark Williams**

**Most Dedicated Volunteer: Marsha Levy, Don Murdoch**

**Most Improved Runner: John Stannard**

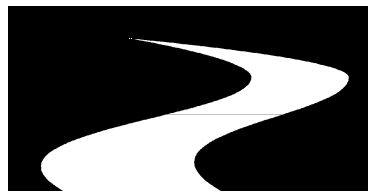
**Strider of the Year : Doug White** (Doug wished me the thank you all for you thoughtfulness - he was very touched)

We've got lots of great stuff coming in the next few months. Napa Marathon, Way Too Cool, Quicksilver, the Spring Picnic, and Western States, just to name a few! If you want to collaborate with other club members for carpooling, training, etc. - don't forget we have a mailing list to which all members can subscribe and send email. To sign up for the list, see our website <http://www.stevenscreekstriders.org/contact/list.html>. This is a great way to stay in touch with your fellow members!

Hope you enjoy this issue of our newsletter and see you on the trails!

**Lisa**

A Special Thank You...



249 First Street  
Los Altos, CA 94022  
(650) 941-2262

**TRH**

THE RUNNERS HIGH

OR

859 Santa Cruz Ave.  
Menlo Park, CA 94025  
(650) 325-9432



55 West Main St., Los Gatos, CA 95030  
(408) 354-7365 info@lg-athleticperformance.com



20830 Stevens Creek Blvd.  
Cupertino (408) 257-7000

**Thank You!**

Stevens Creek Striders would like to thank these  
businesses for their generous donations to the  
Striders 2002 Holiday Party



21267 Stevens Creek Blvd, Cupertino, CA 95014  
(408) 446-5511



21267 Stevens Creek Blvd, Cupertino, CA 95014 (408) 255-6010

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# Marathon Recovery

By Lisa Kelly

With the Napa Valley Marathon fast approaching, I thought an article on marathon recovery would be relevant. I asked some of our more experienced members to contribute. First, let's meet our panel:

## Tom Kaisersatt

The only "absolute" in marathon recovery is there is no absolute. I realize that does not make any sense at all! Marathon recovery is an individual issue. It depends on the individual's physical condition, level of effort in the marathon, parents you chose, and several other unknown parameters. The following is my marathon background and recovery experiences, yours will be different.

Marathon background:

Since November 20, 1988, 94 marathons/ultras  
PR: Portland Marathon, September 27, 1992,  
3:08:40

First marathon: Pacific Rim Marathon in San Francisco, November 20, 1988, 4:06

First ultra: Quicksilver 50k, May 9, 1992, 5:47  
Marathon in which I realized I would never break three hours; Marine Corps, October 23, 1994, 3:36

## Dave Beasley

My first marathon was Bay State Marathon in Lowell, Mass. The day was drizzly and cool. Two flat loops of 13.1 along Merrimack River, combined start with a half-marathon. I went out and chased the early leader, who was a half-marathoner. I blew up at 20.5 and did the old walk-run to the finish. I resembled a drowned (neatly shaved) rat sporting a bib number. I proceeded to stagger to my car, drive home and crawl into bed.

Marathon background:

25 marathons since Oct '93  
PR 2:24:16 at Boston '94

## 1. What's the very first thing you do upon finishing a marathon?

### Tom:

In order, what I do when I finish a marathon:

1. STOP running! If you don't stop, the recovery process cannot begin. Many times you will be asked if you are okay after the marathon. The usual answer is "yes". I believe the more correct answer is "no, but I am getting better now that I have stopped running".
2. Eat and drink (see question 4 for specifics).
3. Continue to walk to keep the legs from stiffening up.

### Dave:

Get up. Then seek out the massage tables! REALLY! It'll sharply reduce the time you spend in muscle gloom.

## 2. What do you think is the single biggest mistake a runner can make after a marathon in terms of hurting his/her recovery?

### Dave:

The single biggest marathon recovery mistake: Trying to run too hard too soon. It takes roughly a day per mile raced to recover -- this refers to the time you're ready to run hard again, not just how long it takes to feel "good". You may be chomping at the bit ten days after a marathon, but you'll find that if you try to do any speed or hill work, the marathon is still right there in your legs. This mistake can usher forth an injury lying

### **Marathon Recovery (cont. from p. 3)**

in wait, since the marathon distance will do things to your body well beyond what four 10k's will do. Plan ahead.

### **3. What's the single biggest thing a runner can do right after a marathon in terms of helping his/her recovery?**

**Dave:**

Don't stop running! Unless you have an obvious incapacitating injury, you will benefit from the cleansing effect of light aerobic activity, yes the day after. This will work your lymph system to conduct garbage collection and eject all the icky byproducts of muscular metabolism, not to mention 26.2 miles worth of crushed corpuscles. This should also work well with other aerobic exercise, though I can't speak from experience.

### **4. What do you recommend eating and drinking right after a marathon? In the day(s) following a marathon?**

**Tom:**

Consume some fluids, preferable something with a juice base. Eat some carbohydrates and protein as soon as the stomach will allow, the soon the better.

**Dave:**

After crossing that finish line, eat as much as you want. Drink LOTS, especially if you get a massage, so you can flush all the loose crud. Avoid alcohol (or coffee?), since it's a diuretic. Raw fruits and veggies are great, since they're easy to digest and are loaded with electrolytes and antioxidants. Combine this with high carbo foods. And, if there's some sugar in there, so what? You've earned it! Steer clear of fatty stuff like donuts, though. A few good servings of lean protein will aid in damage control - I recommend sushi.

In the weeks following, try to maintain a healthy pre-marathon diet (unless you were trying to lose weight for the race). You'll probably be racing

again before long anyhow. To summarize, don't short-change your body, and you'll get years of reliable service

**Editorial note:** There is quite a bit of evidence to show that your muscles are “primed” to be refueled for about 30 minutes after a hard effort. Eating properly during this window can really help speed your recovery! Some studies show that a mix of carbs and protein (about a 4:1 ratio) is most readily absorbed by the body during this refueling window. If you have trouble with solid foods after hard efforts, plan in advance to have some liquid nourishment available – there are several protein/carb drinks available on the market (Ensure, Endurox R4, Champion Nutrition Metabolol).

### **5. What are some tips you can give less experienced runners on minimizing pain and suffering after a marathon (cold showers, walking, elevating the legs, morphine, etc.)? Any special tricks?**

**Tom:**

Some runners get a massage. I tend to cramp up if someone rubs my muscles in the wrong way, but I have always had cramping problems.

Some runners will want a cold shower to reduce swelling. For me, bare feet on a cold floor will cause foot cramps.

If I am driving home right after the event, I will stop the car every 30-45 minutes and walk around. If I am a passenger I will actively move my feet and legs.

I don't really mind the soreness for the days following an event; it reminds me how fortunate I am to be able to do what caused the soreness. The soreness also tempers my enthusiasm for running too hard.

## **Marathon Recovery** (cont. from p.4)

### **Dave:**

For you cherries, one great way of preventing post-marathon distress is to train adequately (remember Pheidippides?), which is beyond the scope of this article. That being said, once you're awarded your finisher's medal, listen carefully to your body. Make sure to ice any aches and pains, and back off. It's better to be cautious now that the job's done, so bow out of any weekend warrior opportunities, such as softball, extensive home improvement, etc. Take the elevator, even the one marked "handicapped." Hot-tubbing may feel good, but most physicians advise against it; it may be dangerous in your weakened state (unless you're fighting hypothermia).

### **6. How long should a runner rest completely after a marathon (little or no activity)? How long should a runner wait before running? Before racing?**

Tom:

I return to running when I feel comfortable, keeping in mind that if I am only stiff, I should feel less sore as I warm up. If I have injured myself, the soreness will most likely intensify. I used to have a rule of no hard speed work for three weeks following a full effort marathon. I broke that rule once and ran hard two weeks after a full effort marathon and hurt myself. Ann Trason once set a course record at the Comrades 52 mile marathon and the following week won the Western States 100, go figure! I think speed work is high-risk training and the chance of injury is greater when the legs have been stressed by a marathon. I really like Don Murdoc's suggestion of a 3-mile warm-up before doing speed work. So what, if you are a little worn out from warming up, it will only provide more benefit from the speed work and reduce the chance of injury. You are not racing against the clock, you are trying to condition you body.

How long should one wait before racing again? Your time will be different than mine, but I feel there would be less risk of injury running a 50k

event than a 5k event one week after a full effort marathon. The reason is much less speed.

Dave:

To return to running (or another activity) – as soon as possible (see answer to question 3). For racing, see answer to question 1 (about a month).

Editorial note: You may need to take a few days off and rest completely, but there's no need to give up exercise entirely for more than a couple days unless you've been injured. Even if you are so sore you just can't imagine running, some light cross training can be really beneficial in stimulating your recovery. Try swimming, cycling, or walking. You don't need to return to running right away, but some activity within 2-3 days after your marathon will help you recover faster. But, listen to your body – as Tom said, soreness should ease as you get into your workout. If the pain intensifies, it's probably an injury and you should stop.

### **Any other advice or insight on marathon recovery you'd like to share?**

Tom:

The bottom line is that one never knows for sure how far they can stretch a rubber band unless they have broken it at least once. You don't know how much recovery you really need until you have injured yourself from not enough recovery time. If you ease back into running and injure yourself, hopefully the injury will be minor. We are all different and will all require unique recovery periods, more is safer.

Dave:

No matter what the outcome of your effort, keep your chin up. Yogi Berra said, "Ninety percent of this game is fifty percent mental," and how can you argue with that? More to the point, FDR said, "Far better it is to dare mighty things, to win glorious triumphs even though checkered by failure, than to rank with those poor spirits who neither enjoy nor suffer much because they live in the gray twilight that know neither victory nor defeat."

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## Tom Kaisersatt on San Jose Fit

### WHAT IS SAN JOSE FIT?

San Jose Fit is an award winning 28 week **marathon** training program. Complete this program and you will be able to complete the October 26, 2003 Silicon Valley Marathon.

### WHAT IS INCLUDED FOR THE \$90 SIGN-UP FEE?

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

Sign-up on-line at [www.USAFit.com](http://www.USAFit.com) by April 1, 2003 and save \$10.

### 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 sessions are at 7:30 AM on April 12, and April 19.

### 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 go to [www.sanjostfit.com](http://www.sanjostfit.com) or contact Tom Kaisersatt at 408 255-0823.

## Running Families: Babies

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**By Amanda Williams**

We see them at Rancho, in our neighborhoods and at the Striders Saturday meetings. The running parents. They have those streamlined strollers (or not!). They can't chat for long. How do they do it? Margaret Wagnet, Bill Gough and Sophia Lewis were kind enough to tell What's Afoot about what it is like to be a running parent. This issue, we explore what it is to have a baby and run.

### Pregnancy

With some exceptions\*, doctors recommend that women stay active during a normal pregnancy. Most activities that they enjoyed before becoming pregnant are appropriate to continue during pregnancy, but at moderate or mild levels. Pregnancy can include jogging or running, if they were part of a mother's routine before her pregnancy. Margaret Wagnet cut back her exercise intensity and she became more vigilant about pain and fatigue. "Use your common sense and don't push yourself too much," she advises.

\*Consult with your doctor about appropriate exercise if you think you are pregnant. Complete medical advice about exercise during pregnancy is beyond the scope of this article, indeed, beyond our expertise at What's Afoot. Some exercises and medical conditions can make exercise extremely harmful to mother and baby.

### Babies

How did becoming a parent impact your running routine?

"No marathons!" writes Bill Gough. "Marathon training takes long hours on the weekend, which makes it difficult to juggle family at the same time. The weekend runs with the club and the occasional 10k or half marathon are doable." Sophia Lewis notes, "Running behind a stroller was the biggest change. Having *time* in the day to run behind the stroller was a huge change." Margaret also talked about the issue of time. She adopted a tighter running schedule so that she could run while her husband watched their son. But Margaret also mentioned that she "appreciated" her runs so much more after becoming a parent and having less and less time to herself.

How do you schedule running around your family?

Sophia: [Skyler's] first three years I did all of my running pushing a running stroller. Once I discovered trail running and ultras, I scheduled my runs either before or after his father went to work so I could run without the stroller.

Bill: I work out in the mornings – usually 6:30AM runs.

### Stroller Insights

Perhaps from a baby's perspective, parents go on stroller runs just to amuse them. When they began stroller running, Sophia was happily surprised to hear 2-month-old Skyler

**(Running Families: Stroller Insights from p. 7)**

laugh when they went over bumps. Bill's Christopher "likes speed!" He will "let an occasional moan out" if Bill is not running fast enough for him. "He loves the jogger! Christopher even manages (at 18 months) to fall asleep while I'm careening around corners at 45-degree angles, over rocks and tree roots. Margaret's baby "loved" the stroller and would fall asleep on the run. "At six weeks he was regularly logging four miles!" And for Sophia, the most pleasing outcome of stroller running was "occasionally having the baby fall asleep."

And, from the baby's perspective, if the parents want to benefit from their ride too, well that's ok. Margaret was extremely pleased to "fit into clothes again" and have more energy after her pregnancy. Sophia writes, "Skyler likes to quote a Moving Comfort ad: 'a fit Mom is a happy Mom' – how true!" Bill especially relishes the experience, as evidenced by his cheerful presence at the Striders gatherings. He unexpectedly discovered, "I would eventually feel strange NOT running with a baby jogger in front of me!" He genuinely enjoys entertaining Christopher "along the beautiful trails at Stevens Creek or Rancho San Antonio. He basically never gets upset during our runs." Bill also predicts that if you keep up stroller running long enough, "you'll be able to master any mountain trail sans jogger!"

**Some considerations for stroller running:**

Sophia notes, "A good quality stroller made for running is critical. " Margaret points out that good strollers may be inherited and passed on. She obtained her stroller from Strider Irene Smith, who got it from another Strider.

Snacks, drinks, diapers. Sophia reminds parents to remember hat, sunscreen and sun canopy for the baby. (Say, that is not bad advice for the parents, too.)

And all things someday come to an end. Margaret's son began to want to walk and run himself, much before his little legs could keep up with his mom's. And Bill is "waiting a bit for the little guy to get some legs" so he can report back. Next issue, What's Afoot will talk about how running parents inspire their children to be active.

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We invite all Striders and friends of Striders to send us anecdotes about and photos of running and being active with their families. Were your parents active when you were a child? What sort of activities did you do together? Do/did your children run? Send your text and photos to [apaschall@juno.com](mailto:apaschall@juno.com) or call Amanda Williams at (408) 296 7685.

## **Chi Pants The Cure?**

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**By: Michael Florence**

Ailments that can be treated by a chiropractor, physical therapist or stretching take about the same amount of time to gain relief. The chiropractor (**Chi Pants** from p. 8) might have you come once a week for six months. The physical therapist will have you come once a week for half a year. The stretching book will have you doing exercises twice a day for a hundred and eighty days. The chiropractor and physical therapist may cost you two or three thousand dollars, maybe less if you just need to make co-payments. A good stretching book might cost twenty or thirty dollars. I vote for the stretching book, however, there may be other options.

One such option is Chi Pants. Chi Pants were very popular in the middle 70's. They were loose fitting with a crotch resembling that of bicycle shorts. So, there were no uncomfortable seams. Chi Pants by themselves can't be anything more than comfortable, however, they had an option that any upstanding new age person would understand. For just a few dollars more you could get Chi Pants with a crystal sewn into the base of the spine. Now, I'm not one for believing that crystals have any curative value, but if you go into a New Age bookstore I'm sure you will find a book that will tell you just what ailment can be cured by a specific crystal.

Unfortunately Chi Pant are no longer being made. If you are a believer in crystals there still is an option. First, find the crystal that works for you.

Now, go to Metro Sport and buy some Nike running shorts that have a GU pocket at the base of the spine. Drop it in and you'll be cured in no time, or maybe not.

Another item said to have curative powers is the magnet. I personally believe that magnets are only good for holding notes on refrigerator door. Doctor Scholl's and Home Medic have an assortment of products with magnets just waiting to be snatched off the shelf. I would resist.

Ok, so what's left? Prayer might work, but if I'm in pain I tend not to have kind words for a higher power. If I'm falling and anticipating pain my wrath can be inexcusable.

Well, I suppose I could be kinder to the higher power and I suppose I could buy products without magnets or crystals. I still have my stretching book and I never go anywhere without my magic wand.

# Race Results

## Golden State Triathlon - Aug 25, 2002

Swim Bike Run T Finish  
Amanda Williams 0:26 1:04 0:32 0:8 2:11:07

## AMBR 72-Mile Ultra, Tahoe - Sep 7, 2002

Mark Williams 12:41:02 First Place!

## Quicksilver Half Marathon – Oct 5, 2002

Mark Seaman 1:50:26

## Dick Collins Firetrails 50 - Oct 10, 2002

Sophia Lewis 7:51:24 W30-39 Record!

## Quad Dipsea – Nov 30, 2002

24 David Bealey 0:58 2:01 3:18 4:59:36  
163 Tom Kaisersatt 1:36 3:12 4:56 7:00:06  
187 Christina Brownson 1:44 3:39 5:41 7:46:07

## Cal International Marathon – Dec 8, 2002

John Stannard 3:30:49  
Pat Koren 4:19:53

## Christmas Relays – Dec 15<sup>th</sup> 2002

Team #1 : The Jingles Belles - W/M

	Clk Time	Leg Time
1 Pat Koren	0:44:51	0:44:51
2 Christina Brownson	1:24:02	0:39:11
3 Chris Halliwell	2:02:45	0:38:43
4 Emily Jones	2:50:15	0:47:30

Team #2 : Frosty's Flakes - Family

	Clk Time	Leg Time
1 Peggy McLeod	0:35:00	0:35:00
2 Brian McLeod	1:09:51	0:34:51
3 Dave McLeod	1:47:15	0:37:24
4 Kevin McLeod	2:18:27	0:31:12

Team #3 : Santa's Slaves - M/M

	Clk Time	Leg Time
1 Peter Hargreaves	0:32:57	0:32:57
2 Charles Roberts	1:05:37	0:32:40
3 Libby Tait	1:44:09	0:38:32
4 Jack Pan	2:25:21	0:41:12

Team #4 : Frill Neck Lizards - M/SubM

	Clk Time	Leg Time
1 Dave Bealey	0:24:18	0:24:18
2 Bill Gough	0:54:09	0:29:51
3 David Reyes	1:27:01	0:32:52
4 Navraj Nandra	1:58:32	0:31:31

## Christmas Relays – continued

Team #5 : Rubber Legs-M/60+

	Clk Time	Leg Time
1 Roger Dellor	0:29:32	0:29:32
2 Harry Cook	1:19:01	0:49:29
3 Tom Kaisersatt	1:54:00	0:34:59
4 Bill Jones	2:35:51	0:41:51

Team #6 : Stretch Striders-M/50+

	Clk Time	Leg Time
1 Jerry Hill	0:42:32	0:42:32
2 Larry Phelan	1:21:05	0:38:33
3 Michael Florence	1:56:23	0:35:18
4 Mike Shields	2:31:30	0:35:07

Team #7 : The Missile Toes-Couples

	Clk Time	Leg Time
1 Gayla Johnson	0:37:28	0:37:28
2 James Gavney	1:09:02	0:31:34
3 Amanda Williams	1:53:04	0:44:02
4 Mark Williams	2:22:51	0:29:47

## Home Depot Half Marathon - Jan 26 2003

Mark Williams	1:29:54
Lisa Kelly	1:30:21
John Stannard	1:30:49
Mike Martin	1:45:22
Mike Shields	1:50:59
Bill Gough	1:56:38
Pat Koren	2:00:12
Christina Brownson	2:01:38
Tom Kaisersatt	2:01:40
Larry Phelan	2:04:15
Amanda Williams	2:18:09
Libby Tate	2:23:50
Emily Jones	2:33
Carol Borders	2:47

## Home Depot 5K, Jan 26, 2003

Melonie Mc Cleary 26:55

## Jed Smith 50k - Feb 8, 2003

David Bealey	3:12 (First place)
Pat Koren	5:39
Christina Brownson	5:49

## Purisima Creek 33k – Feb 8, 2003

Mark Williams	3:02
Amanda Williams	4:55
Jack Pan	5:39

## Strider News

### **Congratulations to Lisa Kelly and Rob Selle on their September, 2002 Wedding**

(Lisa kindly responded to a What's Afoot e-mail interview re. the nuptials)

**WA:** How did you meet?

**LK:** Rob and I met over 5 years ago courtesy of a mutual friend (we all worked at the same company). At first our strong personalities seemed destined to clash, but our mutual love for sports and adventure overcame our initial hesitation, and the rest is history. We've been together ever since.

**WA:** Tell us about the wedding.

**LK:** We were married on September 20th, 2002 at the foot of Bridalveil Falls in Yosemite National Park at a small ceremony attended by family and close friends. It was a perfect fall day, with sunny skies and warm temperatures, and Yosemite provided the perfect backdrop. The reception was held at the Ahwahnee Hotel, and we spent the weekend enjoying the park with our guests before heading off for a week in Hawaii.

### **Well Wishes for Rich Siemens in his new home in Houston, TX**

Striders veteran Rich Siemens has finally moved back to Texas, where he plans to spend more time with his family, especially catching up with his grandchildren.

As many Striders know, Rich started running ultras in the early 80's. Here follow some snippets from his running history. His marathon PR is 2:36 and he ran a 3:08 marathon when he was 58! On a local note, Rich placed first in his age group three times in the Skyline 50K— 1981, 1991, and 2001. Most recent race: Houston ½ Marathon, '03. We have not seen the last of Rich, who “threatens” to show his face in California on a regular basis.

### **Congratulations and Thank You to Brian Robinson**

(Thanks also to everyone who put on the event!)

This month Brian narrated a wonderful slide show of his adventurous completion of the first calendar Triple Crown! As many of us know, the Triple Crown is attained by hiking all of these three major trails in the United States: The Pacific Crest Trail, The Continental Divide Trail and the Appalachian Trail. Brian is the first person to have hiked all three in a single year (2001).

If you were unable to attend the Strider/PARC (Palo Alto Running Club) hosted event, be sure to make a note to catch Brian's next local talk and slide show. Check out this web site for trail logs his 2001 expedition.

[royrobinson.homestead.com/triple\\_crown.html](http://royrobinson.homestead.com/triple_crown.html)

(Also, be sure to ask about Brian's BURT (formerly DURT) Sunday long run group. Trail runners of all abilities should inquire)



Brian Robinson braving the elements, 2001



Rich Siemens, assisting at Quicksilver, 2002

Hi Everyone,

For those of you who don't yet know about (or haven't yet taken advantage of) the new Striders Clothing for 2003 - now's your chance! See our clothing order page at <http://www.stevenscreekstriders.org/board/clothing/start.html> or contact Amanda Williams at 408 296 7685, or any Striders Board Member for details.

We are proud to offer the following items of clothing for those of you who want to "show their colors"!

- **Raceready Coolmax Aries Singlet w/ Striders Logo - \$20**

Sizing: S,M,L  
Fabric: CoolMax® Aries  
Color: White  
Raceready Long Sleeve Coolmax Alta Shirt w/  
Striders Logo

- **Raceready Long Sleeve Coolmax Alta Shirt w/ Striders Logo - \$27.00**

Sizing: XS,S,M,L,XL  
Color: White  
Fabric: CoolMax®

- **Raceready EZ Long distance shorts, no logo - \$24**

Sizing: S,M,L,XL. Color: Black  
Fabric: MicroMove®

## Crashing Big Sur

By Dave Beuley

In the early morning of Patriot's Day 1999, I was on a jet out of Logan, bound for California. This time my work schedule derailed my running plans, and so even though I had my number for Boston, I was not to toe the line. This was rather a letdown, but I was race-ready so I immediately set out to find a left coast marathon.

As it turned out, George L advised me shortly before I left that if I ever wanted an entry to Big Sur, I should call Wally Castner, the race director, and drop George's name. Well, usually George is a lot of talk, but it was worth a shot. I had six days until the race, and even if I knew where to find an entry form, registration had been closed for months.

This called for guile and sleight-of-hand, so knowing a bit of Big Sur history, I chose to appeal to the race's offbeat but harmless tradition of references to classical music. I penned the note below, faxed it that morning, and had my reply by 3PM – "Dave - you are in due to creativity - please fax entry ASAP - Wally Castner". Whaddaya know, it worked!

The rest is history. Big Sur was more beautiful and magical a race than anyone could describe in print. It was certainly worth missing a Boston, maybe two... though in fairness, being a NE native did rob Beantown of a little mystique. I did however appreciate Big Sur's distinct lack of commercialism, as well as its generous charitable donations and hay bales. Oh, and yes, I clocked a 2:39 for 6th, which was good for the "first Mozarctic" award and status as a Hurricane Point Survivor. I'm fixing to return in 2003, this time as a local.

From: David Beuley  
To: BSIM Registration Committee

David Beuley  
Age 33  
Nashua, NH  
Gate City Striders Running Club, Past President  
[www.gatecity.org](http://www.gatecity.org)  
Electrical Engineer

Marathon PB 2:24:16 Boston '94  
Recent: 2:28:23 Boston '96, 2:26:42 Burlington  
'96, 2:27:30 Boston '98  
First NH finisher at Boston '94, '96, '98  
Training for 2000 Olympic Marathon Trials  
Qualifier  
Course record holder  
Weekend Before Hunting Season Trail Run –  
Sandown, NH

This is an **overture** for permission to register in the Big Sur International Marathon '99. As you can see, I am a **note**-able runner, i.e. no **second stringer**. It is not my intention to **harp** on the race committee or to play on your **symphonies**, but business travel to San Jose **preluded**(sic) me from running Boston. If allowed to register, I would race in **concert** with a **quartet** of my NH clubbies (Skip Cleaver, Tim Kelley, Jim & Lora Woodward), **D major** goals being some much-needed **Strauss** relief and to get **tuned** for the trials.

If you can do this, the **presto**, I'm your friend for life. But if instead **A flat** refusal, then I'll be **Bach** next millenium.

Please call my pager 603-423-5127, as I am moving **double-time**.

And please let Lt Col Wally Kastner know that George LeCours of Saucony (RRCA convention and SF Marathon) sends his regards.

-Dave Beuley

Editor's Note: Due to my oversight, this hilarious tale of "Surrendipity" was left out at print time, but included as an insert. I hope Mr. Beuley will forgive and feel encouraged to submit again.

AW

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