
What's Afoot?



A Newsletter for The Stevens Creek Striders Running Club

www.stevenscreekstriders.org

July 2003

Welcoming New Board Members

Congratulations and welcome to the new Stevens Creek Striders Board, who gathered for the first time Wednesday evening, July 9th. **John Stannard, Mike Shields, Mark Williams** and **Gayla Johnson** (who served on the board in the past) joined **Peter Hargreaves, Don Murdoch** and **Charles Stevens** (three returning members from 2002-2003) to determine duties and discuss and plan the agenda for the coming year. Official duties are as follows: President - Charles Stevens; Vice President – Mark Williams; Secretary – Gayla Johnson; Treasurer – John Stannard; Social Director – Don Murdoch; Web Master – Peter Hargreaves; and Newsletter Editor – Mike Shields.

Departing President, Lisa Selle (Kelly), Vice President, Steve Reagan and Newsletter Editor, Amanda Williams (Paschall) wind up this newsletter edition with notes of farewell (end page) and best wishes to the new board.

The American River 50 Mile

By Joe Mitchell

Standing in line at the pharmacy to purchase a knee brace the night before the American River 50 Mile Endurance Run, I wondered if my wife and daughter were right – maybe I was nuts.

Race day came early, but not bright. I got up at 2:15 to drive up to Sacramento in time for the 6:00 start. I decided I could sleep better in my own bed and face the early morning 2-hour drive rather than drive through traffic on Friday night, toss and turn in a cheap motel bed, and get up at 4:30. It took less time to get to the start than expected; as a result I was at the start at the same time they were setting up the registration table.

I said hello to a couple of friends I have been occasionally running with for the past two years. I was talking with Charles Stevens at the start of the run, and we ran together for the first hour. Running with Charles started the day at the right pace. Since this was my second attempt at a 50-mile run, I had planned on going out super slow so I did not flame out near the end of the day. Charles told me the first 25 miles were road miles so the pace could be faster – you didn't have to look at your feet and pick your way along the trail. We got to the first mile in just over eight minutes. Way too fast I thought. At the same time I was not pushing hard at all. I was just enjoying the brisk early morning 45-degree

temperature. When we hit the first aid station at mile 5.9 my watch showed 51 minutes, an 8:39 pace. Charles told me not to believe the distance or the pace.

We came upon Chuck Wilson finishing a walk break and started running with him. I ran with Chuck on my first DURT run, he introduced me to the runs100 website, and told me about Way Too Cool. He was full of advice. Some of which I heeded. After the first hour I pulled off from Charles and Chuck to visit the bushes. I also wanted to slow down a bit.

The beautiful American River Parkway lies in a flood plain so the course is relatively flat for first 24 miles. I did not see any houses, just lots of green grass, wild flowers and the slow, rolling river. The wildflowers were out in all their glory. I crossed one hill that was just covered in big blue three-inch blossoms. I smiled when I saw a couple of fly fishermen in their boats. I used to do that, and will again some day, but that day I was running.

The first major climb was to the Nimbus Dam overlook at mile nineteen. I power walked the single track and hit the aid station at just under three hours. The day was perfect for running – sunny and cool. I had settled into a pace and was enjoying myself.

I started this run with a strategy. First, I was not happy that, due to injuries, I DNFed the last two runs (Dick Collins 50M and Way Too Cool 50K). I was determined to finish this run. Second, I wanted to minimize my time at the aid stations. I saw that Stan Jenson kept track of his time in aid stations and I thought I would try that technique. In previous runs I have enjoyed the smorgasbord of goodies and the good-natured encouragement of the volunteers so much that it was easy to hang out instead of running down the trail. Third, I wanted to beat 10:30 and qualify for the WS100. Not that I am necessarily going to run WS, I just wanted the bragging rights.

In checking my watch after the run, I noticed I had only spent between 25 to 50 seconds in each aid station. I would go in with my camelback open that some wonderful volunteer would fill. I grabbed whatever looked good and threw it into a small stuff sack I carried. Then I ate on the trail while moving forward.

I settled into a pattern of running between 30 minutes to an hour and walking whenever I felt tired. I kept my walking to less than 5 minutes an hour. With that strategy I remained flexible and could adapt to the course.

When I reached the Negro Bar aid station at mile 23.5 I was surprised to see I was ahead of my PR for a marathon time. That is not supposed to happen in a 50 mile run! I crossed the 26.2 mile mark 12 minutes ahead of my previous best road marathon. The relentless forward motion strategy was beginning to pay off. I was concerned about over extending myself, but was feeling good so I kept the pace up.

I met my pacer, Tim Geyer, at Beal's point, mile 27.4. I took my time at this aid station. I changed my shoes, put glide everywhere its supposed to go, enjoyed a leisurely lunch, refilled my camelback, and was out of there in five minutes.

I read on the ultra running board that, 'it does not make any difference what hurts at the start of the run, by the end of the run something else will hurt.' The saying is absolute true. My knee was hurting at about mile 27, so I put on the knee brace I had purchased for insurance. My hamstring that I pulled just before Way Too Cool was strained, but did not bother me excessively. At one time or another each individual muscles in my legs hurt. To compensate, I would slightly change my running style and the local pain would go away, only to reappear somewhere else. What started to hurt continually were my insoles.

I grew up riding horses. When we rode them in the mountains in the spring, before we put on horseshoes, they would pick their way slowly amongst the rocks in the trail. After about mile 30, I understood why they were so careful to choose where they planted their hooves.

Maybe my wife and daughter were right.

This was my first experience with a pacer. They are great. First there is the mental aspect of keeping going because your pacer is kind enough to run with you. And he doesn't even get a T-shirt. Second, there is someone to talk with, and third, he will help share the logistical burden with reminders of eating, drinking and suggestions on pace.

Tim told me that a couple miles after Beal's Point he started to get a little worried about me. He could see me visibly fading with 20 more miles to go. We hit the Granite Bay aid station and I refueled. Tim saw a visible pickup of my pace and I did feel better after some chicken broth, M&Ms, potato chips, and another Succeed salt tablet.

Tim pointed out that I had set a decent pace for the 50K time. I estimated the time I would have crossed the 50K mark and realized I had set another PR. I was ahead of my best 50K time by 39 minutes. I was relatively flying. Between miles 30 and 47 I was in somewhat of a fog. We just kept clicking off the miles. Tim would tell me the pace each time we passed a trail mile marker. The pace varied from around 13 to 14 minutes. As long as we kept the pace under 15 minutes per mile, I had a shot at qualifying for WS.

I had heard horror stories about the last hill that climbs 900 feet between mile 47 and the finish. My approach was too allocate an hour for that climb. Visions of Sierra Azul and the Rancho power lines came to mind. The climb up from the river bottom to the Last Gasp aid station was as expected, steep. Then the trail turned into a rough paved road and the grade wasn't as bad as advertised. The road was built for the trucks that worked on the defunct Auburn Dam, so the grade was relatively gradual. During the middle part of the climb we were turning out a consistent pace of just over thirteen minutes a mile.

In one of my hazy moments, and there were many from mile 35 to 50, I hit the stop button on my watch. Since I lost track of the official race time I switched over to the old fashioned method. If the run started at 6:00 and it was 3:40, how long had I run? When we approached the mile 49 marker, Tim asked me what would be my time if we kept up our pace. I told him I thought I could break 10 hours.

We started to run a minute and walk a minute. Tim jokingly told me later he didn't believe he made that suggestion. He was running even with me, but his 21 miles were catching up to him. We passed a few people walking the hill. They were encouraging me to keep running.

As I came around the last corner into the parking lot I saw the clock was at 9:55. I kept my pace solid, since I knew I was going to break 10. I hooted and hollered when I crossed the line at 9:56:57. Fifty miles, ten hours, still feeling good and I qualified for WS. I went out to have a good time and that's what I did.

Everyone who finishes this course has a sense of accomplishment. I was in the middle of the pack and that's where I will remain. Some of you think these times are slow, others think they are fast. We all know that ultra running is personal. To finish is to win. It is great to go out and win with 451 friends.

My sense of accomplishment was being able to go from not being able to run, to starting to run two years ago on Easter 2001, to finishing a 50-mile race - from zero to 50 in two years.

There is a long list of fellow runners that helped me become an ultra runner. First, let me thank Lisa Demoney, the race director, and all the volunteers. Their time and effort made help make the day enjoyable. Charles Stevens, Doug White, Chuck Wilson, Don Murdoch, Brian Robinson, and Sophie Lewis are the Striders that gave me pointers and ran with me. These people introduced me to this crazy sport of endurance trail running. It's their fault I got started. It's my character fault that I enjoy it so much.

Three PRs in a single day! I had the run of my life. Now it is time to get ready for the Miwok 100K on May 3

Running Families

Emily Takes 3rd in Big Bunny Fun Run

We have seen Emily putting in the miles at Stevens Creek Park Saturdays with Grandma, Christina Brownson. The busy 9-year-old took 3rd in her age group with a time of 34:20. (She was accompanied by Christina who also took 3rd in HER age group!) Emily first became interested in running when she was 4, thanks to Grandma. She participated in the Tortoise and Hare race in 1998 and in an earlier Big Bunny Run, in which she may run next year. She also plans to keep running at Rancho.

Emily relishes hills. She likes going downhill mostly because she enjoys running fast.

Besides running, some of Emily's other interests include swimming, biking, drawing, gymnastics and writing stories (she recently published seven in her class' anthology). She has even written songs, which she began in preschool. (She composed songs to cheer herself up when her Mom dropped her off every day). Her favorite subjects in school are science and, of course, P.E.



Christina and Emily at Stevens Creek Park

Running Parent Bela Ban

Amanda: Were your parents runners?

Bela: Not at all ! My parents were not really into sports.

A: Were they active during your childhood? Were you active as a family?

B: No. I was not much into sports in my childhood; I was more interested in reading and watching TV. Then, one day, I was watching tennis: Borg played McEnroe, I think it was 1981, and Borg lost (the previous year he had won). Suddenly I wanted to start playing tennis.

A: When did you start running and what is your running history?

B: I played tennis fanatically, including tournaments. At one point I started running to get in better shape (tennis doesn't get you there...). I didn't get hooked immediately, took me a couple of years of leisurely running before I got more ambitious.

A: How did becoming a parent(s) impact your running routine?

B: Not as much as I had thought. Runs are usually short in duration (2 hrs max on Saturdays), unless you run with the DURT folks...

Where I felt the impact was my triathlon training: I simply can't afford to spend a entire Saturday and/or Sunday doing my 8hr+ bike rides. Maybe when the kid(s) grows up I'll do another Ironman.

A: How do you schedule your running around your family?

B: Preparing for an event (marathon, triathlon), I usually run at

noon. Then either Stevens Creek on Saturday or DURT on Sunday.

A: Do both partners run?

B: Yes, my wife used to be an avid runner too. She actually completed 2 Ironman races.

A: Does your child show any interest in running?

B: She's only 2, but already running around the house. I'm sure she will become a great runner one day.. But, hey, stop ! I actually want her to pick up either golf or tennis where the money is ... :-)

A: What are some issues particular to running as the parent of a baby? What was the biggest adjustment you needed to make?

B: No more trail running for both of us. We either usually take turns running, or run on the flat (Los Gatos Creek Trail). The best times are when we have a babysitter. For example, a few weeks ago, we ran parts of the Nisene Marks marathon course in Aptos, and it was very nice being able to run without a babyjogger for once.

A: How early in your baby's life did you begin taking her along on your runs?

B: Very early; my wife imported one of those fancy strollers from Germany that you can also use as a babyjogger. At that time we lived right 'on' the LG Creek trail, so running was easy the first couple of months.

A: What was the most unexpected outcome of stroller running?

B: Michelle starting to dislike the ride at the furthest point away from the car (usually the turnaround point for an out and back)...

A: What was the most pleasing outcome?

B: Michelle sleeping all the time. Which did not occur too often...

A: What should new parents be aware of with regard to stroller running?

B: The baby should be able to lie on its back, not be in an upright position. I heard (from my wife, the expert) that that would be bad for its back.

A: Do you have any insights about parenting and running you would like to share with the Striders?

B: Take it easy when you can't get out as much as you used to. There will be a time when things get better.



Bela and Family On The Trail

The Geology of Stevens Creek Park

By Mike Shields

Beneath the greenery and winding trails of Stevens Creek Park, lie rocks that record a history of undersea volcanism, earthquakes, mountain building and landslides. As we wind our way through the park, concentrating on getting up or down that next hill, we may be unaware that we are passing right next to the San Andreas Fault or over the site of a cataclysmic landslide that crashed down from Montello Ridge several thousand years ago. So this article is written for the purpose of giving worry warts something to worry about, tired runners another excuse to pause even if there are no flowers convenient for smelling and the philosophical something to ponder as they run within Stevens Creek Canyon.

The Santa Clara Formation:

If we look across Stevens Canyon Road from our Saturday meeting, we see one of several road cuts in what looks like a mountain of sand and gravel. We are looking at a slice out of the Santa Clara Formation. This rock formation underlies the northeastern part of Stevens Creek Park from the entrance to slightly southwest of the intersection of Mt Eden Road and Stevens Canyon Road. It also underlies the Fremont Older Open Space Preserve. As rocks go, it is very young, Pleistocene in age--meaning it began to accumulate no more than about 2 million years ago. The lowest part of the Santa Clara Formation consists of lake beds, but as time went on a huge amount of coarse sand and gravel piled on top to a thickness in some places of 2200 feet. The pebbles in this gravel were derived from the Franciscan formation to the southwest. Sometimes layering is visible in the gravel, dipping at shallow angles mostly away from the Santa Cruz Mountains. As we run along the REI trail, there are several places where we can reach out and touch the Santa Clara Formation. It looks like a pile of loose gravel and that's really all it is. So loud sneezes are not recommended, especially as we pass under the brooding cliff near the base of this formation where Mt Eden Road intersects Stevens Canyon Road.

Unconformity:

If we continue to run up Stevens Canyon Road beyond the water fountains and bathrooms, we cross the contact between the Santa Clara Formation and the Franciscan Formation. This contact is referred to as an unconformity, meaning there is a period of time when either no sediment was deposited or what was deposited has eroded away. In this case, about 100 million years of geologic history is missing. Thank goodness for that or this article would have been much longer.

Franciscan Formation:

The Franciscan Formation is amazingly widespread in California. It makes up a sizeable part of the coast ranges from the Oregon border all the way south to Santa Barbara. In contrast to the fairly straightforward story of the Santa Clara Formation, the Franciscan Formation is a cryptic hodge-podge of marine sedimentary rocks interfingered with an altered volcanic rock called greenstone. In many places the rocks look like they've been broken and glued back together. Also, the rock layers often dip into the

(Geology continued)

ground at angles close to 90 degrees. The Franciscan Formation baffled geologists for a good part of the 20th century until the theory of Plate Tectonics cleared away some of the mystery. During the Cretaceous Period (about 130 to 65 million years ago) the sea floor off the coast of California was colliding with and being pushed under the continent at the rate of a few inches a year. Such a boundary between two tectonic plates is called a subduction zone and is commonly the site of a deep trench. This collision of oceanic plate with the North American plate continued for 10s of millions of years. In the process, sediments that had accumulated over thousands of square miles were crumpled up like a rug, shoved down into the trench and finally stuffed below its inner wall along with large chunks of oceanic crust and vast amounts of continental sediment. The total amount of sediment accumulated through this mechanism is almost incomprehensible. The Franciscan Formation is estimated to average about 25,000 feet thick over an area of 75,000 square miles in California and offshore. This is enough sediment to cover the entire lower 48 States to a depth of more than 600 feet.

As we head up the canyon, the first rock cliff on our left beyond the drinking fountains and bathrooms is oceanic crustal rock. It's a volcanic rock altered by contact with sea water and its known as greenstone. The color can be almost black but in bright sunlight it almost always has a greenish hue. The huge boulders lining the road outside the quarry by Montebello Road are also good examples of greenstone although they were moved from somewhere else. Veins of white material are often present in the greenstone. I tested this with a weak solution of hydrochloric acid (HCL) and it fizzed so its probably mostly calcite (a very common mineral that is the main ingredient of most limestone.) As greenstone weathers it turns a rust color due to its iron content. We can see examples of this in places on the Zinfandel trail. But I think the best examples of almost complete weathering of greenstone I've seen are in Rancho San Antonio, where it has decomposed to a crumbly reddish soil in places on the Wildcat Canyon Trail.

About 0.2 mile beyond the second bridge we cross as we head deeper into Stevens Canyon and just before the white wood bridge is a peculiar sight on our left. It looks like somebody has turned a cave inside out. It's a limestone cliff that has a spring or seep right above it resulting in the limestone dissolving and making little cave-like forms above ground instead of underground. The limestone is an example of the Calera limestone and is scattered in thin, isolated lenses mostly associated with the greenstone. The largest neighboring lens of this limestone is in the Permanente Quarry and is about 380 feet thick. The lens we are viewing is only a few feet thick and thins out to nothing a few hundred feet on either side of the road.

Beyond this point, all the way to Redwood Gulch road most of the rock we see is an ugly, boring, and abundant rock called greywacke. It's a fine to medium grained, greenish gray sandstone that originally poured into the trench from the continent side. As it weathers, greywacke becomes a dull, brownish-yellow due to the iron minerals rusting away. It is by far the most abundant type of rock in the Franciscan Formation making up about 80% of it.

San Andreas Fault:

Close to the intersection of Redwood Gulch Road and Stevens Canyon Road, the Canyon turns toward the northwest and starts to parallel the San Andreas Fault. In fact,

(Geology continued)

about 1.5 miles beyond this point Stevens Creek is basically right on the fault. Looking to our left (southwest) as we run up the valley, the land is on the Pacific Plate and is moving northwest relative to the North American Plate on our right. The rate of this movement currently averages about 2 inches a year and has over millions of years accumulated to several hundred miles.

About ¼ mile beyond where water from Stevens Creek persistently floods across the last paved part of Stevens Canyon road, is an area on the trail where the slopes have recently slid. If we look around here we can see little outcrops of a very dark greenish rock that often shows slippery and shiny surfaces. This rock, called serpentinite, is easily deformed by squeezing and flows so readily through fractures in other rocks that it was at one time mistaken for an igneous intrusive (i.e. formed from a hot molten magma). In fact, even at normal temperatures it flows under its own weight, which makes it an engineering nightmare when it is encountered during highway tunnel or mine construction. This outcrop is part of a body of serpentinite that probably flowed up the path of least resistance along the San Andreas Fault to where we see it now. Serpentinite is much more extensively exposed along the Crystal Springs reservoir trail than here in Stevens Creek Canyon. The Crystal Springs Reservoir is also located on the San Andreas Fault.

Landslide:

Members of the Striders know from experience the tendency of the Stevens Creek Park trails to crumble and slide during the winter rains. However, few know about the huge landslide that covers an area of about 1.5 square kilometers along the Zinfandel trail. The lowest and oldest of several landslide blocks consists of Franciscan rocks possibly 300 feet thick that slid down from Montebello ridge and rode over the Santa Clara formation rocks. The pond we run by on the Zinfandel trail is formed in the depression behind the lowest landslide block. The shattered looking rocks exposed along Montebello Road are evidence of the landslide. The Montebello landslide complex was discovered by geologists who were mapping the Berrocal Fault. They suggest that the fault underlies, and possibly triggered the original landslide about 10,000 to 11,000 years ago. The upper blocks of the complex are probably younger. They also warn that a large landslide complex sitting on top of an active fault nestled up against a reservoir with 3600 acre-feet of water in it could be a hazard to the people living below the dam.

This is the largest but not the only landslide mapped in Stevens Creek Canyon. Another large landslide area lies southwest of Stevens Canyon Road in the vicinity of the intersection with Redwood Gulch Road. In addition, there are numerous smaller slides in the Canyon. Of course, a large earthquake on the San Andreas or Berrocal Faults, especially during rainy season, would probably reactivate or trigger new landslides - many, many landslides.

Runner's Profile: Sophia Lewis

Home: Mountain View, CA

Birth date: 2/13/63

Occupation: Mom/illustrator/trail bum

Education: Bachelor's Degree in Art, Frostburg State, Maryland

Running background/history: Success as a High School and College Cross Country and track athlete was cut short by foot surgery. Running took a back seat to work and family obligations. I didn't compete again for 18 years when I moved to California and ran Napa Marathon. (prior to discovering trails) I was eager to run my first Ultra, but was again deterred by injuries. Finally, in 2001, I ran Skyline 50k, followed by 2001 Run on the Sly 50k, 2002 Way Too Cool 50k , 2002 Quicksilver 50m, 2002 Firetrails 50m, 2003 Stevens Creek 50k, and 2003 MiWok 100k.

Real running program: Currently I run 5 days a week, covering 50-70 miles, plus 10-20 miles of hiking.

Other exercise: hiking, having fun outside, stretching

Other interests (both indoor and outdoor): I enjoy spending time with my son, Skyler, and taking care of my plants. There is no time for my art right now.

Diet: Basically I'm a vegetarian. I rely on lots of fresh fruits and vegetables, nuts, whole grains and some seafood. I try to avoid junk food except during and after very long runs ;-)

Best running experiences: I really enjoy the DURT/BURT runs. They give me the opportunity to explore new trails while running with good friends. A highlight was last year's trip to the Grand Canyon.

Worst running experience ever: More of a "non-running" experience was when I had leg pain mis-diagnosed, delaying surgery, which cost me over nine months of running in 2000-2001.

Favorite race: Having run so few races, each is special. 2001 Skyline 50k was my first ultra. 2002 Quicksilver 50k and 2003 MiWok 100k were my first attempts at new distances. My best performance was a 7:51 at 2002 Firetrails 50m. I had the most fun in a competitive but friendly tie for first place with Brian Robinson at 2003 Steven's Creek 50k .

(Sophia continued)

Favorite run: Again, it's too hard to choose a favorite. I've enjoyed the Ohlone point to point run, the remoteness of Henry Coe, the beautiful open ridges of the Santa Cruz Mts., moving fast on the rolling soft trails beneath the redwoods of Purisima and Big Basin. We are fortunate to have such places available to us.

Running achievement of which you are most proud: I am most proud of 2003 MiWok 100k, not so much because I was the first woman finisher in 10:40, but because I learned a lot about pacing and perseverance. Having lost training time to injuries, I went into the race full of doubts and fears, but was determined to complete the distance as preparation for Western States, even if I had to hike a lot of it.

Current running goal: My immediate goal is to run Western States which is now just a few weeks away.

(Editor's note: Sophia finished 7th place women's in Western States 2003! See race results in this newsletter and www.stevenscreekstriders.org)

Current non-running goal: A four-day fastpack of the John Muir Trail and a yoyo of the Pacific Crest Trail (Mexico to Canada and back)

Profile by Lisa Kelly

Race Results

Napa Valley Marathon – 3/2/03

Mark Williams:	3:12:11
Lisa Kelly	3: 25:53
Terry Ridgeway	3:48:46
Ron Weston	4:07:12
Mike Shields	4:11:27
Eppa Hite	4:20:54
Christina Brownson	4:31:32
Tom Kaisersatt	4:31:33
Jack Pan	5:05:15
Amanda Williams	5:25:23

Way Too Cool – 3/8/03

62 Lawrence Visak	4:38:55 (8:59)
112 Charles Stevens	5:00:35 (9:41)
178 Izhak Baharav	5:27:14 (10:32)
240 Gregg Levin	5:46:55 (11:10)
342 Patricia Koren	6:21:39 (12:18)
368 Tom Kaisersatt	6:31:34 (12:37)
372 Chuck Wilson	6:33:54 (12:41)
391 Steve Reagan	6:42:24 (12:58)
413 Christina Brownson	6:54:37 (13:21)

Stevens Creek 50K – 3/22/03

1 Brian Robinson	4:45:27
1 Sophia Lewis	4:45:27
3 Whit Rambach	5:14:57
7 Charles Stevens	5:43:03

(Results cont.)

Pirates Cove Trail Runs – 3/22/03

8Km

16 Michael Florence 0:54:38

20Km

58 Julie Leo 2:48:25

61 Amanda Williams 2:52:58

50 Km

2 Mark Williams 5:09:55

33 Chuck Wilson 6:50:11

San Jose Mercury News 10K – 3/30/03

54 Roger Dellor 40:08 (6:28)

724 Jack Pan 56:00 (9:01)

Santa Cruz Half Marathon – 3/30/03

157 Terry Ridgeway 1:43:07 (7:52)

Johnny Mathis Invitational,

SF– 4/5/03

19 Michelle Cline 20:09

American River 50 Mile – 4/5/03

125 Charles Stevens 8:51:24 (10:38)

136 Larry Visak 8:54:22 (10:42)

250 Joe Mitchell 9:56:57 (11:57)

301 Chuck Wilson 10:25:52 (12:32)

372 Steve Reagan 11:19:16 (13:36)

393 Tom Kaisersatt 11:37:00 (13:57)

403 Christina Brownson 11:42:30 (14:03)

422 Jerry Hill 12:19:47 (14:48)

Boston Marathon – 4/14/03

Lisa Selle 3:23:54

Marilyn Watson 4:06:54

Rebecca Feng 5:10:43

Big Bunny Fun Run,

Cupertino – 4/19/03

Christina Brownson

3rd place in age group!

34:24

Emily

3rd place in age group!

34:24

LSI Logic Classic 10K – 4/27/03

25 Roger Dellor 0:39:33 (6:22)

Big Sur Marathon – 4/27/03

6 David Beasley 2:40:04 (6:06)

980 Gregg Levin 4:11:21 (9:35)

1196 Cindy Liu 4:20:04 (9:55)

1469 Eppa Hite 4:30:38 (10:19)

2280 Julie Leo 5:06:10 (11:41)

Miwok 100K – 5/3/03

7 Brian Robinson 9:48:26

20 Sophia Lewis 10:40:08

38 Roger Dellor 11:25:23

83 Charles Stevens 12:51:29

97 Larry Visak 13:14:06

174 Joe Mitchell 15:23:23

Spring Festival,

UC Sac'to 1500m 5/3/03

22 Michelle Cline 5:20

Quick Silver, Almaden, CA – 5/10/03

50 Mile

3. Mark Williams 7:48:10, D.P. 2

50K

5 Eric Klein 4:52:21, D.P. 2

16 Peter Hargreaves 5:41:07, D.P.6

18 Zach Baharav 5:48:54, D.P. 6

19 Mark Seaman 5:48:55 D.P. 8

30 John Stannard 6:08:10 D.P. 8

51 Christina Brownson 6:53:27 D.P.3

68 Terry Ridgeway 8:49:10 D.P. 13

Hoy's Zippy 5K,

G'n Gate Park- 5/11/03

Women's 36 Michelle Cline 20:17

Massanutten Mt Trails 100 Miler

George Washington N'I Forest, VA

5/10/03

65 Chuck Wilson 35:09:36

Silver State 34 M – 5/17/03

12 Roger Dellor 7:02:56 (12:16)

Bay to Breakers 12K – 5/18/03

347 Michelle Cline 54:07

6676 Terry Ridgeway 1:24:57

Ohlone Wilderness 50K – 5/18/03

32 **Roger Dellor** 6:17:19 (12:09)

Morgan Hill,

Mushroom Mardi Gras 10K – 5/24/03

Glorybelle Cendana 49:17 (7:57)

Readers! Please send your July-and-after race results to Mike Shields, the new What's Afoot? Editor, and to the webmaster, Peter Hargreaves.

Also, do not forget to pay your dues for 2003-04, due July 1.

AW

San Diego Rock-n-Roll M'thn –

6/1/03

Roger Dellor 2:59:02 (6:50)

Glorybelle Cendana 3:56:07

First Marathon!

Terry Ridgeway 4:26:26

Western States 100 Miles – 6/28-29/03

25 **Roger Dellor** 20:28:05 (12:17)

Age Group Record!

36 **Whit Rambach** 21:42:35

40 **Sophia Lewis** 21:51:43 (13:08)

78 **Charles Stevens** 23:25:14 (14:04)

118 **Jim Magill** 25:47:04 (15:29)

131 **Mark Williams** 26:22:25 (15:50)

Run for the Law 10K – 6/29/03

John Stannard 38:55

Departing Board Members Farewell

Fellow striders,

Another eventful year (Striders year, anyway) is drawing to a close. I just want to say that it's been a real pleasure serving all of you as a member of the board. Being a part of this club has really meant a lot to me, and it's one of the things I miss the most now that I'm no longer in California.

It's safe to say, though, that I'm leaving you in good hands. I wish the all the best to Peter, Gayla, Don, Mike, John, Charles, and Mark. I hope you find the experience as rewarding as I did.

I also want to thank some of the members who have really gone above and beyond this past year – Amanda Williams, for stepping up to serve as our newsletter editor. Bob Schmiedeskamp and Marsha Levy for their tireless efforts as captains of not only the Quicksilver but also the Western States Aid Station! John Stannard for volunteering as captain for the Providian Relay. Of course there are many others who have contributed as well, too many to name here. It's the efforts of our members that make this great club what it is - so thanks to everyone for your hard work, and best wishes to all of you!

-Lisa

(More letters, and important reminder next page-AW)

Dear Striders,

I want to thank all of you for the opportunity to serve you as a Board member for the last three years. It has been a real pleasure to be able to work with so many fine people over the years, but its now time to step aside and let some others have the honor of participating.

I also want to put in a plug for all of you who were so kind and helpful to me at Last Chance during my attempts to run and finish Western States. You certainly demonstrated why our aid station is second to none when it comes to helping the runners!

You have chosen a worthy group to succeed the current Board. Best of luck to all of them, and best wishes to all of you!

-Steve

Dear Striders,

I appreciate the opportunity I had this year to serve as the “What’s Afoot” editor. It was a joy to work with Lisa, Peter, Don, Steve, Charles and Larry and I wish the incoming board both success and good times. I look forward to continuing to run with and befriend Striders in the future.

-Amanda

2003-2004 Striders Dues Are Due July 1st!

If you have not submitted your Stevens Creek Striders dues, \$20 per member for the 2003-2004 year, please do so in one of the following ways:

- 1. In the enclosed envelope to the address below:**

Stevens Creek Striders
P.O. Box 1176
Cupertino, CA 95015-1176

- 2. For a \$2 fee (to active.com) via our website,**

www.stevenscreekstriders.org/members/member.html

- 3. To any Striders Board Member**

Peter Hargreaves, Gayla Johnson, Don Murdoch, Mike Shields,
John Stannard, Charles Stevens, Mark Williams

Some Benefits of Continuing Membership: •Significant discounts for club activities, •“Staying in the loop” via news email, newsletter, etc, •Having a voice in Striders planning and activities, •organized races, •training programs, •subsidized Strider events

What's Afoot?



A Newsletter for The Stevens Creek Striders Running Club
www.stevenscreekstriders.org

July 2003