
What's Afoot?



A Newsletter for The Stevens Creek Striders Running Club

www.stevenscreekstriders.org

February 2004

President's Message

by Charles Stevens

Congratulations to all the Big-L Award winners. As is customary, these awards were handed out during our holiday party. There were many nominations for the seven awards with a relatively high number of Striders voting. It would be better if we can solicit even more votes for the 2004 awards. The web site allows for a very efficient and user friendly interface to cast your nomination.

Big-L Award Winners:

Strider of the Year	Charles Stevens
Most improved runner	Robin Mills
Athletic achievement*	Jean Pommier, Roger Dellor, Charles Stevens
Most dedicated volunteer	Amanda Williams
Most Spirited Strider	Michael Florence

This coming year we are facing some major challenges. These include:

- We are looking for a new Last Chance aid station captain for Western States 100. Striders have been associated with this aid station for more than 20 years and it would be a pity to relinquish this outstanding achievement. Please give some thought to helping the club in this matter.
- How to retain and grow the club membership. Your ideas are most welcome. During last year we gained 40 new members and lost a few of our old members.

Marsha and Bob have done an outstanding job for the last few years in being captains of the Last Chance aid station. Although they will still be working at the aid station, they would like to pass on the captaincy to another Strider. If you are interested, please contact any board member. It is very crucial that we find a new captain.

It will soon be time to elect a new board for the 2004/5 year. We are looking for new board members. It is not an onerous task and meetings are only held once a month. If you are interested, please contact any board member.

The web site is an active portal to the insights of the club. We are receiving many hits according to the Google statistics. Consult the web site often for the latest events or news.

Upcoming events include:

- 10 Km Saturday morning run that requires your finishing time estimate. You will run without a watch and the person who most closely matches their predicted time will be the winner.
- **8 May:** Quick Silver 50Km/50 mile aid station
- **15 May:** Spring Picnic.

Our Sunday morning runs have seen increasing numbers of runners turning up for a run that sometimes turns out to be quite an adventure.

My Western States training is making it difficult to attend most Saturday morning runs. I recently ran the Bandit run at Point Reyes with spectacular scenery. This run usually occurs in the first week of February. It is a free run with some aid stations and I recommend that we try to make it a club group run in the coming years.

My email address is cstevens@opentv.com. Please feel free to pass along your comments whether they be good or bad. Your input is welcome.

Happy running,
Charles

Jean Pommier Agrees To Captain the Striders WS Last Chance Aid Station for 2004

Mike Shields

After years of service as co-captains of the Striders aid station at Last Chance, Marsha Levy and Bob Schmiedeskamp have decided to step back and act as mentors or assistants to a new captain. Within the last few days, Jean Pommier, has agreed to become the station's captain. The important duties of the job are as follows:

1. Attend the meeting of aid station captains with race director Greg Soderland scheduled for 10am March 20th in Sacramento to find out about the race and plan for this year's running of the Western States 100. The meeting will be at the Campus Commons Clubhouse, 650 Commons Drive, Sacramento, CA 95825.
2. On June 12 from 8am until noon, pick up aid station supplies at the Western States warehouse. The address is: 5852 88th St, Suite 900, Sacramento, CA 95828
3. Round up volunteers among the Striders mainly to aid runners coming through the station on race day. By the way, the race this year is on the weekend of June 26, 27. About 25 volunteers will be needed.
4. Coordinate with the volunteers to make sure they have maps and directions and know what they need to bring up to Last Chance.
5. Make sure drop bags are picked up at Squaw Valley and brought to Last Chance for those runners who require them.
6. Make sure the aid station is organized and ready for the runners by about 10:30am on June 26. Keep things organized throughout the day.
7. Coordinate station cleanup after closedown (about 5:30pm on the 26th). Make sure supplies and garbage are brought down to Auburn High School where the race finishes.

The list is probably incomplete but Marsha, Bob and Jerry Hill can fill in the gaps for Jean. The Striders have crewed the aid station for nearly 20 years so on the day of the race, it almost spontaneously self organizes provided there are enough old hands as volunteers. However, there are usually enough kinks so that a captain need not feel entirely useless.

Also, it is important for a captain to remember that at Last Chance there is no such thing as too much ICE or MOSQUITO REPELLENT. 500lb of ice is not too much. The mosquito repellent should be at least the strength of Deep Woods Off to gain the attention and grudging respect of the mosquitos.

The Job of A Pacer at the Western States 100.

Gayla Johnson

Finally I'm sitting down to write this article I promised Mike months ago. What is the job of a pacer?

Most of you know my knees are not the same as they were two and half years ago. The dream of running Western States 100 is a dream (for now). Despite the sadness and disappointment, I have found that pacing my fellow running buddies brings me great joy and pleasure.

Last year I had the opportunity to pace Mr. Charles Stevens. Since I had been training with Charles most of the summer, I knew the job would be challenging.

What is the job of a pacer? Well that really depends on whom you are pacing. Some runners require more pampering than others. Some are self-sufficient. Some runners may cry, some swear, some never say a word, some talk all the time, some have plans while others do not. Training with your runner provides insight into what passes for his or her normal behavior versus abnormal. For example, are strange words coming from their mouths; are they hallucinating more than normal. You've learned a great deal about their attitudes and demeanor, so during pacing duty you will pick up on any warning signs.

During the race, pacers aren't supposed to carry any items for their runners, although it occurs. We pacers are there for safety and encouragement. Most runners will spend a great deal of time in the dark on narrow, rocky, rutted single track trails where one twisted ankle could send them sailing into the roaring waters far, far below. Pacers pick up their runners at mile 60, in Foresthill and will carry on diligently over the next 40

miles with their runners. We need to monitor the runner's food and water consumption. Dehydration and lack of food can take a runner out at any point. We should make sure they are on the right course. Even the most experienced runners have taken wrong turns. It is important to watch for the ribbons every mile or so. Pacers can sing, tell jokes or anything to amuse their runners and keep them focused. However, if your runner prefers complete silence, well then it could be a long night. A pacer may either lead their runner or follow. It depends on the runner. However, if leading, one must be careful not to leave the runner behind. Your runner could have fallen back while you proceed ahead not even noticing there are no footsteps behind you. In my case, Charles wanted to lead. He was pretty determined and in control the whole night. I never got a break. It was incredible how much running we were doing after Foresthill. I was actually sweating.

There is one more important job for a pacer, which I soon learned that night. A pacer must take all falls for the runner. I bet most of you didn't know that. We were approaching this long downhill, me running in my road shoes (mistake), and I was glad to get there before dark. Three quarters of the way down I said "this isn't so bad". At that moment, I tripped and took a full somersault (accordingly to Charles). All I can remember is my face heading for the dirt. After lying there for a few seconds, I got up, and knowing what my duties were, said we must continue. As a reliable, faithful pacer I took the fall. It is incredible how these tired runners seem to stumble but never go down even in the dark. I guess that's why I was there. From that point on I was a bit more quiet and focused more attention to the trail while laughing at myself for such an error. My left knee was sore for the next few months. Lesson well learned.

I have been invited back as a pacer again this year and I'm planning to wear some kneepads and gear in anticipation of the hazards of pacer duty.

The Wisdom of the Navajo Woman

Bob Downs

A saleswoman is driving toward home in Northern Arizona when she sees a Navajo woman hitchhiking. Because the trip had been long and quiet, she decides to stop the car and give the Navajo woman a lift.

During their small talk, the Navajo woman glances surreptitiously at a brown bag on the front seat between them. "If you're wondering what's in the bag," offered the saleswoman, "it's a

bottle of wine. I got it for my husband"

The Navajo woman is silent for a while, nods several times and says, "Good trade."

Marathon Training with San Jose Fit

Tom Kaisersatt

WHAT IS SAN JOSE FIT?

San Jose Fit is an award winning 25 week **marathon** training program. The training schedule will target the Sacramento Marathon on October 3, 2004.

WHAT IS INCLUDED FOR THE \$95 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.sanjosefit.com or in person April 10, 17, 2004.

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 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 10, and April 17.

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?

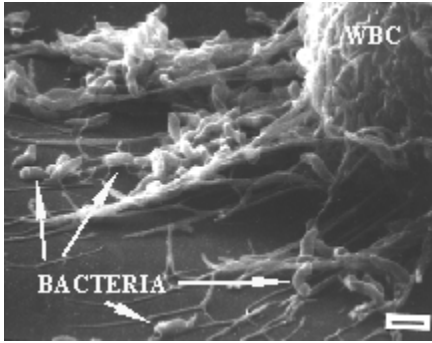
Each Saturday when the group meets for their weekly work-out, the following week's schedule will be available for pick-up. If you miss a Saturday work-out, you will be able to obtain the upcoming week's schedule by calling the San Jose Fit Voice Mail number. The voice mail is updated each week and is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

For further information go to www.sanjosefit.com or contact Tom Kaisersatt at 408 255-0823.

Muscle Through a Microscope

Mike Shields

As runners we spend quite a portion of our time training our skeletal muscles to perform well when we want to run fast or long. For most of our purposes, we think of a given muscle as a unit such as a calf muscle or a hamstring or a bicep. However, our skeletal muscles, like all of our other organs, are made up of highly specialized eukaryotic cells. In fact, we could think of our bodies as close knit communities of about 60 trillion eukaryotic cells. These cells are much larger and more complicated than prokaryotic cells like bacteria. In fact a medium sized eukaryotic cell has about 10000 times the volume of a prokaryotic cell as illustrated by the picture below of a white blood cell battling a number of bacteria.



If we could look at a generic eukaryotic cell under a high enough magnification we would probably first notice the nucleus, a roundish inner blob that contains the DNA, the genetic blueprint of the organism. The nucleus is the largest of thousands of structures called organelles which pack the cell. There are many different types of organelles and each has a job to do to support the life of the cell. Another organelle is the plasma membrane, the cell's skin. It is studded with thousands of receptors, pores and channels that each allow specific molecules to enter or leave the cell. The cell also has a skeleton called a cytoskeleton, part of which forms an intricate meshwork of filaments just inside the plasma membrane.

These filaments are of a protein called actin and the whole meshwork is capable of continually changing shape as the cell moves about. The cell can move because of another fibrous molecule called myosin that acts like a muscle and pulls on the actin meshwork to produce movement.

The cell as a whole is a prodigiously active chemical factory that ceaselessly manufactures molecules and moves them back and forth between various organelles and the nucleus to support its life. This amount of movement and manufacturing activity requires tremendous amounts of energy. The energy is supplied by organelles called mitochondria. A single eukaryotic cell might contain about a thousand of these mitochondria. It has been fairly well established that mitochondria are descendants of a type of bacteria that established a symbiotic relationship with an ancestral eukaryotic cell perhaps two billion years ago. The mitochondria of a modern eukaryotic cell still retain some of their genetic blueprint within themselves while another part is stored in the nucleus of the main cell. So when a eukaryotic cell divides, the mitochondria use their own DNA and divide by fission like bacteria.

Cellular Energy

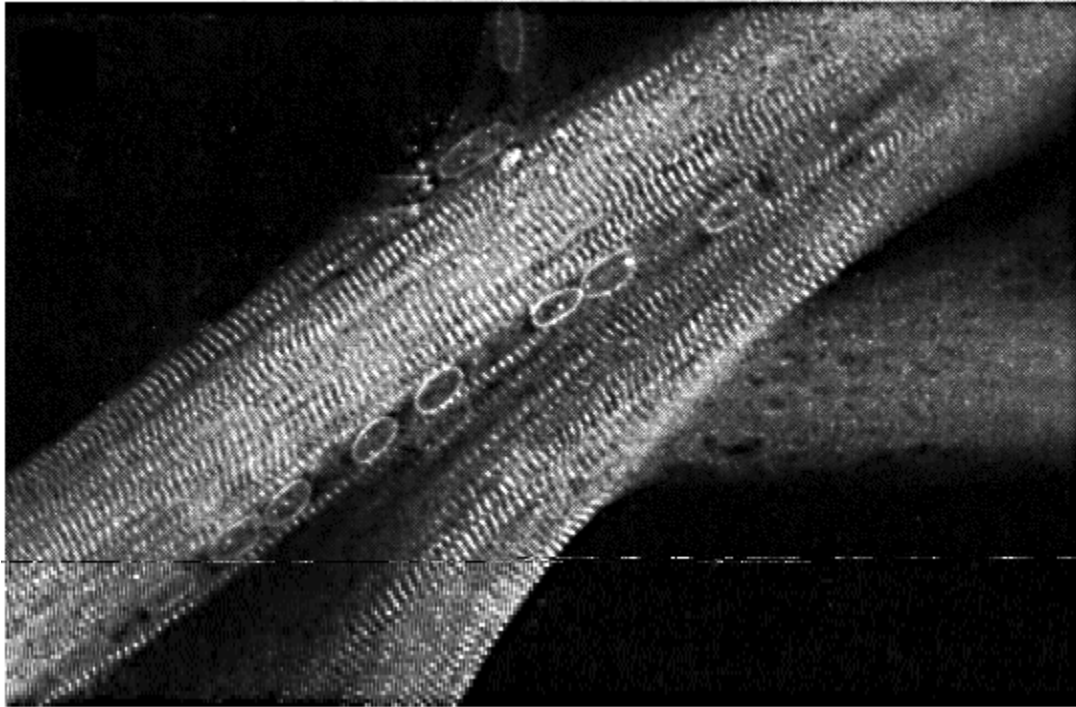
A eukaryotic cell must begin transferring energy to a useful form by acquiring glucose molecules. Most human cells do this using a receptor or gatekeeper molecule that is embedded in the cell's plasma membrane. The gatekeeper molecule has binding sites for both a sodium atom and a glucose molecule. The sodium atom is essential because when it binds to the port, it causes the molecule to begin to change shape and swivel, yanking the glucose molecule into the cell. The sodium atom is then expelled from the cell by means of a sodium-potassium pump which pulls in 2 potassium atoms for every 3 sodium atoms removed. Meanwhile, the glucose is broken down by nine successive chemical reactions, each performed by a separate enzyme. The enzymes are catalysts that cause the chemical reactions but are not themselves changed. Two molecules of a substance called pyruvate are the product that is then taken into the mitochondria. The mitochondria use this input to create adenosine triphosphate (ATP). Each ATP molecule has three linked phosphates and the energy locked in the two bonds connecting the phosphates is then used to create every other chemical bond that the cell needs. In other words ATP could be considered to be an all purpose battery for a cell. The cell's need for this energy is such that a billion of these ATP molecular batteries are expended in the cell every 2 or 3 minutes. A human being recycles 2 or 3 pounds of ATP every day.

Skeletal Muscle Cells

Our skeletal muscles, the muscles we have voluntary control over, are made up of cells that contain the components discussed above for a generalized cell. However, these muscle cells are very specialized and the specialization shows early. During a human embryo's fourth week of development, skeletal muscles begin to form. As the cells accumulate they actually lose their individuality by fusing

their plasma membranes to form one fantastically extended cell with hundreds of nuclei. This elongated cell is called a muscle fiber. It can be several inches long and several times the diameter of a normal cell. To get an idea of the gigantic size of this cell in comparison with other cells in your body, take a look at your finger tips. A typical ridge of your fingerprint is about 20 skin cells wide.

The cytoskeletons of the precursors to the muscle fiber are also rearranged to form many long bundles of myosin and actin fibers. The myosin and actin still have the same functional relationship but now pull only in one direction. When development is done, many of these muscle fibers have been bundled in parallel to make up the finished skeletal muscle. The muscle tapers at the end and is attached to a tendon which in turn is attached to the skeletal bone. Also strengthening the muscle and attaching it to the tendon is collagen, a fibrous protein that is secreted by cells. Auxiliary cells called fibroblast cells can, in case of a pulled muscle or torn tendon, move into the injured area and secrete collagen gradually repairing the damage



Multiple (oval shaped) nuclei within a single muscle fiber. Two other muscle cells are behind the one in the foreground.

An additional consequence of fusing together of hundreds of cells to make a muscle fiber, is that the resulting super cell contains vastly more mitochondria than a normal eukaryotic cell.

A characteristic of muscle cells that makes them unusual in the body, is their life span. Within a few months of birth a person has a full complement of muscle cells. These cells are so specialized with the machinery to produce force that they can't divide like a normal cell so theoretically they last as long as the person. Of course, muscle cells can be killed by an injury to the muscle. If this happens, they are replaced by stem cells that inhabit areas near the muscle cells. The injury begins a series of events that cause the stem cells to specialize as muscle cells and begin dividing until most muscle strength returns. However, a severely damaged muscle may never become fully functional again.

The Effect of Exercise on Muscle Cells

When we exercise we cause changes in the muscle fibers that depend on the type of exercise we are doing. Running long distances over long periods of time causes the mitochondria in the muscles to multiply and make more ATP. Since mitochondria require oxygen and glucose to make ATP, more blood vessels grow into the muscle to increase the oxygen and nutrient supply and carry away waste products. This doesn't have much effect on the thickness of the muscle but it greatly increases the muscle's endurance. Weight lifting exercise, on the other hand causes the muscle to manufacture more filaments of

myosin and actin next to already existing filament bundles. This makes the muscles thicker and more powerful but doesn't do much to build the blood supply or endurance.

Muscle cell type also helps determine how exercise affects different muscles. Myosin comes in two different varieties that are found in different muscles in different proportions. One myosin type reacts more slowly to ATP but does not tire easily. The cells with this type of myosin are also rich in a protein called myoglobin that absorbs and retains oxygen like the blood's hemoglobin. The myoglobin then releases the oxygen when required. Myoglobin is red like hemoglobin giving the muscle a dark color when muscle fibers containing it are predominant. The muscles in our backs which allow us to stand and remain erect are of this type. The dark meat of a chicken is another example of this type of muscle.

A second type of muscle cell contains myosin that contracts rapidly resulting in a brief but strong power burst. This kind of muscle cell gets its ATP from the breakdown of the carbohydrate glycogen. Oxygen is not immediately necessary during the process so myoglobin is not present in the cell. As a result the muscle is a light color. Our upper arm muscles contain many fibers of this muscle cell type.

The third type of muscle cell has features of both the other types so that it can flex quickly and fight off fatigue with some success.

Of course all of these muscle types require exercise or else the cells take apart the myosin and actin filaments and mitochondria decrease in number. Furthermore, the infrastructure for extra blood supply is dismantled. In other words, atrophy sets in and recovery from that is possible but painful.

Conclusion

Of course we could go on and on with the fascinating subject of muscle cells. We've only discussed voluntary skeletal muscles in this article. There are other types of muscles, such as the heart muscle and even muscles that are responsible for giving us goose bumps and making our hair stand up. But I won't go into that now.

A few of the books that led me into this obsession with cells in general are listed below.

1. "Life Itself" by Boyce Rensberger.
2. "Vital Dust" by Christian de Duve
3. "Life Evolving" by Christian de Duve

A Bit of Striders History

Bob Downs

In 1978, I heard about a running group that met at DeAnza College on Saturday mornings for a short talk, some stretching and a run up to Stevens Creek Dam or farther. The group was called the California Roadrunners and was led by Dr. Dennis Zamzow, a podiatrist who wanted patients for his practice and to meet more women. This was a popular group for people who were new to running and wanted some guidance as well as a chance to meet other runners. Many of us trained for the marathon and ran our first in Livermore in December 1979.

Dennis also wanted to run the Western States 100 miler. He entered once but didn't finish before the 30 hour cutoff. It was clear to him that he would probably never make this cutoff so he decided to put on his own 100 mile race with a 36 hour cutoff. He did this in October 1980, setting up a run from DeAnza College, to Rancho San Antonio, over the hills to Waddell Beach and then back to Rancho.

He asked club members to work the aid stations and I agreed to help out with the Big Basin station. However, in the planning meetings, I teamed up with Phil Lenihan, a Western States board member to shorten the cutoff time to 33 hours. Less than 40 people ran the race (no club members except Dennis) and he was pulled for time at 95 miles. He had broken a foot bone and was hobbling slowly.

When Dennis announced later that he had lost money on this race and wanted to do another one, so he could finish and recoup his money, it inspired a revolt. There was a meeting in the summer of 1981 at my house to set up a new club. In March of 1982, we met at Shelley Grieb's house and selected the name Stevens Creek Striders. We wanted a social club, providing support for our running habits. We selected a

board of seven to avoid being dominated by one personality. And we decided to use the word Striders to include walkers, hikers, joggers racers and others.

The club quickly prospered and grew to over 150 members. We attended races in large groups. I remember about 50 going to Avenue of the Giants to camp at Myer's Flat. Families went along, I brought my four daughters, and 30 of us actually ran. One Christmas Relay included 12 teams, then 5 members each, of Striders. We supported the Great Race at Stanford, providing all the race day support people,. Over 60 Striders showed up each year for three years to help out at this 10K race with over 3000 runners to support women's sports at Stanford.

During the 1980's the club was very active. I helped Phil Lenihan with Western States, providing the race results from my PC (not many people had their own computer then). We started the Big L awards when Lirio Guevara gave out his own awards the first two years. Lirio provided commentary, one year announcing that no women had done anything that year that warranted an award. Then the club took over the awards and the board decided who was deserving. Tom Williams joined the club during this time. I mention his name since he was responsible for starting the clambake, the picnic and the infamous and now discontinued Christmas skits.

I remember pacing Larry Beck at the American River 50 about 1981. The race direction alternated from year to year and this year it ran from Auburn to Sacramento. I paced for 17 miles from Folsom Dam to the finish. This was the first ultramarathon run by a member of our club and I remember Larry being passed by Ruth Anderson, a woman 20 years older than him, in spite of his every effort to stay ahead of her.

Larry Gomez and Kathy Stinson began managing the Last Chance aid station in 1982 or 1983, an informal way to earn Larry a spot in the Western States run. The aid station then evolved into a regular event and the spot became formalized. A number of people in the club became ultrarunners and it became a big part of the club activity. One year I paced Paul Buxton from Forest Hill to Green Gate, about mile 60 to 80 (I'm sure someone can provide accurate distances), before Paul pulled out at 3 AM that morning. This was before the California Loop became part of the official course.

My running career was limited by injuries though I did manage to complete 5 or 6 marathons, running my last one at Napa in 1985. The last 6 miles were always a slog and for this I received the "Best 20 Mile Marathon Award," a certificate with its right side missing. Jim Wrona once gave me a special award, a doll covered with bandages, slings and other injuries in honor of my propensity to exceed my physical limitations. He called it the Down Syndrome award, though this isn't politically correct. By this time I had switched to triathlons to minimize injuries and managed to stave off injuries for a while.

I had to give up running in 1999 and am limited to hiking, biking and swimming. I still consider myself a member of the Striders though I no longer dream of improving a race time or beating a previous PR. My interest is only in having company during my walks so I have someone to listen to my political monologs. Luckily I helped name the club Striders so I can legitimately continue my involvement, at least for now.

Coffee Is Good For You

Mike Shields

Ever since I became aware of the existence of coffee as a child, I absorbed and accepted the prevailing opinion that while it won't kill you immediately, it really isn't very good for you. As a child, I was told it would stunt my growth if I drank it, so I refrained until my early 20s at which time I concluded that my growth was pretty well stunted anyway and I had nothing to lose. At first my motives for drinking it were purely utilitarian - it helped me stay awake when necessary. It smelled great brewing but it really didn't taste that good. Later, as I developed a liking, then a craving for it, I began to notice scientific articles that suggested dire consequences for long continued use. Consequences such as pancreatic cancer, kidney stones, gallstones and irritable colon are nothing to sneeze at. (By the way, sometimes it makes me sneeze too.) However, as the years went by I noticed that for every scientific article warning of the possible horrors awaiting coffee drinkers, another article would come out a year or so later debunking the

first article. For example, a Harvard study might say that drinking coffee will give you breast cancer, then maybe a Yale study would say no it won't, and so on and so forth.

Well, now I've found a study very much to my liking. Its titled "Coffee: the New Health Food" by Sid Kircheimer. I found it on the web and I think its definitive. It turns out that the virtues of this maligned but wholesome drink are multitudinous – and the more you drink the better. A (not necessarily complete) list of coffee's wonders follows:

1. Diabetes: Harvard researchers have found that drinking 6 cups of coffee a day can reduce the risk of diabetes in men by 54% and in women be 30% over people who don't drink coffee.
2. Parkinson's Disease: Six studies suggest that drinking coffee can reduce the risk of this disease by 80%.
3. Colon Cancer: compared with not drinking coffee, 2 cups a day reduces risk by 25%.
4. Cirrhosis of the liver: 2 cups a day reduces risk by 80%
5. Gallstones: 2 cups a day reduces risk by almost 50%.
6. Miscellaneous: prevent asthma and control attacks when no other medication is available. Stop headaches. Prevent cavities. Enhance mood. Some evidence available.
7. **ESPECIALLY FOR US RUNNERS:** Terry Graham PH.D. long time coffee researcher: The caffeine in coffee stimulates brain and nervous system to ignore fatigue, recruit extra units of muscle for intense athletic performance. May cause muscles to contract more strongly. The harder the exercise, the more the benefit.
8. Caffeine is often combined with aspirin because the combination is more effective than aspirin alone.

In connection with number 8 above, caffeine's synergy with aspirin may be a mixed blessing. A new Harvard study (Science News January 10, 2004) has found that aspirin may be linked with pancreatic cancer. I don't know whether to laugh or cry. Can coffee help me with that?

Race Results

San Juan Bautista 10 Mile – 2/7/04

Elizabeth Payne 1:21:01 First in F19-25 Age Group, 95th overall

Home Depot San Francisco 5K – 2/1/04

Ramona Rose 1:07:41

Home Depot San Francisco Half Marathon – 2/1/04

Jean Pommier 1:15:22

John Stannard 1:26:57 PR

Jimmy Forbis 1:30:02

Izhak "Zachi" Baharav 1:33:23

Michelle Cline 1:33:50

Michael Dhuey 1:40:28

Mike Shields, 1:44:12 PR

Eppa Hite 1:47:07

Joe Mitchell 1:48:09

Dave Buckley 1:53:04

Terry Ridgway 1:53:48

Noel Relyea 1:56:06

Pat Koren 1:58:46

Alison Mark 2:01:00
Christina Brownson 2:01:10
Jack Pan 2:04:08
Carol Borders 2:45:44

Muir Beach 50k, CA - 12/20/03

Mark Seaman 9th of 30 finishers, 6:14:15

Christmas Relays, Lake Merced, SF, CA - 12/14/03

Team #1 The Jingles Belles - Women Masters

Runner Name	Total Time	Leg Time
1 Pat Koren	0:36:20	0:36:20
2 Christina Brownson	1:14:29	0:38:09
3 Penny Beeston	1:47:58	0:33:29
4 Sharon Schick	2:31:40	0:43:42

Team #2 The Missile Toes- Men Sub-Masters

Runner Name	Total Time	Leg Time
1 Andrew Johnson	0:31:46	0:31:46
2 Charles Roberts	1:04:47	0:33:01
3 Bill Gough	1:37:55	0:33:08
4 Trevor Schick	2:10:29	0:32:34

Team #3 Santa's Slaves - Men Masters

Runner Name	Total Time	Leg Time
1 Dave McLeod	0:39:23	0:39:23
2 Paul Rodrigues	1:16:57	0:37:34
3 Jack Pan	1:56:16	0:39:19
4 Peggy McLeod	2:30:20	0:34:04

Team #4 Rubber Legs- Men 50+

Runner Name	Total Time	Leg Time
1 Roger Dellor	0:29:27	0:29:27
2 Tom Kaisersatt	1:06:04	0:36:37
3 Mike Shields	1:39:46	0:33:42
4 Bill Jones	2:12:35	0:32:49

Ultraman 2003, Hawaii- 11/28, 29 & 30 and 12/1

6.2 Mile Swim * 261.4 Mile Bike * 52.4 Mile Run

Plc Name	Age	Cntry	Swim	Bike	Run	Overall
4 Gary Wang	36	USA	3:25:51	13:50:05	9:19:45	26:35:41

Quad Dipsea, Mill Valley, CA - 11/29/03

Place	Name	Age	Single	Double	Triple	Final
29	Larry Visak	47M	1:08:44	2:22:18	3:42:43	5:06:00
156	Tom Kaisersatt	63M	1:35:49	3:17:34	5:03:28	6:57:59
158	Patricia Koren	F47	1:37:11	3:18:39	5:05:55	6:58:42
172	Christina Brownson	F53	1:38:29	3:25:06	5:18:55	7:18:08

USAT&F Pacific Ass XC Championships 2003 Golden Gate Park, S. F., CA - 11/23/03

Open Men 6M 118: Pommier Jean M 39 33:37
 4.07M Michelle Cline 127th, 28:04 (personal course PR)

Helen Klein Ultra Classic, Granite Bay, CA - 11/8/03

Tom Kaisersatt 9Hrs. 58 Min. 56th place.

Forrest Run 5K (Bubba Gump!), Monterey, CA 11/16/03

Jean Pommier: 16:28, 2nd overall, 1st M30-39

Javelina Jundred, 100 mile Trail Run, McDowell Mtn. Park, AZ -11/7&8/03

Christina Brownson. 27:40, 3rd in age group & 49th overall.

Santa Barbara Half Marathon, Leadbetter Beach, CA - 11/1/03

Robin Mills - PR 1:40:50 (previous best 1:51:09)

USAT&F Pacific Ass: Shoreline Open, 5K - 10/25/03

Michelle Cline: 67th, 21:04 (personal course PR)

Big Sur 10k, Pfeiffer Big Sur State Park, Carmel, CA - 10/25/03

Robin Mills - 46:34
 Dennis Conner - 47:09
 Bill Jones - 47:33
 Peggy McLeod: 47:50
 Larry Phelan 56:30

US Half Marathon, San Francisco, CA- 10/19/03

Dennis Connor: place 217, 26th of 207 in age group, 1:45:00.9
 Penny Beeston : place 226, 5th of 194 in age group, 1:45:47.4
 Robin Mills : place 448, 23rd of 84 in age group, 1:52:21.1

Striders and Friends!

Your literary contribution to the newsletter gratefully accepted!

Stories of racing glory (or ignominy if amusing), race reports, news, wonders be they natural or unnatural; recipes, poems, gossip, limericks, etc. All will be considered.

Send to mikewshields@msn.com or P.O.Box 1176 Cupertino, CA 95015-1176