
What's Afoot?



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

May 2005

President's Message

by Peggy McLeod

Hello fellow Striders!



hope you all are enjoying the warmer running of Springtime and the beautiful green of the trails. Just be sure to keep a keen eye out for the "shiny green" of the three-leaf variety, good old Poison Oak, which grows happily along many of the trails we run on! The rangers do their best to keep it at bay, but hearty is the devilish stuff and it seems to grow back overnight! Just ask Gayla or Eric, recipients both of the itchy oil. Told you that ultra running stuff was dangerous you guys!

The Quick Silver 50 miler/50k (and a shorter event) in San Jose is fast approaching on Saturday, May 7th. The Striders run the aide station at the Damn Overlook, supporting the runners with food, drink and encouragement...sometimes even funky music! Marsha Levy and Bob Schmiedeskamp do a wonderful job of heading this up, so please contact them if you would like to volunteer to help out for part of the day. This is a great way for us to support our fellow runners and give back to the running community. I have always enjoyed working the early morning hours (starting around 6:30 or so), setting up, scoping out the munchies, sharing in the excitement of the first runners coming into the station, and being with good friends up on a beautiful hillside sprinkled with the colorful wildflowers of Spring...ahh, the life! Oh yeah, you work hard, too!

Our next club Spring event is the annual Strider's Spring Picnic on Saturday, May 14th, at a picnic grounds location in Stevens Creek Canyon. This is a nice time to relax with your fellow Striders, share some potluck dishes, play a few games, and chat about running events to come. Gayla Johnson is putting this fun day together, so please contact her or any Board member for more information. There will also be a sign-up list circulating around on Saturday mornings during club announcements. Please

come and bring family and friends! Please bring your own plates, drinks, eating utensils and a yummy dish to share.

Beginning May 10th, the Tuesday night track workouts will start up again at De Anza College, 6 pm. Don Murdoch will again provide coaching and leadership as he has done previously--a big Thank You Don! Don is always out there with an encouraging smile, helpful tips and a big whip...well, maybe just the smile and the tips! Please contact Don or any Board member for more information. It will also be posted on our website.

It will soon be time to elect a new Board...you will be hearing more about this shortly. If you are interested in serving, please speak with any one of the current Board members (posted on our website) to find out about what we do! It is a lot of fun, sometimes a lot of work, and is another nice way to give back to the club and our running community. Please consider serving this fine organization! We are a good group of folks!

Happy running,

Peggy



Upcoming events include:

- **May 7:** Quick Silver 50Km/50 mile aid station
- **May 10:** Tuesday night track workout starts. @ De Anza College, 6 pm. Talk to Don Murdoch.
- **Saturday May 14th, 2005: Striders' Spring Picnic**
- Predictive 1K race: 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. June??
- Friday, June 24: Western States 100miles Aid Station in Last Chance
- Sunday, August 14: Clambake Run —The Striders summer classic: Skyline to the Sea!
- etc. etc. etc..... [See website for more information.](#)

MERCI !!

by Jean Pommier

(Better late than never, I meant to get this published earlier but missed the deadline.)

Thank you to all for selecting me as the Strider of the Year (2004)! I have not had the chance to meet "Big L", but, based on what I've heard and read about him, such nomination is very meaningful to me and I hope he would have been proud of all the awardees of this year.

Thank you to our President, Peggy, for her very nice words. Yes this has been yet another rich year in many areas, running, work and family. On the running side, I enjoyed running my first marathon (14th overall) in France for the French Nationals in Dunkerque (in the North of France). The organization of local and regional races there do not match the excellence of the ones in the US (less sponsors, lower registration fees), but the same friendly spirit can be found in the pack, not to forget competitiveness among the top runners. I also enjoyed seeing some of you at the Ave, the Chronicle and many other local races.

Thank you to our Board members who set so many activities up, and keep the links between the Striders live and tight.

Thank you to all the volunteers who joined to man the Last Chance aid station at the Western States last June. A special mention to the co-captains, Bob and Marsha, the experts in such organization (QuickSilver again this year!). I hope to support our courageous runners. See

see you all again this year to the "**Volunteers Wanted**" in this

Last but not least, I'm thankful to be a member of your club. Thank you for the variety of capability, skills, together in one team. This diversity so cultures, origins which you bring special, enriching and attracting. Long makes Silicon Valley what it is,

life to our club and the Striders!

Happy trails in 2005,



UPCOMING LOCAL INTEREST:

Quicksilver 50K-50Mile- Races; San Jose, CA Saturday, 05/07/2005 6:00 am

Bay to Breakers; San Francisco, CA Sunday, May 15, 2005 8:00 am

Ohlone Wilderness 50K Trail Run; Fremont, CA, Sunday, May 22, 2005 8:00 am

Muddy Buddy Ride & Run; San Jose CA Sunday, June 12, 2005 8:30 AM

Also: several trail runs organized by **Pacific Coast Trail Runs** can be found through its website:

www.pacifictrailruns.com

Do you know?

It's fun to be a Board Member! Don't believe it? see our typical monthly board meeting.

Stevens Creek Striders Board Meeting Minutes April 11, 2005

Location: Michael Dhuey's House

Present: Peggy McLeod, Paul Rodriguez, Bill Jones, & Michael Dhuey

Absent: Gayla Johnson, Peter Hargreaves & Jack Pan

Meeting called to order at 7:45 by President Peggy McLeod

Agenda Items:

- Peggy signed and mailed the Midpenninsula Open Space Preserve the Striders permit and we have one on file. It was discussed by the board to put the rules regarding this permit on the Striders website.
 - Pending
- Peggy will talk to Peter about updating our web calendar with upcoming races/events.
- Bill will contact the race director for the Muddy Buddy run to get some ideas on how to set up the Striders run and bike. As of today, there has been no feed back from members.
 - Bill is in correspondence with the race director for further information.
- The board has decided to post a survey on the website regarding other activities other than running. For example, hike day – golf day – backpacking trip – kayaking – etc. The survey will be posted on the website for member participation and feedback. The board will discuss which activities will draw the most attentions and then proceed from there.
 - Bill is working on the online activities survey.
- The board wants to promote some local runs and try to organize carpooling in order to attract some runners for these events. Example, the wharf to wharf would be a good race to carpool together with your fellow running pals.
 - Michael will create a carpool webpage for upcoming events. Sign up for carpool leaders and rides will be available.
- The weekly 6:00 PM Tuesday evening track workout at De Anza College track will be lead by Don Murdoch starting on May 10th.
- The Saturn Relay (formerly know as “The Providian Relay”) still needs someone to lead the event for the Striders. Co leading this event may be necessary.
- Sign ups for upcoming races/events will continue to be done during the Saturday announcements i.e. Quicksilver and WS100.
 - Michael will create sign up web pages as an alternate method of sign ups.
- Peter will e-mail the club membership with WS100 information provided by Jean.
- The Financial Report – Savings \$501.00 Checking \$247.00
- The idea of identifying Board members on Saturday runs was discussed.
 - Bill is currently pricing buttons.
- The Holiday Party for 2005 at the Palo Alto Crown Plaza will need a deposit to reserve the room. Bill will contact the hotel to see how much deposit is needed. He will also see if the date can be moved to the second Saturday in December.
 - Bill said he will be able to reserve the room but the hotel will need a deposit. Bill will contact Gayla for the deposit.
- The next Newsletter is scheduled for May.
 - Bill will provide info. about the activities survey
 - Michael will write about the Stevens Creek Striders group alias on yahoo
 - The next Board Meeting will be held Monday evening, May 9th 7:30 PM, at Peggy's House.

Meeting closed at 9:40 PM

“Volunteers Wanted!”

- **Western States 2005: You are invited!**

Yes, as this year's captain, I have the "privilege" to confirm you are all invited to join your fellow club members to help out at the Last Chance aid station at the Western States 100-mile race.

When? From Friday June 24, to Sunday June 26 (you can join us on Saturday only but have to be on site by 9am until 5:30pm because the access road closes during the race)

Where? Up in the mountains, at mile 43 on the race course. Driving is about 5 hours from Cupertino (with no traffic - 3.5hrs to Auburn, then 1.5hrs). Detailed driving instructions will be available in June. For the non insiders, we'll camp near gold mines and, if you are nice with Jerry, he may give you some miner's clues on Friday afternoon... ;-)

Who? Everybody can help out, no special running, medical or cooking experience, we have all sorts of jobs for you: "all you can eat buffet" and bar tenders, drop bag dispatchers, greeters, time keepers (runner check-in and check-out), "car wash" station. As much as possible, we would like the volunteers to come from the Striders, but we extend the invitation to our friends of San Jose Fit, and race organization can also provide some candidates. Overall the station works at full steam with around 30 volunteers.

Why? Our club is proud to have managed this aid station for 24 years (24th this year), and we intend to extend this tenure as long as possible thanks to your support and active participation.

How? We do have a one weekend permit from the forest rangers to set-up a dry camping at the station. No special dress code (!), except for the official volunteer tee-shirt which will be provided on race day.

What to bring? Camping gear (I'll send detail list to the participants), stories and music for the evening camp fires, good mood to cheer the runners, and ice for helping them keep "cool".

I will send more information to participants early June.

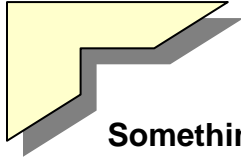
I will be away for three weeks in May between Europe and Asia, so the best to reach me is by email: jpommier@ilog.com. You can also contact Bob and Marsha as I'm delighted to have them as co-captains again this year.

I look forward to hearing back from all who can join us and contribute to another great edition of the Last Chance aid station! ----- **Jean.**

- **Volunteers are also needed to lead the “Saturn Relay” (Previously called Providian Relay).**

**Do you think you are a runner, a jogger, or a joke?
Tell us what you think!**

Mail to: board@stevenscreekstriders.org



Re-Run!!

Something About Striders' Spring Picnic

Date: Saturday, May 14th, 2005

Time: 11:00 AM to Noon until about 6:00 PM

Location: Stevens Creek County Park, Madrone Group Picnic Area towards the south end of the reservoir. Please check out the map link at striders website for the location:

<http://www.stevenscreekstriders.org/events/sp/picnic.html>

Format: Potluck

Things to Bring:

- A Food item to share

By last name:

letters **A** thru **K**: main dish of some sort

letters **L** thru **R**: chips/dip/vegetables/salads

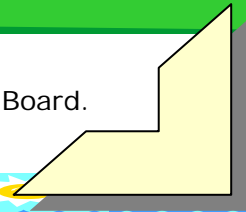
letters **S** thru **Z**: dessert

- Something to drink for yourselves
- Plates and eating utensils for yourselves



Hot Charcoals will be available for you to barbeque.

This will be the day to hear the make up of your coming year's Board.



Congratulation!

[de Joue les Tours 10K, Loire Valley France 4/23/05](#)

Overall Place	Group Place	Name	Age	Age Group	Time	Pace
11		Jean Pommier	41	M40-49	34:01	5:09

[Boston Marathon, Boston MA 4/18/05](#)

126	10	Jean Pommier	41	M40-49	2:43:00	6:13
182	148	David Beauley	39	M30-39	2:46:20	6:21
9541	2821	John Stannard	39	M30-39	4:06:39	9:25

[Santa Cruz Half Marathon, San Cruz CA 4/17/05](#)

225	14	Robin Mills	54	M50-59	1:49:23	8:21
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[Mercury News 10K, San Jose CA 4/10/05](#)

3	1	Jean Pommier	41	M40-49	34:11	5:30
291	5	Penny Beeston	44	F40-49	47:49	7:42
382	49	Robin Mills	54	M50-59	48:28	7:58
999	126	Jack Pan	50	M50-59	58:39	9:26

American River 50 mile, Auburn CA 4/2/05

Overall Place	Group Place	Name	Age	Age Group	Time	Pace
48		Eric Klien	50		8:05:20	9:42
53		Charles Stevens	48		8:07:41	9:45
239		Joe Mitchell	44		10:12:03	12:14
275		Chuck Wilson	56		10:34:08	12:41
299		Christine Miller	46		10:52:17	13:03
395		Christina Brownson	54		11:52:14	14:15
415		Wini Jebian	61		12:15:43	14:42
418		Tom Kaisersatt	65		12:18:44	14:46

Big Bunny Fun Run 5K, Cupertino CA 3/26/05

Overall Place	Group Place	Name	Age	Age Group	Time	Pace
3	1	Jean Pommier	40		16:06	

Pirates Cove 30K, Rodeo Beach, Marin County CA 3/26/05

Overall Place	Group Place	Name	Age	Age Group	Time	Pace
73		Noel Relyea	59		4:31:00	

Way Too Cool Cool, CA 3/12/05

Overall Place	Group Place	Name	Age	Age Group	Time	Pace
71	10	Charles Stevens	48	M45-49	4:56:34	9:36
79	4	Eric Klein	50	M50-54	4:59:30	9:42
134	18	Michael Dhuey	46	M45-49	5:26:04	10:34
259	17	Chuck Wilson	56	M55-59	6:14:48	12:08
275	15	Christine Miller	46	F45-49	6:20:01	12:19
358	14	Christina Brownson	54	F50-59	6:57:47	13:32
442	45	Steve Reagan	54	M50-54	8:11:47	15:56

Napa Valley Marathon, Napa CA 3/6/05

Overall Place	Group Place	Name	Age	Age Group	Time	Pace
954	6	Noel Relyea	59	F55-59	4:24:56	10:07
1569	104	Jack Pan	50	M50-54	5:23:48	12:22

Paris International Half-Marathon, Paris France 3/6/05

Overall Place	Group Place	Name	Age	Age Group	Time	Pace
100	10	Jean Pommier	40	M40-49	1:15:58	

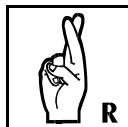
Bidwell Classic Half Marathon, Chico CA 3/5/05

Overall	Group	Name	Age	Age Group	Time	Pace
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Place	Place					
16	3	John Stannard	39	M35-39	1:26.56	6:38

Editor's Note: This is an excerpt from the Western States 100 Mile Participant Guide regarding **Hyponatremia** provided by Steve Reagan who has completed the race in 2004. It contains some useful information and advice in recognizing and treating it.

Note that you should be aware of its signs during training, and also take steps to avoid it when the weather warms up as it takes time to become heat-acclimated. --Steve Reagan



Risks Associated With Low Sodium and Chloride Counts: Low sodium levels (hyponatremia) in ultramarathon runners have been associated with severe illness requiring hospitalization. It is important for long-distance athletes to use fluids containing electrolytes to replace the water and salts lost during exercise. WATER INTAKE ALONE IS NOT SUFFICIENT, as water intoxication and possibly death may result.

This problem may in fact worsen after the Race, as the non-electrolyte-containing fluid which has been accumulating in the stomach is absorbed. Potassium and calcium replacement is also important, although these levels change less with fluid loss and replenishment.

Signs and symptoms of hyponatremia include; weight gain, bloating, nausea, vomiting, headache, confusion, in-coordination, dizziness, muscle twitching/cramping and fatigue. If left untreated, it may progress to seizures, pulmonary and cerebral edema, coma and death.

There are two ways to put oneself at risk of hyponatremia; over-hydration and replacing sweat with hypotonic fluids. Weight gain of greater than 3% should cue a runner to stop drinking, slow down and allow the body to readjust its fluid status through urination of excess fluids, after which electrolyte fluids or high sodium containing foods such as bouillon cubes can be consumed.

Risks of hyponatremia can be minimized by acclimatizing to the heat, training the endocrine system, salting foods a few days prior to the Run, matching fluid and electrolyte intake to sweat losses and monitoring weight.

The best way to achieve proper electrolyte and fluid balance is to hydrate with fluids containing proper amounts of electrolytes and to replace with sodium-containing foods or supplements, if required, and as determined during your training. Potassium, while present in many electrolyte-replacement solutions, may also be replaced with fruit, such as bananas or oranges. Beer or other alcoholic beverages should not be taken at any time during the Race.

Electrolyte-containing fluids should be continued after the Race until the gastrointestinal tract is fully functional, which may take several hours. Once the gut is working and adequate hydration has occurred, the normal balance of thirst, hunger, digestion and kidney filtration will maintain the proper balance of fluids and electrolytes.

A WS participant suffered from hyponatremia in 2002, lost consciousness and was hospitalized.

