
What's Afoot?



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

July 2005

President's Message

by Peggy McLeod



Hello Striders!

Beautiful Summer is upon us along with warmer runs, yellow jacket bees and rattle snakes. Hydrate well and watch your step(s), and enjoy some colorful sunset runs! I know I especially enjoy running in the hills in the evening, finishing just as it is getting dusky and the city noises begin to quiet for the evening. Often the deer are out grazing and owls hoot muffled in the distance. Ah, to be a runner...strong, capable, and alive!

Or, as Jerry Hill terms it, "kitty chow" if you enjoy running at dusk in the hills! Speaking of altitude and mountain lions, hats off to our four Striders runners who competed at Western States this year! Tom Kaisersatt completed 80 miles of this grueling race--a good, hard effort Tom! Eric Klein had his first finish in the race (**26:58:00**)--yeah Eric! Congratulations! Charles Stevens also completed the race in a time of **23:39:25**, looking strong coming through the Last Chance Aid Station where many smiling and supportive Striders waited to cheer him on. Mark Williams once again completed the race in the excellent time of **21:55:05**--whoop hoo! Go Mark! Congratulations to the each of you for your incredible effort you put into your races, and all of the hard training miles you logged to even get to the start line. It is a truly amazing accomplishment! The Striders are proud of you!

Working at Last Chance Aid Station this year was a blast! We had a lot of great volunteers to support the runners and help the medical crew, and we worked our tails off and had a lot of fun doing it in the process! Jean, Bob and Marsha did an excellent job organizing and leading the aid station, a huge job that requires much planning months before the race--thank you so much to the three of you! Friday night before the race, our group had a really enjoyable sing-a-long around the campfire amongst the pine trees and gently buzzing mosquitoes (well, maybe not so gentle--splat!). Especially nice was the "international flavor" of our singers and songs...Bill Jones and his Spanish serenades, Robin Mills singing Scottish ballads, and Penny Beeston bringing us sounds of "Down Under." One of our very new Strider members, Padma, sang a beautiful song from her homeland of India, very touching. Also moving was Jean and his wife Agnes singing several rounds of "Frere Jacques" in French—nice voices you two! What a great weekend, helping others to do their best, working together as a team, and having fun playing together! All in the beautiful outdoors...thank you everyone! Good memories to have forever. :)

It is time for the new Striders Board to enter onto the scene and help to create another great year for our club! Thank you very much to outgoing members Peter Hargreaves, Michael Dhuey, Paul Rodriguez and

Gayla Johnson for all of their hard work and volunteer time for the club. Please say a "thank you" to them when you see these folks on the trail! Joining the Board this year will be Penny Beeston, Dennis Connor, and Mark and Amanda Williams (Rosie will step in if mom or dad can't make it to a meeting, so not to worry!). Bill Jones, Jack Pan and myself will be "returnees." I'm looking forward to the new year and working with this really nice group of people! Please remember the Board meetings are open to the general membership and anyone is welcome to attend. It is a good way to get a sense of how the club functions, to have a chance to help brainstorm ideas for club activities and planning, and to be a part of supporting our club.

The old and new Board members will be meeting on the evening of July 12th for the "changing of the guard." We will be setting a date for the famous, or shall I say infamous, Clam Bake and will have an announcement about details soon. This event is usually held in late August or early September, so get your running legs ready and grab your clams...I'll leave that up to your imaginations! It is a fun and well-attended Striders event! Here's to Summer!

See you on the trails!

Peggy



Merci

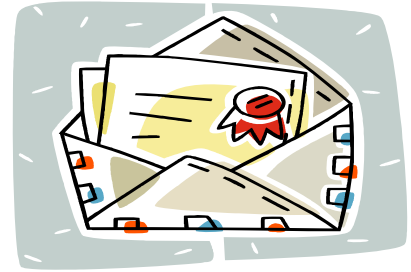
Peter Hargreaves, Michael Dhuey, Paul Rodriguez, and Gayla Johnson for the dedicated contribution to the board!

Bienvenue

Penny Beeston, Dennis Connor, Mark and Amanda Williams. The board needs you!

--- Western States Endurance Run News Bits---

A letter From Jean Pommier:



To all the volunteers at "Last Chance 2005.

A huge thank you for your participation to our annual gathering at Last Chance, and your hard work during the 6 hours runners went through our aid station. I was amazed to see how everyone was focused on each task and how smoothly it went, even through the 2-3pm peak. There is no doubt 24 years of experience bring a lot of maturity to our management of this aid station.

A special thank you to:

- Bob and Marsha for being such active co-captains
- Jerry for picking up the drop bags at Squaw despite your cold, and loaning us tables and canopies
- Melanie for buying and bringing the fresh fruits, and Mike for your lead of the greeters
- Dick for your refreshing "car wash", much appreciated by the runners (and the 300lb of ice!)
- Roger for taking on the responsibility to lead the runners on the right path after Dusty Corner
- Padma and Kiran for the performance of helping out at 2 aid stations on the same day
- Lee for handling the replenishment of fluids, perfect bar tender again
- A very special mention to Felicity, Bob's assistant at the drop bags, who flew back and forth the station more than hundred times (Dennis, keep her running like this! ;-)
- Alison, Alice, Agnès for coordinating the drop bags dispatch
- Winnie and Michael for keeping your "remote" check-out post and keeping track of all those times with such an "atomic" (clock) precision!
- Robin for the photo coverage, and for your hundreds of bib announcements in the radio, with Alison at the "lookout post"
- Marsha, Eileen, Sue, Ellen and Georgiana for your 5-star buffet and 6-hour "open bar"
- Larry for noting hundreds of time down at the entrance of the station, and Agnès for taking the relay
- Bill, Peggy, Jack, Gary, Lew, Dennis, Penny, Rob for your continuous and personalized welcome, greeting and assistance of dozens of runners
- And Hobe's for sponsoring us with two of their succulent coffee cakes (thanks to our President, Peggy!)

And thank you to the ones for which I might have forgotten one of the duties in the heat of the event... we'll see you on the video.

Last but not least, let's not forget the ones we were here for, especially the runners from the club, congratulations to you!!

Two more things before we close on this 24th edition and think of the 25th anniversary of our club's involvement of next year.

- Can you please look at the list below (bottom of this email) and think of other things which were missing this year so we plan to have more of them next year
- Can you share and send me the pictures you've taken so I gather them on a single CD (Jack, Kiran)? On my side I've one 30' of video, including Jurek's finish, which I hope to share with you at the Christmas party, like last year.

See you all next year for our 25th anniversary at Last Chance, you're the "dream team" for this aid station!
Thank you again for your time and volunteering spirit.
Have a great 4th of July and summer,

Jean.



Despite the snow at the start, the cooler than usual weather was very cooperative and led to a great finisher rate (75%)

- If you remember one of the two runners who lay down on a cot at the station for more than half an hour, he recovered very well and finished under 24h! Yet another miracle of our medical staff!



Upcoming Striders events include:

- Tuesday night track workout starts. @ De Anza College, 6 pm. Talk to Don Murdoch.
- **Clam Bake, Sunday August 14 ??, 2005:** —The Striders summer classic: Skyline to the Sea!
- 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.
When??
- etc. etc. etc..... [See website for more information.](#)



“Volunteers Wanted!”

Come on you can do it !

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

Tell us what you think!
Mail to: board@stevenscreekstriders.org

Stevens Creek Striders General Interest Survey

Editor's Note: *The board has been working very hard in getting your input for beside-the-running social activities. Your input will be very much appreciated. Please use all possible venues of your preference to convey your interest to our board. This page can be mailed (with your postage) by folding up the paper and tape it together. Listed below are items for your reference after our board's brainstorming sessions in the past several weeks, in hope to prod open and gain more of your creativities.*

Activities		<input checked="" type="checkbox"/>	Activities	<input checked="" type="checkbox"/>
Hiking	Day hike		Museums/exhibits	
	2-3-4 day hike		Golf	
	car camping (Yosemite, etc)		Sports events (Giants, Raiders, Sharks, etc)	
Kayaking	White water		Book club	
	Gentle river		Card/game group (monopoly, bridge, poker)	
Sailing-(group rent a boat w/captain)	Ocean		Trail work (REI, Zinfandel, Open Space etc)	
	Bay		Party-of-the-month club	
Rock climbing			Photography	
Travel (groups to Mexico, Europe, etc.)			Bird watching	
Local touring (Wine country, San Francisco, etc)			Music jam (Folk, jazz, other)	
Dancing	Country western		Community Volunteer	Help in shelters
	Ballroom			projects
	Rock			Local
	Latin			Habitat for Humanity
	All of above			Youth groups
Concerts				
Theater				
Movies (Movie of the month ?)				
Dining (Restaurant of the month?)				

Other(Your ideas) * _____

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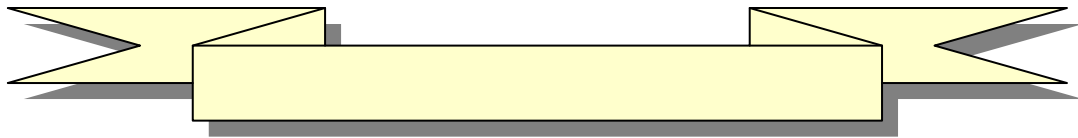
* _____

All this is in addition to the regular club activities- Clambake, Xmas party, etc

Name & Address: _____

Postage
Here

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



UPCOMING LOCAL INTEREST:

Wine Country Half Marathon-Napa to Sonoma; Bouchaine Winery, Napa-to Sonoma, California; Sunday, July 17, 2005 7:00am

San Francisco Marathon; Justin Herman Plaza, San Francisco, CA; Sunday, July 31, 2005 6:00 AM

Dammit Run; Los Gatos High School Track, Los Gatos, CA; Saturday, August 13, 2005 8:30 AM

Lake Tahoe Marathon; Commons Beach Horizon Casino Resort, Tahoe City, CA; Saturday, Oct. 8.

Silicon Valley Marathon, Half Marathon, 5K Run/Walk; San Jose, CA; Sunday, October 30, 2005 7:00 AM



Several trail runs organized by **Pacific Coast Trail Runs** can be found through its website: www.pacifictrailruns.com. To name a few here:

Saturday, July 16, 2005, Santa Cruz Mountains Trail Run, 7 Km, 24 Km, 32 Km, & 50 Km

Saturday, July 30, 2005, Pacifica Trail Run, 9 Km, 21 Km, 35 Km, & 50 Km

Saturday, August 13, 2005, Big Basin Redwoods Trail Run, 9 Km, 20 Km, 28 Km, & 50 Km

Sunday, August 21, 2005, Salt Point Trail Run, 11 Km, 26 Km, & 50 Km

Saturday, September 17, 2005, Tahoe City Trail Run, 9 Km, 20 Km, 35 Km, & 50 Km

Saturday, September 24, 2005, Saturday, September 24, 2005, 8 Km, 25 Km, & 50 Km



Congratulation!

Western State 100 Mile Endurance Run 6/25/05

Overall	Group	Name	Age	Age Group	Time	Clock Time
Place	Place					
50		Mark Williams	39	M	21:55:05	6/26/2005 2:55
81		Gary Wang	37	M	23:35:09	6/26/2005 4:35
86		Charles Stevens	49	M	23:39:25	6/26/2005 4:39
173		Eric Klein	50	M	26:58:00	6/26/2005 7:58

Nisene Marks Forest Half Marathon 6/5/05

Overall	Group	Name	Age	Age Group	Time	Pace
Place	Place					
45	4	Robin Mills	54	M	1:58:24	9:02
46	3	Penny Beeston	44	F	1:59:06	9:06
91	9	Dennis Connor	44	M	2:13:43	10:12

In case you forget \$\$!!

The Stevens Creek Striders have an annual membership term which runs from July 1st of the current year through June 30th of the following calendar year.

Benefits of membership:

- Supportive running companions
- Participation in team relay events
- Discounted price for club sponsored picnics and parties
- Great workouts!
- Track, Marathon, and [Ultrarunning](#) training
- Discounts at local running stores

Membership Fee Schedule:

New Members

If paid between April 1st and December 31st, **\$20.00*** Covers membership through June 30th of next calendar year.

If paid between January 1st and March 31st, **\$10.00** Covers membership through June 30th of current calendar year.

Renewing Members

Due on July 1st of each year, **\$20.00*** Covers membership through June 30th of next calendar year.

***** Three ways to pay for membership: *******

1. Pay online now! (\$22.50)*
2. Give cash or check to Board member. (\$20.00)
3. Send a check to our PO Box. (\$20.00)

*If you pay online, Active.com charges you, the user, an extra \$2.50.

You may give your dues to any Striders Board Member or mail a check to the following address:

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

To: