
What's Afoot?



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

September 2005

President's Message

by Peggy McLeod

Hello fellow Striders!



I hear there's a rumor going around that summer is almost over...could it really be? I feel like I just pulled out the tank tops and extra water bottle to beat the heat of summer running! Uh oh, I think my age is showing! You know, "time flies when you're...getting older!" :)

Oh well, welcome Fall and the cooler runs of morning and evening. I do enjoy padding along on a carpet of colorful leaves on the trails of Rancho this time of year, and timing my wind sprints with the dashing of the foraging squirrels along the paths. I know, you've all known for a while now that I am a little bit "nutty!" That's what 27 years of running will do to you! Keep an eye out for another of our slower moving furry, eight-legged friends on the dusty trails...October is prime Tarantula mating season! I've speedily leapt over a few in my years of running the Bay Area trails--really quite harmless, just a bit of a surprise when rounding a corner!

A fun Fall event coming up is the Big Sur River Run 10k and 5k walk on October 21-21, complete with a camp-out and sing-a-long Friday night, the race Saturday morning, and a delicious pancake breakfast provided by Bill Jones and yours truly

post race! This will be our third year of organizing the event for the running club...a "revival" of a once popular club activity. This is a fun event to bring your families to as young ones can participate in the 5k walk, and the race is a "loop course" through the campground where non-running members can cheer you on. There are several musical groups which serenade the runners/walkers along the course, and a nice awards ceremony with a band for some post-race entertainment. Of course, running through the redwoods and the shade of these giant guardians of the forest is a real pleasure. If you are interested in joining us, please contact either Bill or myself (email us from the Striders website) and register at: www.BigSurRiverRun.org. More details to come next month at the Saturday morning run.

On Saturday evening, December 10th, will be our Holiday Party, held once again at the Crown Plaza hotel in Palo Alto. This is a well-attended club event, a nice chance to see each other in our finery and to socialize with each other without all that sweating and panting...uh, I'll leave that one well enough alone! Please be sure to mark it on your calendars!



President: Page 8

Clambake 2005

By Amanda Williams

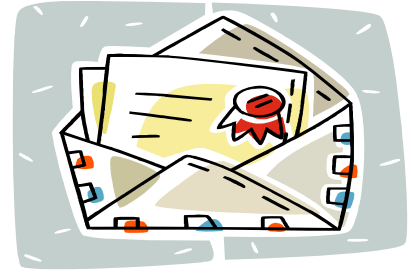
The Clambake run and picnic has a more than 20-year history with the Stevens Creek Striders (and with the club that was to become the Striders). Rich Siemens, a longtime Strider visiting from Houston during the Clambake, noted that he remembers the event from 1983 or 1984 during which clams were actually baked on the beach. The success of this event is largely possible because the Big Creek Lumber Company has generously issued the club a permit every year to picnic on the lovely bluff overlooking Waddell Beach. I would like to thank them, particularly Ellen Rinde, for once again reserving the space for us this August 14th.

Most Striders who talked with me found this summer's clambake run and picnic quite enjoyable. People inevitably mentioned the good weather. As Bill Jones pointed out, "The weather this year was the best I've seen - cool and overcast on the run and not chilly at the beach." Indeed, unlike many years, there was not much wind, blazing sun, nor bone-chilling fog. (But this should not deter future prospective Clammers. The picnic spot is quite sheltered from the wind and one can get out of the sun as there is some shade from trees.)



Camaraderie. Zachi Baharav, self-described "non-active member" wrote, "It was fun running and talking with people along the way, whom I haven't seen in 2

years or so..." Mark Williams (of San Jose), who organized the carpooling, said there was an exceptional turnout of Striders and friends- 24 starters at Saratoga Gap (where the 30 and 18 milers begin) and another 9 at Big Basin State Park (where the 18 milers finish and the 12 milers commence). I noticed from the aid station that many people tended to arrive in friendly, chatting



clusters and wait for each other. Mark was pleased

that most people got their cars to the beach and that everyone made it home from the picnic, in spite of things not going exactly as planned. Mark, thank you for helping to get everyone where they needed to go.

The Clambake 30-mile is said to be a good first ultra (more than marathon) distance. Zachi and his friend, Steve, liked the "point-to-point" quality, which allows one to cover plenty of beautiful scenery. And, as Robin Mills points out, "it's mostly downhill." Robin completed the 18 this year after returning from his son's wedding in England via a "not too sober" 3-day stopover in Reykjavic. (Congratulations to Robin, Ali and the newly-weds, Alan and Jen! And Robin and Ali thank Penny and Andrew for picking them up at SFO and lending them their car.)

Joining Robin in a 1-minute/6-minute walk/run pace were Penny Beeston and her two friends, Maritza and Zuly, who completed their first marathon-plus distances. Hurray for them! Penny says that they couldn't believe they had lived in the Bay Area for so many years and were unaware of such gorgeous trails. Zachi's friend and Western States pacer, Steve, was also running his first ultra distance in what Zachi describes a "friendly, non-race setting." Good going, Steve! Hopefully we will see many more first timers.

Steve Reagan reported "feeling pretty lousy" at Saratoga Gap but then growing progressively stronger along the run. "I just tried to 'float' along the hill and that seemed to be working for me. The best stretch came after...exiting Big Basin and climbing up to the road." That climb (one of the few in the whole run) gave him trouble in previous years but this year he was able to pick up the pace there. "It helped that I heard noises behind me (and

thinking I was going to be caught by someone).” Steve was able to continue his good pace until he slowed down for the last mile.

Rich Siemens writes from Houston, “It was really fun to run our annual event again with my friends in California. Also, this was my longest run since allegedly retiring from ultras 4 years ago. I learned a valuable lesson - by starting slower and not trying to stay up with the lead(younger!) group I was able to finish the entire course. I even had enough energy left to run the flat miles near the end. A satisfying run such as this is dangerous for someone trying to fight the ultra addiction!”

Quite a few runners kindly told us that they appreciated the mobile aid station, which **Andrew, Lizzy and Angus Johnson**

(thanks so much!)

supported with me. Runners can get water and other amenities at three points along the route, which makes for less to carry. (Many thanks also

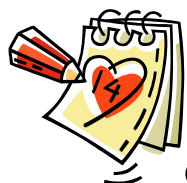


to my mom, Cheryl, for looking after Rosie the whole day.)

I think everyone appreciated the potluck picnic. Highlights were **Penny Beeston's** delicious Salmon Chowder and, returning for duty again this year, **Bill Jones** at the Clam Chowder helm. Thank you both so much. And to Andrew for bringing his stove to heat the chowder. In addition, folks provided a splendid potluck spread that is so great after a long run. Everyone also put forth a good effort cleaning up trash in the dunes. We carried on the tradition of leaving Big Creek's site cleaner than we found it.

The Clambake is one of the club's main events during the year. So many members took part in making it a success – donating time, supplies, know-how, and patience. If I have forgotten to mention anyone personally, shame on me, and pat him/her (or yourself!) on the back. And if you were unable to participate this year, please consider next year's run!

The Williams Family,



Get a pen?! Please mark down the following dates on your calendar.

Upcoming Striders events include:



- **Big Sur River Run - Camp, run and Pancake breakfast:** [Saturday October 22th, 2005](#)
- **Striders' Turkey Trots - Thanksgiving morning,** [Date & Details - TBD](#)
- **Striders' Holiday Party:** [Saturday December 10th, 2005](#)
- etc. etc. etc..... See website for more information.

“Volunteers Wanted!”

Come on you can do it !



Volunteers are always needed for organizing activities. Just contact the board!!

Mail to: board@stevenscreekstriders.org



Corner

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

Saturday, September 24, 2005, Mount Diablo Fall Trail Run, 8 Km, 25 Km, & 50 Km

Saturday, October 1, 2005, Seacliff Beach Trail Run, 14 Km, 22 Km, 35 Km, & 50 Km

Saturday, October 22, 2005, Montaña de Oro Trail Run, 13 Km, 23 Km, 37 Km, & 50 Km

Saturday, November 5, 2005, Rodeo Beach Trail Run, 8 Km, 20 Km, 30 Km & 50 Km

Midpeninsula Regional Open Space District News

Picchetti Winery Seismic Upgrade

This summer, work will begin on the historic Picchetti Winery building, to comply with new seismic ordinances adopted by Santa Clara County. The District received a \$50,000 grant from the California Heritage Fund Grant Program and a \$66,000 grant from the Santa Clara County Historical Heritage Commission to implement improvements to the winery building, which include strengthening and anchoring the roof, walls, and floor to better carry and resist lateral forces in the event of an earthquake. Public access to the winery and the surrounding areas will be limited until construction is complete, estimated in late fall 2005. No trail closures are expected during construction.

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, Christmas party, etc

Name & Address: _____

Postage
Here

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



UPCOMING LOCAL INTEREST:

Run to Remember 9-11-2001; Embarcadero @ Folsom Street, San Francisco, CA .
Sunday, 09/11/2005 8:00 AM

Baylands FrontRunners Run for the Community 5K/10K; Palo Alto Baylands Athletic Center, Embarcadero Road & Geng Road, Palo Alto , CA. Sunday, 09/11/2005 9:00 AM

Trailblazer 5K-10K Race & 5K Trail Walk; Mountain View, CA 9/25/05

Quicksilver Half Marathon and 10K; Castillero Middle School, San Jose, CA. 10/01/2005 - 8am

29th Annual Bridge to Bridge, America's Most Beautiful Run, San Francisco, CA 10/02/05

Big Sur River Run XXV; Pfeiffer Big Sur State Park - Highway One, Big Sur, CA, Saturday, 10/22/2005 10:00 AM

Lake Tahoe Marathon; Commons Beach **Horizon Casino Resort,** Tahoe City, CA; Saturday, 10/08/2005

The Relay, California's Longest Party, Redwood City, CA (10/15/05 - 10/16/05)

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



Congratulation!

Dammit Run (8km), Los Gatos: August 13th 2005

Overall Place	Group Place	Name	Age	Age Group	Time	Pace
11	1	Jean Pommier	41	M40-49	0:29:24	5:55

Big Basin Redwood 50km Trail Run: August 13th 2005

Overall Place	Group Place	Name	Age	Age Group	Time	Pace
26		Christina Brownson	55	F	8:04:09	15:36

Skyline 50Km Lake Chabot: August 7th 2005

Overall Place	Group Place	Name	Age	Age Group	Time	Pace
		Christina Brownson	55	F	7:14:00	14:00
		Dave Buckley		F	7:14:00	14:00

San Francisco Marathon & Half Marathon July 31 2005

Overall Place	Group Place	Name	Age	Age Group	Time	Pace
2942		Patricia Koren	49	F	4:42:00	10:45
3208		Christina Brownson	55	F	4:49:54	11:02
		Rob Larson		M	6:59:00	13:42

San Francisco Half Marathon July 31 2005

Overall Place	Group Place	Name	Age	Age Group	Time	Pace
3472		Hazel Donaldson	58	F	2:58:20	13:29

Montée du nid d'aigle (20K, 2834metres (6,000ft) elevation gain), St Gervais-Chamonix/France, July 17th 2005

Overall Place	Group Place	Name	Age	Age Group	Time	Pace
29	6	Jean Pommier	41	M40-49	2:17:31	11:04

President: Striders membership

A gentle reminder...please pay your yearly club dues (\$20.00) if you have not already. You can give it to any Board Member on Saturday morning meetings, mail it to our P.O. box, or pay on-line at our website. This money is a large part of what helps to fund our Holiday party each year, as well as other events. Thank you for keeping your membership current!

Lastly, each of us on the Board really appreciates the feedback you have for us regarding club events,

the newsletter, club operations, etc. Please contact any of us with questions, comments or concerns. This is what helps us as a Board to know what we need to attend to and consider so we can do the best possible job as your club officers! Thanks for your honest and constructive feedback and communication. :)

See you on the trails!

Peggy



Something about the membership \$\$!!

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: *******

Pay online now! (\$22.50)*

1. Give cash or check to Board member. (\$20.00)
2. 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: