
What's Afoot?



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

November 2005

President's Message

by Peggy McLeod

Hello all!



Enjoying the cooler runs these days? I know I am, especially since we haven't had much rain yet! Ah, California winter running at its finest! Don't forget to continue hydrating on your jaunts even with the cooler temperatures as you still sweat a good amount with the effort of a hard run. I've personally tried to perfect the method of carrying a Boda Bag filled with, ah,...water, but it swings a little too much. Guess I'll stick with my nifty "Fuel Belt" I've been having fun with on longer runs!

Approaching fast is our annual Striders Holiday Party, a gala event held at the Crown Plaza Hotel in Palo Alto. We eat fine food, enjoy fun slide presentations, hand out the "Big L" awards for the year, and make general merriment with one another including a silly White Elephant Gift Exchange and a generous raffle. Your illustrious Board Members have been busy soliciting various merchants in the area and I must say the goodies are quite wonderful this year! I am sworn to Presidential secrecy (is this possible?!) so you will have to come to the event in order to find out what the prizes are and perhaps, win one! Please come and enjoy this wonderful evening with us, but be sure to submit your reservation and payment soon! We have to give the hotel a head-count by the end of November.

Contact any one of the Board Members or send your check to our P.O. Box. Come with bells on...and whatever else you like!

The day after the party is the "Christmas Relays" around Lake Merced in San Francisco. Teams of 4 run a leg each of 4.5 miles around the lake, and it is a lot of fun to watch all of the runners racing their best and cheering each other on. It's not unusual to see a Santa or two 'Blitzen on the course, with teams 'Dashin by each other like Comets, and the triumphant winners 'Prancin at the finish line. (I know, pretty bad! I couldn't resist!) Please let me know if you are interested in participating as I am coordinating our entry of teams. The entry fee is \$22.00 per runner; this includes a long-sleeve T-shirt. Please contact me for more information and I will also include you on the email list for this event. Go Striders!

Lastly, thank you to all of you who help to make new members feel welcomed by showing them the trails and making them feel comfortable and included. I know this is much appreciated as I receive this feedback from the "newbies." We have a wonderful group of people, and I am glad to be a part of this running community of the beautiful Cupertino foothills!

Stride on!

See you on the trails,

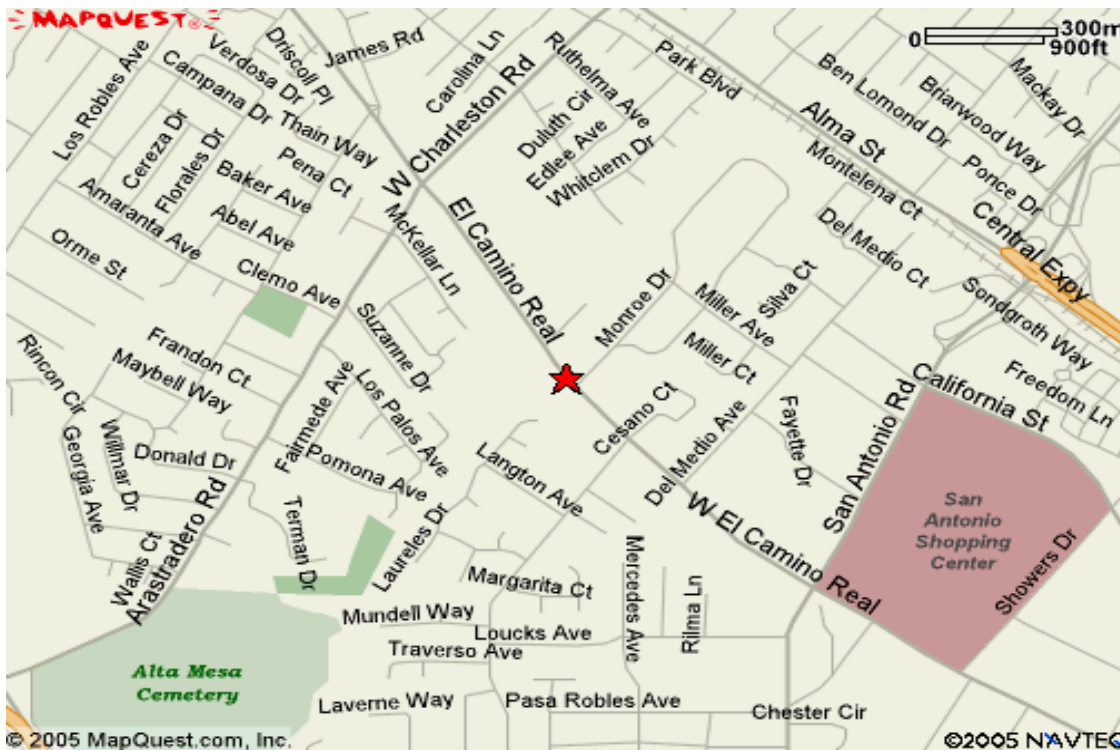
Peggy



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

Upcoming Striders events include:

- Striders' Turkey Trots - Thanksgiving morning, *NOV. 24, 2005. 8:30AM De Anza College Track. Look for Mike Florence.*
- Striders' Holiday Party: *Saturday, December 10th, 2005. 7:00pm for 7:45pm Dinner @ St Tropez Room on the 2nd floor, Crown Plaza Cabana. 4290 El Camino Real, Palo Alto.*



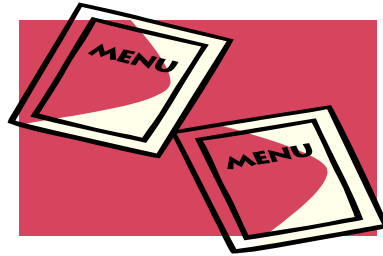
- **Christmas Relay:**

When: Sunday, December 11, 2005; 9:00 AM

Where: Lake Merced, SF

Distance: 4-leg relay. 4.46 miles per leg

Entry: \$22 per person with t-shirt, (\$17 without). Signing up has been taken. Contact Peggy McLeod for sign up and details. Need money and teams organized by Dec 3rd. Won't sign up teams unless money has been paid



Starter: *Frisee and Red Endive Salad w. Roasted Pear, Goat Cheese Crostini, Candied Walnuts and Raspberry-Vidalia Onion Vinaigrette*

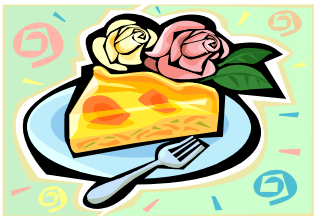


Choice of three Main courses:

a). *Prosciutto and Fig Roasted Chicken Breast with Quince Glaze on Pumpkin Gnocchi. Served with Smoked Asparagus and Sage and Pine nut Brown Butter*

b). *Crisp Pan-Seared Pacific Salmon with Grilled Baby Artichoke Salad on Celery Root Puree*

c). *(Vegetarian) Three Cheese Pumpkin Ravioli with Grilled Chestnuts, Ginger-Pear creme and Fried Shallot-Beurre Noisette*



Dessert: White Christmas Cheesecake with Creme de Cocoa and White Chocolate Ganache & Coffee

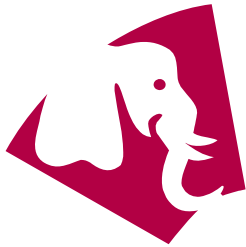


Dress-to-the-nines Christmas Party!

Sign up: The cost is \$35 for members and \$55 for non-members. There will also be an open cash bar for the first hour before the meal and wine for each table, plus soft-drinks/water.

Need to have a head count no later than November 26.

Big L Awards: See some recaps of the history in page 7.



White Elephant Swap:

Each participating guest brings an unwanted gift wrapped item to the party and the joy starts: The first participant (determined by the host) selects a gift and unwraps it.

The second participant (selected by the first participant) has the option to take the first person's gift or a new wrapped item. If the second takes the first's gift, the first may pick another wrapped item, which he unwraps for all to see.

The third participant (selected by the second participant) has the option of taking any unwrapped gift or a new wrapped gift. If he selects another participants gift, that participant may take an unwrapped or wrapped gift. If a participant has a gift taken from him, he has the option to choose a new gift or another unwrapped gift.

A gift may be selected by only three participants – the original person who chose it and two others. It cannot be taken from the third person who selects it

“Volunteers Wanted!”

Come on you can do it !

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

Mail to: board@stevenscreekstriders.org



UPCOMING LOCAL INTEREST:

23rd Annual California International Marathon: Sunday, December 4, 2005 7:00 AM, Auburn-Folsom Rd. Folsom, CA

HARK THE HERALD ANGELS RUN 12K & 25K™ - 18th annual: Saturday, December 10, 2005 10:00 AM, Angel Island State Park Tiburon, CA

Muir Beach Trail Run (11 Km, 17 Km, 33 Km, & 50 Km) : Saturday, December 17, 2005 8:30 AM, Muir Beach , CA

Phleger Estate Trail Run (11 Km, 19 Km, 37 Km, & 50 Km): Saturday, December 3, 2005 8:30 AM, Huddart County Park Woodside , CA

Angel Island New Year's Trail Run (8 Km, 16 Km, 25 Km, & 50 Km) : Saturday, January 14, 2006 8:30 AM, Angel Island State Park Tiburon , CA

Kaiser Permanente San Francisco Half Marathon and 5K Run/Walk: Sunday, February 5, 2006 8:00 a.m, Stow Lake & JFK Drive, GG Park. San Francisco , CA

WOODSIDE KING'S MOUNTAIN HALF MARATHON & 5 MILE™- 16th Annual Saturday, March 4, 2006 9:00 AM Huddart County Park, Woodside , CA

26th Annual Napa Valley Marathon : Sunday, March 5, 2006. Napa, CA

Congratulation! Wow, You did it!

Overall Place	Group Place	Name	Age	Age Group	Time	Pace
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US Half - Half Marathon 21.098km - 6th November 2005

	2	Peggy McLeod	46	F45-49	1:44:45	7:59
360		Dennis Connor	44	M40-44	1:49:44	8:22

Helen Klein 80km (50 mile) 5th November 2005

74		Christina Brownson	55		10:00:44	12:01
76		Terry Ridgeway	39		10:07:31	12:09
87		Christine Miller	46		10:43:05	12:51
94		Tom Kaisersatt	65		10:55:09	13:06
104		Chuck Wilson	56		11:22:58	13:39

Silcon Valley Marathon 42.195km - 30th October 2005

9	1	Penny Beeston	45	F40-49	3:37:47	8:20
116	6	Robin Mills	54	M50-59	3:40:53	8:27
407	7	Tom Kaisersatt	65	M60-69	5:03:54	11:40
442	47	Jack Pan	51	M50-59	5:27:18	12:30

Silcon Valley 1/2 Marathon 21.098km - 30th October 2005

5	1	Jean Pommier	41	M40-49	1:17:37	5:56
26	11	John Stannard Jr	39	M30-39	1:25:37	6:33

Big Sur River Run - 10km - 22th October 2005

		Robin Mills	54	M	46.22	7:28
		Peggy McLeod	46	F	47.07	7:36
		Bill Jones	??	M	48:51	7:52
		Larry Phelan	??	M	~56	9:02

Montaña de Oro Trail Run 22th October 2005

14		John Koester	55	M	7:11:41	13:54
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Palo Alto Moonlight run 10km - 15th October 2005

6	1	Jean Pommier	41	M40-49	35:42	5:44
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Dick Collins Firetrails 80km (50 mile) - 15th October 2005

31		Charles Stevens	49		9:08:17	10:57
56		Roger Dellor	63		9:45:52	11:43
116		Christina Brownson	55		12:02:53	14:27

Overall Place	Group Place	Name	Age	Age Group	Time	Pace
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Le Grizz UltraMarathon 80km (50 mile) - 14th October 2005

Noel Relyea 41 M40-49 9:39:22 11:35

Spartathlon - Athens to Sparta - Greece - 246km - 1th October 2005

35 35 Mark Williams M 33:07:55 13:00

Seacliff Beach 50km - Pacific Coast Trail runs - 1th October 2005

8 1 Penny Beeston 45 F 5:59:40 11:34

Rio Del Lago 160km (100 mile) - September 24th 2005

1 Christina Brownson 55 F 28:54 17:20

Mt Diablo Fall 25km - Pacific Coast Trail Runs - September 24th 2005

74 John Koester 55 M 3:33:48 13:42

Run on the Sly 80km (50mile): September 4th 2005

63 Christina Brownson 55 F 12:49:42 15:38

Run on the Sly 50km: September 4th 2005

53 Steve Reagan 52 M 7:39:42 14:15

69 Wini Jebian 61 F 8:14:02 15:56

70 Lee Jebian 64 M 8:14:03 15:56

Run on the Sly 32km (20 mile): September 4th 2005

22 Gayla Johnson 41 F 3:26:20 10:18

38 Robin Mills 54 M 3:53:51 11:41

Headlands 50km - Tamalpa Runner Club August 27th 2005

136 17 Pat Koren 49 F 7:34 14:36

152 5 Christina Brownson 55 F 7:55 15:17

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

11 1 Jean Pommier 41 M40-49 0:29:24 5:55

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

26 Christina Brownson 55 F 8:04:09 15:36

Skyline 50Km Lake Chabot: August 7th 2005

Christina Brownson 55 F 7:14:00 14:00

Dave Buckley F 7:14:00 14:00



A Brief History of the "Big



(As told by Jim Bordoni)

The scene is the first Stevens Creek Strider's Christmas Party, back in 1982. Everyone is crammed into Sandy Kane's living room after having made a mess of her kitchen, devouring the pot luck offerings brought by attending members. When everyone is seated, Lirio Guevara stands up and announces he is awarding the 1st Annual "Big L" Awards and, unveils numerous trophies he has made up and paid for out of his own pocket. "Lirio, stand up!" someone hollers. "I am!" is the response.

For those of you who have never met him, Lirio (rhymes with Cheerio) is not big. He drives a big pickup truck, he has a big heart but, he is not big in stature. So, his use of "Big" along with his initial was very tongue-in-cheek and, appreciated as such. For the first 4 Strider Christmas Parties, he would present "Big L" Awards based on his awareness of club achievements (the club was smaller then and, he actually did a pretty good job of keeping track of all the races and times). He would pay for the trophies himself, occasionally passing the hat on the Saturday before the party (an unwritten rule was, if you won one the year before, you felt obligated to donate). Categories for awards were very much like races; age groups, male and females categories.

The best part about the "Big L" Awards was Lirio's presentation. This was often the highlight of the evening's entertainment. Perhaps presentation is not the correct word. "Roast" might be more appropriate. Especially if Lirio knew you well. I remember Liz Ross taking heat for winning her age group because, she was the only runner we had that was old enough to qualify. And, you could always expect the unexpected. I remember Lirio naming a long list of nominees for a category and then awarding it to someone not even on the list! In

" Awards and How They Work

any event, it became a beloved ritual, looked forward to by all and, used for inspiration by many.

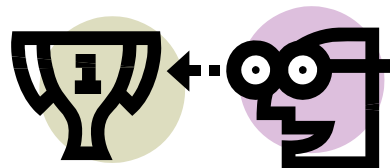
By the 1986 Christmas Party, your Board of Directors decided it wasn't fair for Lirio to continue footing the bill personally for club awards, while recognizing the need to require more input to actually reward the efforts of the growing club. After a few refinements, the current system settled in. The major changes were: 1) the club paid for the awards; 2) an "Awards Committee" voted on recipients; and 3) age and gender categories were trashed.

This is how it works:

Eight awards are presented: 7 "Achievement" Awards and 1 "Strider of the Year" Award. Achievement is intentionally defined vaguely, to encourage nominations based on effort, not just raw times. Generally speaking, we are looking at athletic achievement but, not necessarily restricted to running.

The "**Strider of the Year**" award was designed to acknowledge a member's personal contribution to the club over a period of years. Generally, we are looking at members who have continually worked overtime for the benefit of us all and, who have made this club the friendly one it is. Nominations are solicited during the month of November, requesting as much documentation as possible, not just names. People are encouraged to nominate themselves as well. Whoever you are nominating, the more elaborate the documentation, the more the Awards Committee will be impressed.

(continued)



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The "Awards Committee", consisting of this year's and last year's Boards of Directors, meets in December to review nominations. The thought was that Board members were the people that should best know the membership as a whole, especially the new members who might be too bashful to broadcast their accomplishments.

After all committee members have reviewed all nominations, ballots are distributed and filled out in secret, with each member voting for his/her top 7 choices for "Achievement" (choices earn 10,8,6,4,3,2 or 1 point) and top 4 choices for "Strider of the Year" (choices earn 5,3,2 or 1 point). The point system is designed to minimize the possibility of a tie. The current club President collects the ballots and later tabulates the results, keeping everything secret until the awards presentation at the party.

It may not be a perfect system but, it seems to work.

----- Holiday healthful hints -----

Editor's Note: The following holiday feast survival guide is an abstract from the article: "**Holiday feast survival tips**" appeared in recent Active.com. It is to be a road map of sorts to keep you and your diet from straying too far, but use it with your own discretion. (no comments !)

- **Plan ahead.** Remember the "calorie bank" concept. Save calories from a few days before to give yourself more calories to eat during the holidays.
- **Never go to a party hungry.** Snack on fruit, non-fat yogurt, and a glass of skim milk or raw vegetables before you leave for the party. You will be less tempted to overindulge while you're there.
- **Take control of your environment whenever possible.** Never engage in conversation while sitting next to a platter of your favorite cookies. Try to remember not to indulge while you are chatting.
- **Bring a low-fat dish to the party.** Share with other guests.
- **Fill your plate with vegetables and lean protein foods** -- then add small "tastes" of high-fat dishes.
- **Eat slowly and savor every bite.** It takes 20 minutes for the stomach to signal to your brain that you are full.
- **Decide in advance how you will handle gifts of cookies and candy.** Don't leave them out in the open so that you will be tempted to binge. Keep one or two and give the rest away.
- **Limit alcohol consumption.** Not only does alcohol contain many calories, but it can also stimulate your appetite and reduce your willpower. Try a wine spritzer, or, better yet, avoid alcohol completely and drink seltzer or mineral water with a twist of lime, or a non-alcoholic tomato juice cocktail.
- **Don't allow holiday activity to slow down your exercise program.** Exercise can help burn off extra calories and make you feel good about yourself. Remember to keep to your usual routine of exercise; it will probably not take more than one-half hour out of your day.
- **Moderation is the key to weight maintenance.** A forkful of cheesecake will do less damage than a whole piece. Remember, an occasional indulgence will not destroy your weight-loss attempts.

