
What's Afoot?



A Newsletter for Stevens Creek Striders Running Club

<http://www.stevenscreekstriders.org>

October 2006

Club News

We're delighted to welcome Mark as the new President for 2006/07 and to thank Amanda and Jack for their service to the board during the last two years. Welcome to Patrick who joins the board as Treasurer and Robin as Webmaster.

"Welcome to Striders" to our new members this season. Taryn, Emily, Eileen, Ann-Marie, Jennifer, Chris and Brian – we're glad you've joined us.

We've got some great social events planned for the rest of the year. The Striders Holiday Party on December 9 is a gala event and chance to meet each other away from the trails and tracks. And that's followed the next morning by the Christmas Relays at Lake Merced in San Francisco. On Thanksgiving Thursday we'll be able to enjoy the Turkey Relays at De Anza College Track. And we're planning a trip to Yosemite for the rest of the Thanksgiving Holiday.

What's in this edition?

Story	Contributor	Page
Club News	Penny	1
We will miss you Jerry	Bob	2
Some Recent Photos	Robin	2
The Clambake Event	Peggy	3
The Relay Model	Robin	3
Clambake Chowder Recipe	Janine	3
Mt Whitney	Penny	4
Walking in England	Alison	4
Holiday Party	Robin	5
Results & Events	Penny	6

Club Meetings: Every Saturday at 8:30am in Stevens Creek County Park, off Stevens Canyon Road below the dam. Members meet to run, walk, bike, and socialize. After each Saturday meeting, members gather for breakfast at Hobees Restaurant in the Cupertino Oaks Plaza.

Club Shirts: For new members (and others of course), Mark still has a good number of our very popular coolmax Strider's t-shirts available for sale. Short sleeves are \$20 and Long Sleeves \$25. Ask at any Saturday Club Meeting.

Club Dues: Annual Membership: \$25 (individual) \$40 (family). Checks payable to Stevens Creek Striders and mailed to our PO BOX 1176 Cupertino Ca 95015-1176

We would love to have those of you who have not yet paid your 2006/7 dues to do so. Then you'll get the next newsletter, and all the other great benefits of being a Strider.

<http://www.stevenscreekstriders.org/members/member.html>

Board of Directors

President	Mark Williams
Vice President	Peggy Alfred
Secretary	Bill Jones
Treasurer	Patrick Saxton
Social Directors	Peggy Alfred & Penny Beeston
Newsletter Editor	Penny Beeston
Webmaster	Robin Mills

All members are welcome to attend Board Meetings. Check web site for date, time and place. Board meetings are usually preceded by a potluck dinner. Business takes about 1 hour.



STEVENS CREEK STRIDERS

We Will Miss You Jerry

By Bob Downs, Strider for at least 20 years

I have known Jerry Hill for about twenty years, so I was saddened to hear that he will be moving away from the Bay Area. People have told me that he came to a Saturday morning meeting a few weeks ago and announced that he and Carolyn were retiring and moving to the Sierra Foothills near Lincoln, Sun City, to be exact. I'm sorry I wasn't there. He will be missed.

Jerry began running with the Stevens Creek Striders around the mid-eighties, I'm not sure exactly when. He took immediately to ultra-marathons, something I have never been able to do, and I admire him for it, particularly since his body doesn't look like a runner's body. I've often wondered where he gets his endurance. The only explanation I can think of is that Jerry has some of the Energizer Bunny in him. He goes, and goes and goes.

People have told me that he has run over one hundred marathons. Twenty-six hundred miles, across the United States. I know he used to do the American River Fifty every year, probably twenty times, another thousand miles. He runs the Honolulu Marathon every year. And that doesn't count the training runs. Doesn't he ever wear out?

But, the statistics don't describe him. Jerry has a special heart. He sees the positive in everyone and everything.



Whenever I see him I like to talk to him, catch up on what he's been doing, hear some of his jokes, sense his energy. I know Jerry is a Christian. And, by that, I don't mean that he goes to a certain church. I mean his caring about others; a quality that I think exemplifies the term.

Jerry is very active with the YMCA. He managed to get access to the Mountain View 'Y' for the Striders Christmas parties for several years. He is

active in many other organizations and volunteers his time and energy to many good causes.

As someone who has been associated with the Striders since the club's inception, I have seen a number of friends leave the area, stop running or just go on to other things. New members come and go and the personality of the club changes. But, I miss the people who have left, and Jerry is joining them. I think I'm the only one left who was in the club originally, and I don't run any more. I hope Jerry keeps on running and keeps in touch. Jerry, come back and visit us some time so we can catch up with how your life is going.

You will be missed.

Bob

Some Recent Photos

By Robin Mills, Webmaster

As you know, there are lots of photos of Striders at <http://www.stevenscreekstriders.org/photos/album.html>

I've chosen some favorites to show the diversity of running talent and events in which Striders have recently participated:



Mt Whitney Expedition



Jean and Robin after Trailblazer 10K



Penny and Peggy finish Firetrails 50 mile endurance run

The Striders Annual Clambake Event

By Peggy Alfred, Vice President

We ran, we panted, we socialized, we played good music, we feasted, and we "baked our clams" all at the Striders Clambake and Run held on a coastal Sunday, September 10th. This has been a long-honored annual club event, enjoyed by runners and non-runners alike, and includes a beautiful run along the "Skyline To The Sea" trail in the Santa Cruz hills down to Waddell Beach on Highway 1.

A bit of history here. We used to actually dig a pit and bake clams at the beach after the run, hence the namesake. After several years of "are they done yet?" asked by starving runners, we switched to barbecuing salmon and mahi mahi fillets. Also nice, but a bit much to orchestrate for a big, hungry crowd. In our increasing wisdom and age (did I say that?) we now enjoy clam and salmon chowders, along with various potluck items on a beautiful private bluff above Waddell Beach on the Coast Highway.

Some of the Striders ran from Skyline to Big Basin (18 miles) and some from Big Basin in Waddell Beach (12 miles). Of course there were fearless runners who did all 30 and lived to tell the tale. Lots of people to thank for their contribution to this day. Penny and Bill for the soup. Jean and Larry for leading the run. Rebecca for photos. Andrew and Peter for the aid station. And of course everybody for coming.

This story continues on the web at:

<http://www.stevenscreekstriders.org/events/clambake06.html>

Peggy

The Relay (and the Relay Model)

By Robin Mills, Relay Team Captain and Webmaster

The club put together a team to participate in "The Relay" over the weekend of April 8/9 2006. You can read more about this on <http://www.stevenscreekstriders.org/TheRelay/>



A computer model was used to predict team performance:

<http://www.stevenscreekstriders.org/BlueRelay/Model.html>

Robin

That (In) Famous Clambake Salmon Chowder Recipe

By Janine Hernandez, Strider

½ lb of boiled potatoes
½ teaspoon salt
2 ½ cups of milk
¾ cup minced onion
2 tablespoons of unsalted butter
½ lb salmon steak, skinned and boned
white pepper to taste
1 tablespoon fresh lemon juice
1 tablespoon of all purpose flour
2 oz smoked salmon chopped finely, if desired
2 tablespoons snipped fresh dill or 2 teaspoons dried dill

In a saucepan, combine the potatoes, cut into ¼ inch cubes, ¼ teas salt and the milk.

Bring the liquid to the boil and simmer for about 10 mins or until potatoes are just tender.

In another saucepan, cook the onion in the butter over moderately low heat, stirring occasionally until onions are softened.

Put the salmon on the onion and sprinkle it with the remaining ¼ teasp salt, a little pepper and the lemon juice.

Cook the salmon, it's surface covered with buttered round of waxed paper and the pan covered for 8-10 mins, turning it once about half way through.

The salmon should be just firm to the touch. Transfer the salmon to a plate using a slotted spatula.

Sprinkle the flour over the onion and cook the mixture, stirring, for 3 mins. Add the milk mixture, whisking, and then simmer, stirring occasionally for 5 mins. Add the salmon steak, breaking it into chunks, the smoked salmon, the dill and additional pepper and salt to taste. Cook the chowder over moderate heat, stirring occasionally, until it is heated through. Serve with oyster crackers if desired. This makes about 4 cups (or 2 servings). Adjust for the 30 or more servings needed for clambake

Janine



An Assault on Mt Whitney

By Penny Beeston, Editor

Mt Whitney is the tallest mountain in the contiguous United States.

In perfect August weather, a party of 11 Striders set out early one morning to climb Whitney. All of them reached the top and returned safely in a single day. Their story and photos can be found on the website at:

<http://www.stevenscreekstriders.org/MtWhitney>

A month later two other Striders (Peggy and Penny) achieved the same goal when the weather was not so perfect, but pretty good nonetheless.

So as you can see, the Striders are much more than a running club and it is fun to hear about all the other activities enjoyed by members. For anyone interested in a climb up Mt Whitney, check out the website story and Penny has compiled some info about altitude sickness for your interest below – don't let it put you off!!

Some Mountain peaks. Much longer list at:

<http://www.stevenscreekstriders.org/MtWhitney/Mountains.html>

#	Mountain	Height (m)	Location
1	Everest	8848	Nepal/Tibet
2	K-2	8,611	Pakistan
106	McKinley	6,194	Alaska
236	Mt Whitney	4,421	California
way	Kosciusko	2228	NSW, Aus
down	Ben Nevis	1,344	Scotland

Penny

Altitude sickness /Acute Mountain Sickness /Feeling Crappy at the Top

By Penny Beeston, Editor

Whilst preparing for the day hike up Mt Whitney I became quite fascinated (actually a little obsessed) with the notion of altitude sickness. I am from Down Under after all – a ridiculously low and flat continent. The highest peak in Australia is Mt Kosciusko at a puny 7310ft (2228m) - not even close to our starting point. The Whitney Portal trailhead is at 8300ft. Even though Uluru - (or Ayers Rock) - is the second-largest monolith in the world (after Mount Augustus, also in Australia), it is only 986ft high.

The rest of this article is published on the web site at:

<http://www.stevenscreekstriders.org/MtWhitney/AltSick.html>

Penny

Walking the Ridgeway of England

By Alison Mills, Strider

I enjoyed a great walking vacation in England with my friends Heather and Steve, Gill and Dave. These are "old" chums from Scouting and DOE (Duke of Edinburgh) adventures when our kids were involved with these organizations. Today, the adventures continue without the kids and the conversation usually revolves around pensions, medical plans and grandchildren.

This year's trip was to walk the Ridgeway - which is the oldest road in England. It dates from pre-Roman times and doesn't follow the route of any current highway, canal or railway. It starts near Swindon, Wilts and precedes North-East to Tring, Bucks. A distance of 85 miles. With detours off the trail to Bed & Breakfast and Youth Hostels, the total mileage for the week was about 100 miles. So an average daily distance of 12.5 miles, with the longest day being 17 and the shortest a mere 8. A good walk and made very enjoyable by good weather and even better company.



The Ridgeway connects rural English villages. This is the landscape of Constable, with the odd vintage steam railway and even chaps playing cricket on the village green on Sunday. It's a vista of England that appears on British Airways Posters, but is usually not experienced by either overseas visitors or residents of the United Kingdom. It's truly the "Green and Pleasant Land" of Blake's "Jerusalem".

Accommodation along the ways is variable in quality and value. The best was the "Fox & Hounds" in Watlington - both food and accommodation was excellent with a welcome to match. All the places were OK and of course a few pints disappeared every evening.

For anybody thinking, "I'd like to go walking in England", there are many trails to follow. The Millennium Way is under construction and this will be a system of trails from John'O'Groats to Lands End - 1000 miles in all. The West Highland Way in Scotland, the Fells of the Lake District, Snowdonia in Wales and the Pilgrims Way in South-East England are all great adventures. Pick one and go - you'll enjoy it!

Striders Holiday Party - December 9

By Robin Mills, Webmaster

Need to have a head count no later than November 25.

More information and signup at:

<http://www.stevenscreekstriders.org/events/Party.html>

The cost is \$30 for members and \$40 for non-members.

This is a lounge suit, smart/casual affair – although “black tie/kilt” is of course fine. Fancy dress (costume) has even been worn by some high-spirited guests on occasion.

A three-course meal with coffee is provided. Drinks (wine/beer/water/soda) are provided. And we have stunning after dinner entertainment:

Western States Strider Entry
Big L Awards
Holiday Raffle
White Elephant Swap

Big L Awards

The “Big L” Awards are named after Lirio who invented these awards. Lirio was a little guy, so the “Big L” was self mockery. The tradition continues that every year the members of the club vote for who will receive a “Big L”

You may vote on line for your favorite Strider:

<http://www.stevenscreekstriders.org/events/BigLs.html>

<i>Category</i>	<i>2005 Winner</i>
Strider of the Year	Peggy
Most improved	Penny and Amanda
Athletic Performance	Jean and Christina
Best volunteer	Marsha and Bob

On the web you’ll find the voting form, more about the history of these awards, past winners, and of course the rules.

Holiday Raffle

A chance for everybody to win a prize – and sometimes there is a prize for everybody! It depends on the generosity of local businesses and Striders. Prizes have been donated in the past by local businesses including Hobees, Metrosports and Sports Basement. Striders members often contribute prizes. For example, last year I donated Adobe software.

White Elephant Swap

Everybody’s got an unwanted gift in his or her closet (and other things we don’t discuss in their closet!). This is your chance to exchange it for something new and exciting (which somebody else doesn’t want!).

So bring that unwanted gift and put it on the table. We have a game (with rules as complicated as Cricket) and everybody ends up with a gift. It’s fun. And you don’t need to bring a “gift from hell”- just something you think somebody else will appreciate – or enjoy the joke.

Robin



Bill and Peggy at Striders Holiday Party, 2005
(Peggy was voted Strider of the Year)



Guests at the Party in 2005



Jean - Strider of the Year 2004



Gayla with her White Elephant Manikin

Results

As you know, the Webmaster displays member's results on the web site. If you have a result that isn't displayed, please email Robin at: webmaster@stevenscreekstriders.org

San Jose Rock'n'Roll Half Marathon, Oct 8, 2006

Claire S	1:28:56
Taryn McD	1:32:52
Robin M	1:43:14
Kathy D	1:48:24
Terry R	1:50:37
Mike S	1:55:18

Dick Collins' Firetrail 50 - October 7, 2006 50 Miles

Jean P	7:25:33
Peggy A	10:27:53
Penny B	10:27:53
Charles S	10:45:04
Christina B	11:58:37
Tom K	12:44:17

26.2 Trail Marathon

Patti K	6:05:40
Steve R	6:41:15
Rob L	8:34:20

TrailBlazer 10K - Mountain View, CA - September 24, 2006

Jean P	34:16
Charles R	43:35
Robin M	47:15
Hazel D	1:17:31

Running of the Bulls 5k - Palo Alto, CA - September 24, 2006

John S	18:04
--------	-------

Wasatch Front 100 Mile - September 9/10, 2006

Charles S	31:59:31
-----------	----------

Bottle and Cork 10 miler - Dewey Beach Delaware, Sept. 9, 2006

Noel R	1:37:56
--------	---------

Dammit run 5M - Los Gatos, CA - August 12, 2006

Jean P	30:58
--------	-------

PCTR - Santa Cruz Mountains - July 30, 2006

Peggy A (50K)	6:17:09
Dennis C (29K)	3:48:14

runsfm Half Marathon - July 30, 2006

Charles R	1:46:43
Elvira W	1:48:04
Robin M	1:56:54
Emily C	2:15:05

Glass House Mountains 50k - Queensland, Australia - July 29, 2006

Penny B	5:47:26
---------	---------

Mont?du Nid d'Aigle 19.5K - St Gervais, France - July 16, 2006

Jean P	2:26:56
--------	---------

Vibha 10K - Mountain View, CA - July 9, 2006

Jean P	34:24
--------	-------

Angel Island 50K - Tiburon, CA - July 1, 2006

Jean P	4:18:50
--------	---------

Events on the Calendar

As with the results, the Webmaster keeps the web site current with "Coming soon" and "Save the day" events shown on the front page. "Coming soon" are usually within the next 4 weeks, and "Save the day" within about 90 days or so.

So check the web, because plans often change and new exciting events will appear. Here's what's planned for the rest of 2006:

- Joint run with PARC (Palo Alto Run Club)
Saturday November 11, 2006
8: 30am Stevens Creek County Park
- Turkey Trots - Thanksgiving morning
Thursday November 23, 2006
8: 30am De Anza College Track. Look for Mike F.
- Yosemite Long Weekend (after the turkey trots)
- Holiday Party:
Saturday December 9, 2006
- Christmas Relays:
Sunday, December 10, 2006; 9:00 AM
Lake Merced, San Francisco
Distance: 4-leg relay. 4.46 miles per leg
More info: contact Peggy.

And next year, we'll have lots of good things including:

- The Relay in April
Any volunteers for Team Captain?
- Quicksilver 50m Event Aid Station in May
- Spring Picnic in May
- Western States Aid Station in June



Striders at Last Chance Aid Station
Western States 100 mile Endurance Run.
June 24, 2006