
What's Afoot?



A Newsletter for Stevens Creek Striders Running Club

<http://www.stevenscreekstriders.org>

February 2007

Club Report and Recent Events

Happy New Year. Best wishes to you all in 2007.

"Welcome" to our new members who've joined us since the last newsletter. Craig, Charity, Eleni, Gloria, Iris, John, Mark, Santhi, Sergio and Ted. You're all very welcome and we hope you'll enjoy your runs and adventures with Striders.

Since our last newsletter, we've had a busy program of events. In November we had the Thanksgiving Relays at De Anza College, and a trip to Yosemite Valley. December is of course Holiday Season and we had a very enjoyable party in Bill's Church Hall. This was followed the next morning by the Campbell Park Relays.

Congratulations to those Striders who received Awards at the Holiday Party. Robin was given "Strider of the Year", Claire for "Most Improved" and Jean for "Achievement". We also gave an award this year to Jerry to recognize his huge contribution to the club during the last 20 years. Jerry's moved to the Auburn area and I expect we'll continue to bump into him at events in "The Endurance Capital of the World".

The Year has started with a unique and new event - an Australia Day Party. Well, blow me kangaroo down sport, I've never been to an Aussie Day Party before. 90 people all standing upside down in Penny and Andrew's House. Extraordinary!

Looking forward, the Board have plans to entertain you at various events and social occasions. And following the success of last year's trip to Mt Whitney, we're planning a Grand Canyon Expedition for the Fall.

Thanks go to the team of Board Members who have organized the program. Thanks everybody for giving so generously of your time and enthusiasm. And it's now getting to that time in the year when we invite members to consider joining the Board next year. So if you'd like to help run the club, we'd be delighted to have you on the Board.

Club Program

There's always plenty going on and to keep up to date we suggest you access the website regularly as our webmaster Robin Mills updates on a weekly basis.

<http://www.stevenscreekstriders.org>

Saturday morning runs from Steven's Creek Canyon Lower Parking Lot are our mainstay. Meet at 8:30am and join us for breakfast afterwards at our reserved table at Hobbee's in The Oaks, Cupertino. Trail runs of varying length and speed.

Stevens Creek Striders t-shirts with our very own logo available from the Board. \$20 short sleeve and \$25 long sleeve. Popular, coolmax fabric.

Monday morning madness runs along the Los Gatos Creek trail from Campbell for a 7 mile out and back. Every Monday at 6:30am

Friday Fun – another 7 mile run, this time in the hills of Freemont Older. Every Friday morning at 6:30am.

For more information email us:

board@stevenscreekstriders.org

Call for nominations for the 2007-2008 Stevens Creek Striders Board

Your current Board Members:

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

Nominations can be given to any Board Member or you may register online on our website.



STEVENS CREEK STRIDERS

The Western States Endurance 100

Steven's Creek Striders lucky in WS Draw Congratulations And Best Of Luck

With over 1000 applicants, our members Peggy Alfred, Christina Brownson and Jean Pommier were all very fortunate to be in the 26% of applicants selected to run this years Western States 100m in June. Charles Stevens missed the draw but is the lucky recipient of our Stevens Creek Striders entry. New member Mark Reudink was also a lucky winner and so we have a 5 Striders running in WS this year.

A Big Thank You

Yes a big thank you on behalf of all Striders goes to Bob and Marsha who have very graciously stepped up to fill Jeans shoes (which will be running) as co-captains of the Striders infamous Last Chance Aid Station at mile 42 on the Western States trail. We know what an enormous undertaking this is and they are going to need a lot of volunteers to help.

How about Volunteering for some fun?

June 23-24, 2007

Last Chance Aid Station, Western States.

So call on all your friends, family and co-workers and lets see if we can provide Bob and Marsha with a big crew of helpers to make this the great aid station everyone has come to expect. It's a lot of fun and we would love a big cheering crowd to cheer on our fellow Striders as they pass through. Keep the date free and Bob and Marsha will be calling on you soon.



"Last Chance" is a ghost mining village in the Sierras between Auburn and Squaw Valley. It's mile 43 on the WS 100 mile race, so it's in the middle of the wilderness.

It's possible to drive to the site, however no cars can arrive or leave during the event as the fire trail is used by the athletes. We camp on Friday night and have a few songs around the campfire. The aid station's open 11-5pm on Saturday. Then we pack up and go to Auburn to welcome our heroes home.

What is Age Grading?

By Robin Mills

Age Grading is a method of assessing a running performance so that results can be compared on an equal basis. So age grade is to running as handicap is to golf.

This is of course very interesting as you get older because it allows you to explain how you were beaten by younger folks, yet your performance was better. Interesting, eh?

Here's how it works. An age grade of 100% would say "You are the world record holder for your age and sex at that distance". To achieve an age grade of 50% would say that you performed at 50% of the speed of the world record. So let's take an example. The world record for the Men's marathon is 2:04:55 = 7495 seconds and held by Paul Tergat at the age of 34. So if another 34 year old runs a marathon in 3 hours, their age grade would be 7495 seconds / (3*3600) seconds = 69%.

So what does this mean? Well conventional wisdom has it that the following table is true:

Age Grade	Class of runner	Example Strider
60% +	Club class runner	Robin
70% +	Regional Class	Penny
80% +	National Class	Jean
90% +	Olympian	

If you're wondering how to calculate this, then the following web site gives you a lot more information about this:
<http://home.stny.rr.com/alanjones/AgeGrade.html>

I like the following web site because it has a calculator:
<http://www.runningforfitness.org/calc/rp.php>

So, let's take three case studies:

1 Which of my PR's in my best performance:

Distance	Time	Age/Sex	Age Grade
Marathon	3:40:21	55/M	66.3%
Half	1:40:51	52/M	67.5%
10k	46:22	54/M	68.4%

2 Who's the best marathoner of the following:

Person	Time	Age/Sex	Age Grade
Jean	2:35	41/M	83.0%
Ted	2:59	55/M	81.4%
Penny	3:37	44/F	68.2%
Robin	3:40	55/M	65.5%
Tom	4:10	65/M	64.3%

3 How hard is it to qualify for Boston:

Age	Sex	Time	Age Grade	Sex	Time	Age Grade
25	M	3:10	65.7%	F	3:40	61.6%
45	M	3:30	63.6%	F	4:00	62.6%
65	M	4:15	63.2%	F	4:45	69.9%

Ask the Dietitian

By Claire Saxton MS, RD, CNSD

Q: As a runner or ultra-runner, how much protein do I need?

A: Athletes do need more protein than their couch potato friends, but most Americans get much more protein than they need. Protein is important for athletes because protein-rich foods provide the building blocks for muscle development and repair. To a small extent, protein can also be broken down to use as fuel during endurance events.

For adult runners and endurance runners, 0.6 to 0.9 grams of protein per pound is a good range. For a 120 pound runner, this means 72-108g of protein. For a 160 pound runner, this means 96-144 grams of protein. 0.6 grams per pound is probably plenty, and more than 0.9 grams per pound is unlikely to be of any benefit. Excess protein isn't stored as muscle or used as muscle fuel; it is stored as fat, just like excess calories from carbohydrate or protein.

If you know how many calories you eat, another way to estimate your protein needs is to aim for 15% of calories from protein. So, multiply the calories you eat by 0.15, and then divide by 4 to get grams of protein (since a gram of protein has 4 calories). So, if you usually eat 2800 calories, this would be 105g of protein per day.

What does this mean in terms of foods? Well, 2 servings of protein rich foods and 2-3 servings of dairy will be about right. Protein rich foods include animal foods such as meats, fish, seafood, eggs, and poultry as well as plant foods such as beans, nuts, tofu, and legumes. Vegetables and grains contain smaller amounts of protein.

A serving of 3 ounces of meat is plenty. If, like many people, you consume 4-6 ounces of meat at one meal, that's enough for the whole day. The following vegetarian foods are equivalent to one ounce of meat: 1 ounce of cheese, ½ cup legumes, 1 egg, 1/4c cottage cheese, 1 cup soy milk, ½ cup tofu, or 2 Tbsp of peanut butter. A serving of dairy is 8 ounces of milk or 1 cup of yogurt. Runners doing a lot of mileage will need larger serving sizes or more servings. In simpler terms, if one-third of your plate at lunch and dinner has a protein food, you're probably getting enough protein.

One time when protein plays an especially important role is in your recovery meal after a long run. Protein eaten along with carbohydrates, preferably within an hour of finishing, helps with glycogen replacement. A suggested ratio is 1g of protein for every 3g of carbohydrate (and a good recovery meal might be 100g of carbohydrate, but that's a topic for another day). Healthy and convenient protein choices for athletes include lean beef, chicken and turkey, fish, peanut butter, nuts, canned beans (legumes), tofu, and low fat dairy products.

So, you don't have to hit the steakhouse after your long run or session at the gym, but you should include a good source of protein at most of your meals.

Recipe of the Month

Country Style Lentil Soup

Delicious and nutritious and Very popular at the Australia Day Party.

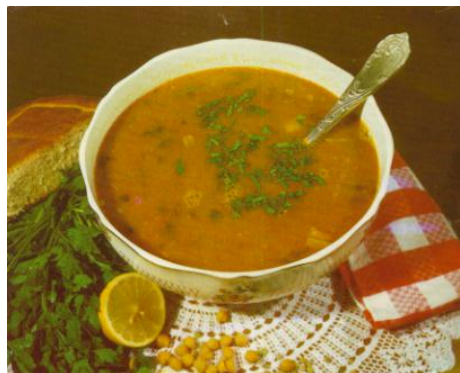
Ingredients:

(Serves 5-6)

2 Tbsp. olive oil
1 large onion, diced
3 stalks of celery, diced
3 carrots, diced
Salt, Pepper
2 cloves of garlic, minced
6 cups of broth (chicken or vegetable)
2 cups of lentils
1 15oz can diced tomatoes
½ tsp cumin
2 sprigs of fresh thyme or ½ tsp. dried thyme

Instructions:

- 1 In a large pot over medium heat, add olive oil. When hot, add the onion, celery and carrots. Add salt and pepper. Let the vegetables "sweat", mixing occasionally, about 20 minutes or until they become tender and translucent.
- 2 Meanwhile, pour the lentils onto a plate and check for little stones.
- 3 When the veggies are ready, add the garlic and sauté another minute.
- 4 Add the broth (stock), lentils, tomatoes (with liquid), cumin and thyme sprigs. Increase the heat to medium-high and bring to the boil. Cover, turn the heat to a simmer and cook about 30 minutes or until lentils are soft.
- 5 If you wish, you can partially grind the soup with an immersion blender.
- 6 Taste and add salt/pepper to taste.
- 7 Serve hot.



COMING UP

Feb 19 Board Meeting

All Striders Welcome. Email for directions and agenda.

May 12 Quicksilver Aid Station

The Striders run the Dam Overlook Aid Station for this event and it is a lot of fun. Volunteers will be called for closer to the date. Usually we have a sign up sheet that is passed around on Saturday morning before the 8:30am run. Please feel free to email the Board and register interest at any time.

May 19 Striders Annual Spring Picnic

This date has been set aside for our popular annual Spring Picnic. It takes place after the Saturday morning run and is a lot of fun. Save the date and keep a look out for more details on the website.



May 20th Bay to Breakers

Traditionally Striders have a team running the Bay to Breakers on the day after the Spring Picnic. Once again, keep the date in mind and keep an eye on the website for details to come.

June 9th Tahoe Relay

www.laketahoerelay.com

Some folks have registered interest in forming a team for the Lake Tahoe relay on this date. Please email us if you are interested.

June 23rd -24th WS 100

Western States 100 Miles of course. See you at Last Chance Aid Station.

September Grand Canyon Adventure

We also have some adventurous members thinking about an descent into the Grand Canyon in Sept or Oct. Once again, email us if you think you might be interested in following the possible progression of this plan.



Quicksilver Aid Station on a perfect May Day



Last Year's Relay Team on the beach at Santa Cruz



Happy Strider Volunteers at Bay to Breakers last year