
What's Afoot?



A Newsletter for Stevens Creek Striders Running Club

<http://www.stevenscreekstriders.org>

May 2007

Club Report

"Welcome" to our new members Anil, Brenda, David, Gloria and Vik who've joined us since the last newsletter. Welcome to the Striders. We hope you'll enjoy your runs and activities with the club.

Ah it's spring. And the running season's upon us again. You can run in local events every weekend if your legs can take the pounding. And of course Striders upcoming social events include The Picnic, Tahoe Relay, and Western States. Lots of fun ahead.

First, I must mention Peggy's achievements in her preparation for Western States. She's gone from good trail runner to ultra-runner in one year. She finished the difficult Miwok 100km in 12:53. Good running, Peggy.

And Penny joins Peggy in the news by raising more than \$15,000 for Leukemia Research - an awesome achievement! The 'P Twins' raised the money with TNT and went to the Marathon in Rome. They've written an article about that adventure which you'll enjoy.

Jean is always a guy to watch. How does he manage to travel so much on business, spend time with his family and run so fast? Jean will run his first Western States in June.

Charles S, Mark R and Christina are also running this year at Western States. Impressive runs at Miwok and Quicksilver are a good omen for next month.

We're hoping to have a great Striders turnout at our Aid Station on the Western States Endurance 100 mile Event on June 23. Please join us and have some fun!

Looking forward, the Board has plans to entertain you at various events and social occasions. We usually have the 'Clambake run and BBQ' in late summer. Details soon. And following the success of last year's trip to Mt Whitney, we're planning a Grand Canyon Expedition in September.

Thanks go to the team of Board Members who have organized the program. Thanks everybody for giving so generously of your time and enthusiasm.

Club Program

There's always plenty going on and to keep up to date we suggest you access the website regularly. The site is updated every week:

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

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

Monday Morning Madness 7 mile run on the Los Gatos Creek trail from Campbell. Every Monday at 6:30am

Run at Rancho. Thursday 6pm. Very informal. Run 70 minute/7 miles run up Wildcat Canyon and return by Rogue Valley. Or a 4 mile vigorous walk up Wild Cat Loop.

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

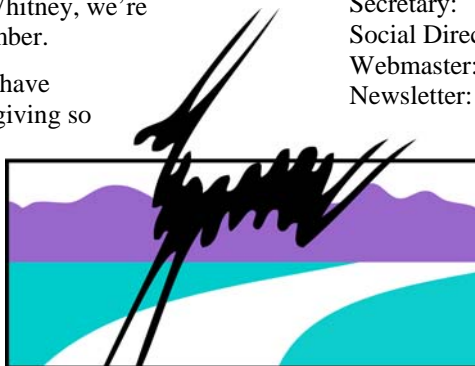
Club Running Shirts

Stevens Creek Striders Running Shirt with our very own logo available from the Board. \$20 short sleeve and \$25 long sleeve. Good quality shirts made with coolmax fabric.

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:	Penny Beeston & Robin Mills



STEVENS CREEK STRIDERS

Ask the Dietitian

By Claire Saxton MS, RD, CNSD

Q: Does it matter what I eat after a long run? What if I'm in the mood for Arby's?

A: It does matter what you eat after a long run! It is important to replace your carbohydrate stores in your muscle and liver (called glycogen) after you use them up. The timing of your meal matters, too. The longer you wait to eat some carbohydrates, the less efficient your body is at replacing your glycogen. Eating too long after the run will reduce muscle glycogen storage and make your recovery more difficult.

In general, you should have a snack within 30 minutes of finishing your run and a meal within 2 hours. The snack should definitely have carbohydrate, and ideally it should have protein, too. Some examples: a sports drink (but it doesn't have protein unless it is a "recovery drink"), a granola or energy bar, a fruit smoothie, a bagel and peanut butter, a piece of fruit with a little cheese or peanut butter, or many other things. Researchers have found that chocolate milk is an excellent recovery food!

So, pack a snack for the car that you can eat at the end of your run. If your stomach is only up for a sports drink, 32 ounces of a sports drink can get you started. Then when you stop on the way home at Arby's, you could have a regular roast beef sandwich and a sour cream baked potato, which will give you plenty of carbohydrate and protein (and fat).

For your harder efforts (marathon race, training runs over 20 miles, etc), you might want to follow some stricter rules. You should have 50-100g of a rapidly absorbed carbohydrate (like a sports drink, juice, energy gel) and 10-20g of protein within 15 minutes of finishing your run. You should continue this every 2 hours until you are able to have a meal.

You could meet these guidelines by having 24 ounces of a sports drink (42g carbohydrate) and 16 ounces of low fat chocolate milk (52g carbohydrate and 16g of protein). Or, you could have 32 ounces of a sports drink (56g carbohydrate) and an energy bar (nutrient content varies widely, but would typically have around 40g carbohydrate and 10g of protein).

Arby's is not a bad choice for one important part of your recovery meal: salt. Having foods with salt in them helps your body rehydrate more effectively. Be sure that your post-run meal includes some foods with salt.

Let me know if you have a question you might like answered in a future newsletter.



Recipe of the Month

By Claire Saxton MS, RD, CNSD

Hot and Sour Chickpeas



This dish is one of our favorites. If you serve it over whole wheat (or regular) couscous, it has plenty of carbohydrate and protein for a recovery meal.

Ingredients:

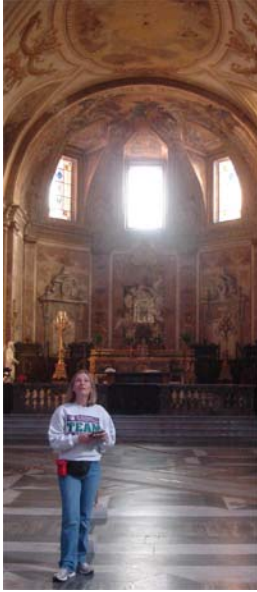
- 3 cans chickpeas
- 4 tablespoons vegetable oil
- 2 medium onions, very finely chopped
- 14 ounce can of diced tomatoes
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon fenugreek seed
- 1 each hot green chili (such as jalapeno), seeded and sliced
- 1 inch fresh ginger, grated
- 4 tablespoons lemon juice
- 1 tablespoon fresh cilantro, chopped

Method:

1. Drain the chickpeas and reserve the liquid.
2. Heat the oil in a large flameproof casserole. Reserve about 2 Tbsp of the chopped onions and fry the remainder in the casserole over moderate heat for 4-5min, stirring frequently, until tinged with brown.
3. Add the tomatoes and continue cooking over moderately low heat for 5-6min until soft. Stir frequently, mashing the tomatoes to a pulp.
4. Stir in the coriander, cumin, fenugreek and cinnamon. Cook for 30sec and then add the chickpeas and 12 fluid ounces of the reserved liquid. Season with salt, cover and simmer very gently for about 15-20 min, stirring occasionally and adding more cooking liquid if the mixture becomes too dry.
5. Meanwhile, mix the reserved onion with the chili, ginger and lemon juice. Just before serving, stir this mixture and the cilantro into the chickpeas. Serve over couscous.

Rome Marathon

By Peggy Alfred and Penny Beeston



When in Rome, one does as the Romans do.....eat delicious pasta, drink magnificent rich, dark coffee, ogle the sights, walk everywhere, and proclaim "Ciao!" at every opportunity. Did I mention the wonderful coffee? My taste buds went through major adjustment slurping "Starbucks" and "Petes" again back in the States....ahem.....

Through our participation in Team in Training, a fund raising entity for The Leukemia and Lymphoma Society, Penny and I were able to participate in the wonder and great fun of running a marathon in the Eternal City--Rome--a really special way to experience this ancient city in the midst of early

Spring splendor. We had ideal weather too, unusually warmish and sunny for that time of year, the weather gods were kind--Prego!

Upon arriving in Rome via a touch-down and plane transfer in Heathrow, England, we were escorted to our very nice hotel by "Marathon Tours" with a knowledgeable and very friendly tour guide, Scott. Bleary-eyed but excited, Penny and I headed out to zero in on some "pasta al dente" and good red wine--there is some good dining in Italia! Stuffed and more than a little sleepy, we never-the-less headed out on foot to see some sights, quite fun to do in the busy nightlife of Rome. The Italian men were uh, "quite comfortable" in "welcoming" two American women to their country, so it was much appreciated when two fellow male TNTer's happened to join us for our foray into the city that evening. Rob and Tom actually became our constant traveling companions (Rob is a friend of Andrew's boss) and this worked out quite nicely..



We had a wonderful tour of the city the next day, marveling at the ancient and beautiful architecture of the many churches and buildings, even touring the Vatican with its magnificent murals, tapestries, and vivid paintings. Of course, we sampled gelato several times, a staple of Italian cuisine .. needed to find out which merchant produced the best product, of course! Also fell into the category of "carbo loading" we all decided....

Most of our touring was on foot, a perfect way to get around this marvelous city, and Penny and Rob were our map-readers. Penny and I pretty much bagged racing the marathon for time from the start of the trip for two reasons--1) we had both run 43 miles at the "Uncool" trail race in the hilly Marin Headlands the weekend before (I know, weird way to taper for a marathon), and 2) we were having way too much fun exploring the city on foot! Our dogs were aching by the time we sat down for dinner, but it was worth it! Nothing a little Italian red wine couldn't cure.

We were treated to a wonderful and special kick-off pasta dinner at the hotel the night before the race, and heard stories of inspiration, sadness, and survivorship, one of the speakers being an "Honoree" (person living with Leukemia) who shared his story of struggle and hope. This evening brought home the message again of why we had worked so hard to raise \$6,700.00 plus each for cancer research and supportive services for those impacted by Leukemia and Lymphoma.



The marathon began on the Via dei Fori Imperiali in the shadow of the nearly 2,000 year old Coliseum and proceeded across the city via a myriad of famous landmarks. We passed through many historic plazas including Piazza Navona with its fountains, Piazza di Spagna with Trinita dei Monti to the great places of worship including Saint Peter's, the Synagogue and the Mosque. The route then took us out of town a bit past the Italic complex with the Olympic stadium. We returned back onto the cobblestones of central Rome past more reminders of Rome's glorious past--The Pantheon, the Circus Maximus, the Ara Pacis of Augustus, the Theatre of Marcellu, the Pyramid of Cestio, the Baths of Caracalla and the beautiful Trevi fountain (where we stopped to throw in a coin in the hopes of returning one day!) What a triumphant

Recent Photos

Lots more at:

stevenscreekstriders.org/photos/album.html

finish to arrive 26 miles later back at the Coliseum via the Arch of Constantine to wrap ourselves in our golden post-race space blankets and stretch our weary limbs in front of the Forum of Rome and the Imperial Forums.

Penny was amazing to even run in the race let alone finish as she had a well-developed chest cold which took its toll on her energy level, not to mention the effects of jet lag on top of that. My admiration and respect to you Penny! I must say though, Penny used the "I must stay out in the open air with this cough" thing quite well once we finished the race and needed to reclaim our drop bags (from the other 20 zillion inside of a semi-trailer you had to climb up into and search in for your stuff).

I volunteered to be the one to hoist myself up into the madness inside the trailer and Penny casually agreed that this was a good idea. Little did I know Penny was aware of, and able to enjoy, quite a wonderful "strip show" of the many finely-physiques of male runners (about 16,000 men ran the race--80% male) shedding their sweaty running togs, displaying the, uh, gifts nature gave them, and donning warm, dry sweats post-race. Apparently, this is no biggie in Europe...I think they have a leg-up on us there. I was fishing around in the trailer for a good 30 minutes, missing most of this wonderful activity. Penny's comment was "It was really quite a good show, all those finely-tuned physiques!" Next time, I send somebody ELSE into the trailer! :-)

Penny and I would like to deeply thank the many of you Striders who contributed with your caring and generous donations to our fund raising efforts. For me, this experience was a lot of hard work and, very touching. My mother Dorothy asked that I thank you all, too, for being a part of helping to find a cure for blood cancers and supporting people like herself and my father (also a cancer survivor). Penny and Andrew and their children thank you each too. In being able to do something and keep moving forward, there is hope. "Prego!" Much thanks to you all.



Santhi & Ali at Santa Cruz Half



Pat at Saturday Striders



Charles at Miwok

The Western States Endurance 100

Thank You Bob and Marsha and Jean

A big "Thank you" on behalf of all Striders goes to station captains Bob, Marsha and Jean. Jean's been involved in getting this organized and will be running in the event. So Bob and Marsha have undertaken his duties on event day.

Bob and Marsha are planning to move to Alabama later this year, so this will be the final episode in years of splendid service to Striders. Thank You for being aid station captains at Western States and Quicksilver Trail Run.



And how you can help (and have fun)

Call all your friends, family and co-workers and let's 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 crowd to cheer on our fellow Striders and other friends as they pass through.



We camp on Friday night and have a few songs around the campfire. The aid station is open 11-5pm on Saturday. Then we pack up and go to Auburn to welcome home our friends.

More information: <http://www.stevenscreekstriders.org>

History of Striders at Last Chance

By Jerry Hill

It has been my privilege to be part of Western States 100 for the last 25 years. For most of those years I have been a part of the coordination of the Last Chance Aid Station. Here is a little history of Striders participation.

In 1981 an early Strider Board Member, Bob Downs, was asked by Phil Gardner (then Vice President of Western States) to help him devise and keep records of runners times. Bob in 1982 asked Kathy Stinson (later to become the wife of our early club president Larry Gomez) to sponsor with the help of the Stevens Creek Striders Club members the Last Chance Aid Station in exchange for a club entry in 1983. Larry Gomez, who I think that year was supporting Ray Clark or Lee Schmidt, had gotten the Western States Bug. Since he wanted to make sure he could run the race in 1983, he strongly encouraged his girlfriend Kathy and fellow club members to help out at Last Chance. You could say it was a little politically driven, but I must confess that the club entry helped a lot of us, myself included, get into the race, especially after the lottery system was put into place.

In 1983 Tom Williams, Ernie Flores and myself paced Larry Gomez in his first entry into the race, and we all got the Western States Bug. Larry was our club's first Silver Buckle Winner. That same year Kathy Stinson again helped put together a group from our early club to run the Aid Station. I believe some of the early volunteers at the aid station were Shelly and Rich Grieb, Lirio Guevara (after whom the club names our annual Big L awards), Julie Bryson, Terry Seyfarth, Al Morotti, Don Savant, George Black, Jim Lamb, Rich Siemens, Charlie Snygg and Lenore Sheridan, who continued to coordinate the Aid Station in the early years for the club. The first few years the aid station was setup in the meadow, and we just used the spring water for the runners. It was a very low key station, but the club members received many ardent accolades for a great job well done. The Levi and Nike sponsored volunteer T-Shirts of the early years were also a keeper. This increased the willingness of our members to return each year to help out. The campfire stories and the great fellowship camping over the weekend has been a highlight for the members who have participated. Visits by miner Bob and his dogs have added to the folklore of the history of this old gold mining ghost town.

Starting in 1985, Tom Williams and I teamed with Lenore Sheridan, and then later Martha Landis, to take turns as Aid Station captains until 2000. The tradition continues on. Some of the faithful long term helpers I can think of are Carol Borders, Pat Koren, John Felde, George and Shelley Black, Bob Campbell, Rich Siemens, Dick Wedge, Bob and Margaret and so many more. The new club leadership has continued to support this effort each year.

The earliest photo of the club at Last Chance that I have is from 1988 or 1989. Finally, all I can say is that the road into the aid station has gotten better over the years and the mosquitoes have gotten worse.

COMING UP

May 19 Striders Spring Picnic

Saturday May 19, at 11am in Linda Vista Park, Cupertino.
Club runs from Linda Vista Park at 9am.

Bring Your own drinks, tableware and utensils
Meat/veggie burgers for grilling
(small grills are present)
Frisbees, wiffle balls and bat, other fun toys
A dish to share:
Surname: A-K main dish of some sort.
Surname: L-R chips/dip/vegetables/salads.
Surname: S-Z dessert.

June 9 Tahoe Relay

2 teams of 7 are going to run the Tahoe Relay. Everybody runs about 10 miles. Then we party. Sounds like fun? You betcha!

For more information, visit the web site:

stevenscreekstriders.org/events/TahoeRelay2007.html

Event web site: <http://www.laketahoerelay.com/>

June 23 -24 Western States

Western States 100 Mile Endurance Event of course.

To volunteer for the Last Chance Aid station, please visit::

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

September 7-9 Grand Canyon Adventure

We also have some adventurous members thinking about an descent into the Grand Canyon in Sept 7, 8 & 9. For more information please visit the web site:

stevenscreekstriders.org/stories/2007/index.html#2007-02-05

Photo credits for this edition of 'What's Afoot':

Rome Marathon: Penny Beeston
Recipe: Alison Mills
Bob and Marsha: Rebecca Feng
All others: Robin Mills



Robin and Carlo at Lake Tahoe Marathon



Trevor finishing Western States in June 2005



Grand Canyon at Sunset from South Rim