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# What's Afoot?

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A Newsletter for Stevens Creek Striders Running Club

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<http://www.stevenscreekstriders.org>

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November 2007

## President's Report

Greetings fellow Striders! First off, I would like to take the opportunity to welcome our newest Striders: Lina, Caroline, Ron and Toby. We look forward to seeing you out on the trails!

It is beginning to feel more and more like Fall out there. Personally, this is my favorite time of the year. It's when months and months of Spring and Summer training culminate in spectacular Fall races. The Berlin Marathon already produced a new world record (2:04:26 in case you are wondering what you now have to aim for), and the men's marathon trials in New York in November should be exciting as well.

Recently, I saw several Striders out running the San Jose Rock N Roll Half Marathon: Mike, John, and Claire (who decided to slow down and run with me for a change). Robin was out volunteering at a water stop. Peggy and Penny could be heard cheering at the finish line! It was great to see so many Striders involved in the race!

We have several fun events coming up soon. For those seeking a lower-key event, we have our very own Turkey Relays on Thanksgiving morning at the De Anza College track. This is always a fun event with great giveaways.

Our annual Holiday Party is scheduled for December 8 at St Edward's Church Hall, 15040 Union Ave San Jose, CA 95124. You can Signup on our club website very soon. We will be changing the format slightly—this year we will make you earn your door prizes and there won't be a white elephant exchange (you can still bring your junk and try to give it away in the parking lot if you wish). When you sign up for the party, you will be asked to include one interesting fact about yourself (and guest if applicable) that other Striders are unlikely to know. We will of course still be presenting the Big L Awards and Strider of the Year Award. Please submit your nominations via our website link.

It is shaping up to be another great Fall and I look forward to seeing you all on the trails and at the upcoming Holiday Party!

## Club Program

**Saturday Striders** morning runs at 8.30am from Steven's Creek Canyon Lower Parking Lot are our main weekly run. Breakfast afterwards at our reserved table at Hobee's in The Oaks, Cupertino. Trail runs and walks of varying length and speed.

**Tuesday Torture** 6 miles in the hills of Fremont Older Open Space Preserve. 6:15am sharp in the parking lot at the top of Prospect Road, Cupertino.

**Tuesday Rancho** 8:15am sharp meet at Rancho. Runs vary from 7 to 9 miles. Contact: [cara@deurioste.com](mailto:cara@deurioste.com)

**Friday Fun.** Fremont Older again. 6:30am sharp.

For more information email us:

[board@stevenscreekstriders.org](mailto:board@stevenscreekstriders.org)

## Club Shirts

Stevens Creek Striders t-shirts with our very own logo. \$20 short sleeve and \$25 long sleeve. Popular, coolmax fabric. Available on Saturday at club.

## Club Membership Dues

The club year is July to June. \$25 for individuals and \$40 for families. Please send check to the PO Box address, or pay Mark (or any board member) in an envelope at club on Saturday.

## Stevens Creek Striders Board

Your current Board Members:

President:	Patrick Saxton
Vice President:	Peggy Alfred
Treasurer:	Mark Williams
Secretary:	Gene Kiernan
Social Directors:	Peggy Alfred & Gene Kiernan
Webmaster:	Michael Dhuey
Newsletter:	Robin Mills



STEVENS CREEK STRIDERS

## Ask the Dietitian

By Claire Saxton MS, RD, CNSD

**Q:** When I ran the San Jose Rock N Roll Half Marathon, the sports drink they provided had protein. Should I be drinking a sports drink with protein?

**A:** Not necessarily. While it is important to have protein, it is not a major fuel for muscles during exercise. It is more important for muscle recovery, which is why protein is necessary as part of your post-event snacks and meals. The companies that sell sports drinks with protein have lots of studies about the benefits of these drinks, but they don't show you the conflicting studies that did not show a benefit.

If you are getting enough carbohydrate during your run, then protein is less important as a fuel source. Some of the studies that showed a benefit of a sports drink with carbohydrate and protein did not give the athletes sufficient carbohydrate.

For endurance events, you may benefit from having some protein during the run. However, this does not have to be in your sports drink. Protein is in many of the foods you eat, such as sports bars, bagels, or potatoes. Some gels have protein, but many do not—check the label to be sure.

In addition, some people dislike the taste that added protein gives to sports drinks. If you dislike it and thus don't drink enough of it, it definitely won't have a benefit over conventional sports drinks!

**Q:** I'm running a marathon in January. How do I avoid gaining a few pounds over the holidays so I won't be too heavy or have problems with my training?

**A:** There are lots of tempting goodies around during the holidays, both savory and sweet. While your energy needs will be higher during marathon training, that doesn't mean that the extra calories you need should come from treats. Be sure to fill up on the healthy foods you normally eat throughout the year, including fruits and vegetables and whole grains. This will help you avoid repeated trips to the toffee tin or See's candy box to try and satisfy your hunger after a long run. You may even want to have a snack before a cocktail party or a cookie exchange so that you don't overeat the high fat and/or high sugar foods you will find at the party. But do choose a favorite treat to indulge in. It's not reasonable to try to avoid all treats, so just try to eat small portion sizes of 1 or 2 things.



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

## Recipe of the Month: Pumpkin Risotto

Here is a way to turn your jack-o-lantern or other winter squash into a delicious high carbohydrate meal!

### Ingredients

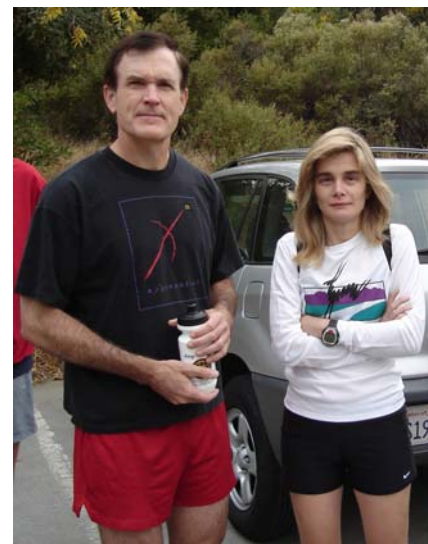
1 each Pumpkin, 2 lbs (or another type of winter squash)  
2 tablespoons olive oil  
3 cups low sodium chicken or vegetable stock  
1-2 tablespoon parsley, chopped  
1 onion, coarsely chopped  
2 tsp minced garlic  
½ cup arborio rice  
¼ cup grated Parmesan  
salt and pepper



### Method

1. Halve or quarter the squash or pumpkin, remove the seeds and skin, and then cut into 3/4 inch chunks.
2. Heat the oil in a large saucepan and saute the onion and garlic for about 3-4 minutes, stirring frequently. Saute until the onion and garlic are lightly golden.
3. Add the squash or pumpkin and saute for a few minutes. Add the rice and cook for about 2 minutes, stirring all the time.
4. Pour in about half of the stock and season with salt and pepper. Stir well and then partially cover and simmer gently for about 20 minutes, stirring occasionally. As the liquid is absorbed, add more stock and stir to prevent the mixture from sticking to the bottom.
5. When the pumpkin and rice are nearly tender, add a little more stock. Cook, uncovered, for 5-10 minutes. Stir in the Parmesan cheese and parsley and serve.

## Engagement Announcement



Elvira & Charles have announced their engagement to get married. The Wedding will be in Yosemite at Easter 2008. Congratulations & Best Wishes to the happy couple.

## 5 Years Ago...

By Robin Mills



July 2002. I wonder why I didn't want my photo taken?

The date is Sunday, July 14, 2002 at 11:21 GMT. Virgin Atlantic Flight VS019 (a 747) en route from LHR to SFO:

Q: (by Virgin Atlantic Flight attendant)

"Would you like a drink from the bar, sir?"

A: (by Robin Mills weighing in at 204lbs)

"May I have some water, please?"

That's where it all started. In 1 second, my life had taken a new direction. I was overweight. I was squashed in seat 43E. In 43D was a 300lb Texan. In 43F was his 350lb wife! What a journey. And my waist was 42 inches.



Robin on July 3, 2002 and Nov 3, 2002. Spot the difference?

I've got to change something. I need a bigger seat, and I can't afford business class. I'll have to do something about my weight. 6 months earlier (on January 1, 2002) I'd had a similar experience and resolved to loose weight. And here we were 6 months later and not a pound lighter.

On October 31, 2002 (having dieted and walked 850 miles), my son arrives from England on a visit. "Bloody hell! Where's my Dad?". He can hardly recognize me. I'm 152lbs.

## ...5 Years Later

By Robin Mills

5 years and 11 marathons later I still weigh 152lb. Happy? I'd say so. My waist is 30 inches. I'm 4 inches narrower. The economy seat doesn't kill me any more.

Best of all are my new running friends Dennis and Penny. You guys have changed my life. Thank You.

And of course a huge "Thanks and I Love You" to my wife Ali for her support through (me being) thick and thin.



Happy and thin - October 2007

## The "Big L" Awards and Holiday Party

The Holiday Party on December 8, 2007 is the one night in the year when Striders don't recognize each other - because we've got our clothes on! Dressed up to the 9's to celebrate the end of another year we have a dinner. And some games and Prizes. The highlight of course are the Annual "Big-L" Awards given to Striders for achievements during the year.

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"

Category	2006 Winner
Strider of the Year:	Robin Mills
Most improved:	Claire Saxton
Athletic Performance:	Jean Pommier
Volunteer:	Penny Beeston



Strider of the Year Award, 2006

So mark your diary now for December 8, 2007. And of course don't forget to nominate your favorite Strider for a "Big L" on our web site at:

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

## New Running Store in Cupertino

A few Saturdays ago, we enjoyed a guest visit at Saturday Striders by Louis. Louis is working for his cousin's husband Carlos who recently opened "Up & Running", a new athletic shoe store at the Foothill Crossing shopping center.

Carlos Siqueiros, store owner, currently runs 95 to 100 miles per week. "I want to try out for the Olympic marathon trials qualifier in the fall, which is under 2 hours and 22 minutes," Carlos said. "I'm working up to 120 to 140 miles per week."

Carlos, 26, opened his own store because he strongly believes that Los Altos runners need a shoe store where they can find expert advice.

"I wanted to run my own business to have more say (in the decisions)," he said. "I love running. This definitely doesn't feel like work."



But Carlos doesn't only offer running shoes and apparel. He provides expertise that will extend the enjoyment of running, improve a runner's biomechanics and keep the runner on his or her feet longer without injuries, he said.

"We have a treadmill with a video camera that provides analysis for the runner," Carlos said. "We show the customers

their gait and what they are doing with their feet."

Carlos' interest in running marathons started about a year ago when he ran his first 26-mile race, the California International Marathon, without training. He placed in the top 20 and third in his age group.

"I did it for fun with a friend," he said. "We got to 20 miles and felt fine, so we picked up the pace to see how fast we could go. We ran the last 6 miles at a 5-minute, 45-second-per-mile pace. I had such a good experience that I wondered what I could do if I trained for it."

These days, Carlos runs with the Asics Aggies. His times have been so good that the club, which has an Olympic development program, helps fund his travel costs to running events and provides free gear, he said.

Up & Running offers Asics, Saucony, Brooks and Mizuno brands along with apparel and accessories for men and women. Shoe prices range from \$90 to \$150.

Up & Running is located in the Foothill Crossing shopping center, 22362 Homestead Road. Store hours 11am-7pm M,T, Th and F; 6:30-8am and 11am-7pm Sat; 11am-4pm Sun. Closed Wed. For more information, call (408) 738-8954.

<http://www.losaltosonline.com/2007/07/04/new-local-store-puts-itself-in-runners-shoes/>

## Big Sur Campout and 10k River Run



*Sophie was second lady in the 10k*

One of my favorite weekends of the year is camping at Pfeiffer Big Sur State Park and running in the Big Sur River Run. This event features a 10k Run and 5k Walk. It winds its way back and forward several times through the campground.

There was a good turnout of Striders. Mark, Amanda, Rosie and Holly. Larry and a couple of his coworkers - Sandy and Aili. Dave. Mike and Wanda. Emily and Jeremy. Rob and Hazel. Peggy. Bill. Ali and I were camping with the Poje family. It was really nice. The weather was fine. It's hard to believe it's the last weekend in October and still fine to camp without a heater for the tent or bed. Well, it's kind of cool at night of course. Hey, this is California, not Scotland!

After the run, Sophie and Brian came for breakfast with the Striders. Sophie came second in the 10k race - Well done, Sophie. Sophie and Brian live today in Carmel and she was a member of Striders when she lived in Cupertino. I previously met her at the end of the Big Sur International Marathon. Thanks for coming for breakfast, guys.

As usual, one of the highlights was the pancake breakfast after the event. Splendidly cooked as always by Peggy and Bill. Thank you, Peggy and Bill. It's just possible however that the pancakes were upstaged this year by the newest and youngest Strider - Toby - Rob and Hazel's 4½ month Terrier puppy. Toby's short for Tobermory, Isle of Mull (a rain soaked and beautiful village in the Inner Hebridean Isles of Scotland). Welcome, Toby. I think there were a few Striders who'd have liked to have taken you home.



*Rosie asking her dad if she can take Toby home!*

## Some Striders Recent Race Results

Our Webmaster lists members results on the web site. Be sure to check out some of the splendid performances by our club mates during recent months:

[www.stevenscreekstriders.org/members/results/2007.html](http://www.stevenscreekstriders.org/members/results/2007.html)

However, I'd like to mention several individuals whose performances (to me) have been especially impressive:

Michelle Kibby Big Sur Trail Marathon  
Firetrails 50 mile (rookie 50 miler)

Dennis Connor Headlands 50 mile (rookie 50 miler)

Penny Beeston Headlands 50 mile  
Firetrails 50 mile

Jean Pommier All his runs – including the Clambake

**Michelle** is a new member of Striders. She's come to live in California from New York State. Quite a change. She arrived having run a couple of low 4 hour marathons and an ambition to run a 50 mile ultra. Gosh, Michelle, that's a big step. I've run lots of marathons and never had the nerve to attempt anything more than 50k.

However, Michelle did it. First the awesomely difficult Big Sur Trail Marathon (6000 feet of climbing) on Sep 29. Then 2 weeks later, she did Firetrails 50 miles on Oct 13. Congratulations, Michelle.



*Michelle and husband Gustavo at Big Sur Trail Marathon*

**Dennis** has been increasing his endurance and distance in a very methodical manner for several years. Despite breaks imposed by injuries (a running injury and a road traffic accident), he's progressed through marathon and 50k to achieve his first 50 miler in August in the demanding PCTR Headlands 50. Additionally, Dennis has provided pacing support for overseas runners at the last 2 Western States. In so doing, he has increased his endurance to an impressive 12+ hours. And of course he's helped runners from Canada and Australia achieve their goals of successfully finishing Western States. Good Job, Dennis.

**Penny** is just amazing. It's not just her performances – 9:58 in Firetrails, 10:23 in Headlands. It's her spirit and her sharing caring nature that's so wonderful. She's served on the board and every Strider has gained from her involvement with the club. She's also paced Peggy at Western States and did fundraising for TNT. While she's been doing these remarkable events, she's also provided indomitable support for her family. Husband Andrew had knee surgery twice this year and has needed lots of Penny's loving support. Get Well Soon, Andrew. Thanks, Penny for all the things you do for everybody.



*Penny at mile 37 on Firetrails on her way to a negative split!*

And lastly, (but usually first), **Jean**. I don't know how you do all these amazing things. 15<sup>th</sup> in Western States, 2<sup>nd</sup> in Whiskeytown 50k – the list goes on and on. You're amazing. I was especially surprised that you ran the Clambake in both directions with a negative split. How is that possible? I'd need a helicopter to get me back up the hill quicker than the descent. Maybe your son Max was close on your heels?



*Jean at home the evening before placing 1<sup>st</sup> on Ohlone 50*

## Next Newsletter

Copy date: January 15, 2008. Distribution: February 1, 2008  
Articles welcome. Contact: [board@stevenscreekstriders.org](mailto:board@stevenscreekstriders.org)

## Clambake 50k Run

The club has a run every Fall called "The Clambake". We run more than 30 miles on the Skyline to the Sea Trail which goes from Saratoga Gap through the Redwood Forests to Waddell Beach. Originally, I understand that clams were baked at the beach. Today we have chowder and a potluck picnic.

It was really good. Penny provided laminated maps and directions which ensured that nobody got lost along the way. Yellow jackets are a real hazard of running in the forest at this time of year. I believe Jean was the only victim this year.

We had aid stations at 4 locations along the route. Mike K (a friend of the club) provided an unmanned station/table about 3 miles down the trail. A 'rolling' aid station made its appearances at Waterman Gap (mile 8), North China Grade Road (mile 12) and Big Basin Park Headquarters (mile 18). Unfortunately, there's no vehicle access to the trail over the remaining 12 miles to the beach. I was really thirsty and tired when I got there (dead last). The aid station was provided by Peggy, Pat and Elvira. And Mike F was with us at Big Basin to give everyone encouragement.

Very spirited performances by the 4 ladies who ran the whole trail - Michelle, Penny, Lina and Noel. I was the only man who did the lot. Joining us for the opening 18 miles were Emily, Larry, Mike S, Mark R, Mike D and Charles. From Big Basin to the Sea, we had the company of Peter, Bill, Claire and Ron. Jean ran from Skyline to Big Basin and returned up the hill. Rob and Ali walked from China Grade to Big Basin.

There was a really delightful assortment of treats to eat at the picnic. The chowder provided by Patrick and Penny was terrific. A lot of work went into making this happen. Penny's and Patrick's contributions made all the difference. They organized most of this between them and ensured that everybody got what was needed at the right place and time. Thanks Guys.



*Happy Striders at Big Basin State Park Headquarters*

## COMING UP

### Thursday November 22 Thanksgiving Turkey Relays

A little running and a lot of fun before eating the Turkey. Come on down to De Anza College Track at 8.30am (same time as Saturday club) for our Annual Relays. Mike Florence' prizes make it all worthwhile. And this is for all the family – parents, kids, aunties ... even friends. Come on down and have an hour of fun at Thanksgiving.

[stevenscreekstriders.org/events/TurkeyRelays.html](http://stevenscreekstriders.org/events/TurkeyRelays.html)

### Saturday December 8 Holiday Party and Awards

The Annual Occasion to get dressed to the 9's. And an occasion to give awards to our club mates. And fun, games, gifts and prizes for everybody.

[stevenscreekstriders.org/events/Party.html](http://stevenscreekstriders.org/events/Party.html)

### Sunday December 16 Christmas Relays

Relay runs for teams of 4 in San Francisco. 4.5 miles per leg. Everybody runs round Lake Merced once. Then off for breakfast. Sign up at club any Saturday in November.

## Photos from Last Year's Fall Events



*Winners of the Turkey Relays with Prizes*



*Robin with the award for "Strider of the Year 2006"*