



What's Afoot?

Stevens Creek Striders Newsletter

October 2008

Club News: Peter Hargreaves, Club President

Welcome to the latest Striders Newsletter and the first since Patrick Saxton passed me the president's baton. Just hope I don't drop it!

I'd like to welcome our new members: Walter Feschak, Randy Ison, Mike Weston, Traci Menardiere and Isabelle De Vos from Belgium. Isabelle is I believe our first international resident member. We look forward to running with you all on the trails.

Due to the many forest fires in the Sierras the Western States 100 mile run was called off at the last minute for the first time in its history. The Striders operate the Last Chance Aid Station and this would have been our 27th year. So thank you to all those Striders and friends who had volunteered to help and I hope you will support the station next year. Thanks also to Jean Pommier and Robin Mills for being joint aid station captain for 2007. At the Clambake the lottery was drawn to determine who would get the Striders nomination for the 2008 entry. Dennis Connor won the lottery and has our best wishes for the race.

Our most recent club event was the successful Clambake on August 24th. Thanks to Lina McCain for her great organization, to those who cooked the chowders, to those who helped with the mobile aid station and to those helped with the transport logistics. A very enjoyable day.

Gene Kiernan, our new Newsletter editor, is tasked with gathering articles to produce 4 newsletters this Striders year. So please help by suggesting ideas for articles or even volunteering to write one on any subject that may be of interest to the members and not necessarily about running.

Ron Wolf has agreed to join the board as Webmaster on Robin Mills' departure. We welcome Ron and say a big

thank you to Robin for all his good work on the website and the newsletter production. As I have said before both have never looked better.

Dates for your calendars. Our forthcoming club events include:

Thanksgiving Relays: November 27th

Holiday Party: December 6th

Once again can I give a gentle reminder to those that have not paid their annual dues? Please pay the \$25 (family \$40) dues to any Board member by cash or check or by credit card online at Active.com.

I have just returned from two months working in Singapore and want to take a moment to acknowledge the assistance our Vice President gave in my absence. Peggy kindly stepped up to the plate while I was away and took the reins at the various Board Meetings and so on. Thanks again Peggy.

Just before I left, while camping in Big Basin State Park (the oldest State Park in the country) with my son Ben, I managed



to turn my ankle running down a single track from Buzzards Roost. After seeing the interesting colors developing I decided it should be checked out. After a couple of X-rays I was told I had broken a

metatarsal and had to wear an open cast for a month and no running for 6 weeks. Well I got to 5 weeks and 6 days when I gave in!

Enjoy the trails! Peter



Stevens Creek Striders

Ask the Dietitian

by Claire Saxton, MS, RD, CNSD

Q: I know staying hydrated is important during a race, but I don't want to get over-hydrated either. How much should I drink during a race?

A: Yes, hydration is essential to good performance and even to surviving longer races. Your body uses sweat to help get rid of excess heat, so fluid is lost during exercise. How much one sweats varies widely among people and can depend on the temperature and humidity, the intensity of the exercise, the type of clothing worn, the runner's fitness level and acclimation to heat, and the runner's genetic disposition for sweating. This could vary from about 1cup per hour to about 10cups per hour!

During exercise, runners should start drinking early and drink at regular intervals in an attempt to replace the water lost through sweating, or as much as can be tolerated.

Fortunately, there are two easy ways to assess your hydration status. One way is to measure your weight before and after a run. Another way to monitor your hydration status is to evaluate your urine. If you are well-hydrated, your urine should return to a light color and normal amount within 1 hour after exercise. If your urine is dark yellow, a small amount, and/or has a strong odor, you should continue drinking as you are likely dehydrated.

“Over-hydration” can be a problem that may lead to upset stomach or hyponatremia. Hyponatremia means that your blood levels of sodium are too low, and this can lead to swelling of the brain, etc, and even death. There have been a few well-publicized cases of

this recently. It is mostly a problem for slower runners who are drinking mostly water during a race. A sports drink that contains sodium should be your primary fluid choice during a long race.

During exercise, athletes should start drinking early and at regular intervals in an attempt to consume fluids at a rate sufficient to replace all the water lost through sweating (i.e., body weight loss), or consume the maximal amount that can be tolerated. It is recommended that ingested fluids be cooler than ambient temperature [between 15° and 22°C (59° and 72°F)] and flavored to enhance palatability and promote fluid replacement. Fluids should be readily available and served in containers that allow adequate volumes to be ingested with ease and with minimal interruption of exercise. Addition of proper amounts of carbohydrates and/or electrolytes to a fluid replacement solution is recommended for exercise events of duration greater than 1 hour since it does not significantly impair water delivery to the body and may enhance performance

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



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RECIPE OF THE MONTH
Garbanzo Spread

Use as a sandwich spread or dipping sauce.
Similar to tuna salad, but without the

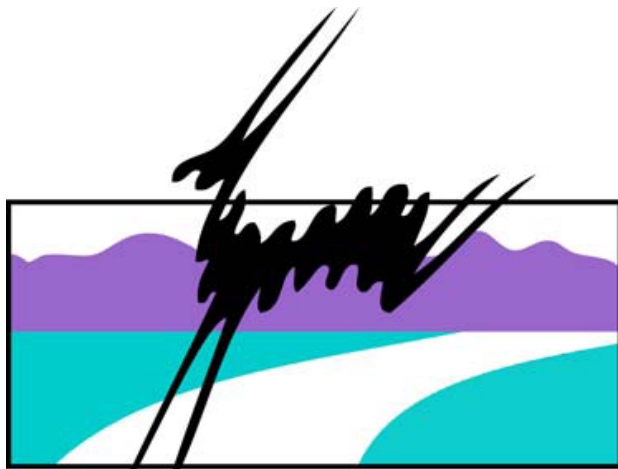
- 1 15-ounce can garbanzo beans, drained
- 1 stalk celery, finely chopped
- 1 carrot, grated
- 1 green onion, finely chopped
- 2 tsp Vegenaïse (or mayonnaïse)
- 1 tbspc sweet pickle relish

Drain garbanzo beans, rinse with water to reduce salt.
Mash the beans with a fork or potato masher.
Leave some chunks.
Add chopped celery, grated carrot, chopped onion, Vegenaïse and relish.

Fat-free version: Use mustard instead of Vegenaïse/mayonnaïse.

Makes 4 sandwichcs.

Adopted from the recipe "Dolphin-Friendly Mock Tuna Salad" in "The Peaceful Palate" by Jennifer Raymond.



STEVENS CREEK STRIDERS



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