

East Bay Striders Newsnotes

Volume 16, No. 2, Summer 2000



Masters Win 8K !

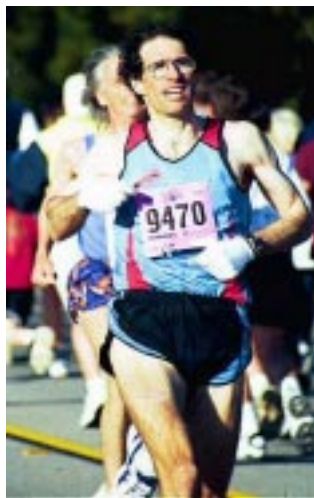
Thom Trimble

EBS captured the Masters Team Title at the Shriner's 8K on June 18. With Jeff Teeters and Dave Stephens both running 8K P.R.'s as masters, the EBS team outran WVJS by 42 seconds.

The Aggies did field a team, but had to rely on a 32+ minute 5th runner to grab 3rd place. The River City Rebels helped out EBS by displacing Hoys to 5th place.

The Striders receive \$150 for the win (to be added to the \$100 at Zippys for 2nd, 2x pts) and also vaulted over Hoys into second place in the GP, 4 pts down on WVJS. The Aggies are in 3rd place 1.5 pts behind us (worry worry...).

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Jeff Teeters

Cross Country is Here



Over the river and through the woods... well not quite, but almost. Yes it's that time of year again. Time to get off the macadam and concrete byways and on to terra firma.

Running the way mother nature meant it to be, at least according to some. For others

it's muddy shoes, ankle twists, and poison ivy. For at least a

few members of the East Bay Striders this is the beginning of the racing season. To Larry Menard, the Green Party is not just a political organization that supports the causes of mother earth, it's also the start of the PA USATF XC series which began on Saturday September 9th in Golden Gate Park (see EBS results below). The EBS teams anticipate another tough struggle against perennial favorites, the Aggies.

The complete schedule is on page 8.



Strider Dipseans See Black

Eric Ellisen

Katy Hollbacher and Elise Cappella led a record 16 Striders across the finish line in the year 2000 version of the Dipsea Race, which was held on June 11th. The Dipsea, for those of you not familiar is a unique event, and dates back to 1905, when a bet was made as to who could run the fastest time from Mill Valley to the ocean. 95 years later, the race is as popular as ever. It is, in essence, a 7-mile trail race, but includes 2,000 vertical feet of climbing, 700 stairs at the start of race, as well as bone-jarring descents. Not an event for the faint of heart (or knees!).



The race is handicapped by age, so various strategies must be employed in order to pass as many people as possible. Katy and Elise, by virtue of their finish among the top 35, were recipients of the coveted 'black t-shirt', which, in an annual field of 1,500 runners is not easy to come by. These are the first black shirts won by any Striders! Katy finished 25th overall in an actual time of 1:00:01; Elise was close behind at #28 with a time of 1:00:28.

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First race of the XC season starts out strong for EBS Masters

24th (4th Master) Thom Trimble 22:13 (3rd 40-44)

34th Jon Magasin 22:28

36th (6th Master) Larry Menard 22:30

37th (7th Master) Chatham Ross 22:31

44th (9th Master) Dave Stephens 22:43 (3rd 45-49)

50th (12th Master) Jeff Teeters 23:00

53rd John Lehman 23:12

69th Jon-Eric Thalman 23:54

121st Julios Ratti 26:59

150th Nick Scotchler 31:00

Late Breaking News

Striders Romp At Pac Sun

It was deja-win all over again. The EBS Masters ran their strongest team of the year in defending their 10K title. Not only was the victory a repeat for EBS, but the team members were also the same - Thom Trimble, Jeff Teeters, Chatham Ross, Dave Stephens and Michael Plummer. The Striders dominated this years race, taking four of the top seven masters places. Mike Plummer, coming off the Hood to Coast Relay, while not running as fast as 1999, did provide the much-needed fifth man score. EBS easily outdistanced runner-up WVJS by over two minutes, with Hoys taking third. This win vaults the team into second place in the 2000 Grand Prix, with only three races remaining. If EBS can defeat WVJS in the next three races, and hold off a tough third place Aggie team, they would win the Masters Title of the PAUSATF. Thom grabbed 2nd place in the masters race, only 22 seconds off the winner - Lloyd Stephenson. Thom's time of 33:18 was the third best masters 10K time ever for EBS. Jeff Teeters (33:37), Chatham Ross (33:52) and Dave Stephens (34:21) all ran master PRs. Other top times for EBS was Tim Keenans 33:47 and Mike Maguires 34:24. EBS fielded a full open team with the aid of John Lehman, Julios Ratti and Donald Ng.

Strider Women Form New Team

Striders...

After a recent Thursday night track workout, members of the EBS open women's team announced that they would be leaving the East Bay Striders to form a new women's racing team. We'll still see them on our Sunday runs and at the Berkeley H.S. track on Thursdays, it's just that they needed a change from the "Blue Broccoli" on their singlets. We would like to wish those departing members the best of luck in their new endeavor.

What Do You Think...?

The article above got me wondering how as a team, EBS can recruit and keep new members. First of all, why would people want to join a running club? Is it for the social interaction w/ other runners? Is it the motivation or peer pressure to show up at workouts and/or races? Personally, I joined fairly uninformed. I got invited to join a group of runners on a Thursday night run in Redwood Park and Karen Keuffel mentioned to me that there were some other good master runners on this team (EBS) and that I might enjoy competing with them. I said "sure, sounds good to me". And actually I got lucky in the timing. A few years ago, the EBS men's team had a solid core of open runners. With time, some of them are now master runners. And in the not too distant future, some of us will become senior runners. So how do we attract and keep new runners to help fill the void of people moving on or moving away? If you have any ideas, I would love to publish them in the next issue.

Dave Stephens

EBS Coverage of the Olympics

Getting the assignment of a lifetime, EBS member John Lehman will be providing in-depth, up-close, and personal coverage of the 2000 Summer Olympics in Australia. In a special intimate message sent to only his closet freinds John said,

"Striders,
I am off to Australia next week to watch a little track meet they will be holding in Sydney - in fact I'll probably spend in excess of 50 hours at the track and plan to send back an electronic journal with miscellaneous track information that NBC probably won't cover (None of the coverage will be live and I'm not sure they realize anyone besides Michael, Maurice and Marion are running). Please email me if you want to be included on the list at: JALehman@aol.com

John"



Remember, that NBC will not be providing any live coverage at all! John will know the winners and their times before the races are even run. Editor's note: It has something to do with time zones and the way the Earth rotates and the fact that Australians talk funny. I think Jeff Teeters understands it and Jerry Goodwin probably does too. The point is that as a member of EBS, you can have first hand knowledge of the world's premier athletic event. Thanks John and "Gday!"

Meet the Editor...

EBSers...

As of August 1, 2000 Dave Stephens has accepted responsibilities as the Newsnotes editor. He promises many changes...coupons for dinners at his house, an Ann Landers type column, centerfolds (he doesn't say which gender). Anyway... any offers of help, articles etc. should no longer be directed to Thom Trimble, but to Dave. His email address is:

stephensd@home.com
Dave has many talents to offer to this publication, as you can see from this picture of him running on one leg.



John Monteverdi

EBS Sunday Runs Are Back!

Jill Cartwright

EBS hosts weekly runs in the East Bay, and once per month in Marin, so that runners of varying levels of ability can meet, run, and socialize together. We meet at 8:30 a.m. at various trails in the East Bay. Each week, weekend run coordinator Jill Cartwright sends an email describing that week's run and giving directions to the run start. If you would like to be added to that email list, please contact Jill at jillncartwright@hotmail.com Also, the weekend hotline gives information about the runs. Call on Friday or Saturday before the run date to get that information (510-428-1200).

FIRST AND THIRD SUNDAY REDWOOD PARK RUNS

Because Redwood Park seems to be our most popular run location, we will run from Skyline Gate trailhead on the first and third Sunday of the month. On the first Sunday, we will run either the Stream Trail or the French Trail. Both runs are about nine miles in length and both are hilly and challenging, the French Trail lightly more so than the Stream Trail. On the third Sunday, we will run either Sequoia Bayview, Big Trees, or Woodminster trail. These runs are about eight miles in length and are only moderately hilly.

SECOND SATURDAY MARIN RUNS

George Foreman and Eric Ellisen continue their tradition of hosting Marin County runs. The second Saturday of each month, Eric and George will lead runs in beautiful Marin. These runs tend to be challenging but well worth the time and effort to get over to Marin. We carpool from the East Bay (8:00 a.m. at Peet's on Solano) or, if preferred, you can meet up with the group over in Marin around 9:00 a.m. Eric sends out an email a few days before the run, telling runners where to meet and giving details about the run. If you are on Jill's email list, you will receive this information as well.

SECOND SUNDAY TILDEN RUNS

We run second Sundays in Tilden Park. Traditionally, EBS has usually run either the Jewel Lake or Nimitz Way trails. We are trying to add new trails to our Tilden Park repertoire. Once a month, we will explore these trails on runs of 6-12 miles. Jill's email will describe these runs.

FOURTH (AND FIFTH SUNDAY) RUNS

We will rotate the fourth (and fifth, when applicable) Sunday runs. For now, we will explore different East Bay trails on these runs and new run ideas are welcome. Please contact Jill at 530-400-4378 if you are interested in hosting a weekend run. Dave Stephens hosted a beautiful Alameda run last week. Let's go out and find other great runs. We'll reward ourselves with breakfast and good conversation with our Strider friends.

Your participation is important to reestablishing the EBS tradition of weekend runs. Enjoy your Saturday cross-country race and then come join us on Sundays.

Happy trails!

EBS Death Match At Houli's or... Master's #2 @ 12K

Thom Trimble

It was the EBS Open Men verses the EBS Master Dudes in Twellllllve Kilometers of racing! It was the battle of the Millennium! Thousands attended to see the outcome! A heated rivalry was brewing between the Boys of EBS and the Master Striders that makes the Bush-Gore matchup seem like a slap fight.

The EBS Open team, once the pride of the blue broccoli, had been devastated by natural means - aging. Some of their most talented and loyal members had dared to turn 40, leaving them with mere scraps of talent. Team leaders such as Thom, Jeff and Michael, once the Titans of 10K, the Trilogy of Trot, the Pubahs of Pace, the Gods of Gallop, the Bodhisatvas of ...um...running... for EBS were now turncoats running for the old guard. The Open Boys (OB) were out to prove that they were not to be relegated to coach class in the flight to the finish line. Their youthful legs and naive attitudes would surely overcome the decrepit but experienced bodies of the EBS 40-plussers.

The gun went off and the "boys" jumped to an early lead. Tim Keenan, Mike Maguire and John Lehman were ahead of the entire MasterDude (MD) team. Rob Flatland and Phelps Jackson were also right up front. Things looked good for Team OB. Not too far behind were the patient guys for Team MD; Mark Picillo, Joe Schieffer, Dave Stephens, Mike Ignatius and Mike Plummer. By the halfway point, Team MD leader Trimble had made a strong move, surpassing all of the OB guys and looking strong. Mark was also moving up on the tail end of the OB youth-pack. Joe, Dave and Mike, while still behind were within sight of their hated rivals. Just as things were starting to swing the way of Team MD, the finish chute appeared. Joe



Thom Trimble

was just starting to warm up his ultra-man legs. Hopes of Rob "yikes...more than a 5K" Flatland" fading late along with "Out too fast" Maguire and Lehman did not materialize. While Thom was able to grab the top EBS spot, the next four men in for EBS were all under non-old. Mark broke up a five-man sweep by outlegging Maguire to the line, but seeing Joe, Dave and Ignatius come in 8-9-10 did not bode well for the Aged Ones.

Before the last man had exited the chute, the taunting had begun. Tim and John were trash talking big time, while Mike and Phelps were doing the end-zone moonwalk, back flips and splits near the finish line. The master hung their heads low at they headed for the Gatoraide and Geritol tables. A quick summing of the team times had clearly shown the OB guys ahead of Team MD! Victory was theirs!! The torch had been passed to the next generation of Striders.

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Coach's Corner

Editor's Note...

Like many of you, most of my years of running (28 and counting) have been without the assistance of any professional coaching. The only specialized advice that I ever received was from Coach Bob Repko (a.k.a. Math Teacher) my senior year of high school cross-country. Since then, it had been read THE book from Jim Fixx, subscribe to Runner's World, and do what works best for me (I think). The latter doesn't always produce the best results. However, over time and through many trials, I think most of us have found what does work best for us. That's what I would like to see appear in the Coach's Corner. All of us have found some little technique, either physical or mental, that we use week after week, year after year. I'm not suggesting that we all have the ability to coach each other, but in small ways when we train together or race together, we do just that. Also in today's electronic media world, (a.k.a. the Internet, thank you Al Gore), we have a plethora of books, periodicals, newsletters, advice columns, etc... available to us at the click of a button. Actually, the amount of information on the Internet is so overwhelming that it would take a lifetime to decipher. So instead of relying on one pair of legs to see what works and what doesn't, why not two pair? And wouldn't it be better to have three pair or four or more...? Fellow runners of all abilities, ages, and styles lending either their favorite, most proven, or most recent piece of information about running. And it doesn't have to be about running faster. It could be about a favorite trail, or just how to get more enjoyment out of doing what we already love. Personally, the best advice I usually give to anyone is: "Listen to your body". Unfortunately, it's not a very quantifiable piece of advice. Anyhow, that is what I would like to see happen in this column. In each issue we can print a favorite idea or article from a guest coach.

For the 1st edition, I asked Jerry Goodwin if he would be my inaugural coach. If you don't know Jerry Goodwin, you are missing a fun part of running. Jerry has been the focus of a small and unruly group of runners that convene at the track of the College of Alameda on Tuesday afternoons. Each week Jerry puts together a meaningful, and/or fun, and/or tough track workout for whoever wants to participate. He emails the workout to us on Monday and always accompanies the workout with an explanation. At least that's what I think it is. You see, I don't always understand the explanation. Sometimes the explanations carry over from week to week. Don't get me wrong; if I asked Jerry to further embellish his ideas, he would oblige me quicker than you can say mitochondria proliferation. In his heart, Jerry is a scientist, nay a detective. Jerry is always searching for clues and wondering how and why. And most times his inquiries actually involve running. And not unlike another famous detective named Mr. Holmes, who's lifetime nemesis Professor Moriarity kept his skills sharp, Mr. Goodwin also has an arch nemesis in Professor Monteverdi. But that's another story.

I STILL WOULDN'T DO IT EVERY DAY

Jerry Goodwin

Brian McGuire has been periodizing. Brian and I coach the hell out of each other, and I preach that his peaks rise a bit too rapidly and end in air too thin, and his valleys are so deep I'm not sure he can hear my voice down there. Lately, he's been doing the metaphorical training equivalent of the Death Valley to Mt. Whitney race, to get ready for the PA XC Series. For support and motivation, he trains with Jeff Teeters.

Teeters is certainly one of a kind, and I'd order a hundred more if it wouldn't spoil the effect. Gentle soul, with a big toothy grin and a floppy straw hat, quick and smart with the sensible mind of a scientist, genuinely kind unless he's after you in race. Lives on rabbit food. A few years ago he was winning trail runs in sports sandals, which most of us considered another manifestation of his eccentricity, and which I feared might start a fad. I finally asked him about it, novel approach. He said it was the only way he could run with plantar fasciitis. McGuire's voice drops a bit and develops a tone of awe when he describes what training with Teeters is like. Brian is obviously using the same strategy I use when I train with him — run with somebody faster and tougher (at least at the time), and try to keep up. What's in it for the faster guy? Well, you have to develop stimulating conversational skills. Brian recently described a hill run up Claremont Canyon, close to where each of them lives. He said that they ran all the way up to Grizzly Peak, with the last stretch on a very steep and really ratty hill, covered with rocks and stones.

Say no more. I asked him if he knew, when you get to Grizzly Peak, you could veer off to the right on a dirt road, and come back on a hillside traverse that's a single-track trail (at best). He said, yeah, that's what they did, called it a goat trail. I expressed surprise he even knew where it was. He said Teeters knew. McGuire then went on to challenge the whole concept of this run, explaining that there are about a dozen ways to get the same training benefit without all of the misery. The run starts out pretty steep. Beth Vitalis once observed that it would help to be warmed up on something else. Considering the source, that settles the matter. Just about the time you start to get loose, there are two really steep pitches. The second makes you worry about falling over backwards. It takes you to the end of Panoramic, and you turn right onto a welcome roller coaster along the north ridge bounding Claremont Canyon. A sharp dip into a hollow is followed by a tough little uphill.

Years ago, when I was a mountaineer and not a runner, I used to do this course to train for peak-bagging and mountain rescue. I encountered Chris Jones on this hill, and we knew each other. He wrote a book called CLIMBING IN NORTH AMERICA. I think he was a little put out that I was jogging and he was hiking, and that I was going by. So he advised that if I kept going straight there was a really steep climb I would find challenging even to hike. I told him I was going to run up it. He said I didn't need his advice.

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The Ultra Page

The '99-'00 Ultra Season

by Mike Palmer

The 1999/2000 PA/USATF Grand Prix series has concluded with the completion of the Western States 100 Mile Endurance Run. We had 142 men and 73 women who were scored for the series. The Ultra Subcommittee will consider a

proposed distribution of prize money for the 1999/2000 series using the same criteria used for the 1998/1999 series.

A distribution list shall then be submitted to the LDR committee and then to the PA/USATF for distribution of the prize money.

The 2000/2001 series will be a one time 16 month series as the Grand Prix transitions to a calendar year basis. Please go to the Pacific Association page for the 2000/2001 schedule and the Results page for 1999/2000 final standings. Thank you to all who participated in the 1999/2000 Ultra Grand Prix and congratulations to the age group winners and to the team champions.



Western States 100 Mile / Points Scored

MASTER MEN (40-49)

- 2. Ken Gregorich EBS 248
- 9. Mike Palmer EBS 80

SENIOR MEN (50-59)

- 5. Tim Quinn EBS 128
- 9. Clement Choy EBS 80

MENS TEAMS

- 1. Tamalpa - 61:46 294.7 / 80
Purcell - 17.49
Williams - 21.17
Tukman - 22.39
- 2. BAUR - 77:21 238.9 / 72
Bogenhuber - 23.39
Kim - 26.13
Kamp - 27.29
- 3. East Bay Striders - 78:58 224.0 / 64
Gregorich - 23.20
Quinn - 26.44
Palmer - 28.53

East Bay Striders

Running Club



Big Sur 5K

Although it is not the largest attended of the PAUSATF races, the **Channel 46 News 5K** (Big Sur) is certainly one of the most beautiful. The race seems to be more of a stepsister to the larger and more popular Big Sur Marathon. And for many, driving 100+ miles to run a 5K road race just doesn't make sense. But running doesn't always have to make sense. Some people make it a long weekend getaway with a spouse, while for others it's all about team support. Luckily with the very tight PAUSATF masters team competition this year, the EBS masters dudes were able to field a team. While it wasn't our best showing, it was good enough to keep us in the hunt.

Some of the EBS people that ran but did not figure in the master's scoring were open runner Mike Maguire who finished 54th overall in a time of 17:10. Senior member John Monteverdi made his spring appearance finishing 138th overall in a time of 19:51. And just behind John was the ever present and very consistent Julios Ratti who finished 145th overall in a time of 19:58. Rumor has it that Julios will be moving on up to the senior division in the near future.

Happy Birthday Julios!

Masters Second at Zippy 5K

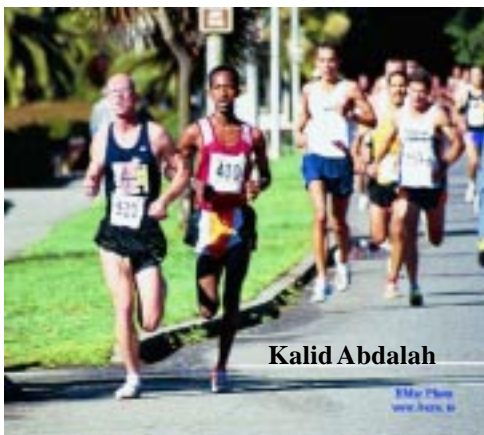
Dave Stephens

The new millennium has brought changes to the PAUSTF Grand Prix schedule, some good, some not so good. One of the good changes was a 2nd 5K race added to the circuit. The inaugural Zippy 5K race, sponsored by Hoys was held on Memorial Day Monday in Golden Gate Park. Set on a flat, single loop course, the race promised to be fast. And fast it was. Five Strider's broke the 17:00 minute mark.

Leading the EBS colors for his 1st #1 team finish was our new editor, uh, what's his name?. For the masters team overall it was another 2nd place finish, this time behind the Aggies. The EBS Seniors appeared to like this new race also as they took 3rd place, with Len Goldman leading the way with a new PR. This was also an important GP race as it was worth double points, both for individuals and teams.

One of the other highlights of this race was the 1st place overall finish by EBS

honorary team member, Kalid Abdalah of Oakland. Kalid's winning time of 14:48 was just 1 second faster than 2nd place finisher Ben Turman who was 1 second ahead of 3rd place finisher Chris Lundstrom.



Kalid Abdalah

Master's 8K... continued

Hoys drops to 4th place, 3.5 points behind us. Hoys outran WVTC for the Open title, while the Aggies also scrapped together an Open team with various new members, including Dan Gonzales (24:22) to nip EBS for 3rd. EBS did beat 4 others teams - GVH, WVJS, Chips and RCR.

The next race is the Fleet Feet Mile on July 23 in Sacramento. The masters team needs to keep up the pressure. The Aggies expect to be tough at these shorter distances. The masters team will also need to keep beating WVJS if they hope to pass them in the year-end standings.

Masters Men

1. EBS 10 points - 2:19:07

Jeff Teeters, 40 26:42
 Dave Stephens, 46 27:27
 Thom Trimble, 40 27:59
 Mike Ignatius, 45 28:07
 Mark Piccillo, 41 28:52

2. WVJS 9 points - 2:19:49

3. Aggies 8 points - 2:22:23

4. River City Rebels 7 points - 2:23:34

5. Hoys Excelsior 6 points - 2:24:01

6. Chips 5 points - 2:36:31

Open Men

1. Hoy's Excelsior 10 points - 2:08:50

2. WVTC 9 points - 2:10:23

3. Aggies 8 points - 2:16:51

4. EBS 7 points - 2:19:40

Jon Magasin, 28 26:14
 Tim Keenan, 38 27:06
 Mike McGuire, 37 27:46
 John Lehman, 37 29:01
 Mike Plummer, 41 29:33

5. GVH 6 points - 2:24:42

6. Chips 5 points - 2:42:48

7. WVJS 4 points - 3:02:42

While the Senior Men did not field a full team, Fred Martin ran a very strong time of **30:41** which was good for 3rd place in the 55-59 age group. Congratulations Fred! Julios Ratti also ran a good race clocking in at **32:46**.

Strider Dipseans... continued

Fastest Strider time of the day went to Rob Flatland, who ran 57:11 for 63rd place. Other notable times include: Bernard Demai at #49 with a time of 1:00:59; Barton Goode in at #121 with a 1:00:14; and Kerry Padgett, who finished #209 in a time of 1:10:10.



As if the race doesn't have enough quirks to keep one interested and challenged, first timers must usually run one year to qualify for invitational status, and thus be eligible for the black shirts. Of the 16 Strider starters, 6 were first timers, and all 8 who started in the open division of

the race qualified for next year's invitational section. Top finishers from the open or runners section include: Chris Ross, #580 in a time of 1:01:03; Karen Smith, who finished at #567 with a time of 1:05:29; Lawren Smithline, crossing the line at #621 in a time of 1:05:27; and Linda Braly, qualifying for a return trip to the invitational section in 2001, finished at #583 with a time of 1:08:25.

For those interested in a shot at the 2001 Dipsea, please contact Eric Ellisen on (510) 268-8924, or ellisen@dofm.berkeley.edu, early next year.

East Bay Strider Places and Finish Times.

Katy Hollbacher	25	1:00:01
Elise Cappella	28	1:00:28
Bernard Demai	49	1:00:59
Rob Flatland	63	57:11
Barton Goode	121	1:00:14
Eric Ellisen	181	1:03:23
Kerry Padgett	209	1:10:10
Michael Schwartz	444	1:10:37
Karen Smith	567	1:05:29
Chris Ross	580	1:01:03
Linda Braly	583	1:08:25
Lawren Smithline	621	1:05:27
Jill Cartwright	647	1:15:50
Mike Smith	656	1:08:30
Clement Choy	744	1:19:05
Jim Buck	748	1:22:19

EBS Changes

John Monteverdi

EBS prez Thom Trimble has finally been convinced to loosen his iron-fisted control of the club's activities and who am I not to follow suit. Seriously, some welcome volunteers have finally, at long last, stepped forward permanently to share some of the work load.

The first change came early in 1999 when Tim Keenan became the Hotline and Workout Coordinator. This was followed quickly by the delegation of T-shirt/sweatshirt screening and sales/PowerBar and JogMate distribution from Thom and me to Eric Ellisen, and Jon Magasin's agreement to take the membership coordinator's duties from me.

And this year the EBS NewsNotes, editorship was handed off from Thom to star masters runner Dave Stephens. The editorship of NewsNotes started with Thom and I when it was a one page information sheet back in 1983. When I acquired the first rudimentary versions of PageMaker for the Apple II and Mac in 1986 the NewsNotes was transformed to a quarterly page-layouted newsletter filled with results, articles on races, race schedules etc. with the Editorship shared by me and Thom. I was the first to bail out on the editorship 2 1/2 years ago because of work pressures and, now, Thom, a parent twice-over, has handed off to Dave.

The latest major change came just a month ago when Linda Braly and Jill Cartwright (presently the Club Vice-president) agreed to revamp the moribund weekend runs. As most of you know, this was a pretty vibrant and active club function until about 1 1/2 years ago. Then the loss of the "major players" for the run due to work reassignments, family pressures and injury pretty much killed it off. There was a stretch last summer and fall when only the weekend run coordinator (OK, that would be me) showed up for the runs and then, when injury slapped me down, no one at all showed up and there were no complaints. The good news is that 12 people showed up for the reinvigorated Sunday run on August 6.

Thom still maintains his role as President and chief organizer of teams etc. I retain my role as Treasurer, Website manager and Nike Shoe contact. All the changes are reflected in the latest revision of the EBS website (<http://tornado.sfsu.edu>). Thanks to the new officers and coordinators for pitching in.

Thom Trimble, President	Jill Cartwright, Vice-President
PAUSA T&F Representative	EBS Weekend Runs

Jon Magasin, Membership Secretary	John Monteverdi, Treasurer
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Tim Keenan, EBS Hotline	Eric Ellisen, PowerBar/JogMate
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The Pacific Association Page

Road Race Schedule

- Oct. 17 Humboldt Redwoods 1/2 Marathon
(1.5x points)
- Nov. 14 Clarksburg Country Run 30K
(2.0x points)
- Dec. 12 Christmas Relays, 4X4.464 mi.
(1.0x points)

Cross Country Schedule

- Sep 09 Golden Gate Park 4M / 4M
- Sep 16 Sierra College Open 5K / 4M
- Sep 23 Aggie Invite, UCD 5K / 8K
- Sep 30 Empire Open 4.15M / 4.15M
- Oct 07 Hoy's Presidio Challenge 3M / 4M
- Oct 21 Crystal Springs Challenge 2.95M / 4.19M
- Oct 28 Shoreline Open 5K / 8K
- Nov 04 Tamalpa Challenge 4.6M / 4.6M
- Nov 18 PA/USATF Cross-Country Championships,
GGP Park 4M / 6M

Note: All races are 2x points except the Aggie Invite, UCD which is 1x points

Ultra GP Schedule

The 2000/2001 series will be a one time 16 month series as the Ultra GP transitions to a calendar year schedule.

- Aug 06 Skyline 50K
- Aug 26 Golden Gate Headlands 50K
- Sep 16 Sierra Nevada Double Marathon
- Sep 16 Rio del Lago 100M
- Oct 14 Dick Collins Firetrails 50M
- Nov 11 Helen Klein 50M/50K
- Nov 25 Quadruple Dipsea

2001

- Feb 10 Jedediah Smith 50K: mixed road 1.0 - Ron Peck N Sacramento 916/344-1376
- Mar 10 Way Too Cool 50K: trail 1.0 - Greg Soderlund Cool 242 Hartnell Pl. Sacramento CA 95825 916/638-1161
- Apr 07 Montrail/Patagonia American River 50: trail & road 1.6 - (same as above)
- Apr 21 Ruth Anderson 100K: road 2.0 - Steve Jaber San Francisco 415/388-3904 415/388-6308 (fax)
- Apr 21 Ruth Anderson 50M: road 1.6 - (same as above)
- May 05 MiWok 100K: trail 2.0 - (see Quadruple Dipsea) Marin Headlands
- May 12 Mike Popolizio Quicksilver 50M: Janice O'Grady San Jose trail 1.6
Tom O'Connell 408/358-3603 (h) 408/279-5393 (w)
- May 12 Mike Popolizio Quicksilver 50K: San Jose trail 1.0 - (same as above)
- May 19 Silver State 50K: trail 1.0 - Tom Gallagher Reno 775/324-5310 (h) 775/687-3997 (w)
- June 23 Western States 100 Mile: Squaw Valley trail 3.3 - (see Way Too Cool)
- Aug 05 Skyline 50K: trail 1.0 - (see listing above) (Sun.) Castro Valley
- Aug 25 Golden Gate Headlands 50K: trail 1.0 - (see listing above) Marin Headlands
- Sept 15 Rio del Lago 100M: trail 3.3 - (see listing above) Granite Bay
- Sept 15 Sierra Nevada Double Marathon: trail 1.7 - (see listing above) Granite Bay
- Oct 13 Dick Collins Firetrails 50M: trail 1.6 - (see listing above) Castro Valley
- Oct 27 Sri Chinmoy 12 Hour: dirt track 2.0 - Eric Rozell San Francisco 415/665-8626
- Nov 10 Helen Klein 50M: road 1.6 - (see listing above) Sacramento
- Nov 10 Helen Klein 50K: road 1.0 - (see listing above) Sacramento
- Nov 24 Quadruple Dipsea: trail 1.0 - (see listing above) Mill Valley



Results



Houlihan's 12K

Place	O'all	NAME	Group	TIME
41		Thom Trimble	MD	0:41:37
47		Tim Keenan	OB	0:42:01
54		Phelps Jackson	OB	0:42:37
56		Robert Flatland	OB	0:42:41
66		John Lehman	OB	0:43:10
80		Mark Piccillo	MD	0:43:43
86		Mike Maguire	OB	0:43:59
91		Joe Schieffer	MD	0:44:08
99		Dave Stephens	MD	0:44:30
106		Mike Ignatius	MD	0:44:46
139		Mike Plummer	MD	0:45:59
168		Katy Hollbacher	OW	0:47:02
177		Jenn Mitchell-Jackson	OW	0:47:19
190		Angela Lilley	OW	0:47:36
199		Fred Martin	SM	0:48:00
207		Marty Beene	OB	0:48:16
265		John Monteverdi	SM	0:49:36
269		Julios Ratti	MD	0:49:41
342		Elise Cappella	OW	0:51:25

Zippy 5K

OPENMEN

1. WVTC 20 points - **1:16:16**
2. Transports 18 points - **1:16:33**
3. Hoy's Excelsior 16 points - **1:17:50**
4. Aggies 14 points - **1:19:46**
5. Tamalpa 12 points - **1:23:17**

6. EBS 10 points - 1:29:42

John Lehman, 37	16:49
Mike McGuire, 37	16:52
Thom Trimble, 40	17:17
Marty beene, 37	19:02
Julius Ratti, 49	19:42

7. WVJS 8 points - **1:33:49**

8. GVH 6 points - **1:35:34**

9. Chips 4 points - **1:59:59**

MASTERS MEN

1. Aggies 20 points - **1:21:09**

2. EBS 18 points - 1:24:45

Dave Stephens, 46	16:36
Jeff Teeters, 40	16:47
Chatham Ross, 41	16:55
Mark Piccillo, 41	17:11
Mike Ignatius, 45	17:16

3. WVJS 16 points - **1:26:11**

4. Hoys Excelsior 14 points - **1:26:52**

5. Tamalpa 12 points - **1:32:05**

6. Silver State 10 points - **1:35:44**

7. Chips 8 points - **1:45:05**

SENIOR MEN

1. Hoys Excelsior 20 points-**52:03**

2. Tamalpa 18 points-**52:57**

3. EBS 16 points-56:13

Len Goldman, 55	18:09
Fred Martin, 56	18:34
Jim Buck, 57	19:29

4. Chips 14 points-**56:23**

5. Silver State 12 points-**56:29**

6. WNLR 10 points-**56:44**

7. WVJS 8 points-**59:32**

Big Sur 5K

MASTERS MEN

1. Aggies	10 points	1:22:09
2. Hoy's Excelsior	9 points	1:24:45
3. WVJS	8 points	1:25:07
4. Silver State	7 points	1:27:08
5. EBS	6 points	1:27:26

Jeff Teeters, 40	16:57
Thom Trimble, 40	16:58
Dave Stephens, 46	17:04
Mike Ignatius, 45	17:31
Mark Piccillo, 41	18:56

Fleet Feet Mile

OpenMen

MastersMen

Phelps Jackson, 28	4:38	Thom Trimble, 41	4:49
John Lehman, 37	4:46	Dave Stephens, 46	4:50
Marty Beene, 39	5:17	Chatham Ross, 41	4:55
Fred Martin, 56	5:22	Mike Ignatius, 45	4:59
Julios Ratti, 49	5:40	Brian McGuire, 41	5:17

Extra:

Jim Buck, 57	5:43
Jerry Ratti, 48	5:43

**Read The EBS Summer 2000 NewNotes
On Line at the EBS Web Site**

http://tornado.sfsu.edu/NEWSNOTES_S00/newsnotes_S00.html

Results Too

2000 PAUSATF Grand Prix - Team Standings

OPEN MEN

PL.	TEAM	10M	HALF	12K	5K	5K	8K	TOTAL
1.	WVTC	9	12	9	10	20	9	69
2.	HOYS/EX.	8	13.5	7	8	16	10	62.5
3.	TRANSPORTS	7	15	8	9	18	0	57
4.	AGGIES	10	0	10	7	14	8	49
5.	TAMALPA	3	10.5	4	5	12	0	34.5
6.	EAST BAY	2	9	6	0	10	4	31
7.	WVJS	6	0	3	4	8	4	25
8.	CHIPS	4	7.5	1	3	4	5	24.5
9.	GVH	5	0	2	0	6	6	19
10.	SILVER STATE	0	0	5	6	0	0	11

MASTERS MEN

PL.	TEAM	10M	HALF	12K	5K	5K	8K	TOTAL
1.	WVJS	9	13.5	10	8	16	9	65.5
2.	EAST BAY	8	10.5	9	6	18	10	61.5
3.	AGGIES	10	12	0	10	20	8	60
4.	HOY'S/EX.	6	15	8	9	14	6	58
5.	SILVER STATE	5	9	6	7	10	0	37
6.	CHIPS	7	0	5	0	8	5	25
7.	TAMALPA	3	0	7	0	12	0	22
8.	RCR	0	0	0	0	0	7	7
9.	WVTC	4	0	0	0	0	0	4

SENIOR MEN

PL.	TEAM	10M	HALF	8K	12K	5K	5K	8K	TOTAL
1.	TAMALPA	10	15	10	10	10	18	9	82
2.	HOY'S/EX.	9	13.5	9	9	9	20	10	79.5
3.	WVJS	8	7.5	8	8	7	8	7	53.5
4.	CHIPS	5	9	2	4	6	14	8	48
5.	WNLR	6	12	6	0	8	10	0	42
6.	EAST BAY	4	10.5	0	5	0	16	0	35.5
7.	SILVER STATE	7	0	3	7	0	12	6	35

OPEN WOMEN

PL.	TEAM	10M	HALF	12K	5K	5K	8K	TOTAL
1.	IMPALAS	8	15	9	9	18	9	68
2.	WVTC	9	12	8	8	20	8	65
3.	AGGIES	10	10.5	10	10	0	10	50.5
4.	WVJS	7	9	6	6	14	0	42
5.	TAMALPA	6	0	5	0	16	0	27
6.	HOY'S/EX.	0	0	3	7	12	0	22
7.	CHIPS	0	7.5	4	0	0	7	18.5
8.	EAST BAY	0	13.5	0	0	0	0	13.5
9.	SILVER STATE	5	0	7	0	0	0	12

2000 PAUSATF Grand Prix - EBS Individual Standings

OPEN MEN - Long Series

PLACE	10M	HALF	12K	TOTAL
40. Phelps Jackson	0	9	0	9
47. Tim Keenan	0	4.5	0	4.5

OPEN MEN - Short Series

PLACE	5K	5K	8K	Mile	10K	TOTAL
51. Jon Magasin	0	0	10	0	0	10
61. Thom Trimble	0	0	0	0	4	4
73. Jeff Teeters	0	0	1	0	0	1

OPEN WOMEN - Long Series

PLACE	10M	HALF	12K	TOTAL
9. Katy Hollbacher	0	29	13	42
16. J. Mitchell-Jackson	0	18	10	28
17. Angela Lilley	0	17	9	26
23. Elise Cappella	0	20	0	20

MASTERS MEN

PLACE	10M	HALF	12K	5K	5K	8K	Mile	10K	TOTAL
5. Thom Trimble	12	22.5	19	15	10	11	13	24	126.5
10. Jeff Teeters	13	0	0	16	32	23	0	22	106
11. Dave Stephens	0	0	0	13	38	18	11	19	99
20. Chatham Ross	0	0	0	0	28	0	9	20	57
38. Mark Piccillo	0	0	7	0	14	0	0	0	21
43. Joe Schieffer	8	9	2	0	0	0	0	0	19
67. Steven Freitas	0	4.5	0	0	0	0	0	0	4.5
74. Larry Menard	2	0	0	0	0	0	0	0	2
75. Michael Plummer	0	0	0	0	0	0	0	1	1

MASTERS WOMEN

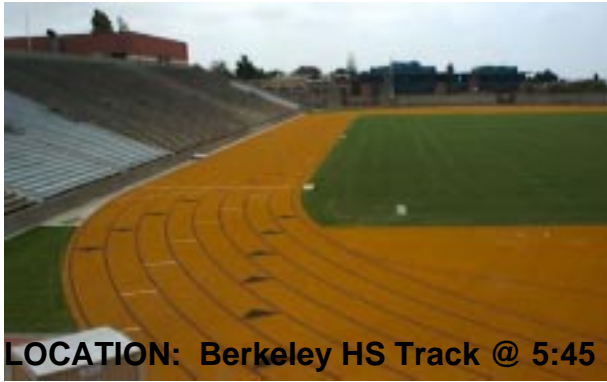
PLACE	10M	HALF	12K	5K	5K	8K	Mile	10K	TOTAL
30. Jill Cartwright	0	19.5	0	0	0	0	0	0	19.5

SENIOR MEN

PLACE	10M	HALF	8K	12K	5K	5K	8K	Mile	10K	TOTAL
10. Fred Martin	0	19.5	1	10	0	16	9	6	11	72.5
15. Len Goldman	7	13.5	3	0	0	24	0	0	0	47.5
33. Jim Buck	0	10.5	0	0	0	0	0	0	3	13.5
35. John Monteverdi	4	0	0	3	5	0	0	0	0	12
47. Robert Gormley	0	0	0	0	0	0	0	0	7	7

For Current Individual Standings Go To <http://www.pausatf.org/data/RRStandings.html>

Thursday Track Workouts



LOCATION: Berkeley HS Track @ 5:45

Check the Hotline for possible changes (510) 428-1200.
400m rest unless otherwise noted.

Aug 24	10 x 600
Aug 31	10 x 400
Sep 07	4 x 1600
Sep 14	4, 8, 12, 16, 12, 8, 4
Sep 21	Firetrail Repeats
Sep 28	8 x 800
Oct 05	Firetrail Repeats
Oct 12	10 x 400
Oct 19	5 x 1200
Oct 26	16, 12, 8, 12, 16
Nov 02	6 x 1000
Nov 09	10 x 600
Nov 16	10 x 400
Nov 23	Thanksgiving Day (3 x Pie)
Nov 30	EBS 2 Mile Classic
Dec 07	8 x 800
Dec 14	4 x 1600
Dec 21	4, 8, 12, 16, 12, 8, 4
Dec 28	10 x 600
Jan 04	10 x 400 First Workout of the REAL Millenium
Jan 11	3 x (800,1200)
Jan 18	6 x 1000
Jan 25	16, 12, 8, 12, 16
Feb 01	5 x 1200
Feb 08	8 x 800

Lactate Threshold Tuesdays

Coordinated by Thom Trimble

These runs are not as intense and intervals, but much harder than your long runs. Most are run at or near 10K race pace. Total distance covered is about 7-10 miles. Workouts subject to change due to weather or HS track use. After Nov 21, workouts done on lighted streets. All runs start at 4:45 PM.

- 09/19: Cowell 2x2 mile, DLS
- 09/26: 4 x Heather Farm Hills, HF
- 10/03: Thom's Terrible 10m, IHT
- 10/10: 3 mile on/off, DLS

**** HUMBOLDT HALF ** 10/15**

- 10/17: Borgeous Ranch Run, DLS
- 10/24: Larkey 4x4 Run, DLS
- 10/31: Cowell 2x2, DLS
- 11/07: 3 or 4 mile on/off

**** CLARKSBURG 30K ** 11/12**

- 11/14: Tempo run, IHT
- 11/21: Terrible 10, HF
- 11/28: Citrus 2x2, DLS
- 12/05: HF Hills, HF

**** CHRISTMAS RELAY ** 12/10**

- 12/12: Citrus 2x2, DLS
- 12/19: HF Hills, HF
- 12/26: TBD ...

Locations:

DLS = De LaSalle High School, Treat Blvd 2 miles E/O HW 680, track
HF = Heather Farms, Ygnacio Blvd at Bancroft, meet at pool bldg
IHT - Iron Horse Trail - Newell Exit SB 680, Trailhead

Workouts:

2x2 - Run 2 miles on biketrail at 90% effort, rest 5 min, return at 100%
4x4 - Run 4 miles on biketrail at 80-90%, rest 5 min, return at 90-100%
on/off - 12 laps on track continuous, 800 at marathon pace, then 800 at 5K pace, repeat 3 times.
HF Hills - Gradual 0.8 mile paved hill, 600m return jog.
Terrible 10 - 10 miles on bike trail (5 out, 5 back) with each mile faster than the previous

EBS NewsNotes

Editor: Dave Stephens
Photography: Brian McGuire, Thom Trimble, Ken Gregorich
Published on PC Clone. Printed on HP Laserjet 4P Printer.
EBS NewsNotes is published semi-annually by:
East Bay Striders
4425 View Street
Oakland, CA 94611

East Bay Striders Running Club

Membership in the East Bay Striders Running Club is open to all runners, regardless of ability. Members of the Club share a common goal: to hone their competitive skills to the greatest degree possible at all levels of talent.

Membership fees are \$20 per year (\$10 for students). Membership information available from Jon Magasin, 2420 Virginia St. #102, Berkeley, CA 94709.

Officers of East Bay Striders

President	Thom Trimble
Vice-President	Jill Cartwright
Treasurer	John Monteverdi
Secretary	Jon Magasin

EBS Hotline (510) 428-1200
Web Site: <http://tornado.sfsu.edu/>
Club USAT&F # 138
Established 1983

EBS on the WEB

John Monteverdi

The purpose of the EBS Website (<http://tornado.sfsu.edu>) is to have a "footprint" on the world wide web...a presence so that people who are interested in the club can get the information they need quickly (membership info, weekend runs etc.). A second purpose is to provide a vehicle to keep club members informed, but only about the most significant things going on in the club.

Since most club members have web access, this seems to be working well. Also, the club officers use the club email list to keep people instantly informed about things of interest or significance. I have been the person keeping the email list up and I have adopted the same rules that govern the use of email lists in some of the professional societies with which I am involved. And, it turns out, given the suggestions/complaints from club members early on (about 3 years ago, when we started the email list), these rules are common sense.

First, the club email list is pretty huge so you will note that when I send email out (unless I slip up), the emails go out as "blind carbon copies." This means that you don't have to scroll through an endless list of names before seeing the "meat" of the message. It also means that no one else can see who is on the list, of course. But, more importantly, it prevents others from misusing the list...for example, copying and using it for solicitations of one sort or another.

Second, we try to keep the "signal-to-noise" ratio pretty high, meaning, only important stuff relative to the club goes out to the list. Unfortunately, you have to realize that even in a pretty tightly focused group like this, what is signal to some might be noise to others. (For example, the last several emails included info about the Nike Shoe order, the Tahoe Summer Camp and the weekend runs....yet two people asked to be removed from the list).

I am pretty tight with the email list, except to club officers/coordinators. I have seen the best intentioned people misuse such lists...so I have resisted the requests of others in the club to have the list, unless I am absolutely sure that the requesting individual realizes that club members have requested NOT to receive the equivalent of "spam" even from other members.

The Club members may not realize that EBS was one of the first to have an intricate website AND email notifications. The officers think it has worked pretty well...and we hope you do too.

Sunday Runs



Aug. 06	Stream Trail
Aug. 13	Spruce St., Selby Trail Loop
Aug. 20	Briones Reservoir
Aug. 27	Nimitz Trail
Sep. 03	French Trail
Sep. 10	Stream Trail
Sep. 17	Jewel Lake/Wildcat Canyon
Sep. 24	Sequoia Bayview/Big Trees Loop
Oct. 01	Lafayette Moraga Trail
Oct. 08	Stream Trail
Oct. 15	Briones Reservoir
Oct. 22	Sequoia Bayview/Big Trees Loop
Oct. 29	French Trail

*** Call hotline for unlisted Sundays ***

Death Match... continued

But wait! The finish line official had not yet raised the hands of the OB guys in victory. There...back just before the chute...A FLAG! There was a flag on the play! The officials were reviewing the race on their monitors. Since they had a full 60 seconds to make a decision, they were also browsing the web for a while. Finally, after what had seemed an eternity. The head official spoke clearly into his microphone to the thousands of now-silent spectators...

"After further review of the race, and referencing the excellent information contained at www.pausatf.org... Team OB has been DQed!" ... "Rob Flatland is no longer an official Strider but a TAMALPAN!" The once-silent crowd burst into a frenzy. Ron Starky babbled incomprehensibly on the radio. A chant erupted..."The Masters have won the 12K...the Masters have won the 12K!" A new national holiday was declared by the AARP. Grass grew. Not being sore winners, the EBS Masters graciously loaned the Open team one of their own - Mike Plummer - in order to complete their team.

The EBS women were one person short of an impressive team. Katy Hollbacher's 47:02 placed her 15th, while Jenn Mitchell-Jackson grabbed 19th in 47:19 and Angela Lilly was 21st in 47:26. Elise Cappella was 49th in 50:35. Katy's time set a new EBS 12K record, breaking the 5-year old record of Amber Duncan by 2 seconds. Jenn and Angela are now 4th and 5th on the alltime list. The Seniors contingent of Fred Martin (48:00), John Monteverdi, and Jim Buck took 6th in the Seniors team division.

EPILOGUE - The OB men would again try again to topple the mighty Master Dudes at the Shriners 8K but would come up seconds short once again. The reign continues....

Humboldt Half - Oct 17th

The 22nd Annual Humboldt Redwoods Half Marathon is just around the corner. If you haven't made reservations yet, do so NOW! Rooms fill up fast in Garberville. The race begins at 9 AM near the town of Weott. Pre-reg deadline is Sept 30 for the \$30 entry fee.

EBS's Masters team hopes to claim it's second victory in a row if we can assemble a team equal or better to our Pac Sun team.

For race info go to:

<http://www.northcoast.com/~hrm/>



Striders Medal at Alameda

Thom Trimble

At first, the dozen Striders who attended this event had thought they were at the wrong race. It was cool, it was overcast, there weren't dozens of elite runners toeing the line, in fact there was very little to whine about before the start. Could this be the "Run for the Parks"? With temperatures hovering around 60F and the race bowing out of the PAUSATF Grand Prix, things sure looked different at this EBS-Favorite race. The only thing one could find to moan about was the headwind for the first and last mile. It was BRUTAL!! ...yeah, that's the ticket!

Not to let the conditions get the better of them, the Strider men placed four in the top eleven places (read 8, 9, 10, 11). The lone EBS woman, Jenn Mitchell-Jackson, placed 6th with an excellent time of 38:43. This time is #3 on the EBS Alltime list. For the men, it was Thom Trimble leading the charge, with Tim Keenan in tow. Thom and Tim ran almost exactly even splits for the first and second 5K, with Thom placing 8th (1st 40-44) in 33:48 and Tim 9th (2nd 35-39) in 33:52. Phelps Jackson got out quickly but struggled over the late miles to place 10th in 34:03 (2nd 25-29). Jeff Teeters hung with Thom and Tim through halfway to grab 2nd in the 40-44 and 11th overall in 34:23. Dave Stephens was the next Strider, grabbing the silver medal in the 45-49 division with a 35:08. Mike McGuire tailed Dave into the chute with a 35:10, only to find the medal-nazi at the end of the chute yell "No medal for you!"



Mike Maguire

Chris Ross made his first appearance at a race in quite a while with a 6-minute effort to record a 37:28. Marty Beene would have been the 5th scoring Open guy, if this were a championship, with his 38:28. Continuing the medal hunt was Fred Martin's Gold medal in the 55-59 division with a 38:33. Robert Gormley took the silver in that category with a 40:41. The overall winner of the men's race was honorary member Kahlid Abdalah in 30:23. Beige shirts?? Does anyone look good in beige?

HAPPY BIRTHDAY JULIOS



You're Invited to a Birthday Party
Celebrating Fifty Years of the Life of
Julios Ratti
on Saturday, September 23, 2000 beginning at 3:00
p.m.
at 2811 Durant Avenue, Oakland, CA

Hope to see you there!

RSVP to Ulysses or Irene Ratti
(510) 562-7828



These People Are Already on their Way
to the Party!

I Still Wouldn't... continued

Next comes an easier and aesthetic climb around the flanks of a hill, and then there is some flat and actual gentle downhill, whereupon you come to the intersection with a connector, which drops down to Claremont Av on the right, and to the Upper Fire Trail on the left. You don't do either. You go straight across. Now begins what irked McGuire the most. Everything else is prelude to this nasty piece of topography, to which Jones had referred me. It is wicked steep. Well, OK, you can no doubt find steeper elsewhere. But it's also covered with pebbles, rocks, stones, and an occasional protruding boulder top. It's like running on irregular ball bearings. Somebody left out the section where it relents and gives you a breather.

Decades ago, I had a goal of running all the way from the entrance gate down at Stonewall up to Grizzly Peak, with this hill as the crux. Tried and tried. Could never make it up this hill. Finally, one afternoon, I was in the midst of the usual struggle, and losing my footing and my will to succeed, and I saw a girl sitting on a boulder at the top, watching my desperate efforts. Damn it, I didn't mind failing, but I did mind an audience. Well, you've guessed the rest. She gave me a big smile as I went by.

So there you have it. Maybe McGuire is right, and there are a lot more runner-friendly ways to get the same training benefits, but I am not for a minute sorry about any of the times I was on it. If Brian and I were together, giving each other a customary hard time, I would mention the oft-cited "w" word, which rhymes with "blimp", and start making reference to his youthful days as a studly athlete when he used to impress me. But that is private and personal, between two friends, and inappropriate here.

I edited a mountaineering book for the Sierra Club. The author, SmokeBlanchard, told me he had been all over the world, but that no urban view he ever saw surpassed the view from this trail. I guess I'm surprised that anybody else knows about this run, and even more surprised that anybody else does it, but, given that, not at all suprised that Jeff Teeters would be the one to troll the lure that led fish McGuire up the thing. And, from a strictly unscientific viewpoint, I think Brian might find a few XC hills a bit less intimidating, and the footing a bit easier to negotiate, and a few runners easier to pass, because of it. If not, we've both already milked it for a story.

Jerry Goodwin supervises a track workout at the College of Alameda on Tuesday evenings. He sends out an email description of each workout, along with some words about running that vary from fiction to molecular cell biology. If you wish to receive these (whether or not you do the workouts), email him at jrgoodwin@value.net

In this issue . . .

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- Zippy 5K**
- Shriners 8K**
- Fleet Feet Mile**
- Ultra GP Wrapup**
- Cross Country Kickoff**
- Dipsea**
- Coach's Corner**
-and more!**

East Bay Striders



Running Club



Striding Since 1983

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TO :

