

East Bay Striders Newsnotes

Volume 16, No. 2, Summer 2001



New Racing Team Evolves

Thom Trimble

Starting with the Santa Cruz XC meet on August 25, EBS will be combining forces with selected WVTC members to form the EBS/WVTC racing team. The decision to create a combined racing squad was not an easy one.

As early as mid-2000 there were rumors bouncing around about the possible jumping of one or two WVTC masters. EBS was flush with masters runners, but always seemed to have trouble getting them all together at the same time. WVTC was rarely able to field a full masters team. After several negotiations, it was decided that the formation of the EBS/WVTC racing team would be beneficial to both clubs. The current structure of EBS will not change aside from a different PAUSATF racing team name and singlets.

HISTORY

The 2000 season for EBS, especially the masters men, was a good one. We just missed winning the overall GP title and ended the season with two race victories and four seconds. Only a mediocre team effort at the season-ending relay kept EBS from realizing their first championship season.

continued on page 2

EBS/WVTC win Slug Fest

Thom Trimble

It didn't take long for the new EBS/WVTC masters racing team to show some real promise. At the kickoff XC race for the 2001 season, the team ran over the competition.

Placing 4 runners in the top 8, EBS/WVTC easily outscored the other teams. The 1.5 times points gave the club 15 team points and the lead in the 2001 season.

The first-year Santa Cruz 8K proved to be a very tough test for those used to the flat and easy roads. The course started with 600 meters around a grass soccer field. Then the fun started! The course then shot up a steep hill into the campus. A short flight of stairs added to the

continued on page 11



Chatham and Thom, Mile 1

Cross Country Dirt '01

Thom Trimble



Aug 5 Santa Cruz (5 Mile) - This is a new race for the XC GP. Starting and finishing on a large grass field at UC Santa Cruz, this course has shown to be very challenging, with plenty of elevation change. EBS/WVTC captured the masters men's title here.

Aug 12 Empire (4.1 mile) - A new challenging course in Windsor replaces the old course at Spring Lake in Santa Rosa. Multiple loop race is good for spectating. Separate masters race.

Aug 19 Golden Gate Park (5K) - The usual kickoff race is now completely changed. A new 5K course replaces the usual 2-loop 4 miler. This is a fairly flat race which goes by fast. Only a couple of minor hills and some thick grass and loose dirt. A great spectator race.

continued on page 3

EBS Women Race and Place!

Malia Dinell

Stop the presses! Two East Bay Strider women actually raced this summer. After several successful summer speed workouts, B.Z. Churchman and Malia Dinell convinced each other, in a very junior high-like peer pressure way ("I'll do it if you do it"), to enter the Eden's Medical Center Run to the Lake 5k in Castro Valley on Sunday, July 15th. The premise being if they preregistered, they would actually have to show up (and everyone knows half the race is showing up). Also this race is notorious for slow times for its advertised flat race course is actually uphill (to the Lake Chabot) for the first mile and a half. The race is not exactly a "cherry picker", but it is pretty low-key, there are great post-race goodies and Malia figured if she had a heart attack during the race sponsoring hospital is right nearby. It was B.Z.'s first race in four years after pregnancy and

continued on page 11

Big Sur 5K

Dave Stephens

Coming off of a solid performance the week before at the Compaq 10K, some people from Team EBS men decided to run back-to-back weekend races. What the heck, this was only half of the distance and the course scenery was a lot nicer.

The problem with the News Channel 46 5K (aka Big Sur 5K) is that you really have to commit to that overnight stay for a run of 3.1 miles the next morning. When you factor in gas for the car, the motel room, dinner with the Maguires, and of course breakfast the next morning, it comes out to about \$40.00/mile or \$20.00/km for you metric folks.

Is it really worth it? You bet it is. While you won't set a PR for the 5K, this has got to be the most scenic 3 mile run anywhere



Jeff Teeters (L) and Dave Stephens at Big Sur 5K

continued on page 7

EBS/WVTC continued

Likewise, the 1999 Cross Country season was a big success. The EBS Masters placed a solid second to the national champion Aggies in the PAUSATF Grand Prix. We even beat the Ags at Tamalpa that year. The Striders then went on to the National Champs in Long Beach with a very solid team, on paper. Injuries prevented us from placing in the top 3. We vowed that we would return. With essentially 10 EBS masters capable of running under 35 minutes, we had reason for hope!



WVTC

The beginning to the end of the EBS master's hot streak came during the 2000 XC season. Again solidly in second place, EBS was unable to field full-strength teams down the stretch. We only scored in 5 of the minimum 6 races (10 total). This dropped EBS down to 4th place for the 2000 XC season.

The 2001 Road season did not start out much better. Despite a

continued on page 5

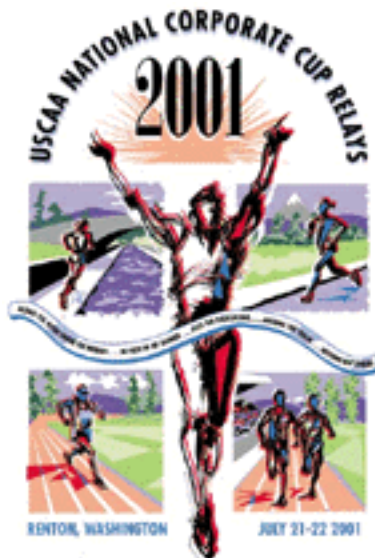
Corporate Nationals

Len Goldman

For the second year in a row, the National Corporate Meet was held in Renton, Washington a suburb of Seattle. Pacific Bell sent a team of about 30 athletes, one of our smaller National teams in recent years

For me personally, Renton did not hold fond memories as at last year's Nationals I was injured and did not really get back to where I had been until recent months. So it was with some trepidation that I returned, wondering if last year's experience would repeat itself. Most of the team assembled Friday at our hotel and gathered for the team meeting that night. It was a busy weekend, and many of us were at the track the entire time the meet was going on.

The first event on Saturday was the men's 5K and Pacific Bell had a road race team of just 6 runners. The 5K course is run on a paved trail, the Cedar River trail. It was flat and the weather cool and overcast, very nice running conditions. About 200-300 runners participated and it was a very talented field. Once the race got underway, the field spread out quickly, and we wound our way to the turnaround point. I was hoping to run even splits, but went out slightly



faster than planned, 5:48 for the first mile.

As we ran back toward the stadium and the finish, the women's teams were starting to assemble for their race and shouted words of encouragement. I was somewhere in the middle of the field and just tried to keep my pace, passing 2 miles in 11:45, with only a mile or so to go. This part of the course runs next to the Cedar River, but it was difficult to enjoy when you're racing full tilt.

Finally, we transitioned to the stadium parking lot, then entered the stadium for the final 300 meters. Fortunately at no point during the race did my Achilles bother me, so the bad memories from last year were not re-lived. I was fortunate enough to place 2nd in my age group (50-59) with a time of 18:23. Our team however did not fare as well, despite the efforts of the other runners. We finished in seventh place.

Saturday is usually a qualifying day on the track, with teams trying to meet the time standard to move on. I was a member of the Senior Relay and Master's Plus Relay that qualified for the finals. Unfortunately, most of our men sprinter's came out of the prelims with injuries and would not be able to run on Sunday. We

continued on page 12

Cross Country continued

Crystal Springs - This is probably the oldest and best know cross country course on the west coast. The course is run entirely on dirt trails/roads which seem to be going either up or down. A fast start down a steep downhill, followed by a narrow trail, makes getting out fast critical. A tough uphill just prior to the mile mark brings the pace back to earth. The 3-clover-leaf course is excellent for watching.

Davis - This is the race of no respect. Relegated to its single point value, and strict pre-registration requirements, few PA runners show up to this race. While few PA runners toe the line here, there is more than enough competition, supplied from local college and JC athletes. If you never ran serious XC in high school or college, this is the place to experience it! The Davis 8K course is fast and flat. Single mens race, which tends to be low in the over 40 category.

Presidio - The shortest and the toughest! Be prepared for some quad-busting sand and hills.

Sierra - Another college event with a separate PA race. This is a truly fun course. Moderate to steep hills, lots of turns, multi-loop course. All dirt. Great spectating too. Separate race for masters/senior men. Shirts to top placers.

Shoreline - A fast but not-so-scenic course. One long hill going out and back. Mostly gravel roads with some dirt. Good spectating.

Tamalpa - One of the more enjoyable courses to run, due to the constant change in terrain. Mile 1 on road (fast), Mile 2 is gravel road and single-track trail, Mile 3 and 4+ is shaded rolling/hilly single-track through trees. Separate masters mens race.

Champs - GGP course twice, usually. VERY competitive both individually and team-wise. This race is a must for those individuals and teams wanting to count in the year-end standings and prize money. Separate masters AND seniors races for men.

Below is the latest roster confirmations for EBS/WVTC:

Santa Cruz - 5 masters, 1 senior, 1 open
Empire - 3-4 masters, 1 senior, 1 open
GGP - 8 masters, 2 seniors, 2 open
Crystal - 5-7 masters, 1 senior, 1-2 open
Davis - 1-3 masters, 1-2 seniors
Presidio - 6-7 masters, 1-2 seniors, 1 open
Sierra - 6-7 masters, 1 senior, 1 open
Shoreline - 3 masters, 1-2 seniors, 1 open
Tamalpa - 7-8 masters, 2 seniors, 2 open
Champs - 8 masters, 2 seniors, 2 open

Give Your Legs a Lift!

Thom Trimble

Do your legs ever feel like they are filled with lead? No snap. No bounce. No spring? Has your stride length decreased along with your sprint speed? Do you ever feel like you are dragging your legs instead of them carrying you along? Does that same hill you have been running up every week seem to get steeper each year? Does your knee lift rival that of a jellyfish?

If so....blame those sorry sartorius muscles....and ill-prepared iliopsoas! Yes, you heard me right! Muscles you never knew you owned, or used for running. Face it, you've been relying solely on those poor gastrocnemeuses and quadriceps, and giving the sartorius and iliopsoas a free ride simply because you can't pronounce them correctly in public.

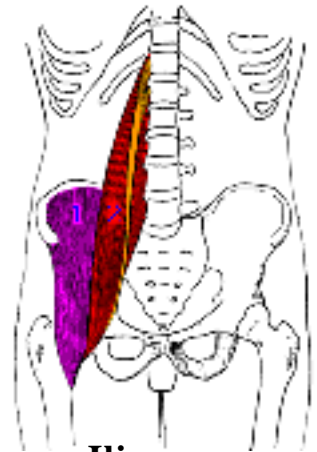
Think again buddy! Time to brush up on your Latin as well as your hip flexion. (fade in Rocky theme music for effect). By simply incorporating a couple simple exercises a few times a week you, yes YOU, can have knee lift that would make a Kentucky trotter proud....make marching band leaders envious...and draw sighs of jealousy from most invertebrates.

If you act now, you can put more pop in your stride, eliminate the legs of lead forever, and whack seconds off your interval and hill repeat times!

I, Thom Trimble, the founder and CEO of "Legs of Balsawood" can now reveal my secrets to club members. Its the iliopsoas and sartorius, stupid! The exercises that I use have not only improved my knee lift, but have seriously cranked up my sprinting speed, hill repeat ability, and all but eliminated the "legs of lead" I am so used to after a hard workout.

The basic exercise I do, three times a week after my hard runs, is performed as follows (grab a pen and paper and write this down!):

1. Lie on your back with your knees bent and feet flat on the ground.
2. Rotate your hips to flatten out



Iliopsoas



Sartorius

continued on page 13

Jaggers at Houlihan's

If it is late March, it must be time for Houlihan's. This was to be my first race in the SF Bay area since August of 1999 (Alameda Run for the Parks, of course). I was in great shape, and I was looking forward to helping the EBS masters squad with a strong performance. It was great to see old faces again (and I do mean old).

I started at the front, and went out with the leaders; I hit the first mile in 5:02 at the back of the lead pack. Quick, but still conservative for the guys at the front. Of course, the climb to the Golden Gate Bridge was looming ahead.

On the climb, a few runners passed me as expected; years of nagging calf and achilles injuries have resulted in minimal hill training, so I just tried to maintain as well as possible until we reached the bridge. Still, I held my ground and turned onto the



Chris at Houston Conoco 10K

bridge as the first masters runner. I didn't get a two-mile split, but that one is usually meaningless anyway. I felt good, and continued to run hard.

After I passed the three-mile mark (16:40), a group of three runners passed me – Jose Aispuro, Ty Strange (masters), and a third unknown runner. I tucked in with this pack, and away we went!

The next two miles went by in 10:28 (27:08 at five miles). We had run through the hills of the Presidio at a strong pace, and it felt easy. We had passed a number of runners who had obviously went out way too hard. I spent a mile trying to get Aispuro to admit he was 40 (he wasn't – just 39).

Just before five miles, we had taken a right turn and went up another incline. Damn it, Rhody, you changed the course! That climb wasn't there before. My calf had started to feel that familiar twinge, so I had to back off of the pace and let the other guys go. I didn't get a split at six miles, but I ran a miserable mile and Strange had put an easy 20-30 seconds on me.

Like all good runners, however, I regrouped. I started picking up

the pace for the seventh (flat) mile, and began to pass people. I just kept running faster and faster, and guys were coming back to me rapidly. At the seventh mile mark (37:59), I realized that I had gained significantly on Strange – he now was only five seconds ahead, and the masters title was still up for grabs!

I charged up the Fort Mason hill, determined to give it my best shot. Strange was still ahead, but his lead was shrinking with every stride. I could almost reach out and touch him at this point. This was going to be close, I thought.

Then – it happened. Just before we crested the last hill, I felt a sharp pain in my left hamstring. I went from balls-out running to a dead stop in two strides. Needless to say, I let out a string of profanities that would have made any sailor proud (they probably heard me anyway). I was frustrated – so close to the finish line!

I tried to stretch it out, but I was still in considerable pain. I looked back, and couldn't see anyone that I knew was a masters runner. Then it hit me in a flash of brilliance – I had to get over the hill anyway, and the damage had already been done, so off I went to the finish line, limping and hopping on my one good leg.

I managed to finish despite the leg – I even held off a runner down the home stretch! I'm sure it looked pretty pathetic, but I still finished the race as second master in 40:51. I missed the EBS masters club record by one second, but that was definitely not on my mind as I finished the race.

I did receive a compliment from Lloyd Stephenson after the race, who finished 20 seconds in back of me. After he realized that I was a masters runner and I finished ahead of him, he approached me and asked, "Who the hell are you?". I love it.

After Houlihan's – The "Incident"

My left hamstring hurt considerably on the drive back to Southern California following the Houlihan's 12K. Still, the \$100 that I won at the race made it seem worthwhile. I took two days off from running, then started again – easy, on dirt. There was no bruising to indicate a torn muscle – probably just a strain or severe cramp, I thought. A couple easy weeks of running, then I'd be back in business.

I progressed through the rest of the week in decent shape. The leg was feeling better every day. Sure, it hurt, but seemed to loosen up as my runs progressed. Typical for a severe cramp, and I've been through those before. Unfortunately, I had to miss the Carlsbad 5000 the following weekend, but I didn't want to do anything stupid.

The following Monday morning (eight days after the race), I felt a sharp pain in my leg as I got into the shower before work. Ouch, that hurt! Oh, well, what did I expect, anyway? I continued on to work that morning, trying to stretch out the leg at every opportunity.

As the day progressed, I could feel the leg swelling more. By the afternoon, the leg was extremely sore, and I was starting to feel sick. I knew something was wrong, but I just thought the leg was acting up. I left work, picked up my son from school, and went home. I was beginning to feel dehydrated which didn't make much sense at the time.

That evening was rough. I did manage to make it upstairs to my bed and got my son into his bed. However, since I was feeling sick

continued on page 5

Jaggers continued

I arranged for my ex-wife to come over in the morning and take my son to school. I had him leave a key under the front door mat so that I didn't have to get up.

The next morning, things were getting worse. I felt extremely dehydrated, nauseous, and I could barely move my leg. I tried to get some fluids into my body, but it wasn't working. Early in the afternoon, I hobbled to the bathroom, feeling very ill. I made it to the bathroom, but got extremely dizzy and started to pass out. The next thing I knew, I was face-down on the floor, and my head hurt – a lot. Apparently, I had knocked myself out on the toilet, and had shattered a plastic trashcan with my face. I crawled over to the mirror, and thought, "It feels worse than it looks!", so I just laid there for an unknown amount of time. Finally, I crawled back into bed.

A couple of hours later, I called my ex-wife who was only a couple of miles away at my son's Little League game. Come over after the game, I said. When she got there, I asked her to throw some things in a bag for me – I needed to call 911. I couldn't walk down the stairs, plus I got dizzy everytime I stood up, so I wasn't going anywhere by my self.

It didn't take long for the circus to start. Fire trucks, paramedics, an ambulance – it must have been a good show for the neighbors. There must have been at least a dozen emergency crew in my bedroom as they looked me over. They said that I probably just hurt my hamstring and got a case of the flu at the same time, but they would take me in anyway. So, off to the hospital I went. That was the last I would see of my neighborhood for eleven days.

When I got to the hospital, things changed. The doctors and nurses had a much different approach than the emergency personnel at my house. My fever was approaching 105 F, my kidneys were failing, I had severe dehydration, I was anemic, my blood pressure dropped to 63/32, my resting pulse rate was above 100, my white blood cell count was out the roof, my leg was swelling and turning red – in short, my body was fighting a severe infection. Within an hour, I had three surgeons (in addition to the other doctors) looking at me, including the Chief of Surgery at the hospital. They were concerned that I had the flesh-eating bacteria, and they were talking about cutting my leg open, skin grafts, etc., anything to "save the leg". At this point, I just wanted something for the pain. Plus, some food – I hadn't eaten in a day and a half.

I found out later that they were concerned that I would not make it through the night. Obviously, I did. The second shot of demerol did the trick; I was no longer in pain, but extremely uncomfortable. They put seven IV bags into me that first night.

The parade of doctors continued the next day. Everyone was puzzled; they were never able to grow anything from the blood cultures, so they ruled out the flesh-eating bacteria. However, they could not identify what was triggering the infection. MRIs, CAT scans, ultrasounds – nothing showed up, except some internal bleeding in the leg from the original hamstring injury. It had bled significantly, which was a prime breeding spot for bacteria and a subsequent infection, but where did the bacteria come from? There were no open wounds on my body. I literally saw over ten doctors

continued on page 7

A Not So Funny Thing Happened on the way to Houlihan's

John Monteverdi

Here is the reason that EBS did not field scoring teams in the Masters and Seniors competition at Houlihans. Jeff Teeters and I were car-pooling in my car from Oakland to San Francisco. At around 6:15AM we were crossing the intersection of 51st and Telegraph going towards the onramp to Interstate 580. As we nearly had cleared the intersection, a car driving southbound on Telegraph ran through a red light and broadsided my car on the passenger side.

There was no warning, no screeching brakes. The elderly lady who was driving the other car was totally oblivious to the fact that she was running a light. Hence, she didn't do it purposefully...but she did it nonetheless.

The impact destroyed the rear door, and, basically, the entire right rear section of my car, and bent the shock absorber mount on the rear wheel so that the wheel was canted out. It fortunately only damaged the passenger side door that was adjacent to Jeff.

All we remembered was a tremendous impact. Neither Jeff nor I noticed that the side airbag on his side of the car briefly deployed...thank goodness, since his head was shoved righthard relative to his neck...he could have had serious injuries if the air bag had not protected him from the impact. Even so, he had soft tissue strain injuries to his neck and muscles in the upper part of his torso. The impact only startled me and I had no physical injuries.

continued on page 11

EBS/WVTC continued

4th place finish at the season opener Cal 10, EBS saw a big light at the end of the tunnel. Chris Jaggers turned 40 and would add a huge boost to the struggling team. Houlihans 12K would be the beginning of the NEW IMPROVED EBS Masters. We were poised to clean up. However, the gods of running did not smile on EBS that day. Jeff Teeters was injured in a car accident, along with John Monteverdi, coming to the race. This left only 4 masters on the team. We had to drop down a senior to complete the team.

The second and more long-term blow to EBS came near the end of the 12K. The "Reign of Jaggers" lasted about 11.9K. Chris was having a fine race, just behind the first master, and on pace to set a new EBS 12K masters record. Coming down the last steep hill Chris experienced a sharp pain in his hamstring, forcing him to hobble the last stretch to the finish. This injury kept Chris out for months (see his article in this issue) and crippled EBS's chances at another top season.

With EBS's #1 master on the long term disabled list, and essentially half of the other EBS masters either injured or unable to make many of the races, the Striders were relegated to simply hanging on for PA points. Firsts and seconds were a thing of the past. EBS took 3rd at the 12K, then 4th at the triple-point Compaq 10K. The final blow came at the Big Sur 5K. Only 4 EBS masters made the trip. Not even a senior drop-down was available as the

continued on page 8

Houlihans 12K

OPEN MEN

1. Transports	3:11:46	20 Points
2. WVTC	3:15:03	18
3. Hoys-Excel	3:17:58	16
4. Aggies	3:24:44	14
5. Hoys B	3:25:28	-
6. EBS	3:48:17	10
Tim Keenan	42:59	
Mike Maguire	43:16	
John Lehman	44:04	
Philip Oreopoulos	47:23	
Daniel Rosenthal	50:35	
7. Empire	3:57:39	8
8. WVJS	3:58:11	6m
9. Tamalpa	4:09:06	4
10. Silver State	4:10:30	2
11. Buffalo Chips	5:15:34	0

MASTERS MEN

1. Hoys Excel	3:33:42	20 pts
2. WVJS	3:34:23	18
3. EBS	3:43:58	16
Chris Jagers	40:50	
Thom Trimble	41:50	
Dave Stephens	43:39	
Len Goldman	48:26	
Mike Plummer	49:13	
4. Tamalpa	3:49:05	14
5. Buffalo Chips	3:54:06	12
6. Silver State	3:56:37	10
7. Aggies	4:09:01	8

Compaq 10K, 4/22/01

OPEN MEN

1. WVTC	2:35:08	25 pts
2. Transports	2:39:56	22.5 pts
3. Aggies	2:42:12	20pts
4. Hoys	2:51:14	17.5 pts
5. Hoys B	2:51:14	-
6. Tamalpa	2:59:30	12.5 pts
7. EBS	3:08:00	10 pts
Tim Keenan	34:55	
John Lehman	35:03	
Mike Maguire	35:08	
Donald Ng	40:42	
John Monteverdi	42:12	
8. GV Harriers	3:18:48	7.5 pts
9. WVJS	3:35:46	5 pts

Compaq 10K continued

MASTERS MEN

1. Aggies	2:52:14	25 pts
2. Hoys Excel	2:54:01	22.5 pts
3. WVJS	2:56:50	20 pts
4. EBS	2:59:36	17.5 pts
Jeff Teeters	33:39	
Dave Stephens	34:20	
Chatham Ross	35:19	
Thom Trimble	36:46	
Mike Plummer	39:32	
5. River City Rebels	3:18:44	15 pts

SENIOR MEN

1. Hoys Excel	1:49:25	25 ps
2. Tamalpa	1:53:40	22.5
3. EBS	1:58:56	20
Steve Freitas	38:14	
Len Goldman	38:56	
Julios Ratti	41:46	
4. WVJS	2:08:58	

Big Sur 5K - 4/29/01

OPEN MEN

1. Transports	1:16:24	10 pts
2. WVTC	1:18:34	9 pts
3. Hoys Excel	1:19:41	8 pts
4. Aggies	1:22:44	7 pts
5. Hoys Excel B	1:23:16	-
6. EBS	1:27:43	5 pts
Dave Stephens	16:53	
Jeff Teeters	16:57	
Mike Maguire	17:10	
Thom Trimble	17:24	
Mike Plummer	19:19	
7. WVJS	1:36:53	4 pts

Zippy 5K 5/28/01

OPEN MEN

10. EBS	1:32:54	
John Lehman	16:31	
Phil Oreopoulos	17:20	
Jim Granahan	18:52	
Marty Beene	19:51	
Julios Ratti	20:20	

SENIOR MEN

1. Hoys Excel	52:47
2. Tamalpa	55:22
3. Wed Night Lndry	55:47
4. EBS	55:50

continued on page 7



Zippy 5K continued

EBS Seniors	55:50	7 pts
Steve Freitas	18:28	
Len Goldman	18:34	
Robert Gormley	18:48	
5. WVJS	1:00:24	6
6. Hoys B	1:04:22	5
7. Buffalo Chips	1:04:58	4

Fleet Feet Mile 7/1/01

No EBS Teams

EBS/WVTC Masters Team (unofficial, would be 4th)

Fletcher Lesley	4:44
Dave Stephens	4:45
Thom Trimble	4:47
Mauricio Maia	4:48
Tony Fong	5:05

Open

John Lehman	4:43
Phil Oreopoulos	4:46

Senior

Julios Ratti	5:45
Malcolm Scotchler	6:28

Big Sur continued

around. The course is challenging so as not to make it an all out sprint. The 1st mile has the long, gradual uphill and makes one reconsider "burning this one all out". The 2nd (and most scenic) mile follows a fairly hard packed, but sandy path along the breakers and shoreline of the Pacific Ocean.

The 3rd mile starts with a short, but steep uphill climb back to the roads. From the crest, one might figure, "now is the time to burn it". However, the long gentle down slope continues longer than one would want and the finish is not at the start. Oh no! The finish is PAST the start line and over the bridge. (Editors note: this is probably why Mr. Stephens thought that he ran 20 seconds faster than he actually did) And as always, PCH 1 seems to be a wind tunnel of sorts. This year the (extra) cool breeze turned out to be a headwind when running toward the finish. However, Team EBS was so proud of their times, that they decided to score as an Open Men's Team as opposed to a Masters Men's Team. Sure, and I have a bridge in Brooklyn to sell you too. Only having 4 out of the required 5 for scoring, (Julios is now a Senior) meant the old guys rallied around Mike Maguire and scored a solid 6th place for the Open Men.

Jaggers continued

– internal medicine, surgery, orthopedics, infectious disease – yet no one had ever seen anything like this. How does one pull a hamstring and end up as sick as I was?

The next eleven days were a blur, as it was hard to distinguish one day from the next. They continued running tests and bringing new doctors to see me, but nothing was conclusive other than I was fighting some type of leg infection. I was not in much pain, but just uncomfortable from all of the swelling and stiffness. Finally, the leg began to respond to the antibiotics, and they were able to release me.

A good friend came to pick me up in his Porsche. Once we got to his car, we sat in the hospital parking lot drinking beer. That's a true friend for you! At that point, I was just glad to be outside in the real world again.

The Past Three + Months – The Recovery

They released me from the hospital on crutches, which I used to get out of the hospital door and parade up and down the street for the neighbors. I put them in the closet that evening, and they are still there today.

My recovery started the next day. I went to the gym, determined to regain the upper body strength that had disappeared. My shoulders and neck hurt from laying on my back for eleven days straight. Well, that first workout was pretty pathetic – I had loss so much strength. Still, I was at the gym twice a day, lifting weights. It took me two weeks but I recovered all of the upper body strength that I had lost.

My legs were a different story. Although the swelling had begun to dissipate, I still could not touch my left foot. Running, of course, was out of the question. So, I began to walk (hobble, actually) a short distance whenever possible.

The doctors instructed me not to run until July, which would have made it nine weeks without running a step. Well, I started running the day I could tie my shoe on that foot, which was at the end of April (four weeks after the start of everything). I ran two miles on grass at the local park, and it hurt pretty bad. The hamstring was tight, but OK – it was EVERYTHING ELSE that hurt! I was discouraged but happy to be trying again.

Over the next few weeks, my mileage increased rapidly. The first week I ran 5 miles, then 29, 45, 54, 65, 72.....all on dirt trails. It was not very fast at all, but I was working the kinks out. Running on pavement was out of the question, since my legs weren't strong enough.

I did develop some minor calf problems, which I attributed to one of the antibiotics I was still taking. Apparently, Cipro has a degrading effect on tendons, and can actually contribute to tears in people taking the medication. I didn't realize this at the time, but I did feel a considerable weakness in the lower legs. Once I stopped taking the medication, things began to improve.

I reached a base of 75-80 miles/week on the trails, and maintained that for six weeks. In late July, I began the successful transition from the trails back to the roads. This was essential for me to work on my form and strength, and I knew I would never be

Standings

PAUSATF Grand Prix

INDIVIDUAL STANDINGS

MASTERS MEN (through Mile)

9. Jeff Teeters	117
11. Dave Stephens	103.5
17. Thom Trimble	82
23. Chris Jagers	48
31. Chatham Ross	22.5
61. Brian McGuire	1

SENIOR MEN

10. Len Goldman	73.5
13. Steve Freitas	49
20. Robert Gormley	29
34. Julios Ratti	13.5
47. John Monteverdi	5

TEAM STANDINGS

OPEN MEN

1. Transports	92.5
2. WVTC	88
3. Hoys Excel	73.5
4. Aggies	48
5. EBS	44
6. WVJS	26
7. Tamalpa	23.5
8. Buffalo Chips	17
9. Empire	14
10. GVH	13.5
11. Silver State	6
12. River City	5

MASTERS MEN

1. Hoys Excel	88.5
2. WVJS	81
3. Aggies	74
4. EBS	40.5
5. River City	32
6. Buffalo Chips	25
7. Silver State	18
8. Tamalpa	17
9. WVTC	5
10. Ryans	4

SENIOR MEN

1. Hoys Excel	104
2. Tamalpa	95.5
3. WVJS	52.5
4. Buffalo Chips	49
5. EBS	44
6. Wed Night Lndry	33
7. Silver State	21
8. Empire	13
9. River City	8
9. GVH	8

EBS/WVTC continued

Strider 50s only had 3 guys.

At this point, talks with WVTC's masters took on a new meaning. Both clubs were struggling, with no immediate hopes of placing any better than mid-pack for the rest of the season. We could continue to wallow in mediocrity, or take steps to reinforce a team riddled with injury. While WVTC only had 3 solid masters, they were near-100%ers (they show up at all the PA events). EBS on the other hand has a full stable of masters, but injuries and other distractions seem to keep the team from realizing its true potential.

The no-show at Big Sur was followed by a solid team effort at Zippy's. We just missed grabbing second place. Weeks later, however came the final blow. Another 4-man team at the Shriners 8K. Discouraged at watching the 2001 season fall apart, the deal was struck with WVTC's masters on the jog back to the start of the

~~8K~~ THE NEW RACING SQUAD

Both EBS and WVTC members did not want to abandon their respective teams. Therefore we decided to maintain our memberships in our clubs, and also form a new "hybrid" racing squad, tentatively named EBS/WVTC. The squad, which started out with just masters men, soon enveloped the seniors and some open men. We did not want to loose the drop-down capability which our team was so heavily reliant upon. We also did not want to alienate current open members. The only "visible" change will be a new racing singlet and team name on the GP standings. Our membership in EBS will otherwise be unaffected. We hope to merge the women into the new racing squad too once things get settled out. While we will score as a team for the last four road races of 2002, our goal is to have a solid and dependable racing squad for the upcoming cross country season.

BENEFITS

One might think that the only reason for forming this new racing squad is to win, but that is only a small part of the decision. As I see it, this change makes life easier for many of the EBS members who are interested in the PAUSATF GPs. For those who are avid participants in the Road and XC season, the added roster depth ensures full teams and makes their tireless efforts more fruitful. For those who participate occasionally, or are injured avid participants, the added depth lets them be more selective as to which races they wish to run, without the burden of "filling out a team"

when they would rather rest, or run elsewhere. For those who don't participate in the PAUSATF season, this decision should be of little meaning.

The overlapping and compact XC season is another reason for the new squad. While the road season is spread out over the entire year, an allows time off, the XC season is nearly non-stop (10 races in 13 weeks). With the road and ultra races sprinkled in, it becomes nearly impossible to field solid teams at each event without a fortified roster. We also hope to enter a strong Masters team in the Winter 2002 XC Championships to be held in Vancouver, WA in February.

ULTRA TEAM

The impact on the EBS ultra runners is not yet clear. While few

continued on page 9

The Best Warmup

Tim Keenan

For the past decade, exercise physiologist John Daniels, Ph.D., has experimented on his distance runners at the State University of New York at Cortland. After much trial and error, this world-renowned scientist has developed the perfect warmup. Here's what to do:

1. **Run easy for 1 to 2 miles.**
2. **Stretch out any tight muscles.**
3. **Run five to six 20-second strides at your mile pace, with 30 to 40 seconds of recovery between strides.**
4. **Run 2 to 3 minutes at your threshold pace (slightly slower than your 10-K race pace).**
5. **During the final 10 to 15 minutes before the race start, keep moving. This is also the time to double knot your shoes, stretch and hit the portajohn.**

While this warmup may sound vigorous, its based on experience and good science. The strides and threshold running increase your chances of starting the race at your proper pace. The threshold running also may optimize the way your body uses fuel. Of course, some runners may respond differently. So try this warmup first, before a low-key race to gauge how the warmup routine works for you.

Bar Dates

Tim Keenan (EBS PowerDude)

No, I don't mean singles bars!! But now that I have your attention, what exactly does the expiration date on your energy bar mean? What will happen if you gulp a bar or gel one month after its "best by" date. Not much as it turns out. So if you are a heavy consumer of the Striders sponsors products like I am, take heed.

According to several manufacturers, most bars and gels are perfectly safe to eat beyond the date stamped on the package. Just don't expect them to taste delicious. along with taste, the bar will lose some nutritional punch. Some vitamins and minerals can lose potency over time. To keep your stash fresh, follow these tips:

1. If you're not a major coconsumer of bars and gels, buy just a few at a time.
2. Store your bars and gels in a cool, dry place such as a pantry or closet. Time and temperature are the enemies of flavor and freshness. Time may be beyond your control, but temperature isn't
3. Once you open the package, all bets are off. If the wrapper has been torn or punctured, proceed with caution.
4. If you find an energy bar dated 1991 in the bottom of your gym bag, toss it. When in doubt, spring for a new one.(energy bar, not gym bag)

Jaggers continued

ready to race again until I could get off of the trails. Well, it's been over three weeks now, and things are finally going well. Tempo runs, long runs up to 13 miles, steady runs – it's all coming together. I am staying away from the track until September, and will start back with mile repeats.

So, where do I stand right now? The leg appears to be healed (with only minor tightness); I am running 75+ miles/week; I am training, not just running; and I plan on returning to racing in September. I still have a ways to go to be back in top form, but I plan on getting there one way or another.

I hope to see everyone at Paso Robles on September 30th. It's time to go Aggie hunting.....

EBS/WVTC continued

EBS ultra runners dip down into the "sprints" of the road and XC season, their membership status in EBS/WVTC must be considered. It is probably a good idea so switch to the new club (#220) to ensure your ability to score in any discipline. The only change will be your team name on the scoresheet and perhaps a new singlet.

LEADERSHIP

One other benefit of the new squad is to bring new leadership to our racing teams. Many of the WVTC guys are motivated to organize teams for the upcoming XC season. Team organization can be a tiresome and thankless job. Spreading out this responsibility will make things easier on those contributors.

WOMEN

The potential for combining the EBS and WVTC women may be the answer to our struggling women's program. WVTC's women are also hurting when it comes to depth. Hopefully the combination of our women's programs will create a critical mass which will draw even more women into the fold.

WHAT IS NEXT

For those who are interested in racing for EBS/WVTC, and still maintaining EBS membership, all they have to do is send an email to me (Thom Trimble thomtrimble@earthlink.net). I will give you instructions as to how you can easily switch your PA racing affiliation, and any time constraints you need to meet.

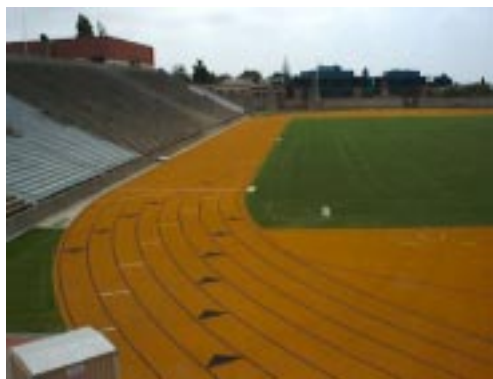
EBS HOTLINE

(510) 428-1200

NEW EBS WEBSITE

www.eastbaystriders.org

Thursday Track Workouts



- Aug 30** 6x1000
- Sept 6** 16,12,8,12,16
- 13 5x1200
- 20 8x800
- 27 10x400 (Paso Robles 10k 9/30)
- Oct 4** 3x(800,1200)
- 11 EBS 5000
- 18 10x400 (Humboldt Half 10/21)
- 25 4x1600
- Nov 1** 4,8,12,16,12,8,4
- 8 10x400 (Clarksburg 30k 11/11)
- 15 8x800 (XC champs GGP, Sunday 11/18)
- 22 5x1200
- 29 6x1000
- Dec 6** 10x600
- 13 16,12,8,12,16
- 20 3x(800,1200)
- 27 4x1600
- Jan 3** 8x800
- 10 10x400 (Cal 10?)
- 17 4,8,12,16,12,8,4
- 24 5x1200
- 31 6x1000
- Feb 7** 10x600
- 14 16,12,8,12,16

LOCATION: Edwards Stadium, UC Berkeley

400m rest unless otherwise noted. Check the Hotline for possible changes (510) 428-1200. 5:50 PM until Standard Time (call hotline for new time)

Sunday Runs

Maps and details can be found at:
<http://www.eastbaystriders.org/weekend.html>

First Sunday of Each Month; 8:30 AM
 Stream Trail or French Trail (9 Miles)

Second SATURDAY of Each Month
 Meet at 8 AM, Peets Coffee on Solano Avenue in Berkeley for Car Pool to Marin County Runs 1.5 - 2 hours in length (eq. 10-12 miles); folks going over there can expect to be back in Berkeley between 1 and 2 PM

Second Sunday of Each Month; 8:30 AM
 Tilden Park (7-10 Miles) or other runs in Wildcat and Tilden Parks
 (TBA on Hotline)

Third Sunday of Each Month; 8:30 AM
 Sequoia-Bayview (8 mi) or Big Trees Loop (9 mi) or Woodminster Run (8.5 mi)

Fourth and Fifth Sunday of Each Month
 Announced on the Hotline, 510-428-1200

Road Schedule 2001

- 9/30 Heritage Oaks Banks 10K**
 Paso Robles 3.0x pts
- 10/21 Humboldt Redwoods 1/2 Marathon**
 Weott 1.5x pts
- 11/11 Clarksburg Coutry Run 30K**
 Clarksburg 2.0x pts
- 12/02 Cal International Marathon**
 Sacramento 2.0x (team 3.0)
- 12/09 Christmas Relays**
 San Francisco 1.0 pts

EBS NewsNotes

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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 at \$20 per year (\$10 for students). Membership information available from Jon Magasin, 2420 Virginia, Apt 102. Berkeley, CA 94709, jmagasin@bluemug.com

Officers of East Bay Striders

President	Thom Trimble
Vice-President	Malia Dinell
Treasurer	John Monteverdi
Secretary	Jonathan Magasin

EBS Hotline (510) 428-1200
 Web Site: www.eastbaystriders.org
 Club USAT&F # 138 Established 1983
 & #220 (EBS/WVTC) Established 2001

Women continued

Achilles' problems. Malia's last race was so long ago her racing flats were "way too flat".

It was hard. It was not fun. But it was done. Other race day highlights were cheering for EBS 10K racers: Julio Ratti (1st place 50-54 year old in 42:45), Nicholas Ratti (45:15) and Dan Rosenthal (45:43) and a spectacular win by Karsten Kaufman in the Kids Dash. Karsten of the EBS Development Program and potential Future Open runner in the year 2014 was 6 years 11 months old on race day. His coach (and mother), B.Z. Churchman, strategically placed him in the 5 to 6 year old Kid Dash. He stood heads and shoulders over the other tykes and was the only kid who could tell the announcer what city he was from. Coach Churchman had Karsten avoid the Kiddy Aerobic warm-up and had him stretch and do strides. When it came time for his event, Karsten flew from his standing start and never looked back (or to his sides) for the 25-meter sprint. After receiving the "Everyone's a winner" ribbon and goodie bag, Karsten returned to his cheering section to adults yelling, "You won! You won! Not that winning is everything!"

Speaking of winning or even PRing not being everything, Malia placed 2nd and BZ placed 3rd in their 35 to 40 year old age group in PWs (personal worsts). Ironically, they even received medals (at a table without having to wait for the award ceremony...good planning by the race director). BZ won a raffle of bath products (better than winning the hospital's enema a few years back). More important than the tangible rewards of the race is the notion that East Bay Strider women racing again. The squad might be few (and slower) at first, but it is a start and they can only get better.

Hopefully with the start of the CAL school year, more women will be running at the track on Thursdays. Flyers will be made up to put in the Recreational Sports Facility. B.Z., Malia and a few other women from the track and weekend runs are planning to race cross-country this season, so if you know of any women who would like to join them, please let either of them know. Thank you for all your efforts being made at the Weekend runs and Thursday workouts.

Loping Like a Deer on Trails

John Monteverdi

As I write this, the first Cross country race in the PA USATF series looms on Saturday August 25. The series runs from late August to mid November (see <http://www.pausatf.org/data/2001/XCSchedule.html> for scheduling information) and includes a record number of races (10) this year. There are races on each weekend from the last weekend in August through mid November except for the Paso Robles 10K and Humboldt Half Marathon weekends.

I guess it is hard to convince those of you who have never done these races and/or are convinced that only road racing is for you that this is a series worth considering. The negatives are there: the courses are difficult (usually extremely challenging due to footing, surface types, steep and relentless hills) so that your times will look awful; the races are on almost every weekend and are on Saturday (this seems like a real over-commitment).

That is all true. However, the races are not long, ranging from about 3 miles to 10K. Most of the courses are in the 4-5 mile range, though. And despite the difficulty of the courses, the recovery time

continued on page 12

Not Funny continued

Thank goodness for Audi engineering, as I did not lose control of the car, and managed to stop in about 30 feet, despite the tremendous torquing that had occurred.

The other driver was stunned but seemed unhurt, although the front of her car was totaled. Unfortunately, although she initially 'fessed up to running the light, she later denied that she did to the police. Since there were no independent witnesses out at that time of the morning, the police declared it "no fault" although they noted that the physical evidence supported my story. (Basically, the only way for the damage to have occurred if I had run the red light is if I had come through the intersection at 90 mph and somehow gotten around her. This was clearly impossible given the fact that I stopped just on the other side of the cross-walks).

We did call for paramedics, and both the other driver and Jeff were taken to the ER. Jeff was released quickly.

The insurance company subsequently found that the physical evidence as overwhelming and declared me the faultless party. As a result, all costs related to the repairs (\$17000) were covered with no effect to my rates. The last I heard is that they are trying to deny a portion of the claim of the other driver.

As a testimony to Jeff's commitment to the team concept, he was still wondering if he could make it to the race despite the accident. There was no way, of course, and we were both grateful that we had escaped serious injury.

Santa Cruz continued

fun. The next 3.5 miles were continuous up and down dirt trails. The keyhole loop returned on the same course of the first mile, down a steep hill and stairs. Gravel and ruts made footing precarious, and the unknown route kept the pace honest through the early going.



John Lehman

The EBS/WVTC Masters team was led by Thom Trimble, who placed second in the masters division (18th overall), with a time of 27:00. Not far behind Thom were Mauricio Maia (27:36) and Fletcher Lesley (27:40), in 4th and 6th places respectively. Placing 8th in the masters division was Chatham Ross in 28:29. Larry Menard returned for a long-term injury layoff to complete the team with a 13th place, 29:40 finish.

Two Open Striders also competed - John Lehman, who finished in 28:37 (50th), and Donald Ng in a time of 32:58 (109th). John Monteverdi was the lone EBS/WVTC Senior, who placed 15th in his category with a 35:53.

In the women's 5K event the course was the same except the "easy" part around the grassy field was eliminated and a short cut was added on the keyhole loop. Three Strider women braved the course to show the PAUSTF that the blue broccoli was not just men.

First across the line for EBS was new member Suit Li in an impressive time of 22:57, good for 26th. BZ Churchman placed 45th with a time of 24:50. Vice-Prez Malia Dinell was right behind in a time of 25:04 (48th).

Corporate continued

had just enough runners to field teams on Sunday, and would be crossing our fingers that none of them got injured in the process of running in the finals.

I opted not to run the 10K on Sunday morning, knowing I would run in at least one relay and perhaps two. The race went off at 7:00 a.m., an early start to another long day for several of the runners. The course was the same as the 5K, except it went our farther on the Cedar River trail. Our men's team consisted of just 5 runners, the minimum needed to score and we crossed our fingers that they would all make it to the finish and not get injured. Fortunately, they all made it through unscathed, but sore from their effort.

Sunday's finals on the track started with the "host event" the Tactical Relay consisting of 3 runners, two men and one woman. Its rather difficult to explain, you had to be there to see it, but basically, the woman's job was to run the first 4 laps (1600 meters) as fast as she could and then let the



men continue for another 4 laps. The key was that the men could not be ahead of the woman at the finish of 4 laps. This led to some interesting strategy and we were rooting for Patti Hartinian to run under 7 minutes. She came very close to her personal best running 6:52, after which our two remaining men runners, Tony Pacheco and Trent Koplinski took off. Tony's job was to pull Trent through the next 2 laps and then step off and allow Trent to finish the race running 2 more laps by himself. Now you know why its rather hard to describe. Anyhow, Tony did a fine job and actually was ahead of Trent by several seconds, running his two laps in 2:30. Trent finished up running his 4 laps in 5:07, concluding a rather interesting event.

Next up was the Seniors Relay, with Berek Fislwickz running an opening 400, Martie Behrens a 200, Alvin Jackson a 600 and I was running the final 400. All of us except Berek were retired employees, who can compete as retirees. Berek ran a fine opening leg and had us in the medal hunt, Martie then took off and passed all the other 200 meter runners except one. Alvin was running against the top Senior age group runners on his leg and stayed with the leaders, trailing by just a few seconds and we were in third. Alvin passed the baton to me and I tried to focus on the runners ahead of me. On the backstretch a runner from Lockheed-Martin flew by me, there was no way I could stay with him. I continued to stay in contact with the runner in third place and around the final turn could see that he was starting to struggle and slow. I gave it one final push and in the last 30 meters went by him putting our team back into 3rd place and the bronze medal. What a relief, this was our first medal in a track event in a couple of years and a hard fought one.

Deer continued

is about zero. That is because the varying angles and soft surfaces may fatigue your legs, but are not causing micro-tears of muscle tissue, as do the invaring and unyielding surfaces of the Road Grand Prix series.

Those are the hard facts.

If you can get past those, you will find that all but one of the courses for races in the series are extraordinarily beautiful (the one exception is the course for Davis, which is basically run on streets and on a non-scenic trail on the UC Davis campus...still a good course, though). I can't speak about the new courses in Marin and in Santa Rosa since I have not yet run them. But, generally, the courses are through wooded park lands, many on single track trails through forests and canyons.

When you are in "synch", running these courses underscores what it is to be a runner in this area. We have great advantages, a myriad of wonderful scenic



course upon which to run, generally benign weather. Why waste all of your racing on boring courses on asphalt (yes, I know, they are fast).

Besides this, we have the talent in the club to field competitive teams in all age groups IF people would simply show up and do these races. It has been a shame that we have always seemed to be a runner or two short for an otherwise competitive Masters Men team, for exam ple.

So, take a look at the schedule and see if you can fit a few of these races in. Actually, you need do only 6 out of the 10 (since the PA only scores your best 6 races).

Winter Nationals XC - Feb 17-18

The 2002 Winter Cross Country Nationals are to be held once again in Vancouver, WA. EBS/WVTC hope to enter a masters mens team this year. Open and Senior teams are also possible if interest dictates. 2001 Results found at: http://www.usatf-oregon.org/results/winter_xc_results.htm

Cross Country Courses / Competition

Difficulty (1=easiest, 10=hardest) Opinion of T. Trimble

<u>Race</u>	<u>Distance</u>	<u>Difficulty</u>	<u>Competition</u>
Santa Cruz	8K/5K	9	B-
Golden Gate	5K/5K	2	A
Empire	4.1 mile	7	B
Crystal Spr	4.19/2.95m	8	A
Davis	8K/5K	1	D (PA)
Presidio	3.5m	10	B-
Sierra	4M/5K	6	A
Shoreline	4.6m/5K	4	B-
Tamalpa	4.6m	5	C
Champs	6m/4m	3	A+

WHAT'S IN A NAME?

Okay, don't say I didn't warn you. If we don't get anything good to print, I have to print the really bad stuff. The following list of current and former members was put together by Tim "Too Much Time on My Hands" Keenan. All groans can be left on the hotline.

Current and Former Strider " Tandems and Trios"

Team Labor___

Ed BAKER
Mike PLUMMER
David TAYLOR

Team Mill Workers___

Mike KORNeK
Greg WHEATfill

Team Dentists___

Bill BRUSHer
Eugene TUNG
Ron YANK

Team Florists___

Carl ROSE
Joshua CLOVER
Angela LILLEY

Team Ministers___

Bz CHURCHman
Alan STEEPLES

Team Astronomers___

David MOON
John MERCURio

Team Cops___

Karin KUFFel
LAWren Smithline

Team Bankers___

Jim BUCK
Len GOLDman
Ken GregoRICH

All Saints Team___

Mike IGNATIUS
Don JAMES
Bryce ST. JOHN

Team Seesaw___

Jeff TEETERs
Tim TOTTLE

Heavyweight Championship Fight

ALI mansouri
vs.
GEORGE FORMAN

Team T.V Family___

Scott HUXTABLE(Cosby Show)
Jill CARTWRIGHT(Bonanza)

Team Silent H___

ThOM TRIMBLE
JON LEhMAN
JON ERIC ThALMAN

Legs continued

the small of your back (I usually grab my hips with my hands and press my fingers under my back to remind me to keep my back flat)

3. Bring both thighs up to vertical, with your legs bent at right angles (90 degrees).

4. Extend one leg smoothly out to near full extension and bring it back. Repeat with the other leg. This should simulate a bicycling action. Make sure to keep your back firmly on the ground. This should work the muscles at the top of your thighs (sartorius and iliopsoas).

5. Repeat the full cycle (both legs) until you feel the muscles fatigue. I started out doing 30 repeats and am now up to 100.

Below are some links to other similar excercises, with an animated gif to show you how to do them:

Hip Flexion:

www.exrx.net/Lists/ExList/HipsWt.html#anchor1938598

Also, for your exercising library, the main directory of muscle-specific exercises, all with animation:

www.exrx.net/Lists/Directory.html

Lodging at Heritage 10K - Sept 30

If you have not yet obtained lodging in Paso Robles for the Heritage 10K, rooms are limited, and NOT cheap. Several EBSers were able to find rooms at the Motel 6 in Paso Robles for around \$40. Call 1-800-4-MOTEL6 or go to www.motel6.com for reservations.

"Live In Concert"___

Matthew DISCO
Elise "OC" CAPPELLA

Poker Buddies___

Melissa DIEHL
Jerry GOOD WIN
Kris LUCKin

Drinking Buddies___

Nick SCOTCHler
Rick BRUess

Fast Food Junkies___

Mike FRANKFURT(ER)
Stefan HindenBURGER

Hot `n` Spicy___

Marty BEENE
Damien CURRY
Juan ORTEGA

Team Alphabet___

Babak Kadkhodayan
Anastasaia Telesetsky

Team No-Alphabet___

Donald Ng
D.H. Lok

Team Frequent Flyers___

Crispin Hetherington
Sam Vanleer
Phil Oreopoulos

New EBS Website

EBS has finally acquired its own web site address -
www.eastbaystriders.org

After years of residing on the SF State Geosciences server, EBS made the investment into its own domain name and host. The cost is minimal and will hopefully make it easier for people to find and remember our URL.

Also, along with the new URL we will have a new webmaster - John Lehman. While John is newby to the world of web design, he is very in touch with the club and running in general. Look for a new look and more timely information on the new EBS site soon.

NewNotes OnLine!

If you lose your copy of the NewsNotes or want a friend to see what the club is all about, go to the EBS website at <http://www.eastbaystriders.org> and look for the link to the EBS NewNotes online. The Summer 2001 edition should be posted soon after mailing in Adobe Acrobat (.pdf) format.



Track Workouts at UC Berkeley

If you have yet to attend a Thursday night track workout with the club at Edwards Stadium, you are in for a treat. However, treats are usually not free. After a 2-year hiatus from Edwards during its rebuilding, at which time EBS worked out at Berkeley HS, the Striders are back to their old stomping grounds.

Unfortunately, the new facility is no longer open to the public without a fee. EBS has worked out a deal with UCB to utilize the track for a fee of \$10 per month, payable annually (\$120).

For those serious about a quality track workout and a world-class facility, the fee is well worth it. Not only do we get an excellent track, but there are very few others, including football and lacrosse teams, to get in the way.

To acquire a pass please contact Eric Ellisen for details. You can also come down Thursdays at 6 PM to find out more. You may have to talk your way past the guard at the gate however. See page 10 for Track Workouts.

EBS Club Records

Wondering what the top all-time EBSers in each distance are? Wondering where you stand? Check out the EBS Records List at <http://home.earthlink.net/~thomtrimble/EBSRecordsList.html> or link from the EBS Web Page.

PA Road Race Series

With only 5 races remaining in the PAUSATF Road Race Grand Prix, EBS/WVTC looks like it will be shooting for individual race success and not worry about season-end standings. The change in the racing team number from EBS's 138 to EBS/WVTC's #220 will result in two different teams showing up on the GP Team Standings.

The remaining races include:

HERITAGE 10K (Sept 30)-

This is a triple point race in Paso Robles which will attract a lot of attention. The 10K distance along with the mega points will offset the long travel distance to attend the race. EBS/WVTC hopes to field a very strong masters men's team, with up to 7 men capable of cracking 35 minutes. We also hope to field a solid seniors team and an open team with the help of a drop down or two. The Aggie masters will be at their best here, but we hope to make them work for the win.

Get your motel now!

HUMBOLDT HALF (Oct 21)-

This favorite of EBS should see the EBS/WVTC team field full teams in open, masters and seniors. This may prove to be EBS/WVTC's first opportunity for a team victory in the masters category. We may even see the EBS women field their first team in over a year! If you don't have a place to stay yet - get one soon, or plan to drive a long way.

CLARKSBURG 30K (Nov 11) - Probably one of the least favorite races for the club; luckily it takes only 3 men to score. A good training run for those planning to run next month's Cal International Marathon. Look for a strong EBS masters team, with maybe one or two available for drop down to Open. Another good chance for a win here!

CALIFORNIA INTERNATIONAL MARATHON (Dec 2) -

This will be the season finale for individuals. Double points for individuals and triple for teams will make this a competitive event.

CHRISTMAS RELAY (Dec 9) - This is the last team event of the season, with no individual points. EBS/WVTC hopes to field up to four teams - Open Women and Open/Masters/Senior Men- for this fun event!

For details and links to all races, and past race results go to the PAUSATF web site at



<http://www.pausatf.org>



Thom @ 12K

Compaq 10K

Chatham Ross

Sunday the 22nd of April dawned clear and cool in Cupertino. The generally flat course includes a few freeway overpasses, but in theory it should be fast. The top three men were WVTC members out of Bend Oregon. They had no trouble touring the course in under 5 min. per mile with Dan Nelson leading the way in 30:26. The Open Women's winner was Linda Somers-Smith who eased through a 34 flat in preparation for the National 25k championships to be held a few weeks later when she would turn 40 years young.



John Lehman (L) and Chatham Ross at Compaq 10K

The East Bay Striders were out in force and managed with a little tweaking to field full Open, Masters and Senior Men's teams. The best team effort was turned in by the

Seniors, with Stephen Freitas (38:14), Len Goldman (38:56), and Julios Ratti (41:46) combining for a third place finish behind Hoy's and Tamalpa.

The Open men and Masters had been trading few e-mail barbs as to whom would beat whom in a match race. An unmentioned open member suggested that some masters only show up in shape, etc. In any



Steve Freitas

event, the masters led by a fine 33:39 from Jeff Teeters and a masters PB of 34:20 from Dave Stephens averaged just under 36 min a man to turn back the open men. Chatham Ross filled in the #3 spot for the team with a 35:19. A special mention should go to Thom Trimble, who sounded as if he was suffering from more than a bad cold, and yet showed up for a gutsy 4th man placing on the Masters team. Mike Plummer also gutted out the race, despite being well off his best shape, to ensure that the masters squad would score.

Tim Keenan (34:55) led a close EBS team pack across the line with John Lehman and Mike Maguire in close attendance. The open men finished in 7th place with John Monteverdi (55) lending a hand as the fifth scorer. The Masters men ended up with a 4th place team score.



Dave Stephens - #2 Master for EBS in 34:20

Tuesday Lactate Threshold Runs

Looking for a hard workout with a few fast guys? Love the heat in the summer...or the cold in the winter? Want to challenge yourself and give yourself a good excuse for a slower Thursday Track workout? If so, contact run coordinator Thom Trimble at tct3@pge.com or at work at 925-974-4145 for details. Workouts include 3 mile on/off's, 2 x 2 miles, 2 x 4 miles, 8-10 mile tempo run, and more.



2nd Place Award
Santa Cruz XC Meet
(Banana Slug)

continued on right

Jaggers Bests EBS 10K

New Masters Record at Conoco 10K

This was it – my masters “debut”. I had turned 40 one week earlier, and was looking forward to a strong performance. Thom’s EBS master’s 10K record was there for the taking. However – why Houston?

Like most 39-year-old long-time runners, I was looking forward to becoming a “master”. I had put in many, many months of hard work in preparation for this day. Long runs, tempo runs, intervals, months of 75-80 miles per week – I was in the best shape that I had been in for years. Originally, I was looking at running the Las Vegas Half Marathon or the 3-M Half Marathon (Austin, TX), since both offered fast courses and masters prize money.



However, both courses have a net downhill drop, and I didn’t want my race to be tainted in the eyes of the EBS record-keeping gods.

So, I decided on the Conoco Rodeo Run 10K in Houston. This race typically has over 5000 runners and is rated one of the top 100 races in the US by Runner’s World. Plus, there are a number of strong masters runners in the area, so the competition would be good. First prize for the top masters runner was a two tickets on American Airlines and a cowboy hat. Off to Houston I went!

The day began very cold – the temperature was in the low 30s. I found a parking spot in a downtown lot and got out of my car to find very strong winds (in excess of 30 mph!). I hate winds! Not ideal conditions, but I had come too far now to back away. As I began to look through my bag, I suddenly realized that I had left my bib number at the hotel room. Back into the car I went, speeding through the side streets to get my number at the hotel room. I was able to make it back to the starting area with plenty of time, but this was not the way to start such an important race.

Well, I was able to get my chip, warm up (sort of, in the cold), and got to the front of the starting line. Both Bill Rogers and Frank Shorter were there, in addition to Justin Chaston, a 1996 British Olympian in the steeplechase who had won the race seven times so far. I didn’t recognize anyone else, but they didn’t recognize

continued on page 17

Ultra Standings - EBS

OPEN

21 Erol Ackdoe EBS 1 14.0

MASTERS

3 Joe Schieffer EBS 7 286.3

9 Ken Gregorich EBS 5 179.5

15 Mike Palmer EBS 8 116.9

SENIOR

6 Clement Choy EBS 8 204.2

12 Don James EBS 3 107.2

17 Tim Quinn EBS 2 73.7

49 Malcolm Scotchler EBS 1 2.0

MENS TEAMS

1 Tam 12 150.3

2 EBS 7 98.9

3 Chips 8 84.6

4 BAUR 6 62

5 SSS 3 43

6 FFedh 2 25

Points at Western States 100 Mile

MASTER MEN (40-49)

4 Ken Gregorich EBS 62.7 54/22:42

10 Joe Schieffer EBS 29.7 110/25:44

12 Mike Palmer EBS 23.1 140/27:11

SENIOR MEN (50-59)

4 Tim Quinn EBS 62.7 95/24:32

5 Don James EBS 52.8 104/25:26

6 8 Clement Choy EBS 36.3 146/27:20

PAUSATF Ultra Schedule

Sept 15 Rio del Lago 100 M trail 3.3
Granite Bay

Sept 15 Sierra Nevada Double Marathon trail 1.7
Granite Bay

Oct 13 Dick Collins Firetrails 50 M trail 1.6
Castro Valley

Oct 27 Sri Chinmoy 12 Hour
CANCELLED

Nov 10 Helen Klein 50 Mile road 1.6
Sacramento

Nov 10 Helen Klein 50K road 1.0
Sacramento

Nov 24 Quadruple Dipsea trail 1.0
Mill Valley

Conoco 10K continued

me. It's always fun to race somewhere new, I thought.

At the gun, I got out well. In fact, I found myself in the lead after the first few yards. Hey, if they didn't want to play, too bad – I was going to run my own race. So, with the press truck in front of me, helicopters overhead, and thousands of spectators, I took off.



The course was basically out-and-back, with the finish separated from the start by a few blocks. It was a gradual downhill first half, followed by a gradual uphill second half.

Unfortunately, the strong winds were a tailwind going out, and in your face coming back. That meant that the second half of the race was going to be uphill and into the wind. That thought loomed in my mind as I sped along through the first mile.

I didn't hear a first mile split, but I knew that we were out quickly. Chaston came up on my shoulder, and we ran together for a while. However, the second half of the race was still on my mind, so I let him go; I needed to conserve some energy. A second runner came by, and I almost let him go also, but then I decided to tuck in and go with him. He was not a masters runner, so I was not concerned. However, a third runner joined our quickly-forming pack – Joe Flores, one of the top Houston masters runners! I decided that I wasn't going anywhere – this was where the race was at.

We hit three miles in 15:19 and the 5K in 15:52. I was actually running very relaxed – we had a tailwind, and had been running slightly downhill. Chaston was off by himself, and his 30-second lead was growing with every mile. Our pack of three was content to work together through the first half. However, now we turned back into the wind and had to head back uphill. It became a very strategic race – every time one of us tried to make a break and went to the front to push the pace, we were faced with the wind and the others could cover our move.

During the fourth mile, our pack was joined by an outsider. A dog managed to break loose from its owner, and ran after us, lease and all. Instead of attacking us, though, it ran along with us. It managed to stay with us from 3-1/2 miles until 5 miles; it took a policeman on a

continued on right

bicycle to cut the dog off. The funniest part of it was that the dog was a Lhaso Apso! I've never seen such little legs move so fast.

The fourth mile slowed down to a 5:22, and the fifth mile was even slower (5:30). The wind and the uphill had turned it into a tactical race. I looked back, and our pack was caught from behind by three other runners, including another master (Tom Boone)! I immediately surged, and strung out the pack.

At 5-1/2, Flores surged and Boone covered it. Showtime! The race was now beginning. I almost let them go, but then also surged to cover the move. I tucked in behind them, anticipating a sprint to the finish. However, the banner was still some distance away, so I was content to sit for a little longer. Unfortunately, Flores had a different idea, and took off sprinting – hard. I could not cover that move, and just ran steady to the finish. I crossed the finish line, and felt like I had so much left.

The final tally? Masters runners finished 2nd, 4th, and 5th in a field of over 5000. Flores ran 32:29, Boone ran 32:36, and I ran 32:38. Excellent times, considering the not-so-ideal conditions. And – a new EBS masters 10k record! Like any true runner, though, I felt that I could (and would) run faster at the next race.

Surplus Nike Shoes FOR SALE

Waffle Racers - \$20 brand new. They are size 10 but run one size small. If you wear Nike size 9 these should fit.

The PERFECT XC racing shoes!
thomtrimble@earthlink.net or (925) 974-4145 days (retail cost is about \$40)



ALSO:

Air Zoom Ultra - Mens size 8 \$20

Air Structure Trizx - Womens 11 \$20

contact John at montever@earthlink.net

EAST BAY STRIDERS NEWNOTES

SUMMER 2001

In this issue . . .

- EBS + WVTC = ??**
- Santa Cruz XC Win!**
- Cross Country 2001**
- Adventures of Chris**
- EBS Women Run Again!**
- Big Sur 5K**
- Houlihans 12K**
- Corporate Nationals**



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