

# East Bay Striders Newsnotes

Volume 17, No. 1, Winter 2000



## EBS Women Defend Relay Title



### EBS Women Celebrate in Santa Cruz surf after win

The EBS-Quokka women's team showed that 1998 was not fluke as they easily ran away with the 1999 Women's title in course-record time. Team members included....

continued on page 2

## No Relay 3-Pete for EBS Men

By Lawren Smithline, et al

For the third consecutive year, the East Bay Striders sent a dozen men to duel in The Relay from Calistoga to Santa Cruz. From among nearly two hundred teams, EBS and exactly one other team set the standard. In 1999, as in 1998, the EBS team traded advantages, setbacks, and the lead with its closely matched competitors. Although EBS came up just minutes short this year against Twelve Angry Men, we shall return. We hope to see the the jury back as well. As EBS captain, I've collected these reflections from team members to chronicle our experience.

Our runners were, in order: Dave Stephens, Lawren Smithline, Chris Ross, Phil Oreopoulos, Bruce Goode, Thom Trimble, Jeff Teeters, Rob Flatland, Mike Schwartz, Phelps Jackson, John Lehman, and Seth Davis.

Typical of an epic, some characters have many names. The Twelve Angry Men are referred to as Bohos, or the Davis team, or occasionally by their individual names.

Leg 1: 4:30 P.M. VERY Hot!

I can't let my team down. I have to start strong and stay with any other competitor that goes out. I have to remember that this not one race. I have two more runs later and I don't know what

continued on page 8

## Hollbacher Runs Olympic Marathon Trials!

*EBS's Katy Hollbacher became the first women in EBS history to qualify and run the US Olympic Marathon Trials. Katy finished in 89th place with a time of 2:58:25 under very warm conditions. The following is her story...*

## From Grandma's to Long Beach

by Katy Hollbacher

Isn't it funny how drastically your goals can change over the span of 26.2 miles? I think most marathon runners can relate: at the start, you're feeling fresh, gung-ho, and all too comfortable running your goal pace (or faster- oops!) Your goal finishing time is at the forefront of your mind. Sometime after Mile 10, however, the pace isn't feeling quite as easy. 14 more miles of this? you think... ouch. Well, I

continued on page 12



Angela and Katy

## Masters 2nd in XC GP

The EBS Masters Men's XC team capped off a very successful cross country season, placing a strong second behind only the national champion Aggies. The team scoring rules allow clubs to choose the best 6 races of the 9 on the schedule to score. This allowed EBS to focus on specific races to ensure a strong team. The result was five seconds and one satisfying win. The EBS Open Men's and Women's teams were only able to assemble teams at one or two of the meets all season long, while the Senior Men remained scoreless for 1999.

### GOLDEN GATE 4 MILE (Sep 11)

The EBS Masters debut got off to a tenous start. Despite having a roster of not less than 10 guys would could crack a 36 minute 10K, we had to rely on a drop-down senior just to fill out a team. Thom Trimble placed 3rd (master) with Larry Menard in 6th and Dave Stephens in 12th. Julios Ratti (20th) and senior John Monteverdi (26th master and 4th Senior) completed the team. Suprisingly we still hung on to 2nd place behind a powerful Aggie team.

continued on page 11

## Tuning Up Your Race Car

Thom Trimble

The October 1999 issue of Running Research News had an excellent article on the numerous philosophies for training to race, over the decades. Most had their good points but nearly all fell short of the "ideal" and totally comprehensive training regiment. When I first tried to summarize the article's findings I found myself bogged down in a lot of physio-techno-babble which would likely bore all but those who can actually use more than five SAT words in a sentence. Rather, I have decided to use the race car analogy to keep you on track (no pun intended, those come later).....ZOOM ZOOM...still with me?....

continued on page 3

## Top Runners at Millennathon

Mike Palmer

The Oakland 21K was a first class event that I hope continues in the upcoming years. Both the mens' and womens' fields contained some of the fastest runners in the country. Some of the women— Libbie Hickman, Kim Jones— and others of similar caliber, were using the race as a final tune up to the marathon trials next month. The mens' field had top ranked runners from Kenya and Zambia. As an indication of the depth of the field, Brad Hawthorne came in 9th.

The course consisted of two laps around Lake Merritt and some long straightaways. You ran around the lake in the first and last four miles. The rest of the race incorporated the same route as the old Oakland 20K: going up Telegraph to 51st, going up 51st to Broadway, going down Broadway to cross over to the lake for the final miles.

Unlike the old Oakland 20K course, the race began and ended at the Oakland Marriott; avoiding the numerous turns that the previous race had towards the finish in Jack London Square. This makes it an exceedingly convenient race for those flying into the Oakland Airport. For those who drove to the race, there was plentiful parking on the side streets near the hotel. The pre and post race activities were held in an auditorium inside the Marriott. It was easy to converse with folks like Bill Rodgers, Joe Henderson, and runners you had not seen for awhile.

If a boom is envisioned for downtown Oakland, this is a great way to showcase the city. The race date of early January is a good time to offer a world class event that could attract elite runners who live in places that are too frozen in the winter for a half-marathon road race.



Jill at Millennathon

## Women's Relay Continued

Katy Hollbacher - EBS  
 Felicia Wilkerson - EBS  
 Carrie Whitcomb -Fwd Motion  
 Kerry Padgett - EBS  
 Elise Cappella - EBS  
 Riva Rahl - EBS

Terrie West - WVTC  
 Megan Owen - Quokka Sports  
 Emily Haigh - unatt  
 Coline McConnel - EBS  
 Angela Lilley - EBS  
 Molly Arnold - EBS



Strider Women with their QuokkaSports Van

The EBS women battled a very tough Slimrass team from San Diego through the first half of the course. The San Diego team actually had a significant lead on the Striders but fizzled out. The EBS depth and experience with this race prevailed as they pulled away to a huge two hour victory. No other women's team was even in the running. The team placed 11th overall, out of nearly 200 teams. Like the men, their time was about an hour off of last years EBS winning times, due to a 3 mile longer course and much warmer temperatures.

EBS thanks QuokkaSports for their sponsorship of our team in this event and look forward to repeating again in 2000.



Cruising across the finish line in Santa Cruz

### Women's Top 3 Teams

- |                                  |          |
|----------------------------------|----------|
| 1. Quokka Sports-EBS             | 23:31:21 |
| 2. Slimrass (San Diego)          | 25:51:46 |
| 3. Girl's Night Out (Santa Cruz) | 27:03:52 |

## ***My Perspective*** **Revising the PAUSATF Grand Prix Road Series**

*John Monteverdi*

The widely-criticized phasing of the Millenathon Half Marathon one week after the CAL 10 really gave impetus to these comments. The road race series that we do have is very good. But I believe it is driven too much by the requirement that race organizers provide development money upfront to the PAUSTF to win a "bid." The money supposedly is used to encourage the winning athletes to develop their skills by helping out with their financial burden.

I disagree that the small amounts of money involved have much of an impact at all. Because of the "development" money consideration, more important reasons to schedule a race (quality of course, distance, time separation from previous race in series) have become secondary. This has led to poor scheduling with the 30K the week after the 10K Cross Country race (true, the latter is no longer on the series), and one to two weeks before the marathon (also not on the circuit temporarily). You can also throw in the Eureka 10K as another race scheduled because of the money offered.

My proposal would be simple. Dispense completely with the money awards, and make the whole series driven by a planned sequence of race distances with about a month between races.

### **Race Car continued**

Consider, if you will, that your body is a car. You were born with a certain make and model. Like most things at birth, you cannot change much, but only make the best of what you are dealt. Some of us are born as Ferraris, others as Camaros or Volvos, and yet others as VW Bugs. While it can be agreed that certain models are inherently better equipped to go faster than others, that does not preclude ones ability to make the most of his or her "car's" performance. What can be stated for certain, that if you are (still) reading this article you were not born a dump truck or cement mixer. Be glad!

Now, while it might prove easy to just assume you were born a VW bug and have no real chance at improving beyond your current ability, your real goal is to ensure that all of your car's standard equipment are in their best working order. Remember, a well tuned VW can beat a poorly maintained Camaro (or even Ferrari) any day!

There are several components to a car which determines its ultimate ability to go around a track at a certain speed. These include, but not limited to, the engine, the fuel delivery system (e.g. carburetor), the ignition and electrical system, the suspension, the tires and, of course, the driver!

At first glance, you might assume that the engine is the best indicator of a vehicles performance. This is the

**continued on page 10**

## **Teeters Blasts Masters Record**

### **Second place at Humboldt Half**

**Thom Trimble**

Jeff Teeters continued his string of improvements with a very strong showing at the Humboldt Half Marathon. Following some impressive cross country races and a couple not-too-shabby road races, Jeff took a big step to the next level with his 1:11:40 timing at the October 17 event.



**Jeff**

Joe Sheiffer's 1:12:02, which has stood for over 6 years, was a tempting brass ring for both Thom Trimble and Jeff. Both were in shape to give the time a run. While Thom had nipped Jeff in the last four races, Jeff was definitely on the rise.

The early miles quickly eliminated any chance of Thom breaking the mark, as he succumbed to calf cramps around mile three. Jeff however, took off hard and never looked back. Hitting the first two miles in around 10:45 he definitely had his sights on the record, which works out to 5:30 miles.

By the turnaround Jeff was well ahead of pace at 35:14. Accompanying Jeff at this point and most of the return trip were a couple of top Open runners - Aaron Peirson and Hans Gowens. Jeff hung tough with these guys until the final mile or so. Hitting 10 Miles at 54:35 (an unofficial EBS Masters record!) he was right on pace for a sub-1:12.

With a mile to go Jeff knew he had a fine time in the bag. He crossed the line in 1:11:40 - 22 seconds under the previous EBS Masters record. This time was also good for 16th overall and 2nd in the Masters division (behind only Brad Hawthorne). His 2nd place finish was the best



individual performance since Joe Schieffer's Cal International Marathon win in 1994 (?). It also made him \$100 richer. Not a bad day!

Thom limped in as the second Strider with a 1:17, followed by Mark Piccillo in 1:20. Mike Plummer, one week off a marathon recorded a 1:24 ,while Julios Ratti supplied the valuable fifth-man time of 1:26. Phil Oreopoulis was the only Open runner for EBS. He recorded a 1:22 in his first ever half marathon. The EBS Masters finished 3rd in the team competition.

Top woman was Mary Lothrop is a very fine time of 1:31:35, a big improvement over last year and good for 29th overall. Jill Cartwright took a break for her legal studies to record a 1:38:45, under the alias of Caroline Cox.

# The Pacific Association Page

## Cross Country Grand Prix Retrospective

*John Monteverdi*

The well planned Cross Country Grand Prix continues to thrive. I really recommend this series to EBSers, especially since so many of you are "trail nuts." I have run most of the races the last four years (all but Davis this year) and thought you might like to read about my "bests:"

### **Most Scenic Course**

Tamalpa Challenge — Much of this 4.7 mile course is on single track trail through mixed woodland. Reminiscent of French Trail.

### **Most Difficult Course**

Presidio Open (Supposed to be 4 miles, cut to 3 miles for some reason) — Wow, what a monster first mile. Soft sand dunes and uphill to boot....and then, you have to do the sand dunes again. In the Mens Open, the fastest first mile was around 5:53". Mine was 7"30, the slowest mile split I have had in any race since the infamous Donner Summit 4 Mile 5K (by the way, I generally average 6:10 to 6:30 pace in the other races in the series).(Yes, this replaces Crystal Springs as the most challenging course).



### **Most Fun Course**

Rocklin 8K (but Crystal Springs is close). The roller coaster aspect of the well maintained Rocklin course makes it challenging but fun.

### **Course With Worst Footing**

Empire Open 8K. Sorry, although the course is fun, much of it is in rutted single tracks, across corrugated bedrock, and loose soil.

### **Course That Goes By The Fastest Psychologically**

Golden Gate Park 4 Mile. It is hard to beat this course for general interest level. Varied terrain and slopes make it interesting enough to help you forget the pain.

### **Course That Was Dropped, Too Bad**

Mills College 4 Mile

They gutted the soul of this one when they made it a 5K for Masters, Seniors and Women. What, we can't run 4 miles? But the course is a gem. Really culls out the sprinters out on the first mile when they hit cardiac hill. I used to do much better on this course when we had to run most of the hill twice.

I really encourage all Striders to consider this series. The races are on Saturday starting the first weekend after Labor Day and are short enough so that you can still distance train on Sunday.

Someone was thinking, too, in the planning. None of these races conflict with Road Grand Prix races.

## ROADS RACE GRAND PRIX STANDINGS

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## Masters Run XC Nationals

*Thom Trimble*

After a very strong XC season, the EBS Masters were looking to make some noise at the USATF National XC Champs in Long Beach. We knew the Reebok Aggies were gunning for the National Title after last year's near miss, but we knew we had a shot at the Silver. The Ags had recruited some top runners off other teams in preparation for this race!

Scouting reports confirmed that our main competition would be from Massachussettes - The Central Mass Striders and Boston Track Club, both large clubs loaded with talent. The defending champs would also be there, as would teams from Colorado and Southern California.

EBS's hopes were given a setback when Jeff Teeters, fresh off his club-record half marathon, injured his leg. Jeff could barely walk, but would make the trip to show support. Fortunately EBS fielded a full 7-man squad - Jeff, Thom Trimble, Larry Menard, Brian McGuire, Chatham Ross, Dave Stephens and Mark Piccillo. On paper we still had a shot at top 3 without Jeff.

The race course at Long Beach left much to be desired. It was essentially dead flat and run on very rutted and lumpy grass and dirt. If you have ever run the first 200m of the Golden Gate course in SF (lumpy and potholed), imagine running this for 6 miles (with the other 0.2 miles on a bike path.

**continued on page 7**

## Taking a Gamble: The Las Vegas International Marathon

**Jim Buck**

It was a crisp clear morning that dawned on Sunday, February 6 on the outskirts of Las Vegas. Runners were gathering at a truck stop oasis 22 miles south of the gambling capital. This was Jean, Nevada and the event was the 34th running of the Las Vegas International Marathon.

It's unclear whether Jean is in fact a town or just a coffee stain on the map. It appears out of nowhere like a lighthouse left stranded in the desert, forsaken by some long-forgotten ocean. Nevertheless, its beacon continues to shine brightly. If you approach the town under cover of darkness, the flashing billboards of its two multi-story casinos can be seen punctuating the night from 10 miles away. Even the rattle snakes must wear sunglasses at night around here.



My raceday experience started at about 7:00AM as I braved the 5-minute walk from my casino hotel to the start line. There I joined 2,800 others who would soon be heading north to the big city, gambling that their feet would get them there. The day was brightening, the air was still, and the 40 degree temperature kept a person moving along. I had a mild advantage over most of the other runners. There was no need to awaken at O-dark thirty to board the 5:00AM school bus to the start line. While they bumped and lurched down the highway I was still fast asleep, dreaming of the spectacular finish that was sure to come.

As the 7:30AM start time approached, I peeled down to tank top and shorts. Today I'd be running in the blue and white singlet of the East Bay Striders--not that anyone present took notice. My only nod to the cold was pair of light thermal gloves. As I shivered, I glared in envy at those around me wearing long-sleeved shirts, plastic bags, and running tights.

The start line, and the entire trek into Las Vegas, was on a secondary highway which ran adjacent to the Las Vegas to Los Angeles US Route 15. The back road was in excellent condition, probably having been recently repaved. As we stood behind the start line banner, you could see the road stretching straight ahead with a gentle rise to the horizon. Nearby mountains, seemingly all around us, rose out of the early morning haze. We were on the floor of a great desert valley, 3,000 feet above sea level. Aside from the asphalt below your feet and the interstate traffic whizzing by a quarter mile away, there was little evidence that man had intruded upon this bleak but strangely attractive countryside. The road surface was like a long rectangular black

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island floating in a sea the color of bleached khaki. Small unremarkable scrub plants and taller bushes dotted the sea with green. The occasional cactus stretched thorny limbs to the sky.

This was the scene as the starting gun sounded and a mass of humanity heaved forward on the road to the city of the meadows out of sight beyond the horizon. My approach in this race was to attempt a steady 7-minute pace as the course worked its way on a gradual 200 foot ascent to 3,100 feet near the 8-mile mark. Once there, the course would begin a gentle drop down to 2,250 feet over the next 10 miles. In this stretch I planned to pick up the pace with negative splits, running at a 6:30 to 6:45 pace. Next I would coast the mostly flat terrain between miles 18 and 26 at a speed somewhere below a 7-minute pace. If there were no injuries along the route and all the planets were aligned correctly, I would set a new PR and break the 3-hour barrier for the first time.

Well, that was the plan. Now for the roll of the dice. The climb to 3,100 feet in the first 8 miles was more taxing than anticipated. Maybe it was the altitude, maybe my training was not all it could have been. My pace fell to 7:15 and I stopped to walk for the first time. I normally choose to walk through the waterstops anyway--drinking a full cup of water to stay hydrated. It was a bad sign, however, that I stopped to walk on the open road between the water stops.

Nevertheless, the clocks positioned every 2 miles or so indicated there was still a shot at a record if I could move out smartly on the downhill. This I did. Although the elevation drop is gradual, it's significant enough to provide a gentle boost. It was a welcome incentive to be moving with gravity rather than against it.

Almost an hour into the race the sun was shining brightly and the temperature was rising. Runners could be seen strung-out for miles ahead. I'm sure it was the same behind me, although I never took a peek. This illustrates one of only a couple of detractors for this marathon. There can be a high boredom factor. Nearly straightahead running for over 20 miles. No trees or buildings or twists in the road to provide variety and disguise the challenges ahead. As one proceeds along the route, the debris of battle litters the road. Gloves and water bottles cast aside, their usefulness ended, their weight a hindrance. Discarded shirts adorn road signs as runners seek advantage and pare down to essentials.

At the marathon half-way point the clock read 1:32 and the casinos of Las Vegas were well within view. The time was disheartening for a sub 3-hour race, but in theory it could still be done. If nothing else, I stood to finish in the single digits. A 3:05 marathon was not looking bad. After all, the most difficult part of the race was behind me. Five more miles of easy downhill followed by a nice level ride. What's not to like? Off came the gloves and away I went.

Unfortunately, the rest of the race pretty much just fell apart. Once through the downhill section the power in the

**continued on page 10**



# Results



## Humboldt Half Marathon, Oct 17, 1999

16. Jeff Teeters	1:11:40	(2M = \$100, EBS record)
40. Thom Trimble	1:17:15	13M
56. Mark Piccillo	1:20:57	22M
60. Phil Oreopoulos	1:22:24	
75. Mike Plummer	1:24:56	
83. Julios Ratti	1:26:18	
29W Mary Lothrop	1:31:35	
52W Jill Cartwright	1:38:44	

### Masters Mens Teams

1. Hoy's Excelsior	6:24:05
2. WVJS	6:40:18

### 3. EBS 16 points

Jeff Teeters	40	71:40
Thom Trimble	40	77:15
Mark Piccillo	43	80:57
Michael Plummer	41	84:56
Julios Ratti	49	86:18
		6:41:06

4. Tamalpa	7:02:19
5. Chips	9:13:15

## Clarksburg 30K

10. Chris Ross	1:49:14
26. Mark Piccillo	1:57:25 10M
34. Mike Plummer	2:01:57 13M
60. Phil Oreopoulos	2:08:44
128. Julios Ratti	2:20:50

### Masters Mens Teams

1. Hoy's Excelsior	5:38:53
2. Chips	6:04:09
3. WVJS	6:04:36

### 4. EBS 14 points

Mark Piccillo	41	1:57:25
Mike Plummer	40	2:01:57
Julios Ratti	49	2:20:50
		6:20:12

EBS PAUSATF Club number is 138



## 1999 Final PA Grand Prix Standings

### Open Women (Long)

57	Katy Hollbacher	9
60	Karin Kuffel	6
70	Elise Cappella	2

### Open Women (Short)

19	Karin Kuffel	33
74	Jenn Mitchell Jackson	4

### Open Men (Long)

29	Jeff Teeters	24
59	Mark Piccillo	8

### Open Men (Short)

39	Thom Trimble	13
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### Masters Men

13	Jeff Teeters	100
16	Thom Trimble	91
22	Mark Piccillo	62
30	Mike Plummer	44
31	Brian McGuire	35
33	Larry Menard	33
35	Mike Ignatius	30

### Senior Men

19	Len Goldman	45
24	Fred Martin	41
36	John Montevrudi	18
41	Robert Gormley	14
55	Bernard Demai	8
68	David Weamer	2

## Pacific Sun 10K Masters Mens Teams

### 1. EBS 10 points

Thom Trimble	40	33:41
Jeff Teeters	40	33:45
Chatham Ross	40	34:05
David Stephens	45	34:58
Michael Plummer	41	35:20
		2:51:49

### 2. Hoy's Excelsior 9 points

Lloyd Stephanson	44	32:21
Don Paul	49	34:18
Tim Geragthy	43	34:29
P. Lewandowski	43	35:22
Mike Gama	40	35:23
		2:51:53

### 3. Tamalpa 3:05:50

4. WVJS	3:11:46
5. WVTC	3:18:03

# Results Too

## Millennathon 21.1K, Jan 16, 2000

### MEN

28. Phelps Jackson	1:14:48	
31. Tim Keenan	1:15:23	
44. Thom Trimble	1:17:15	11M
60. Erol Ackdoe	1:19:51	
63. John Lehman	1:20:33	
65. Joe Schieffer	1:20:55	
68. Steve Freitas	1:21:23	
91. Fred Martin	1:26:37	8S, 2nd 55-59
97. David Stephens	1:27:09	
109. Len Goldman	1:29:26	13S, 4th 45-49
118. Jim Buck	1:30:58	15S, 5th 55-59
138. Julios Ratti	1:32:14	

### WOMEN

22. Katy Hollbacher	1:23:31	
30. Elise Cappella	1:26:05	
31. Jennifer Mitchell-Jackson	1:26:09	
32. Angela Lilley	1:26:27	
50. Jill Cartwright	1:35:34	12M

### Nationals continued

After plating ourselves with enough bib numbers to wallpaper a small house we joined the approximately 150 others masters runners at the start. After take a couple doses of naprosin, Jeff galliantly suited up to give his leg a try. Thom lined up wearing Brian's training shoes, as he had inadvertently brought two waffle racing flats for his left foot!

The top four Striders came through mile one in under 5:10, in about 20-30th place. Larry led for EBS with Chatham close behind. Brian was third man followed by Thom, who was nursing a bad calf pull from Tamalpa XC.

At two miles Jeff's leg began to protest and forced him to abandon his race. Jeff was 5th man for EBS at the time.

At about the half way point the Aggies held 3 of the top 4 spots and were clearly in command. EBS was still in a dog fight for 2nd.

Larry still led for EBS through 3 miles with Thom back about 10 seconds. Chatham was just behind Thom and Brian another 15 seconds back. Mark was running a solid sub-6 pace while Dave struggled further back (its hard to be 6th man!)

Just past 3 miles EBS took another hit. Thom's calf cramped up bad forcing him to limp the final 3 miles. Chatham and Brian passed him by, but Thom managed to run 6 minute miles to the finish. Dave finished about 2 minute further back as our last scoring man.

After the scores were tallied, the Aggies had crushed the two teams from Boston. Central Mass boasted the top runner but settled for 2nd team. EBS's loss of Jeff and most of Thom dropped them to fourth behind Boston Track club. Larry claimed 19th place overall as the top Strider.

While is was a somewhat dissappointing race, the experience of competing in the National Champs will be something to remember.....until NEXT time!

## EBS Rings in New Year at Cal 10

### Tim Keenan

It may have been a bit of unfortunate scheduling, but several Striders, who are PA/USATF participants, took advantage of the cool January weather, not to mention excellent racing conditions and competed in back to back long race weekends.

Starting with the Cal 10 in Stockton, traditionally the first race of the year in the P.A. Grand Prix schedule, the EBS men fielded three full teams. Neither the 38 degree temp. nor the long, straight, out and back course struck fear in these Striders. the Open team was led by Tim Keenan in a P.R. 55:49, followed by Mike Maguire in 59:33. Marty Beene (64:20...a 9 minute PR!), Michael Rossi (64:57) and Julios Ratti (67:00) completed the team. The Masters team, finishing a strong 2nd or 3rd was paced by Jeff Teeters, a surprising entry returning from injury, in 56:56. Tailing ever so closely was Thom Trimble in 56:57. Joe Schieffer (57:33), Larry Menard (58:34), and Mike Plummer (59:47), rounded out the scoring team.

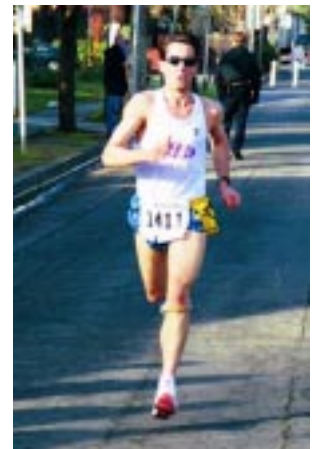
The ever-strong and competitive Seniors team consisted of Len Goldman (64:05), John Monteverdi (64:57), and Fred Martin (65:53).

### Cal 10, Jan 9, 2000

45. Tim Keenan	55:49	PR
58. Jeff Teeters	56:56	12M
59. Thom Trimble	56:57	13M
69. Joe Schieffer	57:33	18M 5th 45-49
82. Larry Menard	58:34	24M
107. Mike Maguire	59:33	
112. Mike Plummer	59:47	
125. Steve Freitas	60:27	
138. Babak Kadkhodayan	61:34	
169. Len Goldman	64:05	13S, 3rd 55-59
170. Marty Beene	64:20	
183. John Monteverdi	64:57	19S
184. Michael Rossi	64:57	
198. Fred Martin	65:53	6th 55-59
226. Julios Ratti	67:29	
269. Mary Lothrop	70:27	



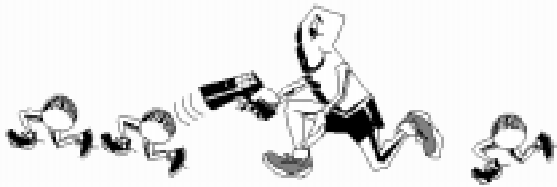
Larry



Tim Keenan in his Jogmate Singlet

## Napa to Santa Cruz.... Part V

### Striders Put Perfect Record on the Line



I'll feel like later on. Very early, I know my competition. He doesn't look like a runner. I'm surprised that he's able to keep the pace. It is very hot and I since it's just the two of us competing, I want to say "Let's not kill ourselves". We each throw in little bursts, but neither of us drops. As we come into the first hand-off, I remember Thom Trimble telling me, "don't race the last 300 yards. 10 seconds either way won't matter." I just hope we don't lose by 10 seconds. I maintain pace and come in 12 seconds behind our competition. -DS

Leg 2: It was hot. I saw John, the other runner, in front of me by two telephone poles. I narrowed the gap to about one and a third. The country was beautiful, awash in the sun. Halfway through, the weather felt even warmer. My mark disappeared around a turn and I wanted to be done. -LS

Leg 3: Chris Ross hung tough with his Boho counterpart in the early miles, but the heat again took its toll as Chris faded a bit over the final miles. -TT

Leg 4: The first mile felt fine. The Angry man was no where in sight, and I had to press a bit more to chase. At mile 2, I noticed the heat. The team gave me water, but I used it to shower my back rather than drink it (was that ever a mistake!). The roads started to stretch out. All I could see was the long path in front of me, with no sign of anyone, or anything. Where was that Davis guy? Again I applied the water given to me to my skin rather than my mouth. My pace slowed. I wished so bad the handoff was just around the next bend. By mile 5, the heat was all around me. I remember seeing the handoff location, but I don't remember handing off. When I finished, I folded. I knew I wouldn't be getting up for a long time. -PO

Thanks to Dr. Shapiro and The Relay volunteers, who helped Phil put some water back in. -LS

Leg 5: With Phil down for the count, Dave and Thom scrambled to pick up the pieces and keep EBS on track. With Lawren and Chris attending to Phil, and Bruce on the road for his first leg, Dave and Thom pushed ahead to give Bruce what little support they could find. We finally caught a bewildered Bruce over half way into his leg. We informed him that Phil was down and hurting. After watering Bruce once Dave dropped Thom off at the handoff and raced back to help with Phil. Bruce meanwhile gobbled up distance on his man, keeping the Striders in the hunt

Leg 6: I took the stick from Bruce and handed him my water bottle. I dashed into the fading light for my flat 4.5 miler. At the halfway

**continued on right**

point I was delayed by a red light, and again soon after by the onset of a stitch. My stitch buster saved the day. The last mile in darkness was saved by the EBS women's crew pointing me in the right direction. I handed off to Jeff and regrouped with our frazzled van members. -TT

Leg 7: Leg 7 started at about 7:40, just as it was turning dark. As I ran it became completely dark, and at some intersections I was not sure of which way to turn. I was usually able to see the lights of other runners and in the other cases I guessed correctly. I started out behind the Boho's by about 4 minutes, and finished with a 9 minute lead, due to the Boho's runner getting lost. -JT

Leg 8: I rode to the start of my first leg, waiting to see what my body could do. I got my running gear on and jogged down to my starting point. There, I saw a guy who looked familiar to me. It was John Hancock, one of my fellow staff members from summer camp in 1982. Back then he was tenth in the state in the 2 mile. I was hoping....

I was psyched for a head to head battle because I knew Jeff was gaining on the BoHo's. I got lost several times in the vineyard. I got through the labyrinth of grape vines and out to Highway 12, although not at the correct location. I knew where to go from there. When I finished, my team mates told me about how the BoHo's got lost and that we were in the lead. I thought that I had been chasing them. -RF

Leg 10: The trail was very difficult to run on in the dark. My flashlight wasn't any help so I ran by the light of the moon. Once I got onto the road, I sped up quite a bit, but I'm sure I lost a lot of time on the big hill to start and the trail. -PJ

Leg 11: I took the handoff with no other teams in sight — Phelps maintained our lead over the BoHos but I had no idea how far back they were. A left turn here a right turn there - the Boho van parked at about two miles engage in some good nature jeering letting me know there man was closing in, I tell them to "bring it on"...a response I would regret in a few miles. Outside of Petaluma, the road started to climb but the darkness made it impossible to tell how steep it was. Cresting the hill I knew only an easy mile remains. Off to the side of the road sat that Boho van again, however this time they are cheering their man who cruised by like I was standing still. I hung with him but probably expended reserves I would need on the final leg. -JL

Leg 12: This leg was fun, the 12 angry men only had about 10 seconds on us at this point so I wanted to get the lead back for us. This leg started off on a nice uphill grade. Sean Seely the twelfth angry man went out really fast and must have put another 10 seconds on me. He went out too fast and I reeled him in. I passed him about halfway up the hill and never looked back. I then pulled a Rob Flatlandish run down the hill and gave us a nice lead! -SD

Leg 13: The skies are clear, there is a full moon, and the temperature is low 60's. I won't be running head to head competition and we have a slight lead. The hand-off is fine and I go out with renewed enthusiasm. I'm not sure where my competition is, but I'm

**continued on page 10**

# Thursday Track Workouts



<u>DATE</u>	<u>WORKOUT</u>
16	8x800
23	10x400
<b>26</b>	<b>Houlihans 12k</b>
30	5x1200
April 6	16,12,8,12,16
13	8x800
20	6x400, 5k prep
27	4x1600
May 4	4,8,12,16,12,8,4
11	5x1200
<b>18</b>	<b>EBS 2 Mile Classic</b>
25	8x800
June 1	10x400
8	6x1000
15	3x(800,1200)
22	4x1600
29	10x600 w/600 rest
July 6	10x400 w/400 rest
13	4x(200,300,400)
20	10x Short Firetrail repeats
<b>27</b>	<b>EBS MILE CLASSIC</b>
Aug 3	8x800
10	16,12,8,12,16
17	5 x 1200
24	

**LOCATION: Berkeley HS Track**  
 400m rest unless otherwise noted. Check the Hotline for possible changes (510) 428-1200. 5:30 PM typ.

# Sunday Runs

- March 19**  
 Lafayette-Moraga Trail (11 miles) (if weather rainy)  
 Big Trees Loop (9 mi) (if weather and trails dry)
- April 2  
 Nimitz Trail (8 to 10 miles) (if weather rainy)  
 Lafayette Reservoir Trail (6-11 miles) (if weather and trails dry)
- April 16 French Trail (9 Miles)
- April 30 Spruce St. Selby Trail Loop (11 miles)
- May 14 Lafayette Reservoir Trail (6-11 miles)
- May 28 Briones Reservoir (13.5 Miles)
- June 11 French Trail (9 Miles)
- June 25 Jewel Lake/Wildcat Canyon (7-10 Miles)
- July 9 Briones Reservoir (13.5 Miles)
- July 23 Big Trees Loop (9 mi)
- Aug 6 Stream Trail

***EBS HOTLINE***  
**(510) 428-1200**

***EBS WEBSITE***  
<http://tornado.sfsu.edu>

## EBS NewsNotes

**Editor:** Thom Trimble  
**Photography:** Brian McGuire, Thom Trimble, Katy Hollbacher, John Monteverdi

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 East Bay Striders  
 4425 View Street

## East Bay Striders Running Club

Membership in the East Bay Striders Running Club is open to all runners who cough up \$20, 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, unless they're like really really slow.

Membership fees at \$10 per year (\$5 for students). Membership information available from Christina Hannan, 39 Glen Valley Circle, Danville, CA 94526.

## Officers of East Bay Striders

President	Thom Trimble
Vice-President	Malia Dinell
Treasurer	John Monteverdi
Secretary	Christina Hannan

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

### Las Vegas continued

legs began to diminish. My primary goal by mile 20 was now to just finish respectably. By this point the technique was run for a mile, walk for a while. I did manage to reach back for a little gusto and a slight sprint to the finish. But 3:13:04 was as close as I got to the 3-hour threshold. Well...there's always another marathon. I completed the race injury free--not even the tinies blister. Some would say this alone proves that I did not bear down hard enough. But I live to run another day--a day when it will all come together. No matter how aggressive the training, it still comes down to a game of chance. Even so, good preparation provides a modicum of control over those odds.

For those looking for an interesting marathon, one that's well run with a course that's not too difficult, I'd recommend Las Vegas. Some may have a problem with the altitude. I think it was a contributing factor to a poor performance on my part. The weather, which was probably approaching a sweltering 70 degrees by 11:00AM, also did not help those running hard. Las Vegas had minimal spectator support along the route. If you need the constant high-five's and cheers of the crowd to keep you going, this is not your race. But if you like a great pre-race pasta party, a post-race nightclub event, plenty of water stops during the race, generous refreshments at the end, and if the scenery of the high desert turns you on, this marathon's for you.

The marathon does not traverse "The Strip," but it's worth checking out later. The big casinos, such as New York, New York, Paris at LV, Luxor, the Venetian, Belagio's, Ceasar's Palace, the Rio, Treasure Island, Mandalay Bay, the Excaliber, and the MGM Grand are sights unto themselves, even if you're not a gambler.

**Editors Note - Jim finished 7th (out of 114) in the 55-59 division. Also running for the Striders were Karl Amundsen finishing 10th overall in a PR time of 2:25:19 (#3 EBS Alltime) and Mike Kail in 2:29:22 (24th overall and #7 EBS Alltime)**

**Full Results at <http://www.lvmarathon.com>**

### Race Car continued

assumption made by most training philosophies - improve the size and output of the engine and racing performance will increase. While most running programs focus on the engine (muscles) fuel pump(heart) and carburator (lungs), few if any give any attention to the electrical system! Just because a car has a powerful engine, with a fabulous fuel delivery system (VO2max) and even gets great mileage (endurance) does not mean it can take full advantage of those attributes unless it has a well-tuned electrical system (nervous system).

To make the most of the horsepower that you stow in your legs and cardio-pulmonary system, you have to be able to use it efficiently and effectively. This requires a nervous system that can handle the needs of your muscles. Imagine a top fuel dragster flying down the track, swerving

**continued on page 14**

determined not to let him catch me. The night is beautiful. The full moon provides all of the light that is needed. Each runner ahead becomes another target. This leg is flat and fast with only one turn and my team is there to make sure I don't miss it. I'm able to get into a groove and just run a strong smooth pace. The only obstacles are the 6 or 8 various road kill laying in the road. According to my nose, some of them have been there awhile. With no mile markers, it's difficult to judge distance and pace. I see a lighted building in the distance and hope that it is the next exchange. A quick glimpse at my watch and it seems too early for the exchange. But what else would be lit in the middle of the night in the middle of nowhere. It is the exchange point and I realize I had a pretty good run. My competition made up some time but he didn't catch me. -DS

Leg 14: A lovely night for a run in Marin. I ran alert for the footsteps I would hear as our slender advantage evaporated, and spooked by my shadow doubled in car headlights. John caught me near the first hill. I tucked in behind and the passed him back, pulling away on the downhill. The second climb was his. On the back side, the leg finished around a turn. Had to get there quick. I'd done better on my second run. -LS

Leg 15: Under cooler night conditions, Chris ran a much-improved leg. He held even with the leading team and eventually cut into their now-mounting distance on EBS. We were down only a few minutes, but in the dark, it looked much greater.

Leg 16: Two hours later, back at Van A's resting station, after a shower, and a LOT of water, I was thinking about my second leg. I thought I might recover in time to race again. I remember the look in Chris's face, thinking I was a bit off the rocker to want to punish myself again. Most people thought so (even the 12 Angry Men!). My last leg was a bit shorter and so much cooler, at about 1:30 in the morning. It turned out OK. I finished the leg without passing out. I was so tired afterwards and slept easily through most of the rest of the night. -PO

Leg 17: Down several minutes and our hopes of a victory slipping away, Bruce again took a bite out of the Boho lead. We were now catching slower teams more often which made the effort seem more rewarding

Leg 18: I looked forward to the Golden Gate Bridge leg, unaware of our deficit on Boho. Running nearly all-out at midnight proved to be much easier than I had predicted. I felt GOOD! Holding back on the first leg was paying off as I chomped into the Boho lead. My exuberant van-mates stoked my fires further with positive reports on my status verses Boho. Again the stitch returned soon after hitting the bridge. A cinching of the stitch buster again eased the pain and I hammered on, totally oblivious to the grand views just over the railing. I eased a bit over the last mile to ensure I stayed on course. By the finish I had whacked over 2 1/2 minutes off the Boho (90 seconds ahead) advantage. Weeeee're baaaaack! -TT

Leg 19: Thom Trimble handed off to me at about 3 am. We were

**continued on page 13**

## Off-Road Dirt

### XC continued

3M	Thom Trimble	22:31
6M	Larry Menard	22:37
12M	Dave Stephens	23:20
20M	Julios Ratti	25:41
4S	John Monteverdi	26:51
9S	Nick Scotchler	30:27
---Womens 4 Mile ---		
7W	Katy Hollbacher	25:08
15W	Jenn Mitchell-Jackson	25:54
27W	Karin Kuffel	27:00
47W	Linda Braly	28:06

### SIERRA COLLEGE (Sep 18)

The true EBS strength shined a little brighter at the Sierra College 4 Miler. Unfortunately the Reebok Aggies brought their A-game also. Trimble placed 4th with Menard a strong 7th. Jeff Teeters led the first mile but faded to 11th on the challenging course. Dave Stephens placed 14th and a suprising 16th place finish was recorded by Steve Freitas (49). John Monteverdi placed 2nd in the seniors division and snatched up 10 big GP points! Again the EBS Masters were second.

4M	Thom Trimble	22:07
7M	Larry Menard	22:44
11M	Jeff Teeters	23:02
14M	Dave Stephens	23:47
16M	Steve Freitas	24:07
66	Michael Schwartz	25:45
26 M	Julios Ratti	25:52
2S	John Monteverdi	27:19

### AGGIE 8K (Sep 25)

EBS took a week off, missing the only 1-times point race on the schedule. Many ran The Relay instead.

### HOYS (Oct 2)

Again the Striders took the weekend off to both rest from The Relay and to prepare for next week's Empire Open. Julios Ratti and John Monteverdi did test out this laughably difficult 2.95 miler in which only a handful of top runners were able to crack a 6 minute pace!

49.	Marty Beene	20:13
29M	Julios Ratti	20:40
9S	John Monteverdi	21:01
15S	Nick Scotchler	24:22

### EMPIRE OPEN 8K (Oct 9)

This beautiful race in the Annadel State Park always proves to be very competative. The EBS Masters had another good outing, placing 4 in the top 11. Thom just nipped Jeff for 6th place in 27:40 for the 8K course. Larry and Brian McGuire were close behind in 28:08 and 28:19. John Monteverdi was on hand to fill out the masters squad,

placing 6th in the division.

6M	Thom Trimble	27:40
7M	Jeff Teeters	27:42
10M	Larry Menard	28:08
11M	Brian McGwire	28:19
35	John Lehman	29:30
6S	Joh Monteverdi	33:12
15S	Nick Scotchler	37:34

### CRYSTAL SPRINGS (Oct 16)

Probably the most difficult and competative race of the series outside of the Championship. Toss in some college teams and the fact that the Open, Masters and Seniors all run together and you have a real elbow-thrower! This race saw the return of Chatham Ross to the EBS team, and just in time. This time Jeff, Larry and Chatham were joined by Julios Ratti and John "drop down" Monteverdi. The team placed 2nd once again.

---MEN 4.19 Miles ---

5M	Jeff Teeters	22:38
6M	Larry Menard	22:48
10M	Chatham Ross	23:00
70	John Lehman	23:35
94.	Marty Beene	25:36
5S	John Monteverdi	26:33
23M	Julios Ratti	27:04

\_\_WOMEN 2.95 Miles--

30W	Linda Braly	20:14
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### SHORELINE OPEN (Oct 23) 4.58 Miles

A non-event for the EBS Masters, as they rested for Tamalpa and the finale Champs. Thom Trimble grabbed 3rd in his division winning a Halloween treat. John Lehman, Marty Beene and Julios also ran....one short of an open team.

### TAMALPA (Oct 30)

This was perhaps the highlight of the season for the EBS Masters. With four or their top five runners in action, the Striders hoped to break the Aggie winning streak. Only Jeff was missing from the "EBS Dream Team". The Aggies once again provided the competition. At the finish line it looked more like a dual meet between EBS and the Ags. Terrance Boynton of the Ags took the early lead and held off Trimble and Brian McGwire for the win over the 4.5 mile challenging course. Thom finished about 18 seconds back with Brian right behind him in third. Next came the Aggies 2nd man - Steve Haas, followed by Strider Larry Menard in 5th. After two non Aggie/EBSers, Chatham Ross crossed the finish line to nab 8th place and 4th Strider.

Just when it looked like EBS had it wrapped up, the next two finishers (9th and 10th) were Aggies. Before EBS or the Ags could score their 5th and final man the Tamalpa Masters brought in their first four runners. Things were getting tight. The fifth and deciding man for both EBS the Ags and Tamalpa would come from a senior runner. Tamalpa's Jim

continued on page 13

## ...continued...

### Grandmas continued

guess if I'm a minute or two off, that will be OK. Then, sometime after Mile 20, the thought of the last 4 or 5 miles sounds like eternity. You now understand why people have told you that a marathon is divided into two halves: the first 20 miles and the last 6. By now, every passing mile feels exponentially longer than the one before. TWO MORE MILES?! your aching limbs cry. Any inkling of your original time goal disappeared miles and many emotions ago. Now, survival instinct has taken over: Finish line. Finish line. Right foot... left foot... right foot...

Two and a half years ago, my first marathon experience went something like that. I had just finished my last outdoor track season and was in pretty good 10K shape. Track times translate into about a 2:45 marathon. I'll aim for a 2:48-2:50. That will be easy! I signed up for Grandma's Marathon in Duluth, MN, and had a month to cram in a few long runs after my last track meet. I had run as far as 14 miles during the season. After that, I squeezed in a 16, 18, and 20 miler, the latter of which was 13 days before the race. Plenty of time to recover!

On race morning, I ate a yogurt; I never had eaten yogurt before a run. It has protein and will stay with me. Good idea! Hindsight note: Bad idea. Weather in Duluth is historically friendly to Grandma's: cool, slight tailwind. But that year, it was already 75°F and 95% humidity at the start, and a nice headwind was developing. Did I realize the conditions weren't ideal and change my goals? No-o. 2:48 or bust!

I was more pumped than I ever had been to run a race and could barely handle the excitement! I wedged my way in among the masses, and the gun sounded. A minute later, I shuffled across the startling line. Aghh! Must get through these people!! I ran the first few miles at around 6:15 pace. I thought I was jogging. Hindsight note: Be impatient + don't contain your excitement = go out too fast. Eventually, I settled into my pace. Then the yogurt started doing something funny in my stomach, and at 10 miles, I knew I should be feeling more comfortable than I was and became slightly worried. Just stay on pace.

Although the sun was beating down and the temperature was rising quickly, I didn't feel too hot because of the cooling headwind and the water I dumped on my head at the aid stations. I took a sip of water every couple of miles but hadn't yet learned the trick to drinking on the run. By the halfway point, I was feeling pretty thirsty. Still, I didn't dare slow down to get a good drink. Can't spare any seconds! I slowly fell off the pace- 6:32, 6:35, 6:40. OK, I'll be happy with a 2:52. Hindsight note: Lots of water = good.

By 20 miles, I was beginning to feel miserable. Finally accepting the fact that my original goals were shot, I allowed myself a few extra seconds at the water stations to drink. I was absolutely parched. At 23 miles, I had slowed to over 7:00 pace. At least I'll still break 3 hours. My muscles weren't sore, but my entire body was starting to shut down. Right foot... left foot... The next mile was torture. I stopped to walk at the water station and downed a few cups as I staggered along. Some volunteers tried to pull me off the course, but I shooed them away. Finish line, I chanted to myself, though the end seemed to move farther away with every step.

Somehow, I made it to mile 25 but was too exhausted to stop and drink. I was dizzy and couldn't see straight, and my head kept tipping backwards because I could barely keep it upright. I was turning into a

rag doll! It hit me then that I wouldn't make it, but in my delirium, I never considered stopping. Instead I ran carefully down a mild overpass, afraid that I'd trip over myself, and came upon 3 men at the bottom. They hurried up to me, and finally, I accepted that it was over and collapsed...

When I came to in the ambulance, people were asking me questions. I thought I was quite aware and answering everything correctly, but then I heard "She's incoherent" and noticed that I was spelling my name backwards. Luckily, water works wonders, so after the I.V. and 4 quarts of fluid, I felt much better. Hindsight note: A marathon is a long way to run.

Two and a half years and 3 whole marathons smarter, I stood on the starting line of a new marathon with the same goal of breaking 2:50. But the parallels ended there; now, I knew to respect the marathon. I'd learned that serious training demands months of base work and quality long runs, trails are much more fun than pavement, tapering is key, not going out too fast is a challenge, drinking lots of fluid is essential, and chocolate Power Gel is tasty and actually works! Armed with my newfound knowledge, I set out for Long Beach in the best marathon shape I'd ever been. Having run some strong workouts in my last month of training, I felt pretty confident about meeting my goal. Nevertheless, one of the many curiosities I've learned about this crazy race is that you just never know what will happen over 26.2 miles, so I had my doubts.

On race morning, the haze was hanging in and helped keep the temperature reasonable. The gun sounded, and this time, I crossed the starting line within seconds. Due to my paranoia about going out too fast, I was too careful and ran the first mile in 6:46. I wanted to average at least 6:28. Stay clam... but then I overcompensated and ran the next mile too fast. Unfortunately, those first couple miles set the tone as I proceeded to run a roller coaster race, but on a flat course- the only "hills" were little bridges over canals. I bobbed back and forth between 6:29, 6:32, 6:07, 6:39... it was quite frustrating!

Usually, I have no trouble staying within a few seconds of my goal pace, but on that day, I just couldn't manage to settle in and get comfortable. Regardless, the miles went by, and I was at mile 10 before I knew it. Then, I started feeling not quite as peachy, and it took me awhile to choke down Power Gel Packet #1. Around 12 miles, I started going through a pretty bad spell. I'm not even halfway- how can I keep this up? Why do I run these crazy races?! I tried my best to focus on the pace and went through the half at about 1:30:10.

Within a mile, I suddenly felt amazingly better! Maybe it was because I passed the 3<sup>rd</sup> place woman? I about freaked out when I went through the 15<sup>th</sup> mile in 5:54. The next few miles breezed by, and knowing I had 8 miles left didn't phase me. I'm going to make it!! I felt relatively good the rest of the race, though my pace was still inconsistent, and was able to pick it up the last few miles to finish in 2:49:33. I finally achieved my time goal from years ago- and, as a bonus, I qualified for the Olympic Trials. Yahoo!

Though it was a strange race, I felt the best I'd ever felt in a marathon. As a friend reminded me, however, a marathon is never easy. Isn't it amazing how quickly the body can forget extreme pain? Though Grandma's was truly the most torturous running experience I have ever had, it took only a few days for me to be talked into my next marathon. Now, I'm becoming excited for Columbia, though I have no doubt I'll be pretty miserable at 20 miles and wonder again Why on earth do I do this? And after crossing the finish line, I'll be hobbling, but I'll be finished... and so happy to be a runner.

## ... continued ...

### The Relay continued

behind by about 1:30. I had one of the best runs of my life, pushing hard all the way. Catching other runners spurred me on because I could see them far in advance and could tell I was moving up on inkithem. The van crew gave me a time differential status, I was gaining on the Boho runner. Just after reaching the great highway I could see the Boho runner. I kept pushing hard and almost caught him by the exchange, finishing only about 5 seconds behind him. -JT

Leg 20: The head to head battle that I didn't get in the first round of the relay appeared, as Jeff closed on the Boho's once again. He owned his opponent this relay. I watched the moonlight shine on the breakers of Ocean Beach as Jeff was cutting the Boho's lead to less than 15 seconds. I was off on my second leg trying to chase down my old running buddy from days past. I was feeling competitive and went after him. I was thrilled at how fast I was gaining on him. As I ran up the never ending hills, I got inspiration from how strong Mike McGuire looked on this leg the year before. I guess my illness was gone because I stayed tough on the hills and gave the striders a minute and a half lead. -RF

Leg 21 - Mike Schwartz

Leg 22: The leg was short with little rolling hills. I couldn't see the competition when I started, but eventually, I could see his flashlight up ahead. As I started to catch up, he figured out I was stalking him; so he turned off his flashlight. It made it more difficult to reel him in. I kept gaining, but the leg was just too short to close the gap. -PJ

Leg 23: I received the handoff just a few strides behind the Boho runner... and promptly watched his flashlight disappear into the darkness. I lost about 30 seconds trying to decide which direction to run in the darkness. -JL

Leg 24: After taking a 12 minute nap, it was my turn to run again. This time the 12th angry man had a pretty nice lead on me. I think he took his time. This run was flat and smooth. I ran even splits and I gained a good minute on the 12th angry man. -SD

Leg 25: My left achilles is tight, but feels like it will warm up. Adrenaline takes over for the first couple of minutes and finally I settle into a pace. Still passing slower teams helps me focus on running strong and steady. The sun is coming up and it is a beautiful morning. I start talking to runners as I pass them. I encourage them on and bid them good day. Some of them seem impressed with my endurance and pace and say so. It makes me feel even stronger. I never see my competition, but I know he's ahead of me somewhere. I finish the leg feeling good (and tired). Later I find out my competitor bested me in this leg by 70 seconds. Funny, he didn't look like a runner. -DS

Leg 26: The sun rose, and the heat was on again. I had seen John at the mexchange, and started out of sight. The van saw me through the crossing at 0.7 miles. Traffic cooperated. The gentle uphill continued through mile 3. Then down and flat out to the exchange and done, my quickest run yet. -LS

continued on page 14

### Kuffle PAUSATF Volunteer of the Year

EBS's Karen Kuffle was voted as the PAUSATF Volunteer of 1999 for her efforts and Women's LDR Chair. Karen has provided excellent leadership in her role and is very much appreciated by this club for her contributions. Thom Trimble won the award in 1998 for his Webmaster role.



### XC Continued

Meyers, the Aggies Ron Swart EBS's John Monteverdi would all finish within 30 seconds of each other as each represented their squads fifth scoring member.

While it was clear that Tamalpa had finished in third place the top spot was still unclear until the places were tallied (after tossing out non-scoring runners). For the Aggies it was 1-4-7-8-9 = 29, for EBS it was 2-3-5-6-10 = 26. The Striders win by 3 points!

2M	Thom Trimble	25:37	\$20
3M	Brian McGuire	25:46	
5M	Larry Menard	26:19	
8M	Chatham Ross	26:51	
29	John Lehman	27:07	
9S	John Monteverdi	30:18	
23M	Julios Ratti	31:20	
27S	Nick Scotchler	34:36	

### Cross Country Champs , Nov 20

This race truly proved to be a dual meet between the Aggies and EBS. The Striders were without Jeff Teeters once again but put up a respectable showing. EBS placed 4 runners in the top 9, with their 5th man placing 16th. Not bad, until you realize that the Ags placed 5 runners in the top 8! Only one runner in the top 14 was not a Strider or Aggie.

EBS came close to fielding a full men's team for the first time, but came up one man short. Separate races prevented a masters drop down.

#### Masters Mens 10K

4M	Larry Menard	34:12
6M	Thom Trimble	34:19
7M	Brian McGuire	34:31
9M	Chatham Ross	35:23
16M	Mark Piccillo	37:00
22M	Steve Freitas	37:40
25M	Dave Stephens	37:59
9S	John Monteverdi	41:05
12S	Bernard Demai	42:10
52M	Julios Ratti	42:42
15S	Malcolm Scotchler	47:38

#### Open Men's 10K

34.	Jonathan Magasin	34:02
53.	John Lehman	35:54
61.	Rob Flatland	36:41
70.	Phil Oreopoulos	37:55

### Race Car continued

weaving bouncing....horsepower flying everywhere! The car has power to spare, but may not have the electrical/control system necessary to use that power correctly.

Another good analogy is an economy car (ultra runner?) who can run forever at moderate speeds, but once the velocity is cranked up all the economy goes out the window. This is because the car was not designed to go fast.

So, you ask, how does one make a muscle car more efficient, or an economy car more powerful? Simple, you must tune the electrical system to provide proper coordination between all the muscle groups involved in running (ie. Neural Training). This is done with a variety of tools including:

- 1) **Running maximal speed repeats - (e.g. 200m repeats)**
- 2) **Functional explosive strength training (bounders, one leg hops, fast legs, high knees)**
- 3) **Strength training which temporarily destabilizes the body (e.g balance board)**

These "tools" are designed to enhance the reactivity of your nervous system and train your body to have an improved feel for the road. Like a race car driver who makes minute adjustments to his car at high speeds, you can develop a much-improved feedback system by training your body to operate smoothly at high speeds.

While moderate-paced track intervals can provide partial improvement to your neural system, the high speed (over speed?) running and explosive/unbalanced strength training can really help you zone in on fine-tuning your running.

### The Relay continued

Leg 27 Chris ran the mostly flat leg clicking off sub-6 miles for his 3rd leg of the day. Boho's lead grew to about 5 minutes at this point. We were tired.

Leg 28 Phil and the team decided that it was best to wave the white flag and skip his final leg. This moved Bruce up to a rolling 6 miler. Bruce kept his runner in check early but the hills proved to favor Boho as they added more than a minute to their lead.

Leg 29: The super-steep 3 mile leg actually looked inviting compared to my original 10K leg-34 ordeal last year. EBS was down a full 7 minutes and things looked glum. I challenged myself to run a fast leg just for the stats. I pressed the entire leg, encouraged every so often by much slower runners who made my 7 minute pace seem like a sprint. With only my watch as a "distance" guide I broke my leg into four five-minute increments. As the fourth quarter approached I squeezed the remaining oomph out of my quads. The finish came sooner than expected and I was quick to learn that I had cut the Boho lead back to a mere 2 minutes! Its a race once again!

-TT

Leg 30: My third leg was all uphill, only about three miles. I felt good, pushed hard. Cut the then Boho lead from 2 minutes to only 30 seconds. -JT

Leg 31: I'm not sure if Phil realizes how much he did for the team when he gutted out his second leg. He kept us in the hunt and allowed the rest of us to run our original second legs. However, the change in running sequence that resulted when Phil wisely sat out his third leg meant only one thing to me. I had to run the dreaded Leg 31. As I left the start, my goal was to run as smoothly as possible to prevent injury. I leaned forward and stayed on the balls of my feet, just like Thom had advised. As I saw my opponent ahead of me, my focus turned from running smoothly to winning. The competitive spirit took over and I scurried past the BoHo's. I was thrilled when about half way through the race my team mates told me I had a 1:10 lead. It was time again to focus on running smoothly. I was grateful to see the exchange point because I was sure that my legs were going to give out soon. As I handed off to Mike, I was ecstatic. For me, the running was over. And much to my surprise, my flu was over too. -RF

Leg 32 - Mike ran the best leg of the day just when we needed it. Up by just over a minute and running against a 33-minute 10Ker, his goal was to just keep us in first. After 2 miles of the 6-mile leg Mike had yet to yield more than a few seconds! Over the final flat 4 miles Mike kept over half his lead on a hard-charging Boho.

Leg 33: The leg was probably my best. It was hot and all I had to do was hold the lead. I got a lot of support and encouragement from Van A. I got a stitch in the middle, but I was afraid if I raised my arms to work it out, the Bohos would report it to their teammate to motivate him. The stitch went away, and I even opened up a little more time on the competition. -PJ

Leg 34: Rolling back from an expected 6.5 Hard to a 6.2 Very Hard leg did not bode well. By the second mile there was no life left in my legs and the heat was bearing down. The BoHo runner cruised by, but I was more concerned with how I was going to finish the leg than staying with him. A sharp right turn and all that is left is a mile uphill to the finish.... I'm not going to describe the last mile. It is still painful to remember. -JL

Leg 35: Up a very steep grade and then down a very steep grade. I wish I could have run faster but my reserves were shot. I managed to gain 9 seconds on the 11th angry man but it was not enough. I slept for 14 hours after the race and was sore as hell! We will get them next year!!!! -SD

Leg 36: I told some teammates either I want to be up by 5 minutes or down by 5 minutes. Either way it won't matter. Unfortunately, the latter was true. We are down by some 4-5 minutes. The last 7-8 legs were awesome. They had the lead, we took the lead, they re-took the lead. I took the hand-off thinking, "you never know". One wrong turn here, a mistake there, maybe... I think it became obvious to everyone after the first mile of the last leg, no miracles were going to happen. My teammates told me it was over, jog in the remaining miles and enjoy the finish. My legs were dead and the fuel tank was on fumes. I was glad it was over. We all met along the boardwalk and jogged together through the finish line. The other team had to work for every precious moment of each leg. It could have gone either way and in the end, I still felt like a winner. Dead tired, but a winner. -DS

## Women Roll at Millennathon

Tim Keenan

The Millennathon 2000 had an even stronger EBS showing. This brand new half marathon starting and finishing in downtown Oakland featured an array of international class runners vying for a share of the \$26,000 prize purse, including 20 Olympic marathon qualifiers on the women's side. The scenic, but deceptively slow course featured two loops around

windy Lake Merritt and a long slight upgrade on 51st Street.

Official team results pending for this new PA/USATF event, the Strider women fared exceptionally well. They were led by Katy Hollbacher a very impressive 1:23:31. Elise Cappella followed in a strong 1:26:05. Close behind were Jen Jackson (1:26:09), Angela Lilley (1:26:37), and Jill Cartwright (1:35:34) - a NEW EBS Masters record.

The Open men's team on the other hand didn't have it so easy.

Probably finishing around 5th or 6th, their group consisted of Phelps Jackson in a very respectable time of 1:14:48. Tim Keenan was next across the line in 1:15:23. Erol Ackdoo (1:19:51), Jon Lehman (1:20:33), and Donald Ng (1:37:27) completed the team.

The Masters team was a little more steady. they were paced by Thom Trimble in 1:17:15.

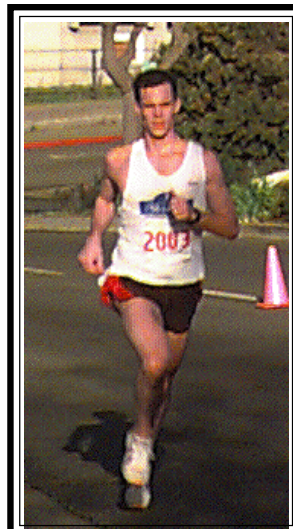
Joe Schieffer showing his versatility in all distances trailed in 1:20:55. Steve Freitas was right behind in 1:21:23, with Dave Stephens (1:27:09) and Julious Ratti (1:32:14) rounding out the scoring.

Finally, the Senior team, one of the Striders most talented in quite a while, showed they will be a force to reckoned with all G.P. season long. Fred Martin (1:26:37), Len Goldman (1:29:26), and new member Jim Buck (1:30:58) led the charge.

Even though the Millennathon was a highly publicized event, it is not determined if in fact the race will be continued on the PA/USATF circuit. A few P.A. teams in the Association indeed boycotted the half marathon because it was too close to last weeks Cal 10.



**Angela Lilley**



**Phelps Jackson**

## Arthur Lydiard's Training Plan

Jeff Teeters

Imagine a neighbor of yours is a runner. A few local kids in your neighborhood are interested in running, and they go to your neighbor for training advice and coaching. About eight years later, all three of these kids go to the Olympics and they all win medals in distance running events, two winning gold (5000 and 10000), the other a bronze (marathon).

On September 24, through the planning of Eric Ellison, I had the fortune of attending a lecture by the legendary running coach Arthur Lydiard, who was this neighborhood coach, and who now is regarded by many, as one of the best running coaches in the world. He has helped 17 athletes gain Olympic medals.

His training plan divides the training into five stages. The first stage (base building) should be done as long as possible (three or more months). During this stage, the training consists of long duration runs, which are at an aerobic pace, but which are as fast as possible while still being aerobic. Lydiard recommends alternating hour runs with two hour runs, giving a total mileage of about 100 miles a week. In addition he recommends supplementary light jogging, which can put the total mileage up to over 150 miles a week for his top runners.

The second training stage lasts four weeks and is started about 14 weeks before the important race. It consists of hill training three days each week, with shorts sprints on flat ground periodically at the top or bottom of the hill. During the hill training sessions (which should last about an hour) the athlete should practice bounding up the hill, using an exaggerated motion of the arms and legs. On days when not hill training, repeated short, fast, leg speed practice sprints of about 100 meters should be done. One day a week a long (1.5 to 2 hour) run should be done at an easy pace.

The third training stage also lasts four weeks and is started about 10 weeks before the important race. It is used for anaerobic development. Three days each week, run repetitive intervals (200 meters or more) which cause a large oxygen debt and lactic acid buildup. After each interval day, allow a day for recovery, which would be short sprints, and easy running. There should also be one long aerobic run each week.

The fourth training stage also last four weeks and is started about six weeks before the important race. It is for practicing the race distance in time trials, for specialized training to correct deficiencies that the time trials make apparent, pace practice, and for over and under distance practice races. The usual long run should be done once a week.

The last stage, freshening up, lasts ten days. It consists of an easy morning run and short, workouts designed to allow the body to "super compensate" from the previous training and be completely ready to race well. Any fast running should be short. Any long running should be easy.

# EAST BAY STRIDERS NEWNOTES

## WINTER 2000

### In this issue . . .

- Humbolt Half**
- XC Season Summary**
- The Relay**
- Cal 10**
- Millennathon**
- XC Nationals**
- Katy to Marathon Trials**



**Tim Keenan at  
Millennathon**

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