

# East Bay Striders Newsnotes

Volume 19, No. 1, Winter 2002



## Seniors Win XC Champs

### Masters and Seniors Earn Season Second

The EBS/WVTC Masters and Seniors both had excellent XC seasons in 2001. The masters team racked up 3 wins and 3 second place finishes in the six races they fielded teams. The Seniors used a late season surge to move from 5th place into 2nd, just behind Tamalpa



John at 3 mile mark

With the combined forces of EBS and WVTC our new racing squad was able to field teams at the minimum number of races to maximize our efforts - six. Without this combo effort we would have had a full team in only ONE masters race and TWO seniors races.

The Masters squad got off to a fast start at the inaugural Santa Cruz race, with a convincing win over the hilly 8K course. After skipping the Empire race, we went head to

**continued on page 8**

## Masters Grab Silver at 10K

Paso Robles? Where the heck is Paso Robles? That was the question on our minds as we pondered the almost mandatory road trip to earn our triple points. The newly formed EBS/WVTC team was healthy, for the most part, and ready to run. But....Paso Robles?



Thom and Fletcher just past 5K mark

Paso Robles is on the central coast about 200 miles south of the Bay Area; famous for its hot summers, wine country, and home of Ivan Huff.....and thats about it. At least its not Eureka...again. This race rivals the Fleet Feet Mile and Big Sur 5K for (distance to drive) / (distance of race) ratio.

Fortunately, things turned out alright, rather excellent to be honest, for most of us. The race was well managed, fast, accurate and very competitive (mostly due to the 3x points). The field was small but potent, perhaps about 250 total (about ten times

**contiued on page 5**

## Victory at



It was a cool and pleasant day. The racing gods were smiling upon the nearly 4,000 runners who mingled at the start of this, the most beautiful race in the world. Aside from the dreaded early start time and the added stress of a Bay Bridge closure, there was little to whine about for the dozen or so BAMMERS (Bay Area Masters) who lined up for the blue-bib start (1st wave).

It appeared we had sufficient numbers to score not only a solid masters and seniors team, but enough left over to prop up our dwindling open men's squad. While the 12K was the second PAUSATF club competition of the season, there was little concern about our team time. On paper both

**continued on page 14**

## CIMing in the Rain...

Thom Trimble

Once again, the gods of weather and humility joined forces to stomp all over the hopes and dreams of those foolish enough to challenge CIM on the wrong year. The last time Tim Keenan and I ran CIM was in 1997. It was Tim's first marathon and we joked at how he was guaranteed a PR. The laughing stopped early in that race and mother nature slapped us down good with her best shots - heavy rain and high wind. Tim still managed a 2:41 but it was far from the point spread laid out the week before.

This year we were back, and looking to kick some asphalt. The 1997 CIM was still Tim's PR, but with our hard training and good effort at the Clarksburg 30K we felt ready to push the 6 min barrier. Our plans held up until about a week before the race. John Monteverdi's E-forecast gave us the big raspberry.

Tim and I, along with other EBS/WVTC marafools - Mauricio Maia, Mike Plummer, Fletcher Lesley, Jim Granahan and Julios Ratti held out hope that the impending low pressure system would not inflate our times and deflate our egos.

Tucked under our blankets at the Red Lion, sleep came hard at the windows rattled all night with the pounding rain

**continued on page 10**

## STRIDERS SURVIVE CLARKSBURG

Tim Keenan

Well, it was that time of the year again. The time that most of us LDR's somewhat dread, but anticipate with competitiveness. That's right!!, second Sunday in November, the Clarksburg 30K.

Now, those of you unfamiliar with this event, don't get me wrong! It is a well organized, well supported PAUSATF Grand Prix race, with shower facilities and complimentary lunch afterwards.

The town of Clarksburg, located along the Sacramento river north of Rio Vista in Yolo County, has hosted the 30K for several years now. It is the nature of the course(choppy, uneven levee roads), unpredictable weather, and the timing of the race,

which is only one week shy of the PA XC Champs in SF. that has us constantly pissin' and whinin'!! But, it is an outstanding tuneup for C.I.M. in early December. So, with that said, here are the details:

With a total of nine Striders participating, the gun sounded on a cloudy, slightly breezy day. Actually we lucked out. A rainstorm just passed thru the night before.

Anyway, off we went. A large pack of 6 minute pace milers emerged after a mile or so of getting comfortable on the out and back course.

Among them were Thom Trimble, Tim Keenan, and Fletcher Lesley, with Mauricio Maia about 30 seconds behind. This pack kept together surprisingly well until about the seven mile mark when it started to spread out.

At the 9.3 mile turnaround Thom and Tim emerged alone with Fletcher fading about a minute behind. With Greg Mislick of the Reebok Aggies the only rival of note hanging on, Thom and Tim pushed the pace to 5:50 to 5:55 per mile, dropping everyone reasonably close. They kept this up till mile 11, then settled down a bit until spotting a fading Brian Davis and Robert Pickens of WVJS. Shifting gears they left those two in the dust and pushed it thru mile 15. Then, a fatiguing Tim backed off, and Thom feeling spry as ever surged ahead catching Jesus Garcia of Hoys at about the 16.5 mark. Trimble running a very smart race finished the tough event in 1:51:40, good enough for 5th Master. Tim hung on to take 7th in 1:52:49. Mauricio, running an even, conservative race, completed the scoring team with a

continued on page 14



Tim, Thom and Fletcher work together at early stages of 30K

## Up Close and Personal: NEW members of the EBS Women's Team

Malia Dinell

This past fall the EBS women's squad raced seven cross-country races but never had the required five-member team to score. Nonetheless, it was good to be back, even if we were in "the back". Old-timers, B.Z. Churchman and Malia Dinell, were joined in various cross-country races by some EBS new-comers whose enthusiasm, experience and speed were appreciated. We thought other members would like to know a bit more about these women so here is the first of, we hope, many more profiles of NEW members of the women's team.



Malia at Crystal Springs XC

We have to thank the Lake Merritt Joggers and Striders for snagging award winning master runner **Christine Chapon!** Christine, 43, is originally from Paris, France. Before moving to California with her family, Christine lived and trained in Boulder, Colorado. She is a molecular biologist who has been running for about 15 years. Christine ran college cross-country this fall then when her season ended, she popped into the PA cross-country championship at the last minute and placed first for the EBS women's team.

Christine's racing highlights this year included the San Francisco Marathon where she was 5<sup>th</sup> woman overall and 1<sup>st</sup> in her age group with a time of 3:17. Christine earned another 5<sup>th</sup> place at the Quad Dispsea clocking a 5:37 and change. Anyone who has run with Christine on the weekend runs can attest that she attacks hills and trails. What is her secret weapon? Obviously lots of quality training and talent, but pre race cookies? Power Bar might have some competition. Christine's next running goal is racing the East Bay Triple

Crown Trail Series. Time to start polishing that tiara.

**Amy Lam** is a 22-year-old Graphic Designer from Dublin. Amy has been running since high school where she competed in both cross-country and track. While at University of San Francisco, Amy ran cross-country. She describes her best race so far at the UC Davis Invitational when she was a sophomore. Amy said



continued on page 14

## Seniors Start 2002 With a Bang

Finish Third at Cal 10

Len Goldman

The EBS/WVTC Senior team fielded a record number of runners, 10 in all, and the depth paid off as the "A" team finished third and the "B" team was fifth. In addition, Steve Freitas and Fred Martin were dropped down to the Open team to help score for that team.

The Seniors were led by Joe Schieffer in a new club 10 mile record for 50 year-olds in a time of 59:27, breaking the old record by over 2 minutes and in the process became the first Senior in the club to break the 60 minute barrier for 10 miles.

Rounding out the scoring for the "A" team were Len Goldman in 63:35 and Jim Granahan in 63:53. Weather conditions were almost ideal for this first road race in the 2002 Grand Prix series, cool temperatures, but dry, with a slight headwind after the turnaround for the last 5 miles. This showing bodes well for the future races in the series and the Senior team should be a force to be reckoned with. The "B" team scorers and their times were:

James Flanigan	66:09
Doug Butt	67:20
Julios Ratti	67:43

For the Open Team, which placed 10th, Steve Freitas ran a 64:05 and Fred Martin, returning to run for the team after spending 2001 running for WVJS, ran 65:03. Rounding out the Senior competitors were John Monteverdi in 68:28 and Clement Choy in 72:14. Nine of the ten Senior runners earned the coveted sub-70 t-shirts.

--> See page 16 for full team results.

## EBS/WVTC Singlet Logos

With the launch of the new EBS/WVTC racing squad, the need for a new racing singlet logo arose. With the help of Treasurer John Monteverdi's artwork (and his Print Explosion Deluxe program) a number of potential samples were created. After a flurry of emails between club members and changes to the logos, the image at the right was decided upon. Other finalists are shown below. Printing will begin SOON!



## Masters Miss By a... Pine Needle!

Take 2nd at Humboldt

Tim Keenan

With the late October morning chill running down their spines, the EBS/WVTC Masters team toed the starting line at the Avenue of the Giants for the Humboldt Half Marathon. This event, one of the club favorites on the PAUSATF Grand Prix tour offered a picture perfect morning for racing...cool, a bit foggy, and no breeze!!

On paper, it looked like it would be a duel between the Striders, a strong Hoys Excelsior team and maybe the Reebok Aggies and Silver State Striders if a few of their key members showed up. Fortunately, they DIDN'T!! So off we went:

When the gun went off, EBSers Thom Trimble, Tim Keenan, and Fletcher Lesley merged together with several others to form a 5:45 per mile pack. This group stayed together all the way till the half way mark on the out and back course. At this point the three EBSers were in 6th-8th position. Then at mile seven, Tim and Fletcher surged slightly ahead with a slightly under the weather Thom just seconds behind.



At mile nine Tim forged ahead to chase down Brian Davis of WVJS to move into 5th position. By mile eleven Tim had also caught a fading Jesus Garcia and Lloyd Stephenson of Hoys and held them off the rest of the way to take 3rd Master overall with a time of 1:15:10.

Meanwhile, Fletcher, struggling with a bad toe blister was overtaken by Thom and an out of nowhere Bob Pickens of WVJS. Thom finished in a gallant 7th despite his illness in 1:15:39. Fletcher was right behind in 1:15:59. Rounding out the scoring for EBS/WVTC was Tony Fong in 1:18:41 and Dave Stephens running his first ever half marathon in a very commendable 1:19:36. Although we were not able to score any other teams other EBS participants included Mark Piccillo (1:26:55), Marty Beene(1:28:28), Don James (1:29:06), Mike Plummer(1:32:25), and Julios Ratti(1:36:26). EBS/WVTC came up just....short by seconds, bowing to the Hoys team who eventually dropped down a strong senior competitor to complete their scoring team and take 1st place. OH WELL!! Just wait in 2002 we'll be a true contenduh... with a stronger team with more healthy able bodies. The Vegas odds are out. Go on! Make that bet! I DARE YA!

# CROSS COUNTRY NATIONALS



## EBS/WVTC Compete in XC Nationals

### EBS/WVTC Seniors Take Bronze at 2002 Winter National Cross Country Champs

John Monteverdi

The USATF listed the conditions at the 2002 Edition of the USA Winter Cross Country Championships on 2/9/02 held in Vancouver, WA as "Race Conditions: Sunny and chilly, 42 degrees and calm winds. Course: thick grass with occasional slick spots". True, the weather was a welcome departure from what most would expect his time of year in the Portland, Oregon area...lots of rain.

But the course was still challenging. At first glance, this ~1.3 mile course, that winds its way around the Parade Ground of Ft. Vancouver National Historic Site, looks flat. However, the race organizers decided to throw in many loops and turns around trees, up and down the shallow slopes (about 75 feet above river level on the north, to near river level on the south). The net result was an interesting course that traversed that 75 foot elevation difference 3 times per loop, with the last 150 meters of the course loops straight up the total elevation difference to the Finish.

After weeks of rain, culminated by several dry days, the entire course featured poor footing at best (similar to the portion of the Golden Gate Park X-Country course just at the mile mark), with several near treacherous turns around large trees with nearly-exposed and corrugated root systems.

And then, of course, was the mud sump that swallowed Chatham's right shoe!!! More about that later.

EBS/WVTC fielded two teams, that included Masters Thom Trimble, Tim Keenan, Chatham Ross, Tony Fong and Fletcher Lesley and Seniors Doug Butt, Len Goldman, Jim Flanigan, Jim Granahan and John Monteverdi. Everyone felt that the experience of racing together at this "national profile" event solidified the chemistry of this cojoining of old rivals East Bay Striders and West Valley Track Club, with the addition of new members who were attracted to this group of speedy and committed racers.

On this rare dry, but cool, day the "younger" boys finished as **6th Masters Team**, a placing that featured a courageous performance by Fletcher Lesley (23:20), who hobbled through the winding, muddy 6K course with a serious injury to stumble in as

fifth man. (Ed. Note: Fletcher has had surgery since and is recovering. Donations can be sent to the "Send Fletcher to Hawaii Campaign" c/o EBS/WVTC). Chatham Ross (21:45) ran half of the last lap without a shoe, which had been sucked off his feet by the mud in the only portion of the course that featured a completely swampy area. Thom Trimble (21:16), Tim Keenan (21:44) and Tony Fong (21:55) comprised the first three finishers on the team, that just beat out the **7th Masters Team** team by a razor thin 1 second.

The club's Senior placed in the medals, finishing as **3rd Seniors Team** behind the Snohamish (Washington) Roadrunners and the Boulder Roadrunners, with a placing that featured individual Silver and Bronze Medal-winning performances for speedy guys Doug Butt (23:54) and Len Goldman (24:21), respectively. Jim Flanigan, Jim Granahan and John Monteverdi filled out the rest of the team with times of 25:02, 25:26, 26:12, respectively.



**Jim Flanigan, Doug Butt, Jim Granahan, and Len Goldman (L to R) at Vancouver**

Although next year's Winter Championships are in Houston, and so the club is not likely to send teams, the Fall Cross Country Championships are being hosted by the evil Reebok Aggies at the Sierra College Cross Country course that serves as one of the more interesting venues for the PA USATF Fall Cross-Country Grand Prix. We hope to have at least two teams in both the Masters and Seniors Division for that, and perhaps a Super-seniors entry as well.

## The Ultra Scene

**Mike Palmer**

At the end of the 2001 PA-USAT&F Ultra Grand Prix the East Bay Striders Men's team was second. In the overall standings, including mixed and womens' teams, EBS was sixth.

In the individual scoring, Joe Schieffer was second in the Masters. Ken Gregorich was eighth.

Among seniors the indomitable Clem Choy (aka "Mr. 409") was seventh.

Dapper Don James was eighth and Tim Quinn was fourteenth. The aforementioned individuals also performed well at last year's Western States.

The EBS/WVTC ultra team will be bolstered by new club members Wendell and Sarah Doman. Wendell was the winner of the inaugural Rio del Lago 100 miler and won the Fear and Loathing 50 miler through the streets of San Francisco last December with a time of 7:25. His wife Sarah is a tough ultrarunner who has completed several 100 milers. They also both organize the Pacific Trail Run series.

Lisa Henson has re-joined EBS and will compete in Western States as well as some of the other races in the ultra circuit. She should be joined by Christine Chapon who ran an impressive 5:37:35 at the Quadruple Dipsea last November.



We could always use more members at the ultra races. A 50K is only four miles longer than a marathon and I think the trail 50K's and 50 milers are a lot more fun than running on the roads. The aid stations are farther apart than they are in a road marathon but if you carry a water bottle and some GU you won't have to worry about bonking.

These are the races that comprise the 2002 Ultra circuit:

Way Too Cool 50K March 9  
 American River 50 miler April 6  
 Ruth Anderson 100K/50 miler/50K on April 20  
 MiWok 100K May 4 (this is a great race!)  
 Quicksilver 50K, 50 miler May 11  
 Silver State 50K May 18

continued on page 13

## Heritage 10K continued

greater than last year's turnout!).

The new EBS/WVTC masters squad was loaded too. We had the fastest team assembled since Pacific Sun 2000 (and perhaps our best ever 7-deep)

Since Paso is the home of super-masters Ivan Huff, and Armando Siqueiros (SLO) we held out little hope of winning the darn thing. However, since prize money went three deep, second place would be just dandy. This would be no easy task either, as Hoys had a strong contingent of runners also.

The 10K course was broken into two laps of 5K. The unique start/halfway-point/finish was embellished with a red carpet, overhead banner and large display clock. There was no doubt where the 5K and 10K marks were. The route itself was a keyhole loop - three short straights followed by a mile-plus out, then back down the main drag of the town. This long straight-away was the only "flaw" of the course in my opinion.

The race took off quickly, with many talented runners and some nice prize money at stake. The first mile consisted of three right turns then onto the main drag. The leaders came through at around 4:40. Chris Jagers led the EBS/WVTC squad at just over 5 minutes. Back about 50m was the trio of Fletcher Lesley, Jeff Teeters and Thom Trimble. Tim Keenan, Chatham Ross and Dave Stephens were also close behind.

The second mile was down the main drag of the town and slightly upgrade. This was the only mentally difficult part of the race (twice!). Just past two miles the course did a 180 and headed back to the start/finish line. This was a good place to size up our team placement in the field as we could see everyone coming and going.

It appeared the Aggies were in command, and Hoys-Excelsior was holding out in second. While Chris was duking it out with top Hoys master, Lloyd Stephenson, their team also held down the next three spots. Hoy's number four guy was also hanging onto the 2-3-4 pack of EBS/WVTC. Our number 5 guy (Tim) was well clear of their 5th man however, which gave us hope.

As we approached the 5K mark - the big overhead banner, clock and red carpet - we heard the small but enthusiastic crowd cheer. The top 4 Striders came through half way at just under 17:00 with Chris still leading the way. Thom and Fletcher pulled away slightly on Jeff, who had done most of the pack leading. Tim and Chatham were still neck and neck with Dave not far behind.

With one loop in the bag the second 5K would be a known entity (but it always seems further!). Chris, who was on the comeback trail from a long-term injury, began to feel the layoff. Thom pulled away from Fletcher and caught Chris just past 4 miles. Fletcher would also overtake Chris in the last mile. Thom held pace over the last two miles to reel in the #3 and #2 Hoys guys, placing 6th master in 33:47.

continued on page 12

# 2001 Final Grand Prix Standings

## Road Grand Prix

<u>Pl</u>	<u>Name</u>	<u>Points</u>	
<b>MASTERS</b>			
4	Fletcher Lesley	293	comp 2002 + \$100
5	Thom Trimble	252.5	comp 2002 + \$50
9	Jeff Teeters	162	comp 2002
11	Tim Keenan	156.5	comp 2002
14	Mauricio Maia	150.5	
17	David Stephens	139.5	
23	Chris Jagers	96	
30	Chatham Ross	58.5	
39	Tony Fong	43.5	
83	Brian McGuire	1	
<b>SENIORS</b>			
16	Len Goldman	73.5	
17	Jim Granahan	64	
20	Steve Freitas	49	
22	Julios Ratti	42	
59	Don James	9	
70	John Monteverdi	5	
<b>OPEN MEN (long)</b>			
36	Thom Trimble	22	
38	Tim Keenan	20	
46	Mauricio Maia	8	
50	Chris Jagers	6	

## TEAM STANDINGS - 2001 FINAL

<b>OPEN MEN</b>	
8	East Bay Striders 33
11	EBS/WVTC 8
<b>MASTERS MEN</b>	
4	EBS/WVTC 83.5
6	East Bay Striders 40.5
<b>SENIOR MEN</b>	
6	East Bay Striders 44
9	EBS/WVTC 9

*EBS men competed for EBS/WVTC after mid-season (Heritage 10K and beyond). This accounts for two teams.*

## Cross Country Grand Prix

### TEAM

<b>MASTERS MEN</b>		
1	Aggies	102
2	EBS/WVTC	94.5
3	Tamalpa	78.5
4	Golden Valley	72.5
5	River City Rebels	68.5
6	WVJS	63
7	Spartan TC	49
8	Hoys Excelsior	43.5
9	Empire	12

<b>SENIOR MEN</b>		
1	Tamalpa	103
2	EBS/WVTC	96.5
3	Spartan	84
4	Empire	76
5	Buffalo Chips	71
6	Hoys Excelsior	16

### INDIVIDUAL

<b>Masters Men</b>		
4	Thom Trimble	103.5
6	Mauricio Maia	92.5
8	Fletcher Lesley	86
20	Chatham Ross	26
21	Brian McGuire	24
37	Tony Fong	9
44	Tim Keenan	7
47	Larry Menard	4.5

<b>Senior Men</b>		
4	Doug Butt	18.5
13	Jim Flanigan	13
12	John Monteverdi	1.5
12	Len Goldman	1.5



Aggie Invite XC - UC Davis

## Weekend Run News-2002

**Kris Luckin**

Mike Rossi and Kris Luckin volunteered to take over the EBS weekend run coordinator task held previously by Jill Cartwright. The weekend runs consist of organized Sunday run's whose route and location vary from week to week.

Typically inspired by local weather patterns and participant preferences, Kris and Mike decide on a route mid week, email the location to all EB striders by

Thursday evening and update the EBS phone hotline with location details. Although, we "coordinate" runs, all suggestions by participants are welcomed as well as having guest host runs. We'd love to have you host the group for your favorite east bay run.

Almost all the runs are held somewhere in the east bay with occasional forays to Marin or the Peninsula (Woodside, we are coming) when we get tired of slipping through our east bay clay. Sunday runs are typically trail runs as for most of us as our only opportunity to get off the pavement comes on the weekends. And what better way to revitalize and refresh your running than a lovely jaunt down a trail with friends? When possible, we have special Sunday runs with other running groups around the Bay. Lake Merrit Joggers and Striders running club has volunteered to host one Sunday run each month and we are looking forward to this. Many "other club" runners join us for Sunday.

You never know who might show up for a Sunday run (but you can always count on

1). The group has ranged in size from it's largest size of about 20 to smallest of 4. These group runs, no matter the size, involve looping and herding so that no-one loses their way, get's left behind or doesn't have someone to converse with. It's good work and good fun combined with whatever distance and speed you want to do. There are always lots of people who will run as fast as the strider next to them! If you are training for something long or short, you can always count on someone helping you out on a Sunday.

### Lessons Learned by the Coordinators:

Put the time of the run in the email

Most people don't like pavement oriented runs through urban areas

Don't bring Zoom Zoom to group runs

Havey Canyon Trail is Muddy on dry days

Training 1 day a week is a good way to get hurt

If you are not currently getting email notifications, send us your email address and come join in the fun. We try to start at 8:30 am but lately, it's been closer to 8:40. Don't count on that though or you may get left behind. See you on Sunday, Mike & Kris

## Christmas Relays

The Christmas Relays were once again the PAUSATF champs. Despite being out of the running for a top-3 finish in the Masters GP, EBS/WVTC decided they might have a chance at stealing this one. Coming only a week after the CIM marathon we figured most teams were calling it quits for 2001. The top 3 places were already set and another single point race would not change that.

With several of the BAMMERS (Bay Area Masters, our unofficial name) either out of the country or injured, we had to rely on "used merchandise"

to complete the team. While Chatham Ross and Brian McGwire were both reasonably fresh (no CIM) the other half of the 4-man squad had to come from the CIM roster - Fletcher Lesley and Mauricio Maia. A late injury to Mauricio forced the team to go to its reserves - Thom "don't call me unless you are desperate" Trimble.



**Fletcher hands off to Brian to start 2nd leg**

Due to uncertainties about the race even being held, the turnout was a bit lower than usual. At the start line there were well over 200 teams, but only a couple of serious masters squads - Silver State Striders from Reno, and the local Hoys Excelsior team which is always tough.

The weather was cool and windy. The first 2 miles would be fast before hitting the headwind coming home.

The first leg was handled by Fletcher who duked it out with a very comparable runners from both Hoys (Tim Geraghty) and Silver State (Jorge Herbrechmeier).



Considering Fletcher had run his first ever marathon a week ago, he turned in a remarkable split of 25:08 for the 4.464 mile course (5:37 pace). We were about 10 secs up on Silver State and 20 on Hoys.

Brian took the second leg for the BAMMERS. He went up against Scott Robertson of Silver State and Luis Sanchez of Hoys. Brian cranked out a 25:00 split and gave the team a little breathing room by opening up over a minute lead on Silver State and nearly 2 minutes on Hoys.

Thom took the "stick" from Brian and introduced his legs

**continued on page 13**

### XC Season continued

head with the National Champ Reebok Aggies. Despite having a top team (Trimble, Maia, Lesley, Teeters and Keenan) we came up short, but easily outdistanced the other over-40 teams. The EBS/WVTC Seniors team made its debut at this race, placing behind a talented Tamalpa contingent. The scoring team consisted of Len Goldman, Doug Butt and Doug Peterson.

Week #4 found us at the infamous Crystal Springs course. This time we needed the combined efforts of our Masters and Seniors team just to get on the score board. While Thom, Fletcher and Maurico broke up the Aggie top 5, with Chatham close behind their 5th, we required the services of Senior John Monteverdi to fill out the 5-man team. John was fast enough to allow us to hold off the 3rd place team Tamalpa.

The fifth race slated for the season was the UC Davis Aggie Invite - the road race on dirt. After a grueling race at Crystal Springs, this 8K race allows you to stretch out your legs and run near-road race times!

This time it was the Seniors who brought a full team, with the EBS/WVTC Masters down to three guys. The senior squad of Butt, Monteverdi and Julios Ratti duked in out with the hometown Buffalo Chips. Our 2-7-8 finish was not quite enough to catch the Chips' 3-4-5 finish.

At the halfway point in the season the Masters were in 3rd, while the seniors held down 5th.

The #6 race in the series was both the shortest but the toughest, per mile. The Presidio Challenge, held on a very hilly course in the Presidio gave the club a real boost in the standings. The Masters team was neck and neck with the Aggies, but were awarded the win after the Ags forgot to file their scoresheet by the deadline. The Seniors again grabbed second behind Tamalpa with the same trio from Davis.

Race #7 was held at Sierra College in Rocklin, home of the 2002 National Champs. The Masters took the week off, while the senior trio of Butt, Monteverdi and Ratti again took the silver behind Tamalpa. At this juncture in the season, the Seniors had moved into 4th ahead of the Chips, but still trailed Tamalpa, Empire and the Spartans. Only three races

**continued on right**



**Thom battles Aggies at halfway point in XC Championships**



## Powerbar News

**Eric Ellisen**

We were recently informed by Powerfood that the sponsorship of EBS will be continued in 2002. In fact, the level of the sponsorship this year is more generous than ever. Typically, the sponsorship includes a certain amount of product, e.g. bars and gels, and a small amount of gear, like shirts, socks, and hats. Also, EBS has an incentive deal included as part of the sponsorship. If any club member places highly in a race and is captured on film prominently displaying the Powerfood logo, the award of additional product is possible. Including these potential awards, the sum total of our sponsorship this year exceeds \$5,000.

As with our other sponsors, club members' access to the product is keyed to participation in club workouts, as well as racing for the club. I will be continuing in 2002 as the merchandise coordinator for the club. Usually, I will have product available at track workouts, and at some weekend runs. However, if you are not able to make any of these workouts, please feel free to call me at home in Oakland: (510) 268-8924, so we can arrange a delivery. You can also e-mail me on: [Ellisen@uclink.berkeley.edu](mailto:Ellisen@uclink.berkeley.edu).

As of this writing, we are still unsure about the future of our Jogmate sponsorship. More on this in the next few weeks.

### XC Season continued

The season finale was the double-points PAUSATF Cross Country Finals in Golden Gate Park. The three loop 6-mile course is a classic for both racing and spectating.

The masters men just needed to field a team to wrap up second place for the season. The seniors had to defeat the second place Spartans to earn their silver for the season.

The masters lined up a solid, albeit fatigued team, fresh off the 30K champs last week. The Aggies had their "A" team ready to roll, so no cheap victories this week.

The seniors had a deep lineup, with hopes of pulling out their first victory of the season.


As expected the Aggies took 7 of the top 8 spots. Only Thom Trimble's 7th place finish was able to break up their perfect score. The EBS/WVTC team then grabbed 4 of the next 12 spots to earn a solid second place over Tamalpa.

In the Senior race things finally clicked for the over-50 guys. They were able to grab 1st, 2nd and 6th to beat out Tamalpa's 3-5-8 finish. This topped off an excellent season for the team and easily outdistanced the Spartans for a season second - 96.5 pts to 84. Empire was 4th for the season with 76 followed by the Chips with 71.

The Masters finished a respectable second behind the Aggies - 102 to 94.5. Tamalpa edged Golden Valley Harries for third 78.5 pts to 72.5, with the River City Rebels in 5th with 68.5 pts.

## Thursday Track Workouts



<u>DATE</u>	<u>WORKOUT</u>	
Mar 7	8x800	
14	3x(800,1200)	
21	10x400 Houlihan's 12K 3/24	
28	4,8,12,16,12,8,4	
Apr 4	5x1200	
11	EBS 5000	
18	10x400 Compaq 10K 4/21	
25	8x800	
May 2	EBS 2 Mile Classic	
9	6x1000	
16	4x1600	
23	10x600	
30	16,12,8,12,16	
June 6	3x(800,1200)	
13	8x800	
20	10x400 Shriner's 8K 6/22	
27	6x(300,200,100) Mile prep	
July 4	EBS Mile Fleet Feet Mile 7/7	
11	4x1600	
18	5x1200	
25	4,8,12,16,12,8,4	
Aug 1	10x400 Alameda 10K 8/4	
8	3x(800,1200)	
15	6x1000	
22	8x800	
29	10x600	

**LOCATION: Edwards Track, UCB**

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

**View the EBS NewsNotes Online (pdf)  
at: <http://www.eastbaystriders.org>**

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

***EBS WEBSITE***  
**[www.eastbaystriders.org](http://www.eastbaystriders.org)**

### EBS NewsNotes

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

Published on PC Clone. Printed on HP  
Epson Stylus C60

EBS NewNotes is published quarterly by:  
East Bay Striders  
4425 View Street  
Oakland, CA 94611

### East Bay Striders Running Club

**Membership in the East Bay Striders Running Club is open to all runners 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

<b>President</b>	<b>Thom Trimble</b>
<b>Vice-President</b>	<b>Malia Dinell</b>
<b>Treasurer</b>	<b>John Monteverdi</b>
<b>Secretary</b>	<b>Jonathan Magasin</b>

**EBS Hotline (510) 428-1200**  
**Official Food: Fun Yums**  
**Club USAT&F # 138 (#220 EBS/WVTC)**  
**Established 1983**

### CIM continued

and the trees whistle with the howling wind. Its just a bad dream. Nothing a good night's sleep won't take care of.

Morning came and the angry tiger of a storm had subsided to a somewhat peeved tomat of a storm. Light drizzle and what appeared to be a southeast wind (semi-tailwindish) gave us hope. Our pre-marathon jitters were heightened as we ran for the shuttle bus parked at the lobby entrance. "Last bus! Four seats left!" shouted the driver. Looks like we just made it, as I boarded the El Dorado School District bus. But wait. Tim still had to drop off the room key at the desk. As he sprinted through the lobby two more runners boarded. Only one seat left! Run Tim Run. See Tim Run.

Luckily, no more last-minute marathoners boarded and Tim caught the bus. Next stop.....hell.

While Tim was relegated to the back of the bus, I was fortunate enough to grab shotgun. Marge the crotchety high school bus driver to my left, and Bob "how far is this marathon?" to my right. It would be a long ride to Folsom.

I tried to distract myself from the impending punishment by making small talk with Bob (not his real name) and Marge (not his real name either). I told Bob how lucky he was that he didn't run in 1997, when it was really bad. He listened to my story with eyes as wide as saucers (okay, Barbie saucers maybe).

This year can't be that bad I mused. Bob had come prepared for the cold and rain....with a cotton sweatshirt and a bargain-brand trash bag. I rolled my eyes at him in my best "pitty the fool" facial expression. I lectured Bob on the necessity of quality trash bags, flaunting my full 60-gallon double-seamed Hefty model at him as I continued. Tim bounced around in back as the bus roared down HW 80 at 45 mph.

The bus finally arrived at the start line. My previous-year's poo-pooing of buses-to-the-start took a 180 degree turn. Not only did we get to park within 100m of the start, we were allowed to sit in the heated bus, protected from the rain. The rain was holding off...the wind still seemed to contain some easterly components. Hope held out.

Twenty minutes prior to the gun, I decided it was time to face the elements and dump my sweat bag. Not halfway to the sweat truck did Mother Nature pull out her whoopy cushion of weather. Rain began to come down hard. The wind veered to the "in your face" variety. A huge groan could be heard. I thought seriously about jumping back on ole Bessy and asking Marge to take me back to Kansas. No...I must be strong. Take a bullet for the team. Okay maybe a rubber bullet. Better yet perhaps just a spit wad would do. It is times like these that one seriously questions one motives. Finishing as 5th master in the 2000, I was fortunate enough to be comped for this race...saving me \$50. I'm a sucker for a freebie.

I must admit, that I really didn't need this race, or the cheap double points that came with it. I was assured of a top-10 finish in the 2001 already and the team had no chance of

moving up. However, the incessant call of cash and more freebies prevailed. The top 3 masters team got some significant moola, and Tim had a good chance at sneaking into 10th place in the Grand Prix, thus earning him a free ride in 2002. I quickly went into my backup frame of mind - from the "go for it" sub 6 pace plan, to the "domestique de Tim" frame of mind. That made the task at hand much easier to handle. Run for the good of others, I'm here to help!...wimper.....wimper... I decided I would hang with Tim for as long as possible to improve his chances of a top-6 master finish. Tim needed to place at least 6th to grab 10th place in the Grand Prix.

The gun went off and arduous adventure had begun. We went right into the strong south wind. It seemed the entire field was trying to draft off of the leader. I dodged wayward joggers and tried to avoid the deeper sheets of water covering the road. Tim and I put our heads down and plunged into the darkness.

Despite being downhill, the normally blazing ego-building first mile was more a shock. We hit the mile mark in 6:14. Already 14 seconds off pace, I thought. Fortunately the right turn at 3/4 miles gave us some relief from the wind. Tim and I cranked it back up for the next 5 miles to 6-flat pace. We glued our eyes to the backs of our rivals - the Hoys Masters, Tim O'Rourke and Lloyd Stephenson. I had lectured Tim about drinking at EVERY aid station to ward off the late race bonk. We guzzled the mango-passion drink every stop. I hate mangoes.

Five miles went by in 30:06 and we felt good. The Hoys Boys were still in sight. Life was good. Then, we turned south.

Like jumping from the hot tub into the cold pool, reality slapped us down good. The wind, now peaking at nearly 30 mph hit us dead on. We went from looking like the Kenya B-team, to the 3 Stooges (Mo was catching us).

Our pace dropped off drastically. We unsuccessfully tried to draft off each other, at the same time. As usual, all the nearby runners had mysteriously disappeared.

Our pacing plans were scrapped. Our plan to tail Hoys was shelved. The name of the game turned from racing, to survival. I felt like plugging my ears and humming at each mile split was called. I didn't want to know. Just past 7 miles we were joined by our third stooge. Mauricio Maia, who started out with a more sane pace, decided sanity wasn't all it was cracked up to be. M-squared went by us like we were standing still (at times I think we were). He was talking way too much and in much too good of spirits to be running a marathon. He jumped in front of us to provide drafting support, but quickly pulled away at a 6 minute pace. "Another lousy rabbit" I thought to myself. We waved goodbye to Mauricio as he disappeared over the next hill. Tim and I resumed with our suffering in silence.

As the pace crept to the pouty side of 6:30 I thought about dropping out at the 10 mile mark. We were not even half way and I was hurting. My quads were stiff from the

continued on page 12

## Six Workouts to Boost Your VO<sub>2</sub>max

Scientific studies have shown that the optimal intensity for VO<sub>2</sub>max-building training lies in the range between 90-100% VO<sub>2</sub>max ("The Interactions of Intensity, Frequency and Duration of Exercise Training in Altering Cardiorespiratory Fitness", Sports Medicine, vol 3, pp 346-356,1986). 90-100% VO<sub>2</sub>max means running speeds which are in the domain between your two-mile race pace (about 100% VO<sub>2</sub>max) and 10K race speed (90% VO<sub>2</sub>max).

Since all of the following workouts fall between these boundaries, they should have a dramatic effect on your VO<sub>2</sub>max.

1. A **5K race**. This is actually the best of all VO<sub>2</sub>max sessions because it forces you to run in a continuous fashion at an intensity of about 95% VO<sub>2</sub>max for a fairly prolonged period of time -15-25 minutes in most cases.
2. The basic VO<sub>2</sub>max workout **1200-meter intervals** at your current 5K race pace. The nearly perfect distance for VO<sub>2</sub>max-boosting intervals is 1200m. When intervals get longer, within-interval fatigue hurts running form or makes it too hard to hold 5K pace, especially near the end of a workout. When intervals are shorter than 1200m, it's sometimes hard to get your leg muscles right up there at their close-to-maximal rate of oxygen consumption. To ensure high average rates of oxygen consumption, 5K pace - 95% VO<sub>2</sub>max intensity - is utilized, and recoveries are not longer in time that the 1200m work intervals.
3. The **structured fartlek** workout Just like a regular fartlek session, except that you put boundaries on your "speed plays". Each burst of faster-paced running should be carried out at from two-mile to 10K race speed and should last from two to six minutes. The easy portions of the session should last from half as long to just as long as the preceding burst. For example, if you run at 5K pace for around four minutes, jog comfortably for two to four minutes before you try another fast burst.
4. **Mile repeats** at 8K race pace (92% VO<sub>2</sub>max) Take no more than four minutes of recovery between miles. Yes, these repetitions are longer than 1200m but the pace is a little slower.
5. The **Ronald Reagan** This one is so easy to remember and carry out that it will probably put you to sleep, but it has a much more than trickle-down effect on your fitness. Warm up with 1() minutes of easy running, and then cruise through one mile on the track at your best 10K race speed. Jog for three minutes, then scamper through a second mile six seconds faster than your per-mile 10K tempo. Jog for three more minutes, then blast through a final mile about 12 seconds faster than 10K speed. Warm down with a one-mile jog.

continued on page 12

## REST ASSURED by Jeff Galloway

Tim Keenan

A recent article in Runners World caught my eye, mainly because of history of injuries and the fact that along with the rest of the members of this club, I'm not getting any younger. So with that in mind, I've been incorporating some of these ideas of Jeffs with positive results:

There are many ingredients in a successful running program: long runs, speedwork, consistent weekly mileage. But the key ingredient doesn't even involve running. It involves resting. Without rest, the body can't rebuild. The result: lingering fatigue, chronic injury, and mediocre running.

For best success, experiment with all the following forms of rest until you come up with a running/resting ratio that's right for you.

**\_\_BEWARE OF "EASY" MILES.** A leisurely 3-miler is not a rest day. Easy miles that you run just for the sake of bumping up your mileage prevent your legs from fully recovering. True rest days are nonrunning days.

**\_\_DAYS OFF FROM RUNNING.** Taking an extra day off from running-before you need it-will allow your muscles to recover significantly faster from your challenging runs. You can still run the same number of miles per week simply by increasing the number of miles you cover on the days when you do run. And, at the first sign of lingering fatigue, switch to an every-other-day running program until the fatigue passes.

**\_\_EASY TRAINING WEEKS.** Many runners get stuck in a mileage rut, averaging the same distance week after week. Once a month reduce your mileage for one week by about a third. Think of this monthly rest break as an insurance policy for fresh legs. Your training journal is a great tool for keeping track of these types of "big picture" rest breaks.

**\_\_ONCE A YEAR BREAKS.** To stay rested and healthy during every running year, it helps to have a clear beginning and end to each 12-month period. So pick a month each year when you'll decrease your overall mileage by 50 percent. Go ahead and incorporate lots of your favorite crosstraining activities during this month. They'll keep you fit and active. By the end of this month, your partial "vacation" from running will leave you refreshed and raring to start your next year of running.

Remember these general guidelines:

<u>If you're:</u>	<u>Then rest:</u>
under 30	at least 1 day per week
30 to 45	2 days per week
45 to 55	3 days per week
55 plus	every other day

## ...continued...

### CIM continued

cold rain and I could not fathom running for 16 more.

Fortunately, Greg Wheatfill, our designated meat wagon driver failed to show at Fair Oaks. We hit 10 miles in 62 something. We lost over 2 minutes to 6-flat pace in just 5 miles! The downhill through 10 miles and the increased crowd presence buoyed my spirits a bit and I vowed to make it to the half way mark.

Tim was still looking pretty focused and relaxed. I knew I needed to hang with him for as long as possible. We HAD to be in the top 6 already. All we had to do was hold on. We figured only the two Hoys runners, Dennis Rinde and Mauricio were in front of us. So we were 5th and 6th. So we thought.

The course turned west again after 10 miles and I began feeling better. We finally passed a runner or two for the first time in miles. No sign of Maurico, Lloyd or O'Rourke however. Keep plowing. We hit the half way mark in 1:22. A sub-2:50 was still possible.

After another turn into the killer wind at 15 we turned west again for good. By 16 miles things began to look up. A group of three runners had caught us (this is good?) and provided a distraction for a while. Two of the runners were top females - Katherine Kreiger and some Russian - and what appeared to be thier escorts. After providing pacing duties for a couple miles Tim and I took refuge behind the pack for a while. At 18 miles we saw a welcome site - the back of Lloyd Stephenson! Tim got excited as we quickly closed on the laboring super-master. We blew by him on the right as Katherine distracted him from the left. We instinctively picked up the pace after going by him to avoid providing a wind break.

We hit 20 miles in 2:08 or so and Lloyd, along with the rest of the pack had dropped off behind. We were both feeling much better. Tim dared speak the unspeakable..."are you thinking what I am thinking". I was, but not as clearly or convincingly as Tim. "We just might win this!" There ...he said it. I shook my head and replied. "We still got 6 to go, little buddy" ( I didn't actually say "little buddy" but for some reason I thought it...feeling like the Skipper and Gilligan on the Minnow just before hitting a rock). With only one Hoys guy in front of us, and teammate Mauricio also up there somewhere, the math did point to our likelihood of a victory.

The last few miles went by in a blur. We were still clicking off 6:20s but with each mile mark, our destiny became increasingly clear. "Just don't cramp...or stitch...or puke..." was my mantra (I have such high standards). We continued to hit every aid station through mile 24. We both skipped that aid station to hasten our finish. At 24 1/2 I felt light headed. I drank again at 25.

We pressed the pace a bit as we approached the capital. Only a few more block before we turn into the finish. We blew by a couple more stragglers, including both top Kenyan masters runners...reduce to walking. A block before we

continued on page 13

## EBS Website - Get the Scoop!

If you haven't done so already, check out the EBS Striderweb at [www.eastbaystriders.org](http://www.eastbaystriders.org). Oodles of information on the club, including the latest race results and times, upcoming races, a training directory to find out

where the Striders are meeting and what cruel workouts we have in store.

Need to become a member? Click on the JOIN NOW button located on the web site for membership information and an



application.

Want to check out the latest EBS club records, for various age groups? Go to the RACING page and click on the EBS Records link. You'll find the top times from the Mile to the Ultras. See if you made the list!

Want to find links to some of the most useful running related web site, including results, medical advice, the PAUSATF and more? Click on the LINKS button. Add your own useful link by email the webmaster. Don't be shy, give webmaster John Lehman your latest scoop!

### Heritage continued

Fletcher sprinted hard over the last straight-away but just missed breaking 34. Jeff would hang on for 4th just behind Chris, with Tim another 5 seconds back in 34:26. Chatham was another 50m back (33:35) and Dave also hoofed it in under 35 min.

While the Aggies put 4 men in front of our top guy, we had such a solid team pack that we placed our entire scoring team between thier 4th and 5th man. The Hoys team was tough through their top 4 men, going 1-3-5 on us, but our 4-5 men outran their guys to nail down a second place team finish.

### VO2max continued

6. The **Marquis de Sade** Perhaps the best (and most demanding) of the workouts, this session raises your VO2max and heightens your ability to handle surges during races. Jog easily for 15 minutes, and then run 800 metres at your best 10K pace. Jog for two minutes, then run 40() metres at 5K race speed. Jog for one minute, then run 400 metres at about two-mile race tempo (this will be about three seconds per 400 faster than 5K pace). Without resting, launch yourself into 800 metres at 5K pace. Jog for four minutes, then repeat this 800- recovery-400-recovery-400- no recovery-800 pattern. A 30-mile a week runner can complete two of these combos per workout; at 45 weekly miles, three combinations are possible.

## ... continued ...

### CIM continued

turned to the finish we caught sight of our teammate. Mauricio had bonked big at 24 and was reduced to a shuffle. The good news was Tim and I moved up to what we thought might be 3rd and 4th masters. The bad news was our team time would suffer a bit with the demise of Mo. Tim cranked up the pace as the finish line came into tasting distance. For a brief moment I thought about sprinting by Tim to grab the 3rd place money. But what if we weren't really in 3rd and 4th, but in 6th and 7th. My foolish greed and backstabbing of a teammate would cost Tim big time. But heck (said the little devil on my left shoulder) its \$75 for third!

After the little angel on my right shoulder blugeoned the silly devil, along with a strong surge by Tim, I decided to be a good domestique and hang back. We both hit the line in 2:48:\_\_. We were done...and as the Bud Light man said "It's not so bad!"

Mauricio finished about a minute later. We continued to watch the chute waiting for the arrival of Lloyd. He appeared as the clock clicked over to 2:54. We thought we had won. We thought.

After collecting our medal and those annoying space blanket, the fairy chute princess grabbed us by our proverbial scruffs and led us to "the room". We had no idea where she was taking us. 200 meters later and a flight a stares we passed through the doors of elitism. Like Dorothy and Toto in the land of Oz, we found ourselves inside a heated room with fine furniture and fine food. Fruit trays, pasteries and coffee served in fine china layed before us. We clung to our metallic gowns as we staggered through the room. Why were we here? Is this marathon heaven? Are we underdressed again? We decided to quit wondering and start eating.

Three pastries and a handfull of fruit later our dreams were shattered. There, standing in the middle of the room was Jesus Garcia. Hoys "#3" man! We assssssumed he was behind us the whole race. Turns out he ran the race of his life (2:38) which gave Hoys masters the team title. Our \$400 winnings were cut in half. Bummer. We were too tired to care anyway. We soon left the room of joy in search of our sweat bags.

After all was said and done, Tim and I finished in 5th and 6th. Another unaccounted for master - Vitas Ezerskis - had won the division in an amazing time of 2:32. Despite that, Tim had secured enough points to claim 10th place in the 2001 Grand Prix. All was well in Mudville.



**Mauricio Maia**

### Relay continued

to sub-6 pace for the first time since the 30K in November. Thom's counterparts on Silver State was Alan Dehlinger, and for Hoys it was Mark Ford. Using Fletcher's solid split as inspiration, he was able to break the 25 minute mark with a 24:52 split. Despit that Dehlinger was able to whittle the lead back down to around 40 seconds with one leg to go.

The Hoy's team, already down by two minutes self-destructed when Mark Ford was caught in the porta-potty when his teammate arrived. This made the impossible task of catching the two leaders more impossible!

The BAMMER's anchor leg belonged to Chatham Ross who had the uneviable task of holding off Lynn Mentzer - a sub-33 10Ker. Chatham did his part by matching the splits of his teammates with a 25:08. This proved to be too little as Mentzer ate into our lead quickly and caught us with a mile to go. Chatham hung on valiently but found himself 100 meters down by the finish. Mentzer had recorded a sub 24 minute effort.

Three and three quarters of the race was led by EBS/WVTC, but we came up short. As Silver State crossed the line just ahead of us we waved goodbye to the nice \$225 first place masters prize money. Second place still got a payday, but only to the tune of \$75.

But wait! While we were second in the masters division we found ourselves FOURTH overall. Not counting Silver State we were THIRD. Even better yet, the first two teams were BOTH Hoys Excelsior Open squads. Since only the "A" team can claim prize money, with "B" team merely displacing, EBS/WVTC could claim second OPEN team by simply scoring our squad in the open division. Second place open money.....\$200! Not bad! Only \$25 less than the winning masters team. That sure made the last-minute defeat much more easier to swallow. Not to mention being "open" athletes for just one more race.

### Ultra Schedule continued

**Ohlone Wilderness 50K May 19 (the return of an old favorite. One tough 50K but it's one of the best and it's in the East Bay)**

**Western States 100 June 29 (it's too late to get in the race but several club members will need crew and pacers)**

**Jim Skophammer 12 hour run July 20**

**Skyline 50K August 4 (our own Ken Gregorich is co-RD)**

**Golden Gate Headlands 50K August 24 (this year it's USAT&F trail 50K national championship)**

**Rio Del Lago 100 miler**

**Sierra Nevada Double Marathon September 14**

**Dick Collins Firetrails Fifty October 12 (Ann Trason and Carl Andersen are the RD's)**

**Quadruple Dispsea 28.4 miles November 30**

**Houlihan's continued**

our masters quintet and senior trio would be pressed to finish any better than third.

On the 40+ side, the Aggies brought the same team that won Cal 10, while Hoys-Excelsior was loaded to the gills including new master sensation Craig Steinmaus. Steinmaus recently recorded an amazing 31:48 at the rain storm called Mercury News last week. He, along with the usual Hoys studs would surely clean up. The Aggies were led by Cal 10 champ Jose Aispuro with backup from ex-national-class runner Carmelo Rios and the 2001 Master GP champion, Dennis Rinde.

The Seniors also had their hands full with the unbeatable Hoys guys, now supplemented with Fifty-Plus 8K champion Tom Bernhard. Tamalpa was always tough, especially on their home turf. Wednesday Night Laundry, WVJS and the Chips were also unpredictable.

After a moment of silence for a fallen runner, the field was treated to one of the best renditions of the National Anthem ever heard at running event. A standing ovation! The usual "everybody get BEHIND the line" rigmarole was followed by a quick gun start, catching a few off guard.

The panic rush down the first 600 meter acorn-strewn hill got everyone off to a fast start. Chris "what? me hold back?" Jagers was out with the leaders. Not to far back was John "what the heck am I doing up here" Lehman. Mike Maguire, Tommy Harp and most of the BAM Masters were through the mile around 5:30 or better. Along with Chris, the master team included Mauricio Maia, Tim Keenan, Mike

**continued on right**

**30K continued**

strong finish at 1:54:53. The EBS/WVTC Masters team took 3rd, with a "B" team of Fletcher Lesley (1:57:24), Tony Fong(2:03:02), and Jim Granahan(2:12:46) coming in 5th. Also competing for the Striders were ultra runner Dan Williams(2:12:15), Mike Plummer(2:20:57), and Julious Ratti(2:39:57).

Oh well, I guess as long as there are healthy gluttons who can and will accept bribes, EBS will continue to field teams for the 30K. ( Maybe our newly merged brethren can kick in some West Valley TC incentive,..... limo driver, buffet brunch, masseuse named Greta, KCRA Sacramento TV airtime, ...) just a thought.

**EBS Women contined**

everything just fell into place. At the Presidio cross-country, Amy's first race as a strider, things did not go so well. She got a nasty side ache after the first mile. With the pain she obviously was in, we thought she would drop but she finished...and came back for more. Amy joined B.Z. and Malia for the Tamalpa Challenge and the PA Championship. After the cross-country season was over, Amy decided it was time to run her first marathon so with about a month's training she raced the San Diego Marathon. Again plagued with pain Amy was able to kick in the last few miles with the help of some pain relievers. Hopefully Amy was able to enjoy her favorite after race meal, which is a good brunch. Amy found out about EBS from Kris Luckin...hopefully our next woman to profile.

Plummer, Tony Fong, Thom Trimble, and newest-member Gerry Valverde of Fresno.

Joe Schieffer led the seniors, despite getting hung up at the start, with a 6:20 leadoff mile. A slough a seniors followed, including Fred Martin, Len Goldman, Jim Granahan, Julios Ratti, Steve Freitas and Jim Flanigan.

Payback time comes early in this race as the lightning fast first mile is more than made up for by the hill of



**Thom and Chris battle with Lloyd Stephenson at 3.5 miles**

doom up to the bridge. The good news was that the bottom portion of the road was smoothly paved this time and allowed us to focus on the pain of the climb rather than pothole dodging. Rule of Thumb - add about a minute to your first mile split to get your second mile split....if you're lucky.

Once onto the Golden Gate Bridge the climb does not end, it merely tapers off. The view was more than spectacular. It would have taken ones breath away, if we had any left. At about this time it became apparent to some of the EBS/WVTC masters that there was a distinct lack of yellow ahead. The Hoys masters were not strung out in front of us as usual. Only iron-man Lloyd Stephenson could be spotted.

After a typically mediocre third mile split (up the bridge incline) the fun begins, for those with any legs left. The course begins its descent down the south side of the bridge and ends with some sharp turns off the deck and down a couple quick plummets. After passing back under the bridge we were met by EBS/WVTC/Impala/BARN photographer Brian McGuire taking his best shot at photographing us looking fast.

A quick uphill greets us just prior to the first aid station allowing us to suck both air and liquid simultaneously. Soon after is the glorious 4-mile mark. Not only does it indicate the over-halfway mark of the race, but is also typically an inspirational split, after a mostly downhill previous mile. The course then winds through the Presidio before passing back under HW 101 again for the final stretch. Mile 6 marks the beginning of the end not to mention the warmest, most-boring mile of an otherwise entertaining course. A slight tailwind along with the full sun provided a last ditch effort by this course to take you down.

Like a beacon of hope, and almost-doneness, the Marina Safeway comes into view. Just a couple more turns and the 7-mile mark smirks at the runners as they take on the last barrier before chutesville. A steep climb over the Aquatic Park hill, which likely keeps the course

**continued on page 15**

**Houlihans continued**

designers up nights in fits of laughter, is all that is left to conquer. The short steep downhill with 300 meters to go somehow seems to defy the laws of conservation of energy. How can those seemingly hundreds of short painful strides up one side of this hill be repaid by a couple dozen maniacal overstrides down the other side? Its pain city on both sides!

To add a little more fun to the mix, just when you think you are home free, at the bottom of this quad busting hill are a row of posts, obviously there to impale those too-out-of-control, arm-pinwheeling, look-at-me-mom-I'm-flying fools whose vision is blurred by the incessant jarring of the descent.

Once you regain your balance and return back to the art of running, a quick right turn is negotiated and you come into viewing distance of the time clock over the chute. Despite your best efforts at playing Michael Johnson, the clock digits advance with alarming speed. Three, maybe four seconds, advance for every second you sprint. People you have never met, along with the race announcer and those teammates who aren't able to run as long as you over this distance, yell useless encouragement.

Finally you are in the chute, safe from the clock, and trying to regain your composure. Two tasks remain while trapped within the barrier of flags - Do....not....heave....., followed by tear...off....the.....F-ing tag. Why is it always the dude in FRONT of you that says "nice race"?

At first glance it appeared that the Aggies had taken the masters title, with the top two men in that category - Aispuro in 39:58 and Rios in 40:39, followed by a 9th and 14th places. EBS/WVTC placed 6-8-10-11-15 in the 40-49 category with everyone under 43 minutes! Unbeknownst to anyone at the time, the Aggies fifth man was quite a ways back - over 46 minutes.

Chris Jagers and Thom Trimble worked together most of the race to finish in 41:25 and 41:28 respectively. Tim Keenan (42:26) and Mauricio Maia (42:32) came in about a minute later, followed by a quality effort by new member Gerry Valverde (42:52) of Fresno.

When the math was done EBS/WVTC just nipped the Ags 3:30:43 to 3:31:20. Our team time was the fastest total time run by any club since 1997, and we needed every second! WVJS nipped Hoys for third.

Despite recording the fastest ever club time, the BAM Seniors settled for 3rd place behind Hoys and Tamalpa. Joe Shieffer's time of 45:01 was good for 5th place and broke the 8-year-old club record by 53 seconds (Frank Krebs). Len Goldman (47:54) and Jim Granahan (48:11) completed the team. Steve suffered a leg cramp early in the race but limped in valiently in 57 minutes.

An Open team was also assembled including Open runners Mike Maguire (43:52) and John Lehman (44:26), masters runner Tony Fong (44:29) and Seniors Jim Flanigan (49:03) and Julios Ratti (52:09).

**RESULTS****03-17 50-Plus 8K, Stanford**

- 11. Joe Schieffer 30:22
- 14. Len Goldman 30:40
- 17. Stephen Freitas 31:02
- 21. Jim Granahan 31:19
- 22. James Flanigan 31:23
- 28. Julios Ratti 32:12
- 31. Bill Brusher 32:39
- 36. John Monterverdi 33:25

**03-17 San Jose Mercury New 10k**

- 22 Tommy Harp 35:54
- 30 Mike Maguire 36:23

**03-10 Napa Carneros 10k**

- 1. Tim Keenan 34:09

**03-09 Way Too Cool 50K**

- 39 Ken Gregorich 4:24:41
- 49 Wendell Doman 4:33:01
- 71 Don James 4:45:55
- 157 Clement Choy 5:23:30
- 172 Tim Quinn 5:28:37
- 263 Lisa Henson 5:56:07

**03/03 - Napa Valley Marathon**

- 88 Stephen Freitas 3:11:47.0 6th senior (#2 alltime EBS Senior)

**03/03 - Napa Kiwanis Club 5K**

- 5 Tim Keenan 16:24.0 1st Master
- 24 Mary Lothrop 21:11.0 3rd Woman
- 30 Michael Plummer 22:42.0

**2002 USA Winter XC Championships**

February 9, 2002 6,000 Meter Run  
MASTERS/SENIORS

- 23 Trimble, Thom Ebs/Wvtc 21:16.0
- 31 Keenan, Tim Ebs/Wvtc 21:44.0
- 32 Ross, Chatham Ebs/Wvtc 21:45.0
- 36 Fong, Tony Ebs/Wvtc 21:55.0
- 57 Lesley, Fletcher Ebs/Wvtc 23:20.0
- 64 Butt, Doug Ebs/Wvtc 23:54.0
- 74 Goldman, Len Ebs/Wvtc 24:21.0
- 81 Flanigan, James Ebs/Wvtc 25:02.0
- 84 Granahan, Jim Ebs/Wvtc 25:26.0
- 91 Monteverdi, John Ebs/Wvtc 26:12.0

**01/20 San Diego Marathon**

- 205 Amy Lam 4:14:35

**RESULTS****1/27 - Home Depot San Francisco 1/2 Marathon**

34 Joe Schieffer 1:20:14 M50-54 3 6:07  
 90 Jim Granahan 1:24:36 M50-54 5 6:27  
 307 Christine Chapon 1:33:17 F40-44 5 7:07  
 369 Clement Choy 1:35:57 M50-54 14 7:19  
 556 Michael Plummer 1:40:13 M40-44 7:39

**1/27 - 2002 Pacific Shoreline Marathon 5K Run**

4 Chris Jagers 16:18 5:14 40-44/1

**1/27 - Z95.7 5K Run**

5 Thom Trimble 16:18 M40-49 42 1 5:14  
 7 Tim Keenan 16:32 M40-49 40 2 5:19  
 13 Tony Fong 17:13 M40-49 42 4 5:32  
 14 Mike Maguire 17:18 M19-39 39 10 5:34  
 91 Malcolm Scotchler 23:51

**1/20 El Paso Half Marathon, Houston TX**

. Chris Jagers 1:15:57 1st Master

**1/13 California 10-Mile**

57 MAURICIO MAIA 56:45 (12th Master)  
 60 TIM KEENAN 56:51 (13M)  
 68 THOM TRIMBLE 57:21 (15M)  
 84 TONY FONG 58:35  
 93 CHATHAM ROSS 59:16  
 98 JOE SCHIEFFER 59:27 (4th S) EBS Senior Record  
 128 MIKE MAGUIRE 1:01:49  
 145 LEN GOLDMAN 1:03:35 (11S)  
 147 JIM GRANAHAN 1:03:53 (12S)  
 148 STEVE FREITAS 1:04:05 (13S)  
 154 MARK PICCILLO 1:04:33  
 170 JAMES FLANIGAN 1:06:09 (14S)  
 177 STEVE OTTAWAY 1:06:56  
 180 DOUG BUTT 1:07:20  
 187 JULIOS RATTI 1:07:43  
 194 JOHN MONTEVERDI 1:08:28  
 213 CLEMENT CHOY 1:12:14

**12/8 - Christmas Relay**

4. EBS/WVTC Masters 1:40:05 2M \$200  
 Fletcher Lesley, Brian McGwire, Thom Trimble, Chatham Ross  
 2S. EBS/WVTC Seniors Time ??  
 Doug Butt, Len Goldman, John Monteverdi, Jim Granahan

**12/2 - California International Marathon**

48/7M Tim Keenan 2:48:37 (5th PA Master)  
 49/8M Thom Trimble 2:48:37 (6th PA)  
 52/9M Mauricio Maia 2:49:23 (7th PA)  
 68/13M Fletcher Lesley 2:55:05 (4th 45-49)  
 253/13S Jim Granahan 3:18:39 (9th PA Senior)  
 291 Mike Plummer 3:22:00  
 1088 Julios Ratti 4:02:25

*EBS Masters Team - 2nd (\$200)*

*EBS Masters "B" Team - 4th*

**RESULTS****12/01 - USATF Masters National XC Championship 6K**

Battleship Memorial Park, Mobile, Alabama  
 17 McGuire, Brian 43 East Bay Striders 5:33 20:44.18

**11/25 - Run To The Far Side XVII**10k Women

2 Riva Rahl 38:09.0 6:09/M  
 New EBS 10k Record <-----

10k Men

15 Tom Hadfield 36:03.0 5:48/M  
 27 Tony Fong 37:11.0 5:59/M (5th 40-49)  
 34 Joe Schieffer 37:42.0 6:04/M  
 3rd S #5 All Time EBS Senior  
 51 Robert Gormley 39:05.0 6:18/M (1st 60-69)  
 91 Phil Oreopoulos 40:37.0 6:32/M  
 5k Men  
 19 John Lehman 17:03.0 5:30/M  
 25 Chatham Ross 17:23.0 5:36/M (1st 40-49)

**11/24 - Quadruple Dipsea, 28.4 miles**

39. Christine Chapon 5:37:35 (5th Woman)  
 92. George Forman 6:26:10  
 126. Mike Palmer 6:52:33  
 161. Malcolm Scotchler 7:59:53

**11/22 - Dana Point Turkey Trot**

2 Chris Jagers 16:05 40-44/1 5:10

**11/18 - USATF PA XC Championships****Golden Gate Park**Masters - 6.05 miles

7 Thom Trimble 34:48  
 10 Brian McGuire 35:15  
 15 Mauricio Maia 35:45  
 16 Chatham Ross 35:55  
 21 Tim Keenan 36:40  
 38 Mark Piccillo 38:27  
 44 Tony Fong 39:12

Seniors - 6.05 miles

6 Doug Butt 39:53  
 7 Len Goldman 39:53  
 12 James Flanigan 41:06  
 13 John Monteverdi 42:04  
 19 Julios Ratti 43:58  
 33 Malcolm Scotchler 50:10  
 39 John McDougall NT

Women - 4 miles

69 Christine Chapon 27:33 (10M)  
 103 Amy Lam 29:20  
 107 Malia Dinell 29:49  
 119 BZ Churchman 30:47 (22M)

Open Men - 6.05 miles

95 John Lehman 37:12  
 105 Mike McGuire 37:51

## RESULTS

11/17 - CALIFORNIA COMMUNITY COLLEGE  
XC CHAMPIONSHIPS 5K - Fresno Woodward Park  
28 Christine Chapon SO SKYLINE 20:10 6:30

11/10 - Helen Klein 50 Miler  
3. Joe Schieffer 6:47:04 (1st Senior)  
12. Clement Choy 7:56:20 (6S)

11/11 - Clarksburg 30K  
21 Thom Trimble 1:51:40 (5 Master)  
24 Tim Keenan 1:52:49 (7M)  
27 Mauricio Maia 1:54:53 (10M)  
36 Fletcher Lesley 1:57:50 (13M)  
48 Tony Fong 2:03:02 (16M)  
91 Jim Granahan 2:12:46 (10 Senior)  
131 Michael Plummer 2:20:57  
225 Julios Ratti 2:39:57

### 11/09 - NOR CAL COMMUNITY COLLEGE XC CHAMPIONSHIPS

(Crystal Springs Course 5k)  
8 Christine Chapon SO SKYLINE 19:38

11/03 - The Half 2001, Dallas, TX  
3 Riva Rahl Dallas TX 1:24:59.1

11/3 San Francisco Classic 10K Run  
3 Tom Hadfield 36:18

### 11/03 Tamalpa XC 4.612M

#### Masters/Seniors

4 Mauricio Maia 25:37  
7 Thom Trimble 26:01  
9 Fletcher Lesley 26:17  
10 Brian McGuire 26:27  
23 Tony Fong 27:45  
42 Len Goldman 29:39 (6S)  
48 James Flanigan 30:11 (9S)  
62 John Monteverdi 31:17 (12S)  
68 Jeff Greve 31:36 (52M)  
83 Julios Ratti 32:42 (23S)  
105 Malcolm Scotchler 37:10 (33S)  
123 John McDougall 50:50 (39S)

#### Women

69 Malia Dinell 33:54  
70 Amy Lam 33:56  
75 BZ Churchman 34:24 (27M)

#### Open Men

53 John Lehman 28:10

### 10/28 - Lafayette Reservoir 5K Run

1 Brian McGuire 16:54 (M40-49 1)  
8 Bill Brusher 19:41 (M50-59 1)

### 10/28 - Sacramento Zoo Zoom 10k

31 David Weamer 42:01 (2nd senior)

## UPCOMING RACES PAUSATF CHAMPS

### Compaq 10K

April 21 - Cupertino  
Compaq Headquarters  
9 AM start - 2x points  
A fast and competitive  
two-loop course

[www.compaq.com/race/](http://www.compaq.com/race/)



### BIG SUR 5K

April 28 - Carmel  
7:30 AM Start  
Highway 1 at Rio Road  
beside the Crossroads  
Shopping Center,

<http://www.bsim.org/>



### ZIPPY 5K

May 12  
Golden Gate Park  
Mens Race 8:30 AM  
Womens Race 9:15 AM  
[www.tkecapital.com/hoys-excelsior/zippy/index.htm](http://www.tkecapital.com/hoys-excelsior/zippy/index.htm)



## Pacific Sun Races 2002

### PACIFIC SUN 10K

Monday, May 27,  
8 AM  
College of Marin  
Kentfield

[www.tamalparunners.org/html/body\\_pacific\\_sun.html](http://www.tamalparunners.org/html/body_pacific_sun.html)

# EAST BAY STRIDERS NEWNOTES

## WINTER 2002

**In this issue . . .**

- Humbolt Half**
- XC Season Summary**
- Cal International Marathon**
- Christmas Relay**
- Cal 10 - 2002 kickoff**
- Clarksburg 30K**
- XC Nationals**
- Houlihan's Victory!**
- and more.....**



**BZ Churchman at Crystal Springs XC**

*EAST BAY STRIDERS*  
 1035 WINTON DRIVE  
 WALNUT CREEK, CA 94598-1530

**TO :**



*Striding Since 1983*