

EAST BAY STRIDERS NEWS NOTES

Vol. 6, No. 3, Summer 1988

EBS SETS SUMMER TONE AT TAHOE RELAYS AND SAN RAMON 10K

East Bay Striders Win Division at Tahoe Relays

EBS's Coed team grabbed first place at the 24th Annual Tahoe Relays on June 10. The 7-person team consisted of (in order of running) **Linda Sheader, Nancy Staub, Maureen Whalen, Greg Wheatfill, Mike Fero, Thom Trimble, and Joe Sheader**. 100 teams (20+ coeds) competed this year. EBS moved from 53rd overall (12th coed) after leg 3 to win the division by 7 minutes (9th overall). Strong efforts by all seven runners gave EBS the lead with 5 miles to go and a finishing time of 8:02:10.

Tahoe Splits

| | |
|--------------|---------|
| L. Sheader | 1:11:52 |
| N. Staub | 1:07:22 |
| M. Whalen | 1:15:04 |
| G. Wheatfill | 1:16:02 |
| M. Fero | 1:04:02 |
| T. Trimble | 1:03:58 |
| J. Sheader | 1:01:35 |

OTHER RACE RESULTS

Benicia Historical Runs (6/25)

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|------------------------------|-------|
| 5K 1. Thom Trimble | 15:33 |
| 10K 4. Carl Rose (2nd 20-29) | 34:55 |

Tilden Tuff 10 Mile (Replaces LMJS's Berk-Moraga)

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|--------------------|-------|
| 1. Helmer Aslaksen | 58:03 |
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McKendell/Bagley Win at San Ramon

Both the EBS men's and women's teams won the team competition at this year's Run San Ramon 10K. The men swept four of the top of the top five places in this 300 runner race. Winning the race was EBS's **Larry McKendell** in 32:02. The women's team grabbed a 1 point victory (27 to 28) over the Diablo Road Runners. First woman overall was EBS's **Carol Bagley** in 39:23. **Nancy Staub** took 2nd in the women's 5K with an excellent time of 20:10 (EBS record).

San Ramon 10K Results

| Men | | Women | |
|-----------------------|----------------------|---------------------|-------|
| 1. Larry McKendell | 32:02 | 1. Carol Bagley | 39:23 |
| 3. Thom Trimble | 32:39 | 4. Linda Sheader | 42:28 |
| 4. Mike Fero | 32:46 | 5. Theresa Rayacich | 42:31 |
| 5. Joe Sheader | 33:06 | Barbara Smith | 44:15 |
| Dave Taylor (2nd M) | 35:08 | Mary Matteson | 45:10 |
| Carl Rose | 35:18 | | |
| Karl Amundson | 35:40 | | |
| Dan Williams (2nd SM) | 35:59 | | |
| Chris Spears w/Ian | 37:23 (1st Stroller) | | |
| Nick Scotchler | 38:20 | | |
| Mark Paisin | 39:02 | | |

Fourth of July Run, 5.5 M, Orinda

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|-------------------|-------|
| 1. Mike Frankfurt | 35:35 |
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LINDA SHEADER JOINS EBS CORPS OF OFFICERS

Linda Sheader has agreed to serve as **Secretary**, a position that was unfilled for the last several years. She joins **Dan Williams**, President, **Thom Trimble**, Vice-president, and **John Monteverdi**, Treasurer, all of whom have served in their capacities since the Club's formation in 1983. Thom and John have also been responsible for these NEWSNOTES and have handled the Club's race finish services. Thom has also served as unofficial men's team coordinator and has been joined by **Joe Sheader**, who will be the Club's new women's team coordinator.

THURSDAY TRACK WORKOUTS EXPLODE WITH POPULARITY

Herb Caen's column in the CHRONICLE will soon be listing EBS's Thursday Track Workouts (Edwards Track Stadium, UC Berkeley, 5:30 Warmup, 5:45 Start) as one of THE things to do in the Bay Area. Already as many as 12 men and 5 women are showing up. Don't be left out! For details, call Thom (284-9201) or John (653-4320).

EBS DUES TO INCREASE FOR 1989

We now have a membership of around 60. The current dues of \$5 and whatever we make from race line finishes just can't cover TAC club dues, xeroxing and postage costs for the newsletter, the beer at the pizza busts, and race fees for Team Tac events. The new dues will be \$10, still the cheapest around (Impalas=\$20; Diablo=\$15).

SATURDAY MORNING RUNS: NEW EBS ACTIVITY

These runs are now in progress. The general idea is for club members who are willing to organize a run on a scenic course with which they are familiar. As usual, a group EAT-IN occurs afterwards. So far we have run at Wildcat Canyon (L. Sheader), Phoenix Lake, Marin County (J. Sheader), Briones Park (T. Trimble), Golden Gate Bridge/GG Nat'l Recreation Area (J. Monteverdi). The runs usually start at 8AM and are followed by breakfast. Runs are listed below left and are followed by the name of the organizing club member. Call Linda Sheader at 845-3294 for details.

UPCOMING SATURDAY RUNS

July 30 Mt. Diablo Waffle Run (Thom)
August 7 Lafayette-Moraga Trail (Kazuko)
August 13 Wildcat Canyon, Tilden Park (Carl R.)
August 28 Old Woodminster Race Course (John M.)

OTHER EVENTS OF NOTE

August 14 Alameda Run for the Parks
Aug 18-21 Tahoe Cabin (see below)
September 25 Whiskeytown Relays (4 person teams)
October 2 Oktoberfest 5k/10k, EBS FINISH LINE

TAHOE CABIN AVAILABLE

The same South Shore Lake Tahoe cabin at which the Tahoe Relays teams stayed in June has been rented by John M. and Thom for August 18-21 (Noon Thursday to Noon Sunday). This place held 11 of us comfortably. Come for one night, two or three. All those interested should contact John as soon as possible, since space is limited. Trail training runs, relaxation, and gambling are being planned! Don't worry, the Club is NOT footing the bill for any of this. \$10/night/person.

NEW EBS SINGLETSON WAY

The new singlets, which will be white with our blue logo, should be available in late August or Sept. We will be charging \$10 for each with exchange of the old singlet (if you have one). Old singlets will be made available to those who do not wish to buy one and who race occasionally (5+ times per year). Our racing singlets are quite distinctive and we have received many favorable comments about them. Contact Thom.

EAST BAY STRIDERS, INTERNATIONAL

Helmer Aslaksen Returns to Norway

A long time fixture in the Club, Helmer Aslaksen, has left for a one year stint with the Norwegian Armed Services. Helmer's visa will not let him return to the U.S. until 1990. Helmer, a former Cal runner, has been one of EBS's top runners for the last 3 1/2 years. Goodbye and good luck, Helmer! Helmer may be reached at the following address: Nedre Silkestraa 20, 0375 Oslo, NORWAY.

Damien Curry in Senegal

Damien Curry, another top EBS runner, is still serving with the Peace Corps in Senegal. He still runs occasionally and will be returning to the Bay Area in October 1989. Damien's address is: B.P. 122, Mbour, Senegal, West Africa.

GEORGE FOREMAN (AND OTHER NOTABLES) JOIN EBS

In a testimony to the growing popularity of EBS, George Foreman recently became one of our newest members. George is an up and coming Masters runner and is NOT the boxer. (Got your attention, didn't it?) Other new members not listed in last NEWSNOTES include Mike Fero, a sub-32 10K runner living in San Francisco with his wife, Katy and Bob Fischer, a Thursday track workout regular who's getting faster and faster.

Other News About Our Members

Nancy Staub, the second EBS woman member and rising star, has accepted a (hopefully) temporary post-doctoral assignment with the Smithsonian Institution in Washington, D.C. We will have her with us until November. Then we hope to convince her to return in the future.

Chris Jagers, EBS's best performer in early 1988, has accepted a job in West Virginia and will move in September. Another EBS star bites the dust. Good luck, Chris!

NEW FORMAT FOR NEWS NOTES

Don't worry, the Club is not spending thousands of dollars on an IBM Model 80 or a Macintosh II and a Laserwriter Printer with Aldus Pagemaker Software. This NEWS NOTES was done on John M.'s Apple II with the help of Appleworks/Superfonts software in Times.12 font.