

## Striders Clean Up At Tahoe Relays!! Coed Team Nips Cougars; Masters Win By 47 Minutes

### SECOND TIME'S A CHARM FOR COEDS!

They said it couldn't be done. No one could possibly win back-to-back titles at the Tahoe Relays. But no! The Striders prevailed to win its second consecutive Coed title on the June 10 version of this mountain classic.

For the Coed team, it was a replay of 1988. Once again the team adopted its tried-and-true "come from behind tactics", leading off with 3 women. Kaz Aoyagi blasted through the first part of her 10 mile leg on a PR pace. Cramps in her legs near the 7 mile mark slowed her somewhat, but she still held on for a fine effort and was in the top 10 women for the leg. Malia Dinell took the handoff from Kaz and charged into her hilly 8+ mile leg. Most coed teams put a man on this tough leg, but we knew that Malia isn't known as "Strawberry Canyon" Dinell for nothing. Sweeping through her competition with disdain, Malia more than held her own.

The 10 mile 3rd leg belonged to Nancy Staub. Nancy proved that on the EBS Coed Team, the women, too, can make up ground on the competition; why let the men have all the fun?

Not only did Nancy run the second fastest women's time for the leg, but also actually passed 5 other coed teams, moving from 8th to 3rd place.

Although already in 3rd place, EBS was 28 minutes behind the leading Coed Team -- the dreaded Cougars from Tahoe City (a team we just nipped in 1988). Thom Trimble ran the 13 mile 4th leg around the north shore of the Lake. Thom ran very strongly to turn in the third fastest time of the day on a leg which proved surprisingly troublesome for many runners. As a result, he passed 21 teams and caught 1 Coed Team and at the end of the leg, EBS was firmly in 2nd place but still 21 minutes down on the Cougars.

Crispin Hetherington took the tag and charged up the steep hill at the start of Leg 5. At this stage of the race, the field was stretched out. Crispin passed only two runners but picked up 16 minutes on the Cougars, who had chosen the wrong leg on which to run a woman.

The killer 6th leg belonged to Eric Ellisen. Eric battled hard and long on the toughest leg of the relays trying to close the gap on the Cougars. The Cougars had a fine runner but Eric still managed to cut a minute off their lead.

It all came down to the final leg. The Cougars, with a 5 minute lead, had a tough woman on this 10 mile leg. The Striders had Carl Rose. Carl charged after the Cougars' runner and was eating into the lead at nearly a minute per mile. The Cougar's runner held onto the lead until mile 7 when Carl surged by and EBS was on its way to an eventual 4 minute victory. The Striders time of 7 hours 55 minutes was (8th

### OLD GUYS SWEEP THE COMPETITION ASIDE!

Could EBS's Masters Team win the division, set the master's record and beat the Coed Team? Quite a challenge in the best of circumstances, but how about this, could the Masters manage this with only 6 team members? The answer is "almost".

Eric Ivary led off for the Masters and scorched the first leg in the ninth fastest time of the day of just under 59 minutes. Although he didn't know it at the time, Eric had put the team in 1st place to stay with a time so fast that it caught the runner for leg 2, Dave Taylor off guard. Dave was not quite ready when Eric came in and 30 seconds were lost on the exchange. With his determination redoubled by this turn of events, Dave flew up hilly leg 2 and pulled the Striders into 8th place overall.

The 10 mile 3rd leg was run by Nick Scotchler. Nick plugged away and maintained our position -- way ahead of all the other "old" guys. John Monteverdi took the handoff from Nick and ran well through the first 6 miles of the long 4th leg before dehydration started to set in. It seems that the EBS Masters support vehicle couldn't catch up in time to wet him down until mile 7. He finally finished this half-marathon length leg, at least having extended the team's lead.

The rolling 5th leg was run by Joe "Mountain Man" Cavanaugh. Joe, who was still recovering from a chain saw injury to his leg, blasted through the 10 mile leg in around 65 minutes. Not bad! But not good enough, for Joe. The toughest leg of the relays was next, but with a team of only six members the Striders could only schedule the "EBS Mystery Runner" to take the tag from Joe. In a carefully orchestrated bit of chicanery, Eric Ivary appeared in the handoff zone to take the tag. Eric (runner for Leg 1) ran as if intending to race the leg, but only for the first mile. Joe, slowing down briefly after the tag, continued to run as if warming down, but then picked up the pace again and powered on through the leg with that crazed ultra-marathoner's smile. (That whole handoff shuffle was designed to confuse the race officials who do not allow team members to run twice on the same team. If Joe had run straight through it would have been a dead give away that we were breaking the rules). Joe cruised the 6th leg in a fine time for a total run of 21 miles in 2:20.

Dan Williams took the stick from Joe and headed down the road for a sure EBS victory. But this was not to be just another Saturday jog for Dan. Although he had the Masters victory sealed by 45 minutes, he still had the EBS Coed Team to worry about. At the start of the leg, his was only a 2 minute lead on Carl Rose, one of four sub-34 minute 10K'ers on the Coed Team; any loss in concentration could lead to an embarrassing defeat. Not to worry! Dan maintained the lead to the finish with a total team time of 7 hours 52 minutes, 11 minutes short of the record, and good enough for a 7th place finish overall.

### Upcoming Relay Races for EBS

September 24 Whiskeytown Relay (4 person)

October 22 Diablo Relay (7 person)

December 17 Christmas Relays (4 person)

## PIZZA AND BEER BUST

### GENERAL GET-TOGETHER

7PM Friday September 15, 1989

Our end-of-summer pizza bust will be held 7PM Friday September 15, 1989 at LaVal's (Southside) on Durant Ave near Telegraph in Berkeley. You purchase your own food but, as always, the Club will provide beer or soft drinks free to members and for a \$1 charge for non-member spouses, kids or friends. Discussion topics will include the makeup of the Whiskeytown Relay and Diablo Relay teams, the Cross-country series and championships and upcoming race finishes.

## THURSDAY EVENING WORKOUTS

5:30, Univ. of California Track Stadium

Workouts vary each week. Quarterly schedules are available from Thom Trimble (680-8159). All members and non-members are welcome. Dinner at some restaurant in Berkeley or Oakland follows at around 7:30PM. Don't be shy! This is a good way to improve your times and maintain social contact with other club members.

## TUESDAY AFTERNOON RUNS

All are invited to participate in informal afternoon runs, starting at the University of California Track Stadium at around 4:30. The runs are of moderate length (7 to 10 mile) and at varying pace. Phone Michael Schwartz at 653-3830.

## ADDRESS UPDATES

Karl Amundson, 28 Tussel Lane, Scotch Plains, NJ 0707  
Kazuko Aoyagi, 190 Caldecott Lane #217, Ber. 649-9780  
Larry Craighill, 535-41st St., Richmond, CA 94805  
Chris Jaggars, 23525-A Anza Ave, Torrance, CA 90505  
Dan Rueckert, 60 Piper Lane, Fairfax, CA 94930  
Rob Schwartz, 1459 Greenwood Terrace, Berk., 94709  
Nancy Staub, 7 Gladden Rd., Annapolis, MD 21401  
Thom Trimble, 870 Belam Ct., Concord 94518

## P.R.'s Come Easy at Pacific Sun

This 10K course which winds its way through Ross, San Anselmo and Kentfield is rapidly gaining a reputation as the fastest course in the area. Only Wharf-to-Wharf rivals the Pacific Sun in the number of P.R.'s year after year. Five Striders set personal bests at the May 29 event. Mary Matteson pulled the biggest upset by clocking in with a stunning 42:10, a PR by over a minute!! Drug tests!! Karl Amundson, by running a blistering 33:25, broke 34 minutes for the first time and set a 45 second PR. Joe Sheader zoomed the course in 32:17, a PR by 40 seconds. Also joining the sub-34 group for the first time was Carl Rose who ran a 33:59 PR. Finally, George Forman's 37:16 was a 10 second PR. Congratulations to all!

## Mt. Diablo Relay Set For October 22

The first annual Mt. Diablo Relay will be held on October 22. This race, which will start and finish at Clayton (just southeast of Concord), will be a joint effort of the Diablo Road Runners and East Bay Striders. Borrowing its concept from the Tahoe Relays, this race will feature competition of seven-person teams circling the foot of Mt. Diablo. The 47-mile race course winds its way through Clayton, Shell Ridge, Mt. Diablo State Park, Alamo, Danville and undeveloped portions of Alameda county on the east side of the mountain. EBS will be administering the Finish Line as well as participating in the Relay. Relay Team Captain Thom Trimble figures that there is enough interest to field two teams in this event. Incidentally, a portion of the proceeds will benefit the Save Mt. Diablo Fund. We will need volunteers to help with the Finish and the results procedure as well as runners for the teams. By the way, the race is structured so that helpers who want to run on a team can do so! Please let Thom know if you can help and/or you want to run on one of the teams. Thom's number is 680-8159.

## EBS Weekend Run Series

The weekend run series continues to be a popular attraction. Summer organizers Malia Dinell and Michael Schwartz have put-together a varied and interesting set of social runs. The emphasis on these runs is companionship, although paces vary considerably. In 1989 runs have been scheduled at various locations in all sections of the Bay Area in Alameda, Contra Costa, Marin and San Francisco counties. See page 4 for a tentative schedule of weekend runs for Sept and Oct.

## UPCOMING RACES

Cross-country Series, GG Park, Sept. 9, Oct. 7., 9AM  
15K PA/TAC Championships, Reno, Sun., October 8  
NorCal Seniors (30+) Track Classic, UC Berkeley, Sept 16  
Hoys Sports 10K, GG Park, 9AM, Sunday, September 17  
Whiskeytown Relay, Redding, Sunday, September 24  
Golden Bear Challenge 5K/10K, UC Berkeley, Sat. Oct. 14  
Diablo Relay, Clayton, Sunday, October 22

## WILLIAMS SETS 45 MIN PR/WESTERN STATES

Dan Williams, EBS Club President, ran to a 6th place finish at this year's Western States 100 Mile Endurance Run (Squaw Valley to Auburn). Not only did Dan run his best time in five completions of this race, but he also won the Master's Division. Dan's time of 18 hours 3 minutes over the rugged terrain destroyed his previous best of 18 hours 47 minutes. Club Members Thom Trimble, John Monteverdi and Greg Wheatfill acted as handlers for Dan from about the 60 mile mark on. This year's event will be televised on one of the major networks sometime in October.

# RACE RESULTS

(\* = Certified Course)

## MBA CHALL. CHARITY 10K, STANFORD (4/22)

3 Crispin Hetherington 33:18

## CRIME FAIR 10K, LODI (4/30)

4 Mike Hotton 35:22

## PINOLE HALF-MARATHON (4/30)

4 Dan Rosenthal 1:22:03

## MAY DAY RUN 10K\*, GG PARK (4/31)

1 Thom Trimble 32:04  
5 Crispin Hetherington 33:05 PR  
6 Mike Fero 33:07  
14 Steve Takacs 35:16 PR  
19 John Monteverdi (2nd M) 36:32

## SOCCER CITY 10K, PLEASANTON (5/14)

2 Chris Spears 33:24  
9 Mike Hotton 35:36

## STRAWBERRY CANYON 5.5 MI (5/27)

2 Helmer Aslaksen 34:08  
5 Roger Innes 34:59  
6 Eric Ellisen 35:48  
10 Peter Lagoy 37:15  
14 Peter Lukasiewicz 37:53  
21 Steve Takacs 38:31  
Roland Lochoff 41:21

## TILDEN TOUGH 10 MILER (5/21)

2 Eric Ellisen 61:02  
10 Peter Lagoy 63:10  
18 Tom Rose (5M) 64:52

## PACIFIC SUN 10K\*, ROSS (5/29)

31 Joe Sheader 32:17 PR  
63 Karl Amundson 33:25 PR  
78 Carl Rose 33:59 PR  
105 Roland Lochoff 36:46  
120 George Forman 37:16 PR  
Mary Matteson 42:10 PR

## SAN RAMON 10K\* (7/4)

2 Thom Trimble 32:48  
7 Jay Kassabian 34:34  
10 David Taylor (1M) 34:40  
12 Eric Ivary(2M) 34:56  
20 Steve Freitas 35:59  
30 Nick Scotchler 38:10  
7W Malia Dinell 41:44 PR

## VANCOUVER RUN 3.15 MI, GG PARK (8/6)

1 Doug Brooks 15:48  
Steve Freitas 16:44  
.2 John Monteverdi 18:01 (3M)

## WOMEN'S RUN. FESTIVAL 8K\*, D.C. (JUNE)

108 Nancy Staub 31:49 PR

## MILL VALLEY 5K\* (7/23)

1 Thom Trimble 15:40  
6 Carl Rose 16:17 PR  
12 Mike Schwartz 17:28  
31 George Forman 17:59 PR  
33 John Monteverdi 18:04  
21W Malia Dinell 19:59  
22W Mary Matteson 20:16 PR

## COUPLES RELAY 2 MI, LARKSPUR (8/6)

8 Mike Schwartz 10:49  
Malia Dinell 12:25  
Total Time 23:04

## ALAMEDA RUN FOR THE PARKS 10K\* (8/13)

14 Thom Trimble 32:23  
20 Chris Jagers 32:51  
38 Crispin Hetherington 33:32  
60 Rick Riordan 34:33  
64 Peter Lagoy 34:40  
75 Bill Brusher 35:03  
77 Steve Freitas 35:07  
79 Eric Ivary 35:23  
147 George Forman 37:36  
162 Nick Scotchler 38:00  
177 Mike Schwartz 38:32  
30W Malia Dinell 41:10  
36W Kazuko Aoyagi 41:55  
39W Mary Matteson 42:20

## COGS 10K CLASSIC, DUNBAR WEST VA. (4/29)

1 Chris Jagers 32:37

## SUNDOWN SHOWDOWN 5K, WEST VA. (5/6)

3 Chris Jagers 15:25

## COORS 4 MILER, N.J. (8/9)

Karl Amundson 21:27

## MAN. HANOVER'S 3.5 MI CLASSIC, N.Y. (7/16)

Karl Amundson 18:18

## NEW JERSEY CLASSIC 4 MILER (7/11)

2 Karl Amundson 21:42

## OAKLAND DOUBLE 5K CLASSIC (7/9)

9 Tom Rose (2M) 17:49

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## WHISKEYTOWN RELAY 9/24!!

Now is your chance to run in a relay for EBS! On Sun. Sept. 24 the Striders will be traveling to Whiskeytown Reservoir (just west of Redding) to run in the 14th Annual Relay. So far 2 teams are entered with 2-3 more possible. 4 motel rooms have been reserved. Camping too. Want to run? Call Thom or John.

**BON VOYAGE!**

to Steve Takacs and Karl Amundson who have left for the East Coast. New addresses will be in Address Updates when received.

### UPCOMING FINISH LINES

It's that time of year again. Time to put some money in the EBS bank accounts for next year. This is the primary means of generating income to operate this club. If you wish to volunteer to help at any of these races please call John Monteverdi at 653-4320.

#### October Race Finishes

Oktoberfest 5K/10K

Race Judicata

Mt. Diablo Relay

#### December Race Finishes

Jingle Bells Run

## An EBS Point of View

### Mill Valley 5K a Winner!

Put this on your list for must-do's in 1990. This well-run race was put on by TAMALPA on July 23. It featured a dead flat, out-and-back certified course, with accurate mile marks and top-notch competition. Furthermore, there were separate starts for the men's and women's competitions. This gave everyone more room on the bike trail and allowed us all to watch a race as well as to run one.

The results were tabulated quickly and correctly and nice awards (wine, Power Bars, and tote bags) were given to the top three in 5 age groups. What's more, it was all FREE! No entry fee, nada, zip! What a deal! This was the first year the race was free (and maybe the last) but the drive over to Mill Valley would be worth it even if Tamalpa had charged the standard race fees we're all used to now-a-days.

This new feature of the newsletter began with our critique of the Lafayette Loop 10K/2 Mile in the last issue. There is enough interest in it to make it an on-going feature of the NEWSNOTES. We're particularly interested in races in which at least several EBSers participated and which were generally judged to be exceptionally good or bad. Please send your comments to John Monteverdi, 4425 View St., Oakland, CA 94611 or call 653-4320. If there seems to be a consensus on a given race, we will publish your comments as part of the review of the best and worst races between now and November in the next NEWSNOTES.

### Tentative Weekend Run Schedule

For Information Call Malia at 653-3830

(All runs 9AM)

Date	Run	Meet at
9/2	Stream Trail/Redwood	Woodminster Market
9/10	Jewell Lake/Tilden	Jewell Lake Park Lot
9/16	Top Fire Trail	Space Sciences Park Lot
9/25	Inspiration Pt./Tilden	Insp. Point Parking Lot
9/30	L. Merritt 8 Mile	J. Monteverdi's House
10/8	Phoenix Lake/Marin	End Lagunitas Rd./Ross
10/14	Last Leg Diablo Relay	T. Trimble's House
10/21	Top Fire Trail	Space Sciences Park Lot

### HIND TIGHTS, SHORTS, SWEATS AVAILABLE

Anyone who would like to purchase Hind athletic wear at discount prices should contact Thom Trimble at 680-8159. Approximate costs for SECONDS are:

Lycra Tights	\$15	\$30 (regularly)
Shorts	\$5	\$12
Swim Suits	\$4-\$8	\$10-\$18

### ALAMEDA RUN FOR THE PARKS 10K

This year's edition of this popular run was held on Sunday August 13. Despite a week of cool, foggy conditions in the Bay Area, Sunday dawned clear, warm and surprisingly humid.

As a result, some uncharacteristically slow times were run by EBS'ers on this almost pancake flat course. Thom Trimble was the first Strider in with a 32:23 and 14th place overall but Chris Jagers was close behind at 32:51 in 20th place.

Not everyone was complaining about the unfavorable weather conditions. Malia Dinell was first EBS woman and 30th woman overall, turning in a fine time of 41:10. Kazuko Aoyagi was 36th woman overall and the second EBS woman with a time of 41:35.

See page 3 for the full results.



## WHISKEYTOWN LAKE RELAYS

September 24, 1989

### OFFICERS of EAST BAY STRIDERS

Dan Williams	President	222-3418
Thom Trimble	Vice-President	680-8159
John Monteverdi	Treasurer	653-4320
Linda Sheader	Secretary	845-3294

### EBS TODAY

Membership: 63 (54 men, 8 women)

Masters Team: 14 members

TEAM TAC# 138

### EBS RACING SINGLETs

A few more racing singlets are available for members to purchase at \$14 each. The singlets are available in S, M and L. Small Women's 50/50 racing tops can also be purchased for \$5. Contact Thom Trimble at 680-8159 or John Monteverdi at 653-4320.



Hello to New Member

**Larry Craighill**