

East Bay Striders Newsnotes

Volume 15, No. 2, Summer 1998



15 Year Special Edition



1998 XC Season

Just Who are you Fooling with those Clean Socks?



Jonathan Magasin (L) at Crystal Springs XC

.....

1998 PA/USATF CROSS-COUNTRY GRAND PRIX PREVIEW

by Linda Braly

Clubs around the association are dusting off their cross country spikes for the 1998 series which gets underway September 12. Cross country races feature beautiful rolling courses over fields, wooded trails, streams, and the occasional hay bale. It offers a nice reprieve from pavement pounding and more strategic racing tactics. Everyone has their favorite courses, but all agree that getting down and dirty is half the fun. The season is kicked off with the traditional Golden Gate Opener put on by Bay Area Race Management.

The series includes the return of many races from last year, the Empire Open, Sierra Invite, UC Davis Aggie Invitational, Mills Invitational, Crystal Springs Challenge, Tamalpa Challenge, and of course the championships in Golden Gate Park. It also features the CalPoly SLO

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Running for 15 Years and boy are we tired

1998 marks the 15th Anniversary of the East Bay Striders. Some publications from the past are included in the back of this newsletter to give you a flavor of what the club was like back in the mid and late 1980's. These include the front page of our "1998 Year End News Notes" (back in the days when we used two words instead of just one to describe our rag).

Also, the April 1988 EBS 10K Alltime list which contained a whopping 27 men and only ONE woman (can you name her?) and John Monteverdi could brag about being in the top 20!

The March 1987 Roster brings back a few memories, and of course the "Official" EBS Thursday Track Schedule!

Also, for hoots, listed below are current members with 10+ years:

John Monteverdi	15 years	Chris Spears	11
Thom Trimble	15	Chris Jagers	11
Joe Schieffer	15	Jeff Teeters	11
Bill Brusher	14	Karl Amundson	11
Greg Wheatfill	14	George Forman	10
Ron Yank	14	Eric Ellisen	10
Mike Frankfurt	14	Kazuko Aoyagi	10
Carl Rose	13	Peter & Patty LaGoy	10
Malcolm Scotchler	11		

Gregorich Wins Ultra GP

Ken Gregorich has become the first overall season champion in any discipline for the East Bay Striders. After finishing a close second Ken once again found himself faced with having to do well at the season finale - the Western States 100 Mile.

Last year Ken came into the WS 100 neck and neck with Rick Simonsen for the Open Ultra GP Title. Trailing Simonsen by less than a point, after over 500 miles of racing the title would go to the one who crossed the line first. Unfortunately for Ken, not only did Simonsen beat him, but he won the entire race and took the title going away!

This year would be different. Ken put together a much stronger season and led Simonsen by over 200 pts going into WS100. You would think 200 pts would be enough to hold off the entire Kenyan distance squad, but in the Ultra GP things are not always that easy. You see, the last race of the season is an amazing 8 time points!

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1999: Year of the Masters

The EBS Masters team will slowly be picking up steam towards a very competitive 1999 PA Season. After a lackluster 1998 season several new reinforcements will begin to join the 40+ age group. By mid-season the Striders should be a true Masters force, barring injury.

Larry Menard leads the charge of new master-Striders. Larry, who turned 40 in late-97 has already begun rewriting the EBS Masters Alltime lists with several quality performances. Larry is also near the top of the PA Grand Prix in that division.

Joining Larry in that division is Mike Plummer who hit 40 in early 1998. Mike, who has spent the last few years on the injured reserve list is finally showing some of the talent he had back in the early 90's. Mike was a solid #3 man behind Jeff Teeters and Thom Trimble, constantly turning in sub-34 minute 10K efforts. Mike's 36.26 at Alameda is hopefully only the first step in his comeback.

Brian McGuire, who has recently run a 33:12 10K at Pacific Sun is scheduled to hit 40 this fall. Brian has been hampered by calf problems this summer but will hopefully return to help lead the EBS Masters through a quality 1999 season.

Ultra-stud Ken Gregorich also turns the big four-oh this fall. Ken recently won the open division of the Ultra Grand prix and should give much-needed support to the team in the longer PA races. Ken owns a 35:13 10K PR (1995) so he obviously has the talent to drop down to the "sprints".

By mid-year 1999 two other top Striders will lend their support to the masters team effort. Jeff Teeters (June) and Thom Trimble (July) will be sharpening their spikes with an eye on the mile champs soon after their birthdays. Jeff and Thom were the 1-2 punch for EBS during the late-80's and early 90's and look to lead the 40+ squad to a victory or two over their Open counterparts.

Not only will EBS be relying on its minor league system (open runners) for a top masters team, but we intend to lure some of the local East Bay unaffiliated runners to join our squad.

These new additions, along with the current EBS masters, should be a force capable of winning a few PA events next season.



Mark Piccillo

Danville 5,000 a Blazing Success

The Danville 5,000, held on June 7, is a race trying to be the Carlsbad 5,000 of the north, and is off to a good start. This race was put on by Forward Motion Sports and has many of the features of a high quality race. Of course there were a few minor glitches inherent in most first-year races, but those did little to detract from the overall excellence of this event.

Over five hundred runners took part in this 5K, which ran downhill point-to-point on Sycamore Valley Blvd. in Danville. The runners were divided up into heats which not only allowed for manageable fields, but let the women compete head to head without the distraction of men - 346 men, 189 women!

Perfect running weather also greeted the field, with temperatures in the 50s, a very slight drizzle, and even a modest tail wind. This, along with the downhill first two miles accounted for some obscenely fast times.

While the distance may have been accurate, the times certainly needed a big asterisk next to them. This was probably the biggest shortcoming of the race, if you could call it that.

While downhills are nice, they do little to test ones true racing ability. Race organizers had originally planned for an out-and-back course but that plan was quashed by the local police. Tentative plans for the 1998 course are for a loop through the town of Danville.

EBS had a field day with faux-PRs. Some even had 1-mile and 2-mile bests! Jonathan led all Striders with a 15:16, good enough for 6th place. Thom Trimble was 8 seconds back in 15:24 for 8th. Thom teamed up with Rob Flatland and Mike Maguire through the first two miles. Mike hit "PR's" for both the mile (4:48) and two miles (9:54). Rob finished in 15:40 with Mike (15:49), and a late-charging Steve Reugg (15:53) just behind.

Others with fancy-schmancy times included Mike Igantius in 16:30, good for 6th 40-44 and Lawren Smithlines 17:04. In the Senior category Len Goldman took first in the 50-54 group with a 17:13 while Jerry Goodwin grabbed second in the 55-59 with an 18:16.

I expect most who ran this inaugural race will be back in 1999 and hopefully it won't coincide with the Reno 15K Championships again.



BEFORE joining EBS we looked like this!!

New PAUSATF Web Site
<http://www.pausatf.org>

The Pacific Association Page



1998 Cross Country Grand Prix

- Sept. 12 Golden Gate Park 4M/4M
 Sept. 19 Sierra College Open 5k/4M (2xpoints)
 Sept. 26 Aggie Invite, UCD 5k/8k
 Oct. 3 Empire Open 6k/8k (double points)
 Oct. 10 Mills College Invite 5k/8k (Masters)
 Oct. 17 CalPoly SLO Invite 5k/8k
 Oct. 24 Crystal Springs 2.95M/ 4.19M (2x pts)
 Oct. 31 Shoreline Open 5k/4.4M (double pts)
 Nov. 7 Tamalpa Challenge 4.6M/4.6M
 Nov. 14 PA Championships GGP (dist TBA)
 (2x points)
 Open score best 6 of 9 Masters score best 6 of 10

ROAD GP INDIVIDUAL STANDINGS

OPEN MEN - Short GP

31. Jonathan Magasin 13pts
 46. Chris Jagers 5 pts
 55. Bruce Goode 1 pt

OPEN WOMEN - Short GP

32. Karin Kuffel 13 pts

OPEN WOMEN - Long GP

43. Kerry Padgett 2 pts

MASTERS MEN

13. Larry Menard 71 pts
 18. Mark Piccillo 43 pts
 34. Joe Schieffer 20 pts
 65. Mike Plummer 1 pt

MASTERS WOMEN

45. Debbie Byers 3 pts

SENIOR MEN

14. Len Goldman 43 pts
 18. John Monteverdi 37 pts
 35. Jerry Goodwin 11 pts
 50. Bernard Demai 3 pts
 54. David Weamer 1 pt

Ultra GP Individual Standings

OPEN MEN (39 & Under)

- | | | |
|------------------|--------------|-------|
| 1 Ken Gregorich | East Bay Str | 877.7 |
| 20 Jed Tukman | Tamalpa | 80.8 |
| 21 Erol Ackdoe | East Bay Str | 76.2 |
| 27 Jeff Teeters | East Bay Str | 44.6 |
| 35 Doug Fontaine | East Bay Str | 26.4 |
| 42 Eric Ellison | East Bay Str | 13.2 |

MASTER MEN (40-49)

- | | | |
|---------------------|--------------|--------|
| 1 Brian Purcell | Tamalpa | 1319.6 |
| 2 Dave Scott | Unatt | 606.2 |
| 3 Jean-Paul Mazaud | Tarahumara | 542.6 |
| 4 Rae Clark Buffalo | Chips | 470.3 |
| 5 Mike Palmer | East Bay Str | 385.0 |
| 14 Joe Schieffer | East Bay Str | 172.8 |
| 28 Dan Williams | East Bay Str | 44.8 |
| 41 Clement Choy | East Bay Str | 16.0 |

SENIOR MEN (50-59)

- | | | |
|----------------------|---------------|-------|
| 1 Wayne Miles | FleetFeetEDH | 821.3 |
| 2 Dave Kim | BAUR | 696.7 |
| 3 Eric Ianacone | Buffalo Chips | 516.0 |
| 6 Clement Choy | East Bay Str | 309.9 |
| 42 George Forman | East Bay Str | 22.0 |
| 47 Malcolm Scotchler | East Bay Str | 13.2 |
| 49 Tim Quinn | East Bay Str | 11.2 |

1998-99 Ultra Schedule

- Aug 2 Skyline 50K trail / 2.0
 Aug 29 Golden Gate Headlands 50K trail / 2.0
 Oct 10 Dick Collins Firetrail 50 Mile trail / 3.2
 Oct 24 Sierra Nevada Double Marathon trail / 3.5
 Nov 14 Helen Klein 50 Miler pavement / 2.2
 Nov 28 Quadruple Dipsea trail / 2.4
 Jan 9 Cameron Park 50 Miler hard-pack / 2.2
 Feb 13 Jed Smith 50K pavement-dir / 1.2
 Mar 27 Ruth Anderson 100K pavement / 3.5
 Apr 10 American River 50 Miler

LDR Champs Schedule

- Sept 7 PACIFIC SUN 10K
 Oct. 18 HUMBOLDT HALF MARATHON
 Nov. 15 CLARKSBURG 30K
 Dec. 6 CALIFORNIA INTERNATIONAL MARATHON

XC Champs is NOT a Road GP event this year...only XC

Tahoe Training Camp

High Altitude Training Has 'Em Napping

OK. Twice-a-day runs at the 11th annual Strider Summer Camp at Lake Tahoe. August 2-August 9, got the oxygen-deprived Striders well-trained. I mean, so what that by the third day 3PM-4PM was nap-time. But the secret shared by several of the participants had to do with a certain set of slot machines that paid, and paid and paid and paid. Let's recount the jackpots: Jill \$75, Thom 3X\$37.50, Greg \$75 and \$37.50, Mike \$37.50, John \$75 and \$37.50, Malia 2X\$37.50. Sorry folks, you will never know, because these four machines really did pay off, with little put in. This must remain a Tahoe Group secret.

But we were up to run, right? This is the 7th time we have rented the cabin of John Lumetta. It is actually a



Lumetta's Cabin: EBS Tahoe Central

great place. Near trails that span all levels of difficulty.

The morning run was a 4 mile jog in the meadow area north of the cabin between Tahoe Valley Airport and Trout Creek. The run was on soft, pine needle strewn trails, and was completely relaxing. Hey, we knew a pancake or waffle or omelet breakfast awaited at the end of the run.

The afternoon run was a different story. How can we describe the Cold Creek/Flume Death March (also known as the "Hail Trail" but that is another story). **From a base elevation of 6200 feet, the trail climbs to nearly 7000 feet** in the second mile, then rolls, French Trail style, for another two. Lost

Striders included Greg Wheatfill and Mike Minietta, but, yet again, that is another story. Other afternoon runs included "Powerline" and the dreaded and molasses-slow On-Offs, completed this year by Thom, Malia, John, Greg and Mike.



Morning Runners: Thom Trimble, Malia Dinell, Greg Wheatfill (hidden) and Bernard Demai



Greg Wheatfill, On the Trail

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Houlihans cont...

8. EBS	3 points
Chris Jagers	40:46
Brian McGuire	41:00
Thom Trimble	41:34
Tim Keenan	41:39
Sam Van Leer	42:41
	3:27:40
9. Tamalpa	2 points
Bill Bushnell	39:54
Joseph Green	42:32
Glen Hardin	43:54
Greg Nacco	44:34
Sergio Higareda	47:10
	3:38:04
10. Ryan's	1 point
Andy Lief	40:54
Barry Farrara	41:47
Jim Christenson	43:06
Ian Hersey	45:54
Greg King	49:48
	3:41:29

MASTERS MEN

1. WVJS	10 points
Bob Ebert	40:18
Tim OORourke	42:07
Brian Davis	42:12
Dave Fergus	43:29
Charles Lightly	43:54
	3:32:00

2. Excelsior	9 points
Lloyd Stephenson	39:08
Antonio Corgas	42:21
Eric Standifer	43:31
Jim Tracy	43:32
Sylvester Franklin	43:42
	3:32:14

3. Silver State	8 points
Tim Minor	39:51
Joerg Herbrechtsmeier	41:43
Doug Rasmussen	44:23
Robert Pyzel	45:57 *DQ
Jerry Martiniez	47:25
Dennis Pederson	47:47
	3:41:09

4. EBS	7 points
Larry Menard	41:55
Joe Schieffer	42:58
Mark Piccillo	44:05
Steve Frietas	45:46
Bernard Demai	49:09
	3:43:53

5. Chips	6 points
Rich Govi	43:19
Jim Freeman	43:51
Kitt Flynn	43:52
Bruce Aldrich	44:16
Dwight Brissey	50:01
	3:45:19

6. Tamalpa	5 points
Bradford Bryon	44:10
Bob Cooper	44:15
Robert Alexander	45:22
Michael Radcliffe	45:29
John Catts	46:50
	3:46:06

7. Aggies	4 points
Kevin Searls	42:47
Ron Richardson	43:54
Dirk Rohloff	44:30
Doug Steedman	46:01
David Jang	52:27
	3:49:39

8. WNLR	3 points
Jeff Seay	45:41
Dan Zulaica	46:47 *no club affiliation
Kevin Smith	49:28
Tom Johnson	49:36
Michael Simons	51:32
Tom Long	54:50
	4:11:07

SENIOR MEN

1. WVJS A	10 points
Chuck MacDonald	43:04
Bill Dunn	44:17
Dwight Cornwell	45:04
	2:12:25

2. Tamalpa A	9 points
Sal Vasquez	43:37
Jerry Neal	45:00
Frank Ruona	45:11
	2:13:48

3. WNLR	8 points
Michael Dove	42:39
Fabio Hernandez	46:20
Jan Valencia	48:22
	2:17:21

4. Tamalpa B	
Alphonso Jackson	46:29
Steve Stephens	46:58
Don Porteous	47:46
	2:21:13

5. EBS	6 points
John Monteverdi	46:39
Len Goldman	46:55
Jerry Goodwin	50:04
	2:23:38

6. WVJS B	
Jim Reitz	45:59
Joe Hurtado	48:07
Tim Riley	55:15
	2:29:21

7. Silver State	4 points
Perry Hayden	46:14
Floyd Whiting	51:16
Mike Hawkes	51:57
	2:29:27

Tamalpa C	
Steve Lyons	48:27
Jack Burns	50:22
Andy Anderson	52:09
	2:30:58

8. Empire	3 points
Martin Jones	47:12
John Lander	54:00
Bob Holland	53:26
	2:34:38

9. Chips	2 points
Arnold Utterbach	49:21
David Samsel	50:43
Howard Ferris	54:39
	2:34:43

Tamalpa D	
Robert Knox	52:27
Jerry Colletto	54:58
Bob Groff	55:59
	2:43:24

10. Hoy's	1 point
Ian Reid	46:53
Hollis Henderson	59:53
Tom Bennet	67:42
	2:54:28

11. WVJS	
Don Hogue	41:42
Steve Beebe	43:44
Al Murray	44:56
Jeff Rohrer	45:58
Brian Schofield	48:29
	3:44:49

12. WNLR	
David Cech	41:45
Eric Martin	42:28
Joe Tysoe	44:21
George Nye	54:16
Lawrence Lyonhardt	56:11
	3:59:01

continued...

Twelve Striders participated in this year's successful camp. Got to name 'em: Jill Cartwright, Bernard Demai, Malia Dinell, Matt Grigg.



Bernard Demai Wields Tongs

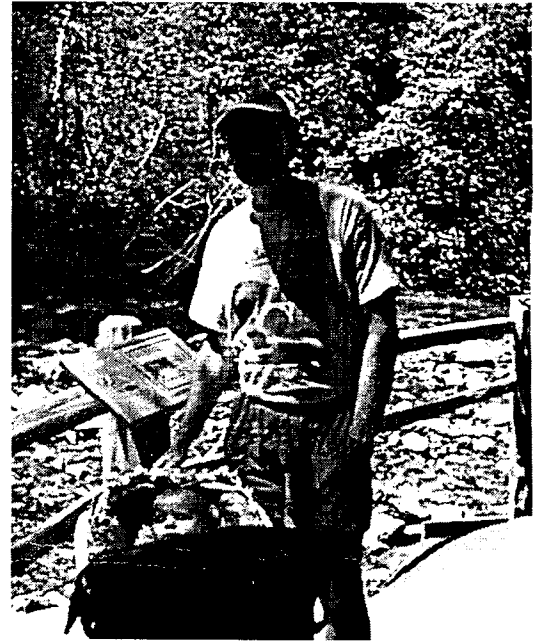
Katy Hollbacher, John Monteverdi, Mike Minietta, Thom Trimble, Laurie Trimble, Carolina Trimble, Matt Urdan, and Greg Wheatfill.



Matt Grigg Looking Cool

Mileage? Yep. Twice a days will do it. Thom won the Camp mileage crown with 81 for the week, with John close behind at 77. Other prodigious totals included 70 for Greg and 50 for Malia.

Running wasn't the only thing we did. At various times, Striders were seen swimming in the Lake, hiking the trails around Emerald Bay and mountain biking the same trails we were running on. And Carolina Trimble won the "buggy" division. No competition at all.



John and Carolina

FLEET FEET MILE cont....

8. Hoy's	3 points
John Trevithick	33 4:31.9
Dan Mancini	34 4:37.64
Brad Zamczyk	35 4:36.0
Tom Caruso	28 4:52.14
Samuel Harvell	35 5:17.33
	23:55.0

9. Tamalpa	2 points
Bill Bushnell	33 4:15.54
John Coxford	26 4:45.72
Glen Hardin	32 4:51.65
Steve Shapiro	34 5:02.82
Jerry Neal	51 5:04.08
	24:00.3

SENIOR MEN

1. Tamalpa	10 points
Jim Gibbons	53 4:55.7
Don Porteous	52 4:57.69
Keith Kreiger	52 4:58.34
	14:51.7

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EBS ROMPS AT WHISKEYTOWN AND ALAMEDA!!

STRIDERS SWEEP AT SEPTEMBER RESERVOIR RELAY--Men's "A" Set Course Record

The EBS Gumbies (Men's "A") and Pokies (Women's) won the overall titles at the 12th Annual Whiskeytown Relays. The EBS Raisins (Men's "B") finished 15th. This 18.6 mile event is run around Whiskeytown Reservoir west of Redding and was comprised of over 100 4-person teams from northern California and Oregon.

The EBS Gumbies made up of Joe Sheader, Thom Trimble, Eric Ellisen and Sam Montoya won the overall title by defeating the three-time defending champions Chico Slugs. Joe cruised the hilly first leg (4.0 miles) in 3rd place, only 15 seconds behind the leaders. The Gumbies surged into the lead late into the 5.2 mile second leg as Thom gave the team a 20 second lead over the Slugs and Nike Portland. Eric held the lead late into the 3.0 mile 3rd leg until he was passed by a hard-charging Slugs runner. The last leg was a very hilly 6.4 mile trail run. Sam took the handoff 18 seconds down on the Slugs' top runner. The Gumbies took the lead for the final time around the two mile mark and cruised to over a 1 minute victory in 1:44:30 (new 20-29 age group record).

The EBS Pokies made up of Maureen Whalen, Kazuko Aoyagi, Linda Sheader and Nancy Staub ran away with the women's Open Division. Maureen led the Pokies into third position after a strong first leg. Kazuko charged through the second leg and gave the team a 300 yard lead. Linda, hampered by a knee injury, ran courageously and managed to maintain the Pokies position. Nancy powered through the difficult 4th leg and brought home yet another EBS victory in 2:14:30, nearly 4 minutes ahead of the second place team.

The EBS Raisins was comprised of Greg Wheatfill, Malcolm Scotchler, John Monteverdi and Steve Takacs. Their time of 2:01:18 did not place but was still a strong performance.



EBS participants in Whiskeytown Summer Relays. Bottom (L. to R.): Wheatfill, Takacs, Aoyagi, Whalen, Ellisen, J. Sheader. Top (L. to R.): Scotchler, Monteverdi, Staub, L. Sheader, Trimble, Montoya.

EBS SIZZLES IN ANNUAL ROMP AROUND THE ISLAND: PR's, totally, for sure!

A near record 14 EBS'ers were present at the seventh annual Alameda Run for the Parks 10K on August 14. This course is flat and fast and is often the one runners aim for to set a P.R. This year's race was no exception as 7 Striders set P.R.'s and 4 ran 33 minutes or better.

Thom Trimble was first EBS'er and 14th overall with a time of 31:45. Also breaking 33 minutes was Larry McKendell (32:22; 22nd) and Chris Jagers (32:46; 26th). Nancy Staub was first EBS woman with a time of 40:27 (14th woman) with Kazuko Aoyagi less than a minute behind (41:03; 16th woman).

Place	Name	Time
14	Thom Trimble	31:45
22	Larry McKendell	32:22
26	Chris Jagers	32:46
31	Joe Schieffer	33:08
40	Karl Amundson	34:10PR
41	Roger Innes	34:11
52	Bill Brusher	34:59
97	Steve Takacs	36:10PR
	Nick Scotchler	37:10
	Bob Fischer	40:18PR
14W	Nancy Staub	40:27PR
16W	Kazuko Aoyagi	41:08PR
25W	Maureen Whalen	42:06PR
26W	Linda Sheader	42:06PR

NANCY STAUB CRASHES THROUGH 40 MINUTE BARRIER AT HOYS SPORTS 10K--SETS ANOTHER P.R. AT WALNUT FESTIVAL!!!

Nancy Staub fulfilled the promise of her early summer successes by setting a 47 second P.R. at Hoys (Sept. 11) and breaking 40 minutes for the first time with a mark of 39:39. Nancy wasted no time in proving that her Hoys time was no fluke. She ran a 39:05 at the Walnut Festival 10K, a 32 second PR.

1989 DUES ARE DUE!

REMEMBER, the 1989 dues will be \$10 (\$5 for students). Send to:

John Monteverdi, Treasurer
East Bay Striders Running Club
4425 View Street
Oakland, CA 94611

Make check payable to: EBS

Also, don't forget to renew your TAC card!

File: EBS-ROSTER87

Report: ROSTER.EBS

FIRST N	LAST NAME	ADDRESS	CITY	STATE	ZIP	PHONE
	Helmer	Aslaksen	2525 Stuart St, #403	BERKELEY	CA	94705 644-3817
31	ED	BAKER	1309 GLENFIELD AVE	OAKLAND	CA	94602 530-1658
33	NEIL	BERG	369 COVENTRY RD	KENSINGTON	CA	94707 524-5078
34	GARY	BROAD	BOX 173	LAKEPORT	CA	95453 707-263-7204
	DOUGLAS	BROOKS	2825 GARBER ST	BERKELEY	CA	94705 845-8009
33	DANN	BROWN	1230 WALKER, APT A	WALNUT CREEK	CA	94596 932-3165
33	BILL	BRUSHER	2700 CARISBROOK DR	OAKLAND	CA	94611 482-1396
	JOE	BURZINSKI	3109 MARICOPA AVE	RICHMOND	CA	94804 235-9032
35	JOE	CAVANAUGH	974 JUANITA DR	WALNUT CREEK	CA	94595 938-0362
	DOUG	CONOVER	227 MARLOW DR	OAKLAND	CA	94605 562-2081
34	DAMIEN	CURRY	3042 "A" FULTON ST	BERKELEY	CA	94705 845-2968
35	GENE	DANGEL	3110 WALNUT BLVD	WALNUT CREEK	CA	94596 937-9213
	MARK	DYKHOUSE	29 MEADOW COURT	ORINDA	CA	94563 254-6459
35	MIKE	FRANKFURT	1522 WALNUT	BERKELEY	CA	94704 843-8929
	ANTHONY	GARCIA	209 BRITAIN CT.	ALAMO	CA	94507 820-1245
	RICHARD	GRINOLD	COLLEGE OF BUS ADM, BARROWS HAL	BERKELEY	CA	94720
	DALE	GUTHRIE	39 PLAYA CT	SAN RAMON	CA	94583 837-6490
	ROBERT	HEALY	2970 "A" RUSSELL ST	BERKELEY	CA	94705 849-0639
	DWIGHT	HENDRIX	831 OXFORD	BERKELEY	CA	94707 524-1547
36	ERIC	IVARY	11 HARTWOOD CT	LAFAYETTE	CA	94549 284-9447
37	CHRIS	JAGGERS	2627 VIRGINIA ST	BERKELEY	CA	94709 540-9084
38	CHRIS	LEE	5724 PANAMA AVE	RICHMOND	CA	94804 526-0381
	ROLAND	LOCHOFF	1803 DWIGHT WAY	BERKELEY	CA	94703 548-2286
39	THE	MARTINS	119 SECOND AVE	PACHECO	CA	94553 680-1054
40	MARY	MATTESON	439 21ST AVE, #3	SAN FRANCISCO	CA	94121 386-0420
	REX	MERRILL	1518 DRUMMOND ST	EAU CLAIRE	WIS	54701 715-839-0671
33	JOHN	MONTEVERDI	4425 VIEW ST	OAKLAND	CA	94611 653-4320
41	PHIL	MURPHY	ROUTE 2, BOX 351A	OAKLEY	CA	684-2271
34	JOHN	NOTCH	230 MARLOW	OAKLAND	CA	94605 632-8270
	MATT	O'BRIEN	1208 OAKLAND AVE	PIEDMONT	CA	94611 654-6668
41	MICHAEL	O'DONNELL	5228 BROADWAY TERRACE, #1	OAKLAND	CA	94618 658-5951
	MICHAEL	PETERSEN	516 DAWKINS	LAFAYETTE	CA	94549 283-8469
41	DAN	REUCKERT	1105 BUTTERFIELD RD	SAN ANSELMO	CA	94960 456-1390
	LEE	RICE	344 PARKVIEW AVE	DALY CITY	CA	94014 994-1136
35	CARL	ROSE	2908 CHANNING WAY	BERKELEY	CA	94704 540-9138
35	TOM	ROSE	2801 BELLAIRE PLACE	OAKLAND	CA	94601 532-2462
	MIKE	RUSSELL			CA	
	ERIC	SARGESON	PO BOX 271272	CONCORD	CA	94527 825-9665
33	JOE	SCHIEFFER	5206 PROCTOR AVE	OAKLAND	CA	94618 654-6086
36	NICK	SCOTCHLER	920 55TH ST	OAKLAND	CA	94608 841-9496
36	STEVE	SLAWSON	517 59TH ST	OAKLAND	CA	94618 654-4963
41	CHRIS	SPEARS	1241 HOMESTEAD, APT 227	WALNUT CREEK	CA	94596 938-2024
39	NANCY	STAUB	2644 DWIGHT WAY, APT 4	BERKELEY	CA	94704 548-3872
41	DAVID	TAYLOR	5450 KIRKWOOD DR, #H4	CONCORD	CA	94521 672-1059
38	THOM	TRIMBLE	1230 WALKER AVE., APT A	WALNUT CREEK	CA	94596 932-3165
	LARRY	WASHINGTON	1404 CAMPUS DR	BERKELEY	CA	94708 845-9950
	JAN	WERNER	152 HENRY ST	SAN FRANCISCO	CA	94114 861-8497
	ULF	WERNER	11 STANTON CT	ORINDA	CA	94563 254-3006
40	GREG	WHEATFILL	1295 GLORIA DR	PITTSBURG	CA	94565 439-0940
33	ERIC	WILLIAMS	128 MEADOW RD	HELLERTOWN	PA	19015 215-238-9753
33	DAN	WILLIAMS	3049 MAY RD	EL SEBERRANTE	CA	94803 222-3418
41	CARL	WISSER	5850 BIRCH COURT	OAKLAND	CA	94618 653-8911
37	PON	WANK	5598 LAWTON AVE	OAKLAND	CA	94611 547-2907

Running Research

Running Research News

The information in the following article was taken from a publication subscribed to by EBS - Running Research News. This publication was written completely by exercise physiologists and its goal is to present and interpret timely information related to endurance activities and to publish candid evaluations of products sold to runners. Subscription rate is \$30/yr for 10 issues. To subscribe please call 517-393-3150. EBS copy at Thom's house.

Sports Drinks Not Just for Breakfast Anymore!

Most experienced runners should know by now that drinking 8-12 ounces of a sports drink such as Gatorade before a long run, plus 5-6 ounces every 15 minutes or so, will keep you well hydrated and provide enough carbs to your leg muscles to allow you to maintain your pace, but what you may not know is that these same beverages can also significantly improve your speed and track workouts.

The old rule of thumb was that you needed to take in some sports drink on runs of over 60 minutes in duration, however, this did not account for the type of running actually carried out. Since the idea of drinking a calorie-laden libation is to replace the glycogen that you have burned up, time shouldn't be the only variable in determining when to quaff such an elixir.

Running at an intense pace can burn up much more calories, and thus glycogen, in a much shorter time than a leisurely jaunt. Therefore, glycogen replacement can make good sense in shorter duration higher intensity activities such as track workouts, hill repeats, fartleks, etc. Also, take into consideration the warm-up time, wind sprints, recovery laps and other related activities and you may very easily put together a workout that uses as much or more than a 60 minute run.

Perhaps the reason you are fading halfway through a tough track session isn't because you are out of shape or started too hard, but because your legs are running low on that high octane fuel called glycogen!

A University of South Carolina study tested the staying power of several physically active men and women. After warming up for five minutes at around 70% VO2max on exercise bikes they began alternating one minute intervals at near maximum effort (120-130% VO2max) and three minutes of recovery. During one session the subjects were given 7-9 ounces of sports drink every 20 minutes, and during another session they were given a placebo, indistinguishable from the sports drink.

The differences were astounding. The group that ingested the placebo completed an average of 14 one-minute intervals before tiring. With the sports drink the men lasted an amazing 22 intervals and the women for 21 intervals!

So, at your next track workout or hill repeat session, you should optimize your performance by drinking 8-10 ounces of a sports drink beforehand, and another 5-6 "swallows" every 15 minutes during the workout.



1998 - SRRC

Have you got your reservation yet??

FLEET FEET MILE CONT....

2. WVJS		9 points
Bill Dunn	50	4:54.31
Danny Moon	50	5:00.14
Greg Burke	51	5:03.95
		14:58.4

3. Tamalpa B		
Dan Presron	55	4:49.07
Frank Ruona	52	5:00.41
Steve Lyons	57	5:04.56
		15:03.9

4. WNLR		7 points
Michael Dove	51	4:54.0
Fabio Hernandez	52	5:25.61
Jan Valencia	52	5:31.42
		15:51.0

5. WVJS B		
Jim Reitz	54	5:12.27
Neal Chappell	59	5:25.96
Bob Schuck	59	5:36.49
		16:14.7

6. EBS		5 points
Len Goldman	53	5:12.72
Bernard Demai	50	5:15.04
Steven Brenneck	57	5:56.69
		16:24.4

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