



September 2003

President's Message

by Laura Clark

Just when you think you have a basic game plan in place, something happens to alter the expected pattern. This July, many Stryders who had worked Silks & Satins for eight years inexplicably decided that track weekend would be a good time to take a vacation. But fortunately, many more eagerly stepped in to fill the breach. Especially at the packing party. But alas! While last year was the year of Candy, this was the year of Personal Hygiene and Home Repair. Apparently, the sponsors thought that runners were a sweaty, grubby bunch who were too busy not only to shower, but also to attend to basic home calking needs. For those of you who missed out on this rather odd partnership, do not despair. We have plenty of leftovers, which will inevitably show up again and again at our local races.

Our other big summer event was the Camp Saratoga Trail fun run series. Last year, we had the distinction of picking the three hottest Mondays of the summer; this year, we chose the five muggiest. These events are low-cost, low-key 5K trail runs through Wilton Wildlife Preserve's Camp Saratoga and typically attract from 30-50 participants, depending on the current thunderstorm/tornado forecast.

Thanks go to Sarah Clarkin, the Preserve's director, to Kevin Joyce, our own webmaster and Camp Saratoga's Chief Volunteer, to Jim Carlson and Pete Finley, who can now mark the course blindfolded, to Steve Mastaitis and Dan McNamara for their creative raffle prizes, to Beverly Relyea and Richard Blair who recorded our times, to Don Zeigler, who made sure we looked both ways before crossing the road as well as the other Rotary and Wilton volunteers and to Tony Mangano, who did whatever else needed to be done. Applause also goes to Jason Smith, the Preserve's summer intern, who crafted the permanent 5K markers and to Rich Tanchyk who prodded us along until it was done. Official photographer, Brian Teague, was under great pressure to hurry up and finish the race so he could capture the rest of us running to the finish. And last, but surely not least, honks to Goose, official mascot, who

remained on duty until the last runner had crossed the finish line.

Raffle prizes ranged from chips and candy, to citronella candles, toilet paper and the inevitable personal hygiene items and home calking material. Competition for the Ironman/Ironwoman award was fierce, with final honors going to John Onderdonk and Sarah Clarkin. Although, as Park Director, Sarah had to be there anyway, she was a good sport and enthusiastically ran every race. This series is the closest it gets to an event that practically "runs itself" thanks to its low-key format and all the people, dogs and fowl who lent a hand or a paw or a beak whenever needed.

Thanks for the great summer!

P.S. On a purely selfish note, with all the rain we've been having, can snow be far behind?!

Looking Ahead...

September 3: Stryderland Meeting, 7:30 PM, Glasby Room, Saratoga Springs Library

October 1: Stryderland Meeting, 7:30 PM, Glasby Room, Saratoga Springs Library

October 19: Saratoga National Bank Cross Country Classic, 10 AM, Spa Park, Jeff Allen and Ray O'Connor

November 4: Winter hours begin for Warming Hut Rec Runs – meet at 9AM

Coach's Corner

By Jeff Lutzker

When is enough enough?

We're creatures of habit. We go along with our regular activities without a thought. With running we increase our level of fitness by increasing the intensity of our workouts and total weekly mileage. And it feels good. We get faster. We can run better without as much effort. We feel great after workouts. And then bam! We're hurt.

Coach's Corner Cont.

Isn't it funny how you don't think twice about a great workout when you're healthy. However, get hurt and you feel every ache and pain and persevere on the injury. It's human nature - you don't appreciate what you have until it's gone.

This season I've been hearing about more injuries from Stryders than I can ever recall before. Mine included. Being dedicated runners we hate to take ourselves out of the game. So, we keep running, exacerbate our injury, and delay our recovery.

Treatment is real tricky. So far I've, reduced my miles, reduced my intensity, laid-off running for two weeks, tried swimming instead, gone to a chiropractor ten times, finished a bottle of 500 Ibuprofen, iced, iced, and iced again, done all kinds of contorted stretches, strength trained to tone my stomach muscles to support my back, bought over-the-counter orthotics, bought new running shoes, given-up racing, backed off Wednesday night workouts, sought advice from people in all walks of life, and prayed that I would run again without pain. Guess what? I'm still running in pain. Less pain than when first injured (May 21 workout - my own!) but still in pain.

Makes me wonder about my plethora of treatments approach. Sure, some of what I'm doing is good and some is surely bad. I'm getting better, though, and I think that probably has more to do with the two months that has passed since my injury rather than all the snake oil I've ingested. But how do you know what is the right treatment and how much is not enough, enough, or too much?

Even the medical experts aren't sure. Yes, they go to school for years and treat hundreds of patients and learn from experience. However, many running injuries, which involve muscles, joints, ligaments, bones, cartilage, bones, etc., are very difficult to diagnose. Now, if the injury is difficult to diagnose, it makes sense that the treatment may not be correct. In fact, all of the treatments I've listed and most that are used to treat running injuries fall into the category of conservative. They may help, but most likely they won't hurt.

Age is a big factor in injuries. Those sprains and strains that were healed after a couple of days when you were in your twenties, now take a lot longer to heal when you are over forty.

So, all of you Stryders that have been hurting this summer, what do you do?

Here's some basic advice:

- When in doubt - check it out! If you are in significant pain, go see a medical specialist. Especially if the pain has not subsided by the next day. Runners are used to pain in their workouts, so we tend to ignore pain that should receive professional attention.
- Back off. I can't tell you how upset I get when someone tells me they are injured and then proceeds to tell me they are racing on Saturday. Racing is the most stressful component of running. The stress level of racing is so high that it is unlikely you will perform well injured and very likely that you will hurt yourself even more.
- Rest. Now is the time of year when you will see a lot of over training symptoms. These consist of constant fatigue, restless sleep, poor workouts, and agitation. Although not injuries, over-training has the potential to become an injury. Take a day off. I know we hate not to run, but it's OK. You will not lose any conditioning.
- Don't run in significant pain. It's very easy to make a one week of not running injury into a four week one.

And finally, some unofficial advice. Enjoy and appreciate those runs when you are healthy. Be thankful for being able to participate in an activity that is so good for your body and mind.

Close Call at the Packing Party

by Peter Finley

It happens all the time, but you don't expect it to happen at a sanctioned Stryder event.

The volunteers, who came without too much arm-twisting, were under the impression that their efforts would be duly rewarded with food, drink and a handful or so of those brightly covered candied-coated milk chocolate treats. Were we asking too much?

But once the volunteers were herded inside the packing room, President Laura locked the doors behind us and said, "There won't be any candy that melts in your mouth this year."

The angry mob tried to ram open the locked doors, but President Laura stopped them cold in their tracks

Close Call Cont.

when she reminded them that there will still be pizza, soda and a candy substitute for those among us who were ready to unionize.

It was a close call, and the volunteers eagerly started packing items like deodorant and soap. I guess these businesses are convinced that runners have serious problems with their personal hygiene.

We all know what President Laura & Co pulled off, and she was able to do so with a good number of people who could have built cars for Henry Ford. But let's call it for what it was – bait and switch.

Race Times

by Laura Clark

With apologies to triathletes...I could only locate results for a few of the races.

Camp Saratoga 5K Fun Run #1 June 23

John Onderdonk	21:11
Jim Lofthouse	22:02
Tracey Van Dyke	22:30
Bob Irving	23:05
Laura Gillim-Ross	23:11
Rich Tanchyk	24:00
Stephen Ross	24:06
Peggy McKeown	24:17
Bill Taylor	24:19
Dan McNamara	24:39
Stan Westoff	25:16
Steve Mitchell	25:38
Aurora Lamperetta	25:42
Steve Mastaitis	27:25
Sarah Clarkin	28:08
Tony Mangano	28:38
Pete Hettrich	28:41
Don Winslow	28:44
Laura Clark	29:39
Jan Roth	29:45
Jenness Cunningham	31:35
Martha Devaney	32:59
Linda Plante	34:45
Cathy Taylor	36:36
Christine McKnight	36:36
Nancy Burke	38:25
Debbie Irving	44:35
Sue Forsyth	1:04:48

Camp Saratoga Fun Run #2 July 7

John Onderdonk	20:57
----------------	-------

Bob Irving	22:59
Rich Tanchyk	23:12
Bill Taylor	23:39
Dan McNamara	24:10
Stan Westoff	24:44
Steve Mitchell	25:08
Kurt Ruppel	25:27
Jeffrey Allen	25:29
Aurora Lamperetta	25:52
Donna Ruppel	27:05
Heidi Owen-West	27:25
Pete Hettrich	27:31
Sarah Clarkin	27:59
Laura Clark	29:18
Martha Devaney	30:24
Meg O'Leary	30:45
Jenness Cunningham	30:52
Marcia Whitney	31:28
Brandee Plante	31:30
Jodi Plante	31:30
Christine McKnight	32:38
Linda Plante	33:16
Cathy Taylor	35:05
Elizabeth Richards	36:09
Susan Forsythe	44:44
Deb Irving	45:56

Camp Saratoga Fun Run #3 July 21

John Onderdonk	20:45
Rich Tanchyk	23:16
Dan McNamara	23:22
Bill Taylor	23:29
Marcia Whitney	23:42
Stan Westoff	24:02
Aurora Lamperetta	25:42
Sarah Clarkin	26:53
Pete Hettrich	27:04
Steve Mastaitis	29:14
Jan Roth	29:23
Laura Clark	29:50
Martha Devaney	30:13
John Orsini	31:01
Cathy Taylor	34:38

Camp Saratoga Fun Run #4 August 4

John Onderdonk	20:21
Jim Gandy	20:56
Jim McElroy	21:37
Rich Tanchyk	23:19
Ray O'Conor	23:32
Bob Irving	24:04
Stan Westoff	24:53
Mrk Schacner	25:22
Marcia Whitney	26:27
Sarah Clarkin	26:48

Race Times Cont.

Pete Hettrich	27:30
Steve Mastaitis	28:13
Jane Klein	28:35
Tony Mangano	28:47
John Orsini	28:54
Martha Devaney	29:40
Laura Clark	30:11
Jan Roth	31:14
Deb Irving	44:10

Camp Saratoga Fun Run #5 August 18

John Onderdonk**	20:07
Ray O'Conor	20:54
Jim McElroy	21:17
Bob Irving	22:25
Rich Tanchyk*	23:08
Marcia Whitney	23:17
Stan Westoff *	23:45
Bob DeMarco	25:38
Steve Mastaitis	25:51
Sarah Clarkin**	26:27
Pete Hettrich*	26:49
Tony Mangano	27:18
Jane Klein	27:21
Cheryl Clark	27:38
Jan Roth	28:27
Laura Clark*	29:37
Martha Devaney *	30:06
Mark Schachner	30:06
Debbie Irving	44:03

** Series Ironmen—point leaders+attended all 5 events

* Ironmen – Perservered through all 5 events despite heat, humidity, thunder & tornadoes

Schoolcraft 5K Trail Run Guilderland

Martha DeGrazia	27:15	1st age group
-----------------	-------	---------------

Finger Lakes Fifties July 5

Laura Clark	50K	7:19	1st masters
-------------	-----	------	-------------

Adirondack Distance Run 10 miles July 6

Michael Jordan	1:02:16	1st age group	14th overall
Dennis Fillmore	1:05:02	2nd age group	
Ken Klemp	1:07:08	4th age group	
John Onderdonk	1:07:11	2nd age group	
Jim Lofthouse	1:10:45	5th age group	
Mark Devenpeck	1:11:00	3rd age group	
Jesse Milonovich	1:11:04	1st age group	
Rick Morse	1:11:16	2nd age group	

Peter Lee	1:12:30
Martha DeGrazia*	1:13:10 1st age group
Marcia Whitney*	1:13:31 1st age group
Jeff Nastke	1:14:58 1st age group
Dan French	1:15:01 1st age group
Laura Gillim-Ross	1:16:11 1st age group
Edward Groves	1:16:28
Peggy McKeown	1:17:28 2nd age group
Stan Westoff	1:18:39 1st age group
Robert Munyon	1:20:05
Gove Effinger	1:20:23 2nd age group
Bob DeMarco	1:21:16 5th age group
Dan McNamara	1:22:06 5th age group
Gary Cunningham	1:22:36
Stephen Ross	1:24:13
Bob Baker	1:24:55
Maryanne McNamara	1:27:40 4th age group
Cheryl Clark	1:27:51 1st age group
Stephanie Ferrandino	1:29:05 5th age group
Stu Eichel	1:35:31 1st age group
Steve Mastaitis	1:42:34
Linda Plante	1:48:16 3rd age group
Lisa Miller	2:02:36 5th age group

TEAMS:

Road Warriors B—Ken Klemp 3rd Male Masters
Road Warriors C – Jim Lofthouse, Mark Devenpeck, Rick Morse 4th Masters
Saratoga Stryders –Martha, Peggy, Maryanne 1st Masters

Vermont Sun Triathlon July 13

600 yard swim/14 mile bike/5K run

Bill Taylor	1:15:23	1st age group
Kurt Ruppell	1:27:51	
Chris McKnight	1:29:51	1st age group
Cathy Taylor	1:30:55	3rd age group
Martha Devaney	1:33:52	

Boilermaker 15K 13 July

Dennis Fillmore	57:30	4th age group
Steve Cummings	58:08	
Matthew Gervasio	1:02:07	
Chad Kessler	1:02:21	
Jeffrey Nastake	1:06:57	
Martha DeGrazia	1:07:53	3rd age group
Bill Gervasio	1:09:55	
Stephen Ross	1:10:43	
Jeff Allen	1:15:45	
Steve Mitchell	1:17:24	

My apologies for not including anyone else who did this. After 3,000+ entries, my eyes crossed.

Race Times Cont.

Pinebush Triathlon July 20

Tracey Van Dyke 1:08:13
Rick Morse 1:08:57

Indian Ladder July 20

15K
John Onderdonk 1:09:07 16th overall
Mark Devenpeck 1:11:46 2nd age group
Brian McMahon 1:15:47
Marcia Whitney 1:17:26 1st age group
Kurt Ruppell 1:24:49
Donna Ruppell 1:26:21 3rd age group
Laura Clark 1:34:37 1st age group
Darryl Caron 1:44:08
3.5K
Laura Clark 36:46 3rd age group
Marne Onderdonk 41:45
John Onderdonk 41:46

Silks & Satins 5K July 26

Brian McNamara 16:33 12th overall
3rd age group
Matt Gervasio 17:02
Dennis Fillmore 17:36 2nd age group
Ken Schwartz 18:22
Edward Groves 19:27
Ray O'Connor 19:36
Ron Alger 19:41
Rick Morse 19:43
Jeff Nastke 20:02
Tracey Van Dyke 20:12 1st age group
Dan French 20:43
Brian McMahon 20:56
Rich Tanchyk 21:04
Stan Westoff 21:05
Rob Munyon 21:08
Martha DeGrazia 21:20 2nd age group
Hope Plavin 21:30
Bill Gervasio 21:43
Maryann McNamara 22:02 2nd age group
Allison McNamara 22:10
Peggy McKeown 22:14 3rd age group
Brandon Lis 23:19
Elizabeth DeMarco 23:19
Max Groves 23:23 1st age group
Steve Mastaitis 24:52
Jeff Many 27:10
Barbara Jordan 27:43
Beth Smisloff 27:48
George Sloan 28:05
Maggie Quinn 31:42

Lake Placid Ironman July 27
John Hook 13:25:53

As if doing the Ironman isn't stressful enough, John also had to worry about his wife going into labor while he was out on the course. That thought helped John run faster and break his goal time.

Eastern USA Track & Field Championships July 27

Ted Greve 100m 14:51 1st age group
200m 30:31 1st age group

Congratulations, Ted!

Danskin Triathlon Series for Women July 27

Karen Mackin 1:09:07 1st age group
Marge Rajczewski 1:37:32 1st age group

Race the Train August 2

8.4 miles Riparius to North Creek
Michael Jordan 52:08 3rd overall
Dennis Fillmore 53:56
Jim McElroy 1:01:08
Michael Lee 1:01:20
Marcia Whitney 1:03:13
Stan Westoff 1:06:52
Joe Favat 1:10:43
TRAIN about 1:12
Laura Clark 1:17:07
Beth Trapasso 1:18:49
Darryl Caron 1:23:11
Linda Plante 1:29:11

Cole's Woods XC August 10

2 miles
Martha Devanney 18:51
Marne Onderdonk 23:16
6 miles
John Onderdonk 41:53 3rd age group
Laura Clark 56:04 1st age group

Grafton Lakes Off-Road Triathlon August 11

1k swim, 20K mtn bike, 5K trail run
Tracey Van Dyke 2:58:11
Darryl Caron 3:15:50

American Senior Games

Ted Greve 100m Bronze medal
200m Bronze medal
400m Gold medal

Bethlehem XC #1 August 11

Ken Klemp 21:23
Mark Devenpeck 21:52

Race Times Cont.

Martha DeGrazia 25:04
Pete Hettrich 26:46

Bethlehem XC #2 August 18

Ken Klemp 20:54
Mark Devenpeck 21:20
Martha DeGrazia 23:39

Brookside Museum Jailhouse Rock 5K August 16

Matthew Gervasio 17:00 1st overall
Dennis Filmore 17:50 2nd overall
Jim McElroy 19:34
Jeff Nastke 19:54
Rich Tanchyk 20:56
Andrew Wheeler 21:13
Bill Gervasio 21:23
Teresa Alger 22:41
Dawn Kirchoff 24:23
Jane Klein 24:52
Cheryl Clark 25:30
Steve Mastaitis 25:31
Rachel Smisloff 25:50
Tamara Manny 27:38
Barbara Jordan 27:39
Meg O'Leary 27:47
Beth Smisloff 28:24
Grace Smisloff 28:49
Linda Plante 29:35

Classic Elvis guitar Tshirt and a downhill finish for a possible PR—put this one on your calendar for next year!

Grafton Lakes Run for the Roses 5K August 17

Rick Morse 20:32
Martha DeGrazia 22:23

Strohmen 5K Run Clifton Park August 19

Steve Cummings 17:44
Martha DeGrazia 21:24
Jimm McElroy 20:09
Bill Gervasio 21:06

Finger Lakes Fifties (04) or Bust!

By Laura Clark

*You know it's too hot to run fifty miles when...
...The folks sitting under the finish line tarp are
complaining about how hot they are
...Jack, Official Dog, opted to become Official Rug*

...The bulls refused to give chase, despite being featured on the 2003 T-shirt

Like most runners I am superstitious, having developed my own series of pre-race rituals, carefully honed over the years, in an attempt to gain control over an unpredictable outcome. Before this year's Finger Lakes 50's (25K, 50K or 50 miles), I was determined to eek out as much control as possible. For this was to be my year to tackle the 50 miler. My peanut butter cliff bar (male version to assure extra power) was at hand, ready to be consumed precisely one hour before the suggested start time, my shorts pockets and socks were stuffed with gel, Succeed tablets and peppermints...

But for special attempts like this, rituals extend over a period of several days and primarily involve seeking approval from the Nature I was about to invade. And it seemed as if approval was mine. During my last run on the trails behind my house, I spotted a deer, saw a common yellowthroat for the first time and noticed an owl gliding directly overhead, his wings extended in a silent blessing. After a final consultation with Grandfather Tree, the patriarch of the forest, I was ready.

Good fortune continued to intercede as my husband, Jeff, and I arrived at Taughannock Falls State Park and our traditional camp site. It wasn't raining, there was an exquisite lunar moth serenely sunbathing on the restroom door, and we stumbled upon a more-than-you-can eat Southern night at the Red Newt Restaurant. After a trial run to make sure that the Finger Lakes National Forest was still there, we bedded down and actually got a good "night's" sleep. Since the Fifties begin at 6:30 AM, the definition of what constitutes "night" and "morning" is somewhat relative.

After the usual delayed start typical of trail races, where we good-naturedly waited for last-minute registrants, Race Director Joe Reynolds launched into some pre-race warnings that would have left road runners shaking their heads in disbelief. Because of the predicted high heat and humidity, we were treated to a complex discourse involving how much to pee, when to do it and where to do it, survival, not modesty, being the overriding consideration. From there, the conversation naturally turned to cows. Since the three-loop route takes us through several cow pastures, we were warned to close all gates. Joe instructed us in the proper method to shoo away pesky cows, basically telling us to wave our arms and "act like a farmer" so the cows would think they had to obey. On a final note of encouragement, we were issued bright red race T-shirts featuring an angry bull

Finger Lakes Cont.

pawing at the ground. Feeling more like moving targets than runners, we began our journey.

The Finger Lakes Fifties is an ideal course on which to attempt a first ultra. It consists of one 15 + mile loop attacked either two or three times, with an additional 3.4 mile baby loop thrown in for the fifty milers. The runners are pampered with aid stations roughly every three to four miles. As you circle around, the volunteers become more and more like old friends, inquiring about your health and state of mind and automatically handing out your favorite snacks. Each station is unique, taking on the personality of the volunteers who man it. The first, situated at the bottom of a multi-tiered dirt road downhill, is conveniently located just before a series of steep, wooded uphill. They had the best selection, even well into the third loop, since most runners ignored the buffet the first time around. I spent part of my first loop mentally planning what I would grab the next time I passed by. Purely down-to-earth is the help yourself water and Gatorade stop at the end of an uphill road section, while most elaborate is the oasis-like tent set up near the swimming hole. Those well ahead of the cutoff time were tempted to take advantage of a cooling dip. Others, like me, who were barely squeaking by, had to content ourselves with hitching a ride on a hallucinatory camel.

The terrain is a mixture of rutted cow pastures, farm and forest trails, swamp and a few brief dirt road and asphalt stretches. Some are shaded. Some, unfortunately, are not. And this was my undoing. Using a vast store of accumulated knowledge gleaned from my one previous ultra, last year's 50K, I was now properly armed for battle. I would pop a Succeed every hour, Gatorade at every aid station and water at all times in between. Last year I ran out of steam, eventually and embarrassingly being passed by women and small children. This year, I let my friends go ahead and stuck to my own pace. And wonder of wonders! I completed my first lap in 3:05, well ahead of my goal of 3:30.

The Weather Gods, however, were displeased with our June grumblings about torrential downpours, shoe-sucking mud monsters and an exploding red newt population. As high noon relentlessly approached, the yellow smiley-faced sun grinned broadly, winked an eye and stuck probing fingers through leafy peepholes. While we were cheered by the fact that we had already put in a full day's work, we still had miles to go. The absolute worst part was running into the sun on the steep road section. The only consolation was that I made it through the second loop without having to

watch any of the aid station volunteers as they savored their chicken dinners.

I spent the back part of the second loop trying to decide whether to forge onward to number three. A quick check of my watch, however, soon thudded me back to reality. Unless I could do two miles in fourteen minutes, something which I can't do even fully rested, I would be forced to join the ranks of 50K finishers. Still, the sound of the word, "finisher," has a nicer ring to it than "dropout," which might happen were I to continue. And along with the disappointment came a sense of relief. I could stop!

As I stumbled toward the Potomac Campsite, I was surprised to discover that I was still within the cutoff time. I had felt it foolish to set my stopwatch, with its connotations of speed, for a projected finish time somewhere in the twelve-hour range, so I had completely forgotten to take the delayed start time into account. It is a well-known fact that running in the sun makes you doubly stupid, so I just couldn't deal with choice. I desperately wanted someone to tell me what to do! My friend Diane Sherrer, sensing indecision, stepped into the breach. She cheerfully told me that if I stopped, I would have the women's masters award. Since I hadn't won anything last year, this seemed like a totally reasonable option. Plus, the fifty mile award, should I even last that long, featured a bear, while the 50K race stuck to the traditional cow theme. With a daughter in Farm Bureau, how could I turn down a cow?

Even if you weren't there, you know some of the rest of the story. After clean clothes and a well-deserved beer, I began to feel the first twinges of guilt. I lounged at the battleground while various people with cell phones and course maps tried to pinpoint the locations of those still in the fight. Only four survivors actually made it past the oasis and into their victory loop. It certainly didn't help my state of mind when Diane told me that had I continued, I would have been the first woman overall. Never mind that I would have been the only woman. Who would have to know? But where would I go from there? Being that I could never hope to repeat such a performance, the only logical destination would be a hundred mile journey. And that is one adventure I know I couldn't stay awake long enough to complete!

Want to learn more? Try these sites....

www.fred.net/ultrunr - This is the site of the Wakely Damm Ultra on the Adirondack Northville Placid Trail. Follow the links to just about anywhere you want to go.

www.ultrarunning.com - Ultrarunning Magazine

Pete Finley

by Colleen Farnan

Everyone knows Pete Finley. He is the Stryder that is famous- I mean- infamous for his articles in the Stryderwrite. When he isn't eating pizza or writing articles about donuts, he spends time talking or emailing his fellow Stryders.

Like all other Stryders, Pete likes to exercise in the park and eat, but not necessarily in that order. Pete's favorite Stryder events are the Turkey Raffle Run, pizza parties, the annual picnic, and Christmas party. You might say that food is the underlying theme.

In fact, one cold and damp Saturday morning Pete and Jim Carlson drove in the parking lot of the Warming Hut. Since it was raining heavily, they decided to keep going and not look back. They headed straight to the Saratoga Diner for some waffles and sausage. Although they displayed a lot more common sense than some other people, they both took a lot of kidding about their short circular trip around the Warming Hut parking lot.

Another quality about Pete is the enthusiasm that he approaches every Stryder event. At one rare club meeting, the pizza was not quite up to par (made at a local restaurant which will remain nameless). Pete said, "This is the worse pizza I have ever had," while sinking his teeth into his fourth piece of pizza. After all, there are starving children in Africa!

Every group needs some levity and Pete provides it for the Stryders. He has a keen sense of observation and has a way of writing about people and events in a witty and clever way. Since some members are serious and competitive runners (not me of course), Pete's sense of humor adds to the camaraderie of the group. On the other hand, you have to be careful though, when you talk to Pete. You might find yourself the subject of the next article for the Strydewrite.

Besides newsletter articles, Pete contributes to the club in other ways. He and Jim and several others plan the Turkey Raffle Run, which is well known as a successful Stryder event. According to Pete, the Raffle Run is a low maintenance event that does not involve a lot pre-planning, other than buying the turkeys and marking the race course. The only controversy about this run involved a public outcry about the course being too hilly one year. This problem was easily fixed by changing the course to go in the opposite direction the following year.

So in closing, I hope Pete enjoys this as much as everyone looks forward to reading his next newsletter article. I can't compete with Pete's writing style but it was fun to try.

A Funny Thing Happened on the Way to the Packing Party....

by Jeff Lutzker as told to Laura Clark

Seeking to avoid the M&M controversy entirely, Jeff and Laney Lutzker elected to spend the weekend at Garnet Hill Lodge enjoying the free stay they had won in the Gore Triathlon... When we got to the Lodge, there was a sign posted on the front door that a black bear had been in their dumpster the past four nights (They must have had a big dumpster!) and that if you encounter the bear make a noise to scare it away (noting, of course, that it first has to climb out of the dumpster. The lodge is very nice, but there is not a lot to do in the evening, so many of the guests took up dumpster watch on Saturday evening and were very disappointed that they did not see the bear. Personally, I could think of other things to do on a Saturday night, and apparently Jeff and Laney could, too.

Laney and I got up early Sunday morning for a long run on the cross country ski trails, which were spectacular. We were as far from the lodge as possible (almost 2 miles) and in the thick woods and I was running a little ahead of Laney. All of a sudden about 40 feet ahead of me I see a 250 pound black bear. (*I am wondering...how did Jeff persuade the bear to step on the scales?*) I yell to Laney and I stop and the bear stops and we look at each other. The bear turns around and I turn around and we both start running in the opposite direction. Then I want to run in the same direction as the bear to see it again, but Laney had enough sense to double back towards the lodge. Every turn we took on the run back we were a little nervous that we would encounter the bear. When we got back to the lodge we showered (*See, they could do this even without Silks & Satins personal hygiene items*) and then came down for breakfast. Since we had gotten acquainted with many of the guests the night before and they were all at breakfast when we entered the dining room, I told them the bear story (by now the bear was 400 pounds). They were all excited and laughing when I told them the bear and I looked at each other and then ran in the opposite direction. They all wanted to know the precise location of our sighting so they could go out and look for the bear. Anyway, it was a real thrill—first bear I ever saw in the wild. It also did a lot for recovering some of my speed! (*See Coach Lutzker's latest training tips above, bullet #2. While he's backing off from the bear, he's not taking his own advice and backing off from racing!*)

For further running away from bear stories, try Where's my Teddy? By Jez Alborough.

Another Book to Read....

By Laura Clark

Runner's World Complete Guide to Trail Running, by Dagny Scott Barrios. Rodale Press, 2003. ISBN 1579547206

While Dagny Scott Barrios, the author of *Runner's World Complete Guide to Trail Running*, is a competent runner, she is not a superstar. Instead, she is someone we can relate to; someone who appreciates the special section of woods that is her daily refuge from the relentless two-step of the roads and the sometimes overwhelming press of civilization.

While directed to beginners as well as to more experienced runners, the entire focus of this book is trail-specific. For example, the section on gear concentrates on items like hydration systems, gaiters, and navigational tools that those who do their training closer to civilization have little need for. And the "beginners" that Barrios addresses are not neophytes in the true sense of the word. They are already experienced road runners who are looking for something more – adventure, non-landscaped nature, unexpected rough edges.

When I first hit the trails, I regarded them as vacation time. My serious training was saved for the roads. And there is definitely something to be said for that, especially if you are interested in speed. It's just that I had never connected training schedules with trail running. But they are included here, beginning with the 5K and continuing all the way up to ultra distances. If you are at all serious about training for trail races you need to buy this book so you can have these comprehensive schedules at your fingertips.

And why can't you use your tried-and-true road workouts? Well, to accommodate the typical unmarked trail, daily distances are recorded in terms of minutes and hours rather than miles. Appropriate cross training options for trail runners are written into the schedules. Also included is a useful section on how to mix and match road and trail workouts.

Many trail runners, lured by the beauty of the outdoors or the urge to discover what's beyond the next bend, soon discover that they are running for increasingly longer periods of time. If an ultra is lurking somewhere in your future, you will appreciate all the detailed suggestions included here. Most guides just say something vague like "Do whatever you can handle," or "Listen to your body," neither of which is of very much help to a first-timer. And why not give it a try someday? According to Barrios, many marathoners are surprised to discover that ultras are much less stressful on their bodies since they figure

the extra distance gives them permission to eat, drink and walk more during a race than they normally would.

Wherever the trails take you, the *Runner's World Complete Guide to Trail Running* is your guide to the full spectrum of experiences, from a pleasant meadowland jaunt to a challenging mountain climb, from a short 5K to the marathon and beyond. But the emphasis is, as it should be, on enjoyment and discovery.

Still more...

www.mountainrunning.com
www.runningtimes.com road and trail running
www.trails.com
www.trailrunnermag.com
www.newenglandtrailrunner.com
www.runwithmac.com
www.fingerlakesrunners.org/

Welcome to Our New Members!!!

Melissa Barber
Sarah Clarkin
Danielle Ducharme
Kathy Durivage
Donna Harrigan
Dawn Kirchoff
Kathy LaRosa
Tom McDermott
Joe & Cathy O'Leary
Meg O'Leary (not related to Joe & Cathy)
John Read
Ed Weidman

Coming in November...

...Our annual skijorning issue
...Runner's holiday gift suggestions
...Holiday carbo-loading guide