



# Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club



## April Monthly Run

**When:** Sunday, April 12, 1998, meet at 8:15am, start at 8:30am (NOTE DATE CHANGE)

- Where:** Stevens Canyon County Park, Cupertino
- What:** Moderately hilly runs of 6, 8 or more miles
- Why:** This run offers streams, shade, picnic tables and dramatic vistas, especially from Cupertino's Nob Hill.
- How:** From I-280 south to Grant Road/Foothill Expressway exit. Turn right onto Foothill, which becomes Steven Canyon Road after crossing Stevens Creek Boulevard. The road soon becomes winding. The entrance to the Stevens Creek County Park is to the left. If you reach the dam, you've gone too far. We will have a carpool at 280/PageMill Rd., leaving at 8:00am sharp!

As with all our Monthly Runs, we will have a pot-luck tailgate brunch after the run, so please bring some food or drink to share with the others.

**Who:** More information contact, Jon Easterbrook (h) 650-948-8036 (w) 415-281-4612, e-mail jone@prc.com

## May Monthly Run



- When:** Sunday, May 3, 1998, meet at 8:45am, start at 9:00am (NOTE LATE START TIME)
- Where:** Sunol Regional Wilderness
- What:** Two runs, approximately 6 and 9 miles
- Why:** This park is located behind the Mission Peak Regional Area. It is hilly, with green grass, trees, streams, huge rocks and incredible trails. The views on a clear day can't be surpassed. *This is a run that you can't miss!*
- How:** From Fremont area - drive north on I-680 and exit at Calaveras Road. Turn right on Calaveras and proceed to Geary Road, which leads directly into the park. There is a car entrance fee, so bring money. Bring fluids if you need for the run and certainly food to share.
- Carpool:** Meet at CostCo parking lot (Rengstorff and 101 freeway) for an 8:00am departure
- Questions:** Jon Easterbrook (w) 415-281-4612 (h) 415-948-8036, e-mail jone@prc.com

## Drama in Real

### Life - Death

### Valley Marathon



Dave Pariseau

As the dust settles on the Death Valley '98 trip, we can look back at an eventful and memorable trip. Did I say memorable? When making plans for the trip in December we had no idea we would be flying during the biggest storm in this area in the past 100 years.

Yes, that was a bonus, a truly unexpected extra. Although we were due to depart San Fran. airport at 7:30 pm on Friday evening, the plane was delayed in 30 minute increments until 11:30 pm. This put us at the rental car office in Las Vegas 8 minutes before they closed. Of course, the 15 passenger van we had rented wasn't available. As a matter of fact, not only was it not available, it didn't exist. So, with 5 rental cars we wound our way through the desert, arriving in Furnace Creek a little after 5:00 am on the morning of the race.

After an incredibly refreshing 60 minutes of sleep, we were up again and ready for the race. This year, because of heavy rains in Titus canyon, the race was moved to West Side Road. Titus canyon is a spectacular course - miles and miles of scenic canyon. West Side Road traverses the valley floor providing, an out and back course entirely below sea-level, not an everyday occurrence.

The course was mostly flat except for a downhill grade at the start, which turned into a much steeper uphill grade at the finish. We had a great group of runners with us this year, with PARC members making up the bulk of us.

EnviroSports puts on this event and it is typically their largest run of the year with the deepest field. Despite the competition and the lack of food or sleep, PARC women prevailed in both the half and full marathons. Liz Moore took 2nd for the women in the half-marathon. Tana Netsch took 1st for the women in the marathon.

It was only Tana's second marathon, having just finished Cal International in December. She was running Death Valley as a "training run" and stopped to take dozens of pictures of PARC

# Calendar Notes

## Monday and Wednesday Runs

The Monday run starts from the Angell Field track house on Stanford campus (near the Stadium). The winter version is a 6 mile jaunt through campus. When daylight permits we do "The Dish Run", about 7 miles. The Wednesday run starts at Lucie Stern center in Palo Alto and consists of a 5+ mile run on one of five routes through city streets. These runs are casual, social and fun. Following the Wednesday run is an optional gathering at a local establishment.

## Tuesday Track Workouts

An informal get-together of PARC members who meet for some speed workouts. Run around the track – learn how to get nowhere really fast. Meet at 6 p.m. at the Foothill College track. For more information, contact Steve Beebe, 650-949-0824 (h), 408-749-4883 (w), sbeebe@grape.amd.com.

## Friday Hill Repeats

TGIF. Nothing like running up and down a few hills to welcome the weekend. Participants meet at 6 p.m. at Sharon Heights Shopping Center in Menlo Park for a rolling run through the neighborhood. For more information, contact Steve Beebe, 650-949-0824 (h), 408-749-4883 (w), sbeebe@grape.amd.com.

## 1998 PARC BOARD

The 1998 PARC Board of Directors is comprised of the following volunteers:

- President** ..... Dave Ahn
- Membership**..... Al Blitstein
- Treasurer** ..... Ken Renworth
- Run Coordinators**
- Monday Night** ..... Steve Beebe
- Wednesday Night** ..... Peggy Ruse  
Stella Bergen
- Monthly** ..... Jon Easterbrook
- Web Page** ..... Jeff Hodges  
Charles Lai
- Newsletter Editors**.... Peyma Oskoui  
Steve Reagan  
Kevin Wilkinson

## Saturday Long Runs

An informal group of runners meets at scenic Sawyer Camp Trail for a long run on Saturday mornings. This trail runs along upper Crystal Springs Reservoir, near I280 and highway 92. Rita Comes-Batey organizes the runs and announces them on the pa-runclub e-mail distribution list. For those without e-mail, contact Rita for more information.

## Joining the Run Club

Reasons for joining the Palo Alto Run Club (PARC) include the annual club T-shirt, a monthly newsletter and announcements of community running events, races, lectures, parties and other special events.

For more information on the Club, call our membership chairman, Al Blitstein, 650-578-8412 (h).

## How To Join

Dues are **\$20 per year**, renewable on the anniversary of the date you join. To get an application, contact Al, or any Club officer, or write: The Run Club, City of Palo Alto Recreation, 1305 Middlefield Road, Palo Alto, CA 94301.

## New Address?

Send change of address notices to the above address (see *How To Join*).

## E-mail

To subscribe to the PARC electronic mail distribution list, send an e-mail message to:

majordomo@lists.stanford.edu

In the body of the message, type:

subscribe pa-runclub

To unsubscribe from the list, in the body of the message, type:

unsubscribe pa-runclub

*The City of Palo Alto Recreation Division requests that club members be safe and considerate as we share the road with other cars, bikers and rollerbladers.*

## PARC Birthdays – April

|                       |      |
|-----------------------|------|
| Karen Ambrose Hickey  | 4/2  |
| Jodi Isaacs           | 4/3  |
| <b>Betty Deluco</b>   | 4/4  |
| Shauki Elaasaad       | 4/4  |
| Franklin Hirsch       | 4/7  |
| Chuck Frederickson    | 4/10 |
| Lee Brownston         | 4/11 |
| Elizabeth Stevick     | 4/12 |
| Cathy Haas            | 4/13 |
| Maureen Hogan         | 4/13 |
| Marc Frodyma          | 4/15 |
| Louise Ord            | 4/16 |
| Charles Lai           | 4/17 |
| David Connolly        | 4/18 |
| Ken Renworth          | 4/20 |
| Karen Claire          | 4/20 |
| Lance Qasem           | 4/21 |
| Hilary Mackie         | 4/22 |
| Jeff Nelson           | 4/23 |
| Sharon F. Hollander   | 4/24 |
| Lyresa A. Pleskovitch | 4/26 |
| Karl Yost             | 4/29 |
| Camille Townsend      | 4/30 |
| Richard Spira         | 4/30 |

## Credits

- Editors** Peyma Oskoui, Steve Reagan, Kevin Wilkinson
- Writers** Nancy Clark, Jon Easterbrook, Steve Forman, Dave Pariseau, Catherine Parker
- President** Dave Ahn
- Recreation** Dave Brees

## Don't Forget to Write

We welcome all articles, photos, suggestions, praise. Let us hear from you. Please send submissions (in electronic form, if possible) to any co-editor. Deadline for submissions is the **3rd** of the month (for the following month's issue).

## Peyma Oskoui

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runners during the out and back. The event catapulted Tana to instant stardom. She was hailed as *Tana the Winner* for the rest of the weekend. She was even recognized by adoring fans in a crowded L.A. airport during a layover on our return trip. It was obvious to us that this event has changed her life and the rest of us will now be able to say we knew her when.

In all we 22 people joined us for the trip. We even had a volunteer come along and lend his support and aid. Greg Johnson carried gear, handed out water and encouragement and made the run and the trip just that much more enjoyable.

Although the course was not as scenic as it typically is, it was great to be out there running in the sunshine with runners from around the country. The weather over the weekend was spectacular, sunny and cool during the race and hot and sunny on Sunday. A group of us lay in the grass awaiting departure on Sunday morning in a bright summer sun. After the rainy months here in the Bay area, it was a very welcome experience.

We had great meals, and did some great touring. There are some amazing sites in the valley. Sunday morning, some of us wandered onto the salt flats in Badwater to see large sheets of ice-like salt hundreds of feet below sea level. From Dante's View on the eastern rim of the valley, we were treated to spectacular vistas of the valley and mountains. Others took in brunch at Circus Circus and enjoyed a little gambling in Las Vegas before the return flight on Sunday evening.

Despite the numerous delays and unforeseen snags during the trip, this was a truly great group to travel with. I never once heard a disparaging comment and instead everyone pitched in to help out and try and make things go more smoothly. We found ourselves laughing and telling stories the entire weekend... and I'd have to say that most of us are looking forward to going back next year.

## Steve "Sticky Buns" Forman

### PARC Personality Person of the Month



Steve in a typical pose; his lovely wife Mary looks on

**Name:** Steve Forman

**City/State:** PA but Bostonian forever

**Birthday:** January 5

**Age:** 53

**Home Town:** Dorchester, Ma.

**Occupation:** 3D graphics technologist

**Family life:** Married (to Mary), two daughters.

**Education:** BSEE, MBA, Northeastern University in Boston's Back Bay

**Running Background/History:** I am president of the Middlesex Striders Run Club. I ran with them (MSRR) in all kinds of weather for 15 years. (ed: Steve has also been an active member of PARC for many years. He is one of the organizers of the Chili Cook-off for the PARC booth at the Chili Chase Run in summers; he also throws an annual Thanksgiving run followed by brunch at his house for the club runners. He has been the Wednesday night run coordinator where he impressed everyone with his memory, recognizing new faces every week, and is now an active board member of our club.)

**My Obsessions:** I take everything in moderation, don't obsess over much except maybe clam chowda, steamers and broiled haddock.

**My Ideal Running Program:** What ever feels good

**My Real Running Program:** ditto

**Miles Per Week:** 35-40

**Shoe of choice:** ASICS 2200

**Where you buy your shoes:** Adam's place (Runner's High)

**My Paces:** 7:00 to 9:00 it depends on who I am running with and how I feel that day.

**Other Fitness Stuff:** A little weights, bicycling with Mary

**Outdoor interests:** Golf and sailing

**Indoor interests:** Reading and playing with my computer

**Diet:** Mostly veggie with some of the bad stuff thrown in

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**Palo Alto**

Town & Country Village  
(across from Stanford University)  
**(650) 321-6453**

**Injuries:** I have had a few but the latest is a sports hernia.

**Worst running experience:** Running in Framingham, Mass. with my MSRR buddies, during a blizzard; couldn't see the road due to ice and snow buildup on eyelids; kinda of dangerous with cars coming at you.

**Best running experience:** Chatham 10K roadrace, did 40:22 for 10K on very difficult course in 95 degree weather with oppressive humidity.

**Favorite Race:** Diet Pepsi 10K in Natick Mass. Did 37:58 PR about 15 years ago.

**Worst Race:** 10K in Framingham. Extreme temp and humidity. My socks were soaked with sweat even before the race started. I love running in these conditions.

**How did you find out about the Palo Alto Run Club?** I think Martha told me about the club.

**Bonus Question: Why are you sometimes called "Mr. Sticky Buns"?** I am fond of Harmony Bakery's Sticky Buns and often bring them to Run Club events - to the delight of other PARC'ers.

## THE ATHLETE'S KITCHEN

Nancy Clark, MS, RD

# Nutrition for Sports Kids

If you are the parent of an athletic child, you may wonder: Do kids have special nutritional needs for growth and sports, or are they just small grown-ups who can follow the nutrition recommendations given to adults? This article looks at some of the nutritional concerns for growing athletes and offers tips to help you fuel your athletic child for optimal growth and performance.

**Protein:** Adequate protein is very important for children to grow well and to build strong muscles. Athletic children may need 0.5 to 1.0 gram of protein per pound of body weight. This comes to 40 to 75 grams of protein for a 9 year old who weighs 75 pounds. Children can easily consume this much in three glasses of milk (30 grams protein) plus a small serving of protein-rich food at lunch and dinner. If your child drinks little milk and routinely eats meatless pasta dinners, s/he risks a protein deficient diet.

Although children need adequate protein, extra protein will not build bigger muscles. Even strength training (using light to moderate resistance that reduces stress on the ligaments and joints) won't bulk-up kids' muscles. The hormones that kick-in at puberty create muscular bulk.

**Fluids:** Adequate fluids are very important for child athletes. Your job as parent is to be sure palatable fluids are available at both training sessions and competitions. That means cold water, dilute juice, or sports drinks. Young athletes who engage in

competitive, nonstop physical activity lasting more than 30 to 40 minutes risk becoming overheated, more than adults who exercise at the same rate for a similar amount of time.

Compared to adults, children produce more body heat at a given running speed, sweat less (each sweat glands produces about 40% less sweat than an adult sweat gland), and gain heat faster from the environment (because children have a greater body surface area in respect to their body weight). All this means: Drink frequently! Children are in fluid balance if they urinate every 2 to 4 hours; the urine should be pale yellow and copious, not dark and concentrated.

**Calorie Needs:** Active children may need as many calories as their parents, if not more. For example, the average 6 year old boy or girl who weighs about 45 pounds requires about 1,800 calories per day (40 calories/lb.) plus 100-300+ more calories for sports. The average 9 year old (78 lbs.) needs about 2,500 calories (32 calories/lb.) plus more calories for sports. Normal growth is a sign your child is eating enough; training does not stunt growth when energy needs are met. But if your child seems overly fatigued, irritable and lethargic, suspect inadequate calories.

**Junk Food:** Most active children can meet their nutrient needs within 1,200 to 1,500 calories of a variety of wholesome foods. Hence, they have space for some fatty "junk food". Don't try to restrict all fat; children generally need to eat a diet with about 30% of the calories from fat. If they eat significantly less fat, they may consume too little energy. Yet, do be careful that "junk snacks" don't kill the appetite for nutritious meals. This is particularly important if your child eats too little lunch at school, then ravenously devours too many afternoon treats. Eating a second lunch after school is a preferable fueling practice.

**Planning:** Children often eat poorly because they and their parents have failed to plan for better choices. For example, when you are rushing off to afterschool practice, do you think ahead and bring bagels and bananas to be eaten in the car, or just succumb to the candy bars or chips from the snack shack? What about fluids — do each of your children have a water bottle? Before evening games, have you enjoyed an early pasta dinner or do fast food burgers fill empty stomachs on the way to the event? Proper post-game refueling with carbohydrates and fluids is important. Do you have juice boxes handy?

**Weight and Pressures to be Thin:** Even among third graders, dieting is common. In a California study, 30-45% of 9 year old girls (and 46-80% of 10 year olds) had disordered eating behavior. Dieting among young athletes in sports that emphasize leanness (ballet, gymnastics, figure skating, running) is standard. This pressure to be thin and acquire the "perfect body" bodes trouble ahead. Dieting, after all, is a health risk for developing a full blown eating disorder. As a parent, you need to recognize that dieting is not just about eating; it is about feeling not "good enough", having a poor self-image, and low self-esteem.

As a parent, be sure to downplay body size as an important currency of worth, and instead value and accept individual differences. Never comment about the size of large children; your child will conclude s/he must be thin to be valued and loved, and will start dieting. This is particularly important with young girls who are coping with body changes during puberty. Their efforts to control weight may lead to a sense of frustration, guilt, despair, and failure, and to a pattern of unhealthy eating and eating disorders.

*Epidemic of Childhood Obesity:* Competitive sports, directed at winning games with the best athletes, offer little but humiliation to overweight kids who long to fit in and be accepted by their peers. Yet strength training (appropriately prescribed and competently supervised) is good for obese children because it gives them a chance to shine; they are often the strongest in the class.

Nancy Clark, MS, RD, is a nutrition counselor at Sports Medicine Brookline.

### New Members

Yanni  
Anuta and Charles C. Atuna  
Monica Lewinsky

### Old Members

Steve Forman  
Richard Roche  
Redd Ruffensoar

## Keeping Pace Really Needs Your Help...

### ... with Newsletter Layout

As you can see from the amateurish look of month's newsletter, the editors are now doing the layout. Obviously, we are in need of a creative, artistic volunteer to do the newsletter layout. (Actually, we'll take anyone - no experience necessary).

If you would like to try your hand at doing the newsletter layout, let us hear from you. The task is to take the raw newsletter content (articles and photographs in electronic form) and, through the use of clip-art, fonts, shadings, etc., arrange it in a form that is readable and attractive. It requires a few hours of time each month and volunteers should have access to a computer with documentation preparation software and electronic mail.

### ... with Membership Database

After years of service to PARC, Catherine Parker is stepping down as PARC Membership Database Manager. We are looking for someone to take over her duties. The task consists of maintaining the address database of PARC members and printing the newsletter labels each month.

If you would like more information on either of these exciting opportunities - or wish to volunteer yourself or someone else, please contact one of the newsletter editors (see Credits for addresses and phones).

# NEW STORE OPEN!



THE RUNNERS HIGH is proud to announce the opening of our second store at 249 First Street, Los Altos, California.

Visit our stores for one of the largest supplies of shoes, clothing, and accessories for serious Runners, Walkers, Triathletes.

**Menlo Park**  
859 Santa Cruz Ave.  
(650) 325-9432

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# City of Palo Alto

Department of Community Services

Recreation, Open Space  
& Sciences Division

Lucie Stern Center  
1305 Middlefield Road  
Palo Alto, CA 94301



## Inside This Issue!

**Death Valley Trip Report**

**Personality Profile - Steve Forman**

**The Athlete's Kitchen - Nutrition for Sports Kids**

## PARC Events Calendar — April 1998

(Send suggestions for Calendar entries to any co-editor)

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|---|--|--|--|-----------|--|---|
| •   | •  | •  | <b>1</b><br>6:00 pm - Palo Alto,<br>Lucie Stern <sup>1</sup> ,<br><i>St. Francis /<br/>Old Pro<sup>2</sup></i>                         | <b>2</b>  | <b>3</b><br>6:00 pm - Hill runs,<br>Menlo Park <sup>1</sup>  | <b>4</b><br>6:00 pm - Long run,<br>Sawyer Camp <sup>1</sup><br>8:00 am - American<br>River 50M,<br>Sacramento |
| <b>5 - Daylight Savings!</b><br>9:00 am - Paris Mar-<br>athon   | <b>6</b><br>6:00 pm - Stanford<br>Angell Field                                       | <b>7</b><br>6:00 pm - Track,<br>Foothill Coll. <sup>1</sup>  | <b>8</b><br>6:00 pm - Palo Alto,<br>Lucie Stern <sup>1</sup> , <i>S.<br/>Palo Alto /<br/>Mike's Cafe<sup>2</sup></i>                   | <b>9</b>  | <b>10</b><br>6:00 pm - Hill runs,<br>Menlo Park <sup>1</sup> | <b>11</b><br>6:00 pm - Long run,<br>Sawyer Camp <sup>1</sup>  |
| <b>12 - Easter Sunday</b><br>8:30 am - PARC<br>monthly run,<br>Stevens Can-<br>yon Park,<br>Cupertino | <b>13</b><br>6:00 pm - Stanford<br>Angell Field                                      | <b>14</b><br>6:00 pm - Track,<br>Foothill Coll. <sup>1</sup> | <b>15 - Tax Day</b><br>6:00 pm - Palo Alto,<br>Lucie Stern <sup>1</sup> ,<br><i>Edgewood / St.<br/>Michael's<br/>Alley<sup>2</sup></i> | <b>16</b> | <b>17</b><br>6:00 pm - Hill runs,<br>Menlo Park <sup>1</sup> | <b>18</b><br>6:00 pm - Long run,<br>Sawyer Camp <sup>1</sup>  |
| <b>19</b><br>8:30 am - Challenge<br>for Charity<br>10K, Stanford<br>Stadium                           | <b>20</b><br>6:00 pm - Stanford<br>Angell Field<br>Boston Marathon,<br>Hopkinton, MA | <b>21</b><br>6:00 pm - Track,<br>Foothill Coll. <sup>1</sup> | <b>22 - Earth Day</b><br>6:00 pm - Palo Alto,<br>Lucie Stern <sup>1</sup> ,<br><i>Tree / Pluto's-<br/>Vicolo's<sup>2</sup></i>         | <b>23</b> | <b>24</b><br>6:00 pm - Hill runs,<br>Menlo Park <sup>1</sup> | <b>25</b><br>6:00 pm - Long run,<br>Sawyer Camp <sup>1</sup>  |
| <b>26</b><br>7:00 am - Big Sur<br>Marathon  | <b>27</b><br>6:00 pm - Stanford<br>Angell Field                                      | <b>28</b><br>6:00 pm - Track,<br>Foothill Coll. <sup>1</sup> | <b>29</b><br>6:00 pm - Palo Alto,<br>Lucie Stern <sup>1</sup> ,<br><i>Stanford / Run-<br/>ners' Choice<sup>2</sup></i>                 | <b>30</b> | <b>31</b><br>6:00 pm - Hill runs,<br>Menlo Park <sup>1</sup> | <b>32</b><br>6:00 pm - Long run,<br>Sawyer Camp <sup>1</sup>  |

1. See *Calendar Notes* on page 2.

2. Wednesday evening run routes and apres-run meeting gathering place are shown in italics.