



# Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

## March Monthly Run

**When:** Sunday, March 7, 1999, meet at 8:15am, run at 8:30am

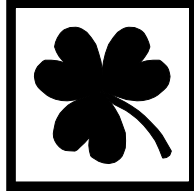
**Where:** Windy Hill, Portola Valley

**What:** Two runs 12 and 6 miles

**Why:** Great running in open grasslands and through forest. Run to the top and see the ocean!

**How:** Take Alpine Rd. West from 280 Freeway. Look for Corte Madera School on left. Parking will be in the school lot.

**Who:** Jon Easterbrook, h:650-948-8036.



**Note that these are wilderness trail runs. Please carry your own water and energy foods!**

## April Monthly Run

**When:** Sunday, April 4, 1999, carpool at 7:45am, run at 8:30am

**Where:** Foothill Park, Palo Alto.

**What:** The Club will have two runs, one about 6 miles and the other about 14 miles.

**Why:** Scenic trails and nice views.

**How:** Meet for carpooling at the Page Mill/280 Park & Ride. Please be there no later than 7:30 am. For those who must drive, follow these directions. From Page Mill Rd. and 280, go west on Page Mill for a few miles. The park entrance is on the right. Note, the park is restricted to Palo Alto residents and their guests. If you drive yourself, be aware of this requirement. Car-poolers will satisfy the requirement by distributing the Palo Alto residents to ensure at least one per car.

**Who:** Jon Easterbrook, h:650-948-8036.



## SAN FRANCISCO HOME DEPOT HALF MARATHON

*Rita Comes*

The San Francisco Home Depot Half Marathon on January 31st was extremely fun, most of the Saturday group was there in place of the Saturday run and our PARC people did awesome. There were so many of us that I constantly had to yell out names! The people around me kept wondering who I was since I knew so many people. Of course I invited each and every one of them to either the weekly runs or a Saturday long run.

The day started off very wet, nine of us carpoled from Brad Gunn's office in Redwood City, good thing I told everyone 6:10am since we finally left around 6:25am. Brad had so much junk food for us that I couldn't tell if it was adrenaline or sugar coursing through my veins, all I knew was that I was ready and so were my carpool buddies. Liz Compton, being the Texan she is, got us up to the shuttle buses in no time at all. The sun came out and looked as if it was going to be a beautiful day. The shuttle, parking, and registration process were orderly and organized. The port a potty lines were a different story. Why oh why do they never have enough port a potties in San Francisco races? I was in line for over 25 minutes. I heard a bell and someone said "the race has started", I growled and ran my way to the start.

The run was beautiful, like early spring on the East Coast, trailing through the park, listless and unaware of the cares in the world. The race passed by the start again and we wound our way onto the Great Highway. The wind was unbearable going out, my hair was in my eyes and mouth and I looked forward to turning around and making my way to the finish line. The leaders finally passed us coming the other way and one yelled out that the head wind was horrible in his direction. My first thought was "wimp" but as I saw more and more people I knew that it was going to be bad. The only good thing I can say about the head wind was that it kept my hair out of my face. I tried to find people to draft off of but found myself too tall compared to the people around me. I passed the time by encouraging other PARC or trail runners. Two women drafted off of me and we all said that this will prepare us for the last couple of miles in the Boston Marathon (those two women beat me by 1 and 2 seconds -- grrr).

I ran a 1:38, add time for the port a potty line and I ran a 1:40 plus change. Everyone did really well. Scott was the best in the club

*Continued on pg. 6*

## Calendar Notes

Send Suggestions for the Calendar to any co-editor (see addresses under Credits).

### Monday Evening Run

The club meets every Monday at 6 p.m. for a 6 mile run through campus. Meet at Angell Field track, corner of Galvez and Campus Dr., near Stanford Stadium. For more information, contact Steve Beebe, h: 650-949-0824, w: 408-749-4883, sbeebe@grape.amd.-com.

### Tuesday Track Workouts

An informal get-together of PARC members who meet for some speed work. Meet at 6 p.m. at Angell Field track, corner of Galvez and Campus Dr., near Stanford Stadium. For more information, contact Steve Beebe(above).

### Wednesday Evening Run

The club meets every Wednesday at 6 p.m. for a 5-6 mile run through Palo Alto. Meet at Lucie Stern Community Center, on Middlefield Road near Embarcadero. The current gathering place for dinner after this run is Chicago Pizza at El Camino and East Meadow.

### Friday Hill Repeats

Run like hill on Fridays. 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 (above).

### Saturday Long Runs

An informal group of runners meets at the scenic Sawyer Camp Trail for a long run on Saturday mornings. This trail runs along upper Crystal Springs Reservoir, near I280 and highway 92. Contact Rita Comes at RavRita@aol.com for more info.

## 1999 PARC Board

The 1999 PARC Board of Directors is comprised of the following volunteers:

<b>Presidents</b> .....	Peggy Ruse
	Stella Bergen
<b>Membership</b> .....	Al Blitstein
<b>Treasurer</b> .....	Ken Renworth
<b>Mailing</b> .....	Catherine Parker
<b>At-large</b> .....	Steve Forman
	Dave Ahn
	Jonathan Goldstein
<b>Run Coordinators</b>	
<b>Monday Night</b> .....	Steve Beebe
<b>Wednesday Night</b> .....	Gerry Morton
<b>Saturday Morning</b> .....	Rita Comes
<b>Monthly</b> .....	Jon Easterbrook
<b>Web Page</b> .....	Jeff Hodges
	Charles Lai
<b>Newsletter Editors</b> .....	Peyma Oskoui
	Steve Reagan
	Kevin Wilkinson

## Welcome To New Members:

Caroline Bressler  
Lotti Dolce  
Mark Mantel  
Jeanette McNicol  
Patrick Schuck  
Amy Ward

Visit PARC web site at  
[www.parunclub.com](http://www.parunclub.com)

## 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. Application forms can be obtained from our web site at [www.parunclub.com](http://www.parunclub.com), or 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*).

## PARC E-mail Distribution List

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

[majordomo@lists.stanford.edu](mailto: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 'name'**  
**<email addr>**

e.g. ,

unsubscribe pa-runclub joe doe  
[jdoue@isp.com](mailto:jdoue@isp.com)

## PARC Birthdays –March

Jennifer Lai .....	3/2
Ana Sarosiek .....	3/2
Patrick Schuck .....	3/3
April Chun .....	3/8
Mary Strong .....	3/9
Steve Reagan .....	3/12
Patricia Terek .....	3/12
Wendy Wheaton .....	3/12
Allen Blitstein .....	3/13
Neal Barlow .....	3/16
Dee Brown .....	3/17
Ellie Oppenheim .....	3/18
Jennifer Beck .....	3/19
Thanos Etmektzoglou .....	3/19
Robin Davis Williams .....	3/20
Tim Hunter .....	3/21
Martin Bernstein .....	3/23
Jeff Langston .....	3/24
R. Andrew Leuzinger .....	3/25
Scott Henkin .....	3/26
Karin Bivens .....	3/29
Lisa M. Krieger .....	3/30
Fred W. Hornbruch, III .....	3/31

## Credits

**Editors** Peyma Oskoui, Steve Reagan, Kevin Wilkinson

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**Photos** Antoinette Addison

**President** Stella Bergen/Peggy Ruse

**Recreation** Dave Brees

### Don't Forget to Write

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

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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.

## Personality of the Month Antoinette Addison

**Name:** Antoinette Addison

**City/State:** Menlo Park, CA

**Birthday:** 01/22/56

**Age:** 43

**Home Town:** Paris, France

**Occupation:** Director of Budget Management, Stanford University

**Family Life:** Married, no children, as many cats as my husband will let me adopt



**Education:** Ph.D. from the Food Research Institute, Stanford

**Running Background/History:** I am an ultra-cyclist trying to be an ultra-runner. After spending many years doing ultra-biking races (Paris-Brest-Paris, Race Across America, Furnace Creek 508, and many 24 hour-events) with my husband on a tandem, I decided in the summer of 1995 that running would be a nice change of pace. I have been running on and off since then.

**My Obsessions:** Excess in pretty much anything I do.

**My Ideal Running Program:** The perfect balance of a long run, easy runs, and speed-work, most of it on the trails.

**My Real Running Program:** Haphazard, on and off, zero to excess training program. My goals for this year are to run one or two ultras (50M, 100K) this Spring both as training for the Leadville 100 in August, and to re-qualify for Western States. I definitely intend to do Western States again (in the next couple of years, depending on the lottery) and run through the last 10 miles (see Worst Run below).

**Miles Per Week:** 0-70 depending on whether I am training for a bike race or for a run.

**Shoe of Choice:** Asics, Montrail Vitesse

**Where I buy my shoes:** Metrosport, REI

**My Paces:** I think I am allowed to take the 5th on this one and limit my response to "slow".

**Other Fitness Stuff:** I do a lot of yoga and some weight lifting.

**Outdoor Interests:** Hiking, skiing, backpacking.

**Indoor Interests:** Watching basketball, especially the Stanford teams, reading, watching movies.

**Diet:** Chocolate, chocolate, and chocolate.

**Injuries:** Bad knee sprain at Western States 98. My secret for running ultras and not getting more injuries are: first, I run very few races and I don't need to run mega-miles in training because I have a lot of endurance that carries over from biking. Another key factor is that, as soon as I feel an injury developing, I switch to biking. For instance, I did not run at all from Western States until the end of October. Instead I trained for and did a bike race at the beginning of October and then took some time off. This gave my knee enough time to heal. I am also learning to run less often, and focus on quality miles with a specific purpose, and real recovery in between. It is helping me a lot. Finally, I stretch a lot, and it definitely makes a difference.

**Worst Running Experience:** Western States 100 1998. I never ran a step after falling and injuring my knee at mile 7 in the snow. I tried to complete the course walking but ran out of time at mile 90. This redefines the word frustrating!

**Best Running Experience:** My first and only 50-mile race, the Jedediah Smith 50 in 7:52 where I finished 3rd woman overall, second in my age group. I was told I smiled the whole way. I definitely had a blast! The Boston Marathon is also one of my most cherished memories.

**Favorite Race:** Don't know yet - Hopefully, it will become the Leadville 100 after this summer. It has been my dream for a long time.

**Worst Race:** Don't have one. There is always something fun about doing a race.

**How did I find out about the Palo Alto Run Club?** From friends.



## New Marathon to Take Place in San Francisco

*James Raia*

Since the late 1970s when no fewer than three marathons per year were held in San Francisco, the city has had tumultuous times with 26.2-mile events. Running clubs, sponsors, management companies, and individual promoters have all tried their fortunes.

Now, the largest daily newspaper in Northern California has announced it will become the title sponsor of latest marathon in the City by the Bay. Scheduled for July 11, the event will be called The Chronicle Marathon and it will begin at 7 a.m. in Golden Gate Park. "We expect 5,000 runners," said organizer Peter Nantell of West End Management. "With the Chronicle's involvement, an event like this in a city like San Francisco has all the potential to be like the marathons in New York, Boston, Los Angeles and Chicago."

Various versions of the San Francisco Marathon have been held 21 times, assisted by such corporate sponsors as Paul Masson, Audi, Mercedes Benz and MasterCard. For the past several years, International Management Group (IMG), the global sports agent and marketing firm, has owned the race. The Pacific Association of USA Track & Field provided race management. But neither organization is involved in the latest edition.

As early as 1977, a wide range of organizers have also felt the time was right for an internationally recognized marathon in San Francisco. In 1978, three marathons--the Mayor's Cup Marathon, the Golden Gate Marathon and the San Francisco Marathon-- were all held in San Francisco. When two of the events folded, the remaining race eventually grew to one of the largest marathons in country with an estimated field of 8,000 runners. After a 10-year reign, the organizing running club, the Pamakids, lost its permit and the event was not held in 1988. The following year, the event resurfaced as the City of San Francisco Marathon. It has had several additional reincarnations, organizers and presenting sponsors since. In recent years, however, despite often running-conducive cool summer weather, breathtaking scenery and vast destination attractions, the San Francisco Marathon's popularity waned. One international marathon guide rated the event the seventh-best marathon in the country. But the authors also said the race lost appeal because of its "organizational malaise."

With its July 11 date, The Chronicle Marathon will be unique on the race calendar. Unlike the more popular fall and winter marathon dates, only nine other marathons are scheduled in July in North America. And only one of those events, the Grandfather Mountain Marathon in Boone, N.C., is scheduled on the same weekend as The Chronicle Marathon.

## Time to Visit a Coach

*Peyma Oskoui*

On Sunday, January 31st (Superbowl weekend), I attended a running form clinic at Stevens Creek County Park. Now I had never before in my entire life attended a running class, and did not have a clear idea of what to expect. I thought we'd be running up and down the hills, with someone barking posture correction commands at us, and me huffing and puffing trying to keep up with the other runners, while keeping correct posture!

Danny Dreyer, our running coach for the day, was born in San Francisco. Danny just relocated back there after 31 years of living at Boulder, Colorado. His running resume is quite impressive: Having run ultra distances since 1991, and racing them since 1995, he has placed in the top three in his age group, and top ten overall in many of the prestigious ultra races in the southwest and California. He has coached other runners since 1995, with a philosophy of overall life balance.

Well, impressive as it all sounds, I did not know anything about him or his resume on Sunday morning when I got to the rendezvous point early. I was cold and looking at the overcast skies was wondering what the heck I was doing there! Soon, other runners started to pull into the parking lot, and Danny came back from his reconnaissance run and introduced himself. A very trim and athletic looking runner (could he be anything else with that physique?!), he looked energetic and raring to go. Soon about 25 people were gathered about him, and it did start raining...but I did not mind by then...misery truly loves company!! Most of the next hour was spent listening to Danny and watching him explain his running posture to us. He also had great stories to tell, from the philosophy of Tai Chi masters, to the differences in running forms of elite Kenyans versus elite Mexican runners. We then took off on about a mile of slow running with Danny giving pointers to almost everyone in the group about their form. We were all running real clunky like, trying to emulate the new form we had just been shown.

I will not try to explain the "form" here. But here is what has happened to me since: First, my quads started complaining really hard! And for the first time ever, my head hurt more than my body when running (lots of focus on the form!). But now, after a week of trying hard to run with the new improved form, my speed and my stamina have picked up a bit! At the Wednesday night run, I could stay with and even pass people whom I consider relatively fast runners, and my hamstring injury did not bother me one bit (usually the first few miles of a run my hamstring complains obnoxiously). On Friday I ran 7 easy miles at lunch, and at night ran 4 miles with some friends who are faster than me and I could keep up just fine (one of them even complained that I am running too fast for a Friday night run!).

*Continued on pg. 5*

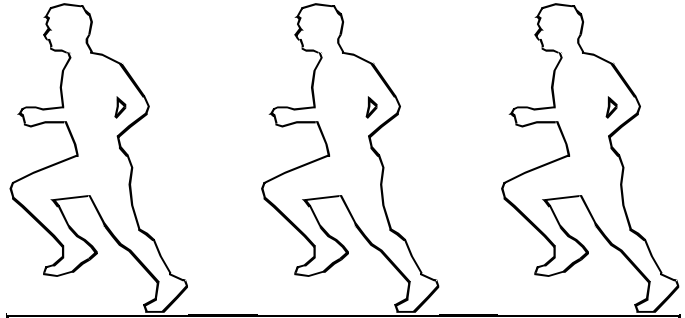
*continued from page 4*

I have heard good things from other friends who attended the clinic as well. Now here are my observations as what it really is (or is not). As Danny himself said, this form was first cultivated by him to improve his ultra distance running. I also think that if you are naturally fast and a sprinter at heart, then this form will not do much for you. But if you plan to run a marathon at 7 minute/mile pace, or to do long runs easier, or are just interested on a more low-impact form of running, then maybe this clinic is the ticket! (Note that Danny requests a nominal \$5.00 fee for those attending his clinics.) The basic ideas that I kept from the clinic are these:

- 1-** Run with your upper body. While keeping your spine nice and straight, your stomach tucked in, and your back straight, try to keep your legs loose and easy. The force should come from the upper quads, right at the hip joint...FEEL the muscle in there working with every step.
- 2-** Think of your legs as wheels on a bicycle. There is a certain cadence, and rhythm that you should maintain in order to go a certain speed, or to go up a hill. Never push off with your feet, but \*lift\* them, using the top of the quads. Be soft on your feet, as if you are trying to sneak up on someone, and lean forward a little, as if you are about to fall over. This will help by letting gravity take over and in a sense pull you forward.
- 3-** To be gentle on your knees, imagine your legs from knee down to be limp...This is easier said than done! I try to just focus on my hip joint in \*front\* and the rest comes naturally. And don't forget to lift that leg using the upper quad muscle.
- 4-** I may add that for me personally, stretching has also helped a lot. My New Year's resolution was to stretch after every run, and I have kept up with it so far. My soreness leaves me after a good stretch, and if ever I feel lazy about stretching, I just have to remember how good I feel after the stretch.

Danny was very much encouraged by the interest of our club and other local clubs in his clinics. He plans to hold about one a month in the upcoming months, where he will focus on various aspects of running for a successful and long-lasting lifestyle. He can also arrange hourly personal training sessions (which are cheaper than a massage or a chiropractic visit...).

I was impressed by his sincerity and humility, given his impressive running resume. So if you have a chance to spend an hour at one of his clinics in the upcoming months, by all means do go! At worst, it is an hour spent listening to a fellow runner talk about running and getting infected by his enthusiasm, and at best, well, as Danny put it, he has run 40-mile runs on \*pavement\* without \*any\* knee or joint problems -- if we can achieve running longevity through listening to his advice, what can be more worthwhile!



### Girl Scout Fun Run

**What:** 5K Run/Walk and 1 Mile Walk

**When:** Saturday, March 13, 1999

Check-in and Race Day Registration - 8:00-8:45am

Start - 5K, 9:00 am, 1 mile, 9:10am

**Where:** Baylands Athletic Center, Embarcadero and Gang Road, Palo Alto. USA T&F Certified Course on paved roads and levee (flat)

**Registration:** Pre-race (before March 3), \$15 with T-shirt, \$10 no shirt.

Race day: \$12 (no shirt).

Girl Scout group rate (before March 3): \$10 per person (includes shirt) for groups of 5 or more

**Awards:** 5K - awards in all age groups; certificates for all walkers; refreshments for all participants.

**Hotline:** Leslie Burchyns, City of Palo Alto Recreation, 650-329-2686, or Rene Lepiane, Girl Scouts Office, 650-968-8396, or 408-287-4170,x256.



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for "females" (he ran wearing a women's number); Peter Zepter (the mountain goat) was first real male from the club to finish, and Steve Chin was the second one. Tana Netch (first real woman finisher from PARC), Karen Hickey, Liz, Dave O'Neil, Dave Wibblesman, Brad Gunn, Allison Mark, Cecilia, Betty, Robyn Juster, Nadine, Karen Ambrose, Dave Collete, Amy, Maureen, Lori Wong, Liz Compton, Jean, many more (my apologies for not remembering everyone), and myself also finished in high spirits. Thanks also to Joe Rizzo and Christine Brighton for being the support brigade. For many of the PARC and Trail participants, this was their first half marathon or the longest race they had ever done. The camaraderie and personal accomplishments were many.

*(Ed.: Due to timing conflicts we were unable to publish Rita's photos from this race in this month's issue. Our apologies.)*

to be sensible about it, despite impulses to the contrary, and will be doing run/walk alternations over a few miles for a while. Feeble fartlegs.

I'm hoping to eventually be back in shape no worse than before the mitral valve repair, and perhaps even better. Though I had no overt symptoms before the operation, ultrasound images (thank you, HP biomedical instrumentation) showed that I was losing a large portion of the normal blood flow out of my heart to "mitral regurgitation." Lovely term.

In defense of regular physical exams: I've had physicals every year or two, required by my job. It was at the most recent of these that my doctor discovered a murmur, which had not been detected previously. My understanding is that murmurs are relatively common, and, in most cases, may not be a cause for alarm. In my case, however, subsequent tests revealed that the problem was serious enough to warrant repair or replacement of the valve.

As I mentioned above, I had not had any symptoms related to this condition. Right up through the month of the surgery, I was able to run hills with relative ease, if not with Olympian speed and form. The chilling bit is that by the time symptoms had developed (perhaps in as little as three or four years), irreversible damage to the heart muscle might have occurred. A stitch intime.... Actually, there were no visible stitches. I just have this six-inch pink racing stripe down my chest, plus a few nifty modifications to my thoracic and cardiovascular parts.

There have been times in this process that weren't funny, or pleasant. Struggling to stand up the day after the operation. Trying to walk down the hall from my hospital room without fainting. The humbling experience of having to push hard to walk a half block, when a week earlier I had run the Dish.

But I have been blessed in so many ways: That the internist heard the murmur during the routine physical, and investigated further. That I have been under the care of two wonderful specialists and a host of highly skilled medical personnel at the Palo Alto Medical Foundation and Stanford UCSF Healthcare. That I had been running regularly for years, largely due to the encouragement and companionship of fellow PARCers; as a result, I was in good cardiovascular condition, which made me an excellent candidate for surgery, and contributed to a rapid, and uneventful recovery.

The most intangible blessing, but one of immense value to me, has been the support and kindness of family and friends, such as you folks in PARC. It's been an eye-opener for me to be on the receiving end of such compassion, and to personally experience what a difference it makes. My heartfelt (fully intentional pun!) thanks for the visits, kind words, cards, phone calls, and good wishes.

*---Breck*

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**Breck Jones Replies**

I was pleasantly surprised to see a kind note of good wishes in the January 1999 newsletter about my recent valve job. I had open heart surgery on November 18th to correct a leaky mitral valve in my heart.

The mitral valve controls the flow of blood from the left atrium to the left ventricle; the left atrium receives the oxygenated blood from the lungs, and passes it to the ventricle, which pumps it out to the aorta, thence to the arteries.

I'm recovering well, and hope to have been running for a while by the time this note makes it into print. As a matter of fact, yesterday (January 17) was the first time I have run since before the surgery in mid-November. It's not easy to return after such a long break, as many of you may know. I'm trying

**THE ATHLETE’S KITCHEN — Nancy Clark, MS, RD**

**Carbohydrates and the Glycemic Index: Quick, Slow, or Confusing**

Once upon a time, carbohydrates were classified as sugars or starches. Today, carbs such as fruits, vegetables and grains are classified by their glycemic effect--that is, their ability to elevate blood sugar. The glycemic index (GI, listed below) ranks carbs according to their ability to elevate blood glucose. It was originally developed as a tool to help people with diabetes.

Today, several popular diet books and magazines have expounded upon the virtues of avoiding carbs such as carrots, potato, and white bread because they have a high glycemic effect. Supposedly, they quickly elevate blood sugar, stimulate the body to secrete too much insulin, and this, in turn, is said to promote fat storage.

**QUESTION:** "Should I stop eating bagels and pasta? I've heard they are fattening because they quickly digest into sugar which raises insulin and encourages fat storage. Is that true?"

No. Sounds plausible, but the bottom line is: excess calories promote fat storage, not excess insulin. If you lose weight after you stop eating bread or pasta, you do so because you are eating fewer calories, not because these foods are inherently fattening. The Glycemic Index and Exercise: Exercise scientists, fascinated by the way different carbohydrates affect blood glucose, have explored the idea low glycemic foods might enhance endurance performance by providing a slow release of glucose into the blood. One of the first studies to look at low glycemic pre-exercise foods reported cyclists who ate (low glycemic) lentils before they exercised to exhaustion were able to pedal hard for 117 minutes, as compared to only 97 minutes when they ate (high glycemic) potatoes...a significant difference!

**QUESTION:** "Should I eat slowly digesting carbohydrates like lentils before I exercise because they provide sustained energy? If I were to do so, I'd end up with intestinal distress..."

The answer depends on the situation. Choosing foods based on GI is particularly important for endurance athletes who cannot take in fuel--such as sports drinks or gels--during exercise. But if you exercise for more than an hour and can consume energy while exercising, note that is the best way to enhance endurance. Hence, you need not choke down lentils or bran cereal thinking they will help you when they actually might only create problems. If you cannot take in fuel during exercise, you may benefit from low glycemic pre-exercise carbs. Experiment during training.

High glycemic foods (sugary beverages, bagels, watermelon) are good recovery choices if you exercise hard more than once

in a day (such as at a track meet or soccer tournament). High glycemic carbs can most rapidly refuel the glycogen stores depleted during the first exercise bout.

Note: If you are sensitive to sugar and easily experience sugar "lows," experiment with eating more low glycemic foods. You may better after choosing (low glycemic) yogurt as compared to the same amount of calories of (high glycemic) rice cakes. Take heed and make wise food choices!

<b>HIGH Glycemic Index . . . . . GI</b>	Popcorn . . . . . 55
Glucose . . . . . 100	Rice, brown . . . . . 55
Potato, baked . . . . . 85	Corn . . . . . 55
Corn flakes . . . . . 84	Sweet potato . . . . . 54
Rice cakes . . . . . 82	Pound cake, Sara Lee . . . . 54
Potato, microwaved . . . . . 82	Banana, overripe . . . . . 52
Jelly beans . . . . . 80	Peas, green . . . . . 48
Vanilla wafers, Nabisco . . . . 77	Bulgur . . . . . 48
Cheerios . . . . . 74	Baked beans . . . . . 48
Cream of Wheat, instant . . . . 74	Rice, white parboiled . . . . 47
Graham crackers . . . . . 74	Lentil soup . . . . . 44
Honey . . . . . 73	Orange . . . . . 43
Watermelon . . . . . 72	All-bran cereal . . . . . 42
Bagel, Lender's whit . . . . . 72	Spaghetti (no sauce) . . . . 41
Bread, white . . . . . 70	Pumpernickel bread . . . . 41
Bread, whole wheat (65-75) . . 65	Apple juice, unsweetened . 41
Shredded wheat . . . . . 69	
Soft drink, Fanta . . . . . 68	<b>LOW . . . . . GI</b>
Mars Bar . . . . . 68	Apple . . . . . 36
Grapenuts . . . . . 67	Pear . . . . . 36
Stoned wheat thins . . . . . 67	Chocolate milk . . . . . 34
Cream of Wheat, regular . . . . 66	Fruit yogurt, lowfat . . . . 33
Couscous . . . . . 65	Chick peas . . . . . 33
Table sugar (sucrose) . . . . . 65	Lima beans, frozen . . . . . 32
Raisins . . . . . 64	Milk, skim . . . . . 32
Oatmeal (42-75) . . . . . 61	Apricots, dried . . . . . 31
Ice cream (36-80) . . . . . 61	Green beans . . . . . 30
Muffin, bran . . . . . 60	Banana, underripe . . . . . 30
	Lentils . . . . . 29
<b>MODERATE . . . . . GI</b>	Kidney beans . . . . . 27
Bran Chex . . . . . 58	Milk, whole . . . . . 27
Orange juice . . . . . 57	Barley . . . . . 25
Rice, white long grain . . . . . 56	Grapefruit . . . . . 25
Potato, boiled . . . . . 56	Pure Fructose . . . . . 23

*Nancy Clark, MS, RD, nutrition counselor at Boston-area's SportsMedicine Brookline, is author of Nancy Clark's Sports Nutrition Guidebook (www.nancyclarkrd.com). For a copy of her popular Sports Nutrition Guidebook, Second Edition (\$20), send a check to Sports Nutrition Materials, 830 Boylston St., Brookline MA 02467 or visit www.nancyclarkrd.com.*

# City of Palo Alto

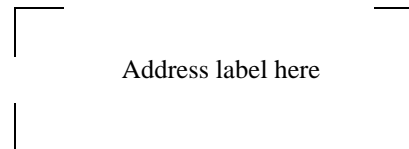
Department of Community Services

Recreation, Open Space  
& Sciences Division

Lucie Stern Center  
1305 Middlefield Road  
Palo Alto, CA 94301

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## PARC Events Calendar — March, 1999

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
•	<b>1</b> 6:00 pm - Stanford Angell Field <sup>1</sup>	<b>2</b>	<b>3</b> 6:00 pm - Palo Alto, Lucie Stern <sup>1</sup> (Ken's Lake Run)	<b>4</b>	<b>5</b> 6:00 pm - Hill Repeats, Sharon Heights Shopping Center <sup>1</sup>	<b>6</b> 8:00 am - Long run, Sawyer Camp <sup>1</sup> 9:00 am - Woodside half Marathon/5M, Huddart Park
<b>7</b> 8:30 am - PARC monthly run, Windy Hill 7:00 am - Napa Val- ley Marathon	<b>8</b> 6:00 pm - Stanford Angell Field <sup>1</sup>	<b>9</b> 6:00 pm - Track, Foothill College. <sup>1</sup>	<b>10</b> 6:00 pm - Palo Alto, Lucie Stern <sup>1</sup> (South Palo Alto)	<b>11</b>	<b>12</b> 6:00 pm - Hill Repeats, Sharon Heights Shopping Center <sup>1</sup>	<b>13</b> 8:00 am - Long run, Sawyer Camp <sup>1</sup> 9:00 am - Big Basin Marathon/half/4M, BB Park Hqtrs
<b>14</b> 9:00 am - Mercury News 10K, Park Ave/Almaden 8:00 am -Nicky's Run 10K, Albany	<b>15</b> 6:00 pm - Stanford Angell Field <sup>1</sup>	<b>16</b> 6:00 pm - Track, Foothill College. <sup>1</sup>	<b>17</b> 6:00 pm - Palo Alto, Lucie Stern <sup>1</sup> (Edgewood)	<b>18</b>	<b>19</b> 6:00 pm - Hill Repeats, Sharon Heights Shopping Center <sup>1</sup>	<b>20</b> 8:00 am - Long run, Sawyer Camp <sup>1</sup>
<b>21</b> 9am - 50+ Celebra- tion 8K, Stanford Stadium	<b>22</b> 6:00 pm - Stanford Angell Field <sup>1</sup>	<b>23</b> 6:00 pm - Track, Foothill College. <sup>1</sup>	<b>24</b> 6:00 pm - Palo Alto, Lucie Stern <sup>1</sup> (Tree)	<b>25</b>	<b>26</b> 6:00 pm - Hill Repeats, Sharon Heights Shopping Center <sup>1</sup>	<b>27</b> 8:00 am - Long run, Sawyer Camp <sup>1</sup> 9:00 am- Napa Trail Marathon/half/10k
<b>28</b> 8:00 am - Houli- han's 12K, Aquatic Park, SF  1. See Calendar Notes on page 2	<b>29</b> 6:00 pm - Stanford Angell Field <sup>1</sup>	<b>30</b> 6:00 pm - Track, Foothill College. <sup>1</sup>	<b>31</b> 6:00 pm - Palo Alto, Lucie Stern <sup>1</sup> (Stanford)	•	•	•