

# Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

## April Monthly Run

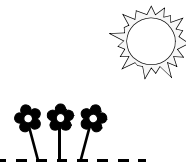
- When:** Sunday, April 4, 1999, carpool at 7:45am, run at 8:30am
- Where::** Foothill Park, Palo Alto.
- What:** The Club will have two runs, one about 6 miles and the other about 14 miles.
- Why:** Scenic trails and nice views.
- How::** Meet for carpooling at the Page Mill/280 Park & Ride, no later than 7:30 am. For those who must drive, from Page Mill Rd./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. Carpoolers will satisfy the requirement by distributing the Palo Alto residents to ensure at least one per car.
- Afterwards will be the usual pot-luck; bring something to share.
- Who:** For more information, call Jon Easterbrook at h:650-948-8036 or e-mail at easterbrook@email.msn.com.



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

## May Monthly Run

- When:** Sunday, May 2, 1999, meet at 8:15am, run at 8:30am, carpool at 7:15am
- Where:** Ed R. Levin County Park
- What:** The Club will have the usual two runs of 6 and 12 miles. The first part of both runs goes up a *steep* hill to a summit.
- Why:** At the summit, we will have ridge top runs with vistas of the entire Bay Area! We will also see the ancient stone walls that run for miles.
- How:** Located in the east hills above Milpitas. Take highway 237 east from highway 101. Go 0.7 mile past I-680. The road becomes into Calaveras Rd. Follow this to Old Calaveras Rd. Turn left to park entrance, pay admission fee (\$5.00) and follow signs to parking lot near Sandy Wool Lake.
- Carpoolers meet at the CostCo parking lot at highway 101 and Rengstorf in Mtn. View at 7:15am.
- No dogs are allowed. Afterwards will be the usual pot-luck; bring something to share.
- Who:** For more information, call Jon Easterbrook at h:650-948-8036 or e-mail at easterbrook@email.msn.com.

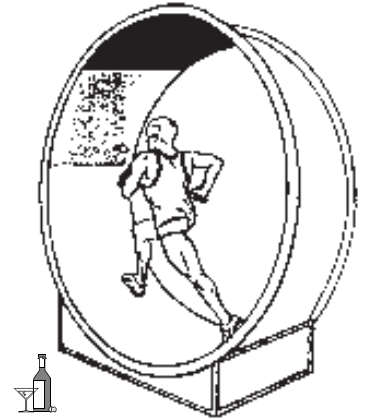


## Running Linked to Better Brains

... or, at least, mice brains

### PARC Considers Follow-up Study

We take it for granted that regular running improves our physical well being. It could now be true that running also improves our mental health. Recent rodent research reveals regular running can stimulate the growth of new brain cells. The journal *Nature Neuroscience* reported in their March issue (how appropriate) on separate studies at the Salk Institute for Biological Studies in San Diego and at Princeton University in Princeton in Princeton. It was found that some kinds of physical and even mental exercise promoted the growth of new neurons and prolonged the life of existing brain cells. The changes took place in the Hippo Campus, a highly respected part of the brain that has something to do with creating new memories.



The researchers found that adult mice regularly exercising on a running wheel developed twice as many new brain cells as the control group. The control group consisted of non-running mice as well as mice who developed running injuries. The mice ran at their own pace, as often and as long as they liked. The study was designed to test effects on learning – running was just one of the variables. However, the difference was so striking the scientists decided to stop the experiment early so that the non-running mice could benefit from the results.

Researchers do not know why running should enhance neural development. It may stimulate the release of growth factors for neuron development, it may increase the flow of oxygen and nutrients to brain tissue. As one scientist said, “Exercise over the eons may have become associated with a bunch of effects that help the brain learn new information, new learning, new brain work.”

The response to this news within PARC was mixed. PARC’s resident mouse expert, John Moswhiten, stated, “Oh, I don’t know. I just study mouse blood.” Another remarked, “Well Steve *is* fast but he doesn’t seem so smart to me.” Others saw hope that a larger Hippo Campus would make them attractive to mates. However many PARC’ers commented that it was no surprise to them and some even

*Continued on pg. 8*

## 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 Our New Members

Alison Clinkinbeard  
Roy Magruder  
Doug Marks

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. 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*).

## 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 jdoe@isp.com

## PARC Birthdays – April

Jennifer Lai .....	3/2
Karen Ambrose Hickey .....	4/2
Betty DeLuco .....	4/4
Shauki Elassaad .....	4/4
Roy Magruder .....	4/6
Franklin Hirsch .....	4/7
Chuck Frederickson .....	4/10
Lee Brownston .....	4/11
Marc Frodyma .....	4/15
Louise Ord .....	4/16
Charles Lai .....	4/17
David Connolly .....	4/18
Karen Claire .....	4/20
Ken Renworth .....	4/20
Lance Qasem .....	4/21
Jeff Nelson .....	4/23
Alicia Lehner .....	4/25
Lyresa A. Pleskovitch .....	4/26
Eileen S. Duncan .....	4/29
Karl Yost .....	4/29
Richard Spira .....	4/30

## Credits

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

**Writers** Dave Ahn, Steve Beebe, Stella Bergen, Steve Chin, Nancy Clark, Jon Easterbrook, Jonathan Goldstein, Charles Lai, Sean Lev-Tov, Gerry Morton, Peyma Oskoui, Ken Renworth, Catherine Parker Stenz

**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.

# Board Game

Scattered throughout this issue of *Keeping Pace* are profiles and photos of some members of the PARC Board. But the Board members are not identified. See how many you know or can guess from their profile. We hope you get to better know the volunteers who serve on the PARC Board. Because some day, some time, you'll be wondering how to get your new PARC T-shirt or why your newsletter was not sent. Future issues of the newsletter will profile the other Board members. See page 9 for the identity of the mystery Board members.

## PARC Board Member #1

**What are your responsibilities as a PARC board member?** Coordinating the Monday night dish/Stanford run; organizing other runs such as Tuesday track workouts and Friday mile-repeat or hill-repeat workouts (more of a voluntary thing than a responsibility); making sure some of the e-mail posts are actually about running.



**Tell us a bit about your running history (how you got started, accomplishments, running regimen these days):** In grade school I was teased a lot because I had to wear leg braces. One day while walking home a bunch of boys started throwing rocks at me. In my panicked effort to hobble away my leg braces broke apart and I actually sprinted off. From that day on, whenever I was going somewhere, I whus ruh-nang! OK, what really happened is that after getting cut from three basketball teams and one baseball team in junior high and high school, I decided running was the sport for me. I ran cross country and track for two years in high school and four years at Division III (no scholarships) Harvey Mudd College. Since college I've done a fairly decent job of staying in shape and I like to race about 15 times a year. Running is an important part of my life and I don't foresee a time when I will ever completely stop.

**How many years at PARC, and how did you find out about it?** I started running with PARC four and a half years ago when I began working full time and could no longer run at lunchtime with my Angell Field Ancient buddies at Stanford. Don Hogue (fastest baby jogger in the west) informed me of the club.

**What do you really like/are proud of at PARC?** It's a good club for many types of runners, from those seriously training for marathons or other races to those who enjoy running more for the social aspect. I have a greater appreciation for running after seeing that not everyone does it for the same reasons I do.

**What is a change/improvement that you would like to see in this club/its organization?** Moving the Wednesday re-group point was a good idea, but we could still stand to show a little more courtesy. We're fortunate to have restrooms and a place to meet indoors during the winter. We should show more respect to those who work there and others using the Lucie Stern Center.

## PARC Bored Member #2

**What are your responsibilities as a PARC board member?** I see my role as a supportive one to keep PARC a fun, safe, encouraging environment to enjoy running; to help beginning runners and to provide opportunities for all to improve and develop running skills. I hope that I can be of service to the club through my continued presence and efforts. (Ed.: this Board member is also the official PARC punster).



**Tell us a bit about your running history (how you got started, accomplishments, running regimen these days):** I have been running for over 20 years and have competed regularly in the Pacific Association of USA Track & Field, mainly in cross country and road racing.

**How many years at PARC and how did you find out about it?** I don't really know how long I've been in PARC but count myself as a relative old timer.

**What do you really like/are proud of at PARC?** The fun atmosphere is the appeal of our club as well as the welcoming of new people.

**What is a change/improvement that you would like to see in this club/its organization?** We should always recognize people's running accomplishments, whether their first marathon or triathlon, or personal best, etc.

**What is your favorite PARC activity (from weekly runs/training stuff/ monthly run/anniversary party/other stuff we've done in the past...)?**  
Our anniversary parties are always fun and I hope we can have more celebration type of activities (depending on the suggestions of our membership).

**What is your favorite PARC activity (from weekly runs/training stuff/ monthly run/anniversary party/other stuff we've done in the past...)?**  
There's something about the combination of decomposing trash, sewage treatment, and high winds that makes the baylands run just too special for words.

**How would you argue for joining PARC to newcomers?** "Isn't it about time to shell out the 20 bucks, you cheap weasel?"

## Recent Race Results

Steve Chin

### Napa Valley Marathon

Here are the results for PARC members who ran the Napa Marathon. Sorry if we missed anyone...

Congratulations to Ted, who won his age division. We won't say what division that is. Congratulations also to Noel who finished fourth in her division.

<b>Redd Ruffensoar</b>	<b>Palo Alto</b>	<b>2:42:61</b>	<b>6:11</b>
<b>Ted Levine</b>	<b>San Bruno</b>	<b>2:51:17</b>	<b>6:32</b>
<b>Joe Cor</b>	<b>Menlo Park</b>	<b>3:23:45</b>	<b>7:46</b>
<b>Steve Chin</b>	<b>Mountain View</b>	<b>3:29:05</b>	<b>7:58</b>
<b>David Collette</b>	<b>Redwood City</b>	<b>3:43:24</b>	<b>8:31</b>
<b>Noel Relyea</b>	<b>Mountain View</b>	<b>3:45:38</b>	<b>8:36</b>
<b>Lotti Dolce</b>	<b>Foster City</b>	<b>3:49:27</b>	<b>8:45</b>
<b>Eppa Hite</b>	<b>Palo Alto</b>	<b>3:58:22</b>	<b>9:05</b>

And congratulations to PARC's Iron People ...

### New Zealand Ironman Results

<b>Tana Netsch</b>	<b>11:44:09</b>
<b>Gerry Morton</b>	<b>12:41:58</b>

## PARC Board Member #3



**What are your responsibilities as a PARC board member?** As co-president of PARC, my responsibilities include meeting new people and answering questions about PARC, making sure the PARC-sponsored events have someone to organize them (Chili Cook-off, SF Marathon water stop, Anniversary Party, & Christmas Relays), working with other Board Members to solve any issues that come up, handling email questions, and making sure that PARC is a safe and fun atmosphere for people to come run and socialize.

**Tell us a bit about your running history (how you got started, accomplishments, running regimen these days):** I ran track in high school but did not have the speed or motivation to be very good. I started running for the sheer enjoyment before my senior year in college. My first road race was the 1990 Leggs Mini Marathon in NYC. It's the largest all women's race (I believe it's now sponsored by Advil) and I was hooked! I ran as many races as I could the year I lived in NY, mostly in Central Park. Central Park is still one of my top 5 places to run! My best times are 71:29 for 10 HILLY miles in the Charlottesville 10-miler, 98:47 for the Music City Half-Marathon, and 3:25 for the California International Marathon. Plus, both years I ran The Relay I averaged around a 7:05 minute mile. I've completed the Marine Corps, Chicago, Cal International, Boston, and New York City Marathons. My running regimen these days is at an all time low! I am running about 20 miles a week and swimming 2-3 days.

**How many years at PARC, and how did you find out about it?** I've been running with PARC for 3 1/2 years. I joined the first week I moved here. I called the Runner's High to see if they sold a book with local runs and they told me to call Tom Osborne at PA Parks and Recreation and he told me to go to Angel Field (it was a Monday) and run with the club, so I did.

**What do you really like/are proud of at PARC?** I really enjoy running and socializing with PARC. It's a very interesting mix of people.

**What is a change/improvement that you would like to see in this club/its organization?** I would like to see the club co-sponsor a race. I think it would be great exposure and a great way to give back to the running community.

**What is your favorite PARC activity (from weekly runs/training stuff/ monthly run/anniversary party/other stuff we've done in the past...)?**

Running the Dish in the summer! Every time I crest the top, I am reminded why I love the Bay Area so much! Plus, on a warm, dry evening, Juice Club tastes great after the Dish!

**How would you argue for joining PARC to newcomers?** I met some of the best friends I have at PARC...besides all the running options you have!



## THE RUNNER'S HIGH

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1999 Upgrade: 15% off purchases for Palo Alto Run Club Members (excludes SALE items)

### PARC Board Member #4

**What are your responsibilities as a PARC board member?** I am an editor of the PARC monthly newsletter, *Keeping Pace*. Now "editor" in PARC's case means: writer/editor/bully-man for getting people to write/layout person/delivery boy/folding supervisor! And for the January issue which coincides with the holidays, we editors even do the folding/sticking of the entire 300 newsletters ourselves! Other than that little bit, rest of it is a lot of fun! (Ed.: all those silly editorial notes, such as this one, in this issue are from a different editor; the above editor is the one who writes the thoughtful, supportive, encouraging and informative editorial notes!).



**Tell us a bit about your running history (how you got started, accomplishments, running regimen these days):** I started running to improve my stamina for playing tennis. And of course 5 months after starting to run, my crazy sister entered us into the New York marathon! This was 12 years ago. Now I log about 40 miles a week, mostly around town, with a few dish runs/trail runs thrown in. My reasons for running have changed through the years: I used to enter a lot of races and run 2 marathons a year, now I just want to keep myself, my dogs, and my husband in shape (I am the family coach!).

**How many years at PARC, and how did you find out about it?** About four years at PARC, and I think almost three years as an editor. I had seen runners running from Lucie Stern, but I never got home from work in time to come and participate. Then one day I was home after a doctor's appointment, and was running on Hamilton Ave., and a bunch of runners passed me, and I just followed! Jonathan (Goldstein) took me under his wings in that first run, and I liked the camaraderie and friendliness of everyone.

**What do you really like/are proud of at PARC?** I really value the friendships I have made. I am proud of the huge number of membership and the easy/no-rules style of the activities. The newsletter is a personal baby now too of course! I think the volunteerism of the club is great and it works! Look at our Napa to Santa Cruz participation, or our Christmas Relays turnout. People like Neal Barlow or Rita Comes or Charles Roberts are great assets and I think they would not be there if everything was spelled out in rules and regulations. I'd like to see the low-key nature of the club to stay.

**What is a change/improvement that you would like to see in this club/its organization?** Better Wednesday night dinner venues!! Just kidding! What I like to see more is better welcoming of new members who show up for PARC runs. I remember when I started coming to the club runs, everyone was so friendly and I felt welcome even though I was not that fast. That has remained to a large part, but I know of people who stop coming because they feel intimidated...I don't know what to change there, because the friendly people are still there!

### PARC Board Member #5

**What are your responsibilities as a PARC board member?** As treasurer, my responsibility is to collect the money and pay the bills. This means collecting for the newsletter ads, and paying for events such as the Chili Cook Off and Anniversary Party. The city collects the member dues and pays for the newsletter printing and mailing, and T-shirts.



**Tell us a bit about your running history (how you got started, accomplishments, running regimen these days):** My freshman P.E. coach asked me to join the high school cross country team. That was a long time ago. These days I am running once a week on Mondays, but plan to return to Wednesday running after my Wednesday night class, the Wines of California and Europe, is over in April.

**How many years at PARC, and how did you find out about it?** My first year with the Run Club was 1986.

**What do you really like/are proud of at PARC?** The best thing about the Run Club is the people that I meet and run with.

**What is a change/improvement that you would like to see in this club/its organization?** I would like to see more parties, so we may use up some of the money in the treasury. (Ed.: you could introduce PARC to your wine tasting class ... just an idea).

**What is your favorite PARC activity (from weekly runs/training stuff/ monthly run/anniversary party/other stuff we've done in the past...)?**  
The best thing is the Chili Cook Off. Running is a pain.

**How would you argue for joining PARC to newcomers?** All the time I tell people to come to the Run Club so that they will have someone to run with.

**What is your favorite PARC activity (from weekly runs/training stuff/ monthly run/anniversary party/other stuff we've done in the past...)?**

The anniversary party is by far my most favorite! On a more regular basis, I like the Wed. night runs, and wish I could make it to Steve's training runs on Fridays...I remember those were very effective for my speed.

**How would you argue for joining PARC to newcomers?** It is very motivating to see and be with other runners, SPECIALLY if you are coming back from a long layoff. Yes, it can be intimidating to see all the fast people zooming by, and maybe finding yourself at the back of the pack, but I think that is inspiring and should make you more eager.

And if you need more inspiration, how about a world class monthly newsletter and a spanking new T-shirt/cap once a year? I can keep going here (like \$20.00 membership fee is the fee for one lousy 10K race these days!, and for that you get a whole year of weekly events for free!), but I think I will stop here!

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

**Dietary Fat & Athletes: Facts and Fads**

Confusion abounds regarding dietary fat. A few years ago, we were told to avoid fat like the plague. Today we hear balancing fat into our diets is OK. The goal of the following article is to help clarify some facts about fats.

**What is the role of fat in the athlete’s diet?**

Fat, a concentrated source of energy, helps athletes who expend high amounts of energy to fuel themselves adequately. Without dietary fat, consuming enough calories to maintain strength and stamina can be difficult.

In addition to providing calories, dietary fat is needed to replenish intramuscular fat stores (fat that is stored within the muscle and is used to fuel extended exercise). A study with runners who ate equal amounts of calories of a low fat diet (15% of total calories) or a higher fat diet (38%) performed better with the higher fat intake. This improvement is likely related to better intramuscular fat stores. The runners did not gain weight, dispelling the popular myth “eat fat, get fat.” They also experienced a positive increase in their “good” HDL cholesterol.

Dietary fat is also important for mental health. Lack of certain essential fats (fats you have to eat because your body can’t make them) has been associated with depression. These essential fats (found in high concentrations in fish, canola oil and flaxseed oil) are an important component of nerve cells. Too little can affect function of the brain/nervous system, contributing to depression.

**If I eat fat will I get fat?**

Yes, excess calories of fat are easily fattening. But fat that fits within your calorie budget gets burned. Some people are better able to lose body fat when they eat a little fat with each meal because fat is satisfying and curbs the appetite. That is, fat takes longer to digest than do carbs and helps keep you from feeling hungry.

**If I eat fat will I increase my risk of heart disease?**

The answer depends on what kind of fat you eat. For health reasons, you want to eat more of the unsaturated liquid fats (from plants, nuts, oils, and fish) than the hard saturated fats found in meats, butter and other animal foods. When appropriately included in the diet, unsaturated fats do not elevate your risk of heart disease.

Also limit processed foods such as crackers, commercially baked goods, and stick margarines that list partially hydrogenated vegetable oils among the ingredients on the food label. Hydrogenation converts the good oil into harder fats with characteristics more like saturated fats.

**PARC Board Member #6**



**What are your responsibilities as a PARC board member?** My responsibilities are data management, occasional secretary at Board meetings and announcer/promoter of charitable races.

**Tell us a bit about your running history (how you got started, accomplishments, running regimen these days):** I have been running races for over fifteen years. If I’m not there, (the road race) doesn’t exist. (Ed.: this person has run an amazing 168 road race; see him to learn which races have the best goodies).

**How many years at PARC, and how did you find out about it?** I have been a member since 1994; I found out about this club from *The Schedule*, a publication that lists many road races and triathlons.

**What do you really like/are proud of at PARC?** The camaraderie and the friendship, the friendship and the races, socializing and the races, traveling and the races. Did I mention the races?

**What is a change/improvement that you would like to see in this club/its organization?** I’d like to see us sponsor a road race that will help us enhance our visibility. Also, I’d like to see us sponsor a nude trail run so we can get to know each other a little better.

**What is your favorite PARC activity (from weekly runs/training stuff/ monthly run/anniversary party/other stuff we’ve done in the past...)?**

Outside of the races that I do, I like helping out at the PARC-sponsored twelve-mile water stop of the San Francisco Marathon.

**How would you argue for joining PARC to newcomers?** I would tell them about how much fun we have regardless of what we do. Whether it’s running, talking or helping the community.

Heart disease is associated with not only dietary fat but also serum triglycerides. Triglycerides are fats that circulate in your blood stream and provide energy for your body. They are elevated from dietary factors (particularly fatty foods, excess sugary foods, and alcohol). People who eat a very high carbohydrate diet--the kind of diet that includes excessive hard candies, fat-free cookies and fat-free frozen yogurt--often have high triglycerides. They’d be better off satisfying their appetite with more calories from healthful fats than avoiding all fats and feeling unsatisfied and hankering for sugar. If you have elevated triglycerides, you can likely lower them by eating more fish rich in unsaturated (omega-three) fatty acids, drinking less alcohol, losing weight (if you are overweight), eating less refined sugar, and exercising regularly.

*Continued on pg 7*

**PARC Board Member #7**

**What are your responsibilities as a PARC board member?** Wednesday night run coordinator

**Tell us a bit about your running history (how you got started, accomplishments, running regimen these days):** I got started training for the

1997 Silicon Valley marathon. I've since done 5 marathons, 2 Ironman triathlons, an adventure race, and numerous other events along the way. I'm primarily a triathlete, but I'd like to focus on my running at some point so that I can qualify for the Boston Marathon.



**How many years at PARC, and how did you find out about it?** I started in March 1997 after a search on the web for local running organizations.

**What do you really like/are proud of at PARC?** It's an easy way to get two 6-milers in with a long run on Saturday morning. It's a perfect schedule for marathon training.

**What is a change/improvement that you would like to see in this club/its organization?** More visibility in the community and appeal to a wider audience of runners. I'd like to see new and different people getting involved with the club.

**What is your favorite PARC activity (from weekly runs/training stuff/ monthly run/anniversary party/other stuff we've done in the past...)?** I like the weekly runs. The anniversary party was awesome as well, obviously. :) (Ed.: obviously, this is a hint to his id.).

**How would you argue for joining PARC to newcomers?** It's an easy way to do couple of solid runs each week within a social environment. Much more fun than running by myself.

*Dietary Fat - from pg 6*

**How much dietary fat is too much?**

The typical American eats a diet with about 34% of calories from fat. The American Heart Association recommends a diet which slightly restricts total fat to less than 30% of calories and saturated fat (meats, cheeses) to <10% of calories.

A popular belief among health-conscious athletes is if low fat is good, than no fat is better. This may not be the case. A one-year study of men with high cholesterol looked at the cholesterol-lowering effects of diets with 30%, 26%, 22% or 18% of the calories from fat. Moderate fat restriction (26% fat) resulted in changes similar to the (attempted) 18% fat diet. Those who aggressively restricted their dietary fat intake incurred two worrisome changes: higher triglycerides and a lowering of the good HDL cholesterol. Hence, the extra effort to severely restrict fat may be not only less beneficial but also counterproductive.

**What about the very low fat diets promoted by doctors Dean Ornish and Nathan Pritikin?**

Yes, the diets have reduced heart disease--but the people simultaneously lost weight, consumed abundant fiber-rich foods

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**PARC's WorldWide Racers**

**Boston, 4/19**  
Karen Hickey, Cecilia Margevicius, others?

**Oceans-to-Oceans, 4/4**  
Dan Lew, Pat Terek, Noel Relyea, Joe Walter

**Good Luck to All!**

(fruits, vegetables, legumes, beans, whole grains), meditated and exercised as a part of the whole package. This package seems a key to success--but not low fat diets with too many refined/sugary foods and no weight loss.

**What's an easy way to reduce dietary fat?**

Please note: lowfat differs from no fat. A lowfat diet (with 20 to 30% of total calories from fat) allows most active women 40 to 60 grams fat/day and most active men 50 to 70 grams fat/day. By choosing fewer fatty meats, greasy chips, and added fats, you'll reduce your fat intake to a good level. This change can also create the calorie deficit needed to lose weight and enhance your heart health. If you do not want to lose weight, add back calories--either as extra fruits, grains, and lowfat dairy, or as olive oil, nuts, peanut butter and other unsaturated fats. Enjoy spending your fat grams on healthful fats!

Nancy Clark, MS, RD, nutrition counselor at Boston-area's SportsMedicine Brookline, is author of Nancy Clark's Sports Nutrition Guidebook, 2nd Edition (high amounts of energy to fuel themselves adequately. Without dietary fat, consuming enough calories to maintain strength and stamina can be difficult.

### PARC Board Member #8

What are your responsibilities as a PARC board member? Webmaster. (Ed.: This Boarder was the initiator, designer and builder of the new PARC web site. Thanks #8! And, here's a hint to his identity. This Boarder is also one of PARC's official movie critics).



Tell us a bit about your running history (how you got started, accomplishments, running regimen these days): To avoid getting crushed in high school football, I started running distance in 8th grade track in 1979. My PR's: 5K 16:30, 10K 36:00, Marathon 2:55:10. I'm trying to run every other day from 5 to 10 miles. I cross-train with weight lifting, hiking and mountain and road biking. Vacations usually involve a diving or downhill skiing location. Work and computer games have really sapped my training over the past few years. I'm trying to budget my time better now for workouts since my gut's been getting a bit mushy.

How many years at PARC and how did you find out about it? First ran with PARC in 1990. I heard about PARC in *The Schedule*.

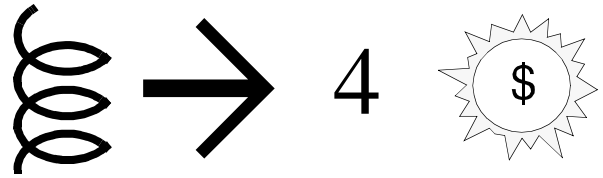
What do you really like/are proud of at PARC? Working with other runners to run a good pace. I love running the Dish. It's a real test of your fitness. I hate the stoplights on the Wednesday night runs.

What is a change/improvement that you would like to see in this club/its organization? I wish we could run the Dish year round.

What is your favorite PARC activity (from weekly runs/training stuff/monthly run/anniversary party/other stuff we've done in the past...)? I loved running the inaugural Napa to Santa Cruz Relay on a coed team of 12. The running legs really tested both individuals and the team and we were pleasantly surprised to come in first. I still don't believe I ran The Relay a week after running my marathon P.R. in Portland. I was lucky that I recovered well from the marathon. Still, I caught a cold after the Relay, so I guess a body can only handle so much.

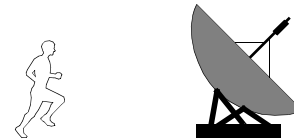
How would you argue for joining PARC to newcomers? From beginners to high-mileage runners looking for training partners to break a P.R, there's a running pace for everyone at PARC. The weekly and monthly runs are a constant incentive to meet your running buddies, get outside and run.

# Warning !!!



## Get It?

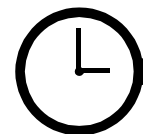
## No? Here's Another Clue



Daylight Savings Time is Nigh

Spring Forward on Four Four

Monday is Dish Day – Starting on Four Five



#### Running Smart - from pg 1

proposed follow-up studies. Other folks were concerned about a possible link between races and IQ.

As for future work, it is well known that drinking alcohol destroys brain cells. So, an important issue for PARC'ers is what is the break-even point. If running makes new brain cells, how far or long do we have to run to overcome the effects of one drink?

PARC is now in negotiation with the Sulk Institute over a study to answer this very question. The PARC Board is soliciting volunteers to participate in a study in which subjects will run a varying number of miles in a circular treadmill. Afterwards they will drink either an alcoholic beverage or a placebo and then perform some mental tasks. Only a few subjects will be biopsied. Volunteers should contact a PARC Board member. We look forward to drinking, er, researching with you.

**PARC'S VIDEO PICK OF THE MONTH**

**“Without Limits” Now Available**

*Charles Lai*

*Without Limits*, the second movie released last year on Steve Prefontaine, is now out on DVD. I picked it up for only \$14.99 at Tower Records last weekend. It's too bad this movie wasn't given a chance to find an audience with its short run at the theatres. But now one can see the movie at home.

*Without Limits* is a better movie than *Pre* mainly because of its actors. Billy Crudup's acting, appearance and running in *Without Limits* are much more believable than Jared Leto's teen idol cipher in *Pre*. Donald Sutherland plays Bill Bowerman in *Without Limits* as a Zen master who carefully uses his will and commands on Prefontaine. He is the coach's coach who meets the challenge of his life with Prefontaine. R. Lee Ermey as Bowerman in *Pre* has a diction and appearance which reminds me too much of a drill sergeant instead of a coach. One thing I can't stand about both movies are the actors cast to play Bill Dellinger who won the bronze in the 5000 meter. As much as I love Al Bundy (Ed O'Neill plays Dellinger in *Pre*), the two actors who play Dellinger in *Pre* and *Without Limits* look and talk more like football coaches than a world-class runner who became a coach.

The psychology of Prefontaine and his wins and losses is explained very well. *Without Limits* does a very smooth job in mixing archival footage with scenes from the film. It's a bitter-sweet experience watching the film knowing that the story must end with Prefontaine's tragic death at 24. But that's the material of which legend and Nike ads are made of.

*Chariots of Fire* is a running movie classic with its look at runners of the 1924 British Olympic Team. I think *Without Limits* stands on equal footing with its more focused examination of an American running legend who died before he could fulfill his promise.

**HURT ON THE STREET, NOW BACK ON HER FEET**

**Beth Walker A Runner Again**

*Sean Lev-Tov*

At a recent Wednesday evening run, I was overwhelmed with questions about how Beth's injury is. If you're interested, read on because then I won't have so much explaining to do at the runs! ;-)

Christmas Eve we went for a run. We had just crossed a street and Beth did an ankle-twisting motion as she stepped up a curb. She heard a pop and could hardly walk because of the pain in her left foot. Luckily, it was the end of the run and Stanford's emergency room wasn't very crowded. X-rays confirmed that she broke her foot. The twist of the ankle caused the tendon called the peroneal brevis (sp?) to yank on the end of the outermost tarsal bone and mostly break its end off. She was sent home with a splint.

A few days later, a podiatrist at the Palo Alto Medical Foundation put her in a removable cast with instructions not to walk on it for about a month. After that, she was able to walk on the foot with the cast for a couple of weeks. And, at that point, Beth was able to swim (with pull buoys, no kicking) and ride a stationary bike (with the cast). Then, she was given the green light to resuming swimming and biking at her usual elite and high-volume level. Running would have to wait, but she was encouraged to do a lot of walking and exercises to strengthen the muscles which stabilize the foot and ankle; they atrophied during the healing of the foot.

In mid-February, X-rays showed that most of the fracture has been filled in. She is now running a little (about half a mile at a time), walking a lot and strengthening those muscles. I'll send out emails to keep you informed and to keep those email inboxes FULL! ;-)



**Mystery Board Members Exposed**

- |                |                  |                       |                 |
|----------------|------------------|-----------------------|-----------------|
| 2. Dave Ahn    | 4. Feyma Oskoui  | 6. Jonathan Goldstein | 8. Charles Lai  |
| 1. Steve Beebe | 3. Stella Bergen | 5. Ken Renworth       | 7. Gerry Morton |

# City of Palo Alto

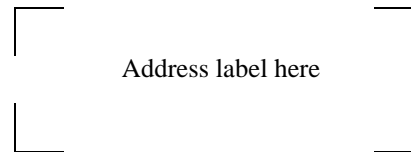
Department of Community Services

Recreation, Open Space  
& Sciences Division

Lucie Stern Center  
1305 Middlefield Road  
Palo Alto, CA 94301

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**Movie Review - Without Limits** . . . pg. 9  
**Injury Update, Beth Walker** . . . . . pg. 9



## PARC Events Calendar — April, 1899

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
•	•	•	•	<b>1</b>	<b>2</b> 6:00 pm - Hill Workout, Menlo Park <sup>1</sup>	<b>3</b> 8:00 am - Long run, Sawyer Camp <sup>1</sup> Two Oceans Marathon, Capetown
<b>4 Easter (&amp;DST)</b> 8:30 am - PARC monthly run, Foothill Park Paris Marathon	<b>5</b> 6:00 pm - Stanford Angell Field <sup>1</sup>	<b>6</b> 6:00 pm - Track, Foothill College. <sup>1</sup>	<b>7</b> 6:00 pm - Palo Alto, Lucie Stern <sup>1</sup> (Ken's Lake Run)	<b>8</b>	<b>9</b> 6:00 pm - Hill Workout, Menlo Park <sup>1</sup>	<b>10</b> 8:00 am - Long run, Sawyer Camp <sup>1</sup> 6:00am - American River 50 Miler, Sacramento
<b>11</b> 9am - Artichoke Half Marathon/ 10K, Pescadero	<b>12</b> 6:00 pm - Stanford Angell Field <sup>1</sup>	<b>13</b> 6:00 pm - Track, Foothill College. <sup>1</sup>	<b>14</b> 6:00 pm - Palo Alto, Lucie Stern <sup>1</sup> (South Palo Alto)	<b>15</b>	<b>16</b> 6:00 pm - Hill Workout, Menlo Park <sup>1</sup>	<b>17</b> 8:00 am - Long run, Sawyer Camp <sup>1</sup>
<b>18</b> 8:30am - MBA Challenge for Charity 10K/ 5K, Stanford London Marathon	<b>19 Patriot's Day</b> 6:00 pm - Stanford Angell Field <sup>1</sup>  Boston Marathon	<b>20</b> 6:00 pm - Track, Foothill College. <sup>1</sup>	<b>21</b> 6:00 pm - Palo Alto, Lucie Stern <sup>1</sup> (Edgewood)	<b>22</b>	<b>23</b> 6:00 pm - Hill Workout, Menlo Park <sup>1</sup>	<b>24</b> 8:00 am - Long run, Sawyer Camp <sup>1</sup>
<b>25</b> Big Sur Marathon, Carmel	<b>26</b> 6:00 pm - Stanford Angell Field <sup>1</sup>	<b>27</b> 6:00 pm - Track, Foothill College. <sup>1</sup>	<b>28</b> 6:00 pm - Palo Alto, Lucie Stern <sup>1</sup> (Tree)	<b>29</b>	<b>30</b> 6:00 pm - Hill Workout, Menlo Park <sup>1</sup>	•

1. See Calendar Notes on page 2