

Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

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.



Houlihan's to Houlihan's A Celebration Of Running

Dave Wibbelsmann

The Houlihan's to Houlihan's 12K is worthy of more publicity than it receives. It is one of the most scenic, and challenging, courses in San Francisco, crossing the Golden Gate Bridge (which, of course, the SF Marathon no longer does) and providing some spectacular views of San Francisco Bay from the Bridge, along the Presidio, and several miles of waterfront. Despite the name, the course does not pass by either Houlihan's restaurant in Sausalito or on Fisherman's Wharf.

Our day started before the sun was up; we met at Gunntech for the carpools in the middle of the night (thanks to Brad Gunn for once again being our carpool host). I was on the road with Roy Magruder, Amelia Vrabel, and Joseph (from the Sawyer Camp trail). We had to leave early because Roy and I were in the first wave and Amelia and Joseph were going to register on-site. When we arrived in San Francisco we were treated to a truly rare event (and I'm not talking about a blue moon): a SF morning with no fog, no clouds, and no wind (!!)

When we arrived in San Francisco we were treated to a truly rare event: a SF morning with no fog, no clouds, and no wind (!!)

A little chilly, but we could not have designed better running conditions if we tried. The finish line (where we boarded the shuttle buses to take us to the starting line at Fort Baker) had coffee waiting for us, as well as the usual long restroom lines that one normally finds at San Francisco races. All of us took advantage of the complimentary coffee, then Roy and I got in line for the shuttle buses. The shuttle buses were well organized, and priority was given to first wave runners. The bib numbers were color-coded, so the course monitors could easily identify the different waves. We were on board quickly and on our way across the Golden Gate.

We arrived at the starting area and found the sweats transport trucks right in front of the starting area; they were hard to miss. I noticed that they were handing out plastic grocery bags for packaging sweats, but I had already brought my day-glow orange gym bag. I would have no trouble whatsoever finding that after the race, no matter how much of my mind I lost during the race. By this time it was warming up, so I changed into short sleeves before the race, and

Continued on pg. 4

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

June Monthly Run

When: Sunday, June 6, 1999, meet at 8:15am, run at 8:30am.

Where: El Corte De Madera Open Space Preserve

What: Two runs of various challenges of approximately 6 miles and the 12 miles.

Why: Run with great views of the ocean and explore the ancient sandstone formations.

How: Meet at Skeggs Point Lookout, highway 35 (Skyline Blvd.). From the south, take Woodside Rd. (highway 84) to Skyline Blvd. Turn north and go approximately five miles until you see the Skeggs Point Lookout on the right side of the road. Please be there at 8:15 a.m. since the parking lot will fill up. Some may wish to meet at the 280/Page Mill Park-and-Ride for car pool. We will leave there at 7:45a.m. Remember, we will have a pot-luck following the run bring something to share.

Who: For more information, contact Jon Easterbrook at 650-948-8036 or e-mail at easterbrook@email.msn.com.



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 to the dish and back. 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 Mile Repeats

Run a mile at lactate-threshold. Then do it again and again and again. Meet at 6 p.m. at the corner of Junipero Serra and Stanford Ave. in Palo Alto. 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:

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

Welcome To Our New Members

Lorraine Hariton
 John Hebert
 Kiran Kamboj
 Paul Kane
 Carolyn Lewis
 Sherrill Lybrook
 Carlen Torres McCormick
 Cheri A. Vaillancour
 Lorri Walsh

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**
 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

Thomas Lucas	5/1
John Whiting	5/1
Jeanette McNicol	5/2
Susan Anderson	5/3
Karen Seaward	5/4
Charles Roberts	5/5
Jeff Kmetec	5/8
Bob O'Connor	5/10
Jeff McNelley	5/14
Mark Mantel	5/17
Davis Fields	5/18
Breck Jones	5/22
Ricky Lynn King	5/23
Mike Laris	5/24
Katy Spink	5/30
Nicole Balkman	5/31

Visit the PARC web site at
www.parunclub.com

Credits

Editors Peyma Oskoui, Steve Reagan, Kevin Wilkinson
Writers Leslie Burchyns, Nancy Clark, Jon Easterbrook, Peyma Oskoui, Tim O'Rourke, Catherine Parker Stenz, Dave Wibbelsmann
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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 Sunnyvale, CA 94087
 h: 408-739-9346, w: 650-857-7602

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 Personality of the Month

Tim O'Rourke

Name:Tim O'Rourke

City/State:Palo Alto, CA

Birthday:12/15/57

Age:41

Home Town:Hopewell Jct., N.Y.

Occupation:Lawyer

Family Life:Golden Retriever

Education:Haverford College; Stanford Law '85

Running Background/History:Ran track and cross country in high school and college. Haverford is a small Division III school, so all it took to be on the team was a willingness to show up for practice. Mostly ran the half mile (PR of 2:00). Paid my dues as a distance runner by suffering through a lot of really bad cross country races. Continued training during law school at Stanford and started seeing some good results in road races at 5K and 10K. Have never seen any reason to stop competing and am now racing nearly as well as I ever have.

My Obsessions:My obsession is avoiding obsession (how's that for a lawyerly response?). For example, I have no idea how many miles I have run in the last week, month or year.

Ideal Running Program:On a weekly basis, five or six running sessions (with one or two quality sessions, i.e., tempo running and/or intervals), two or three sessions on the stationary bike and two weight training sessions. Eight hours of sleep at the same time every night.

My Real Running Program:I curtail my running as necessary in response to work demands or limitations imposed by injury. Don't do as much weight training as I would ideally like to do. Don't always get as much sleep as I should.

Miles Per Week:40-60 running miles or cross training equivalents

Shoe of choice:Varies.

Where you buy your shoes:Ditto.

My Paces:Racing - 16:00 5k, 33:30 10K. Training - 5:10/mile pace and below for intervals, 5:45 for tempo running, up to 8:30/mile for easy runs.

Other Fitness Stuff:If it's not running, it's cross-training.

Outdoor interests:Have done two extended backpacking trips in the Sierra in the last two summers.

Indoor interests:I spend most of my indoor time reading great books. I own only a small 10-inch black-and-white TV that I rarely use.

Diet:Pasta, tuna fish and broccoli are my big three. And I impose a strict limit of no more than twelve cookies a day

Injuries:Groin muscle tear and related tendinitis; my only major injury thus far but three separate episodes (1987, 1994, 1998).

Worst running experience:Getting tripped at the start of Houlihan's last year. Went down hard and then had to get up and chase the pack.

Favorite Race:I'll give a plug to the Juana Run. Amol and Karen do a great job putting it on and the race starts on my street. Two races (8K and one-mile) for the price of one and a shot at multiple awards

Worst Race:see above

How did you find out about the Palo Alto Run Club?

I moved back to the Bay Area from Washington D.C. in the first week of October 1989. I picked up a Mercury News and saw an entry in the activities schedule for a Sunday run at Rancho San Antonio. The established star of the club at that time was a gentleman by the name of Phil Gibbons, who was happy to have someone to run with and proceeded to kick my butt on the Power Poles route. A rude welcome to California, followed a few days later by the Loma Prieta earthquake.



Houlihan's from pg. 1

then dropped off my bag at the sweats truck. As I dropped off my bag, I spotted Brad and Rita Comes – race bandits! – and, how did they get here so fast? The coffee I had back at the finish line made me need to go to the bathroom and, as usual, all the port-a-potty lines were long, and none of them moved. At this point I figured that the San Francisco City Charter must contain a clause that all road races scheduled in the city limits were required to have inadequate restroom facilities. After waiting about 20 minutes in line it was almost time for the first wave to start, so I got out of line (grunt!) and headed for the start. After passing through the controlled gate, where only the first wave runners were allowed to pass, I was astounded to find more port-a-potties, with only one very fast-moving line. I could hardly believe I was saved, and just in time, too.

There was a large turnout of PARC runners at H2H. Katy Spink was the female winner, finishing a full minute ahead of the second place woman!

I actually never even heard the starting gun, or horn, or whatever they used. All of a sudden, the pack just started running (hmm, was it a subliminal start, or just runner's instinct?). The first mile, as with most races, was spent trying to weave my way through packs of slower runners; even though the race is split up

into waves, the pack was still rather heavy at the start. After the first mile, that would change in a hurry, as the pack started to scale the long, steep grade to get to the Golden Gate Bridge. This was by far the most difficult hill on the course, and actually served to spread out the pack; When I finally reached the bridge, the pack had stretched out to the point that I was running the pace I had wanted to run (minus a few seconds, to recover from that hill). The organizers of the race found an effective method to fit a pack of 1500 runners onto the pedestrian walkway of the Golden Gate.

Once I made it to the bridge, I was treated to a rarity—a fog-free, cloud-free view of the bay from the bridge. In my opinion it was worth all that hill climbing in the first two miles. There wasn't even any wind to speak of, and the pack was moving well. The three mile mark was near the end of the bridge, after which was a tight turn followed by the longest downhill stretch of the course, taking us down to sea level again. At the end of the downhill was the first water station, where I tried to take water while running and nearly gagged. I must learn to drink while running someday.

Right after the aid station, we were climbing again, though not nearly as steep as before the bridge. In fact, it was barely noticeable until I reached the Presidio, where it got a little steeper. Coming out of the Presidio was another downhill stretch and then back to another spectacular view of the Bay from Marina Boulevard as well as the only long, flat stretch on the course; running didn't get much better than this, I thought. There was a

second water station along Marina Boulevard; this time I resorted to walking through the station, rather than choking on water again. As the pack approached Aquatic Park there was one more hill to clear, and it looked pretty steep. Luckily, I saw the seven-mile marker at the base of the hill, and that gave me the extra motivation I needed to hit the hill hard and try to finish strong. I even passed a few runners on the hill, but then the finish line sneaked up on me, and I got passed by a couple of runners in the final stretch. I didn't think the finish line was that close.

At the finish area there were numerous water stations, with willing and able volunteers ready to rescue all of us with water. The post-race stations for T-shirts, refreshments, and sweats pick-up were well monitored and easy to find. In fact, the event as a whole was well organized and planned out. The only suggestion I would make would be to have more visible mile markers, perhaps with splits called out at some of them. The only mile markers I could find were at miles 2, 3, and 7.

There was a large turnout of PARC runners at Houlihan's to Houlihan's. Katy Spink was the overall female winner; in fact, she finished a full minute ahead of the second place female! (way to go, Katy). Steve Beebe, PARC track guru, was the first PARC male finisher. Other notable performances were turned in by Dave Collette (who ran the race on 1hr. of sleep the night before) and by Rita (who completed the race and maintained her usual exuberant spirit after running 18 miles the day before). Practically everyone I saw at Houlihan's to Houlihan's enjoyed the race, especially the beautiful scenery along the course.

But there was still one question in my mind at the end of the race: what were the T-shirt designers thinking when they described the race as going from San Francisco to Sausalito?

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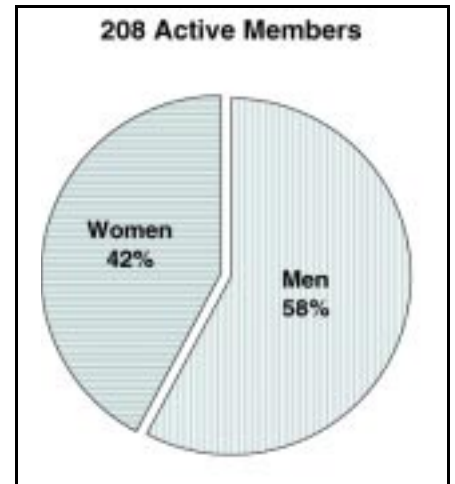
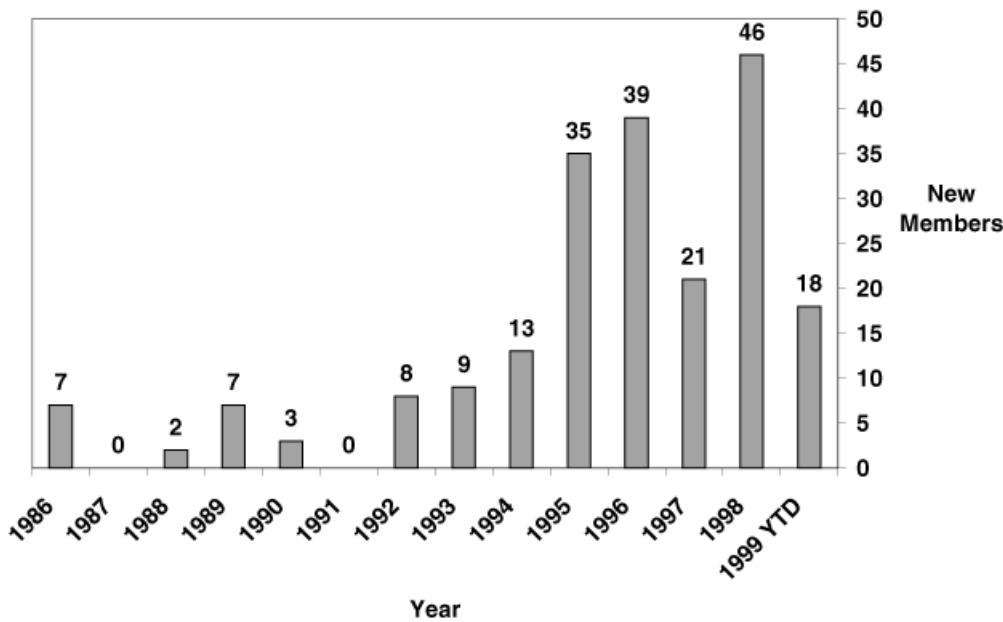
Town & Country Village
(across from Stanford University)
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PARC'ers Index

Catherine Parker Stenz

Here are some interesting statistics from the PARC membership database.

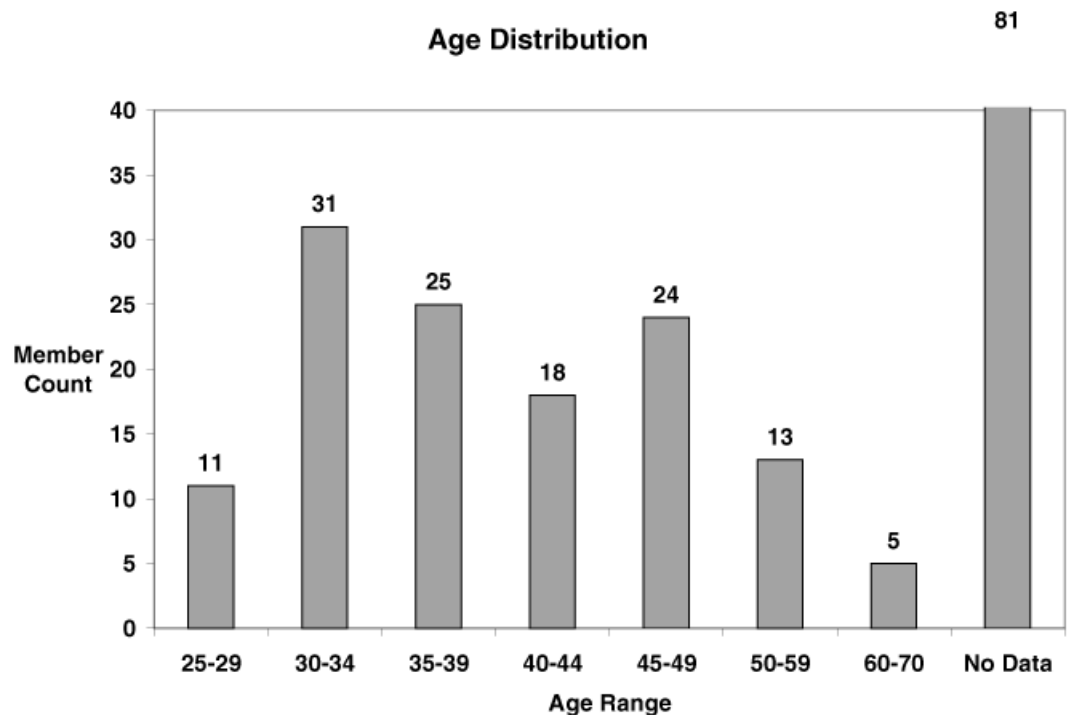
New Members By Year



Members Over 10 Years

- John Bird
- Allen Blitstein
- Terri Racine
- Tom Osborne
- Richard Roche
- Ken Renworth
- Lee Brownston
- Doug Stevens
- Martin Bernstein
- Brian Kirk
- Warren Racine
- Marty Udishes
- Joseph Walter
- Amol Saxena
- Tim O'Rourke
- Edna Nerio

Age Distribution



THE ATHLETE'S KITCHEN — Nancy Clark, MS, RD

Media's Messages are Killing Us Softly

"Many ads suggest I can eat as much of fat-free foods as I want – guilt free. I've done that and I've gained weight. Shouldn't the ads also say fat-free can be fattening?"

"When I was 14, I studied the models in fashion magazines and decided that's how I wanted to look. One year later, I was in the hospital with anorexia..."

We are surrounded by media's warped messages about food and weight ... that are softly killing us

We are surrounded by media's warped messages about food and weight. Every day, when we read newspapers and magazines and watch TV, we get bombarded by damaging messages about food and weight that are softly killing

us – and our sons, daughters and athletes. Thankfully, more and more consumers are complaining about these misshapen messages. And the good news is, the food and fashion industries are starting to listen.

Given that food problems, disordered eating, distorted body images, and outright eating disorders are prevalent among exercisers and athletes of all ages and genders, the following information may offer a perspective that helps you/your friends be more at peace with food. This article summarizes the highlights of a program offered by the Harvard Eating Disorders Center (www.hedc.org) during Eating Disorders Awareness Week, February 22-29, 1999.

Media and the Food Industry

The food industry loves people who overeat! Clearly, overeaters spend lots of money on many types of foods – including chips, soft drinks, fast foods, and candies – items that occupy the majority of food commercials. Have you noticed that many food ads actually encourage you to overeat? ("I'll bet you can't eat just one...") The ads also strive to normalize overeating; they depict food as an effective way to reward yourself, cope with emotions, and escape from life's problems. ("You deserve a break today...") The inappropriate use of food as a drug simply diverts your attention temporarily – but creates other problems, namely weight gain and its associated shame, to say nothing of health problems.

Speaking at the Harvard program, Jean Kilbourne, EdD, known for her study of images of women in advertising as well as her film *Killing Us Softly: Advertising and Images of Women*,

reminded us we need to improve our relationships and connections with people – not food. No amount of food will solve any problem.

Many diet-food ads ask women to live up to idealistic/often unrealistic body images. Case in point: Special K's white bathing suit campaign and their "change fat into muscle" messages. Because consumers have complained they find these messages offensive, not inspirational, Kellogg's has changed its advertising campaign. Their new "Reshape Your Attitude" ads advocate for positive self-esteem and the right to feel good about yourself, with no body images attached to the message. According to Karen Kafer, Director of Communications for Kellogg USA, the company has gotten seven times more (positive) consumer responses praising the change than they would have normally expected.

Media and the Fashion Industry

The fashion industry traditionally uses super-thin models to sell their clothes. With the help of anorexia and air-brushes that delete any physical flaws, each model appears perfectly beautiful (according to industry standards, that is.) But take note: "Kate Moss Gets Tossed" is the latest headline from Anne Klein's advertising department. Kate has finally been deemed too skinny.

Anne Klein has switched it's advertising focus from neurotic-looking super models to "real women" who are role models of success. Their current advertising campaign highlights thirty high profile women dressed in Anne Klein clothing. The criteria for inclusion in this Significant Self campaign are simply the woman's credentials, not her body size, age, nor traditional standards of beauty. Who knows, maybe this breakthrough reality-based campaign may start to revolutionize the fashion industry's ads.

So What Can You Do?

As an innocent bystander, you are a victim of media's messages – messages such as thin is best, exercise builds perfect bodies, fat-free is guilt-free and calorie-free. These messages can warp your attitudes and influence the way you view food and your body. Don't hesitate to complain to the companies that generate offensive ads! Write, call or e-mail their customer relations departments. Hopefully, they will listen.

On the home front, you can stop judging yourself from the outside in by throwing away your scale. Scales do not weigh athletic success nor beauty. Do honor your goal to be healthy and fit – but acknowledge you can be healthy, fit and fat(ter), all at the same time. You can also choose to live your life by the following tenets recommended by the Eating Disorders Awareness & Prevention Organization (www.edap.org):

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Palo Alto Recreation Dog Run

K9 5K — Sunday, June 6



Mark those calendars. It'll be beagles to bagels on Sunday, June 6 at the Palo Alto Baylands. Run (or walk) your dog on a 5K route along the levees. The run starts at 8:30am. We hope you and your best friend can make it.



Bus to Bay to Breakers

Leslie Burchyns – Event Coordinator, City of Palo Alto Recreation

The City of Palo Alto is chartering a bus to go to the Bay to Breakers run on May 16 in San Francisco. The bus will leave Lucie Stern Center promptly at 6:15a.m. and will return about 1:30p.m. If you need any other information, please give me a call at 329-2686 or pick up a lime colored flyer in the Lucie Stern lobby.

And Don't Forget the Chili Chase

Sunday, July 4th at Mitchell Park, a fast 5K through neighborhood streets, ... followed later that day by the ...

Annual Chili Cook-off

It's not too early to start thinking about recipes for the PARC entry in the annual Chili Cook-off. If you want to be part of Team PARC (cutting, cooking, tasting, schmoozing), contact a Board member. We want you (and your taste buds).

Media Messages from pg. 6

- I will accept my body in it's natural size and shape.
- I will celebrate all that my body can do for me each day.
- I will treat my body with respect, give it enough rest, fuel it with a variety of foods, exercise it appropriately, and listen to what it needs.
- I will not avoid participating in activities that I enjoy (e.g., swimming, dancing, enjoying a meal) simply because I am self-conscious about the way my body looks. I will recognize that I have the right to enjoy any activities regardless of my body shape or size.
- I will believe that my self esteem & identity come from within.

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.



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City of Palo Alto

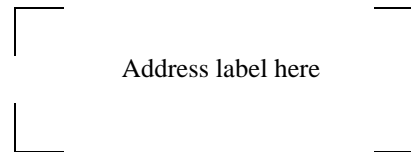
Department of Community Services

Recreation, Open Space
& Sciences Division

Lucie Stern Center
1305 Middlefield Road
Palo Alto, CA 94301

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PARC Events Calendar — May, 1999

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31 Memorial Day	•	•	•	•	1 8:00 am - Long run, Sawyer Camp ¹ 12:30pm - Angel Island Fun Run, 5M
2 8:30 am - PARC monthly run, Ed Levin Park Ave of Giants Mara- thon/10k Weott	3 6:00 pm - Stanford Angell Field ¹	4 6:00 pm - Track, Angell Field. ¹	5 6:00 pm - Palo Alto, Lucie Stern ¹ (Tree Run)	6	7 6:00 pm - Mile repeats, Palo Alto ¹	8 8:00 am - Long run, Sawyer Camp ¹ 8:30am - Human Race 10K/5K, San Jose
9 Mother's Day	10 6:00 pm - Stanford Angell Field ¹	11 6:00 pm - Track, Angell Field. ¹	12 6:00 pm - Palo Alto, Lucie Stern ¹ (Stanford)	13	14 6:00 pm - Mile repeats, Palo Alto ¹	15 8:00 am - Long run, Sawyer Camp ¹
16 8:00am - Bay To Breakers, 12K, San Francisco	17 6:00 pm - Stanford Angell Field ¹	18 6:00 pm - Track, Angell Field. ¹	19 6:00 pm - Palo Alto, Lucie Stern ¹ (St. Francis)	20	21 6:00 pm - Mile repeats, Palo Alto ¹	22 8:00 am - Long run, Sawyer Camp ¹
23 6:30am - Rock 'n' Roll Marathon, San Diego 8:30Race4Literacy, Shoreline, MtnVu	24 6:00 pm - Stanford Angell Field ¹	25 6:00 pm - Track, Angell Field. ¹	26 6:00 pm - Palo Alto, Lucie Stern ¹ (Baylands)	27	28 6:00 pm - Mile repeats, Palo Alto ¹	29 8:00 am - Long run, Sawyer Camp ¹

1. See Calendar Notes on page 2