



Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

July Monthly Run

When: Sunday, July 4, 1999, meet at 8:15am, run at 8:30am.

Where: Wunderlich County Park, Woodside

What: Moderately hilly runs of 5.5 and 10 miles.

Why: During the hot summer months this shaded park is always cool and pleasant. A great run through redwood and oak forests.

How: Coming from the north, take the Woodside Rd. (Hwy 84) exit off I-280 and follow Woodside Rd. west through downtown Woodside. The park entrance is on the right about one mile past the intersection with King's Mountain Rd.

Coming from the south, take the Sand Hill Rd. exit off I-280 and follow Sand Hill Rd. west to Portola Rd. Turn right onto Portola Rd. and take the left branch at the Y-intersection 1/4 mile later, staying on Portola Rd. Wunderlich Park is about 1/2 mile past the next Y-intersection. The park entrance is on the west side of Woodside Rd., marked by a discreet wooden sign. Dogs are not allowed. Remember, we will have a pot-luck following the run so bring something to share.

Who: For more information, contact Jon Easterbrook at 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!

August Monthly Run

When: Sunday, August 1, 1999, meet at 8:15am, run at 8:30am

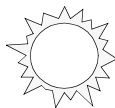
Where: Stevens Canyon County Park, Cupertino

What: Moderately hilly runs of 6, 8 or more miles

Why: This course offers ample parking, streams, shade, picnic tables and dramatic vistas, especially from Cupertino's Nob Hill.

How: From I-280 south to Grant Road/Foothill Expressway exit. Turn right onto Foothill, which becomes Steven Canyon Road after crossing Stevens Creek Boulevard. The road soon becomes a bit winding. The entrance to the Stevens Creek County Park is to the left.

Eat at Joe's! After the run, club member Joe Walter will host the pot-luck from his residence, which is just off the trail we will run. Bring your food contributions and arrangements will be made to transport them to Joe's place.



Dog's Best Friend 5K Race

Peyma Oskoui

Imagine holding on to a 70 pound dog who is all muscle and exuberance, raring to start sprinting at full speed, surrounded by 300 other dogs who are a mix of barkers, attackers, and sprinters. Now imagine the horn sounding off, and you, the dog, and 1500 other legs all starting to run! A nightmare? Hardly! It is the annual Palo Alto Dog Run 5K, also known as the Dog's Best Friend Race, and for all the scary thoughts going through my head standing at that starting line, it is the most fun I have ever had at any race!

This year, the race was held at the Baylands athletic center, on Sunday, June 6th. It was a beautiful day, and Kimber and I were ready to perform, defending our second-place finish of two years ago - the last time we ran the race. I have to explain here that I am not a particularly fast runner, as a matter of fact, you can call me slow! But the motivation for winning this race (or rather, placing among the top three) is high! The prize for top three finishers in each category is a 50-pound bag of dog food! Imagine having all your nutritional needs covered for two months just by winning a race!

Now Kimber and I are not really well-matched! I am a steady mid-pack runner who can crank out 8 minute miles all day if need be. I also run a lot - hence have sore and tired muscles most of the time. Kimber on the other hand is a top-notch sprinter - she may not be able to go as fast as a grayhound, but she can positively beat the pants off Carl Lewis on her off days! As a matter of fact, she can probably beat most dogs at a sprint if properly motivated (read tennis balls!). Now fast dogs are nothing new - heck half the dogs at the starting line looked bigger, more powerful, and faster than Kimber. But Kimber also possesses that long sought-after runner quality: Race focus! Add to that an eager competitive spirit (as witnessed by the Wednesday night runners who have to pull over for dear life when Kimber comes bulldozing forward at the start of the runs), and you have one fine runner who knows when she has to perform!

Let's get back to that starting line on Sunday! Here I was, my heart in my mouth, trying to stay away from the other dogs and from tangled leashes when the horn went off. The first 400 yards are a blur. I held on for dear life, my brain chuckling at the sight of me being pulled by Kimber, my eyes bulging out at the sheer force of the effort. I managed to escape the mad dash at the front line without any problems, and had only 2 or 3 runners in front of me. Of course I was immediately in deep oxygen debt - from here on the 5K would be just a matter of me regaining my composure and trying

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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 Mike's cafe on Middlefield Rd., south of Oregon Expressway.

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

Jay Johannesen
Margarete Leclerc
Jonathan Lee
Ted Levine
Valarie Moore
Evie Ponton
Megan Squibb
Kevin Strehlo
Marilyn Watson

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*).

Visit the PARC web site at
www.parunclub.com

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 – July

Renee Gorzynski	7/1
David Carella	7/3
Catherine Vogel	7/6
Mark Williams	7/11
Carsten Hansen	7/12
Kiran Kamboj	7/12
Raj B. Apte	7/13
John Lang	7/13
James Cherry	7/15
Adam Kemist	7/15
Edna Nerio	7/15
Catherine Parker Stenz	7/15
Cyrus Khoshnevisan	7/18
Lori Wong	7/18
Stephen McCarthy	7/19
Nora Sweeny	7/20
Ralph Northrup	7/22
Marc Scanio	7/22
Nadine Andrakin	7/26
Jim Schnitter	7/27
Beth Walker	7/30
Sue Bernal	7/31
Warren Racine	7/31

Credits

Editors Peyma Oskoui, Steve Reagan, Kevin Wilkinson

Writers Dave Ahn, Nancy Clark, Anne Cribbs, Jon Easterbrook, Jonathan Goldstein, Tim O'Rourke, Catherine Parker Stenz, Chuck Wilson

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.

PARC Personality of the Month

Anne Cribbs

Name: Anne Cribbs
City/State: Palo Alto, CA
Birthday: 1/7/45
Age: 54
Home Town: Palo Alto

Occupation: Advertising executive & co-founder and VP of ABL (American Basketball League).

Family Life: Lots of kids (9) and grandchildren (20)

Education: Stanford - BA

Running Background/History: Off and on - now off due to knee surgery in April, can "shuffle" around the block and am anxious to get back to 2 - 3 miles per outing. Wanted to do a marathon - would be my first - to celebrate my 50th birthday, but we founded the ABL - American Basketball League instead. (*Ed.: Not running related, but definitely up there in athleticism is the fact that Anne has won an Olympic gold medal in swimming at the 1960 Rome Olympics. See Anne's Excerpts below for more on this fascinating athlete/fellow PARC-er.*)

My Obsessions: Don't think I have any. Maybe work????

My Ideal Running Program: 3 - 4 miles about 3 - 4 times a week.

My Real Running Program: Right now, a "shuffle" around the block. I am keeping fit these days by doing lots of bicycling. About 1 hour 3 times a week. The Baylands circle is great from my house just off Oregon expressway. I also ride my bike to the YMCA - do weights and ride home, stopping at Midtown for coffee - my treat! Try to walk and have just taken up Taebo - am much better coordinated in the water, than on land, so it is taking me some time to get the "moves" down, but it is lots of fun and I feel great after I'm done. Of course, I do Taebo in the privacy of my own garage. Finally, I try to do some walking every day but usually fall short of my 1-mile goal. It helps that my office is near the Baylands -- I get inspired by the runners and walkers going by my office.

Advice for runners who cannot run due to an injury:

I really miss running and envy the folks on the Wednesday night runs. Since I was never a fast runner, it may be a bit easier for me not being able to run. I do love to bike though. It is harder for me to swim as I still remember how fast I used to be compared to my current speed and someone always wants to "race" me whenever I hit the water...

The point is that I just feel better when I get some exercise. I do think the current belief about not needing to "punish yourself" while exercising to stay fit is important for obsessive physical types and will go a long way to helping folks (me included) feel

better about the role of exercise. I try to subscribe to the 1/2 - 1 hour per day of "move it or lose it".



Shoe of choice: Reebok

Where you buy your shoes: Oshmans or directly from Reebok.

My Paces: 10 - 11 minute miles - I'm faster swimming, being an old swimmer.

Other Fitness Stuff: Weights (about three times a week), YMCA visits, swimming.

Outdoor interests: Hiking, biking, swimming and sunbathing, gardening.

Indoor interests: Work, reading

Diet: OK - like to lose the proverbial 10 lbs.

Injuries: Knee - torn meniscus (twice) and other bad stuff -- also sprained ankle from running and stepping on a magnolia bud on Garland in Palo Alto.

Worst running experience: Duck to Duck run at Palo Alto Baylands - It was too hot, with no water that I could find. The course was poorly marked, and almost the entire field was comprised of a small group of dedicated fast runners. It was my first 10K and I was almost last - along with a few ducks. Not fun at all.

Best running experience: 1994 Houlihans to Houlihans - across the Golden Gate Bridge. Dave Rhody, course organizer is a friend of mine, but it was the best mostly because of the scenery and running over the Golden Gate Bridge. (And the fact that my husband was waiting for me at the end of the race.) I am hoping that we will be able to run the Olympic Games 2012 marathon course over the Golden Gate Bridge, around SF and into Pac Bell Ball Park for the finish. (*Ed.: See Anne's Excerpts on her efforts for 2012 Olympics to be held in the bay area.*)

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

I helped John Bird and Jeff Wildfogel (professor/lecturer on human potential and performance) create the Run Club back around 1985 when I worked at Palo Alto Recreation department. The three of us plus Tom Osborne, a supervisor of recreation responsible for PA runs created the club and the idea of a newsletter. John was the first writer and designer and we allocated dollars from the city recreation budget to help support

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the newsletter - and collected small annual dues to help support the run club. There was lots of interest - a weekly run - and thanks to lots of great people - it just grew. I love the vision of all the run club members taking off from Lucie Stern's on Wed. nights. And, I love the T-shirts. I'm really so proud of what you guys are doing today - providing lots of fun, running, education for area runners. It is a great satisfaction to know that Jeff, John, Tom, and I had a part in getting it started. I'm so happy you guys have created such a super club - Congratulations and thanks!

Ed.: *Anne has led a fascinating life. She is an Olympian who has won a gold medal in swimming, a mother and career woman who has founded and organized the ABL (American Basketball League), and who is now involved with BASOC (Bay Area Sports Organizing Committee). I asked Anne to discuss her past accomplishments, her future goals, and ABL. She generously sent me two speeches focusing on ABL and the 2012 Olympics Bid. Following are excerpts from these speeches.*

I learned to swim at the age of 5 at the Sequoia high school pool, just down the street from my house in Redwood City. My teacher - had just missed going to the Olympics in Helsinki in 1952 - so I learned from him about the Olympics - he was my role model. I swam in my first race at age 8 - and won. I wore a bathing cap with a neck strap and a suit with a skirt. Shortly after the race, I announced that I wanted to go to the Olympics. At that time, there were really only two sports that girls in CA could compete in - tennis or swimming. My mom was delighted I chose swimming, since she thought it meant I would always be clean and not sweaty. My life as a kid was built around swimming - I spent hours at the pool, practicing, socializing, racing. In the 1960's it wasn't "cool" for girls to be athletes -- people didn't want girls to have muscles. Besides muscles, I also had perpetual green hair and red eyes.

I trained at the now legendary Santa Clara Swim Club in California, swimming for coach George Haines. I won a gold medal at the Pan American Games in Chicago in 1959 at the age of 14. I was a member of the 1960 Olympic team, swam in the 200 meters breaststroke, and placed 5th. I was also a member of the 400 meter medley relay team that won the gold medal. I then retired at the age of 15, just after the Olympics. People now ask why I retired at 15 - the answer is simple. Only a few universities provided any kind of competition for women swimming teams and there were no college scholarships available for women - and more importantly, none of us ever imagined we could swim in college.

When I was 50, four years ago, I, along with two others, Gary Cavalli & Steve Hames founded the American Basketball League, acknowledged to be the premier professional basketball league for women. People ask, "Why did you do this?" The answer is simple... We did it for all the women, and

this?" The answer is simple... We did it for all the women, and girls who wanted to be athletes and dream the same dreams as men. The ABL was and is truly about hopes, dreams and opportunities. We believed that women in this country have the right and deserve to play basketball, an American game, on American soil, during basketball season.

So, you say, this is great but what went wrong? At this point, it's still too soon to say, and I personally need the balance and wisdom of time. But, I would venture few guesses: 1- Lack of access to media, network television, and as a result national level sponsors. 2- Underestimating the power of having NBA as our competitor. We believed playing in basketball season was important to our success. 3- Rapid growth and the strain on our employees. I do however believe that it's important to talk about what went right, and what we can do to capitalize on the achievements to date.

Ed.: *Anne is now involved with BASOC and the Bay Area Olympics bid for the year 2012. Anne tells us that they would love to hear from PARC members who would like to get involved as well. If you want to findout how you can help, please send an email to xcribbs@aol.com.*

BASOC was formed in the mid 1980's to submit a bid for the 1996 games. Since then, BASOC has participated in bringing 1994 World Cup Soccer and 1996 US Figure Skating Championships to the Bay Area. The 2012 Bid was formally announced in May of 1998, with the blessings of mayors of SF, SJ, and Oakland. We believe that all of the facilities necessary to host a successful Olympic Games already exist, and that we have the potential for a great bid.

It's hard to look so far into the future - and with all the current discussions about "what's wrong with sports and the Olympic Organization?", the fact remains that we all love the Olympic games. The Olympic athletes are "what's right about sports". I believe watching Olympians makes us want to be better people. The Olympic motto is faster, higher, stronger, not fastest, highest, strongest. The emphasis is on self-improvement. The Olympics are a challenge to all of us to become better.

People say, "Why are you doing this?" "Why would you want the Olympics to come to the Bay Area, bringing all the traffic, disruption, security problems and so on?" My answer is because we love sports, we love where we live, and we want the rest of the world to see our great area. Because the Olympics is a world class event and deserves to be hosted in a world class location. And, because we'll have fun! The Olympics will leave behind expanded youth programs, a heightened sense of community and wonderful memories.

Ed.: *We hope that Anne keeps us updated on the progress. Congratulations Anne on your efforts and accomplishments to date. It is a great honor to have a person with such passion and conviction as a fellow PARC-er!*

Dog's Best Friend 5K - Continued from page 1

to not cough up my lungs in the process. Kimber kind of settled down after the first quarter mile, and I could at least try to keep pace. I felt slow and sluggish from mid point onwards - I guess the lactate acid buildup was catching up to me. At about half a mile to finish, a third and then a fourth woman passed me and I felt very disappointed since I had nothing left to give for a chase. But by that point I could see the finish more or less, and my spirits improved. I was slower than two years ago - there was no denying that! I knew that I should not have run my long run the day before. I also knew that two years ago I at least tried to do some speed work, which I have since abandoned. "Oh well", I thought. "There is always the next year".

So we finished sixth in our division. Karen Saxena, also from PARC, and her loyal and speedy labrador came in first (as usual), way ahead of everyone else. Kimber remains a champion however, and although she never once gave me the it's-your-fault look, I know that she could have easily defended her second place standing if it was not for me! But I made it up to her by winning a scoop-and-throw tennis ball toy at the post-race raffle, and I even snuck her a piece of cake (a no-no in our household) at the post-race party. Of other notable finishers, Manny Ramirez and Romeo from PARC took second in men's division, and our puppy Cinder who was not feeling well, valiantly finished the race, running with doggie friends and my husband.

The social scene was wild at the post race party. Pure breeds and mutts alike enjoyed lots of food, licks of kids' faces, tennis balls galore, praises and pettings from everyone -- all the fun a dog can handle. The humans also enjoyed seeing dogs of every possible breed, including beautiful malamutes, four huge and regal-looking black great danes, a Suzanne Sommers look-alike dog with ponytail ears flopping above her head, and lots of schmoozing with other owners. We'll be back next year with our race faces on, me trying to survive the scary start and Kimber pulling me along with all her might! hope we will finish better, but regardless of how well we race, I know that we will have tons of fun!

Put a Stop to This

**Yes, it's time for our annual hosting of a water stop at the SF Marathon (now called The Chronicle Marathon) scheduled for Sunday, July 11. This is a great opportunity to have some fun and give support to all the brave marathoners (especially our own club contingent). And don't forget we will have Hobee's coffee cake for our volunteers (and all the water you can drink). Please call or email Dave Ahn if you can help.
(650)725-5320(w), or
(408) 739-3226 (h), ahn@scrdp.stanford.edu**

IN MEMORY OF A GOOD FRIEND

Jonathan Goldstein

On June 6th, I was faced with a lot of choices on how to spend my Sunday morning. I could have gone to Cupertino or Menlo Park for a run. Instead I chose to attend the Dog's Best Friend 5K in Palo Alto...as a volunteer. Those of you who know me would be surprised by my decision, but for me it was the only real choice. (ed.: For those who have not been following Jonathan's articles, he excels at running races, specially 5K runs. He has amassed something close to 160 career races of all lengths so far, and is hot in pursuit of breaking his own record.)

On my eleventh birthday, my parents told me to shut my eyes while they got my present for me. After a few minutes, I heard shouts of "Where did it go? Where is she hiding?" Naturally, I was perplexed by the cries and I opened my eyes. In a nearby meadow, Dad managed to corral my birthday present...a beagle. I was stunned. Initially, I wanted a cat, but this new visitor was a welcome addition. She almost always sat at a weird angle, like her hip was broken. But that was just her way of getting attention so you would reach down and rub her tummy.

From October 14th 1980 to April 1993, the dog became a family member. She was there when we moved from Louisville, Kentucky to New Jersey, and then to the Bay Area. She was there when my parents divorced. She was responsible for some fashion trends (I didn't wear shorts from 1980 to 1985 because the dog would jump up and scratch my legs.) This silly beagle actually knew her real name along with the various nicknames we gave her. I named her after a song by Barry Manilow. Yes, you guessed it..."Mandy"! Mandy came from the SPCA and brought a lot of joy into our lives. She was only twenty pounds, but she pulled her weight. Mandy could make my mom call her her "baby". Mandy could snore like anything (even waking my sister up from her dep slumber). We never ran together except for the time when she was frightened by a bottle rocket during a walk. She just yanked me all the way from the nearby school, across the street, and, finally, to our front door. After I unhooked her, she ran into her bed and hid.

I guess in my own way I'm envious of those of you who can run with your pets. You get to experience a certain thrill and enjoyment that I never got to experience with my dog. I just hope that the time I spent petting and drenching the dogs on June 6th, 1999 made the owners realize how lucky they are and how important the SPCA really is. But more important, I hope that I can make those of you who are thinking about getting a pet to consider the SPCA for finding your new family member.

What, Mi-Wok? Yes, Mi-Wok!

Chuck Wilson

At 3:30am on the Saturday morning of May 1st I awoke to my alarm for what would be my longest run to date, the What, Mi-Wok? Trail 100k. Unlike other long runs I have done, this one seemed to start when I got up. Often, I take long runs and break them up in my mind into segments, the completion of which are major milestones on the way to fulfilling my goal. This time I included getting out of the door by 4:00, driving to Rodeo Beach in Marin County by 5:15, and checking in and being ready for the 5:40am start as 3 additional segments of my run. It was odd not to see a single car on 280 until I reached the city. When I reached Rodeo Beach, the full moon was shining on the Pacific through scattered clouds and the temperature was balmy, not chilly as I had feared. It reminded me of Maui.

Upon arrival at the beach, I joined the other 142 runners in getting ready for the start. This included placing my “drop boxes” in the respective piles to be transported to the aid stations where I would need them. The What, Mi-Wok 100k, supports 2 “drop box” aid stations, each of which you pass twice on the out-and-back course. These are the Tennessee Valley aid station, captained by PARC member Stan Jensen, which is at 9.3 and 58.4 miles and at Pantoll Ranger Station on Mt. Tamalpais, which is at 19.1 and 50 miles. This was the first time I used “drop boxes” and I found the first a convenient place to stow my Tyvek jacket as I started to warm up and to exchange one of my water bottles, which became a sticky mess when the top of a GU flask came off about a mile before. The second, at Pantoll, worked out as a perfect place to pull out my sun gear, as the sun came out just as I arrived.

After checkin, I followed the other runners across the narrow footbridge over the Rodeo Lagoon inlet to start on the beach. It was still too dark to see, as I had to use one of the street lights to see if I had my chronograph set correctly. The start of the race, at 5:40am, was timed to coincide with first light of day, but when the race started, south across the sand, I found it was too dark to see the ground until we started to climb up on the eroded bluffs of the headlands.

Of the 62 miles of the course, all but about 4 miles of the course is on fire roads and single track trails. The remainder, which is paved, includes 3 miles of park road high above the Golden Gate, a 100 yards of Highway 1 after Muir Beach, and the last half mile of the course as you descend from Wolf Ridge back down to the finish at Rodeo Beach on an old paved path closed to traffic. To me, this course is the most scenic running course I have ever been on. After rounding Rodeo Valley high on the hills, from which you have continuous picturesque views of the Pacific, the Golden Gate, San Francisco, the Bay, Sausalito, etc., the course descends into the very green and isolated Tennessee Valley, where there are a few old barns and other farm buildings. Other than the old West Ft. Baker buildings at Rodeo Beach, the Tennessee

Valley farm buildings, and a few buildings at Pantoll Ranger station, there are no other buildings along the entire 62 mile course!

From the Tennessee Valley aid station, the course runs down the floor of the valley towards the ocean to a trail which rises out of the valley to the north and takes you up, down and

I met PARC member Noel Relyea who was apparently gaining on me fast and passed me like I was standing still at about 40 miles. She went on to finish in 13:34, taking almost one hour off her previous best time.

around several hills and ravines along the coast to Muir Beach, where there is another aid station. All of the aid stations were staffed with many happy and helpful

volunteers along with lots of food and drinks. My favorite for the ultra runs are chopped boiled potatoes dipped in salt. From Muir Beach the trail runs inland towards Muir Woods. The highlight here was a long narrow wooden bridge, which gave us a surprise thrill as it sprung us up when we first stepped on it as though we were on a trampoline. Before reaching Muir Woods, the trail crosses the road to a fire road and climbs 1500 ft. in 3 miles to Pantoll. I found this a good opportunity to exercise my

walking muscles. About 2 thirds of the way up, I passed the always humorous, Errol Jones on his way down, who yelled with a laugh “no walking allowed on the course”!

At Pantoll (19.1 miles) I sponged down, put on sun screen, got out my hat with a back flap (pinned on handkerchief), and took in as many calories as I could, since it was about 7 miles to the next aid station at Bolinas/Fairfax Rd. Then I took off, on what I think is the most beautiful part of the course, the Coastal Trail along Bolinas Ridge. Except for the first mile, which is in woodland, most of this trail is in open grassland, covered with thick green grass rich with orange Poppies, blue and white Lupine, and many other wild flowers. This section averages about 1500 ft. elevation and rolls gently along the ridge with continuous spectacular vistas of Stinson Beach, Bolinas Lagoon and the Pacific. Anyone who has run any of the Enviro Sports marathons in the Mt Tamalpais area is very familiar with this section as it is included in all of the courses.

When I arrived at the Bolinas/Fairfax Rd. aid station (25.8 miles), I was greeted by PARC members Steve Reagan and Joe Walter. Joe had volunteered to pace me over the last 20 miles of the course and Steve volunteered to resolve the logistical problem of how to get Joe to the aid station to meet me. Joe and Steve helped me find what I needed at the aid station and get me on my way with minimal delay. I had gotten some grit in my socks and needed to clean and recoat my feet in Vaseline before I got any blisters. Fortunately it worked and I finished blister free. As I left the aid station, I felt bad that Joe had to wait for me to run 18 more miles, up to Sir Francis Drake Blvd. in Olema and back, before joining me.

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Mi-Wok Ultra -- Continued from page 6

Steve waited with him and the two of them helped out at the aid station until my return.

It was during this section that I got to see all of the other runners. A few miles after leaving the aid station, the lead runner, Carl Anderson went by on his record breaking 8:04/mile pace. He finished with a time of 8:22:25, almost a full hour (56 minutes) ahead of the next runner. It was at least another half hour before I saw any more runners. After that, the frequency increased and I got to exchange greetings and words of encouragement with the others. About 7 minutes after turning around and heading back, I met PARC member Noel Relyea, who was apparently gaining on me fast and passed me like I was standing still at about 40 miles. Noel went on to finish in 13:34 taking nearly an hour off her previous best. Way to go Noel!

Upon reaching Bolinas/Fairfax Rd., Joe Walter joined me and Steve took off to meet us at Tennessee Valley. I enjoyed having Joe to run with and we chattered along continuously until the finish. It was Joe's first time on these trails and I felt good being able to introduce him to them. We stopped at the Pantoll aid station and that would have been a good spot to return my hat to my drop box, but I didn't. After crossing the road at Muir Woods, the course changes from the outward bound course, where instead of backtracking to Muir beach, we turned onto the Mi-Wok Trail, for which the run is named. (Note: Mi-Wok is the name of the Native American tribe which once lived in the area.) On the Mi-Wok Trail, we climbed the hill, crossed Hwy. 1 and climbed higher still to Coyote Ridge where we encountered very strong winds. The winds quickly blew off my hat which, fortunately, Joe caught. I made a few futile attempts to put it back on but to no avail. The winds persisted and as Joe and I tried to traverse the side of Coyote Ridge on a single track trail, we were repeatedly blown off the trail to the up hill side and had to jump back down.

From Coyote Ridge, we descended back down into Tennessee Valley where we met Steve, who had taken over time keeping from Stan, who was out marking the trail with glow sticks for those who would be finishing in the dark. Fortunately, we finished before it got dark. From Tennessee Valley, we climbed back to the top of Wolf Ridge and then descended to the finish line at Rodeo Beach. Seeing the finish line as we got near the bottom of the hill, I broke into a sprint, finishing on a big high in 14 hours 7 minutes, not far off my estimate of 14 hours. Maybe I should have used up some of that stored up energy further back on the trail, but I can always leave that to next year.

Just a note, if you are interested in this run, you need to get your application in early! Entry is limited to the first 150, as I sadly learned last year, when I was turned away. It fills up shortly after the applications are made available in February. You can count on me being there again next year if at all possible.

Ed.: Stay tuned for a report from our own Stan Jensen on accomplishing the Ultra Running Grand Slam -- Coming in the August issue...Congratulations Stan!

Chronicle Classic Five Mile Run

When: 8:30 am, Sunday, August 15, 1999

Where: Downtown Palo Alto, Parking Lot H, corner of Hamilton and Cowper.

Fees: \$20.00 pre-registration, received by August 1st. Includes T-shirt and goodie bag. \$25.00 Race Day registration (7:00 - 8:15 am). Get your entry form from Lucie Stern and please make checks payable to: City of Palo Alto, or use Visa/Mastercard. Return entry to Chronicle Classic Run, 1305 Middlefield Road, Palo Alto, CA 94301, (ed.: that is Lucie Stern's for Wed. night runners!)

Course: Out and Back, Flat, Paved route along Stanford Campus.

Why: The title sponsor, San Francisco Chronicle has gone all out here: The top male and female finishers each get a one week trip for two to Maui. Age division awards are also presented three deep in each age category.

Need more reasons? How about a lively postrace party with lots of food, music, drawings for 24 Hour Fitness memberships, autographed sports memorabilia, weekend get-aways, dinners, and more!

Beneficiary: The Positive Alternatives for Youth Program providing outreach programs for at risk teens in Palo Alto communities.

Services provided by: Albion Water Co., Biscotti di Suzy, AJAX portable Services, Red Bull, San Jose Clash, Draeger's Markets, Oakland Athletics, Borders Bookstores.



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PARC GOES TO DC

Tim O'Rourke

I had been contemplating a trip East to visit family and friends I hadn't seen in a while when one such friend living in Washington, D.C. mentioned that a one-mile road race would be held on DC's main drag, Pennsylvania Avenue, on May 22. As an excuse to build a trip around, it seemed as good as any other, so I did some on-line research. I found that the Pennsylvania Avenue Mile involved a number of separate one-mile races that would go off one after the other, including elite men's and elite women's races with substantial cash prizes, and a number of additional races (divided by age group and gender) for everyone else. I noted that the 1998 men's masters (40+) race had been won in 4:38, which I estimated was about what I should be able to run based on my current fitness level.

Tickets were purchased, entries sent in, and, after stops in New York and Philadelphia, I found myself back in DC. I definitely felt at home; the race start on Pennsylvania Avenue between 6th and 7th Streets was only a few blocks down the street from the office building where I had spent four years in big-law-firm harness before moving to the Bay Area in 1989. Race day would turn out to be the warmest day of the year thus far in DC (or so I was later informed) but the morning temperature was perfect for miling.

The first age-group races went off and, as a field of fifty or so runners warmed up for the masters race, I couldn't help noticing one runner with an exceptionally smooth stride. As the only one wearing an Angell Field Ancients/Stanford singlet, I was also somewhat conspicuous and sensed I was getting the once-over. Just before the start I focused on preparing myself for the effort of an all-out mile. The race started off down the Avenue towards the Capitol. The pace was steady with Mr. Smooth leading and a couple of guys hanging around him. I stayed a stride behind. There was only minor jockeying as we made the turnaround in front of the Capitol and headed back to the start/finish line.

As we got the split call for three quarters in 3:31, I could see the finish banner and knew I could drop the pace. As soon as I made my move to the front, Mr. Smooth reacted. I was quickly 10 yards behind (everyone else fell back even more) and, although I never really tied up, I couldn't make a dent in the margin before the finish. I came across second in 4:39.3 to the winner's 4:37.8.

After the race, my AFA singlet drew some commentary, including one "Hey, I used to run with the Ancients." The elite races were entertaining to watch. The winning time in the men's race was 4:02 and four-minute miles look even faster on the roads than they do on the track. There was a strange situation in the elite women's race. The winner (who finished

in 4:36), clearly jumped the start call, but the race was not called back. She was given the first prize (\$2000) but the course record was given to the second place finisher, who came across in 4:39. (For results see www.racepacket.com/result9/may99/pamile.htm).

Anyone who consults the results will find one more Palo Alto finisher, who occasionally shows up on Wednesday nights, but hasn't gotten around to paying her dues and, therefore, won't get the newsletter. (*ed.: Hmmm, would that be Barbara Colley by any chance?*) But she did get a gift certificate for finishing third in her five-year age-group, and, from that perspective, made out almost as well as I did. Didn't seem to sweat nearly as much, either.

If my account by any chance inspires thoughts of giving a road one-mile a go, I recommend the Sacramento Mile, which will be held this year on August 15. Like the Pennsylvania Avenue mile, it has a number of separate races divided by age and gender (and is held in close proximity to a Capitol with a large cupola).

Want Ads - Keeping Pace Wants You

Help is **urgently** needed for producing and distributing the PARC newsletter, Keeping Pace. In particular, help is needed with editing and layout. We are also looking for someone to coordinate the monthly "mailing parties". If you are interested, contact one of the editors or a Board member for more information. No experience necessary for these jobs. We specialize in on-the-job training!

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

SALT: Shake It or Leave It?

“In the summer, I sweat profusely and my skin gets crusty with salt. Should I eat extra salt to replace those losses?”

“I commonly eat processed foods that are loaded with salt. Are they really bad for me???”

“I never use salt. I don’t want to get high blood pressure.”

Many athletes have a confused relationship with salt. They love the taste of salty foods, but hate salt for its reputation of causing high blood pressure. They crave salt after sweaty exercise, but question if they should eat salty foods to replace it. If you are among the many active people who has concerns about salt, or more correctly sodium (the part of salt associated with health problems), this article can help you decide whether to shake it or leave it.

Does restricting salt reduce blood pressure?

Blood pressure is the force of blood against artery walls. High blood pressure (or hypertension) is a serious medical condition that can lead to hardening of the arteries (atherosclerosis), heart attacks, kidney damage, eye problems, and heart failure. Eating salt does not directly cause blood pressure to rise nor does restricting salt automatically lower it. Only 40 to 50% of people with high blood pressure and 10 to 15% of people with normal blood pressure experience salt-related changes in blood pressure.

The best way to prevent hypertension is to choose the right parents; high blood pressure has strong genetic links. Alternative ways to controlling (if not preventing) hypertension are to be fit, active--and responsible for choosing a wholesome diet abundant in fruits, vegetables, and low fat dairy foods.

A recent study, Dietary Approaches to Stop Hypertension (D.A.S.H.), suggests a multi-faceted dietary approach can effectively control blood pressure. In addition to moderating salty foods, the D.A.S.H. research suggests you should also-

1. eat extra fruits, vegetables, and lowfat dairy foods for calcium, potassium, magnesium, and fiber,
2. lose weight (if you have weight to lose),
3. limit your intake of saturated fats (in greasy meats, butter, cream, and cheese) and alcohol.

How much salt does an athlete actually need?

Sodium requirements vary and depend upon how much sodium you lose in sweat. For non-athletes, the National Academy of Sciences recommends at least 500 milligrams of sodium per day for baseline health requirements. In the D.A.S.H. study, the subjects averaged 3,000 mg per day,

which is slightly less than the 4,000 to 6,000 mg sodium most Americans consume daily. Three thousand milligrams is the amount in 6 small salt packets (such as you might get at a fast food restaurant) or one medium pizza.

How much salt do I lose in sweat?

The amount of sodium you lose in sweat depends upon how much salt you eat. Your body has an amazing ability to maintain a stable sodium balance by eliminating any excess in either sweat or urine. Athletes who eat lots of salt have saltier sweat than those who restrict salt.

The amount of sodium in sweat also varies according to how much you exercise in the heat. For example, the sweat of an unfit, unacclimatized person may contain 1,600 mg sodium per lb sweat; a fit but unacclimatized subject, 1,200 mg; a fit and acclimatized person, only 800 mg. As a frame of reference, the average male’s body contains about 75,000 mg sodium, the amount in 11 tablespoons salt.

If I crave salt, should I eat it?

Yes. Salt cravings are a sign your body wants salt. A rule of thumb is to add extra salt to your diet if you have lost more than four to six pounds of sweat. Too little salt can result in fatigue, muscle cramps, and lack of thirst. Athletes who consciously restrict salt by eating low-sodium spaghetti sauce, salt-free pretzels, and other low sodium foods often benefit from adding sodium to replace sweat losses if they sweat profusely day after day in the summer heat.

Sodium content of some common sports foods

Food	Sodium (mg)
Fruits and juices.....	1-5
Meat, chicken, 4 oz..	50-70
Powerade, 8 oz.....	70
Gatorade, 8 oz.....	110
Milk, 8 oz.....	120
Fig Newtons, 2.....	120
Saltines, 5	180
Amer. cheese, 1 sl....	260
Bagel, 1 sm Lender’s	320
Pizza, 1 lg sl cheese.	600
Big Mac	960

Nancy Clark, MS, RD is nutrition counselor for both casual exercisers and competitive athletes at Boston-area’s SportsMedicine Brookline. Her popular Sports Nutrition Guidebook, Second Edition (\$20) and The NYC Marathon Cookbook (\$20) are available by sending a check to Sports Nutrition Services, 830 Boylston St., Brookline MA 02467 or via www.nancyclarkrd.com

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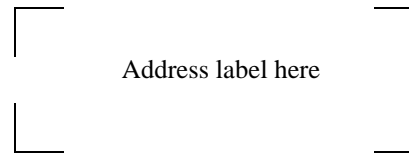
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PARC Events Calendar — July, 1999

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
•	•	•	•	1	2 6:00 pm - Mile repeats , Old Page Mill rd. ¹	3 8:00 am - Long run, Sawyer Camp ¹ Chili Chase 5K, Mitchell Park, PA
4 Independence Day 8:30 am - PARC monthly run , Wunderlich Park 8:30am Firecracker 10K, Santa Cruz	5 6:00 pm - Stanford Dish Run . Angell Field ¹	6 6:00 pm - Track, Angell Field . ¹	7 6:00 pm - Palo Alto, Lucie Stern ¹ (Edgewood Run)	8	9 6:00 pm - Mile repeats , Old Page Mill rd. ¹	10 8:00 am - Long run, Sawyer Camp ¹
11 7:00 am - San Francisco (Chronicle) Marathon/5K	12 6:00 pm - Stanford Dish Run . Angell Field ¹	13 6:00 pm - Track, Angell Field . ¹	14 6:00 pm - Palo Alto, Lucie Stern ¹ (Tree Run)	15	16 6:00 pm - Mile repeats , Old Page Mill rd. ¹	17 8:00 am - Long run, Sawyer Camp ¹ Corporate Track & Field Nationals, Los Gatos
18	19 6:00 pm - Stanford Dish Run . Angell Field ¹	20 6:00 pm - Track, Angell Field . ¹	21 6:00 pm - Palo Alto, Lucie Stern ¹ (Stanford Run)	22	23 6:00 pm - Mile repeats , Old Page Mill rd. ¹	24 8:00 am - Long run, Sawyer Camp ¹
25 8:30am - Wharf To Wharf , 6M, Santa Cruz	26 6:00 pm - Stanford Dish Run . Angell Field ¹	27 6:00 pm - Track, Angell Field . ¹	28 6:00 pm - Palo Alto, Lucie Stern ¹ (St. Francis Run)	29	30 6:00 pm - Mile repeats , Old Page Mill rd. ¹	31 8:00 am - Long run, Sawyer Camp ¹ Vineman Triathlon, Santa Rosa

1. See Calendar Notes on page 2