



# Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

## September Monthly Run

**When:** Sunday, September 5, 1999 - meet at 8:15am, start at 8:30am

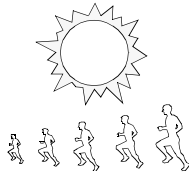
**Where:** Sanborn County Park

**What:** The club will host the usual two runs, first one will be 10 miles and the second one will be 5.6 miles. The long run will have a special attraction - Indian Rock!

**Why:** Sanborn County Park is a lushly wooded park of over 3,600 acres. It is nestled in the Santa Cruz Mountains between Saratoga and Skyline Boulevard. This park connects to Castle Rock State Park (future monthly run). Dogs are not allowed on trails.

**How:** Sanborn County Park is located on Sanborn Rd. From Saratoga, proceed two miles west on Highway 9 to Sanborn Rd. Turn left onto Sanborn Rd., traveling one mile to the park entrance. Please bring money for vehicle entrance fee. There will be carpooling for those who are interested at Page Mill/280 Park-and-Ride. Carpoolers please meet no later than 8am.

**Who:** For more information, call Jon Easterbrook at 650-948-8036 or e-mail at [easterbrook@email.msn.com](mailto:easterbrook@email.msn.com).



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

## October Monthly Run

**When:** Sunday, October 3th. Meet 8:15am, start at 8:30am

**Where:** Butano State Park, Pescadero

**What:** The Club will have two runs, one about 10 miles and a shorter one of about 6 miles.

**Why:** A 3200-acre coastal park centered around Little Butano Creek. The park hosts riparian habitat, Douglas firs, live oak trees, redwood trees, marsh plants, etc.

**How:** If you are not car-pooling - Take 92 or Hwy 84 from I-280 to Hwy 1 on Coastside and Turn south. At 4.6miles south of Hwy 84 take Pescadero Rd. east for 2.6miles, turn right (south) on Cloverdale Rd. and then go south 5 miles to park entrance on left. Carpoolers: Meet at 280/ Page Mill park and ride for a 7:30 departure. As will all our monthly runs, we will have a pot-luck brunch after the run. So, please bring some food or drink to share with others.

**Who:** For more information, call Jon Easterbrook at 650-948-8036 or e-mail at [easterbrook@email.msn.com](mailto:easterbrook@email.msn.com).

## Summer BBQ

*Ken Renworth*

Was that the Run Club at my house on Wednesday, August 4,... or was it a swarm of locusts? The last two years about 45 burgers were served up at the Run Club Summer BBQ. This year we ran out after 70, and had demand for more. Thanks to Kevin Wilkinson for flipping them all. Also, thanks to co-Prez's Peggy and Stella for inventing side-dishes from what was on hand and in the garden. Hopefully no one went away hungry.

It had been my plan to lunch on leftovers, but a handful of pretzels and a Bud Light didn't sound all that good.

*Ed.: Thanks to Ken for hosting the annual PARC BBQ at his lovely home (wow, what a dream kitchen!). Ken did a great job with the preparations, the weather was perfect and we had a big turnout. Everyone had a fine time. The Run Club is very fortunate to have people like Ken and Joe (see next article) who open their homes to us. Be sure to thank them next time you see them (or, better yet, volunteer for clean-up duty at the "house" party).*

## August Monthly Run

### Runners Brunch at Joe's Trailside Cafe

*PARC Wine Services*

Conditions were perfect for running at the PARC monthly run held on Sunday, August 1 at Steven's Creek County Park in Cupertino. It was cool and clear as 30 or so club members gathered at 8:30 am for (run coordinator) Jon Easterbrook's traditional pre-run briefing. As we studied Jon's hand-drawn "maps", hoping to divine some clues about the course, we caught a few of Jon's words, like "poison-oak", "rattlesnake" and "mountain lion". But, we didn't pay them much mind. Our thoughts were on other matters - the post-run brunch at Joe Walter's home, up on the ridge.

And so we took off. Most opted for the longer route (10 Easterbrook miles). A few took the shorter run (5 Easterbrook miles). The short route may have been no bargain. It ascended a steep, sun-exposed fire road for about a mile straight up the hill. The longer route was shaded and scenic. It wound around the reservoir and then climbed to the ridge along a series of

*Continued on page 7*

## 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:

<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

Jennifer Day  
 Danny Dreyer  
 Yvonne Franke  
 Joel Gartland  
 Gary Jones  
 Fred Kitson  
 Lina McCain  
 Megan Nguyen  
 Margarita C. Roehricht  
 Dan Roy  
 Robert Rozak  
 Steve Stephensen  
 Paul Walker  
 Dawn L. Wells

## 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

The email distribution list "**pa-runclub@lists.stanford.edu**" is owned and operated by Jeff Hodges and is intended for use by the local running community. The Palo Alto Run Club uses this list, but is not responsible for its content or maintenance. Full ownership and netiquette disclosure is available by sending a msg as follows:  
**to: majordomo@lists.stanford.edu**  
 (no Subject line required), Body should only be:

**info pa-runclub**

## PARC Birthdays – September

Peter Kacandes .....9/1  
 Eric Klein .....9/3  
 Rob Sturgill .....9/3  
 Jeff Hodges .....9/10  
 Philip Lowton .....9/10  
 Alan Wessel .....9/10  
 Caroline Bressler.....9/11  
 Dennis Bennett .....9/15  
 Kevin W. Hinkle .....9/18  
 Sigga Jonasdottir.....9/18  
 Cecilia Margevicius .....9/18  
 Kyle Welch .....9/20  
 Alison Clinkinbeard .....9/22  
 Terri Racine .....9/22  
 Nancy Fix .....9/26  
 Micheline McCullough.....9/30  
 David Pariseau .....9/30

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

## Credits

**Editors** Peyma Oskoui, Steve Reagan, Kevin Wilkinson  
**Writers** Dave Ahn, Stella Bergen, Al Blitstein, Nancy Clark, Jon Easterbrook, Kelly Emo, Ken Renworth, Peggy Ruse, Catherine Parker Stenz, Steve Woo  
**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

### Kelly Emo

**Name:** Kelly Emo  
**City/State:** Campbell, CA  
**Birthdate:** 11-17-64  
**Age:** 34  
**Home Town:** Santa Monica, CA  
**Occupation:** Marketing Strategist

**Family Life:** Married, one two-year-old daughter Dana.

**Education:** MBA Santa Clara University, BS-Computer Science, Cal Poly San Luis Obispo.

**Running Background/History:**

Started running occasionally in undergrad college while teaching aerobics. Began running more seriously when I started working at HP as I decided to run with the HP running club and on their Hood-to-Coast relay team. I have now been running fairly continuously for over ten years with time off for injuries and pregnancy. I was first bitten by the relay bug having run H-to-C five times and the Vancouver Island Relay in Canada three times. Then about seven years ago, I was bitten by the marathon bug and I have just completed marathon number eight at Avenue of the Giants this year.

**My Obsessions:** Marathons and relays, "attempting" to run fast at the track, playing at the park with my daughter, chocolate and coffee, shopping, movies, especially science fiction, mini-triathlons, traveling just about anywhere.

**My Ideal Running Program:** 50 miles a week with one fast interval workout at 6-minute pace, one 8 mile hill workout and a weekend race with a PR.

**My Real Running Program:** 35-40 miles a week with the hill workout and maybe the race if I'm lucky (no PR though...)

**Miles Per Week:** 40

**Shoe of choice:** Nike Air Skylon

**Where you buy your shoes:** Athletic Performance in Los Gatos.

**My Paces:** 7:30-8:30 on the road, 6-6:30 at the track, still trying to break the 20:00 5k...

**Other Fitness Stuff:** Lately it has been all running to get ready for the marathon, but when I'm more balanced I try to do 2



Kelly and Dana at Carmel

weight training sessions and 1 swim and 1 bike session per week. Occasionally, I'll take a step aerobics class. In the winter, I throw in some skiing for fun.

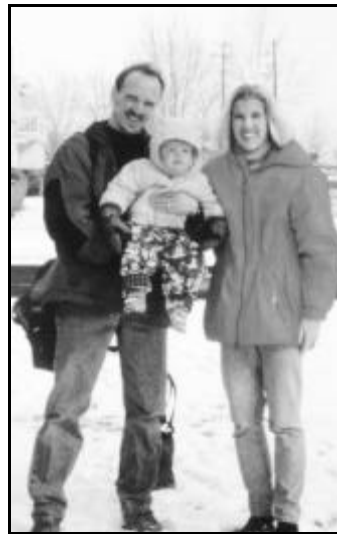
**Outdoor interests:** I'm mainly dreaming here because I rarely have time but my favorites are downhill skiing, river rafting, road and mountain biking, ice skating on outdoor rinks, hiking, boogie boarding and ocean swimming.

**Indoor interests:** Shopping, making desserts (especially chocolate), movies, touring museums, occasionally reading--although I prefer to read outside, chasing my daughter around the Jungle and McDonalds Play-Places...

**Diet:** What Diet? Four major food groups are chocolate, coffee, wine and pizza. But in reality, I have a high-cholesterol problem so I try to keep it low fat with lots of fish, chicken, rice and salad. My favorite low fat food is sushi which I would eat every night if I had the chance.

**Injuries:** I had chronic problems with my achilles tendons until pregnancy kept me from running for four months. Now I've been injury-free except for a troublesome tight left hamstring which does not keep me out of running, but keeps me off the track occasionally.

**Worst running experience:** California 10 mile race in January where it's long, cold and I'm always out-of-shape after the holiday season. Twice now I've run this race with my other running club, the West Valley Joggers and Striders. They only give you a T-shirt if you break 70 minutes. I've run 70:58 and 70:15.



Scott, Dana, and Kelly, Winter '99

**Best running experience:** 100th Boston Marathon. Incredible race with perfect weather and the crowds gave me goose bumps. I felt good the whole race, probably because I had to go out slow due to the crowds so I didn't hit the wall. The icing on the cake was to finish with a time fast enough to qualify again for '97--although I didn't go back because I did a nine-month marathon instead (*ed.:*

*that would be Marathon Dana)...*

**Favorite Race:** Tie between Boston Marathon and Hood-to-Coast Relay.

**Worst Race:** Tie between Clarksburg 30k (If you've done it you'll know why, it is the world's most boring race) and the

*Continued on page 4*

*Profile of Kelly Emo - continued from page 3*

California 10 miler in Stocton with these lousy "Sub-70" Tshirts which I keep missing by less than 60 seconds...

**How did I find out about the Palo Alto Run Club?** Cecelia Margevicius recruited me for a PARC H-to-C relay team quite a few years ago.

*Ed.: I had the good fortune to run with Kelly at a couple of HP corporate challenge running events \*before\* she had her baby. She is an excellent runner, with a sunny personality and a delight to be around. I was curious to know how she manages to juggle everything including her own runs, these days. Here are some more questions I asked Kelly.*

**Q:** How would you compare your running/training now to your pre-baby days?

**A:** Actually, I would say that having a baby has made my training more consistent and many of my workouts have become more challenging as I push my 31-pound sweetie in the baby jogger. I have made choices from a work-life balance perspective to tone down the pace/hours that I actually put in at work. Before having Dana, I worked a typical 60-hr week and traveled twice a month. All the travel wreaked havoc on my running so I would vary between solid 40 mile weeks and jetlagged 20-mile weeks, and I was sick all the time.

The first year after having Dana, my training was inconsistent since I was constantly catching her childhood illnesses, but this year, my immune system is stronger and I'm only working 30 hrs a week, so I have been able to maintain solid 35-40 mile weeks. I did have to give up some of my cross-training, however, and my bike is still gathering dust in the garage. I also tend to use my training time more efficiently as well, with less socializing (although I miss that at times) and more just solid hard running.

**Q:** How did you manage to find the time and the energy to train for a marathon after having a baby?

**A:** The marathon I ran in the first year (Rock-n-Roll '98) after having Dana was very difficult and probably done too early. I ended up running the marathon with a sinus infection and that was probably not a smart idea. However, I just did Avenue of the Giants '99 this last Spring with Dana approaching two years of age and the training went really well. I would do my long runs on Thursdays and Sundays. On Thursdays, I have full time day care but I only work half-day so I would use the other half to run. On Sundays, I have a very supportive spouse who let me go on 2-3 hour runs. I am now "paying him back" however, by letting him play a lot of Sunday afternoon golf.

Depending on what kind of week Dana had my training would be more or less intense. So, sometimes I had to lower my expectations on how long or hard I would actually run, but I didn't worry about it and figured it would all even-out in the end. I had a good solid marathon by holding a steady 8-minute pace on 45 mile weeks. I don't think I would be able to do the "really high" mileage with a toddler, however, so I can't expect really to drop my marathon times below my 3 hour/30 minute

barrier.

The key is to be very flexible in your training and not be stressed out if you don't meet your total mileage or pace goals on any given week.

**Q:** Any advice to first-time moms on their training/run routine?

**A:** Listen to your body and use running as a relaxing activity that can help with post-partum depression and stress. Don't worry about racing too quickly, just start racing when you feel the urge to go fast again and you can run quickly comfortably. I also found it very helpful to run with others to give me adult conversation after spending all day with an infant.

In terms of listening to your body, what I mean is to throw out your watch at first. When you first get back into running, an 8:00 pace may feel like a 7:00 pace from a perceived exertion perspective. In my first race after having Dana, I ran a 10k and ran as hard as I could. I felt like I do when I run my usual 42:00 and my time was 46:00, but I had fun and I didn't worry about it. It took me about a year to get back to my original speed. Also, don't worry about weight. It also took me about a year to lose it all, but it will eventually come off with running.

It is also a good idea not to train for a marathon through the winter season with a new baby as you will be exposed to many new germs and the long runs can lower your resistance. I learned the hard way and ended up with a two-month long sinus infection. I would suggest scheduling your first marathon after your baby's first birthday.

**Q:** What are your upcoming marathons/races?

**A:** I'm planning to run the Moonlight 5k at the end of September, the Quicksilver 1/2 marathon on October 3rd and potentially the Humboldt 1/2 marathon in mid-October. I don't have any full marathons planned for the rest of the year, but I'm still thinking about Boston/2000.

*Ed.: More power to you and welcome back to the PARC runs! Congratulations on having Dana and we will be cheering you on through your races.*



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**WATER STOPS R US**

*Dave Ahn*

It was a wonderful, sunny day for the July 11 Chronicle Marathon in San Francisco. Although our 9.8 mile water stop had a pleasant location with ample shade at the corner of Washington and Drumm, we knew it was uncomfortably warm for the marathoners. Our stop this year was the busiest I remember as our crew of about 20 volunteers worked diligently to keep up with the demands of the marathoners flowing by. Special thanks go to all our water stop volunteers and also hearty congratulations to all PARC marathoners.

At 6am, Megan Nguyen, Stan Jensen, and I were on hand as the truck had just arrived to unload the tables and supplies. The first steps were to position the tables and figure out exactly what we had (referring often to the written instructions). Next was the witches' brew: mixing the ULTIMA powder, water, and ice in the lined trash can (of course, after screwing together the plastic paddle head to the handle).

As more of our crew arrived, we began the now traditional art form of stacking filled cups in tiers on the water and ULTIMA tables. First you lay a base layer of cups on the tables, recommended as the most dense layer as the foundation for later levels. Then a second layer is placed on top using cut-up cardboard from the now emptied boxes that contained the water jugs. And so forth. Both sets of tables achieved four layers. However, the ULTIMA side had a very haphazard design. In contrast, as I looked down the street the water tables displayed a more symmetric configuration, definitely more elegant than our own, due, as I understand, to the input from their chief architect Marty Bernstein (who happens to be an architect).

Meanwhile, as this process was underway, Richard Roche carried out the important task of finding out where the t-shirts were, since no one had explicitly delivered them to us. He soon found his prey, a bag of t-shirts around the corner, halfway up the street.

There was also the important decision of where to display our run club banner. The following two paragraphs were contributed by Steve Forman:

“Where to place the banner was a team experience with inputs from Lina, Karl, Rich and myself. I was for putting it low so the runners could run smack into it. Rich, exhibiting his usual conservatism, a product of his advanced age, was strongly opposed stating that the trucks would come through and cause a safety hazard. The more risky strategy prevailed and guess what, no big trucks. There was one 7-foot runner who ran smack into the banner and thought he was seeing blue or had the blues after the impact.

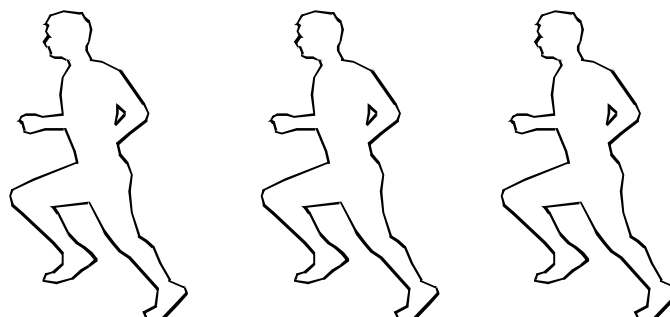
Placing the banner between tree and light pole required tree-climbing skills normally found in natives of the Amazon while hunting monkeys. The Run Club was lucky to have Lina's athleticism which I found later to be a by-product of her Latin American dancing experience. Lina shot up the tree, tied the rope and returned to the ground before any of us could form a safety net.”

As preparations were still being made, the advice was to take the chance now to snack on the Hobee's coffee cake (and a big thank you to Hobee's for giving us a discount on the coffee cake), since there would be little time later. Jonathan Goldstein kept an eye on his watch to keep all apprised when the first runners might come through. And as the trickle of runners began, we searched for PARC runners and we called out their names to alert the whole group. I myself was able to hug two of our PARC'ers as they came by. We continued to give encouragement and cheers to the runners as well as the constant advice to drink up.

As the flow of runners picked up, our supply of ready cups began to dwindle rapidly. We soon had 2 people in each of the ULTIMA and water crews pouring to attempt to build the supply back up. We kept busy until around 9:30am when the stream of runners began to thin out. We were happy to have the assistance of two members of the Runners Inn Running Club who joined in. I also noticed a few small youngsters (besides Wenge Zhang's daughter) who were helping us at the ULTIMA station.

Our cleanup went quickly: trash was collected, cardboards were stacked, leftover supplies were piled. We did maintain a pile of water/ULTIMA cups for remaining marathoners. We were essentially done by 10 am with the truck returning soon thereafter to make the final pickup of tables.

Again, I marveled at the effort and dedication of all the marathoners. And I think it's important for us (as many of our crew are marathon/ultra veterans) to provide this type of support. We do know what it is like to be out there (as well as do the other 3 running clubs and 2 track teams who helped out at other water stops; out of a total of 11 water stops). We run the challenge of marathons and beyond because of the support of the entire running community.



## NUMBER TWO WOES AT SF MARATHON

*Steve Woo*

Old "Number Two", or in laymen's term--"peeing", appears to be more of a psychological phenomenon than a physical one. (*Ed.: There seems to be some disagreement as to what is "number one" versus "number two". We will defer to Steve in this article!*)

This I learned from my recent experience at the 1999 San Francisco Chronicle Marathon. Throughout my training for the marathon, I consumed between 2-3 gallons of water per day, depending on my workout for the day. Never in my 15 years of running have I jumped into the bushes during a run to pay homage to Number Two, or its close cousin Number One. To "hold it in" builds character, I've always thought. Only a few seconds after the start of the marathon, my character was put to one of the biggest challenges a marathoner can experience.

Number Two and I hit it off quite well during the half hour before the start; Number Two finally departed about 5 minutes before the start. However, only a few seconds after the gun went off, I felt a gentle wave ripple across my bladder. Running for about a minute, I was torn, with that old Clash song screaming through my head--"Should I stay, or should I go? Baby, you've got to let me know. Should I stay or should I go?"

This was my first marathon after knee surgery and my immediate goal was only to make sure I could still go the entire distance without the knee swelling up like it did the previous year at the now infamous inaugural RockNRoll Marathon. My finishing time was not going to be an issue on this day--at least not yet, anyway. So, with this in mind, and with Number Two calling me from a nearby bush, I jumped behind the bush and eagerly awaited--5 seconds, 7 seconds, 10 seconds--anytime now...15 seconds...tinkle...tinkle. "Hmm. That was unproductive." At the time, I made nothing of this false alarm and merged back into the back of the pack, arriving at the first mile at over 9 minutes.

By mile 3, coming out of the Presidio and into the Marina, the knee was performing like clockwork, my pace was picking up quite nicely, and Number Two was somewhere further back wreaking havoc on the bladders of some other unfortunate souls. Wearing my cherished Cal Aggie t-shirt, I hear the enthusiastic chants of spectators lining the course--"Woohoo! Go UC Davis! Go Aggies!" My eyes swelled up for a brief second, and then I felt a surge go through my legs. By mile 5, I realized I was on pace to qualify for the Boston Marathon. Consequently, the remainder of the run was essentially a refresher course in 4th grade arithmetic for me, with calculations running through my head as I tried to determine just exactly how slowly I could run the remaining miles and yet still qualify for Boston.

This is really an article about peeing, not running, so I will just cut to the chase now.

By the 25th mile, my legs were dead and I had given up hope for qualifying for Boston. It was all uphill coming off the Great Highway and into Golden Gate Park to the finish. Passing the buffalo paddocks, with about 3/4 of a mile left, I'm feeling much like a buffalo too. But then with only half a mile left, spectators begin lining the course and again I hear music to my ears, "Go UC Davis! Go Aggies! Woohoo!" I figured, if you can't qualify for Boston, you might as well look good when you finish. As we all know, but seldom like to admit, it's really not how you feel that's important. It's how you look. This is no less applicable to running--as it is to our daily lives, of course. (This bit of wisdom, from Fernando's Hideaway, circa 1985 SNL.)...Anyway, so with about 100 meters left, I'm squinting at the clock ahead to see how much I'm going to miss Boston by, but what does it read? 3:09 and thirty something seconds!! After running 26 miles, I've got less than 30 seconds to run a hundred meters to qualify for Boston 2000. At this point, am I concerned about looking good for the camera man at the finish? Hardly, though I did make sure to crack a grin for the camera after crossing the finish in 3:09:54...only 6 seconds under the qualifying time for Boston.

So, after losing 20 seconds to Number Two, and qualifying with only 6 seconds to spare, what's the moral of this story?...Peeing should take no longer than 26 seconds for all prospective runners trying to qualify for Boston. It's all very scientific..."Niki!"

### List of PARC Runners at San Francisco Marathon

Overall	Name	Time	Division	Place in Div.
33	Ted Levine	3:04:49	50-54 M	1
37	Tom Ziola	3:06:24	40-44 M	6
54	Steve Woo	3:09:54	25-29 M	11
113	Amelia Vrabel	3:52:35	20-24 F	21
119	Patrick Schuck	3:22:20	35-39 M	24
125	Rita Comes	3:54:31	35-39 F	25
130	Scott Lajoie	3:23:16	25-29 M	22
140	Kyle Welch	3:24:11	35-39 M	31
174	Eric Klein	3:28:03	40-44 M	29
181	Alma Gonzalez	4:00:48	30-34 F	50
238	George Fahd	3:34:40	35-39 M	50
304	Dave Wibbelsmann	3:39:49	30-34 M	70
326	Joe Cor	3:41:28	35-39 M	66
362	Andy J Lee	3:44:22	40-44 M	55
393	Pascal Zwahlen	3:46:24	25-29 M	61
466	David Collette	3:50:42	30-34 M	104
845	David Llewelyn	4:14:11	35-39 M	164
886	Jean Debroux	4:17:07	35-39 M	170
905	Eppa Hite	4:18:02	45-49 M	88
1389	Steve Chin	4:55:57	25-29 M	227

...and the relay team of Alexander/Kerb, 3:09:57 who came in 6th in their division.

*Ed.: Our apologies to the PARC runners whom we missed. Congratulations to all the finishers.*

August Potluck - continued from page 1

switchbacks.

Once on top we were treated to relatively level terrain, soft trails, great views and no horses or mountain bikes. Most hazards were avoided. But one PARC'er was seen a week later with a touch of poison oak (coincidence, perhaps?). And, Joe Walter reported that a rattlesnake attacked his car and his front tire had to defend itself.

We ran along the ridge, admiring the scenery and then made our way over to Joe's place - conveniently located next to the trail. It takes courage to invite 30 people to your home. But, you have to be fearless to invite 30 dirty, sweaty and stinky runners to your home. Joe has a beautiful home and was a wonderful host. He even transported the food from the start up to his house while the rest of us ran the course. And having the Foothill College Massage Team there to practice on us was a really nice touch.

First order was to make coffee and to check out the pot-luck provisions being arrayed on the dining table. Besides the usual b-food (bananas, bagels, blah), there were some good signs ... a tupperware container! and a pink box! Kudo's to Bec Redman and Eppa Hite. Bec brought her homemade, world-famous, low-calorie chocolate chip cookies. And Eppa came through with Harmony Bakery sticky buns - the official pastry of the Palo Alto Run Club. There was lots of other tasty stuff - fresh fruit, lox, breads, something for everyone.

We chowed and chatted, and lounged by the pool; we talked about running and took in the view. It was a super clear day - Mt. Diablo really stood out. We could almost see Steve Reagan and Chuck Wilson running in the Skyline 50K on the other side of the bay. Too bad that they missed this club run. And too bad for you, too, if you missed it.

**RUNNING REVEALS THE TRUE SELF**

*Jessa Vartanian*

I am most myself when running -- most human, most friendly, most approachable. With my hair stuffed into a faded baseball cap, ragged T-shirt and shorts decorating my body, and 30 SPF sunscreen my only makeup, all the barriers, props and attitudes I wear in daily life are stripped away. I do things I might not otherwise do.

Like greeting everyone I pass -- from tall, gorgeous guys I find too intimidating to approach in real life, to homeless people huddled in bus stop shelters I normally avoid making eye contact with.

I reveal things I don't usually reveal. Like my stomach. I peel off my T-shirt at mile two, stuff it into the waistband of my shorts and run the remaining six with the midriff I'm not so fond of blatantly exposed for all the world to see. Unabashedly, I share the most intimate details of my bodily functions with running companions as if they were medical doctors. If one of us accidentally passes a little you-know-what, we don't die of embarrassment. We say "excuse me" and keep running.

**A hidden talent**

I also spit. It's not a terribly ladylike activity but I must confess I feel a secret pride when said spit hangs together and soars a particularly long distance. It takes a certain talent.

Before I was even a teenager, the world began bombarding me with information on how to put my best image forward: what to wear, what to say, how to act. Browsing the beauty and fashion pages of Teen magazine, I subconsciously absorbed a cardinal truth: that the world would, to a large extent, judge me by my appearance.

At 12, I became convinced that dangling trinkets from my earlobes would make me irresistible to the sixth-grade boys. After weeks of begging, Mom finally let me punch holes in them (my ears, not the boys). Next, I decided my mosquito-bite breasts required support, so off we went to the girls department at Macy's. The womanly delight I expected to feel that first Maidenform day was abruptly eclipsed by the suffocating pressure around my rib cage. All day I fantasized about unhooking the clasp and taking a deep breath.

As I grew, so did my beauty essentials: Eyebrows got plucked. Legs shaved. Hair highlighted. Fingernails polished. Undereye circles concealed. Thin lips lined to appear fuller. Not to mention control-top pantyhose and toe-crushing pumps (and I thought bras were constricting).

**A facade**

For romantic occasions, I desperately hunted through the Victoria's Secret catalog for lingerie that might fit the breasts that had yet to outgrow the girls department. When the brown box arrived, I'd hurry into the house, shut the blinds, suit up, and cautiously approach the mirror -- always to discover an impostor staring back. Back I'd jump into my sweatpants and Bay-to-Breakers T-shirt.

All the adornments I've been deluged with over the years are supposed to make me look smart, attractive, sexy or some other sought-after characteristic. While they sometimes do, they also distract me from who I am inside -- and from other people. How can I make eye contact when I'm busy checking my appearance in every store window?

Running strips away the veneer, brings me back to the basics. With my legs striding powerfully beneath me, sweat-drenched ponytail rhythmically swatting my back, it's just me out there. No perfume. No WonderBra. Simply a woman with strong legs, who knows how to spit, who isn't worried about the wind whipping her perfectly blow-dried hair into a frenzy.

I feel real when I run. Which is why I often put off showering for hours afterward. I meet friends for coffee. Chat with neighbors. Sing at the top of my lungs with the car windows wide open. Raw, exposed, I may look like a Glamour "Don't" but I feel beautiful in a way I don't when I'm all gussied up like a girl. And I'm in no rush to rinse that feeling down the drain. My running self is always inside me. With each mile I log, she gets stronger, reminding me of who I am, what I'm capable of, not to take myself too seriously. She seeps into my non-running life.

Like last week at the grocery store. Instead of staring at the ceiling when I spotted a cute guy coming down the cereal aisle, I took my eyes off the Cheerios and said "Hi!" right to his face. How'd I get up the nerve? I imagined myself in baggy old running shorts, half-way through a 10-mile run, bangs plastered to my temples with sweat.

*Published Thursday, April 22, 1999, in the San Jose Mercury News; published March 1998, in Runner's World magazine. Copyright 1999, 1998 Jessa Vartanian . All rights reserved.*

**Ed.:** *Jessa lives in the area and occasionally runs with PARC. We hope to see more of her on the trails and in print.*

**NEW EMAIL DISTRIBUTION LIST INFORMATION AND DISCLAIMER**

*Stella Bergen and Peggy Ruse*  
PARC Co-Presidents

The email distribution list information and disclaimer, on page 2 of this and every issue, was recently reviewed, revised, updated, and approved by the PARC Board. Please review this information and disclaimer. This information is sent out by Jeff Hodges, the email list owner/operator and a PARC member when people join the email list or request it. PARC is one of many that use this email distribution list to notify, inform, explain, query, etc. (parunclub@lists.stanford.edu). The disclaimer explains that PARC does not own, operate, or maintain this list. Over the last few years controversy has arisen because of the information sent over and usage of the list. Please review the netiquette information and use the list appropriately.

**15th Annual Palo Alto Moonlight Run  
5K Walk/Run, 10K Run**



**When:** Friday September 24, 8:30pm.

**Where:** Baylands Athletic Center, Embarcadero and Geng Roads.

**What:** 5K and 10K loop courses over Palo Alto Baylands levee, through the marsh lands by the light of the harvest moon! Jogging strollers welcome at the back of either run.

**How Much:** Pre registration (postmarked by Sept. 8th) is \$20.00 and includes long-sleeve t-shirt. Late/run night registration is \$25.00 with a shirt while supplies last.

**Information:** www.paweekly.com, or (650) 329-2686 or (650) 326-8210.

**YES SUR, THAT'S MY BABY**

*Al Blitstein*

That was the headline of an article in Keeping Pace by Lee Brownston a number of years ago. He was announcing that we were invited by The Runners Inn Running Club (based further up the peninsula) to join them in a camp-out and 10k race in Big Sur State Park. A number of us did go, and we had a fabulous time. Now the PARC Board has decided to relive that event and is planning to camp out and participate in this year's Big Sur 10K (and 5K) race. The event will take place on Saturday, October 23. We'll be camping on Friday and Saturday evenings and share in a couple of meals...

Pfeiffer Big Sur State Park is situated about 26 miles south of Carmel off of Highway 1. Camp sites are generally nice, and some back up to the Big Sur River that meanders through the park. Hot showers are available, and there are a couple of stores for provisions as well as a lodge where meals are available (and cabins for those who prefer more comfort). There are a number of interesting areas just outside the park: Nepenthe or Ventana, where one can go for lunch and great views of the Pacific after the race, the Henry Miller Museum, Salmon Creek Falls, Point Sur Lightstation, the Hawthorn Gallery, and more.

Because this is a popular event (about 1500 runners) , campground sites are usually reserved early. PARC will pay for several camp sites and make them available on a first come basis. Applications for the run and camping reservations are available through Al Blitstein (*Ed.: see page 2, under How to Join the Club for Al's number*). Due to the cost of this event, we're planning on fully utilizing each camp site. That means two tents and eight people per site. Hope that many of you can make this unique event.

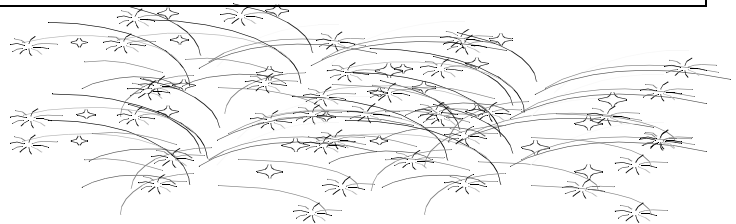
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**Palo Alto**  
Town & Country Village  
(across from Stanford University)  
**(650) 321-6453**



Congratulations to PARC members, **Danny Dreyer**, and **Ted Levine** for placing in the 50K Skyline ultra run. Danny, the coach extraordinaire placed third in his age division and ninth overall with a time of 4:24:15. Our very own master marathon runner, Ted Levine finished his first ultra with a time of 4:47:18, good for 29th overall, and third in his age division. Awesome!

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

### 1999 NUTRITION NEWS FROM ACSM

At the annual meeting of the American College of Sports Medicine (Seattle, June 2-5, 1999), exercise scientists presented a plethora of research. The following is a sampling of the latest sports nutrition news.

**EXERCISE & APPETITE:** According to Neil King, exercise scientist from England, a weak link exists between exercise and appetite. That is, the average person who performs additional exercise does not significantly increase calorie intake. Why? King surmises they are simply less active the rest of the day; this conserves calories.

King regards exercise as a demanding way to lose weight. That is, you might spend an hour exercising off 600 calories, but then you can easily replace that much in six minutes! And after exercise, you may eat for reasons other than hunger; you know the story: "I just trained very hard, so I now deserve to eat the bag of cookies..."

**BODY FAT:** A large variance occurs among methods of measuring body fat. In 10 competitive, 30 year old male runners, body fatness ranged from 10.5% with DEXA (a highly accurate method used primarily in research facilities), 9% with underwater weighing, 8.5% with skin-fold calipers, and 6% with bioelectrical impedance.

\* Despite popular belief, restricting dietary fat may not contribute to loss of body fat. Women who ate little/no fat had the same body fat as those who ate more fat & calories. Both groups exercised for 1+ hours/day, 6 days/wk.

**CALORIE EXPENDITURE:** If you are interested in learning the calorie cost of exercise, here are some samples:

\* Collegiate female soccer players burned about 1,000 calories per game, spending more in the first half of the game.

\* Women (25 y.o., 135 lbs) burned about 200 to 250 calories per hour of light to moderate free weight circuit training.

\* Women who did strength training for 100 minutes had a 4% higher resting metabolic rate 15 hours after the exercise session. This "afterburn" can help with losing fat.

\* Men (150 lbs) burned about 4 to 5 calories per minute of moderate exercise on an elliptical trainer. Note: this was about 40 to 80% less than calculated by the machine!

**COMPULSIVE EXERCISE:** Overexercise can be a problem for some athletes, causing increased fatigue and feelings of heaviness due to staleness. Yet, these people tend to continue training, even though they need rest. Why? Exercise is often driven by the desire to try to change a poor body image. For example, among a group of 148 fitness instructors, 44% were obligatory exercisers with a strong drive for thinness. Exercise won't totally reshape a body...

**PERFORMANCE:** Exercise scientists continue to search for ways to improve performance. Here are some tips--

\* Because depletion of carbohydrates is associated with fatigue, the question arises: If you adapt your body to preferentially burning fat by eating a high fat diet, will you be able to exercise longer? Australian sports nutritionist Louise Burke reports no clear benefits to this "fat loading" theory. She had athletes eat a high fat diet for 5 days, then carbo-load and rest the day before the exercise test. Only 2 of the 8 cyclists performed significantly better during the two hours of hard cycling followed by a time trial (during which they took in only water, but no carb). Burke recommends consuming carbs during exercise as a better way to enhance performance than "fat loading."

\* Don't over-eat pre-exercise fat. Subjects given 760 calories of a high fat meal three hours pre-exercise were 14% slower than when they ate pre-exercise carbohydrates.

\* Eat lightly to avert "stitches" (abdominal pain): 25% of 850 walkers and runners at a community walk/run event reported getting a stitch. Those who ate a relatively large amount of pre-exercise food were more likely to suffer from one.

\* Consuming adequate water and carbohydrates during endurance exercise delays fatigue. But even if you maintain normal hydration and blood sugar levels, you'll still experience fatigue.

\* Taking 200 calories of carbs in gel-form or as a beverage makes little difference; both have similar effects upon blood glucose.

\* To help delay fatigue during hot weather exercise, try pre-cooling your body with a cold bath or shower. Fatigue occurs when the body temperature reaches 103.5 F.

\* Your body needs/uses carbs consumed during exercise. A sports drink provided about 25% of the calories burned during 2 hours of moderate cycling.

\* Sports drinks taken before and during intermittent high intensity exercise (such as basketball and soccer) can not only delay fatigue but also enhance mental function. Drink well!

\* Sports drinks taken even 5 minutes prior to intense sprinting get absorbed from the stomach. 80% of Gatorade got absorbed during 40 minutes of intense sprinting, as compared to 90% at rest.

\* Carbo-loading is not essential for endurance athletes such as cyclists racing for 100 kilometers (62 miles) if they consume carbs during the exercise. Seven cyclists consumed either a moderate carbohydrate intake prior to the race (and started off with lower glycogen stores) or a high carbohydrate intake. Two hours before the exercise test, each cyclist ate about 600 calories of carbohydrates, and during the test, each consumed about 300 calories of carbs. Both groups performed equally well; the pre-and during-exercise fueling compensated for the lack of carbo-loading.

*Nancy Clark, MS, RD, Director of Nutrition Services at Boston-area's SportsMedicine Brookline is author of Nancy Clark's Sports Nutrition Guidebook, 2nd Edition (\$20) and The NYC Marathon Cookbook (\$20). Both are available by sending a check to 830 Boylston St, Brookline MA 02467 or via [www.nancyclarkrd.com](http://www.nancyclarkrd.com)*

# City of Palo Alto

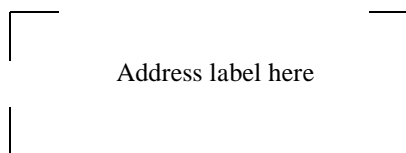
## Department of Community Services

Recreation, Open Space  
& Sciences Division

Lucie Stern Center  
1805 Middlefield Road  
Palo Alto, CA 94301

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## PARC Events Calendar – September, 1999

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
•	•	•	<b>1</b> 6:00 pm - Palo Alto, Lucie Stern.1 (St Francis Run)	<b>2</b>	<b>3</b> 6:00 pm - Mile repeats, Old Page Mill rd.1	<b>4</b> 8:00 am - Long run, Sawyer Camp.1
<b>5</b> 8:30 am - PARC monthly run, San- born County Park	<b>6 Labor day</b> 6:00 pm - Stanford Dish Run. Angell Field.1	<b>7</b> 6:00 pm - Track, Angell Field.1	<b>8</b> 6:00 pm - P.alo Alto, Lucie Stern1 (Baylands Run)	<b>9</b>	<b>10</b> 6:00 pm - Mile repeats, Old Page Mill rd.1	<b>11</b> 8:00 am - Long run, Sawyer Camp.1
<b>12</b> 8:30 am - Presidio 12K/5K, Presidio Parade Grounds	<b>13</b> 6:00 pm - Stanford Dish Run. Angell Field.1	<b>14</b> 6:00 pm - Track, Angell Field.1	<b>15</b> 6:00 pm - Palo Alto, Lucie Stern.1 (Ken's Lake Run)	<b>16</b>	<b>17</b> 6:00 pm - Mile repeats, Old Page Mill rd.1	<b>18</b> 8:00 am - Long run, Sawyer Camp.1
<b>19</b> 8:30 am - Ron's Wild- life 10K/5K, Los Gatos, Vasona Park	<b>20</b> 6:00 pm - Stanford Dish Run. Angell Field.1	<b>21</b> 6:00 pm - Track, Angell Field.1	<b>22</b> 6:00 pm - P.alo Alto, Lucie Stern1 (Edgewood Run)	<b>23</b>	<b>24</b> 6:00 pm - Mile repeats, Old Page Mill rd.1 8:30 pm - Moonlight 5K/10K run, Palo Alto Baylands	<b>25</b> 8:00 am - Long run, Sawyer Camp.1 Napa to Santa Cruz Relay.
<b>26</b> 8:30am - San Bruno Mtn. 5K/10K/Half, Daly City	<b>27</b> 6:00 pm - Stanford Dish Run. Angell Field.1	<b>28</b> 6:00 pm - Track, Angell Field.1	<b>29</b> 6:00 pm - Palo Alto, Lucie Stern.1 (Tree Run)	<b>30</b>	•	•

1. See Calendar Notes on page 2