

# Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

## July Monthly Run

**When:** July 2, 2000 Meet at 8:15am, run starts at 8:30am. Car Pool leaves at 7:30am from Page Mill/280.

**Where:** Joseph D. Grant County Park

**What:** The club will host the usual two runs, 12 miles and 6 miles.

**Why:** This is the largest Santa Clara County Park, of over 9522 acres with over 40 miles of running trails. The park is situated in the east foothills of Santa Clara Valley with grasslands, majestic oak trees, lakes, etc.

**Directions:** The park is located on Mt. Hamilton Road in the Halls Valley, just east of the larger Santa Clara Valley. Travel to the park by taking US101 or I-680 to Alum Rock Ave. eastbound in San Jose. Turn right onto Mt. Hamilton Rd. and travel eight miles to reach the park entrance. PARC runners please meet at Grant Lake parking lot off of Mt. Hamilton Rd.

REMEMBER THIS IS A WILDERNESS RUN. JULY COULD BE HOT. ALL RUNNERS MUST CARRY THEIR OWN FLUIDS WITH THEM.

**Contact:** Jon Easterbrook at (w) 650-632-4223 (h) 650-948-8036 or via email at [easterbrook@msn.com](mailto:easterbrook@msn.com).

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

## August Monthly Run

**When:** August 13, 2000 (Date change notation—this month only) Meet at 8:15, start at 8:30

**Where:** Butano State Park, Pescadero

**What:** The club will host two runs, 12 and 6 miles

**Why:** A 3,200 acre coastal park centered around Little Butano Creek. The park hosts riparian habitat, Douglas Firs, Live Oak Trees, Redwood Trees, marsh plants and great views.

**Directions:** Take 92 or Hwy 84 from 280. On Highway 1, turn south. At 4.6 miles south of Hwy 84, take Pescadero Rd. east for 2.6 miles. Turn right (south) on Cloverdate Rd. and then go south 5 miles to park entrance. Car-poolers will leave from Page Mill and 280 Park-and-ride at 7:15.

Please bring food and drink to share after the run.

**Wilderness Run - Bring your own fluids.**

**Contact:** Jon Easterbrook at (w) 650-632-4223 (h) 650-948-8036 or via email at [easterbrook@msn.com](mailto:easterbrook@msn.com).

## Feeling Human in the Human Race

*Dave Ahn*

I suppose it is never easy to get up early for a race, but I sure wasn't happy Saturday morning, May 13, before driving down to Lake Almaden Park in San Jose to run the Human Race 10K. I just did not want to get out of bed, plus I had dislocated my right shoulder about 2 1/2 weeks before (most likely too much strain from recent weightlifting workouts) so I was so to speak a little off balance. I had agreed to run the Human Race to help raise donations for Silicon Valley Habitat for Humanity. Our affiliate was joining many other nonprofits in the several Human Races held around the Bay Area. I figured the president of the board of directors (besides being known as a frequent racer) had an obligation to show up.

Reluctantly I threw my gear and water bottle in my car and drove down highway 85 (where exactly is this place . . . oh, Lake Almaden Park is right off Almaden Expressway, natch). After picking up my bib number, I warmed up a little. The sling was bothering me so I decided to run without, otherwise I feared falling down when I picked up speed. Funny, it just seemed to me that everyone else was jogging a lot faster than I was in warming up, or else I was especially sluggish this morning. I had the old familiar routine of trying to psych myself for the race (okay, smart guy, now that you're here, let's do it, so let's talk those legs of yours into running, etc.)

Another routine is what exactly to do before the start of the race. Sure, I warm up, stretch, do some strides but there is still some nervousness I feel before the actual start. Part of it is anticipation, not knowing exactly how your body will respond. Another part is simply nervous energy, anxious to get going. So I stretch and wait some more, maybe hop around a little, often with the waiting extended by usual delays, including (of course) chatting with the other runners near the starting line.

I talked with Kelly Emo before the start, you know, the usual where we look around and try to figure out who the fast people are. My fellow Aggie Carmelo Rios was there so I remarked that we should make sure we let him go . . . we wouldn't see him for very long (Carmelo won in 32:19).

The temperature was just about right, not yet warm, a little cool though I wouldn't have minded it being colder. The course was very flat and scenic, running alongside the length of the lake on part of the course. Kelly usually starts out quick so I was content to keep her in sight for the first half of the race. With about 1.5 miles to go, I felt surprisingly good so I put a little surge in. But I paid for it as I started to tighten up near the finish. It took a big effort since I heard someone closing which necessitated a desperate kick to hold him off. It took me a long time to recover my breath.

*continued on page 5*

**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 Foothill College track, Moody Rd. exit off I280 in Los Altos. 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 will be announced each week before the run.

**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.

**2000 PARC Board**

The 2000 PARC Board of Directors is comprised of the following volunteers:

- President** .....Steve Forman
- Treasurer**.....Ken Renworth
- Membership** .....Lorri Walsh
- Mailing** .....Catherine Stenz
- At-large**.....Dave Ahn
- .....Stella Bergan
- .....Steve Reagan
- .....Peggy Ruse
- Run Coordinators:**
- Monday Night** .....Steve Beebe
- Wednesday Night** .....Rick King
- Saturday Morning** .....Rita Comes
- Monthly** .....Jon Easterbrook
- Web Page**.....Jeff Hodges
- .....Charles Lai
- Newsletter Editors**....Chris Sadeghian
- .....Dave Wibbelsmann

**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-run-club@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 message as follows:

**to: majordomo@lists.stanford.edu** (no Subject line required), Body should only be: **info pa-runclub**

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 <email addr>**

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

**PARC Birthdays—**

**July**

- Renee Gorzynski .....7/1
- Don Way..... 7/1
- David Carella .....7/3
- Mark Williams.....7/11
- Carsten Hansen .....7/12
- Kiran Kamboj.....7/12
- John Lang.....7/13
- James Cherry .....7/15
- Adam Kemist .....7/15
- Edna Nerio .....7/15
- Catherine Parker Stenz.....7/15
- Lori Wong .....7/18
- Stephen McCarthy.....7/19
- Nora Sweeny .....7/20
- Ralph Northrup .....7/22
- Marc Scanio .....7/22
- Ashish Mukharji.....7/23
- Dan Roy .....7/24
- Nadine Andrakin .....7/26
- Jim Schnitter .....7/27
- John Blair .....7/28
- Beth Walker.....7/30
- Sue Bernal .....7/31

**Credits**

- Editors** Chris Sadeghian,  
Dave Wibbelsmann
- Staff** Peyma Oskoui, Kevin  
Wilkinson, Catherine Stenz
- Writers** Dave Ahn, Walter Alvey,  
Nancy Clark, Danny Dreyer,  
Jon Easterbrook, Steve Forman,  
Jonathan Goldstein,
- Photos** Walter Alvey, Rita Comes
- President** Steve Forman
- Recreation** Minka van der Zwaag

**Don't Forget to Write**

We welcome all articles, photos, suggestions, praise. Please send submissions (in electronic form, if possible) to either co-editor by the 3rd of the month for the following month's issue (submissions may be edited for length or clarity).

- Chris Sadeghian  
csadeghian@yahoo.com
- Dave Wibbelsmann  
1810 Sweetwater Dr., San Leandro, CA 94578  
dwibbelsmann@sangstat.com

The City of Palo Alto Recreation Division requests that club members be safe and considerate as we share the road with other cars, bikers, and rollerbladers.

# Personality of the Month: Walter Alvey

**Name:** Walter Alvey  
**City/State:** San Jose, CA  
**Phone:** 408-629-9838  
**E-Mail Address:** alvey@us.ibm.com

**Birthdate:** Oct. 22, 1956  
**Age:** 43  
**Home Town:** Baltimore, MD

**Occupation:** Software developer for IBM in south San Jose. I work on the DB2 DataJoiner product.

**Family Life:** Single, no children.

**Education:** B.S. Mathematics, University of the Pacific, plus some graduate work at M.I.T. and University of Santa Clara.

**Running Background/History:** During the late 80's, I started a running program several times but never stuck with it more than a few months. Then in the summer of 1989, I started again to get in shape for a backpacking trip. I guess something finally clicked because I've been running ever since. I used to do a lot of races (10Ks, half marathons, and a few marathons) but have not done any recently. I still have almost an entire closet filled with race T-shirts.

**My Obsessions:** The piano, especially Bach and Chopin. In my younger days, I practiced about two hours a day. I don't spend that much time on it now but I play when I can.

**My Ideal Running Program:** A 4-6 mile run 4 times a week, plus a 14 to 18 mile run once a week.

**My Real Running Program:** About the same except that I sometimes skip the long run.

**Miles Per Week:** 30 to 35

**Shoe of choice:** Nike Air Structure Triaxes and similar shoes from other manufacturers.

**Where you buy your shoes:** Runners Factory and Athletic Performance, both in Los Gatos. The people that work there seem to know a lot about running. When I try on a new pair, they always check the fit and then watch me run. All of their recommendations have worked out very well. One time they even recommended a less expensive shoe than what I was going to buy because they thought it would be better for me.

**My Paces:** From 6:40 (when racing a 10K) to 10:00 (when training for a marathon).

**Other Fitness Stuff:** I used to work out with weights but not much recently. My company just put in a weight room near my office that we can use for free. So now I have no excuse. (I have a training appointment scheduled in a few weeks.)

**Outdoor interests:** Hiking, travel, scuba diving, and occasionally backpacking. I've hiked most of the major parks in the Bay Area (though certainly not all the trails). I enjoy traveling in



both the U.S. and overseas and would like to get an overseas assignment. I haven't done much scuba diving recently but I have enjoyed diving Monterey and parts of the Caribbean and Mexico.

**Indoor interests:** Piano, movies, taking classes, reading, museums. My taste in movies is not always sophisticated but I go at least once a week. I enjoy both "fun" classes and work-related classes (don't want those skills to get obsolete). Going to museums brings back happy memories of my grandmother taking me as a child.

**Diet:** I eat mainly pasta, vegetables, fruits, and grains. Ever since I started running, I lost my taste for red meat. But I still eat chicken and fish. I do have a weakness for stromboli (including the sausage and pepperoni) and banana splits with nuts, whipped cream, and a cherry (which I might point out, contain three of the four basic food groups).

**Injuries:** None so far. I try to take good care of myself. I replace my shoes at least once every 6 months and I take a few days off if I feel an injury coming on. A few years ago I had a hernia (not related to running) that put me out of commission for about seven weeks. But everything is fine now.

**Worst running experience:** Running the Death Valley Half Marathon, 1993. I woke up with the flu but decided to run anyway. By mile 10, it was getting very hot and I started feeling very sick. I don't know when I've ever felt so miserable during a run. I spent the last 3 miles walking very slowly, placing last in almost all divisions. It was two weeks before I was well again. (I guess these experiences build character and I'm sure that I'm a better person because of it.)

**Best running experience:** Running the Death Valley Half Marathon, 1993. I know it sounds odd to have my best and worst running experience be the same. But before I started having dry heaves at mile 10, I really was feeling OK and genuinely enjoying myself. My friends were with me, it was my favorite distance, and it's some of the most beautiful scenery that I've ever seen.

**Favorite Race:** Almaden Quicksilver Half Marathon. I like running hills and the first 5 miles are up hill with beautiful views. Also, it's relatively small and most of my friends run it.

**Worst Race:** Another half-marathon that shall remain nameless (well OK, it was the Morgan Hill Half Marathon some time in the early 90's). I was having one of my best runs ever — easily maintaining a pace that would have brought me in 5 minutes faster than my previous best time. I ended up coming in about 10 minutes faster. Skeptical that I had done so well, I did some asking around and found out that the course had been measured incorrectly — the last few miles were too short. (To be fair, I should say that I believe this race is now certified.)

**How did I find out about the Palo Alto Run Club?** About two years ago on a Sierra Club hike, I overheard someone talking about it. I asked her about it and she sent me an e-mail with the web page address. I wish I could remember who she was. I don't think she's in the club and I've since lost touch with her. In any event, I am grateful to her for letting me know about a great group of people.

## A Forest Gump Wannabe

Steve Forman

I cannot but marvel at the many articles (in PACE) written by our membership which relate their running experiences punctuated with some of the most unusual conditions, circumstances and coincidences. Reading these real life tales of survival I feel as though I have been inserted into these struggles of runners battle the elements and mother nature. Feeling safe and comfortable in my armchair, I begin to feel that I have been there and at the same time feeling how great it is to not be there but at the same time feeling that I am there. As I live these adventures vicariously, through the words and pictures of PARC people, the need to be out and living these adventures begins to fill up my senses.

One of my favorite novels "Into Thin Air", the story of mountain climbers battling the elements, the reader becomes involved with this dramatization of real life and death experiences. "Into Thin Air" was very popular with runners, bikers, backpackers and the physically active etc. because they challenge us to ask could I do that and survive? Most of our contemporaries could not even attempt these feats because they are not physically fit and are not trained to endure pain and long periods of physical stress. Climbing mountains is something all of us trail runners do each week and we run not hike up to the summit. I don't know about you but I keep hearing these voices in my head; I can do that [climb big mountains].

I have a friend of mine, Paul, who is biking from Boston to San Francisco. He is one of my Boston running buddies and he is biking >100 miles a day and hopes to finish in 35 days. He is doing this to raise money for the American Heart Association in memory of his money who died from a sudden heart attack. I have been following him on his internet site [www.heartride2000.org](http://www.heartride2000.org). Having run with him in all kinds of conditions now I am reading his "road notes" and I feel like I should be out biking with him. In these road notes, Paul describes his trip with visualizations of the small towns that make up this beautiful country and the friendly people who he meets on the way. He also sounds very much like our PARC marathoners and ultra-marathoners as they battle the elements. Here is an excerpt from "road notes".

"I was quite determined to get out of Iowa and into Nebraska. Each state becomes a large milestone, so to speak, and thus the excitement builds as I near each new border. As I departed our campsite at 9:00 a.m. and by mile two I was losing lots of water, I knew the day would be laced with many water stops and I would need to pay very close attention to my hydration level. I carry a small pack

# PARC Marathon Central

## Suzuki Rock 'n Roll Marathon

June 4, 2000

Justin Graham.....	3:25:06
Dave Wibbelsmann .....	3:35:27
Chris Sadeghian .....	3:46:47
Sue Bernal .....	4:04:04

## The Human Race 10K

May 13, 2000

Dave Ahn.....	41:11
Kelly Emo .....	41:22
Amelia Vrabel .....	43:37
Nina Marand.....	48:08

**Our apologies if we missed anyone!**

just behind my seat with all of the supplies I might need for the day. It usually contains the following: tool kit, spare tire, two spare tubes, various carbohydrate gels and carbohydrate bars (several flavors and varieties), powdered Gatorade, sunscreen, lunch (usually a bagel), cell phone, camera, map, etc. Today, I packed in extra Gatorade and another carbohydrate powder called Ultra Fuel. This all may sound rather esoteric, but it all boils down to maintaining the right fuel to keep the legs moving."

You all have re-awakened and re-energized my spirit of adventure. Sick of living my life's adventures vicariously, I have made up my mind to do something really BIG. I just don't know what it is yet. Got to do something really BIG that will really test my athleticism and endurance. I plan to go where no one has gone before and I am going to write about it and publish it in PACE. I thought these words from Jack London best describe my new Forest Gump style of philosophy:

"It is so much easier to live placidly and complacently. Of course, to live placidly and complacently is not to live at all."

*Jack London*

**Feeling Human...** *Continued from Page 4*

As it turned out, the organizers had decided on only two age groups: 40 and below, 41 and up. And I could scarcely believe that I was 3rd in the older division. The total field for the 10K was about 300 (and I was 21st overall). Definitely an encouraging and unexpected result for a race, considering how I felt before the race (I sure didn't have trouble getting up real early for Bay to Breakers the following week or for the Zippy 5K the week after that, you never know).

**EMAIL DISTRIBUTION LIST INFORMATION AND DISCLAIMER**

*Stella Bergan & Peggy Ruse*

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. (pa-runclub@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.



*PARC's unofficial east coast section (aka the Boston Marathon crew): Carmel Vrabel, Reinhold Kerb, Amelia Vrabel, Dawn Wells, Rita Comes, George Fahd, Jim Tomic, Steve Sparr;*

**Racing Calendar**

*Jonathan Goldstein*

**Saturday, July 1**

Graeagle 5K/10K. The race will be held at Graeagle Real Estate in Mohawk Valley. Call Sky High at (510) 223-5778.

**Tuesday, July 4**

San Francisco: Ocean Beach 5K/10K. Great Highway and Balboa Street. Call People Events at (650) 589-7417.

Santa Cruz: 8:30 a.m.: Firecracker 10K. Harvey West Park. Call (831)420-5273.

Morgan Hill: 8:00 a.m.: Independence Day Run 5K Downtown Morgan Hill. Call (408) 683-4683.

**Sunday, July 9**

San Francisco: 7:00 a.m.: The Chronicle Marathon/ Marathon Relay. Speedway Meadow, Golden Gate Park. Call 1(800) 698-8699.

**Saturday, July 15**

Gilroy: 8:00 a.m.: Reek Week 5K/10K. Gavilan College at . Call (408) 683-4683 for more information.

**Sunday, July 16**

Castro Valley: 9:00 a.m.: Eden's Medical Center Run to the Lake 10K/5K. From Mount Eden Medical Center to Lake Chabot and back. Call RhodyCo Productions for more information at (415) 759-2690.

San Francisco: 9:30 a.m.: DSE Windmill 6.5M run. Call (415) 978-0837 for more information. Golden Gate Park by Kennedy Dr. and the Great Highway.

**Saturday, July 22**

Fresno: 6:00 a.m.: Komen Fresno Race for the Cure 5K, Woodward Park. Call (559)229-4255 for more information. Proceeds benefit The Komen Foundation for Breast Cancer Research.

**Sunday, July 23**

Oakland: Lake Merritt Fourth Sunday 5K/10K/15K. 9 a.m. for all three races. Call (510) 339-2430 to find out more.

Sacramento: Fleet Feet Capitol Mile. 8:15 a.m. to 11:15 a.m. (different heats) Call Doug at (916)447-2786.

Santa Cruz: 8:30 a.m.: Wharf to Wharf Race 6M. Limit 14,000 runners. Call (831)475-2196 or e-mail www.wharftowharf.com.

**Monday, July 24**

Salt Lake City, Utah: Deseret News/ Granite Furniture Marathon/ 10K/5K. Call Lauren at (801)468-2560.

**Saturday, July 29**

Antioch: 8:00 a.m.: Skip to Skips Mountain Challenge Run 10.5 Miles/ 5K at Skipolini's Pizza . Call 1(888)827-5476.

**Sunday, July 30**

Livermore: 8:30 a.m.: Third Annual Valley Humane Society 5K/1M run, Robertson Park. E-mail VHSFunRun@aol.com. or call (925) 820-1627.



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## Adjusting your stride length relative to terrain changes; adding gears to your transmission

Danny Dreyer

*You are a Volkswagen, you are a Volkswagen, you are a Volkswagen...*

This is what I tell all of my running clients when I get to the class where I teach them how to run hills. I learned how to run hills from driving a 1960 VW Bug for years. That's right...it was the model with a grand total of 36 horsepower. At the slightest sign of a hill the poor little thing would never have the guts to make it up the hill without the inevitable downshift. So now I tell everybody to "downshift" when they hit a hill of any size, including the little tiny insignificant looking ones. To change gears, the most important thing you have to do is to shorten your stride length when approaching a hill. The biggest mistake that most people make when running hills is that they let themselves run up the hill with the same stride length that they're running with on the flats. Forget it! You'll burn yourself out big time. It's like to trying to cruise the streets of San Francisco stuck in 4 gear. It really makes your engine have to work harder than it should. Likewise, if you run up a hill with your flat-running stride length, you'll burn up your fuel sources and your muscles more quickly and have little left with which to enjoy the rest of your run.

What I suggest is that you cut back your stride length relative to the steepness of the hill you are climbing. For instance, if you are running flat and come to a very slight hill, you would only shorten your stride a small amount. Then if the hill gets steeper, you would want to shorten it a little more. It's easy to figure...the steeper the hill gets, the shorter your stride gets. So if the hill you're running is ridiculously steep, your stride will be ridiculously short, unless you're some kind of an android.

You might feel a little silly taking these little short steps up a steep hill, but let me tell you, when you get to the top of the hill and head down, you won't feel very silly flying down while everybody else is recuperating from having over-worked on the uphill. And for you speed demons out there, the speed that you might lose on the uphill by shortening your stride will be more than compensated for by the amount of energy you have when you reach the top. If it's speed that you want, running downhill can be your chance to put the pedal to the metal. That's when it's time to shift into "overdrive".

*For more running tips or for more information about ChiRunning go to Danny's website at: [www.ChiRunning.com](http://www.ChiRunning.com) or email [danny@chirunning.com](mailto:danny@chirunning.com)*



Sunday, August 13, 2000 8:30 am

**REGISTRATION:**

Pre-registration \$20 if received by July 31  
Race day registration (7:00-8:15am) \$25

**COURSE:** Starts in Downtown Palo Alto at Parking Lot H (corner of Hamilton Ave. & Cowper St.); out-and-back, flat, paved course along Stanford Univ. Campus.

**BENEFICIARY:** The Positive Alternatives for Youth Program

**INFORMATION:** 650-329-2686



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**(650) 321-6453**

# The Athlete's Kitchen:

## Y2K Sports Nutrition News from ACSM

Nancy Clark

At this year's annual meeting of the American College of Sports Medicine (May, 2000), over 4,000 health professionals gathered to learn the latest exercise and sports medicine research. The following are highlights of some of the latest sports nutrition news.

### PERFORMANCE ENHANCEMENT

- Some athletes dilute their sports drink, thinking a weaker solution will empty from the stomach faster than does the full-strength beverage. (Not true.) A study with athletes who drank diluted (half-strength) Gatorade during 85 minutes of moderate cycling followed by a time trial indicates no benefits with either gastric emptying or performance. In fact, the times for the 3-mile time trial tended to be slightly faster with the full-strength beverage: 7:59 minutes for standard Gatorade, 8:13 min. for diluted Gatorade, and 8:25 min. for water.
- Athletes who exercise for 3 hours or longer commonly hold off from consuming carbohydrates until the second half of the event. A study that compared performance in cyclists riding for 3 hours followed by a 20 km time trial suggests those who delayed eating hindered their performance (about 1 minutes slower) as compared to those who consumed carbs up-front. Fuel early for best results!
- Training on an empty stomach is an out-dated and performance-limiting practice. The best way to improve performance is to consume carbs both before and during exercise. Cyclists performed best when they drank a high carb beverage 30 minutes before and/or a sports drink during 2 hours of moderately hard exercise followed by a time trial. If you personally can't tolerate carbohydrates before exercise, at least consume them during exercise.
- Double workouts are a common part of an athlete's training program. A study of 10 high school swimmers training twice per day showed reduced performance in their second workout. This raises the question: If performance improves most when an athlete works harder or longer, are double workouts (with reduced performance) worth the effort? Would more sleep in the morning be a better performance booster?
- A survey reports high school athletes believe more players on the opposing teams take performance enhancers than do their own teammates. Such beliefs likely influence supplement use...
- A survey of 31 freshmen college football players indicates 50% incorrectly believed 1) protein supplements were necessary for growth and development, 2) protein was the primary source of fuel for muscles, and 3) vitamin and mineral supplements increased their energy levels. Wrong, wrong, wrong! Nutrition education could save these athletes considerable sums of money!

### CREATINE

- Creatine continues to be scrutinized by exercise scientists and athletes alike. No wonder—it's a popular ergogenic aid! Questions arise: Does creatine cause adverse physiological effects, such as stressing the kidneys? No. A 56-day study (10 gms creatine/day) on kidney function in 18 active, healthy young men and women showed no indication of kidney problems.
- Does creatine cause muscle cramping? One study looking at 6 days of creatine loading (about 20 grams creatine/day) indicates

the athletes reported no problems with muscle cramping. Another study showed no significant difference in cramping between a placebo and a creatine group (5 days of creatine-loading plus 5 grams creatine/day for 11 weeks). The creatine group did report slightly more cramps (37% vs placebo 22%), but this was not statistically significant. Three individuals cramped frequently with the creatine, suggesting great individual variability.

### CALORIE AND WEIGHT MANAGEMENT

- Daily activity plays a significant role in burning calories and influencing body fatness. A study looking at the effect of physical activity on obesity in 218 women (ages 35-45) who wore an accelerometer (measures body movement) indicates the more active women had 16% less body fat than those who were less active. Inactive women were 3.6 times more likely to be obese compared to active women. This means: Keep moving; every step counts!
- Some exercise machines offer reasonable estimates for calorie expenditure. For example, during 30 minutes of exercise on an elliptical trainer (10 mins x level 6, 8 & 10 of 20 levels), the subjects burned 245 calories and the machine estimated 250 calories. Close enough!
- Some athletes drink caffeinated fluids, believing the caffeine enhances fat-burning. A study confirms this is true, but continues to say that during a 40-minute step aerobics session, the subjects burned no additional calories with caffeine, thus did not create a bigger calorie deficit. Too bad burning fat differs from losing body fat!
- If you wonder how many calories you expend during exercise, here's a sampling of some popular activities—  
Kickboxing: 6.5- 8 calories/minute (based on 128-lb women)  
Martial arts aerobic work: 9-10.5 cal/min (based on 175-lb men)  
Taebo: 7-10 cal/min (based on 145-lb exercisers)  
Elite soccer players: 850-1,200 calories in an official soccer match. (Expenditure varies according to position played.)

### BODY FAT

- Active people often want to know the best way to measure body fat. In particular, they wonder if the new, relatively inexpensive Tanita scale (a type of bioelectrical impedance analyzer) offers valid information. A study with 48 healthy men and women (average age, 33 years) indicates the scale underestimated body fat. The group averaged 25.5% fat with the Tanita scale, as compared to 28% with DEXA (a highly reliable research method to measure body fatness). The biggest discrepancies were seen at the extremes, in the subjects who were either very lean or obese.
- Discrepancies commonly occur among the different ways to measure body fat. A study with 44 college students shows average body fatness ranged from 24.5% fat with calipers and RJL bio-electrical impedance to 19% fat with Tanita, and 17.5% with Omron (a handheld bioelectrical impedance unit). The discrepancies were larger for women than men. Comparing RJL with Omron, the women had a 10% difference; the men, a 4.5% difference. The best use of any method of measuring body fat is to compare changes in repeated measurements taken over the course of the year.

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# City of Palo Alto

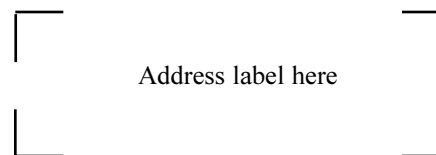
Department of Community Services

Recreation, Open Space  
& Sciences Division

Lucie Stern Center  
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Palo Alto, CA 94301

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## PARC Events Calendar—July 2000

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8:00 am—Long run, Sawyer Camp Trail*
2 8:30 am—PARC Monthly Run, Joseph D. Grant Cty. Park	3 6:00 pm—Stanford Dish run, Angell Field*	4 6:00 pm—Track, Angell Field* 8:30 am—Firecracker 10K, Santa Cruz	5 6:00 pm—Palo Alto, Lucie Stern* (Ken's Lake Run)	6	7 6:00 pm—Mile repeats, Old Page Mill Road*	8 8:00 am—Long run, Sawyer Camp Trail*
9 7:00 am—The Chronicle Marathon/ Relay, Golden Gate Park, SF	10 6:00 pm—Stanford Dish run, Angell Field*	11 6:00 pm—Track, Angell Field*	12 6:00 pm—Palo Alto, Lucie Stern* (Edgewood Run)	13	14 6:00 pm—Mile repeats, Old Page Mill Road*	15 8:00 am—Long run, Sawyer Camp Trail* 8:00 am—Reek Week 5K/10K, Gilroy
16 9:00 am—Run to the Lake 10K/5K, Castro Valley	17 6:00 pm—Stanford Dish run, Angell Field*	18 6:00 pm—Track, Angell Field*	19 6:00 pm—Palo Alto, Lucie Stern* (Tree Run)	20	21 6:00 pm—Mile repeats, Old Page Mill Road*	22 8:00 am—Long run, Sawyer Camp Trail*
23 8:30 am—Wharf to Wharf Race 6M, Santa Cruz 30 8:30 a.m.: Valley Humane Society 5K/1M, Livermore	24 6:00 pm— Stanford Dish run, Angell Field* 31 6:00 pm—Stanford Dish run, Angell Field*	25 6:00 pm—Track, Angell Field*	26 6:00 pm—Palo Alto, Lucie Stern* (Stanford Run)	27	28 6:00 pm—Mile repeats, Old Page Mill Road*	29 8:00 am—Long run, Sawyer Camp Trail* 8:00 a.m.: Skip to Skips Mtn. Challenge Run 10.5 M/ 5K, Antioch

\*— See Calendar Notes on Page 2

For more information on races see Page 5