



Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

December Monthly Run

When: Sunday, December 3, 2000. Meet at 8:15am for an 8:30 am start. For those who would like to car pool with others - the meeting spot will be 280/Page Mill Rd (park-n-ride). You may wish to confirm with others first.

Where: Wunderlich County Park, Woodside

What: Moderately hilly run of 5.5 and 10.5 miles

Why: This is a great run in the woods during our cold winter months. If it rains, you would never know!

Directions: From 280 take the Sand Hill Rd. exit west to Portola Road. Turn right onto Portola Rd. and take the left branch at the Y-intersection. Staying on Portola Rd., Wunderlich is about 1/2 mile past the next Y-intersection. The park entrance is on the west side of the road and is marked by a small wooden sign.

As with all monthly runs, we will have a pot-luck tailgate immediately following, so please bring food and drink to share.

Contact: For more information, contact Jon Easterbrook (w) 650-632-4223 (h)650-948-8036 or easterbrook@msn.com

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

January Monthly Run

Happy New Year! Our sixth running in January at Skyline—our most popular run—come early and start your New Year off with a great run.

When: Sunday, January 7, 2001. Meet at 8:15am for an 8:30 am start. For those who would like to car pool with others—the meeting spot will be 280/Page Mill Rd (park-n-ride). You may wish to confirm with others first.

Where: Skyline Ridge Open Space Preserve

What: The club will host two runs approximately 12 miles and 6 miles on moderate hills

Why: New Year!! Beautiful vistas, hill top and forest running and great company.

Directions: The preserve is located one mile south of Page Mill Rd. on Skyline Blvd. (hwy 35). Parking lot is on right side of road.

As with all monthly runs, we will have a pot-luck tailgate immediately following, so please bring food and drink to share.

Contact: For more information, contact Jon Easterbrook (w) 650-632-4223 (h)650-948-8036 or easterbrook@msn.com



Providian Relay 2000

The Palo Alto Run Club once again participated in full force at the Providian (Calistoga-to-Santa Cruz) Relay. PARC members were included in several teams, including the SangStat Grafters / Organs R Us team. Since its inception, the Relay has had as its goal to increase awareness of organ transplantation and the need for organ donors. Thanks to the many PARC members who volunteered their time at the PARC-sponsored van exchange at Saratoga Gap (Hwy. 9 at Hwy. 35), for their contributions to this worthy cause.



Calendar Notes

Send Suggestions for the Calendar to any staff member (see addresses under Credits).

Monday Evening Run

The club meets every Monday at 6 p.m. for a 6+ mile run through campus. Meet at Angell Field track, corner of Galvez and Campus Dr., near Stanford Stadium. For more information, contact Steve Beebe h: 650-949-0824, w:408-749-4883, sbeebe@grape.amd.com.

Tuesday Track Workouts

An informal get-together of PARC members who meet for some speed work. Meet at 6 p.m. at 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

The Friday mile repeats are on hold until further notice. 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 Editor**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, contact our membership chairwoman, Lorri Walsh, lwalsh@acs-htp.com

How To Join

Dues are \$20 per year, renewable on the anniversary of the date you join. To get an application, contact Lorri, 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>

PARC Birthdays— December

- Don Hogue 12/1
- Joseph Walter..... 12/1
- Nicole B. Gryzenia 12/2
- Melissa Wardlaw 12/2
- Tish Hoehl 12/3
- Megan Nguyen..... 12/5
- Chuck Wilson 12/6
- Jeff Justice 12/15
- Tim O'Rourke 12/15
- Dianna Carter..... 12/18
- Rob Nielson 12/18
- Diane Villanueva 12/20
- Linda Jean Bobleter 12/22
- Judy Galloway..... 12/23
- Steve Chin 12/24
- Jason Gorden..... 12/28
- Manny Ramirez 12/30
- Amelia Vrabel..... 12/30

Credits

- Editor** Dave Wibbelsmann
- Staff** Peyma Oskoui, Chris Sadeghian, Kevin Wilkinson, Catherine Stenz
- Writers** Nancy Clark, Jon Easterbrook, Lorri Walsh
- Photos** Rita Comes, Steve Reagan
- President** Steve Forman
- Recreation** Minka van der Zwaag

Don't Forget to Write

We welcome all articles, photos, suggestions, etc. Please send submissions (in electronic form, if possible) to an editor or staff member by the 7th of the month for the following month's issue (submissions may be edited for length or clarity).

- Dave Wibbelsmann
dwibbelsmann@sangstat.com
- Kevin Wilkinson
wilkinson@hpl.hp.com
- Chris Sadeghian
csadeghian@yahoo.com

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

Personality of the Month:

Lorri Walsh

Home: Los Gatos, California (just moved from Sunnyvale)

Phone: recently implanted behind my left ear. Along with additional memory and my palm pilot.

E-Mail Address: see above

Birthday: Actually, I was hatched. Back when dinosaurs walked the earth.

Age: MYOB...but not a day over...

Home Town: San Jose. I would say "I grew up in San Jose", but my friends assure me I am not very grown up. (They are, of course, incorrect).

Occupation: Sales Rep for a chemical distributor. This a career change for me, and is a real challenge. I love working with people, and have some great customers.

So, Lorri, who makes up the Walsh household and where does each stand in the feline hierarchy? Married to Kevin 11 years this September. His warranty is still good, so I intend to keep him!!!! He's a human—and we all know where humans stand in the feline hierarchy.

The real masters of the house are the cats: we have a police cat (black and white with a loud siren), an elegant orange tabby and a gray tabby who likes to sit on my shoulders. And yes, they really do sit on command, offer a paw, and sit up for kitty treats. (I am not making this up!)

Education (school and degree): UC Davis. BS in Physiology, with a minor in curiosity, smart aleck remarks and bad puns. Marketing Certificate, UC Berkeley Extension.

What did you like and dislike about UC Davis? Why would/wouldn't you send your kids there? I liked UC Davis just fine, except for the bit about going to class. I can't send my kids there because I don't have any kids. Can I enroll the cats?

Now, you had a carpenter operate on your knee? What was that all about? And he used, what? Frankenstein bolts?!?!?!? (Or maybe we can put this below under "injuries."): Oh, those. Yeah, they had to reposition my kneecaps, which changes the whole biomechanics of the knees. (hopefully for the better!) So they chisel up the patellar tendon, move it into position, and bolt it back down. One doctor used very interesting bolts that protruded nearly 1/2". Gross! So I had those removed. Moral: once you have been screwed, you really can get unscrewed!

Technically, I am not supposed to be able to run at all. But I forgot to listen to that part. So three knee surgeries later... here I am!

Other injuries: I suffer from terminal loquaciousness, complicated by facetiousness and propensity for bad puns.

My Obsessions: Getting people to sign up for PARC membership! OK, so it isn't really an obsession...but if you haven't signed up yet, or are due for renewal, please get those forms and your checks sent in now! Forms are available

online, in the dropstands at Lucie Stern Community Center, and I usually have some with me as well.

And it is fair to say I really like running (no kidding!) gardening and tropical fish. I don't think this is an obsession, but my husband would disagree.

My Ideal Running Program...So this is what you tell people you do, right? Oh, I don't usually tell people how much running I do. If I say I run, they assume I am a good runner. Why disillusion them?

My Real Running Program: And this is what you really do. Why the discrepancy? Runs Mon & Wed with PARC, at least one run on the weekends with a casual group of runners. More running would be an exceptional idea, the problem is in the execution.

Miles Per Week: Yikes! Miles? As in plural? Why? What makes you run? I mean, on a step-by-step basis, it's hard, agonizing work. Why do it? So, that would be 15 to 18 miles per week? Gosh, I felt much better about my efforts until you asked me this question.

Why do it? Good question. I am seldom training for events. I call my running "training for life" and it helps retain what little sanity still remains. I love running with the club – that is great fun because of the people.

Shoe of choice: Well, tell us what sort of foot you have and which shoes work best for you...and which you've tried that haven't worked. Ok, Ok, here's the real question: how much money have you spent on shoes that are now gathering dust? Right now I am running in Nike Triax, and really love this shoe. I also liked the ASICS 2030, which they phased out a while ago. What kind of feet? I dunno..... the stinky kind? I think each foot took after a different parent—one long and skinny foot (thanks Mom) and one short fat foot (thanks Dad).

I did go through about 4 or 5 different shoes in a 6 week period once. Everything I tried resulted in knee pain, foot pain...the list goes on! I ended up back in ASICS, which merely gave me blisters.

Where do you buy your shoes: So why do you buy your shoes here? Lately Ryans in Santa Clara. It is a long drive, but they know their shoes. I like MetroSport, too.

Now, I understand running played a major role in your matrimonial history. What can you tell us about this rumor? No rumor. I met my husband when a mutual friend showed up for a running date and said "I brought someone with me. I hope you don't mind." Well, I really didn't mind at all. He says it was love at first sight. I was not as clever... and it took me a little longer to figure it out. 15 years later, we still run together.

Now, you hold court over what's known as Club Snail. What is Club Snail, who can join this special interest group and why is it an important component of PARC? Hold court? Hmm, not so sure about that. Club Snail kind of just happened because folks of the same pace run together. I called the group Club Snail just to be funny.

The majority of PARC runners are very fast runners. (See [Comments on Page 20](#))

(Continued from page 3)

be discouraging for people who are just starting out. It is even more discouraging for runners who enjoy running and train regularly, but are just never going to be fast. So, we look out for each other & help keep new runners from getting lost or having to run all by themselves. This is especially important in winter because leaving a new or slower runner behind is a safety issue after dark.

We do see a lot of people show up for one run, then drop out. I try to help make the club more welcoming for new people, and hopefully they will join. (So send in your membership forms today!). It is fun to support other runners, and we snails gotta stay together. That's it, in a snail shell, so to speak.

Now, PARC is a rather serious run club and the average pace can discourage beginning or slow runners from attending. What are your thoughts about the appropriateness of PARC for those runners?

PARC is definitely appropriate, but new runners really should be training at 4 or 5 miles on their own first. Many new runners don't realize that with a little practice they will improve and be able to keep up. So I tell them!

My Paces: I start pretty slowly, but can usually pick up the pace a bit after about 2 miles. Pace: slow surpassed by slower, with occasional bursts of energy typically fueled by caffeine or sugar.

Other Fitness Stuff: Is there anything else?

Outdoor interests: I designed and landscaped my yard (in Sunnyvale), and it really looks great. I installed a fishpond, waterfall, rock garden and rose garden. And a lawn, which I can't mow because I am allergic to grass.

Indoor interests: I volunteer for a crisis hotline. And there are my tropical fish, the hobby de jour

Diet: Chocolate makes the world go round. . . And I love good wine, but don't know enough about it. Fortunately, Kevin does.

Worst running experience: I really hate running when I am tired.

Best running experience: Was a race I didn't run. Really! I volunteered one year for the 50 plus run, and was most impressed by the last runner, who was 86 years old. My hero!

How did I find out about the Palo Alto Run Club: Online!

By the way, I am also the Membership Goddess formerly known as Membership Chairman. This means I act as first contact and also encourage people to send in their membership forms and waivers. (You probably didn't notice that, did you?)



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15% off purchases for Palo Alto Run Club Members

Welcome, New Members!

- Hans Bernhardt**
- Sarah J. Caddick**
- Irina Cohen**
- Elizabeth Flammini**
- Kara Flavin**
- Kelly Hart**
- Amie Hsia**
- Helen Kim**
- Henry Lesser**
- Judy Logan**
- Abby McGuire**
- Deborah June McKellar**
- Dave Nix**
- Karin Schmitt**
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(across from Stanford University)
(650) 321-6453

THE ATHLETE'S KITCHEN

Weight Management Update: News from The American Dietetic Association's Annual Convention

Nancy Clark

Weight management is a big issue for many active people. At The American Dietetic Association's Food and Nutrition Conference (held in October, in Denver) several ADA members presented research that applies to weight management for active people. Here are some of the highlights from this year's meeting.

HEALTHY DINNERS: A Restaurant and Institutions' survey reports about 70% of the population doesn't plan dinner until 4:00 PM or later most days. This is bad news for the many athletes who exercise after work, have not planned dinner, and arrive home "too hungry" to cook a good meal. The result: super-size portions of fast (and fatty) foods, a lack of vegetables, and an eating pattern that can lead to weight gain.

One solution: The Univ. Nebraska Cooperative Extension in Lancaster County has a website that provides information about making healthful food in a hurry. The program, "Cook It Quick" (www.lanco.unl.edu/food) can help you get organized, plan meals in advance, and perhaps improve your evening food intake.

FAD DIETS: The "Zone Diet" is NOT more effective than a typical weight reducing diet in promoting weight and body fat loss. A Ball State University study compared the dieting success of two groups of overweight women who were assigned to either a 40-30-30 (C-P-F) Zone Diet or a 60-15-25 traditional reduced calorie diet for 6 weeks. Both groups demonstrated similar results with losing body fat.

The bottom line: Total calorie intake, not type of calories, is the key factor determining weight and fat loss. The Zone simply offers a confusing program that helps dieters create a calorie deficit. A higher carb intake would better fuel muscles.

BODY COMPOSITION: Many active people are curious about their body fatness and wonder what percent of their weight is excess flab. They also may wonder about the accuracy of the currently available methods to measure body fat.

A study from Indiana Univ. of Pennsylvania compared body fat measurements among 30 female college athletes. Their fat was calculated by: skinfold measurements, hand-to-foot bioelectrical impedance (BIA), foot-to-foot BIA (such as the Tanita scale), Futrex (one measurement on the arm), and underwater weighing.

When compared with underwater weighing (the "gold standard" for measuring body composition), skinfolds overpredicted body fat by 3% —and that was the most accurate of the methods! Foot-to-foot BIA overestimated fatness by 9%. (That's enough to upset an athlete!)

The bottom line: If you have your body fat measured, recognize you may get an inaccurate number. The best use of body fat measurements is to compare repeated measurements taken over time, using the same method and measurer. The numbers will accurately reflect the relative changes in fat.

But rather than play a numbers game, why not focus on how you feel and how well you perform? That's what really matters. Leaner does not necessarily mean better.

THE COST OF THINNESS: Synchronized figure skating is a quickly growing branch of figure skating. Like ballet and gymnastics, it is an "appearance judged" sport where lean-

ness is valued. The question arises: What is the cost to being "perfectly thin"—that is, to being thinner than Nature's design?

A survey of 126 members of the US Synchronized Skating Team suggests most of the (already lean) skaters expressed interest in losing weight—about 7.5 pounds, on average. Their desire for "the perfect thinness" contributed to restricted food intake. Analysis of three-day food records suggests an average intake of only 1,550 calories (at least 500 fewer than might be expected). The resulting diets were below the recommended intake for the overwhelming majority of nutrients.

The bottom line: The cost of being "perfectly thin" is commonly sub-optimal nutrition. If you, too, are restricting your intake to achieve the "perfect body," be sure to meet with a sports nutritionist who can help you balance thinness with an optimal diet. Otherwise, lack of protein, calories, calcium, and iron may contribute to a plague of injuries and cut short your athletic career.

AMENORRHEA/THE FEMALE ATHLETE TRIAD: Among female athletes, the prevalence of amenorrhea (the absence of three consecutive menstrual cycles per year) can be as high as 66%. Amenorrhea can be caused by many factors: inadequate nutritional intake, disordered eating, low percentage of body fat, low body weight, high stress, and/or over-training. The effects can be crippling: stress fractures, bone loss, scoliosis, and early osteoporosis.

The combination of 1) menstrual irregularities, 2) disordered eating, and the consequent 3) loss of bone density is termed "the female athlete triad." In a study of 30 female distance runners, 28 (93%) were affected by at least one component of the triad, and 5 (17%) were affected by all three. Ninety-three percent of the women underconsumed calories (they reported eating 1,800 calories, yet burned 2,950 calories), 50% reported a history of drastic weight loss methods, 60% had menstrual irregularities, and 60% had low spinal bone mass.

The bottom line: Female athletes need to understand the health consequences of this abnormality. They also need nutrition education to help them attain a healthful leanness so they can reduce their risk of stress fractures and stay off the injured list.

EATING DISORDERS Speaking at a symposium on eating disorders, Jessica Setnick, MS, RD of Dallas TX emphasized the value of seeking professional help instead of struggling alone with food. If someone you know is struggling with an eating disorder, you should encourage him or her to see a registered dietitian who specializes in management of eating disorders. (The referral network at www.eatright.org can help you find a local RD.) Contrary to popular belief, the RD's job is not to "fatten up the clients and make them eat more" but rather to help clients by answering their food and nutrition questions. The RD can provide accurate information that dispels erroneous food beliefs and legalizes all foods. For example, Jessica reported many people believe some foods are "bad" for them. She clarified that misconception by stating "the only bad foods are those that are moldy or poisonous, or foods to which you are allergic." Good point!

Nancy Clark, MS, RD, nutrition counselor at Boston-area's SportsMedicine Brookline, is author of the best-seller Nancy Clark's Sports Nutrition Guidebook, Second Edition. If you are struggling with your weight, the chapters on weight management can help you resolve the issues. For your copy, send \$20 to Sports Nutrition Services, 830 Boylston St. #205, Brookline MA 02467 or go to a local bookstore or www.nancyclarkrd.com.

Copyright: Nancy Clark, MS, RD 11/00

City of Palo Alto

Department of Community Services

Recreation, Open Space
& Sciences Division

Lucie Stern Center
1305 Middlefield Road
Palo Alto, CA 94301

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PARC Events Calendar—December 2000

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 8:00 am—Long Run, Sawyer Camp Trail*
3 8:30 am—PARC Monthly Trail Run, Wunderlich Park	4 6:00 pm—Stanford Campus Run, Angell Field*	5 6:00 pm—Track, Foothill College*	6 6:00 pm—Palo Alto, Lucie Stern (Tree Run)*	7	8	9 8:00 am—Long Run, Sawyer Camp Trail*
10 9:00 am—Christmas Relays 4x4.5M, Lake Merced, SF	11 6:00pm—Stanford Campus Run, Angell Field*	12 6:00 pm—Track, Foothill College*	13 6:00 pm—Palo Alto, Lucie Stern (Tree Run)*	14	15	16 8:00 am—Long Run, Sawyer Camp Trail*
17	18 6:00pm—Stanford Campus Run, Angell Field*	19 6:00 pm—Track, Foothill College*	20 6:00 pm—Palo Alto, Lucie Stern (Tree Run)*	21	22	23 8:00 am—Long Run, Sawyer Camp Trail*
24 31	25 MERRY CHRIS TMAS!	26 6:00 pm—Track, Foothill College*	27 6:00 pm—Palo Alto, Lucie Stern (Tree Run)*	28	29	30 8:00 am—Long Run, Sawyer Camp Trail*