

# Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

## 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 joneasterbrook@msn.com

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

## February Monthly Run

**When:** Sunday, February 4, 2001

**Where:** Purisima Creek Redwoods Open Space Preserve

**What:** The club will sponsor a 10 and 7 mile run with longer options

**Why:** Purisima Creek Redwoods features towering redwood trees, ferns, creeks, wildflowers, ocean views and a restroom!

**Directions:** Purisima is located on Skyline Blvd. (Hwy 35), approximately eight miles north-west of the Woodside Rd. (Hwy 84). Park in the Northern most parking lot, which is approximately 2 miles past the first parking lot.

As with all of our monthly runs, we will have a pot-luck tailgate brunch after the run. Please bring something to share with the others. This is a wilderness run, so dress appropriately and carry you own fluids.

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

## Running for Life

*Jonathan Goldstein*

For those of you who have read *Keeping Pace* regularly, you know that I write about races that I have just completed. Today, I am writing about a race that someone could not start.

When I ran the Marti Nelson Cancer Research Foundation Stride for Life 10K last October 14th, my initial plan was to run to celebrate my 31st birthday. I had searched for weeks for a run to be held on my exact date of birth. Finally, I found out about the Stride for Life 10K in Vacaville in a recent California Track and Running News Magazine and decided to register.

After some difficulties with registration and a difficult Friday the 13th, I made the journey to a Motel 6 near the race course. The next morning I awoke early and drove to Solano Community College for the run. After a couple of hills early in the run, the course was mostly flat, as I thought it would be. I began by running the first two miles at sub-eight minute/mile pace.

Then I received some unpleasant shocks. Some rolling hills started to appear regularly throughout the run. My mile paces began to fall to sub-nine minute/ mile pace. Yet, I continued onward. I wanted to finish this run and go back to the hotel for a snooze. Despite the fact that I had to walk for part of the last 2.2 miles, I finished the run in 53:16.

I also apologize for the delay in this article. I guess the fact that this run made me realize my own vulnerability was the reason for the delay. About nine months ago, I had been feeling some discomfort in my chest. I wasn't sure if it was due to gas or something I ate. I was also quite lethargic and frequently tired. After several visits to the doctor, it turned out that these were symptoms of diabetes.

This was quite a bit of a shock to me. Even though I knew I had the ailment, I had been tested for it many times before and never showed any symptoms...until now. I was told to make some serious dietary and health changes or face several medications and time in the hospital. Luckily, I have been able to control my diabetes by the use of diet and regular exercise.

Marti Nelson wasn't so lucky.

*(Continued on page 4)*

### 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**..... Dave O'Neal
- 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 November 30th of each year. To get an application, contact Lorri Walsh, 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**

### PARC Announcements Only List

This list is maintained by PARC, and is used solely for club announcements of upcoming club and related running events.

To subscribe, send a message to **listserver@creationengine.com**

In the body of the message, type:

**subscribe parcnews**

You can also subscribe via PARC's Web page:

**http://www.parunclub.com/html/parcnews.html**

### PARC Birthdays— January

- Karin Schmitt .....1/2
- Steven Forman.....1/5
- Michael Schuh .....1/5
- Sarah J. Caddick .....1/6
- Anne Cribbs .....1/7
- Laura Lauman .....1/7
- Cheryl Thomas .....1/7
- Betty Threadgill..... 1/15
- Joe Froniewski..... 1/16
- Janice Story..... 1/17
- Antoinette Addison ..... 1/22
- Jon Easterbrook ..... 1/22
- Dave Wibbelsmann ..... 1/26
- Nicholas Spaeth..... 1/27
- Dave Ahn ..... 1/28
- Dave O'Neal..... 1/29
- Peter Zepter..... 1/31

### Credits

**Editor** Dave Wibbelsmann

**Staff** Peyma Oskoui, Chris Sadeghian, Kevin Wilkinson, Dave O'Neal

**Writers** Nancy Clark, Jon Easterbrook, Jonathan Goldstein

**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.**

## THE ATHLETE'S KITCHEN

### Let's Go Surfing: Website Nutrition

Nancy Clark, MS, RD

"Where can I find a local sports nutritionist?"

"I want to learn about creatine, so I did a web search. But there's sooo much information. Whom do I believe?"

"Where can I get calorie information about fast foods?"

If you have questions about food, nutrition, and your sports diet, you can undoubtedly find answers by surfing the Web. Some of the information is questionable, however, so here are some sites I recommend for helping you find accurate information that helps you eat well for sports and life.

Where can I get answers to my questions about creatine? pre-exercise eating? sports drinks? the latest sports nutrition news?

The Gatorade Sports Science Institute ([www.gssiweb.com](http://www.gssiweb.com)) has an excellent website that offers a whole library of accurate sports nutrition information about all topics (not just fluids). You have to register to have access to the information, but the two minutes needed to do so are worth the effort. You'll find abundant information about sports supplements, pre-exercise nutrition, and other topics of interest. If your question has not already been answered in the frequently asked questions section, you can even submit it to be answered by an expert sports scientist.

The American College of Sports Medicine ([www.acsm.org](http://www.acsm.org)) also offers good sports nutrition information. Click on Healthy Activity Update, and use the Current Comments to answer your questions about chromium, creatine, stress fractures, and other topics of popular interest.

If you are really into heavy duty sports science, you can get the table of contents (with abstracts) of The Journal of Applied Physiology (<http://jap.physiology.org>. Note, there is no www.) This information may take some effort to digest, but you'll certainly know the current literature!

"I've always wanted to have a nutrition check-up but feel at a loss for where to find a good sports nutritionist. Help!"

You can get the names of local registered dietitians (RD) who specialize in sports nutrition at [www.eatright.org](http://www.eatright.org) (the website for the American Dietetic Association). Simply put your zip code into the Find a Dietitian slot, and you'll get a list of names.

Contrary to popular belief, this nutrition professional will not "put you on a diet" but rather will answer your questions about food and nutrition, and help you reach a realistic weight goal, if weight is an issue for you. With personalized, professional eating advice, you can successfully enjoy more energy, delay fatigue, and invest in your future health and well being. The site also has a Tip of the Day and a Feature Article that can add to your nutrition knowledge.

"What about salt? Nutrasweet? coffee? bioengineered food?"

For answers to your questions about specific foods, go to [www.ificinfo.org](http://www.ificinfo.org). This website, sponsored by the International Food Information Council, can answer your food questions as well as offer information about nutrition for children, teens & older adults, food safety tips, dental health information—plus more. Simply put a key word (such as sugar) into the Search slot, and you'll get access to several articles that address that issue.

"How many calories are in a Big Mac? a chocolate frosted Dunkin Donut? a Taco Bell bean burrito?"

Fast food connoisseurs can find nutrition information about their favorite foods at many of the major chain restaurants' websites. If you tend to frequently visit a fast food restaurant, at least educate yourself about what you are eating. Here's a sampling:

**www.dunkindonuts.com:** a chocolate frosted glazed donut, 300 calories; a plain munchkin, 55 calories, a blueberry muffin, 490.

**www.pizzahut.com:** cheese personal pan pizza, 630 calories.

**www.mcdonalds.com:** You'll have to look hard for the nutrition information on this site; it's hidden under countries/usa/food/nutrition information. But it's there: a Big Mac, 590 calories!

**www.tacobell.com:** Best bet, a bean burrito with 370 calories.

**Remember:** Even active people who are trying to lose weight have at least 500 to 600 calories per meal, and 300 to 500 for snacks. Fast food calorie information can help you spend those calories wisely—and perhaps more healthfully!

For more complete calorie—and protein, fat, vitamin and mineral—information, tap into the government's food data base at [www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic). Click on Food Composition, then USDA Nutrient Database for Standard Reference, then Search. Write in, let's say banana, and you'll get 41 banana options—more than you'd ever want to know!

"I struggle with food and weight obsessions. Do any websites offer support to help me transform my food fears into better eating?"

Because the Internet offers anonymity, many people who struggle with food and weight issues find safe places on the web that offer help and support. For example, at [www.somethingfishy.org](http://www.somethingfishy.org), you can participate in chats, find solutions to your food fears, use the referral network to find professional counselors and treatment centers in your geographic area, and learn clever mantras such as "Scales are for fish" and "Don't fight your genes, change your jeans." If your life is touched by someone who struggles with food, this site can also teach you how to best help your loved one.

[www.gurze.com](http://www.gurze.com) is another good site that can enhance the process of coming to peace with food. This on-line book catalogue offers an excellent assortment of positive self-help reading material. (I highly recommend The Don't Diet, Live-It! Workbook.) This site also links to several other self-help sites.

"My wife complains I spend too much time on the Internet..."

If you are addicted to the Internet—or for that matter addicted to any other vice (alcohol, exercise, gambling, food,

*(Continued on page 4)*

### The Athlete's Kitchen...

(Continued from page 3)

TV) www.HeadDocs.com offers information to help you sort out what's healthy, what's harmful, what's passion, what's obsession. Perhaps it can offer a perspective that will help you better balance your life with appropriate exercise and overall good health.

Nancy Clark, MS, RD, offers nutrition counseling to recreational exercisers and competitive, collegiate, professional, and Olympian athletes at her Sports-Medicine Brookline office. Her best-selling book, Nancy Clark's Sports Nutrition Guidebook, Second Edition, offers additional advice. It is available by sending \$20 to Sports Nutrition Services, 830 Boylston St #205, Brookline MA 02467 or via www.nancyclarkrd.com.

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**15% off purchases for Palo Alto Run Club Members**

# PARC Marathon Central

## Silicon Valley Marathon October 29, 2000

Ted Levine.....	2:55:48
	(3rd in age division)
Michael Tamaro.....	3:24:32
Eppa Hite.....	3:37:19
Steve Chin.....	3:37:52
Alma Gonzalez.....	4:01:41
Conrad Young.....	4:13:24

### Half Marathon

Kirsten Kempe.....	1:28:12
	(1st in age division, 5th overall)
Chris Sadeghian.....	1:32:03
Tom Eng.....	1:34:15
Tina Lount Pretre.....	1:34:36
	(3rd in age division)
Dawn Wells.....	1:34:50
Jim Kay.....	1:35:57
Rita Comes.....	1:38:32
Bill Gundry.....	1:39:46
Helen Kim.....	1:40:01
Alison Mark.....	1:58:32

## California Int'l Marathon December 3, 2000

Jim Tomic.....	2:51:43
Eric Klein.....	2:57:57
Karen Hamill.....	3:18:15
Dave Nix.....	3:24:49
Eppa Hite.....	3:26:46
	(Qualifies for Boston 2002)
Iris Rave.....	3:35:11
Ann Heike.....	3:35:20
	(Qualifies for Boston 2001)

### Running for Life...

(Continued from page 1)

Marti Nelson, a doctor and a breast cancer sufferer for whom the run is named, had tried for many months to gain access to a drug now known as Herceptin. She tried to acquire this medication in order to cope with the pain associated with her illness. Regrettably, she fell prey to the illness in 1994. While the medications for breast cancer are still not as available as they could be, the purpose of the Stride for Life 10K is to increase awareness of breast cancer and, hopefully, to allow new medications to be given to the women who are suffering from this illness.

For them, any delay could be too costly. Next year may as well be next lifetime. I was lucky enough to have a next year. I caught my illness rather early and I was able to deal with it before it controlled and ended my life. I hope that you, the reader, will be as proactive as I with regard to your own maladies so that little problems don't grow up to be big and potentially fatal ones. I hope if nothing else you gain some insight to this issue. (You may also want to write to your legislator about this issue, too.) One day, we may all need this type of help...and I hope there is no waiting for it.

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## A Few Words from the Editor...

When I first started running with PARC in the summer of 1998, the first information I had received about the club (other than Rita Comes' ringing endorsement and persuasion) was the club newsletter, *Keeping Pace*. In other words, the newsletter was my first impression of PARC, and it was a very positive one, filled with race reports, race results, articles and photos produced by PARC members about PARC members. From reading the newsletter, I knew that PARC was the kind of running club I wanted to become involved with.

While I was impressed with the workmanship that Kevin Wilkinson, Peyma Oskoui and the rest of the *Keeping Pace* editorial staff put into the newsletter every month (they also continue to play very key roles in coaching and assisting my monthly efforts), these positive impressions came primarily from the PARC members who contributed articles, photos, etc., that illustrated the diversity and personality of the club membership.

The point I am trying to make is this: our newsletter is the voice of our club. It serves as our first impression, as well as our primary mode of advertising, to prospective members, informing them not only of upcoming club events, but also of the kinds of people and personalities that make up the club. While the editorial staff does the nuts-and-bolts work (i.e. layout, shuttling to printers, coordinating assembly) of producing a newsletter every month, the real substance of *Keeping Pace* that sells prospective new members on PARC comes from you, the members. This is, after all, your newsletter, just as it is your club, and *Keeping Pace* needs your voice to make it complete.

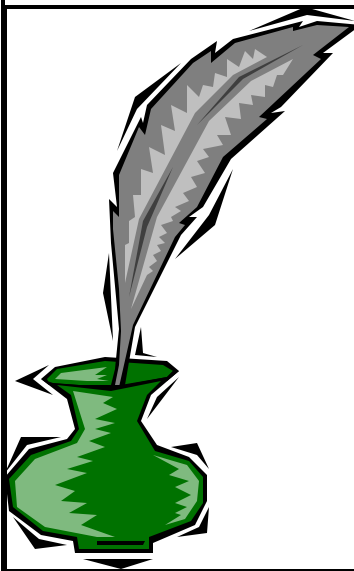
There are all sorts of possibilities for topics, as evidenced by past issues of *Keeping Pace*. Among others, Joe Walter has written about his running adventures in exotic, faraway places. Steve Forman and Steve Woo have told about their experiences rehabilitating from running injuries, describing what they did when they were unable to run. Danny Dreyer has contributed several helpful training tips. Jonathan Goldstein has provided insight into the charities and beneficiaries of races in which he has participated. There have also been many basic reports on local races, and these are valuable in that they provide insights to other *Keeping Pace* readers on races to consider for next year (or to avoid, in some cases), as well as informal advertising for well-organized races.

*Keeping Pace* could provide even more than this, however. For several years, the unofficial run club email list originated by Jeff Hodges has served as a vehicle for running and training information—many people's training questions, from new running venues to injury rehabilitation, have been



answered, in whole or in part, via the email list. *Keeping Pace* could also provide a vehicle of this sort, perhaps in the form of a "Questions of the Month" section, where members could pose running-related questions, and other members could field them, with the best replies to be printed the following month. *Keeping Pace* could also serve as a forum for editorial/opinion pieces. In the past, *Keeping Pace* has printed opinions of club members, and will continue to welcome honest, well-conceived editorial pieces as well as rebuttals to previous editorials. Many other possibilities exist. If you have ideas for topics, regular features, etc., by all means, tell me (or the *Keeping Pace* staff) about it; chances are, it will be worth a try.

One of my personal favorite features to read in *Keeping Pace* is the "PARC Personality of the Month", a long-standing PARC tradition. I think it provides an excellent means of getting to know fellow PARC members, using the simplest of concepts—writing about oneself and one's running experiences. This is also a great way for new PARC members to introduce themselves to the Club. Photographs are another easy way to contribute to *Keeping Pace*; a brief (1-2 line) description of submitted photos will help (photo captions are even better).



So please, let your voice be heard! Your written words and photos are the best advertising available for our club. If you have any questions or suggestions, feel free to contact me via email (email address on page 2), or leave me a message in the PARC mailbox at the Lucie Stern Center.

—Dave Wibbelsmann

# 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—January 2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 HAPPY NEW YEAR!	2	3 6:00 pm—Palo Alto, Lucie Stern (Tree Run)*	4	5	6 8:00 am—Long Run, Sawyer Camp Trail*
7 8:30 am—PARC Monthly Trail Run, Skyline Ridge 9:00 am—California 10 mile, Stockton	8 6:00 pm—Stanford Campus Run, Angell Field*	9 6:00 pm—Track, Foothill College*	10 6:00 pm—Palo Alto, Lucie Stern (Ken's Lake Run)*	11	12	13 8:00 am—Long Run, Sawyer Camp Trail*
14 9:30 am—DSE Lake Merced Run 4.6M, San Francisco	15 6:00pm—Stanford Campus Run, Angell Field*	16 6:00 pm—Track, Foothill College*	17 6:00 pm—Palo Alto, Lucie Stern (St. Francis Run)*	18	19	20 8:00 am—Long Run, Sawyer Camp Trail*
21 7:30 am—San Diego Marathon, Half, 5k, Carlsbad	22 6:00pm—Stanford Campus Run, Angell Field*	23 6:00 pm—Track, Foothill College*	24 6:00 pm—Palo Alto, Lucie Stern (Stanford Run)*	25	26	27 8:00 am—Long Run, Sawyer Camp Trail* 8:00 am—Death Valley Trail Marathon
28 8:00 am—San Francisco Home Depot half marathon, Golden Gate Park	29 6:00pm—Stanford Campus Run, Angell Field*	30 6:00 pm—Track, Foothill College*	31 6:00 pm—Palo Alto, Lucie Stern (South Palo Alto Run)*			