

Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

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 tail-gate brunch after the run. Please bring something to share with the others. This is a wilderness run, so dress appropriately and carry your own fluids.

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!

March Monthly Run

When: March 4, 2001. Meet at 8:15am in Parking lot for 8:30 am start

Where: Skyline Ridge (Hidden Waterfall Loop)

What: Club will host two runs going south into Long Ridge 12 and 6 miles

Why: We will take you to the just discovered hidden waterfalls and vistas —new trail!

Directions: The Preserve is located one mile south of Page Mill Rd. on Skyline Blvd. (Hwy 35).

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

Pot-luck immediately following so bring your goodies!

A Few More Words from the Editor...

This past Super Bowl Sunday, some 3000 runners gathered in Golden Gate Park for the Home Depot San Francisco Half Marathon. For the past several years, this race has been quite popular with the Palo Alto Run Club runners, through rain or shine (fortunately, for this year, the latter prevailed for a change). This popular event is made possible each year by the efforts of a local running club known as Pamakid runners. Although the Pamakids are primarily family-oriented (hence the name: PA+MA+KIDS), they have a rather long history of organizing racing events, and the SF Half Marathon appears to have become their signature event.

Many other local running clubs also organize local racing events. For example, Oakland's Lake Merritt Joggers & Striders present several racing events that are publicized in the Runner's Schedule, such as the Fourth Sunday 5k, 10k, and 15k races around Lake Merritt, as well as the Tilden Tough 10 miler, which for 12 years has served as an alternative to the Bay to Breakers. And this is from a running club with roughly half the membership of PARC.

Why am I bringing this up? Last summer, many of us were disappointed to learn that the Chili Chase 5k run had been canceled, due to lack of organization. The way I see it, PARC has a golden opportunity to make it's contribution to the running community. We can bring back the Chili Chase if we want to and are willing to make the effort, and in doing so we can place our own signature on the local racing scene: *The Chili Chase 5k, presented by the Palo Alto Run Club*. I for one would like to see it become a reality...would you?

Just one runner's opinion.

—Ed.

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—February

- Alison Mark 2/3
- Ginny Hull 2/8
- Peyma Oskoui 2/11
- Kirsten Kempe..... 2/13
- Sophia Lewis 2/13
- Maggie Buerger..... 2/16
- Cathy Bolger 2/21
- Dave Nix 2/21
- Tracy Hampton..... 2/22
- Yvonne Franke 2/24
- Heidi Bloom 2/26
- Jim Tomic 2/26
- Gary Jones 2/27
- Henry Lesser..... 2/28

Credits

Editor Dave Wibbelsmann

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

Writers Nancy Clark, Jon Easterbrook, Arash Farahmand

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

MUSCLE CRAMPS: Do they cramp your style?

Nancy Clark, MS, RD

"I get excruciating cramps when I play tennis in the heat. Could something be wrong with my diet...?"

"I cramped so badly during the marathon. I had to quit a few yards from the finish line. I just couldn't go any further."

"Should I drink pickle juice to prevent cramps...???"

If you've ever experienced the excruciating pain of a severe muscle cramp, you may fearfully wonder if it will strike again. You may also wonder if nutrition imbalances are at the root of the problem and if diet changes would be the simple solution.

Muscle cramps are poorly understood. Historically, no one has been able to predictably cause a muscle to cramp; this hindered the ability to study the underlying mechanisms that contribute to these unpredictable spasms. Just recently, researchers have found a way to cause cramps. Hopefully, this will open the door for more research on ways to prevent them from happening.

We do know that muscle cramps most commonly occur among athletes who work their muscles to the point of exhaustion. The overexertion theory of muscle cramps goes like this: When a muscle gets tired, the numerous muscle fibers that comprise the muscle fail to contract in a synchronized rhythm. This is likely related to overstimulation from the nerves that trigger the muscles to contract.

What to do

What should you do if you get a cramp? Popular remedies include massage, stretching, accupressure (relaxing the affected muscle by applying pressure to it), and giving yourself a hard pinch squarely on the upper lip.

What about nutritional remedies? Previous theories have suggested cramping is related to fluid loss and electrolyte imbalance. These theories do not always hold true. (For example, musicians, who do not get sweaty, often complain of muscle cramps.) Yet, if you are plagued by cramps, you should at least rule out any possible factor that might contribute to getting them. Here are a few food tips to help you rule out theoretical nutritional causes.

Theory #1. Lack of water. Cramps often occur when an athlete is dehydrated. (But even athletes who are well hydrated get cramps.) To reduce the risk of dehydration-associated cramps, simply drink more than enough fluids before, during, and after you exercise. On a daily basis, drink enough fluids so you have to urinate every two to four hours. Your urine should be light colored and copious. During extended exercise, drink as much as tolerated, optimally 8 ounces every 15-20 minutes.

Theory #2. Lack of calcium. Calcium plays an essential role in muscle contractions. Anecdotal stories suggest that athletes who eliminate calcium-rich dairy products can become plagued by muscle cramps. For example, a ballet dancer who added yogurt and skim milk back into her diet reports her cramps disappeared. A mountaineer resolved his muscle cramps by taking calcium-rich Tums.

Exercise scientists question the validity of these anecdotes, believing a calcium imbalance is unlikely to be the cause of muscle cramps. After all, the bones are a calcium reservoir and can supply the body what's needed for proper muscle contractions. Never-the-less, to rule-out any possible link between a calcium-poor diet and muscle cramps, I recommend that athletes plagued by cramps consume calcium-rich foods at least twice a day, such as lowfat milk on cereal and a yogurt for a snack. This good nutritional practice certainly won't hurt them, and may possibly help.

Theory #3. Lack of sodium. Many health-conscious athletes restrict their salt intake on a daily basis, believing this will help prevent blood pressure problems. However, if these athletes are losing a significant amount of sodium through sweat, they may be putting themselves at risk for developing a sodium imbalance that could contribute to cramps. This situation is most likely to occur in extreme sports such as an Ironman triathlon or 100-mile trail run, particularly if the athletes have consumed only plain water during the event, no sodium-containing food or beverage.

Theory #4. Lack of potassium. Athletes who sweat heavily may lose some potassium, but they are unlikely to become potassium depleted. And if they did, the whole body would be affected--not just one muscle. Never-the-less, eating more potassium-rich fruits and vegetables will hurt no one. **Theory #5.** Lack of pickle juice. Some football players and athletic trainers swear two ounces of pickle juice taken ten minutes before exercise prevents cramps. The reasons are unknown and untested, but there's no harm in trying...!

The above suggestions are only suggestions, not proven solutions. But you might want to experiment with these dietary tips if you repeatedly suffer from muscle cramps. Adding extra fluids, lowfat dairy products, a sprinkling of salt, extra fruits and vegetables, and even some pickle juice certainly won't harm you and may possibly resolve the worrisome problem. I also recommend you consult with a physical therapist, athletic trainer or coach regarding proper stretching and training techniques. Nutrition may play no role at all.

Nancy Clark, MS, RD, nutritionist at Boston-area's Sports-Medicine Brookline, counsels both casual and competitive athletes, addressing their food questions and weight concerns. Her information-packed, best selling classic, Nancy Clark's Sports Nutrition Guidebook, Second Edition is available at bookstores or via www.nancyclarkrd.com.

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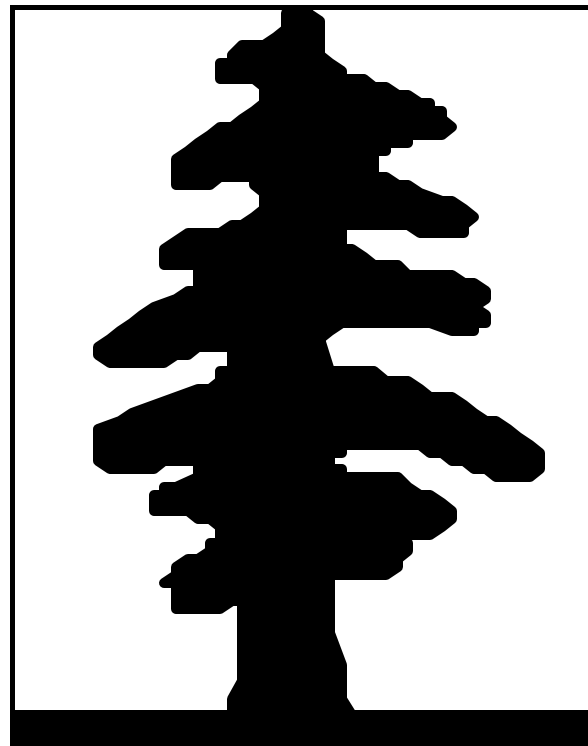
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Sat 10-6pm	Sun 10-4pm
859 Santa Cruz Ave.	249 First St.,
Menlo Park	Los Altos
650-325-9432	650-941-2262

15% off purchases for Palo Alto Run Club Members

PARC Marathon Central

Home Depot San Francisco Half Marathon January 28, 2000

Amol Saxena	1:19:00
Jim Tomic	1:21:44
Shauki Elassaad.....	1:22:19
Peter Zepter.....	1:23:34
Dave Wibbelsmann.....	1:34:24
Karen Hamill.....	1:34:34
Chris Sadeghian.....	1:35:27
Arash Farahmand.....	1:38:39
Joe Rizza.....	1:48:10
Elizabeth Compton.....	1:48:44
Tom Kaisersatt.....	1:51:36
Linda Bobleter	1:52:08
Ann Heike.....	1:52:14
Joe Froniewski.....	1:53:17
Noel Relyea.....	2:07:58
Amy Gonsier.....	2:08:19
Megan Nguyen.....	2:19:02



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Personality of the Month:
Arash Farahmand

Home: Foster City/CA

Birthday: June 11, 1968

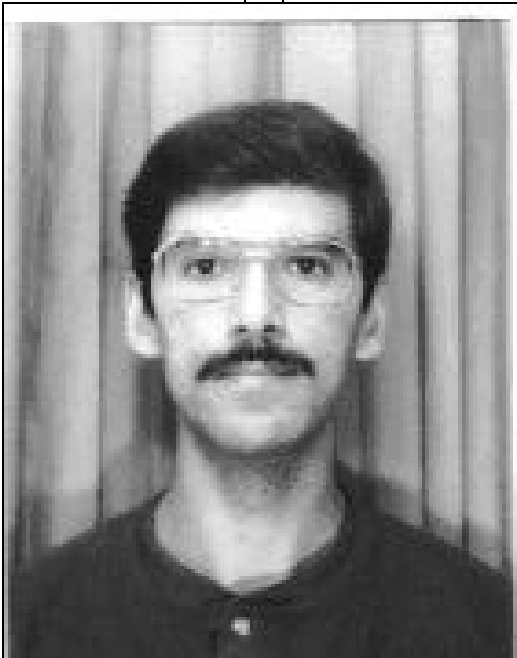
Age: 32

Home Town: Abadan, Persia (Iran)

Occupation: Software Administrator

Family Life: Single

Education: Master of Computer Science (pending because of the thesis :-p)



Running Background/History: Started running more than a mile at the beginning of October 2000; first race: Palo Alto Moonlight 10K, October 13, 2000. Other races:

Race to save lives, Washington DC 5K
Bay Area Olymians, Lake Merced, San Francisco, 4.5 miles

Run to the Far Side XVI, San Francisco, 10K
 First 12 mile run: at Camp Sawyer trail

My Obsessions: Running, reading

My Ideal Running Program: 5 minutes/mile

My Real Running Program: 7 minutes/mile

Miles Per Week: about 30

Shoe of choice: Asics GEL-TRABUCO III

Where you buy your shoes: Runner's High

My Paces: started with about 8 minutes/mile, now it is about 7 minutes/mile

Other Fitness Stuff: exercise most mornings: stretch, push-ups, sit-ups, jump ropes, etc.

Outdoor interests: hiking, mountain-climbing, biking

Indoor interests: reading

Diet: prefer vegetarian food, but also some seafood

Injuries: back and knee

Worst running experience: running with basketball shoes and injuring my knees.

Best running experience: Palo Alto Moonlight 10K race on October 13, 2000

Favorite Race: Palo Alto Moonlight 10K race on October 13, 2000

Worst Race: none so far.

How did I find out about PARC?: Because of one my friends at work, I entered the Palo Alto Moonlight 10K race on October 13, 2000 (Friday the 13th!). By encouragement of my cousin—who also entered in that race because of me—I found PARC on the Internet.

Happy running!



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—February 2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 8:00 am—Long Run, Sawyer Camp Trail*
4 8:30 am—PARC Monthly Trail Run, Purisima Creek Redwoods 6:45am—Las Vegas Int'l Marathon: (702)876-3870	5 6:00 pm—Stanford Campus Run, Angell Field*	6 6:00 pm—Track, Foothill College*	7 6:00 pm—Palo Alto, Lucie Stern (Edgewood Run)*	8	9	10 8:00 am—Long Run, Sawyer Camp Trail*
11 9:00 am—Valentine's Day 5k/10k, Lake Merritt, Oakland: (800) 242-8721	12 6:00pm—Stanford Campus Run, Angell Field*	13 6:00 pm—Track, Foothill College*	14 6:00 pm—Palo Alto, Lucie Stern (Tree Run)*	15	16	17 8:00 am—Long Run, Sawyer Camp Trail*
18 9:30 am—DSE Twin Peaks Loop 3.63M, San Francisco: (415) 978-0837	19 6:00pm—Stanford Campus Run, Angell Field*	20 6:00 pm—Track, Foothill College*	21 6:00 pm—Palo Alto, Lucie Stern (Ken's Lake Run)*	22	23	24 8:00 am—Long Run, Sawyer Camp Trail* 8:00 am—Death Valley Trail Marathon
25 9:00 am—Breakers to Breakers 12k/5k, Muir Beach: (510) 223-5778	26 6:00pm—Stanford Campus Run, Angell Field*	27 6:00 pm—Track, Foothill College*	28 6:00 pm—Palo Alto, Lucie Stern (St. Francis Run)*			