



# Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

## 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!

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



*Jon Easterbrook leads the popular PARC monthly trail run, on the first Sunday of each month.*

## A NEW PLACE TO RUN

*Peyma Oskoui*

Do you keep looking at those verdant hills around Palo Alto and sighing a sigh of grief over not being able to run there any more due to Stanford University's new everyone-out-of-our-land policy? Have you stopped going to San Antonio Ranch because you cannot find a parking space anytime, anywhere inside the park? If you answer yes, well keep on reading! I stopped going to San Antonio Ranch a long time ago, when I realized that the only way I could run there was to go there by bike, lock the bike, run, and then bike back – great for a triathlete perhaps, but not exactly my idea of a weekend routine. Instead, I was a heavy user of the Stanford hills: Every weekend day my dogs and I would be up there running and hiking and just having a good old frolic. There was even a stream that provided some relief for the dogs in hottest summer days, and many trails which we had explored thoroughly. I would also run the paved loop up there two or three times a week at lunch from my work on Page Mill, and in summers would go there with my husband and dogs after work for a run (which would often end in total darkness). While I was pregnant last year I had dreams of running from our home with jogger, dogs, and all to the dish and back. Well, it did not quite happen that way! The university decided to boot out the community from the hills. Since September, when the new fences were erected and the guards posted at entries, we have refused to go there and run in their fenced-in "loop" -- which is exactly what the university wanted after all! Oh, well...

But I digress! The point of this article is to introduce a new place to run for runners, especially those with dogs! We tried a park called Garin in Hayward last weekend, and was it sweet! Okay, there is a half-hour drive involved from downtown Palo Alto, but what is half an hour when you can spend the entire morning running/hiking up and down the hills, with your dog/companion leash-free and happy as can be? The hills literally go on and on, all the way to Livermore, and the entire park is open to dogs. There is supposedly a \$4.00

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## 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.

## 2001 PARC Board

The 2001 PARC Board of Directors is comprised of the following volunteers:

**President** .....Rita Comes  
**Treasurer** .....Ken Renworth  
**Membership**.....Lorri Walsh  
**Mailing**.....Dave O'Neal  
**At-large**.....Dave Ahn  
 .....Stella Bergan  
 .....Allen Blitstein  
 .....Steve Forman  
 .....Steve Reagan  
 .....Richard Roche  
 .....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 Dave O'Neal at oneal@comtechcomputing.com, or at 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 **listserv@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— March

Jennifer Lai.....	3/2
Ana Sarosiek.....	3/2
Patrick Schuck.....	3/3
Fred Kitson.....	3/6
Steve Reagan.....	3/12
Patricia Terek.....	3/12
Wendy Wheaton.....	3/12
Allen Blitstein.....	3/13
Dawn L. Wells.....	3/13
Jeffrey M. Barnea.....	3/15
Neal Barlow.....	3/16
Patty Rodriguez.....	3/17
Ellie Oppenheim.....	3/18
Thanos Etmektzoglou.....	3/19
Cheri A. Vaillancour.....	3/19
Robin Davis Williams.....	3/20
Jenny Sabala.....	3/22
Martin Bernstein.....	3/23
Jeff Langston.....	3/24
R. Andrew Leuzinger.....	3/25
Scott Henkin.....	3/26
Jennifer Day.....	3/27

## Credits

**Editor** Dave Wibbelsmann

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

**Writers** Nancy Clark, Rita Comes, Jon Easterbrook, Peyma Oskoui

**President** Rita Comes

**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

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Kevin Wilkinson

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

## THE ATHLETE'S KITCHEN

### PROTEIN: Finding the Balance

Nancy Clark, MS, RD

Confusion abounds regarding the right balance of protein in the sports diet. Rugby players, runners, and skaters alike commonly wonder 1) if a high protein diet is less fattening than a carbohydrate-based sports diet, 2) if protein is best for preventing hypoglycemia, 3) if they need extra protein to support the demands of their exercise program, and 4) if protein supplements are the most effective way to build muscles. The following article is designed to clarify some of this protein confusion and help you find the right balance of protein-rich foods in your sports diet.

**Q:** I want to lose weight so I'll be a lighter, quicker athlete. I've stopped eating starches like potato, pasta, bread, and other fattening carbohydrates. But I wonder: what's the right balance of protein and carbs for weight loss?

**A:** The current popularity of high protein diets for weight loss stems from protein's ability to curb hunger. That is, an egg-based breakfast takes longer to digest and can be more satisfying than is an equal number of calories from a plain bagel. By being satisfied, you'll be able to eat fewer calories, and thereby create the calorie deficit needed to lose weight.

Despite popular belief, carbohydrates are NOT fattening! Rather, EXCESS CALORIES are fattening—excess calories of carbs, protein, or fat. As an athlete, you actually need a carbohydrate-based sports diet to fuel your muscles, because only carbs get stored in muscles as glycogen. When your muscle glycogen stores become depleted through repeated days of hard training with too few carbohydrates to replenish the losses, you'll become needlessly fatigued.

Rather than eliminate carbohydrates (which are likely among your favorite foods), I recommend you consult with a sports nutritionist who can design a personalized food plan that will help you lose weight, maintain energy for training, and include your favorite meals. To find a local sports nutritionist, go to [www.eatright.org](http://www.eatright.org) and use the referral network of the American Dietetic Association.

**Q:** I struggle with hypoglycemia, so I've cut back on carbohydrates to avoid "sugar highs and sugar lows." I'm eating protein with each meal but I am afraid to have potato, rice, and bread. I've heard these foods have a high glycemic index and quickly elevate my blood sugars, only to create an excessive amount of insulin that takes too much sugar out of my blood and makes me "crash." What's the right balance of protein to carbohydrates to keep my blood sugar stable?

**A:** Of the athletes I counsel who complain about hypoglycemia, the vast majority simply underconsume calories at breakfast and lunch. They get light-headed in the afternoon not because of a reaction to carbohydrates, but because they failed to put enough fuel in their bodies and are running on fumes. The solution is not to limit carbs but rather to eat heartier breakfasts and lunches. These meals should include

both carbs (for energy) and protein (for satiety)—such as milk with cereal, turkey on bread, and meat sauce with pasta.

**Q:** I've stopped eating meat, and have chicken or fish about once a week in a restaurant. I eat mostly bagels, salads, pasta, and apples. Will this give me enough protein to support my exercise program?

**A:** Likely not. Although bagels and pasta do offer a little protein, the protein is low quality and fails to offer all the amino acids needed to build muscles. Hence, you should complement these grains with a protein-rich plant food at each meal, such as peanut butter on a breakfast bagel, beans on the lunch-time salad, and tofu with pasta at dinner.

I counsel too many athletes who call themselves "vegetarians" but are actually just non-meat eaters who eliminate meat but fail to add in beans, soy, and other plant proteins. Their bagel & pasta diet is deficient in many nutrients that are essential for health and top performance including not only protein (for building, repairing, protecting muscles) but also iron (for preventing anemia), and zinc (for healing and strengthening the immune system). No wonder these athletes complain about chronic fatigue, poor recovery after exercise, colds they can't shake, and overall lack of energy. They also have visible signs of malnutrition: blotchy facial complexion and grayish coloring—both of which disappear once they balance their diet with adequate protein.

**Q:** I want to bulk up, so I've started eating a protein bar and protein shake at breakfast and lunch (instead of cereal and sandwiches). My mom worries I'm eating too much protein. What's the right balance?

**A:** To build muscle, you need adequate protein, extra carbohydrates, and, of course, resistance exercise such as lifting weights. Carbs fuel your muscles and give you the energy needed to perform the muscle-building exercise. If you eat too much protein by displacing, let's say, cereal with a protein bar, you'll not only fail to fuel your muscles properly, but will also fail to invest in optimal health. Displacing natural foods with engineered foods (protein supplements) limits your intake of the health-protective nutrients Nature puts in whole foods.

To determine how much protein your muscles actually use, simply estimate your protein needs according to these targets:

Recreational exerciser, adult:	0.5-0.75 g protein/ lb healthy body wt.
Competitive athlete, adult:	0.6-0.9
Growing teenage athlete:	0.8-0.9
Dieting athlete, low calories:	0.8-0.9

Maximum for all healthy athletes, including body builders: 0.9 gram.

Example: If you weigh 160 pounds and want the maximum acceptable protein intake (0.9 g pro/lb), you'd need 144

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# Stretching Corner

Rita Comes

## Back Stretch

A few years ago I was involved in a car accident and developed problems with my lower back, my doctor sent me to Physical Therapy over at Stanford and here are a few of the exercises that they gave me to stretch out my back. I find these especially helpful after long runs.

1. Start out lying on your back with both knees bent and your feet flat. Raise one foot off the floor, and bring your knee to your chest. Gently pull your knee toward you with your hands, and hold it for a few seconds. Slowly release your knee and return your foot to the floor. Do the other leg. You can go back and forth doing this simple stretch two or three times, holding your knee for up to thirty seconds.

2. Start in the same position as before, but hold your arms straight out to the side with your palms facing up. Keeping your knees bent and your feet together, let both knees drop to the floor on the same side while you let your head roll to the opposite side. Don't try to adjust your legs to make one rest perfectly on top of the other—let them fall where they may. Just breathe and try to relax for up to thirty seconds. Roll your legs and head back to the center, and right on through to the opposite sides. You can also do this two or three times on each side.

3. Go back to the starting position. Place your arms alongside your body with palms facing down. Try pressing the small of your back flat against the mat as you contract your stomach muscles while exhaling. Hold that for one or two seconds, relax and inhale. Repeat this ten or fifteen times and repeat the first two stretches afterward.

*These exercises are based on printed medical materials and should be used as a guide not as the cure all. Please contact your medical professional if you experience any problems or have any questions.*



## THE RUNNERS HIGH FOR ALL YOUR RUNNING/TRIATHLON NEEDS ...OWNED AND OPERATED BY RUNNERS OPEN TUESDAY-SUNDAY

Tues/Thurs 10-8pm	Wed/Fri 10-5pm
Sat 10-6pm	Sun 10-4pm
859 Santa Cruz Ave.	249 First St.,
Menlo Park	Los Altos
650-325-9432	650-941-2262

### 5th Annual Juana Run

**Date:** Saturday, March 31, 2001  
**Events:** 8K (certified CA97001TK) at 8:30 am, 1-mile (certified) 11:00 am Kids races ½ and ¼ mile (grades PK-5) 10:00 am approximately every 10 minutes from grade 5 down to PreK.  
**Location:** Juana Briones Elementary School, 4100 Orme St., Palo Alto, CA 94306 (Parking available at Gunn High School, Arastradero at Foothill Expwy)  
**Contact Address:** BPPTA Juana Run, 800 Barron Ave., Palo Alto, CA 94306  
**Race hotline:** (650) 599-3434  
**Web site:** <http://www.juanarun.org> to print a registration form.  
**On-line registration:** <http://www.active.com>  
**e-mail:** [ksaxena@zdnetwork.com](mailto:ksaxena@zdnetwork.com)  
**Cost:**  
 8K and 1-mile races: \$22 before 3/20/2001; \$25 race day  
 Kid's races: \$12 before 3/20/2001; \$15 race day

Entry includes a t-shirt, finisher ribbon (kids), age group prizes, raffle and free food and drink.  
 Scholarships are available for kids races.  
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**Cupertino**  
The Oaks Center  
(across from DeAnza College)  
**(408) 446-5511**

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

## A New Place to Run...

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entrance fee, but on the Sunday we visited the park there was no guard at the gate. The park is not crowded at all, at least not on the trails. There is a stream at the parking lot, and other streams amongst the hills, which provide plenty of cool-down for the dogs (and runners!). I would imagine that in summer it would be very hot there due to total exposure (just like the “dish” hill), and the streams will probably dry up in summer as well. But right now it is a wonderful place to be. I have a feeling that even in its crowded state, most people would be there to use the picnic areas and not to hike (some of them hills are very steep!) There are rest-rooms and water fountains next to the parking lot, and cattle do graze the hills, although they have no interest in people (or dogs barking their heads off while trying to charge and herd them!)

Apparently there is a whole network of these east bay parks, which you can read all about on their web-page: <http://www.ebparks.org/parks.htm>. (To get the map for Garin, click on Garin/Dry Creek Pioneer, and once on the Garin page, click on the link simply titled “MAP”.) We like the Vista Peak Loop. It is short – about 3.5 miles, and scenic! Perfect for the baby (and her out-of-shape mommy) who cannot take long outings yet. But there are many trails to choose from. To get there from Palo Alto, cross Dumbarton Bridge, get on 880 North, and take Whipple/Industrial Road exit (4 minutes on the highway, tops!). A right into Mission, and a left on Garin (comes up quickly and no lights or such...just gas stations on both sides of Garin on Mission), and all the way up a long hill, and you are in the park.

I have even taken the baby and the dogs to Garin during the week: We take our lunch, go for a long hike, and then sit on a grassy slope and munch away, basking in the California winter sun. The way I see it, it is quite a large piece of heaven, not much further than Windy Hill, or Wunderlich, where not only I can have fun, but the dogs can run and be free and happy as well. We are resolved to explore more of these east bay parks now, and I think our club can have some monthly runs over in these parks as well...Once you experience those hills, I bet that you will be hooked as well!

## The Athlete’s Kitchen...

*(Continued from page 3)*

grams of protein—an amount you could easily consume from a day’s diet that includes 1 quart skim milk, 1 can tuna, and 8 ounces chicken breast.

I recommend protein supplements only in a few medical situations, such as for malnourished patients with AIDS or cancer, or clients with anorexia who refuse to eat other sources of protein. Few healthy athletes need to spend money on protein supplements; supplements have no magic ingredients. Even vegetarian athletes can get enough protein through plant and dairy foods. Wholesome food works fine!

*Nancy Clark, MS, RD counsels both casual exercisers and competitive athletes at Sports Medicine Associates in Brookline, MA. Her popular Nancy Clark’s Sports Nutrition Guidebook, 2nd Edition is available by sending \$20 to Sports Nutrition Services, 830 Boylston St. #205, Brookline MA 02467 or via her website, [www.nancyclarkrd.com](http://www.nancyclarkrd.com).*

Copyright February 2001: Nancy Clark, MS, RD



*After the Wednesday evening run, many PARC runners gather for dinner at venues such as Rojoz, in Town & Country Village.*



# 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—March 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, Skyline Ridge 7:00am—Sutter Home Napa Valley Marathon	5 6:00 pm—Stanford Campus Run, Angell Field*	6 6:00 pm—Track, Foothill College*	7 6:00 pm—Palo Alto, Lucie Stern (Stanford Run)*	8	9	10 8:00 am—Long Run, Sawyer Camp Trail*
11 8:00 am—Mercury News Press Run, San Jose: <a href="http://www.bayarea.com/pressrun">www.bayarea.com/ pressrun</a>	12 6:00pm—Stanford Campus Run, Angell Field*	13 6:00 pm—Track, Foothill College*	14 6:00 pm—Palo Alto, Lucie Stern (South Palo Alto Run)*	15	16	17 8:00 am—Long Run, Sawyer Camp Trail*
18	19 6:00pm—Stanford Campus Run, Angell Field*	20 6:00 pm—Track, Foothill College*	21 6:00 pm—Palo Alto, Lucie Stern (Edgewood Run)*	22	23	24 8:00 am—Long Run, Sawyer Camp Trail*
25 8:00 am—Houlihan's 12k, Fort Baker, Sausa- lito: (415) 759-2690	26 6:00pm—Stanford Campus Run, Angell Field*	27 6:00 pm—Track, Foothill College*	28 6:00 pm—Palo Alto, Lucie Stern (Tree Run)*	29	30	31 8:00 am—Long Run, Sawyer Camp Trail*