

Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

July Monthly Run

When: Sunday, July 1, 2001. Run starts at 9:00am. Car Pool leaves at 8:00am from Page Mill/I-280

Where: Marin Headlands—Start at Rodeo Beach

What: A beautiful Marin Headlands run that starts at Rodeo Beach. The run will take us to the out of the way Tennessee Cove via the Miwok Stables. This run will afford fantastic views of the Golden Gate Bridge and the Pacific Ocean. We will have a 12 mile and an 8 mile run (with shorter options).

IMPORTANT: THIS IS A TRAIL RUN. RUNNERS MUST BRING THEIR OWN FLUIDS AND SNACKS FOR THE RUN. I RECOMMEND A MINIMUM OF ONE WATER BOTTLE PER RUNNER.

Directions: Going North on 101, cross the Golden Gate Bridge and take the Alexander Ave. and turn right toward Sausalito. We will be going through the Fort Baker-Fort Barry Tunnel. The tunnel entrance is the first road on your left (west). Signals regulate one-way auto traffic. Go through tunnel and follow road out to Rodeo Beach. Meet in the parking lot.

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

Pot-luck immediately following so bring your goodies!

August Monthly Run

When: Sunday, August 5, 2001. Run starts at 8:30 am

Where: Portola State Park

What: The club will host the two usual 6 and 12 mile runs.

Why: Portola State Park is one of the most beautiful State Parks in California. The trails run past ancient towering redwoods, and lush ferns.

THIS IS A WILDERNESS RUN AND ALL RUNNERS SHOULD AT LEAST CARRY ONE WATER BOTTLE.

Directions: From Page Mill and Skyline - go west on Alpine from Skyline for a 3.1 miles. Turn left onto Portola State Park Rd. for 3.4 miles. Pay fee and continue over bridge to designated parking areas.

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

Pot-luck immediately following so bring your goodies!

Miwok 100K

Karen Claire

Saturday began early with a drive to the start of the 100K—a gorgeous moon in the sky that looked like you could reach out and grab it! It was good that the start was so early; we needed to get there in the dark to see that moon...it was getting light by the time we walked from the registration area to the start on Rodeo Beach at 5:40. The run started by running across Rodeo Beach for what seemed like the only flat portion of the run (that beach) for the next 30 miles or so!! :) We were treated to a succession of climbs/descents up and down the Marin Headlands yielding us unbelievably beautiful views (I used to live near there and sometimes run there, and *whenever* I run there I *still* find the views spectacular and unbelievable!). The wildflowers on this course were so beautiful! This course had it all! Coastline, Redwood Forest, Jurassic Park! :)

We worked our way through the Golden Gate Recreation area (just north of San Francisco) running trail up and down the Headlands—each new climb brought us to view a bit further north/northwest—our first astounding views were to the south—San Francisco, the Golden Gate bridge, and the water traffic below—then down down down and up up up repeat you get the picture! As we moved along (and up and down) we ran down into an aid station in Tennessee Valley, then out on the Coastal Trail—ahhhh the Coastal Trail—lots of ups and downs and ocean ocean everywhere! Great views of the coastline and on toward Muir Beach...from Muir Beach (and aid) upupup (and upupup) in Mount Tamalpais State Park playing tag with the Dipsea Trail to our highest spot on the course—Pan Toll. MAN was it a hot day! That climb was toasty but ice awaited at the aid station at Pan Toll and shade (albeit brief) followed...

Then we continued to run along a “ridge”: a single track trail cut through the brush/grass at the angle of the hillside...open open exposed forEVER :) but with gorgeous ocean views (Stinson Beach and beyond?) to take some of the sting of the heat away :) finally reaching the aid station at Bolinas Ridge. This back of the packer got to see the 1st and 2nd place men and 1st place woman Ann Trason before even reaching the Bolinas aid station at 27.7 miles...then it seemed like forever before I saw the next *mortal* runners go by (Ann Trason is amazing!) Then 7.75 miles out to the Olema turnaround (or was it 17.75?? :)) I had been warned often when running that this part would feel like it would feel L O N G (exactly

(Continued on page 7)

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 Angell Field track, corner of Galvez and Campus Dr., near Stanford Stadium. 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.

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:

PresidentRita Comes
TreasurerKen 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.....Kirsten Kempe
Saturday MorningRita Comes
MonthlyJon Easterbrook
Web PageJeff Hodges
 Charles Lai
Newsletter EditorDave 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 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—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

Editor Dave Wibbelsmann
Staff Peyma Oskoui, Steve Reagan, Kevin Wilkinson, Dave O'Neal

Writers Dave Ahn, Karen Claire, Nancy Clark, JoAnn Dahlkoetter, Jon Easterbrook, Kirsten Kempe, Steve Woo

Photos Kirsten Kempe

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
 dwibbelsmann@sangstat.com

Kevin Wilkinson
 wilkinson@hpl.hp.com

THE ATHLETE'S KITCHEN

2001 Nutrition and Health News from ACSM

Nancy Clark, MS, RD

At this year's meeting of the American College of Sports Medicine (ACSM, the nation's leading group of sports medicine professionals), over 5,000 members gathered in Baltimore to learn the latest research regarding health, exercise and sports medicine. The following are some highlights that might be of interest to you.

IMPORTANCE OF EXERCISE

We all know that exercise is health-protective, but just how much does exercise impact health? One study with about 26,000 men indicates those who exercised had lower rates of death from cancer than those who exercised less. This held true even for smokers. If you have friends who smoke, tell them to at least exercise and be fit!

Exercise can save corporations millions of dollars on medical expenses. In a three-year study of the effectiveness of a corporate wellness challenge, 700 employees earned points for doing regular exercise, reducing cholesterol levels, body fat and blood pressure plus attending health education programs. The employees got paid \$350 per person for completing the program. Incentive payouts of \$400,000 yielded net savings of \$1.6 million for the three year period (\$762 per participant per year). The program contributed to reduced health care costs, less absenteeism and reduced worker's compensation costs. Exercise is less expensive than medicine!

One "innovative" way to become fit is to get a dog and walk it. But even dog owners need guidelines. A survey of 410 dog owners suggest 58% did not walk their dogs regularly, and only 22% walked their dogs for more than 2 hours per week—not long enough! This lack of exercise has implications for the health of both the dog and the owner. Fido, start begging to go for a walk!

CANCER

The benefits of exercise extend into cancer recovery. Chemotherapy and radiation treatment are known to cause fatigue and reduced physical activity, as well as reduced immune function. In a study with 11 breast cancer patients who did strength training (1-3 sets) and aerobic exercise (15-20 minutes) for three months after radiation treatment, the women showed improved immune function (as measured by recovery of lymphocytes).

Exercise has psychological benefits as well for cancer patients. In another study of 40 women in recovery from breast cancer, those who walked regularly experienced less body dissatisfaction and physique anxiety; they felt better about their bodies and reported improved health-related quality of life. Integrating physical activity into cancer treatment programs has meaningful implications.

FLUIDS

If you lose 2-3% of your body weight pre-post exercise, you compromise your ability to perform at your best. Yet, many athletes fail to drink enough fluids. In a simulated 10 mile running race, the athletes drank only 30% of what they lost via sweat and became 2% dehydrated. This study underscores the need to adhere to a predetermined fluid schedule.

By knowing your sweat rate (as determined by weighing

yourself naked before and after exercise), you can then know how much to drink. Theoretically, if you lose 1 pound of sweat per hour of exercise, you should target consuming 1 pound of fluid (16 ounces) per hour during your next exercise bouts. In reality, you may not need/be able to tolerate quite that much because your body has inner water that gets released during exercise—about 3 grams water become available /gram muscle glycogen used during exercise—but at least you'll have a baseline fluid target. By experimenting during training, you can learn how much fluid you can actually tolerate during exercise in different temperatures.

A survey of almost 250 collegiate athletes at U Mass-Amherst indicates that prior to exercise, 13% of the athletes were considered underhydrated (based on the concentration of their urine). Sixty-nine percent were acceptably hydrated, and only 17% were well hydrated. Men were more likely than women to be underhydrated. The bottom line: Be responsible—consume enough fluids!

Exercise scientists have validated that an accurate way to tell if you have had enough fluids is to simply monitor the color of your urine. The darker the color, the greater the level of dehydration. In a 30 mile mountain bike race (completed with no fluids other than "tanking up" beforehand), the athletes ended with a very small volume of dark-colored urine that was indicative of 5% dehydration.

Overhydration also deserves mention. Among "slow athletes" (such as participants in >5-hour fund-raising marathons), medics are noticing more and more disoriented participants with a vacant stare. The problem: overhydration. These slow athletes take the advice "drink often" to the extreme. Hints: 1) Do not add water to a sloshing stomach. 2) Consume sodium-containing sports drinks and foods (as compared to consuming only water).

As for what's acceptable to drink during exercise, a study with ever-popular Coca Cola validated what athletes have been doing for years. Cyclists traded sports drink for Coke after 1.5-2 hours of hard biking and again during the final 30-minute sprint. They enjoyed a stronger performance than when they had no caffeine. The combination of caffeine + sugary fluid (be it Coke or a sports drink + caffeine) yielded a stronger finish.

BODY FAT / WEIGHT

Weight is forever a concern of athletes, and overweight / obesity is a national public health concern. Researchers are particularly interested in the effect of exercise on weight management. Overweight people commonly believe they have to exercise vigorously to achieve weight loss. In a 16 week study with overweight people assigned to one of 3 programs (diet plus: vigorous exercise OR intermittent 10-minute bouts of vigorous exercise OR simply increased activity in their daily lifestyle), the subjects averaged 1 lb. weight loss / week and all experienced similar health benefits (reduced blood pressure, blood lipids). The bottom line: Simple daily activity has a positive impact on weight and health. Not everyone wants to exercise vigorously (nor needs to exercise vigorously). But most of us can park the car further away, take more stairs and fewer elevators, and sweep the kitchen floor with more effort. Small bouts of activity count; they burn calories and improve health. *(Continued on page 7)*

The Night Before Patriot's Day

Steve Woo

Shhhhhhhhhhh!

'Twas the night before Patriot's Day, when all through the Hyatt
Not a Runner was sleeping, not even a Kenyan,
The ChampionChips were laced to the shoes with great care
In hopes that PRs soon would be clocked.
The runners were tossing and turning in bed,
While sounds of the Wellesleyans shrieked in their heads
After setting the alarm and checking it twice (then calling the
front desk for a wake up call, just for insurance)
I finally settled down for a short sleepless nap.
When out in the hall, there arose such a clatter
I sprang from my bed—Nikes intact—to see waaazuuuuup
Away to the peephole I flew like a flash,
Flung open the door and poked my head out
Oh, never mind, just a wasted runner—OD'd on some GU.

Well, this is stretching things a bit, because the Hyatt Cambridge is one of the noisiest hotels in which I've ever stayed. At 11PM the night before the marathon, someone started playing the piano in the 2nd floor lounge. The noise drifted up to my room on the 8th floor and kept me awake for a good hour, then the noise from the guests continued for quite some time, keeping me tossing and turning, and stressing and fretting. Still, I'll be back at the Hyatt Cambridge next year. I stayed there last year for the marathon and had a great run, and given my marathon experience this year, I don't want to screw around with tradition and a formula that works. The hotel is on the Charles River, and down the street from MIT and near Harvard Square. So with all those smart Ivy League vibes floating around like the plague, how can one not run a smart marathon and a PR?

Tonya Harding

When, what to my bloodshot eyes should appear,
But the clock which did taunt...half past two?!?!
With a jittery feeling, so nauseous and bleaugh
I knew in a moment, this run's really, really, really gonna hurt.
More rapid than Ndereba my veins they did pulse,
And I cried and I raved:
"My right hip! My right quad! They both feel so sore!
My taper, my taper, why didn't I #@\$%&@#&\$% taper?!!"
To the top of the bed, I sprawled myself out
"Now stretch my hip, stretch my quad, stretch it all out!"

I've yet to learn how to taper properly for a marathon, and was now paying the price for a less than ideal one week taper. By Saturday, my right hip/quad was feeling extremely tight, much like it felt when I ran the LA Marathon in March and put in a pitiful performance because of it. So I pulled out "The Stick" to massage and loosen up the muscles in the area, but I ended up getting a little masochistic and was rolling the device over my quads so hard, it was quite reminiscent of the painful myofascial therapy (deep tissue massage)

that I went through one year earlier in an attempt to relieve the compartment syndrome in my calves—those sessions left my legs in raw pain and unable to run for several days after. My employment of "The Stick" produced a hurts-so-good type of sensation; however, later in the day the whole area was feeling extremely tender and sore. Having self-inflicted this torture on myself, I was left lying on the floor of my hotel room, utterly horrified with what I had done to myself and whimpering, "Why meeeeeeeeeeeeeee?!"—ala Nancy Kerrigan after her infamous bludgeoning by Tonya Harding's own version of "The Stick."

The Rhetoric of Marathon Apparel

Then drifting away, my eyes they did snooze
With my gut full of water, and unable to pee (ugghhh).
And then, in a twinkling, I heard in my ear,
"Good morning Mr. Woo, your 6:45 wake up call."
As I pulled at my hair, and cried myself awake
I rolled off the bed with a grunt and a groan.
Got dressed in my shorts and strategic t-shirt,
Which was littered with spirit: USC, USC, Go Trojans, Go!

Now, I cannot emphasize enough the importance of carefully selecting an appropriate race shirt in which to run at the Boston Marathon. It's unlikely that you will engage in active conversation with spectators during the race, therefore, your shirt will serve as an important medium of communication between you and your fans (if only for a day). Typically, the Boston crowds will either respond emphatically by screaming whatever is written on your shirt, or not at all. With spectators along the course numbering over half a million, if you hear them hollering your name, chances are they're not really screaming for you, but rather for the guy running next to you who coincidentally has "your" name written on his shirt. Sorry to break the news to you. Although you both have the same name, might it be considered poor race etiquette for you to soak in the cheers and applause that are being showered directly upon him and his shirt? Perhaps, but this remains an issue best left for the lawyers to debate.

To alleviate this concern, it's critical that you consider how common your shirt may be among fellow runners. Half a thousand other runners may be wearing the same motivational t-shirt that they picked up for free at the expo in exchange for signing up for a new 20% interest VISA card. An effective communicator always has the interests of his audience at heart, and won't bore the crowds with the same "Just Do It" shirt that everyone else is wearing, or burden spectators with a lot of text or hard-to-depict graphics on his shirt—it's really best to keep it simple for all parties involved. Bear in mind that the crowds will be passed by over 15,000 runners, so they can't really offer more than a 3 or 4-syllable cheer for any individual runner. They love to scream acronyms, especially the kids whose vocabularies are still developing. This year at Boston, with emotions still riding high from USC's showing among basketball's Elite Eight, following the school's dismal football season, I decided to don a simple, but crowd-pleasing shirt with the letters U-S-C across the front. The results were incredible—for almost every step

along the course, there were crazed spectators chanting, “Go USC (Trojans, Southern Cal, SC, or some other variation of this!)” The Wellesley gal with the “Go California” placard was quite receptive when I passed her, and even while running past Boston College, the students were exceptionally supportive, despite their recent Sweet Sixteen loss to USC. However, what really made wearing my shirt worthwhile was when I smugly passed the dude wearing the UCLA shirt. “Go SC—Fight on!”

The Village Outhouse

A bundle of delicacies I packed in my sweat bag,
 And it felt like trick or treating just op’ning my pack.
 My ClifBars—how full of carbs! Chocolate PowerGel, how
 full of caffeine!
 My gut was still bloated, my mouth like a camel’s
 Uggghhh.....my bladder was ready to go.

The road to Hopkinton had some bumps and some potholes,
 That shook the bus, and my bladder, like a bowlful of jelly.
 (45 minutes later.....)
 The Runner’s Village was in view, a site for sore eyes,
 And I cried when I saw it, my bladder in tears.
 But a squirm of my hips and a ripple through my stomach,
 Soon gave me to know I had everything to dread.
 Begging the driver, I spoke just six words,
 “I need to get off NOW!” then ran for the trees.

After I was finished taking care of business, I boarded the bus
 again to the roaring applause of everyone on the bus. Appar-
 ently, my weakness of bladder and threatening demands on
 the bus driver gave inspiration to others to hop off the bus
 and make for the bushes.

Finally arriving at the Runner’s Village, I was grateful to
 have made it to the start of another marathon after past sur-
 geries to both calves and a knee. With three hours until gun
 time, I surveyed the village looking to claim some property
 on which to stretch and chill out. Then I ran into PARC-ers
 Kirsten Kempe and Dave O’Neal, and we ended up staking
 out a fragrant area of grass in front of the port-a-potties, along
 with an Ironcouple in training for the Canadian Ironman. The
 hours passed relatively quickly, then we made our way to the
 corrals, when I spotted Roberta Gibb, the first female to run
 Boston in 1966, warming up.

Settling into corral #2, I wasn’t sure how my hip/quad might
 act up during the run. I was just hoping for anything better
 than 3:10, in order to qualify for next year’s marathon.
 Training for this year’s Boston was especially difficult given the
 insanity of my class schedule, and I didn’t want to train for another
 marathon just to qualify for Boston 2002. However, soreness
 would ultimately plague my hip/quad throughout the marathon.

Minutemen

Picking at the scars of my knees and my calves,
 And nodding in thanks towards the church at the start, I was
 ready to go.

The jets thundered above, to the runners gave a launch,
 And away we all flew like the flanks of the minutemen.
 And I heard the crowds exclaim, as we ran out of sight,
 “Happy Patriot’s Day to all, and to all a good race!”

Epilogue

Immediately into the start of the marathon, I could feel a sub-
 tle tightness in my hip, and I was anticipating trouble down
 the road. However, I was running mile splits around 6:40 for
 the first 5 miles or so. I tried to pace myself slower, but the
 same splits kept coming up until about mile 7, when I really
 started feeling the soreness spreading to my right quad. By
 about mile ten, I began to slow my pace because I knew
 Wellesley was coming up at around mile 13, and I wanted to
 look and feel half decent while passing the girls there. In-
 deed, the ladies did not disappoint, and high-fiving the strip
 of fanatical Wellesleyans is something every male mara-
 thon should strive for at least once in his lifetime.

After passing Wellesley and receiving that added shot of
 adrenaline, I was feeling relatively strong, hip and quad
 aside. I made it to the halfway point in 1:28, and figured I
 could run a positive split of 12 minutes and still qualify for
 next year. The Newton hills would be coming up around
 mile 17, and I figured I should hold myself back. However, I
 just couldn’t figure out why I wasn’t able to slow my pace,
 especially when my quad and hip were feeling the impact
 every time I landed on my right foot.

Then it dawned on me—it’s my shirt! My USC shirt. As
 mentioned above, I couldn’t escape supportive spectators
 cheering “Go USC!!” along the entire course, which made it
 all but impossible to feel sorry for myself and my hip/quad.
 The energy of the Boston crowds really pushes you to run a
 pace faster than you would otherwise, for better or worse.
 Crowd support at Boston is unrivaled at any other marathon
 I’ve run and, to its credit, Boston may be the only city in the
 world in which all of the locals know the distance of the
 marathon, and don’t think a half marathon is as long as a
 marathon. “Go Beantown!!!!”

After Heartbreak Hill at mile 21, it’s all downhill towards
 Boston. By this point, I was running at about 2:55 pace, but
 my hip/quad were REALLY killing me and I was expecting
 that I’d be hitting the wall and walking soon. However, with
 the frenzied crowds getting more dense and louder as the
 course approached Boston, I couldn’t do much but suck up
 the pain and push as best as I could. Closer to the finish, the
 Red Sox had just beaten the Yankees, and rowdy baseball
 fans were emptying out of Fenway Park onto Boylston and
 the surrounding streets. With the crowds swelling, I made
 the turn onto the final Boylston stretch and realized a sub-3
 chip time was within reach, but I had to do it right—chip
 schmip, I wanted to clock an official sub-3. I crossed the
 finish in 2:59:54 with a hysterical grin on my face, knowing
 how closely I squeaked-by under three hours, and only 4 sec-
 onds faster than my time at Boston last year. Yahoo—I’m beat.

Merry Christmas and Happy Patriot’s Day!

Streaking

Dave Ahn

I have a streak going. That is, I have run a race for five straight weekends now. And this will definitely hit seven because of Bay to Breakers on May 20 and the Zippy 5K on May 28. And no, I am not streaking in the other sense at B to B. This started with the Big Bunny Fun Run 5K in Cupertino on April 14, then the Compaq 10K on April 22, the Big Sur 5K on April 29, the Adelante School Cinco de Mayo 5K on May 5, and finally the Stanford Powwow 5K on May 12.

Now the obligatory reaction is: this is crazy.

- 1) What are you doing to your body?
- 2) wow, the t-shirt pile keeps growing
- 3) There is no consistent training for the long term when you race so often—no base being laid down, it's just the oh well I'll race myself back into shape—ha.

There were obvious contrasts: Compaq and Big Sur were big events, with fast competitive fields where a large chunk of the field ran away from me, disappearing into the distance. Hey, I am under no illusions; when I race for the Reebok Aggies (follow all the other Aggies) I am in the very back.

The other races in the above list have their own atmosphere and spirit. So I enjoy running small low-key races for, let's say literally, a change of pace. But I should note that most races do indeed celebrate and support the local community. And most of these races also involved kids. (very different to be lining up at the start next to a whole bunch of very small people and fun to watch them tear away from the start).

These small races also allow me to play pretend—that I am actually a fast runner (and get comments from others that you obviously look like a fast runner). And when the other serious runners stay away, I can even win my age group.

Certainly the two most recent races were unique challenges: the Adelante School run had moderately difficult hills, the Powwow run was definitely a last minute decision, being at the end of the string of races. This last one is also traditionally known to be short so it's hard to tell how fast I really ran (I don't keep good records on 2.9 mile races that I've done). Afterward I warmed down with a couple of miles on the Angell Field Cobb track, and then stayed around to enjoy watching Bob Kennedy and the Kenyans do their workouts. Quite an impressive sight to behold.

All this reinforces that indeed I am a fan of running. I enjoy watching good competition, enjoy taking part in fun running events, and enjoy doing my part in volunteering. However, since I already serve on several race/event committees besides my volunteer work for Habitat for Humanity, there is a limit to what I can do. But it also means communicating and sharing within the running community to where we can all work together on common goals and plans. I definitely believe in the promotion of running which means opportunities for all age groups in terms of available events and programs. This includes welcoming new and beginning runners into our sport. But I also place a lot of value on competition, and the

learning and training to improve our running (besides the health and fun aspects).

Personally I hope to continue stay in decent shape as I await advancing to the next age group. (and yes, I am making plans to get an Aggie senior team out competing).

See you out there on the trails, road, and track.

Visit the PARC
website at
www.parunclub.com

Palo Alto Run Club Rules of Conduct

- 1) **Participation in PARC events requires membership, which is available for \$20 per year.**
- 2) **All members shall sign a personal injury liability waiver form (available at all club events).**
- 3) **All members participating in club events shall obey traffic laws.**
- 4) **All members participating in club events shall respect the neighborhoods and environment through which they run.**
- 5) **All members participating in club events shall respect other club members, and users of city facilities, streets and parks.**
- 6) **Members participating in club runs after dark shall wear reflector vests, other night safety clothing or lights.**
- 7) **Members wishing to bring leashed dogs to club events (in permitted venues) shall control their pets in a safe and courteous manner.**
- 8) **Members shall exhibit proper running etiquette by providing personal and physical space and courtesy to fellow runners.**
- 9) **The City of Palo Alto Recreation may follow up with any member not following the rules of conduct and make appropriate recommendations concerning further participation.**



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15% off purchases for Palo Alto Run Club Members

Treated by the gracious host/captain at Tennessee Stan Jensen yet again and then upupup the *final* climb (800 feet or so?) to the top with Jon actually getting me to run the few and far between flat sections—treated to a final fantastic view of the lights of San Francisco from the top (the speedsters missed out on *that!*) :) before climbing down the cruel, cruel stairs leading to the cruel cruel final descent! :) Finally the finish line truly in sight!! Massachusetts folks Missy and Slug (Mark) and Palo Alto Run Club and Stevens Creek Striders folks and 2 of my old roommates from grad school waiting at the finish! Handed a MiWok Trail Ale :) (how many ounces are they, anyway?), a MiWok CoolMax t-shirt, and a gorgeous finishers medallion for my 16:24 hours of work!

I'd do it again in a heartbeat!!! :) It was tough but worth every step! Many thanks to the RD and to all of the wonderful volunteers for putting on such a fantastic event!

Miwok 100K

(Continued from page 1)

how it's written in the race info) but I actually loved it once we got into some shade—I felt rejuvenated with the shade and was happy to be running and felt strong from mile 30 or so to the OPEN EXPOSED turnaround at Olema (mile 35.4). I got to cheer my trail buddies on (east and west coast both) on this section as they headed back as I was on my out. Ice again at Olema! Life is good. While I was talking to one of the RDs of the Quicksilver 50K/50M at the aid station my pack was filled with water to its full capacity (100oz!) (I usually ask them to fill it to 1/3 full but was busy telling the RD how much I like their pottery awards that I forgot). No worries—I probably drank 40oz of water and had 60ozs of water-pack shower on the way up that nasty climb from Olema (not *that* long but man was it exposed! And did I mention it was hot??) Probably not good for my sunscreen but it felt good to wash down my legs and arms with the extra water. Back on through to Bolinas Ridge aid (now mile 43.2) and to pick up my pacer, Jon. Feeling good going back along the Coastal Trail to return to Pan Toll, this time topping out at Pan Toll at mile 49.9...now if only this event had been 50 miles instead of 100K... :)

For me, I think just after this is when the wheels started to fall off! :) After Pan Toll the 1600' descent—oh, a downhill, good you say??? Well, that *is* what I wanted...downhill training for the quads! I started to hurt here and never really felt much better after that...got to the bottom of the descent and turned around and head up another climb—this through the Jurassic Park/poison oak(!) ecosystem. An aid station at Highway 1 at mile 55.1 followed by the short (but nasty) remainder of *that* climb to head on down to Tennessee Valley (as darkness fell for me) one more time below. Jon, my pacer was trying every trick in the book to get me to run and me not having anywhere deeper to dig it seemed to do so! Now, any barn that was smelled at this time was not the barn of the finish line but the barn of the horses at Tennessee Valley at mile 58.4...less than 4 mile to go but one heck of a climb in between Tennessee Valley and the finish at Rodeo Beach!

The Athlete's Kitchen

(Continued from page 3)

Take heed: Doing regular exercise does not always equate to weight loss. In a 16 month study, overweight women who exercised 5 days/week for 45 minutes did not lose weight (but they did improve fitness). The women failed to create the calorie deficit needed to lose body fat. Apparently they were less active during other parts of the day.

Nancy Clark, MS, RD specializes in nutrition for sports and exercise. She counsels both competitive and casual exercisers at SportsMedicine Associates in Brookline MA (617-739-2003). Her popular book, Nancy Clark's Sports Nutrition Guidebook, Second Edition, is available via www.nancyclarkrd.com.

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PARC Marathon Central

Suzuki Rock 'n Roll Marathon

June 3, 2001

Dave Wibbelsmann *3:13:52
 Justin Graham..... 3:22:09
 Dave Nix 3:34:43

* Qualifies for Boston 2002

Our apologies if we missed anyone!

Creating an Inner Desire

JoAnn Dahlkoetter, Ph.D.

**Look around you, find your passion,
see what makes you whole**

To excel as an athlete you must be hungry—hungry for success, for results—hungry simply to become the best athlete you can be. It starts with a dream, but somehow you must be inspired, or you will never be able to reach your goal. We often read about athletes overcoming physical disabilities. Lance Armstrong survived testicular cancer and won the Tour de France two times. Marla Runyan ran in the 1500 meters of the 2000 Olympics while being legally blind. It is out of these challenges that athletes develop a fierce, burning desire to succeed. They need to prove to themselves that they can achieve their goals. Through these kinds of examples we can begin to understand that desire is sometimes more important than even talent or a healthy body.

The movie “Prefontaine” depicts the life of a running legend who had one leg shorter than the other, and did not necessarily have “the perfect runner’s body”. Yet from a very early age he developed an insatiable love for running. Through his drive and determination Steve Prefontaine went on to break the American record in every distance from 2,000–10,000 meters, a feat never attained by any other American man.

Without a true love for your sport and a burning desire to be the best you can be, you will never be able to push yourself to do what has to be done. It will be too easy to skip a workout now and then. A coach or parent can give you support and guidance, but you have to supply the rest. Only you can push yourself when you’re tired, or make yourself work out when distractions get in the way. After Steve Prefontaine had reached the height of his running career, he lost to Lasse Viren in the Olympic 5,000 meters in Munich. The loss led him to consider quitting the sport. His coach Bill Bowerman told him: “If you’re gonna run, be at the track and I’ll give you the workouts; or if your gonna stop running, then do that. You decide. I can’t coach desire.”

So the drive must come from within, regardless of whether you’re a novice, a serious athlete, or competing at the elite level. The good news is that building and maintaining a high level of self-motivation is a learned skill that anyone can acquire. Motivation is energy, and that sense of self-directedness is one of the most powerful sources of energy available to an athlete. From internal motivation you gain the willingness to persevere with your training, to endure discomfort and stress, and to make sacrifices with your time and energy as you move closer toward realizing your goal.

Profile of the Highly Motivated Athlete

What are the key characteristics of well-motivated athletes? Through my extensive work with numerous athletes over several years, I have developed a constellation of traits that

defines the champion’s mentality. Elite athletes do not possess superhuman powers or extraordinary qualifications limited to a selected few. The characteristics that make a champion can be attained and developed by anyone who wants to excel in a sport.

Enthusiasm and Desire—Love for Your Sport: Top athletes have a hunger, a fire inside which fuels their passion to achieve an important goal, regardless of their level of talent or ability. To accomplish anything of value in life you need to begin with some kind of vision or dream. The more clearly you can see that picture in your mind, the more likely it is to become reality. Wherever you place your attention, your energy will follow.

Courage to Succeed: Once an athlete has the desire, he or she needs to back it up with courage—the incentive to make any dream you dare to dream become reality. It takes courage to sacrifice, to work out when you’re tired, to seek out tough competition when you know you’ll probably lose. It takes courage to stick to your game plan and the relentless pursuit of your goal when you encounter obstacles. It takes courage to push yourself to places that you have never been before—physically or mentally. It takes courage to test your limits, and to break through barriers.

Internal motivation and self-direction: Champion athletes decide early on that they are training and competing for themselves, not for their parents, their coaches, or for the medals. Direction and drive need to come from within. The goals must be ones that you have chosen because that’s exactly what you want to be doing. Ask yourself, what keeps you running? Who are you doing it for?

Commitment to Excellence: How good do you want to be? Elite athletes know that to excel at their sport, they must decide to make it a priority in their life. They make an honest effort each day to be the best at what they do. At some point you must say, I want to be really good at this; I want this to work. To notice significant growth you must live this commitment and regularly stretch what you perceive to be your current limits.

Discipline, Consistency, Organization: Winning athletes know how to self-energize and work hard on a daily basis. Because they love what they do it is easier for them to maintain consistency in training and in competing. Regardless of personal problems, fatigue, or difficult circumstances, they can generate the optimal amount of excitement and energy to do their best.

Being focused and yet relaxed: Champions have the ability to maintain concentration for long periods of time. They can tune in what’s critical to their performance and tune out what’s not. They can easily let go of distractions and take control of their attention.

Ability to handle adversity: Top athletes know how to deal with difficult situations. Adversity builds character. When elite athletes know the odds are against them they embrace

the chance to explore the outer limits of their potential. Rather than avoiding pressure they feel challenged by it. They are calm and relaxed under fire. Setbacks become an opportunity for learning; they open the way for deep personal growth.

Dan O'Brien, Olympic gold medalist in the decathlon, knows about handling adversity. During my interview with him he recalls: "When I didn't make the opening height for the pole vault in the 1992 Olympic Trials, there was no doubt in my mind where I was going. Sure I was upset, but I dealt with it and quickly moved on. That event set the pace for the next four years of my training. I was driven. I knew I could be the best. I surrounded myself with people who shared that same vision. I wrote my goals down on paper so I could see them every day."

Only six weeks after the Olympic Trials Dan shattered the world record in the decathlon at the Deca Star Meet in Tolance, France. He went on to become the 1996 Olympic Decathlon Champion in Atlanta. Adversity fueled his vision. Dan says: "If you can see it you can achieve it."

Guidelines for Building Motivation and Maximizing Your Potential

The people who develop these qualities and practice these skills regularly have the best chance of excelling in athletics as well as personally and professionally. Each of us begins at a different starting point physically and mentally. We all have strengths that we can build upon. Now that you have an idea of the constellation of traits that successful athletes possess, how do you begin to build them into your life? How do you turn these qualities into useful behaviors that will make a difference in the way you train and race? Numerous researchers in the sports psychology field have reported on the critical skills and behaviors of successful athletes. Below I have offered suggestions that have helped many of my own clients tremendously toward excelling in their sport.

Generate a positive outlook: Direct your focus to what is possible, to what can happen, toward success. Rather than complaining about the weather or criticizing the competition, the mentally trained athlete attends to only those things that he or she can control. You have control over your thoughts, your emotions, your training form, and how you perceive each situation. You have a choice in what you believe about yourself. Positive energy makes peak performances possible.

Visualize your goals daily: Put yourself in a relaxed state through deep abdominal breathing. Then, as vividly as possible, create an image in your mind, of what you want to achieve in your sport. You can produce a replay of one of your best performances in the past. Then use all those positive feelings of self-confidence, energy, and strength in your mental rehearsal of an upcoming event. See yourself doing it right. Then use your imagery during the event itself.

Practice being focused and yet relaxed: Develop the ability to maintain concentration for longer periods of time. You can tune in what's critical to your performance and tune out what's not. You can easily let go of distractions and take control of your attention. As you focus more on the task at hand (e.g. your training form, how you're feeling) there will

be less room for the negative thoughts to enter your mind.

Build a balanced lifestyle: Create a broad-based lifestyle with a variety of interests; strive for a balance between work and fun, social time, personal quiet time, and time to be creative. Develop patterns of healthy behavior. Eat regularly, get a consistent amount of sleep each night, reduce your work load at times if possible, and allow time to relax and reflect between activities. Develop a social support network of close friends and family, some who are sports oriented, and some with other interests. Learn to communicate openly; resolve personal conflicts as they occur, so they don't build to a crisis on the night before an important race.

Vary your workouts: Train at a new, scenic place at least once a week. Change your normal training schedule, even if only for two days. Try "active rest" by doing a different sport for a few days (e.g. hiking, swimming, inline skating, cycling, or cross-country skiing). You'll get a tremendous psychological boost and probably not lose any of your fitness level. Put new spark in your training schedule by doing interval work, tempo work (fast 20-30 minute training), varying your speed and doing endurance work, rather than slogging along at the same old pace.

Enjoy and take the pressure off: Make a deliberate effort each day to create enjoyment in your sport, renewing your enthusiasm and excitement for training. Don't try to force your physical improvement. Lighten up on your rigid training schedule and exercise according to your feelings each day. Remove the strict deadlines and race dates which have been cast in stone. Let your next breakthrough occur naturally, at its own pace, when the internal conditions are right. Use setbacks as learning opportunities. Do the best that you can do, draw out the constructive lessons from every workout and race, and then move on. Look for advantages in every situation, even if the conditions are less than ideal.

Running offers a wonderful chance to free ourselves for short periods and experience intensity and excitement not readily available elsewhere in our lives. In endurance sports we can live out our quest for personal control by seeking out and continuously meeting challenges that are within our capability. To develop an inner desire and maximize your true potential, make the most of the talents you have, and stretch the limits of your abilities, both physically and psychologically. Athletics can become a means to personal growth and enjoyment of the pursuit of your goals. Try incorporating the profile above into your mental preparation, and you can learn to live more fully, train more healthfully, and feel exactly the way you want to feel.

JoAnn Dahlkoetter, Ph.D., author of YOUR PERFORMING EDGE, is an internationally recognized sports psychologist, past winner of the San Francisco Marathon and 2nd in Hawaii Ironman Triathlon. To see her NEW BOOK, visit www>YourPerformingEdge.com, call 650-654-5500, or send a check for \$22.30 (includes S&H) to: Pulgas Ridge Press, Box 730, San Carlos, CA 94070.

Personality of the Month:
Kirsten Kempe

Home: Mountain View, CA

Birthday: February 13, 1967

Age: 34

Hometown: Newark, Delaware

Occupation: Clinical Chemist for LifeScan, Inc.

Family Life: Single; my parents and younger brother live on the east coast.

Education: BS from Ursinus College (Collegeville, PA); Ph. D. from Penn State; Clinical Chemistry certification from Washington University School of Medicine (St. Louis, MO).

Running Background/History: started running seriously in 1999 (the madness started with the Napa Marathon in 1999).

My obsessions: running and being physically active.

My ideal running program: 6 days per week with cross-training and a REST day.

My real running program: 6-7 days per week with cross-training.

Miles per week: when training for a marathon 65-75 miles/week, otherwise, 50-60 miles per week.

Shoe of choice: Saucony

Where I buy my shoes: The Runner's High (with two convenient locations).

My paces: Best average marathon pace—6:42
 Best 10K pace – 6:10

Other Fitness stuff: swimming, biking, hiking, roller-blading, and anything that involves being outdoors in the sun).

Outdoor interests: I'll try most anything once, excluding sky diving and bungy-jumping.

Diet: I was once a vegetarian, now I'm trying to eat meat at least once a week.



Kirsten, recovering from the Pacific Shoreline Marathon 2000.

Injuries: right hip flexor pull that took 3 months to heal (it felt like an eternity)

Worst running experience: 2001 Napa Marathon; although it was supposed to be only a 22 mile training run for Boston, I ran the entire distance in pouring rain and 30 mph headwinds.

Best running experience: 2000 Hood-to-Coast Relay.

Favorite race: 2000 Pacific Shoreline Marathon, only because I ran a PR

Worst race: 2000 Dammit Run; I never finished the stupid race, instead I tried to “fly” down the mountain and ended up in the emergency room with 40 stitches in my left knee. What an appropriate name for the race.

How did I find out about PARC: The Runner's High (thank you Micheline)

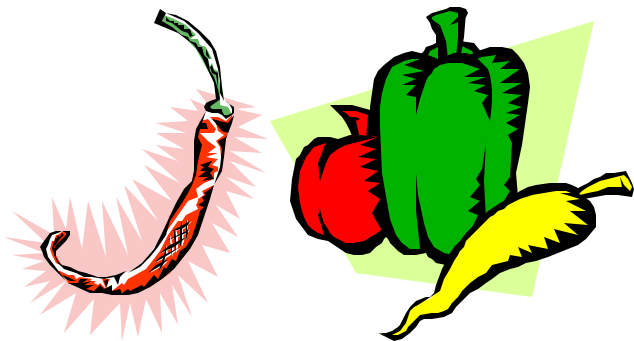
**Be a PARC
 Personality of the Month.
 Get stuff.**

Attention PARC members: You can get a \$10 gift certificate to MetroSport or The Runner's High (your choice!) when you submit your runner's profile to *Keeping Pace*, and we feature you as PARC's Personality of the Month!

Contact the editor or any staff member for details.

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.

July 4th Chili Cook-Off



The Fastest Running Chili Cooks in America try again for top honors at the 2001 Palo Alto Chili Cook-Off. PARC's Chili Theme will be "Running Dragon, Breathing Fire". Come on down to Mitchell Park, Wed., July 4 and support our team of chefs and support staff. Your enthusiasm, spirit and beer donations are needed.

Volunteers and recipes are still needed. Contact Robyn Juster, our chief cook.

Give me your tired, your poor,
Your dehydrated marathoners yearning to drink free,
The scantily-clad of the front, middle
and back of the pack.
Send these, the salted and crusted, fog-tossed to me.
I lift cups of Gatorade beside Pac Bell PARC.

THE PALO ALTO RUN CLUB'S ANNUAL RITE OF SUMMER HAS ARRIVED!

VOLUNTEER with PARC at the SAN FRANCISCO MARATHON, as we distribute LIQUID REFRESHMENTS to delirious, dehydrated, and SCANTILY clad runners. Practice your cartwheels, flips, and pyramids to cheer on the running masses, but save your best stunts for fellow PARC-ers running the marathon.

DATE: Sunday, July 8, 2001

TIME: 6:00am

LOCATION: PacBell PARC (San Francisco)

FREE STUFF: Volunteer t-shirt, Hobee's coffee cake, and an all-you-can-drink buffet of Ultima, water, H₂O, and agua; warm fuzzy feeling guaranteed.

CONTACT: Steve Woo (415) 595 6934

UNCLE PARC WANTS YOU! BE ALL THAT YOU CAN BE! BE A SPECIAL HERO TO A THIRSTY MARATHONER! If you can volunteer, your Run Club and the marathoners THANK YOU.

PARC Announcements

July 14—Russian Ridge trail pick-up (contact Rita at ravrita@aol.com)

July 25—PARC BBQ at Don Way's home, 30 Kellogg Ave. (enter through gate on Bryant St.). Pool and jacuzzi will be available.

August 22—PARC BBQ at Ken Renworth's home in Palo Alto after the Wednesday evening run.

September 14—last day to register as a "club member" for the Silicon Valley Marathon (October 28); \$10 discount on registration fee (contact Kirsten at kkempe@lfsus.jnj.com)

September 29/30—The Providian Relay: PARC van exchange at Saratoga Gap (Hwy. 9 at Hwy. 35) (contact Steve Forman at forman3d@yahoo.com)

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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—July 2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00 am— PARC Monthly Trail Run , Rodeo Beach 8:15 am—Fleet Feet Capitol Mile, Sacramento (916) 929-4786	2	3	4 8:30am— PARC Chili Run , Palo Alto Baylands 6:00 pm—Palo Alto, Lucie Stern (Stanford Run)* (informal)	5	6	7 8:00 am— Long Run, Sawyer Camp Trail*
8 7:00 am—TheChronicle Marathon/Half/Relay/5k, Golden Gate Park, SF (800) 698-8699	9 6:00 pm— Stanford Dish Run , Angell Field*	10 6:00 pm— Track , Angell Field*	11 6:00 pm—Palo Alto, Lucie Stern (Edgewood Run)*	12	13	14 8:00 am— Long Run, Sawyer Camp Trail* 8:30 am—Skyland Mountain Run 10k/5k, Los Gatos (408) 353-3099
15 8:00 am—Run to the Lake 10k/5k, Castro Valley, Eden Medical Center (415) 759-2690	16 6:00pm— Stanford Dish Run , Angell Field*	17 6:00 pm— Track , Angell Field*	18 6:00 pm—Palo Alto, Lucie Stern (St. Francis Run)*	19	20	21 8:00 am— Long Run, Sawyer Camp Trail*
22 8:30 am—Wharf-to-Wharf 6M, Santa Cruz (831) 475-2196	23 6:00pm— Stanford Dish Run , Angell Field*	24 6:00 pm— Track , Angell Field*	25 6:00 pm—Palo Alto, Lucie Stern (Tree Run)*	26	27	28 8:00 am— Long Run, Sawyer Camp Trail*
29 9:30 am—DSE Windmill Run 6.5M, Golden Gate Park, SF (415) 978-0837	30 6:00pm— Stanford Dish Run , Angell Field*	31 6:00 pm— Track , Angell Field*				