

Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

March Monthly Run

When: Sunday, March 3, 2002. Meet at 8:45 for a 9:00 A.M. Start.

Where: Portola State Park / Pescadero Creek County Park

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

Why: It will probably be raining and this is a perfect forest run.

How: From Page Mill and Skyline, go west on Alpine for 3.1 miles. Turn left onto Portola State Park Rd for 3.4 miles. Pay entrance fee and continue over bridge to first turn to the right. Look for parking.

We will have a potluck immediately following. Please bring food and drink to share with others.

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

Carpool: Informal Carpool may be available by meeting at the Page Mill/280 Park and Ride. Carpoolers should leave by 8:00 A.M.



NOTE: THESE ARE WILDERNESS RUNS. EACH RUNNER SHOULD CARRY AT LEAST ONE WATER BOTTLE.

April Monthly Run

When: When: Sunday, April 14, 2002. (Note date change) Meet at 8:45 for a 9:00 A.M. Start

Where: Joseph D. Grant County Park

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

Why: This is the largest Santa Clara County Park, of over 9,522 acres with over 40 miles of running trails. The park is situated in the east foothills of Santa Clara Valley with grasslands, majestic oaks, lakes etc.

How: The park is located on Mt. Hamilton Road in the Halls Valley. Travel to the park by taking US101 or I-680 to Alum Rock Ave. eastbound in San Jose. Turn right onto Mt. Hamilton Rd. and travel eight miles to reach the park entrance. PARC members please meet at Grant Lake parking lot.

Please bring food and drink to share with others.

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

Carpool: Informal Carpool may be available by meeting at the Costco Parking Lot in Mt. View. Carpoolers should leave by 8:00 A.M.



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 I-280 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.

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 I-280 and highway 92. Contact Rita Comes at RavRita@aol.com for more info.

2002 PARC Board

The 2002 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
 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—February

Amy Wang	2/1
Jay Johannesen.....	2/2
Ginny Hull.....	2/8
Peyma Oskoui	2/11
Gabriella Schneider.....	2/11
Rosemarie Schumann.....	2/12
Kirsten Kempe	2/13
Catherine Gowan.....	2/15
Xia Yuan.....	2/20
Cathy Bolger	2/21
Brenda Brown	2/21
Dave Nix	2/21
Yvonne Franke	2/24
David Mineau.....	2/25
Jim Tomic	2/26
Gary Jones.....	2/27
François Brunet.....	2/28
Henry Lesser	2/28

Credits

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

Writers Nancy Clark, Jon Easterbrook, Rachel Zemser

Photos Arash Farahmand, Steve Forman

President Rita Comes

Recreation Eric Christensen

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

djw67@att.net

Kevin Wilkinson

wilkinson@hpl.hp.com

THE ATHLETE'S KITCHEN

Sports Supplements: The Winner's Edge?

Nancy Clark, MS, RD

Copyright: Nancy Clark, MS, RD January 2002

"I have 2 cups of coffee in the morning. How bad is that...???"
 "Should I drink coffee before I exercise?"
 "Does coffee count towards my daily water requirement?"

Coffee is a universally loved beverage. Every culture the world around enjoys some type of caffeinated beverage, be it tea in England and Japan, espresso in Italy, or a "coffee regular" in America. Questions abound about the role of coffee in a sports diet: Is coffee good, bad or irrelevant? The purpose of this article is to answer some of the questions athletes commonly ask about coffee as it relates to their daily diet as well as to their exercise program.

Is coffee bad for me? That is, will it hurt my health?

Because coffee is so widely consumed, it has been extensively researched. To date, there is no obvious connection between caffeine and heart disease, cancer or blood pressure. Hence, the general answer, according to leading medical and scientific experts, is normal coffee consumption produces no adverse health effects. (The average American consumes 200 milligrams caffeine per day; the equivalent of about 8 to 10 ounces—an average mug—of coffee.) For the 10% of Americans who ingest more than 1,000 milligrams caffeine per day and sustain themselves on the cream and sugar in coffee plus a few cigarettes alongside, heart disease is indeed more common—and linked to the poor diet and unhealthy lifestyle.

What does coffee do to my body?

The caffeine in coffee is a mild stimulant that increases the activity of the central nervous system. Hence, caffeine helps you stay alert and enhances mental focus. Caffeine's stimulant effect peaks in about one hour and then declines as the liver breaks down the caffeine. If you are an occasional coffee drinker, you'll tend to be more sensitive to caffeine's stimulant effects as compared to the daily coffee consumer who has developed a tolerance to caffeine.

What about coffee and women?

Pregnant women should prudently limit caffeine to less than 300 mg per day (<12 ounces of coffee). Women who are trying to get pregnant might want to reduce caffeine intake even more, but more research is needed to clarify the controversy over the effects of caffeine on fertility. Women who are worried about getting osteoporosis may have heard that caffeine is linked to low bone density. The solution is to consume at least 8 ounces of milk per day. How about putting more milk in your coffee or enjoying some lattes?

Do people get addicted to coffee?

Although coffee has been a popular beverage for centuries, its sustained popularity fails to classify it as "addictive." Coffee is not associated with the behaviors found with hard drugs (such as a need for more and more coffee, anti-social behavior, severe difficulty stopping consumption). If you are a regular coffee drinker who decides to cut coffee out of your

diet, you may develop headaches, fatigue or drowsiness. The solution: gradually decrease your caffeine intake rather than eliminate coffee cold turkey. And be aware, if you should get a headache due to caffeine withdrawal, caffeine-containing medicines such as Anacin or Excedrin will foil your efforts to reduce your caffeine intake!

How much caffeine is in espresso?

Ounce for ounce, espresso is about twice as strong as coffee (35 vs 18 milligrams caffeine per ounce of Starbuck's). But because the espresso serving is so small, you end up with less caffeine: 35 mg from one shot (one ounce) of espresso vs 140 mg from an 8-ounce Starbuck's coffee.

How much caffeine do Coke and Pepsi have compared to coffee?

The typical 9-ounce mug of coffee averages 200 milligrams of caffeine. This is about 5 times more than the 35 to 50 milligrams in a can of cola. The real kick from soft drinks comes from sugar, not caffeine.

If I drink too much beer, will coffee help me sober up?

No. Coffee will just make you a wide-awake drunk. Coffee does not speed the time needed for the liver to detoxify alcohol. But coffee does get some water into your body, and that can have a positive effect.

Does coffee count towards my daily fluid needs?

Yes. All fluids count—plain water, juice, soup, watermelon—and even coffee. The rumor that coffee dehydrates people lacks scientific support. Yes, coffee can make you urinate more in two hours—but not in 24 hours. Even during exercise in the heat, athletes can consume coffee and not be concerned about dehydration.

What about pre-exercise coffee: Will it help me perform better?

Perhaps. Studies suggest caffeine taken an hour pre-exercise can enhance performance and make the effort seem easier. Caffeine also mobilizes fat so more gets burned for fuel. Some researchers believe this helps athletes burn less glycogen and enhances endurance. The recommended "dose" is about 1.5 to 3 milligrams caffeine per pound body weight (225 to 450 mg caffeine for a 150 lb person; the equivalent of 10 to 20 ounces of coffee). Caffeine's response varies from person to person. Hence, trial and error will teach you the best practices regarding caffeine intake for your body.

If you are unaccustomed to drinking coffee, take heed: Consuming a mugful of coffee on an empty stomach an hour before, let's say a running event or a rugby game, can leave you feeling unduly jittery, nervous and suffering from "coffee stomach." Yet, if you always drink coffee before you exercise, you'll likely want to maintain that practice before a competition—if for no other reason than it can promote regular bowel movements and keep you out of the portatollets mid event.

Isn't caffeine considered an illegal drug by the Olympic Committee?

Yes, caffeine in very high doses is considered illegal by the IOC. However the amount most athletes generally consume is far below the legal limit. You'd have to drink 3 to 4 mugs

(Continued on page 5)

Editorial Ramblings...

[In keeping with one of my New Year's Resolutions, albeit a month late, I will be adding my own 2 cents worth (or whatever today's going rate is) to Keeping Pace on a monthly basis, so here goes...]

Running is truly one of the last "affordable" sports around today, a sport that almost anyone can participate in with a minimum of specialized equipment (the most "specialized" of which would be a quality pair of running shoes). The affordability of running is probably an important reason for its appeal to such a large and diverse following. Even the cost of joining a running club (such as PARC for \$20 per year—which is approximately the going rate for local running clubs) is considerably less expensive than the costs for clubs of other sports.

In recent years, however, the cost of road racing has become somewhat less affordable, with entry fees on the rise. I have seen entry fees for marathons as high as \$100 for late registration, and \$75 for pre-registration; even local 10k races can cost as much as \$35 for race day registration. This may not seem like much of a burden to some people, but many others are likely feeling the pinch of these ever-increasing entry fees, some to the point that they will find road racing to no longer be affordable.

Last month, PARC member Jenny Alkema introduced many of us to a concept whose time has come—a no-frills, low cost road racing event, complete with timing and course certification ("Cheap Thrills at Lake Merritt", January 2002). I also attended one of the Lake Merritt Joggers & Striders' 4th Sunday runs last year, and I agree 100% with her assessment. I thought it was well worth the drive up to Oakland's Lake Merritt (which for me is not much of a drive anyway) and the \$4 entry fee. Other clubs, such as the Dolphin South End Runners of San Francisco, also produce well-organized low cost running/racing events throughout the year. PARC's Chili Fun Run from last 4th of July is another example. Thanks to events such as these, the sport of running and road racing that we and many others enjoy can continue to stay affordable for anyone.

—Ed.



PARC 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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Town & Country Village
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(650) 321-6453

The Athlete's Kitchen

(Continued from page 3)

within the hour pre-exercise to reach the limit. That much would likely hurt performance...

Nancy Clark MS, RD counsels both casual and competitive athletes at SportsMedicine Associates in Brookline MA (617-739-2003). Her popular Nancy Clark's Sports Nutrition Guidebook, Second Edition offers additional advice. It is available by sending \$23 to Sports Nutrition Services, 830 Boylston Street #205, Brookline MA 02467 or via www.nancyclarkrd.com.

Visit the PARC website at
www.parunclub.com



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**PARC Marathon
 Central**

**Home Depot San Francisco
 Half Marathon
 January 27, 2002**

John Moss	1:20:44
Peter Zepter.....	1:23:59
Kyle Welch	1:26:03
Karen Hamill	1:29:19
	(3rd in age division)
Chihping Fu	1:29:46
Patrick Schuck.....	1:29:48
Dave O'Neal	1:29:53
Justin Graham.....	1:31:35
Lisa Kelly.....	1:33:12
Dave Wibbelsmann	1:33:15
Alan Frindell.....	1:33:21
Tina Lount-Pretre.....	1:39:29
Karen Hickey.....	1:39:33
Rajeev Patel	1:40:11
Eppa Hite.....	1:41:26
Helen Kim.....	1:43:33
Rodger Bivens	1:43:56
Dave Buckley	1:45:41
Conrad Young	1:47:12
Dave Graff.....	1:47:26
Wenge Zhang.....	1:50:29
Ann Heike	1:52:39
Rachel Zemser	1:54:02
Marcela Oreopoulos.....	1:54:18
Tom Kaisersatt.....	2:00:28
Patty Lin.....	2:02:03
Todd Benson.....	2:06:12
Amy Gonsier.....	2:08:56
Karin Bivens	2:11:09
Joi True.....	2:17:45

PARC Registration Form

Registration for the Palo Alto Run Club – A City of Palo Alto Sponsored Program
www.parunclub.com

Personal Information:

Name: _____

Address: _____

Tel. No. Home _____

Tel. No. Work _____

E mail _____

Male _____ Female _____

Date of Birth _____

T –Shirt Size _____

Palo Alto Run Club Rules of Conduct

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I have read the PARC Rules of Conduct (initial here) _____

Permission to participate in the above program, including associated travel sponsored by the City of Palo Alto –Community Services Department, is given for myself and/or child as shown above. In consideration of participation in this program, I hereby indemnify and hold harmless and release the City of Palo Alto, its agents, its employees, and volunteers working for the City from any and all liability for injury suffered by myself or my child arising from or connected with this program. I assume all risk for any injuries. Membership to the Palo Alto Run Club runs from November to November and is not prorated.

I sign of my own free will.

X _____ Participant

X _____

Parent or Guardian if participant is under 18 yrs of age

Mail this signed form with a Check for \$20 made out to the City of Palo Alto :

Palo Alto Run Club
Palo Alto Recreation
1305 Middlefield Rd.
Palo Alto, Ca 94301

Personality of the Month
Rachel Zemser

Home: San Mateo, CA

Birthday: November 19th, 1971

Age: 30

Home Town: Boston Massachusetts

Occupation: Food Scientist/Product Developer

Family Life: Not yet and no hurry (for myself). My brother and sister live in NYC, and my parents are in upstate NY.

Education: BS Food Science (U-Mass, Amherst) MS Food Science (U-Illinois, Urbana) and Culinary Arts Degree (NY Restaurant School, NYC)

Running Background/History: I started running in 1996 while living in Fort Worth, Texas. I joined a "runner's clinic" for people training to run the Cowtown marathon and 10K. I ran my first 10K two months later and have been running ever since.

My Obsessions: Food, science, cooking and running.

My Ideal Running Program: Running 35 miles a week and loving every second of it.

My Real Running Program: Running 25 miles a week and not necessarily loving every second of it.

Miles Per Week: 25-30

Shoe of choice: Gel Asics 2030's 1997 model only.

Where you buy your shoes: Road Runner sports are the only online/catalog running store that still carries them.

My Paces: Training pace 8:30-9:30 Race pace 7:30 to 8:30

Other Fitness Stuff: Weight training, biking, and swimming

Outdoor interests: Picking fresh herbs in the countryside

Indoor interests: Cooking cooking and cooking and reading cookbooks.



Diet: I am always on one, and I try to follow weight watcher "points" with varying degrees of success. I eat too much candy and love to snack, but I am trying to be more healthy. I am open to any and all foods and love to try anything that is new or strange.

Injuries: Shin splints and sore heels.

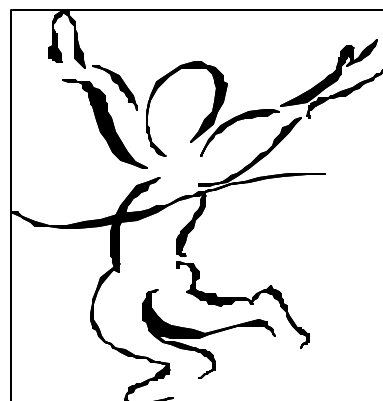
Worst running experience: January-March 2000. For three months I had to run at 6AM in 15° F weather wearing a huge green smurf-esque hat that covered my whole head and eyes. It was so cold that even two pairs of gloves did not keep my hands warm. This was the only time I could fit the run into my schedule during a particularly busy winter season.

Best running experience: Running along the "Cliffs of Mohar" (over 1000 feet high) in County Clare, Ireland, during the summer of 2000.

Favorite Race: Denville, NJ 5K and Fort Worth Texas "Hit the Bricks" 5K. They are both fast downhill runs.

Worst Race: My worst race timewise was the first time I ran Cowtown 10K. I ran it in 1 hour and 12 minutes. But I would not call that my worst race. At the time, it was my best! My worst race experience was few months ago (Rubin Run 10K, Tenafly, NJ) when I was run down, tired, and sick. I almost passed out at mile 3 and had an asthma attack at the finish.

How did I find out about PARC?: When I decided to move to California, I went to yahoo.com and typed in "Running Clubs California". The Palo Alto Running Club appeared and I showed up a few weeks later on a Wednesday night run.



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 2002

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 8:00 am—Long Run, Sawyer Camp Trail* 8:00am—Death Valley Trail Marathon (415) 868- 1829
* See Calendar Notes on Page 2						
3 8:30 am—PARC Monthly Trail Run, Huddart County Park 7:30am—Las Vegas International Marathon (702) 876-3870	4 6:00 pm—Stanford Campus Run, Angell Field*	5 6:00 pm—Track, Foothill College*	6 6:00 pm—Palo Alto, Lucie Stern (Edgewood Route)*	7	8	9 8:00 am—Long Run, Sawyer Camp Trail* 8:00am—Jed Smith Ultra Classic 30k, 50k, 50M, Sacramento (916) 344- 1376
10 9:00am—Tamalpa Runners' Couples Relay 2X2M, Novato (415) 388-7919	11 6:00pm—Stanford Campus Run, Angell Field*	12 6:00 pm—Track, Foothill College*	13 6:00 pm—Palo Alto, Lucie Stern (St. Francis Route)*	14	15	16 8:00 am—Long Run, Sawyer Camp Trail*
17 8:00am—Chinese New Year 5k, 10k, SF Chinatown (415) 576- 9622	18 6:00pm—Stanford Campus Run, Angell Field*	19 6:00 pm—Track, Foothill College*	20 6:00 pm—Palo Alto, Lucie Stern (Tree Route)*	21	22	23 8:00 am—Long Run, Sawyer Camp Trail* 8:30am—Juana Run 8k, Palo Alto (650) 599-3434
24 9:00am—LMJS Couples Relay 2X5k, Lake Merritt (Oakland) (510) 339-2430	25 6:00pm—Stanford Campus Run, Angell Field*	26 6:00 pm—Track, Foothill College*	27 6:00 pm—Palo Alto, Lucie Stern (Ken's Lake Route)*	28		