



Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

May Monthly Run

When: Sunday, May 5, 2002 (note date change). Meet at 8:15am, run at 8:30am

Where: El Corte de Madera Creek Open Space Preserve

What: Two runs of various challenges of approximately 6 and 12 miles

Why: Run with great views of the ocean and explore the ancient sandstone formations

How: Meet at Skeggs Point Lookout, Highway 35 (Skyline Blvd.) From the south, take Woodside Rd. to Skyline. Turn north and go approximately five miles, until you see the Skeggs Point Lookout on the right side of road.

Carpool: An informal carpool may be available at Page Mill Rd./280 (park-n-ride). For those using car pool, please leave no later than 7:45 AM

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

Potluck: Bring goodies to share immediately following the run

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

June Monthly Run

When: Sunday, June 2, 2002. Meet at 8:15am, run at 8:30am

Where: Purisima Creek Redwoods Open Space Preserve

What: Two runs of various challenges of approximately 6 and 12 miles.

Why: Purisima Creek Redwoods features towering redwood trees, ferns, creeks, wildflowers, and ocean views.

How: The park is located on Highway 35 (Skyline Blvd.), approximately 5 miles south from Highway 92. Please park in the first parking lot for this park, on the right side of the road. The parking lot is next door to a small market.

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

Carpool: An informal carpool may be available at Page Mill Rd./280 (park-n-ride). For those using car pool, please leave no later than 7:45 AM

Potluck: Bring goodies to share immediately following the run

Inauguration Day 2002: Washington D.C. Marathon

Steve Woo

March 24, 2002

I'm here in DC, a few blocks down from George Dubya's White House, sitting at the Capitol City Brewing Company waiting for some friends for brunch. Just finished running the inaugural Washington DC Marathon this morning. The race course runs past this brew pub, and the runners are continuing to stream down the street as I type.

In my re-hydrated state of mind, I can enthusiastically give this marathon big thumbs and blackened toenails up, despite all of the extremely negative publicity that this marathon has received since its conception. Unfortunately, I had bought into all the bad press and was probably more cynical than I normally am when it comes to my marathon reviews—overall, this was a good debut effort for the organizers.

First off, the DC Marathon was a major milestone for me in that I finished in a time that I haven't seen in nine years, since the 1993 San Francisco Marathon, when I was still in college and had youth, cartilage, and time on my side. After several lower leg surgeries, I never thought I'd see this time again.

Finishing time aside, I was just glad to be back in DC. My first job outta college was in DC and I hadn't been back since 1994, which means I missed out on the scandalous Bill, Hillary, and Monica-Gate years. Safe to say now that the new administration has brought back some dignity, sanity, and order to the nation's capitol. The DC Marathon offered me an excellent excuse to visit my youth again and see some friends at the same time. It was yesterday once more.

When I arrived in DC on the Thursday afternoon before the marathon, the weather could not have been better. It was a pretty mild 60 degrees and allowed for a comfortable jet-lagged walk through Georgetown. Friday, however, was something else. It was incredibly FREEZING and the temperature had shot straight down to 30 degrees, never mind the wind-chill factor. In the morning, I went for a 6 mile run from my hotel, down to the Capitol, and back down the National Mall, past the Washington Monument, by the Korean War and Vietnam Memorials, to the Lincoln Memorial, then past the White House, and back to my hotel. It made for a somewhat anti-climactic marathon on Sunday, because the racecourse passed by all of these monuments and by race day, I had already seen all the sights in this 6 mile jog. That was probably the most bone chilling run I've ever been on—

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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 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 I-280 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** Steve Forman
- At-large** Dave Ahn
- Dave O'Neal
- Steve Reagan
- Richard Roche
- Peggy Ruse

Run Coordinators:

- Monday Night** Steve Beebe
- Wednesday Night** Kirsten Kempe
- 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 chairman, Steve Forman at sforman@micron.com.

How To Join

Dues are \$20 per year, renewable on November 30th of each year. To get an application, contact Steve Forman, 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 Steve Forman, 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 parnews

You can also subscribe via PARC's Web page:

<http://www.parunclub.com/html/parnews.html>

PARC Birthdays—May

- John Whitin 5/1
- Jim Kay 5/3
- Charles Roberts 5/5
- Laura Silva 5/5
- Peter Liske 5/7
- Jeff Kmetec 5/8
- Lina McCain 5/10
- Sarah Boyd 5/14
- Karen Hamill 5/15
- Sharon Melmon 5/15
- Melony O'Neill 5/17
- Anja A. Gilat 5/19
- Ricky Lynn King 5/23
- Lee Blaine 5/25
- Mary Leveque 5/27

Credits

- Editor** Dave Wibbelsmann
- Staff** Steve Reagan, Kevin Wilkinson, Steve Forman

- Writers** Nancy Clark, JoAnn Dahlkoetter, Jon Easterbrook, Steve Forman, Nick Sampas, Steve Woo

- Photos** Steve Forman, Nick Sampas

- Palo Alto 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

Carbohydrate Confusion

Nancy Clark, MS, RD

Copyright: Nancy Clark, MS, RD April 2002

Ever since Dr. Atkins came out with his carbohydrate-bashing high protein diet, active people (who had been happily enjoying bagels, pasta and pretzels as the foundation of their meals) have suddenly started shunning these excellent sources of muscle fuel. Instead, they are eating more egg whites, cottage cheese, soy shakes and protein-based foods. But questions abound about the role of carbohydrates in the sports diet—as well as concerns about insulin and the glycemic effect of foods. The purpose of this article is to address the current state of carbohydrate confusion and provide some clarity for active people who want to eat wisely for good health, high energy, weight control and top performance.

Q: Are carbs fattening? ... Should I eat less of them?

A. Carbohydrates are not inherently fattening. Excess calories are fattening. *Excess calories* of carbohydrates (bread, bagels, pasta) are actually less fattening than are excess calories of fat (butter, mayonnaise, frying oils) because the body has to spend calories to convert excess carbohydrates into body fat. In comparison, the body easily converts excess calories of dietary fat into body fat. This means, if you are destined to be gluttonous but want to suffer the least weight gain, you might want to indulge in (high carb) frozen yogurt instead of (high fat) gourmet ice cream.

Q. Is there a difference between the carbs from starchy foods (like breads) vs the carbs in fruits and vegetables or in candy?

A. As far as your muscles are concerned, there is no difference. You can carbo-load on jelly beans, bananas or brown rice; they are biochemically similar. Sugars and starches both offer the same amount of energy (16 calories per teaspoon) and both get stored as glycogen in muscles or used for fuel by the muscles and brain (via the blood sugar). The sugar in jelly beans is a simple compound, one or two molecules linked together. The starch in brown rice is a complex compound, hundreds to thousands of sugar molecules linked together. Sugars can convert into starches and starches can convert into sugars. For example—

When a banana is green (not ripe), it is starchy. As it gets older, it becomes sweeter; in fruits, the starch converts into sugar.

When peas are young, they are sweet. As they get older, they get starchier; in vegetables, the sugar converts into starch.

Grain foods (wheat, rice, corn, oats) also store their energy as complex strands of sugar molecules, a starch. The starch breaks down into individual sugar molecules (glucose) during digestion. Hence, your muscles don't care if you eat sugars or starches for fuel because they both digest into the same simple sugar: glucose.

The difference between sugars and starches comes in their nutritional value and impact on your health. Some sugars and starches are healthier than others. For example, the sugar is

orange juice is accompanied by vitamin C, folate and potassium. The sugar in orange soda pop is void of vitamins and minerals; that's why it's described as "empty calories." The starch in whole wheat bread is accompanied by fiber and B-vitamins. The starch in white breads has lost many health protective nutrients during the refining process. White bread provides muscle fuel, but fewer vitamins.

Q. If carbs aren't fattening, why do high protein diets "work"?

A. High protein diets seemingly "work" because—

1. The dieter loses water weight. Carbs hold water in the muscles. For each ounce of carbohydrate you stored as glycogen, your body simultaneously stores three ounces of water. When you deplete carbs during exercise, your body releases the water and you experience a significant loss of weight that's mostly water, not fat.

2. People eliminate a lot of calories when they eliminate carbohydrates. For example, you might eliminate not only the baked potato (200 calories) but also two pats of butter (100 calories) on top of the potato—and this creates a calorie deficit.

3. Protein tends to be more satiating than is carbohydrate. That is, protein (and fat) lingers longer in the stomach than does carbohydrate. Hence, having high protein (and fat) eggs & bacon for breakfast stays with you longer than does a high carb bagel with jam. By curbing hunger, you have fewer urges to eat and can more easily cut calories—until you start to crave carbs and binge eat.

The overwhelming reason why high protein diets do NOT work is dieters fail to stay on them for a long time. They may lose weight, but only to regain it. The trick to losing weight is to learn how to manage the American food supply so you won't regain the weight. Remember: You should never start a food program you do not want to maintain for the rest of your life. Do you really want to never eat breads, potato or crackers ever again???

Q. I've heard white bread is "poison." Do you agree?

A. White bread offers lackluster nutrition, but it is not "poison" nor a "bad" food. White bread can be balanced into an overall wholesome diet. That is, if you have bran cereal for breakfast and brown rice for dinner, your diet can healthfully accommodate a sandwich made on white pita for lunch.

White bread's reputation for being "poison" is partially because of its high glycemic effect. That is, 200 calories of white bread quickly digests and causes the blood glucose (blood sugar) to elevate higher than would the same amount of a whole grain, fiber-rich bread. High blood glucose triggers the body to secrete insulin to carry the sugar out of the blood. Insulin can stimulate the appetite, as well as fat deposition. If you are physically fit, however, your muscles readily store the sugar as glycogen with the need of much less insulin. Hence, active people can handle high carb foods and have less need to worry about a food's glycemic effect.

Q. Should I choose foods based on their glycemic effect?

A. As a general trend, yes. Foods with a low glycemic effect tend to be wholesome, fiber-rich fruits, vegetables and whole grains that are health protective and satiating. They can curb

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Your Performing Edge

JoAnn Dahlkoetter, Ph.D.

The Virtual Workout: Using Positive Imagery Tools

(Excerpt from the book *Your Performing Edge*)

Close your eyes, open your mind, and imagine



Meaningful achievements begin with a positive vision that we fully welcome, commit to, and strive to complete with passion. We first create a picture in the mind's eye, and we imagine what it would be like to accomplish that goal and reach our destination. Then we seek out a path—a method of traveling that will lead us to where we want to go. Finally, we step into that image, and apply all our knowledge, our drive, and our power, to turn the dream into reality. Creative visions and dedicated actions direct us, energize us, and inspire us to overcome obstacles to discover our performing edge.

A few years ago I had the opportunity to give a talk on mental training at Bill Rodgers and Joan Benoit Samuelson's running camp in Vermont. While out running with Joan I asked about her mindset during her historic race in the 1985 Chicago Marathon, when she raced head-to-head with Ingrid Kristiansen, the world record holder at that time. Joan had just won her Gold Medal in the first ever women's Olympic marathon in 1984. Joan related her experience: "That was one of the most difficult races of my life. Ingrid and I were running side-by-side on a world record pace. We were at 31 minutes at the 10K mark. I kept surging ahead, but Ingrid would always respond. I couldn't seem to shake her. I had prepared mentally for the race by using imagery. During the marathon, I would see myself running easily on my favorite ten-mile loop. Then I would picture myself on a six-mile loop, followed by another ten-mile trail run. Dividing it up in my mind that way made the race seem shorter and more enjoyable." In Chicago, Joan finally pulled away from Ingrid, winning the race in 2:21:15. She broke the American record for the marathon, and ran the 2nd fastest time in history. Her U. S. record still stands today.

The utilization of mental imagery for enhanced performance is not new, as confirmed by this example. The practice of martial arts in Asia, meditation and yoga in ancient India, and hypnotherapy are other illustrations of how the mind's capacity to picture situations can be a critical part of one's athletic performance. Whereas mental training may have been viewed skeptically in the past, now imagery and other similar techniques have become an integral part of most sports venues. Serious athletes, who want to engage in more complete preparation, train both their body and mind for top-

level performance.

What is Mental Imagery?

Images are the mental representations of our experience. While verbal language is the most common means for communicating with the external world, imagery is a powerful means for internal communication. The visualization process can be defined as the conscious creation of mental or sensory images for the purpose of enhancing your training and your life. It is the deliberate attempt to select positive mental images to affect how your body responds to a given situation.

Just like we work out our bodies, we also need to exercise the brain. Mental training is like taking your brain to the gym. We want our bodies to have many different gears and speeds. We also need the mind to be flexible—to be able to shift into different gears depending on the task at hand. Mental imagery is a powerful tool for achieving this purpose. By using imagery or visualization you can create, in vivid detail, a replay of one of your best performances in the past, or you can mentally rehearse an upcoming event, and you can see yourself doing it right. Imagery guides much of an athlete's experience because it is a more efficient, complete language than self-talk. Try to describe to someone how to execute the perfect freestyle swim stroke, in detail, using words. You could write a book. Now show the same stroke through a video replay of Australian Ian Thorpe (known as the Thorpedo), who dominated the swimming scene in the 2000 Olympics. You convey the exact message you want in a few seconds.

Most of us daydream and re-experience situations in our minds in a haphazard way. The fact that we can remember previous experiences in detailed fashion is why visualization works so well for athletes. Most good athletes have discovered this technique on their own and may use it occasionally to improve learning and performance. However, for maximum results, you need to control your imagery and practice it on a regular basis rather than just let thoughts pass in and out. Through imagery you can re-create your best performances in great detail, and then use that energy to help you through any situation you may encounter.

Megan Quann used the power of mental imagery to win two Olympic gold medals in Sydney. For two years prior to the 2000 Olympic Trials, Megan Quann went to bed visualizing her dream of a world record in the 100-meter breaststroke. Megan's bedroom is filled with pictures of the pools where she has had successful swims: The pool in San Antonio, Texas, where she set an American record in the 100-meter breaststroke; the pool in Sydney where she won a silver medal at the Pan Pacific Championships.

Each night before she went to sleep, Megan would visualize herself setting a world record in the 100-meter breaststroke. She did not see herself standing on the podium. Instead, she would visualize swimming a fast race. She would lie down in bed and take some deep breaths, letting her heart rate come down to her normal resting level. Then, she would reach for her stopwatch, close her eyes, and imagine herself at the

Olympic pool in Sydney.

Megan describes her imagery: “They bring us out behind the starting blocks. I hear the announcer say my name and my accomplishments. Then there are three whistles. I take off my warm-ups and step up to the block. I hear ‘The 100-meter breaststroke. Take your mark.’ When I hear the gun I start the stopwatch by my bed. As I dive in I can feel my stroke through the water. I see the tiles on the bottom of the pool. I swim to the end, touch the wall, and make my turn—50 meters to go. I tell myself, this is it, I have to go faster. As I touch the wall I press the button on my stopwatch. I feel my carotid artery on my neck. My heart rate has risen to 192. The watch reads 1:05—a world record time.”

Although Megan did not break the world record in Sydney, she broke the American record, and has done so several times in her event. Her personal best time of 1:07:05 makes her the second fastest woman of all time.

The Power of Imagery

Even if you are not yet accomplished in visualization techniques, it is reassuring to know that everyone has an imagination, and everyone can improve with practice. You can develop positive images and utilize the experiences and feelings that serve you best. You can take the best you have been and the best you can possibly be, incorporate that into your mind’s eye, and then transform those visions into reality.

You can use visualization for virtually any goal or problem that you need to work on. Imagery can be used for reducing stress, focusing attention, energizing, problem solving, or skill learning.

I spoke with national champion Regina Jacobs two weeks before the 2000 Olympic Trials. She talked about how imagery has helped her uncover her true potential in the 1500 and 5000 meters. During visualization she incorporates all of her senses into the experience. She feels her forefoot pushing off the track, she hears her running splits, and she sees herself surging ahead of the competition. She experiences all of the elements of her race in explicit detail before executing her performance. At the 2000 Olympic Trials, Regina went on to set a new American record for the 5000 meters using mental training techniques on a regular basis. It appears generally true that athletes who are most successful have developed the psychological foundation for their performances well in advance of the actual event.

You can also use imagery for controlling emotional states, for dealing with unexpected contingencies, for centering, or for blocking distractions. Andy Palmer, Ph.D., coach, sports psychologist, and former 2:16 marathoner tells athletes to consider using imagery as a way to deal with specific weaknesses in their workouts and races. He states: “For instance if you tend to go out too fast in the beginning of races, try imagining that situation and mentally rehearse what you would do at the moment you know you’re in trouble. You’ll realize that you can be in control of the situation.” You may also use visualization to set appropriate goals, to motivate yourself, to mentally rehearse your workouts, or to manage

pain during a race. In my interview with champion miler Marty Liquori, he noted: “I have always believed, if you want to be a champion, you will have to win every race in your mind 100 times before you win it in real life that last time.” So visualization in your mind’s eye is a powerful tool. It can help improve everything you want to do. You can gain greater control over your body, mind, and emotions, and integrate them to maximize the quality of your workouts and your life. By changing the inner attitude of the mind, you can transform the outer elements of your athletic training, and your life.

Next month we’ll talk more about specific techniques and tools to enhance your performance with imagery.

JoAnn Dahlkoetter, Ph.D., best-selling author of YOUR PERFORMING EDGE, is an internationally recognized sports psychologist, past winner of the San Francisco Marathon and 2nd in the Hawaii Ironman Triathlon. For your AUTOGRAPHED copy of her NEW BOOK, visit www>YourPerformingEdge.com, or call 650- 654-5500.. Dr. Dahlkoetter provides coaching by phone for optimal mind-body performance. For a FREE NEWSLETTER with valuable training tips and articles, Email: joann@YourPerformingEdge.com.



The Athlete’s Kitchen

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the appetite and help with weight management. Yet, the glycemic response to a food varies from person to person, as well as from meal to meal (depending on the combinations of foods eaten). Experiment to learn what food combinations satisfy you and offer lasting energy.

Nancy Clark, MS, RD is Director of Nutrition Services at SportsMedicine Associates in Brookline MA. She is author of Nancy Clark’s Sports Nutrition Guidebook, Second Edition (\$23) and her new Food Guide for Marathoners: Tips for Everyday Champions (\$20). Both are available via www.nancyclarkrd.com or by sending a check to Sports Nutrition Materials, 830 Boylston St #205, Brookline MA 02467.

Inauguration Day 2002

(Continued from page 1)

one woman on the street looked at me in my shorts and windbreaker and screamed I'd catch pneumonia.

After the run, I headed down to the expo at the DC Armory near RFK Stadium to pick up my bib number. Uneventful expo—not too many exhibitors so I was outta there in a flash. I've gotta say though that the race t-shirt was quite disappointing. The design on the front included a blinding combination of bright green and yellow splatterings, with runners that looked like they were pulled straight outta Microsoft clipart. On the back, almost every imaginable sponsor's logo was plastered on the back of the shirt—something like 30 logos. I'm not a walking billboard for these companies, so you probably wont see me sporting this shirt much, except in my sleep.

Later that day, I headed out to Falls Church in Virginia to see Stacey, a friend who was on my exchange program in Hong Kong last Fall. There's a big Vietnamese community in Falls Church and she, being Vietnamese-American, took me to Eden, this Vietnamese strip mall where we chowed down on egg and pork rolls—it was all in my strategic fat-load plan for the marathon. Then we headed to Georgetown again, but it was so insanely cold, we wimped out and ran into Georgetown Park, an indoor shopping mall. Later in the evening, I went to Arlington to meet up with Adah, a 65 year old friend with whom I taught English in China many mooncakes ago. She's a marathon talker, and consequently I a marathon listener, so that dinner went on for almost 3 hours. Afterwards, I went back to my hotel and forced myself to get a long night's sleep, in anticipation of getting my usual little or no sleep the night before the marathon. No alarm clock for me. Small wonder then that I woke up at 11:00AM on Saturday.

Saturday turned into an endless day of phone tag, trying to hook up with old coworkers, but things fell apart so we finally settled on meeting after the marathon on Sunday, before my flight back to LA the same afternoon. Saturday afternoon, I went on an easy 3 mile run, then headed back to the DC Armory for the pre race pasta feed. My only qualm, aside from the \$15 ticket not being included in the \$75 registration fee, was that there was absolutely no water at the dinner. Sure, there was pink lemonade, tea and coffee, but it was kind of ironic that no water was to be had even though "H₂O Entertainment" was the organizer of the marathon.

Went to bed at 10PM. I fell asleep for a good hour, then had to get up and take care of some bladder business, what with all that water in my system. I figured by then it had to be like 3AM, but I looked at the clock and it was only 11PM. I tossed and turned the rest of the night, and the last time I checked the clock, it was 3AM. So after getting up at 4:30AM, I must've gotten a total of 2.5 hours of REM-less sleep. Fortunately, I wasn't feeling too out of it when I woke up. Got dressed quickly, and rushed to meet the hotel shuttle to the start.

From the Marriott in downtown DC, what could've been a 15 minute run, or a 5 minute metro ride to the starting line, turned into a 30 minute merry go round on the freeway. Our driver couldn't get through to the starting area because they had blocked the main exits. Driving around in circles, we passed the Pentagon several times and saw the side of the

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

Personality of the Month
Annacy Sampas

Home: A tiny little crib in the corner of a small room in Willow Glen

Birthday: My First will be Oct. 4th, seems like an eternity!

Age: 11 months

Home Town: San Jose

Occupation: Playing games, and babbling all day long...

Family Life: Yes, very lively.

Education: Ya, ya, ya, when I get around to it

Running Background/History: A bunch of baby-jogger rides.

My Obsessions: Getting my way, always!

My Ideal Running Program: Going anywhere I want to go.

My Real Running Program: Going only where daddy or mommy takes me.

Miles Per Week: I dunno.

Shoe of choice: bare foot

Where you buy your shoes: silly question.

My Paces: "Faster daddy! Faster!"

Other Fitness Stuff: Crawling, playing (the way I do it, it's exercise)

Outdoor interests: Playing with toys and my little friends

Indoor interests: Playing with toys and my little friends

Diet: Liquid diet mostly, (racing) formula

Injuries: I bumped my head once.

Worst running experience: Being seen with daddy

Best running experience: Being seen with mommy

Favorite Race: Crawling around the house with mommy or

daddy in pursuit.

Worst Race: Those times that they caught me.

How did I find out about PARC?: Daddy took me there, which was cool... Lots of fun people. Only problem was that he was always just a few feet away. It's sooo embarrassing!



Editor's Note: "daddy," of course, is longtime PARC member Nick Sampas. Many thanks to Nick for providing the profile on one of the youngest PARC people!



The American Cancer Society
Relay For Life
 ...is coming to Palo Alto

When: May 10-11, 2002 **Where:** Henry M. Gunn High School Track
 6:00pm-12:00 noon 780 Arastradero Rd.

For more information about this event call: **650.497.1750**

For more information about the American Cancer Society call: **800.ACS.2345**

or log on to: **www.cancer.org**

City of Palo Alto presents...
The Bay to Breakers Bus

Date/Time: Sunday, May 19, 2002
 Leaves from Lucie Stern Community Center: 6:30am
 Returns at approx. 1:30pm

Cost: \$15 round trip

Deadline: May 13 (or when bus is full)

Information: (650) 463-4926

Inauguration Day 2002

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building that was hit on 9-11. I didn't even know it was the side that was hit until someone pointed it out, noting that the reconstruction has been moving along quickly and they expect to complete it by the one year anniversary. Outside the building, there's a countdown clock, US flag, and a banner that reads, "Let's Roll."

Our bus finally made it through at 6:15AM, with enough time to spare before the 7AM start. It was a bone chilling 35 degrees when I woke up, but it warmed up to 41 degrees by the time we arrived. The starting line was at the Arlington Memorial Bridge, right behind the Lincoln Memorial. I was moping around and whining to myself about how cold it was and thinking back to the past several months of 70-plus degrees of winter training in LA. Was deliberating whether I should run with my windbreaker, but opted not to since I figure the temperature should rise to degrees more akin to what I'm used to getting in San Francisco.

Before the start, a few prayers were said by church leaders each representing Christians, Muslims, Jews, and Buddhists. There was a major marathon controversy with DC churches because the course street closures were going to impact people on their way to Palm Sunday church services. Organizers compromised and pushed the start time up an hour earlier to 7AM. They blamed their lack of foresight on the event calendar that they were using, which didn't identify March 24th as Palm Sunday. But c'mon, Palm Sunday and Holy Week go hand in hand with Easter, so this excuse didn't fly well with too many people. Neverthenonetheless there were many cheers for the runners, and no jeers, from people on their way to church.

The organization at the start was fairly laissez-faire, but there was no pushing, no shoving, none of that, "Excuse me, I need to get to the front." I pretty much could have toed the starting line with the elites if I wanted since there were no corrals, and the 8000 runners that were said to be registered didn't feel like much more than, oh, 3000-5000. Only took about 10 chip-seconds for me to cross the starting line. Yet again, I had given no serious thought as to what particular time I was looking to run. I had run the LA Marathon three weeks earlier, and I was using this as my last long training run before Boston in three weeks.

The first 2 miles ran down Constitution Avenue, on the northern side of the National Mall, past the same memorials and monuments mentioned above (Lincoln, Vietnam, Washington, etc.). My first mile split was 7:00 flat. There were no pace groups running below 3:20, but I figured I could at least run a 3:10—though, from the start, my mile splits were all hitting 7 minutes even for about the first 5 miles. This didn't jive with a 3:10 finishing time. At this pace, I'd run a sub-3, which seemed pretty far-fetched at the time since I wasn't too confident with the kind of training I'd been doing. Still, I felt great and told myself to hold on to 7 minute miles and see where it would take me before I eventually crashed.

Mile 2-3 took us away from the Mall and up Capitol Hill, then towards RFK Stadium in the eastern outskirts of DC. Miles 4-10, which took us through southwest DC were extremely uneventful and boring, with nary a national monument in sight, though if you turned around, you could see the Washington Monument and Capitol in the distance getting smaller and

smaller until it seemed like they were several marathons away. Spectators along this portion were sparse, and I was just looking forward to getting back into the city and seeing the marble monumental skyline.

After about mile five, my pace started coming under 7 minute miles and I was thinking to myself, "You're setting up for a big crash, slow down." One big problem was that several downhill stretches found me charging down the hills and making good time, especially when we came back down Capitol Hill, this time on the southern side of the Mall and past the same monuments again. By this time, it was past 8AM, and many of the DC tourists had woken up and were in full force on the course cheering on the runners. The added shots of adrenaline inspired a few quick strides to pick up the pace, and by the halfway point I was at 1:28. I assumed I couldn't run a negative split, so the best I could manage would be a 2:56 finish if I maintained my pace. I would've been happy if I finished with a 3:10, but a sub-3 was somewhat appealing. But hey, I was already halfway there, so what was 13 more miles—a few dish trails, or maybe just a few laps around Lake Merced, right?

By this point, I started asking myself how I was gonna pace myself the next 13 miles. Nothing scientific here, or anything requiring any heavy calculations. I decided to just pick off runners ahead of me, since they were all probably aiming for sub-3, using the downhill sections of the course to speed up to save time and leave a bigger buffer for me at the end, and just chilling on the uphill portions.

The water stations were set up at every other mile. The cool weather, which probably kept me from taking in more fluid than I should have, and the staggered water stops kept that nasty sugar high at bay this time, so I wasn't running around with a nauseous expression on my face the whole time. Miles 14, 15, 16, 17, 18 all went well.....and so did miles 20, as well as 21, 22, and 23. Fast forward to mile 23.5 and what could have developed into a major international incident, with headlines that might have read, "Brit strikes Chinese-American in Diplomatic Quarters."

Running down Embassy Row, which to the context-clueless and uninformed is a stretch of embassies in DC, I was picking up my pace nicely, and coming up on a runner who had about twelve inches of height over me. As I was passing him, appearing a bit startled, he asked me, "Are you racing?" in his heavily accented Queen's English. "Racing?" I thought to myself. Images of high school cross country, burning lungs, numb legs, and gasping for dear life, as well as elite Kenyans, prize money, and 2:10 finishing times were some of the immediate "racing" thoughts that came to mind. Racing? I was feeling relatively comfortable and if I was racing, it wasn't against anyone in particular. I laughed and said to the guy, "No I'm not racing."

Now, sit down if you're not already, and brace yourself for this...

The dude physically and verbally ASSUALTED me!!!!!!! He angrily shoved me with his right hand, hitting me in the shoulder and burst out, "Then get the (expletive deleted) off the course!"

"What'd I say?! What'd I say?!"

I thought about it for a few seconds and realized the semantics of it all. By his definition of "racing," every registered runner is "racing," regardless of effort, so he must've assumed I meant that I was just on a leisure Sunday morning jog and in-

vading his personal space. I then clarified, “No, no, I’m in the race,” as I pointed to my bib number, which the dude should’ve seen anyway before he hit me. Regardless, there’s no excuse for this kind of behavior on or off the roads—I don’t care if he’s still bitter that the UK lost the thirteen colonies or Hong Kong, or that me may have missed his morning tea. “Brit strikes Chinese-American,” ain’t exactly the kind of headline you want to be making these days. The guy apologized, though at that point I was irked, yet civil, and took off, leaving him for dust.

There seems to be a disturbing trend of violence developing at the marathons I run. Back at the LA Marathon, volunteers were recklessly throwing water at me without my invitation, and now in DC, an attempt to retreat to the days of royal imperialism. “Can’t we all just run along?”

After my run-in with the charming Brit, I came up on mile 24 at 2:40. Eegadz, I hadn’t been on this kind of pace for ages. Had to average under 7 minutes for the next two miles to come in under 2:55, so I sped up, picking off runners one by one and then, hey, look up there on the left. It was the building where I worked my first job outta college, then down the block was Cap City Brewery, Tony Cheng’s, my old metro station exit, and Chinatown. The memories were gushing back. Like GU through the hourglass, these were the days of my life.

Coming outta Chinatown, we hit mile 25. I knew I had a sub 3-hour finish coming up, but I wasn’t sure by how many minutes I’d make it. Hitting Pennsylvania Avenue, I glanced to the left, seeing an enormous Capitol building gleaming on what turned out to be a partly sunny day with the temperatures topping out in the high 40s, then turned right onto the final stretch to the finish at Freedom Plaza. Managed to get in one last half mile push to the finish, coming in at 2:54:02 and good for 27th place overall.

Hung out at the finish area long enough to get a massage, and was feeling better than I do after most training runs, so I decided to walk back to my hotel to change. Came back here to Cap City and am now waiting to meet up with some conservative cronies from the past, Monkey Boy and Joanne, and Stacey, for lunch. When in Rome, or when near Maryland, do like the Marylanders. The local crab cake delicacies will make up my post marathon gorge, then it’s back to couscous and pasta tomorrow.

VOLUNTEERS NEEDED

Two exciting track meets are taking place at Stanford in June:

- The Oracle US Open on June 8
- The USA Track and Field Championships on June 21-23.

This year’s meets will see world-class stars such as Marion Jones, Gail Devers, pole-vaulter Stacy Dragila and Stanford’s own Regina Jacobs and Michael Stember. At the Open a free track & field clinic for kids 14 & under will be held at 2pm on the day of the meet. The first 200 kids at the clinic will receive a free ticket to the meet.

Soon we will be looking for volunteers to help us put on these two great events. Volunteering is fun and guarantees free entrance to the meets, which are sure to sell out. More information on how to register will follow. For general meet information, go to: www.trackandfieldusa.org.

PAARC Marathon Central

Way Too Cool 50k March 9, 2002

Cecilia Reagan	5:12:57 (10:05/mile)
Chuck Wilson.....	5:42:16 (11:01/mile)
Susan Tamburro	5:51:54 (11:20/mile)
Ana Sarosiek	5:56:17 (11:29/mile)
Scott Rafferty	5:56:51 (11:30/mile)
John Whitin	6:13:12 (12:01/mile)
Jon Easterbrook.....	6:16:31 (12:08/mile)
Steven Forman	6:22:58 (12:20/mile)
Tom Kaisersatt	6:26:30 (12:27/mile)
Christina Brownson.....	6:38:55 (12:51/mile)
Karen Claire-Zimmet	6:35:03 (12:43/mile)
Steve Reagan.....	6:51:42 (13:16/mile)

American River 50 Mile April 6, 2002

Cecilia Reagan	8:27:20
Don Lundell	10:17:59
Chuck Wilson.....	10:33:40
Steve Reagan.....	11:23:11

106th Boston Marathon April 15, 2002

Steve Woo	2:52:46
Ken Winfield.....	2:53:47
Yuki Negoro.....	3:08:24
Karen Hamill.....	3:15:12
Dave Wibbelsmann	3:28:02
Kathy Coulbourn.....	3:39:31
Rita Comes	3:40:58
Joe Ochoa	4:11:31
Martin Alintuck.....	4:19:31
Eppa Hite	4:24:40

The Ultra Bozos: A Bonding of Mud and Water at WTC

Steve Forman

A group of men and women exist as a subgroup within PARC. They call themselves the Ultra Bozos, a name that is derived from Ultra (greater than 26.2 miles) and Bozos (they must be clowns to attempt these ridiculously long distance runs). This group traveled en masse to Cool, California (near Auburn) to run the Way Too Cool 50K on March 9th.

A list of these runners is shown (in PARC Marathon Central) with their finishing times and places. There is one other woman in the Bozos (Bosettes) club, Lina McCain who did not run WTC this year.

WTC is truly a cross-country event. This year WTC provided the dual challenge of stream crossings and mud, lots of mud. There were dozens of stream crossings or fording opportunities. There was no tip-toeing over rocks with the water at knee depth or greater. Yes, you run with soaking wet shoes and socks. In many places the mud was at ankle depth and there was a constant risk of leaving your shoe behind as you pulled your foot loose from the red and brown muck. And who can forget the Ball Bearing and Goat Hill trails. These straight uphill climbs required just as many hand-holds as foot holds as you climb up through what seems like a dry (sometimes not so dry) waterfall. Think of this run as a steep chase over 31 miles of terrain for humans with no horses.

Aid stations spaced every 5-8 miles provided food and drink. My favorite was the peanut butter and jelly sandwiches, Oreos, potatoes, chips and bananas. WTC organizers provided pizza and soup for the finishers. All runners received really cool t-shirts and sweatshirts with the Frog logo:



Cecilia, Steve Reagan's wife, arrived just 36 hours before this event from London and ran a 5:12:57 with serious jet lag. Karen Claire arrived one day earlier from Boston and ran a great race. Ana ran an amazing, fantastic first Ultra in 5:56. Steve, Chuck, John, Jon and this writer can be compared to the Eveready Rabbit. We ran out of reserves but dug down deep and somehow just kept going.



The PARC "Ultra Bozos" at the Way Too Cool 50k.

Editorial Ramblings...

Sometimes, in fact many times, when I talk about the PARC Tuesday track workouts with those who haven't tried it, people say that "they are not fast enough" for track workouts, or that speedwork is only "for fast runners". I would like to take some time to dispel the myth that speedwork is only for fast runners. To say that speedwork is for runners who *want to get faster* would be more accurate.

Aerobic training will build fitness level and enable you to withstand longer distances, but it will only take you so far in terms of building speed. To build speed and strength requires high-intensity (anaerobic) work, which interval training provides. Only with a combination of low- and high-intensity training will you get the most out of your training and reach your potential as a runner. The PARC Tuesday track workouts are also a great way to break up the monotony of day after day of mileage, especially after a long winter of maintenance running.

Runners of all abilities are welcome at the Tuesday track workouts, where the track "veterans" are always happy to teach the basics of interval training to anyone interested in learning. And the hard work on the track will pay dividends, whether you run marathons or 10k's, or would just like to catch up to the middle of the pack on the Wednesday night runs. On this I speak from first-hand experience, because this is what I experienced when I first started with the Tuesday track gang, and it is why I am now a regular. So if you have your sights set on a new 10k or marathon PR this summer, or if you just want some change-of-pace in your training, come on out and hit the track with us on Tuesday evenings. See you out there! —Ed.

Knowledgeable and friendly service from certified running geeks.

10% discount to all Run Club members

MetroSport
Running Specialists.

Cupertino
The Oaks Center
(across from DeAnza College)
(408) 446-5511

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

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

- 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.

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

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—May 2002

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 6:00 pm—Palo Alto, Lucie Stern (Edgewood Route)*	2	3	4 8:00 am—Long Run, Sawyer Camp Trail*
* See Calendar Notes on Page 2						
5 8:30 am—PARC Monthly Trail Run, El Corte de Madera 8:00am—Andronico's Devil Mountain Run 10k/5k, Danville (415) 759-2690	6 6:00 pm—Stanford Dish Run, Angell Field*	7 6:00 pm—Track, Angell Field*	8 6:00 pm—Palo Alto, Lucie Stern (St. Francis Route)*	9	10	11 8:00 am—Long Run, Sawyer Camp Trail* 6:00am—Quicksilver 50k/50M, San Jose (408) 358-3603
12 8:30am—The Zippy 5k Run/Walk, SF (Golden Gate Park) www.hoys.com	13 6:00pm—Stanford Dish Run, Angell Field*	14 6:00 pm—Track, Angell Field*	15 6:00 pm—Palo Alto, Lucie Stern (Tree Route)*	16	17	18 8:00 am—Long Run, Sawyer Camp Trail* 8:00am—Napa Valley Triathlon (1200ydS 30kB 4MR), Lake Berryessa (415) 868-1829
19 8:00am—Tilden Tough Ten 10M, Berkeley (510) 339- 2430	20 6:00pm—Stanford Dish Run, Angell Field*	21 6:00 pm—Track, Angell Field*	22 6:00 pm—Palo Alto, Lucie Stern (Ken's Lake Route)*	23	24	25 8:00 am—Long Run, Sawyer Camp Trail*
26 9:30am—DSE Mission Rock Run 3.5M, SF (415) 978-0837	27 6:00pm— Stanford Dish Run, Angell Field* 8:10am—Pacific Sun Races 10k, 2.5M Kent- field (415)721-3791	28 6:00 pm—Track, Angell 40Field*	29 6:00 pm—Palo Alto, Lucie Stern (Baylands Route)*	30	31	