



Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

August Monthly Run

When: Sunday, August 4, 2002. Meet at 8:15 for an 8:30 A.M. Start.

Where: Sanborn County Park (no organized car pool scheduled)

What: The club will host two runs approximately 12 and 6 miles on moderate hills. (Ultra runners have option to continue into Castle Rock State Park for additional miles.)

Why: Lushly wooded park of over 3,600 acres is nestled in the Santa Cruz Mountains between Saratoga and Skyline Boulevard.

How: The park is located on Sanborn Road. From Saratoga, proceed two miles west on Highway 9 to Sanborn Road. Turn left onto Sanborn Road, traveling one mile to the park entrance. As with all monthly runs, we will have a pot-luck 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 joneasterbook@msn.com

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

September Monthly Run

When: September 1, 2002
Meet at 8:15AM, run at 8:30AM

Where: Monte Bello Open Space Preserve

Why: We will run up to the top of Black Mountain and enjoy the 360-degree vistas. This is a moderate run in difficulty due to the climbing.

How: For those who are driving, Monte Bello is located on Page Mill Rd., approximately 8 miles up from the 280 freeway. Look for the parking lot on the left side of Page Mill.

The club will host the usual two distance runs with maps (12 and 6 miles)

Carpool: We will meet at the 280/Page Mill Rd. Park and Ride for a departure at 8:00am sharp.

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

Potluck: Bring goodies to share immediately following the run

2001 a Nut Odyssey Trials and triumphs of a Hood to Coast Team

Tom Eng

It was all planned. The 15 passenger vans were rented in March. Both Friday and Saturday night hotels were reserved back in December by Rita's travel agency. The Saturday night reservations seemed to be particularly sweet as we had a confirmation at the Comfort Inn, a hotel right next to the finish line in Seaside. Steve had made reservations at Gustav's Restaurant for 24 at 7pm Thursday for the traditional Kickoff dinner and had made reservations at the Best Western for the Thursday Night stay. We also had reservations for 24 for the Saturday Night Awards Dinner at the Silo Inn after the relay. By August, everyone had purchased his or her airline tickets for Portland. It even seemed fate smiled on our team handing us a 5:30 start time, not 8PM like the year before. Rita had just recruited the 12th runner to complete our team, 'The Sawyer Trail Mixed Nuts'. At the end of the first week in August, what could possibility go wrong? HA!

Things started to get interesting in the second week of August. The injury situation, simmering in July, burst forth this week. Allan's knee was hurting and the doctor's diagnosis was not good. Privately Alan said if we had another backup runner, he would be willing to step aside and give up his spot on the team. I advised him that we do have a backup runner but that it is up to Alan to decide. Alan decided to stay with the team. Andy was also hurting but said he would be ready to run. Amy, who was just diagnosed with exercise-induced asthma, couldn't train properly. Luckily all three ran and did well considering the injuries.

One week before the race, I had asked Rita to reconfirm our Saturday night hotel reservations because the situation did not 'feel' right. When reservations were made Saturday Night, the hotel did not require a two-night stay. This sounded strange but Rita said we had a confirmation number. Later in the week, Rita called and advised that the Comfort Inn had canceled our reservations. Her travel agency was trying to book us into the Portland Hilton for Saturday Night as well as Friday Night for a reduced rate. The travel agent was successful and we were booked into the Portland Hilton for Saturday Night as well. However this presented a challenge since one of the runners would have to drive from Seaside back to Portland, Saturday evening, an hour and a half drive

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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.

2002 PARC Board

The 2002 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 parcnews

You can also subscribe via PARC's Web page:

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

PARC Birthdays—July

Cecilia Reagan 7/1
 Don Way 7/1
 Robert Kennelly 7/2
 Patricia Phanouvong 7/2
 David Carella 7/3
 Tamara Whiteside 7/3
 Mark Williams 7/11
 Tracci Lackey 7/12
 Dave Buckley 7/15
 James Cherry 7/15
 Allen Baum 7/17
 Lori Wong 7/18
 Michael Dhuey 7/20
 Ashish Mukharji 7/23
 Emily Clark 7/24
 Mechel Henry 7/24
 Susan Tamburro 7/24
 Sarah Brothers 7/28
 Kenny Bright 7/30

August

Christi Lane 8/4
 Steve Beebe 8/7
 Sylvia Chen 8/8
 Scott Mellberg 8/8
 Nicole Hodges 8/11
 Nina Marand 8/15
 James Deitrich 8/17
 Paul Read 8/17
 Joel Gartland 8/26

Credits

Editor Dave Wibbelsmann

Staff Stan Jensen, Jerry Nairn, Steve Reagan, Kevin Wilkinson,

Writers Nancy Clark, JoAnn Dahlkoetter, Jon Easterbrook, Tom Eng, Lina McCain

Photos Steve Forman

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

THE ATHLETE'S KITCHEN

Sports Nutrition Update: News from ACSM

Nancy Clark, MS, RD

Copyright: Nancy Clark, MS, RD June 2002

The American College of Sports Medicine (ACSM) is the nation's largest professional organization for exercise scientists, sports nutritionists and other sports medicine specialists. Every May, experts from around the country and the world gather to present the latest information at the ACSM convention. The following are some highlights from the May, 2002 meeting in St. Louis.

Protein

Bodybuilders commonly wonder when is the best time to eat protein to optimize muscular growth. The latest research suggests having some amino acids (the building blocks of protein) circulating in the blood while you are exercising can optimize the muscle-building process. This simply means eating a pre-exercise snack that includes a combination of carb (for energy) and protein (for muscle building): cereal with milk, yogurt and a banana, bagel with peanut butter, trail mix (nuts and dried fruit), or a turkey sandwich. You need not run to the store to buy the latest protein bars or drinks; standard foods can do the job just fine!

Amenorrhea

Exercise scientists have questioned why some female athletes stop menstruating and others maintain regular menstrual periods despite a rigorous exercise program. According to Dr. Anne Loucks of Ohio University, amenorrhea (loss of the menstrual period) is caused by undereating. Women with amenorrhea fail to increase their calorie intake to account for the calories they burn during exercise. When the brain detects an energy deficiency, it immediately turns off the reproductive system.

If untreated, amenorrhea can lead to poor bone health, stress fractures and premature osteoporosis. The solution is to eat more calories, preferably a nice balance of whole grains, lean protein-rich foods, lowfat dairy products and healthful fats (salmon, nuts, peanut butter). For example, calories can be added by enjoying a yogurt for a morning snack the first week, then a half-cup of beans on a lunchtime salad the next week, potato with dinner the third week, etc. By gradually increasing calories over the course of three to five weeks, a woman can reverse the situation and not only be healthier (as indicated by regular menses) but also feel better and be better fueled for stronger workouts. Because these are not excess calories, they are unlikely to cause the women to "get fat." Rather, the body burns the fuel and becomes fully functional, as opposed to shutting down to conserve energy.

Anemia

Iron deficiency anemia ("iron poor blood") is a cause of needless fatigue, primarily among female athletes. Women are more likely to suffer from anemia than are men, because women tend to eat less red meat (the best source of dietary iron), lose iron via menstrual bleeding, and skip breakfast (i. e., fail to eat iron-enriched breakfast cereals). A little bit of iron can also be lost via sweat or intestinal bleeding but, ac-

ording to Dr. Randy Eichner of the University of Oklahoma, this loss is minimal. Dr. Eichner believes sports do not cause anemia but rather sports unmask it. That is, a sedentary woman could be unaffected by having mild anemia, whereas the active woman would notice a difference in physical performance. Regular blood tests in competitive athletes can help detect shifts in iron levels and prevent anemia.

Epidemic of obesity

Obesity is a major public health concern: 25% of children are now classified as overweight (or at risk of overweight); 61% of American adults are overweight or obese. Sedentary behavior is a contributing factor. Because 73% of kids ages 12 to 17 years spend a significant amount of time surfing the Internet, websites are an excellent way to reach this audience. A new site, www.kidnetic.com, is helping kids and families get positive messages about ways to be more active and fuel their bodies healthfully. The program designers studied what motivates kids (looking better, performing better, having more energy to do fun things). Hence, the content focuses on these fitness "pay offs." Hopefully, this obesity prevention program will also pay off!

Muscle cramps

Anyone who has ever experienced severe muscle cramps wants to know how to prevent them. According to Dr. Michael Bergeron of the Medical College of Georgia, salt is a key cramp preventer. Having worked with numerous tennis players who exercise in extreme heat, Dr. Bergeron noticed the athletes who suffer from cramps could resolve the problem by adding more salt to their daily diets. Case in point: a tennis player who regularly cramped badly, despite drinking plenty of fluids. His father had high blood pressure and consequently, the entire family ate a low sodium diet. Once the player started eating more pretzels, table salt and sports drinks, the cramping problem dissipated.

Dr. Martin Schweltnus of the University of Cape Town Medical School in South Africa offers another theory based on science rather than anecdotes. He believes cramps occur when the muscles are fatigued. A nerve malfunction creates an imbalance between muscle excitation and inhibition; the muscle doesn't relax. His solution: stretch the cramp.

Overhydration

In the effort to prevent muscle cramps and dehydration, some endurance athletes drink copious amounts of fluids, so much so they dilute their blood to the point sodium levels are dangerously low. This often occurs in slower marathoners who take the advice to drink at every water station. Excess water, in combination with a low salt diet, increases the risk of suffering from hyponatremia (low blood sodium); the athlete becomes tired, nauseous, disoriented or even worse (a seizure). The solution: Don't avoid salt and don't drink if your stomach is sloshing!

Exercise and weight loss

The myth is, if you add on exercise you'll lose body fat. The truth is, if you create a calorie deficit, you'll lose body fat. In a study with previously sedentary overweight males and females (average ages 22-24 years) who exercised 5 times a week for 16 months with no dietary restrictions, the men lost

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Your Performing Edge

JoAnn Dahlkoetter, Ph.D.

Building Your Confidence and Self Image as an Athlete

Go confidently in the direction of your dreams



Marty Liquori was ranked the number one miler in the world in 1971, and now he produces ESPN's Running and Racing program. During an interview, I asked Marty to tell me about a race experience that was central in building his self-confidence. He explained: "The breakthrough race for me had to be the King Games in 1971 when I ran against Jim Ryan. I was 20 years old at the time. In '68 Ryan had beaten me, and he had been the top miler for many years. He retired, but then returned to racing.

"Ryan was a formidable problem for me. He was the world record holder who had not been beaten by an American for many years. It seemed like he was invincible. But one day I realized that he was not any superhuman being. I began to see him as just another person out there. I recognized that he puts on his pants one leg at a time just like everybody else. And once you come to understand that, a whole world opens up for you.

"That realization enhanced my confidence in my ability to defeat him. I was committed to doing whatever it took to win. One hour before the King Games race I went into a zone. I would not talk to people; I focused intently. People thought I was a jerk since I had just talked to them two hours before. But I needed that time to concentrate, and it paid off. I made the decision I would not let Ryan get in front of me. Building on that confidence going into the race, I responded every time Ryan tried to pass, and I ended up with the victory."

Confidence, positive self-image, and optimism are all key factors in determining how you view an athletic challenge and transform it into a powerful performance. Developing a realistic, healthy self-image is the foundation for success in sports. Once you know yourself well and are confident in your abilities, you're well on your way to realizing your goals in any sport. Self-confidence gives you the ability to create and sustain an optimal performance state regardless of the external conditions.

Mary Ellen Clark, one of America's top divers, has enjoyed a 26-year career in her sport. Before she left her hometown to compete in the 1996 Summer Olympics in Atlanta, her friends surprised her with a "good luck" party. They gave her a gym bag full of presents to boost her confidence going into the competition. One of the gifts she received was a Wheaties box with a mirror attached to the front. She explained: "I saw that Mary Lou Retton had gotten her picture on that cereal box and I thought, 'Wouldn't that be the coolest thing, to have that happen to me.' Clark said, "So my friends gave me this Wheaties box with a big mirror on the front. This way, no matter what happens in the Olympics, I'm on the

Wheaties box."

Sometimes it takes this type of tactic to remind us of our self worth. Champions have a strong, unwavering belief in themselves and their ability to perform well. Their confidence is so deep it is almost indestructible, unaffected by outside influences. Supremely self-confident athletes are resilient to setbacks, can shrug off pressure and are not easily intimidated. Six-time Hawaii Ironman Champion Mark Allen has a presence about him - an extraordinary self-assurance that can, at times, appear intimidating to others. His internal belief in himself is apparent in his outward appearance.

Fortunately confidence, like discipline, courage, and commitment, are all part of a constellation of mental skills that are **learned and not inherited**. Consequently, with practice they can become part of your skill set as well.

Self-image: The foundation of successful performance

Self-esteem and positive self-image are essential for performing well in any sport. One of the main factors differentiating humans from other animals is the awareness of self. We have the ability to form an identity and then attach a value to it. We define ourselves by certain standards and then we decide if we like ourselves. The struggle that often occurs comes from the human capacity for self-judgment. If you reject or criticize yourself for doing poorly in a race, you'll find yourself avoiding anything that might bring on the pain of further self-rejection. So you take fewer risks in training and racing, as well as in social and professional situations. In short, you limit your ability to realize your full potential.

The good news is that you can learn to stop making these judgments, and direct your energies toward building a more constructive self-image. You can change how you feel about yourself. You can learn to recognize your positive qualities and acquire an attitude of acceptance toward yourself and others. Once those perceptions change, you will see improvements in your training and in every part of your life with a gradually expanding sense of inner freedom.

Self-Image Assessment

Before you begin to work on your self-image, it's important to do an honest self-inquiry to determine your strengths and weaknesses. Don't be afraid to put yourself under a microscope. You need to generate an objective picture of the real you—the way you see yourself and your current athletic performance. Look in the mirror and ask yourself, "Exactly what do I see?" You can fool others, but you should not be able to fool yourself. You must recognize your weaknesses and negative qualities before you can even think about correcting them.

- 1) Create a list of strengths and assets: List your physical attributes, your accomplishments in all areas, your character strengths and the qualities you appreciate in yourself (e.g. "I have a strong drive to perform well; I am an easy person to get along with; I have strong character and I am well-rounded").
- 2) Identify your weaknesses - qualities that you would like to improve: Take care to use only accurate, non-judgmental descriptions. Think about your sports performance as well as general personality characteristics (e.g. "I lose my focus ¾ of the way to the finish line").

3) Consider negative attitudes that hinder performance: Do you frequently use any of the following self-statements that undermine your self-image and keep you from doing your best?

Self-Condernnation:

“I tend to have bad luck; something always goes wrong.”

“I do well in training but not in races.”

“I keep making the same mistakes in my training.”

Poor Self Confidence:

“My competition is so much better than me.”

“I’m too old, too slow, too short, too overweight, etc.”

“I’m not prepared for this race.”

Fear:

“I’m afraid I’m never going to get any better.”

“When the pressure is on, I know I’ll screw up.”

“I’m afraid I’ll make stupid mistakes.”

Perfectionism:

“I fear I won’t live up to the high standards I’ve set for myself.”

“I’m never content with my performance.”

Lack of Competitive Spirit:

“I can never get psyched up for a race.”

“I don’t have a killer instinct.”

“I give up too easily during critical points in the race.”

“I wimp out in the important competitions.”

Anger and Blame:

“I get so angry at myself that I can’t focus on what I have to do.”

“ I get mad at things I can’t control: The traffic, the weather, my competition, etc.”

Racing Mind:

“ I try to recall everything I’ve learned but it’s all jumbled in my mind.”

“When I get to a race I can’t relax; I’m thinking of 10 things at once.”

1) Self-Evaluation Rating

Rate yourself from 1-10 (Definite no to definite yes) on these questions:

Confidence: Do you have a high expectation that you will do your best in training and racing? Do you get excited about the idea of accepting a challenge? Do you have feelings of strength and being in control? Do you like yourself? Are you satisfied with your current level of sports performance?

Self-esteem Issues: Are you a perfectionist? Do you have extreme vulnerability to criticism? Are you nonassertive?

There are no right or wrong answers to these questions, and no bottom line score to worry about. Once you’ve completed your self-evaluation, you then have a solid base of information from which to work on your confidence and self esteem.

If you can identify with a number of the issues above, it stands to reason that your performance may be suffering. It may seem like a difficult task to overcome these barriers, but the reconditioning process for building your self-confidence is simple and direct. Just like your physical training, mental conditioning takes practice and patience.

Change Your Weakness Into Power

If you are content with a mediocre performance, you will never challenge yourself to fully reach your potential in a competition. If you really want to improve your training and build confidence, you need to go out of your way to address and correct your weaknesses. Many athletes fail in their workouts because they are unable to overcome a singular personal deficiency. It’s easy for us to adopt a negative attitude toward our weaknesses. We can justify them by saying that we were born with this particular problem, or we have since acquired it and there is nothing we can do about it. Or we can defend a weakness, and in the process we may start to structure our lives around it. We make the weakness the center of our thinking instead of facing the issue head on and conquering it.

Leontien Zijlaard, a cyclist from the Netherlands, won two gold medals in the 2000 Olympics in Sydney. Her medals signified a triumph over adversity and a battle within herself. The problem began in 1992 when she was on top of her sport. A one-dimensional emphasis on cycling led to an eating disorder. She related, “I was too heavy to climb hills very well; then it started. When I would eat nothing at the dinner table I would be fighting with my family. My father and mother would say, ‘You have a problem.’ I would say, ‘You’re crazy, I am the world champion.’

“My muscles were empty. I would spend a lot of time in front of the mirror. I would say, ‘I am fat here; I have to lose weight there.’ There was definitely depression going on. It wasn’t about cycling; it was about my life. Then I spent three years away from the sport, fluctuating between 98 lbs. and 175 lbs.” Zijlaard’s husband helped her to see something on the inside that enabled her to feel really good about the outside. She noted: “It’s very difficult to find the middle ground. For me, it’s always been black and white. I needed to look inside myself and face the problem. Now I try to do more things in the middle. My weakness became my strength and I was able to win gold in the Olympics.”

So to build confidence you must first understand your problem areas, as you have done in the Self-Image Assessment. Then go to work. Make the weakest link in your chain strong and you can’t help but improve. The best athletes in the world are those who actively work to overcome their weaknesses. It’s fun to practice your strengths because those are the areas in which you excel and can easily get positive feedback. But the way to truly improve is to test yourself, notice where you are making mistakes, face them and turn them around.

For instance, the next time you do a race and a competitor surges ahead of you, see if you can stay with him or her and

use that athlete's energy to pull you along to a personal best. If you cannot meet the challenge, you'll know it's time to go back to the pool or the track and work on the ability to change paces and recover quickly within the workout.

When a race is on the line, there is no substitute for skill. If you have addressed your weaknesses, you won't be vulnerable. You'll be fully prepared, confident, and ready to encounter anything the competition might give you.

Enhancing Your Confidence and Self-Image

Now that you've gained information about your confidence level, you can begin to work on your self-image using some of the techniques outlined below. Try out each one and choose the strategies that seem to fit best for you.

Self-Acceptance - Separate who you are from what you have achieved: Athletes frequently use their watch, their scores, or their performances to define their self-worth. They may say: "I need to run a sub-40 minute 10K in order to feel OK about myself." A disappointing race performance does not indicate that you are a poor athlete, nor is it a commentary on your real potential. You need to begin with a firm foundation, a secure sense of self. Consciously lighten up on harsh self-judgments. Come to accept yourself as a valuable person regardless of the outcome.

Awareness of Subtle Degrading Self-Statements: Work to diminish the intensity of your negative self-attacks while nourishing more healthy self-talk. You may never entirely turn off the inner voice that says: "You really screwed up that workout; you're stupid". However you can tone down its volume and significance. When someone gives you a compliment, rather than dismissing it, take it in and let it enhance your self-esteem.

Choose a Positive Quality You Want to Develop: Let's say you want to train more efficiently, with a sense of confidence, lightness, and power. Select another athlete who possesses these qualities, and visualize that person's style during your workout. Imagine that you are that athlete, floating effortlessly, with endless amounts of energy and self-assuredness.

Marion Jones, winner of five track and field medals at the 2000 Olympics in Sydney, visualized other top athletes to give her inspiration. She said, "I hope to be considered one of the best athletes ever. Whenever I watch the Evelyn Ashford's and the Jackie Joyner Kersee's, I see the sparkle in their eyes. I don't know what they're feeling, but whatever it is, I know I want some of that."

Building confidence is critical to good performance, and many other attributes follow in its wake. Self-confident athletes are also optimistic, motivated, focused, and unafraid to take risks. They move toward challenges with inner strength and courage and find personal rewards in each endeavor regardless of the outcome. As your self-image becomes more positive, the degree of excellence will correspondingly rise in all areas of your life.

Positive Affirmations for Athletic Confidence

Repetition of Strengths: Take your list of personal strengths from your evaluation, and build positive affirmations around each one. Create simple positive phrases that you can say to yourself silently or aloud, to reinforce your positive qualities.

Here are some examples:

- I strive to be positive and enthusiastic, no matter what happens.
- I feel a sense of power, confidence, and inner strength when I compete.
- I thoroughly enjoy myself as I train and compete.
- I am consistently working to address my weaknesses.
- I am a smooth, efficient athlete; I am improving rapidly.
- The results will take care of themselves; I simply perform.
- My body and mind are growing stronger and healthier every day.
- Mistakes are simply feedback; they are a necessary part of learning anything well.
- I focus on doing the very best I can at every moment.
- I am willing to do whatever it takes to meet my goal.
- I believe in myself; I radiate an inner confidence.

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 a FREE NEWSLETTER with valuable TRAINING TIPS and articles and autographed book, visit www.YourPerformingEdge.com. Dr. Dahlkoetter provides coaching by phone for optimal mind-body performance. Email: joann@YourPerformingEdge.com or call 650-654-5500.



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

Personality of the Month
Lina McCain

Best running experience: Many of my trail runs could be considered the best.

Favorite Races: Double Dipsea, Wharf to Wharf & Big Sur Marathon

Home: Palo Alto
Birthday: May 10
Age: 36
Home Town: Los Altos
Occupation: veterinarian
Education: Cal Poly, SLO & UC Davis



How did I find out about PARC?: Karen Hickey mentioned it once in a Spanish class, which reminded me that I was often seeing a reflector vest-clad group on my way home from work.

Where else have you lived?: Besides UCD and SLO, Malibu, New Zealand & Costa Rica.

Where is your favorite place to live?: Right here in the Bay Area. I'm so glad to be back!

Running Background/History: Started running in May 97 after getting a pair of running shoes for my birthday!

My Obsessions: trail running

My Ideal Running Program: Run 4 days a week, bike 2 days, yoga class at least once weekly, but on a day I'm already working out to leave one full day of rest!

My Real Running Program: Pretty similar. More free time and longer days for mountain biking would be nice!

Miles Per Week: 20-25

My Paces: ranges from 7.5 to walking

Other Fitness Stuff: dancing, weight lifting (though not lately), hiking tall peaks

Outdoor interests: relaxing in the sun

Indoor interests: movies, reading, listening to music

Diet: I like all food.

Injuries: I recommend avoiding injuries whenever possible.

Worst running experience: Trying to run with a strained ileopsoas muscle.

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

2001: A Nut Odyssey

(Continued from page 1)

with little or no sleep the previous 24 hours.

Finally Thursday afternoon arrived and after packing and completing last minute details, I waited for both Alan and Andy who carpooled with me to the airport. Arriving at the airport, there was a long line waiting to check in bags. While in line I called Rita on my cell phone and heard she was in bound from Menlo Park. I also heard that Amy, Paige and Terry had arrived. Good, no worry as to anyone late for the flight. After checking bags and obtaining seat assignments, we headed for the gate and upon arriving saw quite a few people waiting for the same flight. As the Mixed Nuts gathered near the check in desk, I could not help but overhear the ramp agents say they were overlooked and may have to ask for volunteers to give up seats. This occurred before the rest of the team arrived and had received their boarding passes. I could just see it now, half the team stranded at SFO waiting for the next flight at 6pm. Yuk! But again fate stepped in and all team members were able to receive their boarding passes.

The flight was uneventful and we met Steve Z at the gate in Portland as his flight got in before ours. I called the hotel and they sent a van to pick us up although with 12 members, they would have to do it in two trips. The first batch made it to the Best Western and started to check in when a mini van taxi pulled up and out popped the rest of the team. Good thought Rita. After check in, some of the team went to Gustavs Restaurant but returned saying they did not have a reservation for our party. We later found out that Steve made the reservations at another Gustav's Restaurant. However Gustav's was eventually able to seat all 12 of us and our kick off dinner was a success. Later in the evening the entertainment portion commenced when the video of the previous year was shown. However there was a slight hitch, as the VCR would not work. After some additional manipulation with the controls and a venue change, Amy finally got the VCR to play the tape. It was great. Hats off to Amy who worked her video magic well.

The next morning, most of the team members filtered into the hotels lobby area for the free continental breakfast. After the meal, Jim and Amy decided to give their water weapons a try out by hitting me at my most vulnerable moment, coming out of the bathroom for my morning constitution. Needless to say with their large water cannons, I was drenched! However not to fear, Steve Chin is near! After getting me soaked, Amy decided to tackle Steve Chin. Thinking that Steve was still asleep, Amy tried to crash the room Steve and Dave Wibbelsmann was in. This however did not work as Steve was already up and decided to give Amy some of her own back forcing Amy to withdraw. About 10 minutes later, Amy tried to get Steve wet again. This did not work as Steve borrowed my weapon and went after Amy. Even though Amy had on a waterproof poncho, Steve just moved the poncho aside and got Amy completely soaked, so much for the water wars of 2001.

The van decorations, completed by Terry and Paige, were great. Included were the ID signs with actual peanut shells stuck on as part of the letters. Also included were pictures of the team members. The one that stands out in my mind is the picture of Sharon Melman as Andi McDowell, great casting. Pictures were taken all round and off we went to Fred Meyer for food.

We also decided to eat lunch at Fred Meyer as well. However the employees behind the counter said it would take 25minutes to make a sandwich. So several of our team members had to wait. After much shopping and eating, we headed to the top of Mt Hood. On the way Van 1 made a quick detour and picked up Barbara Rempfer who would drive for us the first 6 legs. At the top of Mt Hood, we had our obligatory picture taken with the top of Mt Hood behind us. The teams were introduced and at exactly at 5:30pm our team, along with 19 others, were off and running.

The first 6 legs were great as everyone did very well going down hill. It got dark by the end of the 6th leg where we bid farewell to Barbara, picked up some food from the spaghetti place, and continued to downtown Portland and the Hilton. When we got there, Steve could not find a parking spot so Amy and I went ahead and checked in, followed later by the rest of the team. The Portland Hilton was really quite nice, a lot better than the City Center Motel in Seaside. Everything was done in shifts. While someone was eating another team member was taking a shower or someone was sleeping. Finally the call came to head out to transition point 12. We got there in plenty of time and Paige was waiting when Maria handed off to her.

Without the benefit of a downhill and the lateness of the hour (I ran my leg 4 at 3:30am) most of the members in Van 1 ran slower second legs. As we arrived at exchange point 18 our sister van had not yet arrived. Time ticked by very fast when one is waiting for the other van. We finally received a report that Van 2 was still 10 minutes away and Amy was due in at almost any time. It turned out, Amy had to wait at the exchange point 18 for about 5 minutes before Van 2 arrived and Andy was able to take the baton. By the way, since Andy was new at this, he began to run the wrong way and as he quipped, "I thought they (the crowd) was cheering for me until I realized that they were pointing the other way". I heard later on that Van 2 got lost again and Andy had to wait at the next exchange point before Rita got there.

We drove on to transition point 24 and decided to sack out. However I just couldn't sleep due to the volunteers calling out team numbers coming in and other distractions. Later, the cell phone rang and van 2 said Maria had just started running. Paige got ready and took up the challenge for her final leg. Everyone did well on their last run. However the last leg run by Amy presented a tough challenge as Van 1 drove into the largest traffic jam ever seen. It occurred about 3 miles behind transition point 30. So Steve Chin had to get out and run the clipboard out to the actual transition point and Steve had just run the previous leg. As our van proceeded at stop and go pace, I jumped into the driver's seat as Paige and

Terry had to use the little girl's room fast. As they came back they were discussing the lack of manners by a couple of bicyclists doing their litter bug thing. Paige was so incensed she retrieved the item for a more valid disposal.

After everyone in Van 1 was done running, it was on to Seaside but first a detour to Dairy Queen where everyone loaded up on junk food without feeling guilty. We then headed off in search of a most precious commodity, a parking space in Seaside. We found one but had to walk a while to get to the beach where we waited for the appearance of our final runner, Maria. As we waited we talked to some of the other teams and we also did the usual checking out of the display booths as well as the souvenir stuff. Finally we heard the magic words, "Number 82, Number 82 your runner has been spotted, please come down to the finishers holding area". We hurried to the holding area where all teams gather when their last runner is only a few minutes away. We see Maria approaching and as she passes I yell, 'lets go', and we follow Maria sprinting to the finish line. Actually Maria left us way behind as Rita had told her not to wait for anyone so she covered the last 100 yards in a sprint.

Since van 2 had not shown up, we had to wait for them before the group picture was taken. While we waited, one of our members wandered off. When Van 2 showed up, that team member had not come back so another team member was sent to find the original member who wandered off. Then the original member came back without the other member who was sent out to look for him. Finally the other member returned so the picture was taken and then it was back to Portland and the Hilton. Amy drove back and kept alert even though Steve Chin who was supposed to keep Amy awake fell asleep himself. Actually Van 1 arrived before Van 2 (even though Van 2 left before Van 1) since Van 2 took the Billy Joe Bob route (according to Rita, this was the back roads of Oregon) to get to Portland. Our dinner at the Hilton was great at their central restaurant serving an array of fine entrees.

The next morning we were able to get a table for 12 and proceeded to hold our Awards Breakfast. Barbara Rempfer attended as well as David Wibbelsmann the captain from the 'Just Plain Nuts' team. After a satisfying breakfast plaques were awarded to the following team members.

- The Courage Award: Alan Gelman
- The Spirit Award: Amy Wang (second year in a row)
- The Service Award: Steve Ziemke

Other awards include:

- The Caffeine award: Steve Chin
- The Sweat award: Steve Ziemke
- The Speed award: Jim Tomic
- A Special Award presented to Sharon Melmon by Rita Comes

All in all the 2001 Mixed Nuts team could always be counted on for fun and run.

PARC Marathon Central

Forest of Nisene Marks Marathon

June 1, 2002

Jerry Nairn 4:50:54

Half Marathon

Amy Wang 2:00:37

Suzuki Rock 'n Roll Marathon

June 2, 2002

Lisa Langlitz 3:22:23

Vince Fuller 3:29:16

Slam Laqtib 3:43:42

Gregg Levin 4:11:13

Rachel Zemser 4:32:40

Patty Lin 4:38:38

Vebeka Kramer 4:42:16

Steve Dibble 4:47:51

Western States 100M

June 29, 2002

Cecilia Reagan 26:21:06

Don Lundell 29:04:20

Lisa Henson 29:34:44

Tom Kaisersatt 29:54:17

Karen Claire-Zimmet DNF mile 100

Jon Easterbrook DNF mile 93.5

Steve Reagan DNF mile 70.7

The Athlete's Kitchen

(Continued from page 3)

12 lb. (body fat dropped 27 to 22%); they failed to eat enough to compensate for the extra calories burned. The women, however, had no significant weight or body fat changes; their appetites kept up with their calorie expenditure.

In a study with 220 women (ages 35-45), changes in calorie intake (i.e., eating less food) were more closely related to changes in body fatness than were changes in exercise. This means: remember to subtract food, not just add on exercise!

Nancy Clark, MS, RD counsels both casual and competitive exercisers at SportsMedicine Associates in Brookline MA (617-739-2003). Her books Nancy Clark's Sports Nutrition Guidebook (\$23) and her Food Guide for Marathoners: Tips for Everyday Champions (\$20) are available by sending a check to Sports Nutrition Services, 830 Boylston St. #205, Brookline MA 02467 or via www.nancyclarkrd.com.

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—August 2002

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 8:00 am—Long Run, Sawyer Camp Trail*
* See Calendar Notes on Page 2						
4 8:30 am—PARC Monthly Trail Run, Sanborn County Park 7:00am—Skyline 50k, Lake Chabot Marina, Castro Valley	5 6:00 pm—Stanford Dish Run, Angell Field*	6 6:00 pm—Track, Angell Field*	7 6:00 pm—Palo Alto, Lucie Stern (Tree Route)*	8	9	10 8:00 am—Long Run, Sawyer Camp Trail*
11	12 6:00pm—Stanford Dish Run, Angell Field*	13 6:00 pm—Track, Angell Field*	14 6:00 pm—Palo Alto, Lucie Stern (Stanford Route)*	15	16	17 8:00 am—Long Run, Sawyer Camp Trail* 8:30am—Dammit run 5M, Los Gatos (408) 354-7365
18 9:00am—Hook & Ladder 10k, GG Park, SF (415) 753-0880	19 6:00pm—Stanford Dish Run, Angell Field*	20 6:00 pm—Track, Angell Field*	21 6:00 pm—Palo Alto, Lucie Stern (Edgewood Route)*	22	23 8:00am—Hood-to-Coast Relay, 195M, Mt. Hood-Seaside, OR	24 8:00 am—Long Run, Sawyer Camp Trail*
25	26 6:00pm—Stanford Dish Run, Angell Field*	27 6:00 pm—Track, Angell 40Field*	28 6:00 pm—Palo Alto, Lucie Stern (St. Francis Route)*	29	30	31 8:00 am—Long Run, Sawyer Camp Trail*