

Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

December Monthly Run

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

Where: Big Basin State Park

What: The club will have two runs, one 12 miles and a shorter one of 6 miles

Why: Do you want to run by some great waterfalls? Then come to this run.

How: Take Hwy. 35 to Hwy. 236. Follow Hwy. 236 for about 9 miles to park headquarters. Pay entrance fee and meet in the amphitheater for run.

We will also meet for carpooling at I-280/Page Mill Rd. Park & Ride, departing at 7:30am sharp.

As with all our monthly runs, we will have a potluck brunch after the run. So please bring some food or drink to share with others.

Who: For more information, call Jon Easterbrook at 650-948-8036 or email at joneasterbrook@msn.com.

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

January Monthly Run

Skyline Ridge Open Space Preserve—8th annual Run! Our most popular run—come early and start your New Years off with a great event.

When: Sunday, January 5, 2003. Meet at 8:15 for a 8:30am start.

Where: Skyline Ridge Open Space Preserve

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

Why: New Year!! Beautiful vistas, hill top and forest running and great company

How: The preserve is located one mile south of Page Mill Rd. on Skyline Blvd. (hwy 35). Parking lot is on the right side of road. As will all monthly runs, we will have a potluck immediately following. Please bring food and drink to share with others.

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

Cascade Crest 100 Miler

Chuck Wilson

Everything went my way for the CCC 100 :-). I flew up to Seattle on Thursday and drove to the Cascades, about 60-70 miles east of Seattle. I had 1 1/2 days to check out the area, get a good mental image of the course, and get some much needed rest. I was able to cover much of the area I would have to traverse alone in the dark during that time, including running through the 2.3 mile old train tunnel, the area before it, and the 15 miles of fire road over a mountain between the 2 largest lakes. I also checked out the historic coal mining town of Roslyn, where the TV show *Northern Exposure* was filmed.

The Race Director, Randy Gehrke, came from Idaho and was staying in the Summit Inn at Snoqualmie Pass, where I and several other runners were staying. I met Randy and co-director Ron Behrman the night before in the restaurant after joining Elena Sherman and Scott Sullivan of Southern California, who I met at my first WS100 training camp in 1999. I also ran into Catra Corbett and her pacer, Mike Palmer, who stopped off for supplies at the store before going on to Cle Elum about 20 miles further east and about the same distance from the start, in Easton, WA.

We had a rather late start at 10:00 am Saturday after a leisurely breakfast with the other runners and a race briefing by Randy. The sun was up and it felt like it was going to be a hot day—up in the 80s. As we started running down the road, it seemed like I was carrying more than everyone else. There was one new ultra runner who didn't even carry water, as he thought drinking at aid stations would be enough. To say the least, he learned differently and was one of the first to drop! Fortunately, after just a few miles of road, we hit the trail head and the shade of lush green trees and fast flowing creeks. We started our first 3,500 ft. climb to Cole Butte on the Goat Peak Trail. Once off the road, I immediately felt better and enjoyed the rest of the run.

As you may have known, I have been unable to eat in previous 100s since I get too nauseated to keep anything down and eventually slow down to a crawl in the end :-(. The solution for me, which I only learned recently, has been to only drink water and no GU—Hammer Gel is OK! At approximately 16 miles, we hit the first big aid station at Blowout Mt. I was able to easily eat a large pizza bread pretzel. This type of eating was a first for me and started to give me the confidence that I was going to do fine.

(Continued on page 4)

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 Foothill College track, Moody Rd. exit off I-280 in Los Altos. For more information, contact Steve Beebe (above).

Wednesday Evening Run

The club meets every Wednesday at 6 p.m. for a 5-6 mile run through Palo Alto. Meet at Lucie Stern Community Center, on Middlefield Road near Embarcadero. The current gathering place for dinner after this run will be announced each week before the run.

Saturday Long Runs

An informal group of runners meets at the scenic Sawyer Camp Trail for a long run on Saturday mornings. This trail runs along upper Crystal Springs Reservoir, near I-280 and highway 92. Contact Rita Comes at RavRita@aol.com for more info.

2002 PARC Board

The 2002 PARC Board of Directors is comprised of the following volunteers:

- President** Rita Comes
- Treasurer** Ken Renworth
- Membership**..... Steve Forman
- At-large** Dave Ahn
- 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** Charles Lai
- Newsletter** 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—December

- Danette Daniels.....12/1
- Don Hogue.....12/1
- Joe Walter12/1
- Chuck Wilson12/6
- Sonia Piasentin.....12/7
- Michael King12/11
- Jeff Justice12/15
- Tim O’Rourke.....12/15
- Rob Nielson12/18
- Steve Woo.....12/18
- Jim Porter.....12/19
- Doug White.....12/19
- Steve Grigory.....12/22
- Jed Mullens.....12/23
- Steve Chin.....12/24
- Manny Ramirez12/30
- Amelia Vrabel.....12/30

Credits

- Editor** Dave Wibbelsmann
- Photo Editor** Stan Jensen
- Copy Editor** Vanessa Hanley-Lordi

- Staff** Steve Reagan, Kevin Wilkinson, Steve Forman

- Writers** Nancy Clark, Jon Easterbrook, Cecilia Reagan, Chuck Wilson

- Photos** Steve Forman, Eppa Hite

- 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

Alcohol and Athletes: A User's Guide

Nancy Clark, MS, RD

Copyright: Nancy Clark, MS, RD November 2002

Alcohol and athletics seems to go hand-in-hand: tailgating before football games, quenching thirst at the pub after a team workout, celebrating victories with champagne. Athletes are supposed to be role models for health and fitness, but sometimes too much alcohol in their sports diet taints that image.

Yes, athletes shoulder high expectations and great importance is placed on sports. But does this stress justify the higher alcohol intake in athletes compared to their non-athletic peers? One might think the detrimental effects of alcohol on performance would make these folks less likely to drink alcohol. Not the case. Even serious recreational runners drink more than their sedentary counterparts.

The Bad News

Alcohol is a highly addictive substance and is the most abused drug in the United States. Prolonged consumption can lead to cellular changes in the liver, heart, brain, and muscles and result in cirrhosis, pancreatitis, irregular heart beats, stroke, and malnutrition. Even moderate drinkers have a higher risk of oral cancer, and women who drink may have a higher risk of breast cancer. Alcohol is associated with adverse effects on safety and performance. For example, in a survey of 400 ski injury victims, 20% of the skiers tested positive for alcohol.

The Good News

Alcohol in moderation has health benefits. Red wine, for example, contains health-protective phytochemicals that may reduce the risk of heart disease. Wine may explain why the people in France, who have been eating a high fat diet for years, enjoy better heart-health than might be expected. Red wine is also a good source of dietary iron, a mineral that helps prevent anemia. Beer has a few nutritional merits, such as a significant amount of B-12, a vitamin important for vegetarians.

Alcohol for Athletes

- Alcohol is a depressant and—apart from killing pain—offers no edge for athletes. You can't be sharp, quick, and drunk. Late night partying that contributes to getting too little sleep before the next morning's event creates another problem. Pre-competition, you may hanker for some alcohol to calm anxiety, but alcohol has a deleterious effect on reaction time, accuracy, balance, eye-hand coordination and endurance. It will not help you exercise faster, stronger, or longer.
- Alcohol is a poor source of carbohydrates. A 12-ounce can of beer has only 14 grams of carbs, as compared to 40 grams in a can of soft drink. You can get loaded with beer, but your muscles will not get carbo-loaded—unless you consume pretzels, thick-crust pizza or other carbo-rich foods along with the beer.
- Alcohol is absorbed directly from the stomach into the bloodstream, appearing within 5 minutes after you drink it.

After a hard workout, alcohol on an empty stomach can quickly contribute to a drunken stupor. One wise runner came to realize he'd rather enjoy the natural high from exercise than get brought down by a few post-exercise beers.

- Drinks that contain congeners—red wine, cognac, whiskey—are more likely to cause hangovers than other alcoholic beverages. The best hangover remedy is to not drink excessively in the first place. But if you have a hangover, drink fruit juice or broth.

- Beer is often a significant source of post-exercise fluids; athletes commonly consume larger volumes of beer than they might of water or soft drinks. Yet, the alcohol in beer has a diuretic effect—the more you drink, the more fluids you lose. This is bad for recovery and often bad for the next exercise bout.

While low-alcohol beer allows for proper rehydration, regular beer sends athletes running to the bathroom. One study showed that athletes who drank beer eliminated about 16 ounces more urine (over the course of 4 hours) than those who drink low-alcohol (2%) beer or alcohol-free beer. (Sherreffs. J Appl Physiol 83(40):1152, 1997)) For optimal rehydration, minimize alcohol intake.

- Your liver breaks down alcohol at a fixed rate—about 4 oz. wine or 1 can of beer per hour. Exercise does not hasten that process, nor does coffee. Caffeine just makes you a wide-awake drink.

- Hot tubs, alcohol and athletes are a bad combination. The hotter your body, the drunker it may get. Alcohol impairs your ability to control your body temperature, plus the high temperature of the hot tub heightens the body's response to alcohol.

- Winter sports and alcohol are also a dangerous combination. Don't drink while skiing. Apres-ski, if you choose to drink alcohol, alternate with soft drinks or juices for carbs and fluids.

- The calories in alcohol are easily fattening. People who drink moderately tend to consume alcohol calories on top of their regular caloric intake. These excess calories promote body fat accumulation, particularly in the trunk area—the well-known "spare tire". A study with subjects who ate a standard breakfast and then an appetizer before lunch—about 350 calories of either white wine and high-fat foods, or vegetable juice and low-fat foods—showed they ate about 200 more calories at lunch following the alcohol appetizer, and did not compensate for this overfeeding at dinnertime. (Tremblay, AJCN 1996; 63:479-82) The bottom line for dieters: it's harder to feel full when alcohol becomes a part of your diet because alcohol stimulates the appetite. If you are trying to maintain a lean machine, abstaining is preferable to imbibing.

- If you are destined to drink, drink moderately. The definition of moderate drinking is two drinks per day for men, and one for women. And have at least have a glass of water for every drink.

Alcohol Abuse

Caution: Alcoholism tends to run in families. In the general

(Continued on page 6)

Cascade Crest...

(Continued from page 1)

The course proceeded up and down ridges, giving us some spectacular views of distant peaks, like Mt. Rainier, as well as many local mountains and lakes. The trees and brush were much greener than what we have on any of the California trails, and the wildflowers were in full bloom everywhere. Dark pink fireweed was ubiquitous, as were small daisies and goldenrod. Between Cole Butte and Blowout Mt., we had a very runnable long downhill on a well graded soft dirt fire road and uphill on another more typical rocky fire road.

After Blowout Mt., we had a tough rocky, steep, single-track trail, which eventually connected to the very runnable single-track Pacific Crest Trail (PCT). The course followed the PCT North for approximately 30 miles. There are some very nice sections that go through dark old growth forests. Randy had told us that this would be devoid of trail markings due to complaints of other PCT users last year. He wanted to keep a low profile this year for fear that there would be a protest to push for the elimination of any competitive events from using the PCT, which has happened in most of our National Parks. Despite what Randy said, I saw many course ribbons along the PCT, making it very difficult to get lost.

I reached the 24 mile aid station right at 6 hours (25 hour pace if I could keep it up). The good thing was that I was banking a lot of time, eliminating my biggest fear of not being able to make the 32 hour cutoff. In the first 40 miles, I did a lot of leap frogging with other runners, including Kathy Welsh of Auburn, Fred Stafford and Leon Draxler of WA, and Jim and Louise Wholey of CA.

At 35 miles, I reached the Stampede Pass aid station, which is the first drop bag stop and the point where all runners are required to leave with a flashlight. Scott Sullivan, who was crewing and pacing for Elena, greeted me at each of the drop bag stops. With my drop bag in hand, he was ready to meet all my needs quickly and get me on my way. How lucky I was to have him jump in as a crew for me too—Many Thanks Scott! I picked up my Tyvek jacket at this point, but left my long sleeve coolmax T-shirt there; I could tell it wasn't going to be a cold night. As it turned out, I ran the entire course in my 2000 Miwok coolmax T-shirt, never needing a windbreaker. I mention the details here, as I found it amusing at the start to see that 4 of us had decided to run in a Miwok T-shirt and we all picked the same year!

It got dark enough to need a light, especially in the forests, around 8:30 pm, when I was at approximately 40 miles. One thing about starting the race at 10:30 is that everyone (even the leaders) gets to run through the entire night! The PCT was very overgrown in many sections after this, making it hard to see the footing even with a good light. At one point, with high weeds to my right, the trail completely collapsed. I lost my footing, forcing me to do a deep knee bend with my left knee while my right leg was fully extended. Fortunately, I didn't fall and was able to power my way back up and continue. Shining my light over the edge, I saw that it was quite a long drop off!

Around 50 miles (just under 14 hours for me), the course left the PCT and descended on a steep over grown road bed, which was a killer on my right big toe nail—I will surely lose it! After following this for about a mile, the trail ducked into the brush, where I found my first rope, dropping almost vertically into a hole through the brush. I stepped into my 3-LED headband so that I could wear it as a belt. I had learned the day before, while doing my practice run through the tunnel, that it was useless to use it as a headlamp since every breath ended in a big cloud of blinding steam. By wearing the light as a belt, I had no vision problems and could see the obstacles on the ground much better.

In any case, I proceeded down the ropes. I had trouble finding something to step on in the first section, which went over logs and other obstacles. The next 2 ropes were much easier, as they were only steep trails that provided a safe descent. Shortly after the 3rd rope, I reached the bottom of the hill, crossed a drainage ditch, and came out on the old railroad bed. I followed this about a half mile into the 2.3 mile long Snoqualmie Tunnel. This was the only truly flat section of the entire course and a very good running surface. I ran through non-stop, passing a couple of glow sticks just before the far end, where I started to look for the bucket of poker chips. Randy told us to each take 1 poker chip at the tunnel and on top of Thorp Mt. (highest point in the course) and carry them to the finish. We would get an entry refund if the number on either of our chips matched the winning number. Unfortunately, I learned from a runner outside of the tunnel that I had run past the chips, which were by the glow sticks back inside tunnel. I retreated back in and got my chip, hoping that the couple of minutes it took me wouldn't make much of a difference in the end.

From the tunnel, I followed the railroad bed out to a parking lot and then followed several roads for about a mile, going under I90, which cuts right through the center of the course, to the Hyak aid station on the other side. Scott again met me here, helped me update flashlights and batteries, etc., while I ate a lot of soup. From Hyak, I followed a lonely road parallel to I90 for about a mile before it turned into a dirt and gravel fire road. I then climbed approximately 2,000 ft. to the top of Keechelus Ridge, where John Morelock met me at the aid station. I was surprised to see John, as he had started the race with the rest of us. Unfortunately, he has been plagued with injuries the past several months which forced him to drop this race early on. Instead of calling it a day, he asked Randy how he could help, and Randy sent him up to Keechelus Ridge, (where John had enjoyed camping under the stars the previous night). I had a short, but noisy bout with trying to keep some food down at that point, so John walked with me for 100 yards out of the aid station to make sure I was all right. Sometimes I think the reason I run ultras is that I get to meet the nicest people!

The moon was shining so bright, I never needed to use my light going up to Keechelus Ridge, or most of the way down the 2,700 ft. drop on the other side until the course re-entered the forest. Near the bottom, I caught up with Catra Corbett, her pacer Mike, and Dan Bratches of Maine. Dan blitzed through the aid station at the bottom, after grabbing some grilled cheese sandwiches for which the station is known for. A hundred yards up the road from the aid station, the rib-

bons beckoned me to climb the dirt hill on the side of the road and enter into the game of “find the trail” since there was no clearly marked trail at the top of the hill! For the next 1/2 mile, I climbed through the brush to one ribbon or glow stick and then needed to shine my light through the surrounding trees and brush to look for the next—sort of like connect the dots! In this stretch there were many obstacles to maneuver through. At one point, I had to get flat on my belly and crawl under a fallen tree. I almost had to take my Camelbak off to get through. I was able to pass over all of the other trees, which were numerous, along with many rocks and roots!

The end of this trail was to bring us out onto the trail known as the “Trail from Hell”! What had we just been on? What I found was a very nicely groomed trail, graded for use by wheel chairs. We had been told that it took the leaders almost 2 hours to cover 5 miles of this trail, so others should expect to take 2 1/2 to 3 hours! Well, this nice trail didn’t last long, and the ribbons soon lead me up and down very steep slopes of nothing but rocks and roots. The trail follows along 5 miles of the Kachess Lake shore. On the map, Kachess Lake looks about the same size as Keechelus Lake, which I had rounded earlier at Hyak. However, the very scenic Kachess Lake is much deeper with steep slopes on each side. The main reason this trail is so difficult is that it tries to traverse the steep bank of the lake. In many places, a slip would mean a slide down a long steep slope followed by a cold dip in the lake. Fortunately, for all of us this year, the ground wasn’t muddy and I never felt like I was in danger of slipping. This doesn’t mean that following the trail was easy—it wasn’t! At one point, I came to a very steep ravine with a water fall. The thought of climbing down approximately 15 to 20 ft. and up the other side wasn’t appealing at all, so I took the riskier, but much faster route of walking across an old tree that had fallen across the ravine. I felt a bit like a tight rope walker for a while.

It was starting to get light about halfway through the Trail from Hell when I could see what looked like deer and Elk or Moose tracks along the route. I thought I might see some since it was so early in the morning, but I had no such luck. After about 2 1/4 hours, I finally rounded the end of the lake where I came to Mineral Creek, which feeds into the north end of the lake. Here I had the choice of trying to cross on the slippery rocks or walking a combination of two trees. Without much thought, I walked the trees—very carefully.

Shortly after crossing Mineral Creek, I came out onto a road, which I followed a hundred yards or so to the aid station (approximately 75 miles). Here I was greeted by Geri and Darla, who had flown up all the way from Arizona, just to help out! Other than almost falling over as I tried to sit in a chair on uneven ground, my stop here went well. I chowed down, refilled with water, and exchanged good wishes with Catra and Mike who arrived shortly after me.

There are 2 cutoffs at the CCC 100: 3 am at Hyak and 11:30 am at the top of the 3,500 ft. climb ahead of me. I had felt fairly confident about making the first one, but fear of not making the second one had me wondering about how long it would take me to do the Trail from Hell plus the long steep

climb up to Noname Ridge. Well, I felt great at this point, and the math was in my favor, so I left Mineral Creek in great spirits and power walked up the next 7 miles, with a little running, in just over 2 hours. This climb was on a well graded fire road.

There was a water stop about halfway up and an aid station at the top. From the aid station, the course moved back onto single-track trails which would last to the 97 mile aid station. I enjoyed fabulous vistas throughout the rest of the day as the course followed up and down the peaks along the ridge. Before reaching Thorp Mt., the highest point on the course at just under 6,000 ft., the course goes straight up and down 3 small peaks, without any switchbacks. This is known as the “Cardiac Needles” for causing runners to reach their max heart rate on these climbs! From the Thorp Mt. aid station, this year all runners were required to climb an additional 1/2 mile up and down to the summit of Thorp Mt. where, not only are they to pick up another poker chip, but to hopefully take in the fabulous 360 degree view of the Cascades, including the entire CCC 100 course. Similar to my experience in the tunnel, I walked right past the bag of chips and ended up spending extra time on the peak trying to find the chips. It was only after I had taken in the views and given up on finding the chips and started back down that I saw them!

From Thorp Mt., there is a short drop followed by a short climb and another drop to the French Cabin Mountain aid station. As I descended the hill to the aid station, I could hear the super volunteers cheering me on. It really inspired me to pick up my pace! From here, I only had another short dip and climb through the saddle of French Cabin Mt. before starting a descent of about 3,500 ft. in 7 miles through what I think is the most beautiful section of the course—areas with meadows of low-lying bright green shrubs, surrounded by dark green evergreens reportedly frequented by magnificent white mountain goats. I gazed around in hopes of spotting some as I raced through, but unfortunately, didn't see any. After this section, I entered into old growth forest and followed the seemingly never ending bottomless trail, down, down, down... About the time I had given up hope that the trail would ever end, I reached the 97 mile aid station. I tried to be polite as they offered me water, etc., but all I wanted to do at this point was to reach the finish. So, I ran right past and headed down the flat dirt road, followed by a snowmobile trail which lead me to the finish line. I was greeted by Randy, Ron, and John Morelock again. They pulled out a chair for me and then Ron came over and awarded me with the beautiful CCC 100 buckle, in an equally beautiful purple wooden box—my Purple Heart! Unlike other races, there is no group awards ceremony at the CCC 100. It is supplanted by individual ones that happen for each runner as they cross the finish line—no waiting around—you deserve it now! I kind of like it that way. My finish time, by the way, was 29:46 (31 of 60 starters), my best time ever for a 100 miler! I’m very happy and better yet, only have hot feet and one bad toe nail to recover from.

In summary, the Cascade Crest Classic 100 is a first class

(Continued on page 6)

Cascade Crest...

(Continued from page 5)

event. It has a challenging course with features found in few other similar events, such as the ropes, the tunnel, and the Trail from Hell. A lot of planning must go into it, as everything went smoothly, without any mishaps that I heard of. The aid stations are well stocked and the volunteers are enthusiastic, helpful, and know their jobs. Many thanks to Randy, Ron, and all of the many volunteers that made it happen.

Redwood Trails

2002 Fall Running Series

If you enjoy running through mountain trails, along babbling brooks and roaring oceans with picture perfect views, then perhaps you'll join us for our next event. Our 2002 Fall Trail Running Series starts on Saturday, September 28. And, this is trail running at its best: staffed aid stations; real time results; and beautiful courses all accurately measured and marked. The race entries are limited to just a few hundred to insure safety, a friendly atmosphere, and a true trail experience. So, please visit our web site and register early.



EVENT CALENDAR

September 28 San Pablo Bay Trail Run Half Marathon 10K China Camp State Park, San Rafael, CA	November 2 Woodside Sequoia Trail Run Half Marathon 10K Huddart Park, Woodside, CA
October 5 Redwood Bowl Trail Run 16 Mile 8 Mile Redwood Regional Park, Oakland Hills, CA	November 9 Heaven's View Trail Run Half Marathon 7 Mile Angel Island, Tiburon, CA
October 12 Pacific Coastal Trail Run Half Marathon 10K GGNRA, Rodeo Beach, Sausalito, CA	November 16 Point Reyes Trail & Beach Run Half Marathon 10K Limentour Beach, Point Reyes National Park, CA

Please visit our web site and register early!
www.redwoodtrails.com • 650-364-8256

Visit the PARC
website at
www.parunclub.com



THE RUNNERS HIGH
FOR ALL YOUR RUNNING/
TRIATHLON NEEDS

...OWNED AND OPERATED BY RUNNERS
OPEN TUESDAY-SUNDAY
www.runnershigh.com

859 Santa Cruz Ave.
Menlo Park
650-325-9432

249 First St.,
Los Altos
650-941-2262

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



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

The Athlete's Kitchen

(Continued from page 3)

population, drinking problems occur in about 16-24% of men and 5% of women. People under 45 years have higher rates of alcohol problems than do older folks. Be conscious of your ability to keep alcohol consumption within socially and medically acceptable bounds. Don't start drinking if you can't easily stop.

Better than Beer

Many problem drinkers choose to trade their addiction to alcohol for a healthier addiction—exercise. They've come to appreciate this "natural high" as being better than that from beer. Let's drink to that.... Drink water, that is!

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

The Ultimate Butt Workout (Brian's Ultra Trekking Training)

Cecilia Reagan

A few weeks ago, I found myself counting calories and being obsessed with weight for the first time in my life. Three ounces? Noooo! No way! And 100 calories for four dried apricots? That can't be!

No, I haven't gone on a diet. Or rather, I did, but not in the sense that most people mean by a diet. My dilemma was crunching enough calories to make up for a marathon's worth of hiking a day for nine days into as light a load as possible. At the same time, the food should be varied, nutritious, and, of course, well-tasting. So what was I up to? Well, I had the honour of being invited to hiking the John Muir trail with "Flyin' Brian" Robinson and Sophia Lewis. Brian, for those of you who don't know, is the first and so far only person to have done the Calendar Triple Crown. This means that he has hiked the Appalachian Trail, the Continental Divide Trail and the Pacific Crest Trail, a total of 7371 miles, in one calendar year (in fact, in less than 10 months). Sophie did a wonderful job as my "pacer from hell" at Western States this year. She encouraged me to set goals for myself, and urged me to eat and drink when I wasn't hungry or thirsty and to run when I wanted to walk (or shuffle, or wobble, as the case often was). And despite me finishing in a new PR of 26.21, let's put it this way, she wasn't exactly holding me back. As a matter of fact, she out-walked my running! So I knew it would really be a question of working my BUTT off, and right I was! After all, the ranger who gave us our permit in Yosemite asked us if we knew what we were getting ourselves into when we told him about our schedule! That's the Life of Brian!

After some car shuttling, we started at 4000 ft. in Yosemite Valley on Friday morning, accompanied for the day by Tom and Gayla. The first two days were done with only daypacks, allowing us to alter the hiking with as much running as the terrain allowed, which wasn't that much! We climb up to Cathedral Pass at 10,000 ft. (higher than I've ever been before, except in an airplane), and we also include an escalation of the crowded but definitely worthwhile Half Dome. This giant piece of rock looks vertical at its 35 degrees, and we hold on firmly to the attached ropes as we climb up, not entirely unaffected by the altitude. Down is easier; we let gravity do most (but not all) of the job. Unfortunately, there is not much time to hang around and admire the view, since we are eager to arrive to our planned campsite at Tuolumne Meadows before dark. We do, but poor Amy and Marissa, who very kindly have offered to support us during the first couple of days, are held up in traffic, and don't arrive until a couple of hours later. Despite this, they cook us a wonderful dinner on the back of their truck, which is most appreciated after a very tough 27 miles. This is also their bed for the night, although they are woken up by two rangers, who tell them that they can't have their food in the bear canister next to them on the truck. They, instead, have to put it in one of the canisters supplied by the park. Oh, well, at least they don't see Brian,

Sophie and myself, where we illegally sleep beside the truck – in the dark, we couldn't find an unoccupied camping spot at the actual site.

The following day is another 27 miles, but a bit easier, although it takes us over the Donahue pass at 11,000 ft. I feel like a beginner when attempting to run – a few 100 meters and I have to stop and walk! We encounter marmots, playing on a beautiful meadow by an alpine lake, and we sit for a while and admire the Thousand Islands Lake from above. This time, there's no traffic to delay Amy and Marissa, and they cook us yet another great meal at Agnew Meadows. Afterwards, we enjoy warm showers from a hot spring nearby. Hey, who said that hiking life is tough?

On Sunday, we say goodbye to Amy and Marissa and shoulder our packs for the first time. Although we're going relatively lightweight (for example, we're not carrying tents but only lightweight ponchos doubling as tarps, and a change of clothes is nearly put in the luxury category), there definitely is a difference to the day pack. My pack is getting lighter almost immediately, when I realize that my sleeping bag decides to detach itself and roll down the slope next to the trail. It is, however, stopped by a bush a bit further down, a bush to which I am greatly indebted. Somewhat later, we decide to take a detour to the beautiful Rainbow Falls. Here we see many hikers who are definitely not dressed as if they were going very far! But we are; this is another 27 mile day, and more climbing is involved. To a certain extent this is outweighed by the beauty of the landscape; Purple Lake and a magnificent sunset being good examples. Yes, we're still out on the trail at sunset, since we've decided to make an effort to catch the ferry over Edison Lake the following morning to pick up the food parcel we've sent in advance. Although I'm struggling to keep up with Brian's and Sophie's pace, thanks to my ultra-running, I've still got energy left, and so we advance slowly by flashlight up towards our camp at a meadow. I feel very dirty as I crawl into my sleeping bag!

We get up before dawn, at 5 AM, less than 8 hours after we reached our night-rest, and we start at 5:45. Ahead of us are some 10 miles, the first part of which is uphill, uphill and uphill. The ferry is scheduled to leave at 9:45. 4 hours for this distance doesn't sound too difficult, but with our packs and the terrain, it's a touch-and-go. We make the ferry by 15 minutes, and it feels very good to sit down, to enjoy the cool breeze and to eat and drink! Arriving at Vermillion Valley Resort, we find that we have too much food, so we leave some in the provided "hikers' box" for hungry fellow wanderers. Sophie's husband, Robert, has added some fruit cans and juices along with some shampoo etc., all of which we much enjoy! We add some more miles to our log, but we also take time to chill out at beautiful Bear Creek, where I take a swim, thus washing off two days' worth of trail dust and sweat from body, feet and clothes. I've seldom felt so refreshed! This night, we set up camp in daylight after a "mere" 22 miles, still at Bear Creek! Despite the name, though, no bears are posing for us, to Sophie's and my disappointment. We suggest that Brian sleep with the food in his sleeping bag instead of the prescribed (and heavy!) bear canisters that we carry two of, acting as bait, but he doesn't seem very thrilled by the idea!

On Tuesday, we hike through Evolution Valley, surrounded by lots of streams and waterfalls – it is very beautiful. A cool breeze and a relatively easy day of 25 miles add to our satisfaction, and we camp in a wonderful spot on a plateau, surrounded by mountains. As we did all the previous nights, we sleep under the stars, and this sky is magnificent, although a bit hazy from the nearby forest fire. Brian points out the various constellations to us – what a bedtime story!

The next morning, we meet Sophie’s husband and son, Robert and Skyler, on our way up the beautiful Muir pass, which is at 12,000 ft. I find the rocky downhill more challenging than the uphill, and I start to regret leaving so much food at Vermillion Valley – the Hiker’s Hunger is setting in! We eat granolas on the go for breakfast, and energy bars, Snickers bars, dried fruit, trail mix, candy etc., during the day. At night, we feast on Brian’s Ramen soup, couscous with curry and cashew nuts or pasta with tuna, all soaked in calorie rich olive oil and cooked on a lightweight cat stove. This afternoon includes yet another refreshing swim – I even get Brian and Sophie to join me in the cold water! We start the climb towards Matter Pass and camp on a big rock after covering 22 miles.

Thursday morning, we start by climbing the remaining 2,000 ft to Matter Pass. I have a breakfast with a view, entertained by a chipmunk that runs around on the rocks. Then it’s downhill, and then up to yet another 12,000 ft pass, Pinchot. The descent is rocky and hot, and the following swim feels very rewarding, along with treats of energy bars and chocolate. Fresh water to drink is everywhere. We hike another 8 miles, totalling 27, into a wonderful evening where the rapidly setting sun enhances the beauty and crispness of the mountainous landscape around us. We camp on a nice plateau at 11,000 ft.

The next day also contains two passes, Glen at 12,000 and Forester at just under 13,200 ft., but thanks to yesterday’s effort, we only have a short climb to Glen. The beginning of the ascent to Forester is also easy, but the final climb is tough, and I’m thoroughly enjoying not only the view, but also the cool water and my king size Snickers bar (Brian’s staple hiking fuel) when I finally get there! We descend and reward ourselves with a swim and some sunbathing at 12,400 feet. The wind and the altitude, however, make it somewhat difficult to recover from the cold water (even for a Swede!). The rest of the afternoon offers us a nice, easy hike in a flat, bleak, rocky moon-landscape – it’s got a haunting beauty to it. After 23 miles, we camp at Wallace Creek.

Saturday dawns; our last full day on the trail. We have decided to camp on the top of Mount Whitney tonight, and with a full day at our hand and only 12 miles to go, we take it very easy and even add an extra off-trail climb to the Hitchcock lake for yet another cold (and quick) dip. After a steady and not too strenuous (I, being a Whitney virgin, am pleasantly surprised by my adaptability to the altitude) climb with many beautiful views on the way, we reach the 14,494 ft. summit by 5 PM. I didn’t quite know what to expect, but whatever it was, it’s exceeded. The summit consists of large rocks, again reminding me of a moon landscape, and a small stone shelter. For the first time in my life, I’m on the highest mountain around, and making a 360 degree turn is a truly unforgettable

experience. I feel very solemn. Apart from Brian, Sophie and myself, there’s only a handful of other people, and we have a nice chat over dinner, before watching a stunning sunset. The temperature is now only a few degrees above freezing, and the wind chill factor makes the night a bit too cold for comfort, but I still enjoy sleeping under the moon and stars, and wrapped in our sleeping bags, we watch the sunrise the following morning.

Then it’s a mere 8 miles of downhill before we’re back to our car. We encounter a large number of uphill hikers, and we’re even gladder that we decided to camp on the summit rather than making it a day climb. We take a quick shower in a waterfall just before the finish to prepare ourselves for our re-entry into civilization, but it still feels a bit weird to walk into the diners in Lone Pine, where we have a substantial hikers’ breakfast of pancakes, ham, toast and omelets. On the drive back, with the mountains following us on our left, I start to realize what a long journey we have behind us. A long journey, with lots of lingering memories. I turn around and say a quiet thank you to the Sierras.

Editor’s note: since this issue went to print, Cecilia has moved back to her native Sweden. We at Keeping Pace would like to wish her all the best in her future endeavors.

PARC Marathon Central

Silicon Valley Marathon October 27, 2002

Yuki Negoro	3:01:00
Rajeev Patel	3:38:08
Jerry Nairn	3:44:29
Don Lundell	4:28:51
Steve Chin.....	4:40:33
Dave Buckley	4:53:42
Tom Kaisersatt.....	5:04:23

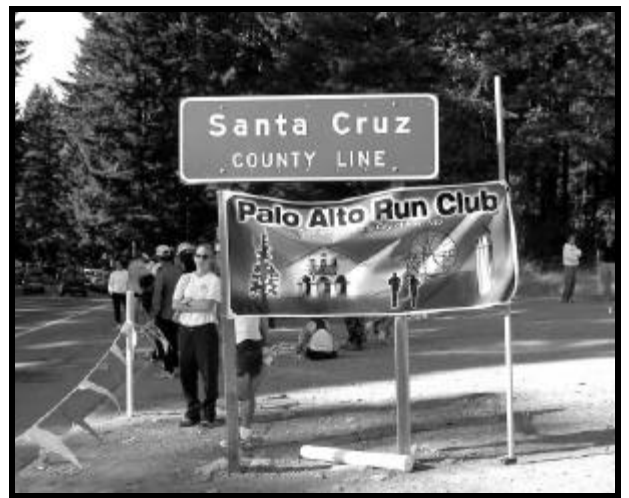


Many thanks to Steve Forman for organizing and hosting the annual PARC Turkey Trot!



(left) The winning 5K team at the Home Run 2002 at Stanford Stadium

(below) PARC has been a mainstay at the Providian Relay runner exchange #30, at the top of Hwy. 9.



Chuck Wilson (above) and Steve Reagan (right), diligently on duty at The Providian Relay, Exchange #30.



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

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

Inside...

- Monthly Trail Runs Page 1
- Cascade Crest 100 Miler..... Page 1
- The Athlete's Kitchen Page 3
- The Ultimate Butt Workout Page 8

PARC Events Calendar—December 2002

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 6:00 pm— Stanford Campus Run , Angell Field*	3 6:00 pm— Track , Foothill College*	4 6:00 pm—Palo Alto, Lucie Stern (Alpha Dogs NEW Route)*	5	6	7 8:00 am— Long Run, Sawyer Camp Trail* 9:00am—Midway Homeless Shelter 5k, 1M, Alameda (510) 523-2647
8 7:00am—California International Marathon Folsom–Sacramento www.runcim.org	9 6:00 pm— Stanford Campus Run , Angell Field*	10 6:00 pm— Track , Foothill College*	11 6:00 pm—Palo Alto, Lucie Stern (Ken's Lake Route)*	12	13	14 8:00 am— Long Run, Sawyer Camp Trail* 10:30am—Hark the Herald Angels Run 12k,25k, Angel Island Park, Tiburon (415) 868-1829
15 9:00am—Christmas Relays 4x4.46M, Lake Merced, SF (510) 865-4605	16 6:00pm— Stanford Campus Run , Angell Field*	17 6:00 pm— Track , Foothill College*	18 6:00 pm—Palo Alto, Lucie Stern (South Palo Alto Route)*	19	20	21 8:00 am— Long Run, Sawyer Camp Trail*
22 9:00am—LMJS 4th Sunday Runs 5k,10k, 15k, Lake Merritt, Oakland (510) 339-2430	23 6:00pm— Stanford Campus Run , Angell Field*	24	25 MERRY CHRISTMAS! (no official Wed. run)	26	27	28 8:00 am— Long Run, Sawyer Camp Trail*
29	30 6:00pm— Stanford Campus Run , Angell Field*	31				

* See Calendar Notes on Page 2