



# Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

## March Monthly Run

**When:** Sunday, March 2, 2003. Run starts 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:** We will meet at the I-280/Page Mill Rd. Park and Ride for a departure at 8:00am sharp. For those who are driving, Monte Bello is located on Page Mill Rd., approximately 8 miles up from the I-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).

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

Potluck immediately following so bring your goodies! THIS MEANS ALL YOU REGULARS WHO DON'T!

## April Monthly Run

**When:** April 6, 2003 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 [joneasterbrook@msn.com](mailto: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.**



*Not wind, nor rain, nor even holidays can stop the PARC Saturday long runners: The PARC Saturday long run gang, at the Historic Sawyer Camp Trail on Christmas morning.*

### 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.

### 2003 PARC Board

The 2003 PARC Board of Directors is comprised of the following volunteers:

- President** ..... Kirsten Kempe
- Treasurer** ..... Peggy Ruse
- Membership**..... Steve Forman
- Marketing** ..... Rita Comes
- At-large** ..... Dave Ahn
- ..... Steve Reagan
- ..... Stan Jensen

#### 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 **listserv@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—January

- Talitha Travis.....1/9
- Jozef Froniewski.....1/16
- Thomas Bills.....1/22
- Jon Easterbrook .....1/22
- Patricia Lin.....1/26
- Richard Murphy.....1/27
- Dave Ahn.....1/28
- Dave O’Neal.....1/29
- Peter Zepter.....1/31

### February

- Amy Wang.....2/1
- Alison Mark.....2/3
- Peyma Oskoui.....2/11
- Nick Ney.....2/12
- Kirsten Kempe.....2/13
- Cathy Bolger.....2/21
- Jim Tomic.....2/26

### Credits

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

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

**Writers** Doug Bolen, Nancy Clark, Jon Easterbrook, Michele Minihane

**Photos** Rita Comes, Steve Forman, Eppa Hite, Steve Reagan

**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

### Preventing Fatigue During Long Runs

Nancy Clark, MS, RD

Copyright: Nancy Clark, MS, RD January 2003

*"I'm training for a marathon ... I dread the long runs. I'm dragging after 12 miles. Any suggestions for how to boost my energy?"*

*"I'm at the gym from 5:30 to 7:00 pm and feel exhausted by the time I leave. What can I do to prevent fatigue?"*

*"I'm whipped by the end of my long workouts ..."*

Preventing fatigue is the number one concern of runners who exercise for more than an hour. Sound familiar? If so, this article can help you enjoy high energy and enhanced stamina during long, hard exercise sessions. (For shorter runs and exercise sessions, a pre-exercise snack and some water should fuel you well.)

To prevent fatigue during extensive exercise that lasts for more than 60 to 90 minutes, you have two nutrition goals:

1. to prevent dehydration and
2. to prevent your blood sugar from dropping.

The following tips can help you reach those goals.

#### Sweat and Dehydration

When you exercise hard, you sweat. Sweating is the body's way of dissipating heat and maintaining a constant internal temperature (98.6°F). During hard exercise, your muscles can generate 20 times more heat than when you are at rest. You dissipate this heat by sweating. As the sweat evaporates, it cools the skin. This in turn cools the blood, which cools the inner body. If you did not sweat, you could cook yourself to death. A body temperature higher than 106°F damages the cells. At 107.6°F, cell protein coagulates (like egg whites do when they cook), and the cell dies. This is one serious reason why you shouldn't push yourself beyond your limits in very hot weather.

When you sweat for more than an hour, you lose significant amounts of water from your blood. The remaining blood becomes more concentrated and has, for example, an abnormally high sodium level. This triggers the thirst mechanism and increases your desire to drink. To quench your thirst, you have to replace the water losses and bring the blood back to its normal concentration.

Unfortunately for runners, this thirst mechanism can be an unreliable signal to drink. Hence, you should plan to drink before you are thirsty. By the time your brain signals thirst, you may have lost one percent of your body weight, the equivalent of 1.5 pounds ( 24 ounces) of sweat for a 150-pound person. This one-percent loss corresponds with the need for your heart to beat an addition 3 to 5 times per minute. This contributes to early fatigue.

Thirst sensations change with age and older people, even athletes, become less sensitive to thirst. For example, 56-year-old hikers became progressively dehydrated during 10 days of strenuous hill walking. The younger, 24-year-old hikers remained adequately hydrated. This means older runners, in

particular, should carefully monitor their fluid intake. Light colored urine, in significant volume, is a sign of adequate hydration.

Most runners voluntarily replace less than half of sweat losses; thirst can be blunted by exercise or overridden by the mind. To be safe, always drink enough to quench your thirst, plus a little more. If you know how much you sweat, you can then replace those losses according to a plan. To learn your sweat rate (and fluid targets), weigh yourself naked before and after a workout. For every pound (16 ounces) you lose, you should strive to replace 13 to 16 ounces (80 to 100% of that loss) while exercising. This requires training your gut to handle this volume. Do not drink more water if your stomach is already sloshing; enough is enough!

You might find it helpful to figure out how many gulps of water equate to 16 ounces, and even set an alarm wristwatch to remind you to drink on schedule. You'll also need to plan on having the right quantity of enjoyable fluids readily available. Do not be in such a rush to start your run that you fail to plan for sports drinks and fluids that will enhance your efforts.

#### Carbohydrates and Blood Sugar

As I've mentioned above, you can significantly increase your stamina by consuming a pre-run snack that provides fuel for the first hour of the workout and by drinking adequate fluids during the workout. The third trick to enhancing endurance is to consume carbs after an hour of exercise. Depending on your body size and ability to tolerate fuel while you run, you'll want to target 100 to 250 calories of carbohydrates per hour of endurance exercise. The larger you are, the more calories you need. For example, if you weigh 180 pounds, you should target about 250 calories per hour, such as 8 ounces of a sports drink every 15 minutes, or a 250-calorie energy bar + water.

During a moderate to hard endurance exercise, carbohydrates supply about 50 percent of the energy. As you deplete carbohydrates from muscle glycogen stores, you increasingly rely on the carbs (sugar) in your blood for energy. By consuming carbohydrates such as sports drinks, gummy bears, gels or energy bars during exercise, you can both fuel your muscles as well as maintain a normal blood sugar level. Because your brain relies on the sugar in your blood for energy, keeping your brain fed helps you think clearly, concentrate well, and remain focused. So much of marathon performance depends on mental stamina; maintaining a normal blood sugar level is essential to optimize your training and boost your stamina.

Your body doesn't care if you ingest solid or liquid carbohydrates—both are equally effective forms of fuel. You just have to learn which sports snacks settle best for your body—gels, gummy bears, dried figs, animal crackers, defizzed cola, whatever.

Despite popular belief, sugar can be a positive snack during long runs and is unlikely to cause you to "crash" (experience hypoglycemia). That's because sugar feedings during exercise result in only small increases in both insulin and blood glucose. Yet, too much sugar or food taken at once can slow the rate at which fluids leave the stomach. Hence, "more" is not always better.

*(Continued on page 6)*

The City of Palo Alto Recreation, Girl Scouts of Santa Clara and the Girl Scouts of Palo Alto present...



# Girl Scout Fun Run

5k Run/Walk and 1 Mile Walk  
**Saturday, March 15, 2003**



**Time:** 8-8:45 AM: Race Day Check-in and Registration; 9 AM: 5K Run/Walk start; 9:10 AM: 1 Mile Walk start  
**Location:** Baylands Athletic Center Embarcadero and Geng Roads, Palo Alto. **Course may be altered due to weather.**

**Registration:** Pre-race \$15 with T-shirt, \$10 without shirt. (received by 3/02/03)  
**Race day registration is \$20, without T-shirt**

**Awards:** Awards in all age divisions of 5K run; through 5th place in children's divisions only. Certificates for all walkers.  
 Refreshments for all contestants after the Run and Walk.

**Hotline:** Leslie Burchyns, City of Palo Alto Recreation (650) 463-4926  
 Susie Rochon, Girl Scout Office (650) 968-8396 or (408) 287-4170 x 246

## Events Calendar Fifty Plus Run

**Sunday, March 16, 2003** Stanford Stadium  
 4 mile fitness walk, open to all: 8:45am  
 8K run, 50+ age groups: 9:00am  
**Volunteers needed.**  
 Contact Dave Ahn: dahn@stanford.edu

**Saturday, March 1: Juana Run**  
 Juana Briones Elementary School, Palo Alto  
**8k:** 8:30am start, \$22 pre-registration, \$25 raceday  
**1M:** 11:00am start, \$18 pre-registration, \$20 raceday  
**Info:** (650) 599-3434

**Sunday, March 23: Across the Bay 12k** (formerly Houlihan's)  
 Ft. Baker, Sausalito – Aquatic Park, San Francisco  
 8:00am start  
**Info:** www.rhodyco.com, (415) 759-2690

**Sunday, March 30: Santa Cruz 1/2 marathon**  
 Santa Cruz Beach Boardwalk  
**1/2marathon:** 8:00am start, \$40 pre-registration, \$45 raceday  
**10k:** 8:00am start, \$25 pre-registration, \$30 raceday  
**Info:** www.firstwave-events.com, (831) 477-0965

**Sunday, April 6: Wine Country 1/2 marathon**  
 Martin & Weyrich Winery, Paso Robles 9:00am start  
**Info:** www.winecountryruns.com, (805) 226-9911

**Sunday, April 6: Great Race 4M**  
 Saratoga Village, Los Gatos 9:00am start  
**Info:** www.losgatosrotary.org, (408) 980-7233

*Editor's Note: Michele Minihane, a recent PARC member, has joined the staff of Keeping Pace. Michele will be in charge of racing event coverage, such as upcoming events and keeping track of who in PARC is running what races. Welcome aboard, Michele! The floor is yours...*

It can be fun and inspiring to read about friends running in races. (Especially those impossibly long races where mileage is given in double digits!) Unfortunately, we don't publish the names and events of all PARC members' races since we don't know where everyone competes, so I'm asking for your help. If you run in a race, or know someone else who did, please send me the name and date of the race as well as the name(s) of the PARC participant(s). The best way to reach me is by e-mail at minihane@stanford.edu, but you can also find me at many of the PARC runs and tell me there.

Also, I'd love to hear about your stories, significant events, and accomplishments. My last race was a 10K in Dusseldorf, Germany in November 2002. It was a fun cross-country course, though I couldn't understand the (mostly German) chatter around me. I was trying to figure out how fast (slow?) I was going, but ran into a few obstacles. First of all, I didn't have a watch. Oops. Secondly, All the distances were in kilometers, and I didn't know what my splits should be. I am completely accustomed to running in the US where most of the runs (even 5K and 10K) are measured in miles. Talk about feeling a bit behind the rest of the world! I somehow managed to run a personal best (I don't run many 10K races) and could barely walk the next day. Typical.

Now it's your turn to let me know what you've been up to!

See you on the trails!  
 Michele

*Editor's Note: because Keeping Pace has switched to a bi-monthly format, two installments of Nancy Clark's "The Athlete's Kitchen" are being presented in this issue. On this page is Nancy Clark's January article. For February's article, please see Page 3.*

## THE ATHLETE'S KITCHEN

### Carbohydrate Bashing: A Passionate Pastime

Nancy Clark, MS, RD

Copyright: Nancy Clark, MS, RD December 2002

As a nutrition writer, I rarely get much feedback from my readers. But recently, I got bombarded with responses to an article I wrote about carbohydrates. Dr. Atkins' fans turned out in force to bash carbohydrates and praise protein. Clearly, I failed to clarify the carbohydrate confusion that abounds among today's dieters. Here is further information about this complex topic.

*Reader's comment: "The obesity epidemic coincided with the advent of the high carb, low fat American Diet. Plain and simple, obesity is caused by overconsumption of carbs..."*

My response: Obesity is a very complex problem, related not just to food but rather to a person's lifestyle. Hence, we need to look at the whole picture, not just carbs. Exercise is one important part of the obesity picture. Our society lacks sidewalks for walking to school, paths for biking to work, safe neighborhoods for kids to play outside. We use too many escalators, too many ride-on lawn mowers, and watch too much TV. This abundance of inactivity in the American lifestyle has caught up with adults and kids alike.

Today's family lifestyle is also taking its toll. Working parents who are tired, stressed and lack time to cook wholesome meals appreciate the convenience of take-out meals and the comfort of mindless eating in front of the TV. Big portions add (momentary) pleasure; food can all too easily become a (fattening) de-stresser.

*Reader's comment: "Most fat people believe they are overweight because they are weak willed and eat chocolates. Actually, they are overweight because they eat pasta, rice and bread. These carbs create an insulin reaction that drives their blood sugar low and forces them to eat more..."*

My response: Most fat people are overweight because they eat more calories than they burn off. People who eat pasta, rice and potato are not destined to gain weight. That is, if carbs caused obesity, then why are rice-eating Asians (who live in their native country) not fat? Because they get plenty of exercise in their daily lives! Why are pasta-eating marathoners not fat? Because they also get plenty of exercise. Activity, not carbohydrate intake, makes a critical difference between obesity and health.

*Reader's comment: "I have had success on the Atkins Diet and I NEVER could have lost fat with the low fat approach. My blood sugar swings so wildly on a high carb diet that there was no way I could lose weight. That's biology..."*

My response: Yes, each person is metabolically unique and we need to honor and respect differences in reactions to foods. For example, some people are sensitive to caffeine and

prefer to avoid evening coffee; others can drink coffee at night and sleep just fine. Some people can handle three beers; others get drunk on half a can. And some people can enjoy candy bars and soda pop; others feel a sugar-surge followed by a "crash." But does this mean that coffee, alcohol and sugars are evil? No.

Before anyone bashes the general category of "carbs," I recommend they separate carbs into positive and negative groupings:

Carbs with fiber—such as whole grain bread, bran cereal, oatmeal, apples, broccoli and other wholesome fruits, vegetables and unrefined grain foods—are an important part of a balanced diet. They offer an assortment of vitamins, minerals and phytochemicals that protect your health. They rarely cause "sugar crashes."

Refined carbs, such as white flour and white sugar, are the main culprits that trigger a strong insulin response. Yet, eating refined carbs with protein and fat buffers their insulin response. That is, if you put peanut butter (instead of jelly) on a piece of white toast, you'll get less of a rise in blood sugar. Hence, carb bashers should look at the whole diet, not just a single food.

*Reader's comment: "Americans are fatter than ever because nutritionists have told them to eat more carbs and cut the fat. This makes logical sense, but in reality, doesn't work."*

My response: When the "cut the fat" movement started, the nutrition messages not only failed to acknowledge the benefits of dietary fat (satiety, flavor) but also put too little focus on the type of fat. Just as we need to look at the kinds of carbs we eat (fruits, vegetables and whole grains vs refined sugar and flour), we also need to look at the kinds of fat we eat. We now know more about the health benefits of fats from plants (olive oil, canola oil, walnuts, flaxseed) and fish (tuna, swordfish, salmon, lox). These plant and fish oils are associated with a lower risk of heart disease and diabetes as compared to diets abundant with animal fats (greasy burgers, bacon, many fast food meals).

Today's nutrition message should be "cut the bad fat": donuts, Big Macs, big cookies. But we can and should enjoy the enhanced flavor and satiety that comes with having some (health-protective) oils, seeds and nuts in the diet. Almonds and peanuts are no longer taboo.

*Reader's comment: "The Atkins Diet advocates eating protein at each meal. This gives a person a chance to control his appetite. My typical diet is eggs for breakfast, then chicken breast, salad and lots of steamed veggies. Low carb, low fat, high protein..."*

Response: True. A high protein diet need not be a high (saturated) fat diet. And if you balance the protein with colorful salads (topped with chick peas and kidney beans), abundant steamed vegetables, and fruit for dessert, you can consume muscle-fueling carbs that are unlikely to trigger the desire to eat "more." Yet, my concern as a sports nutritionist, is that serious athletes who avoid bread, rice, pasta and other dinner starches commonly fail to consume adequate carbs to fully fuel their muscles. This hurts their performance; they lack stamina and endurance.

*(Continued on page 6)*

# PARC Ultra Central

## Skyline 50k August 3, 2002

Lina McCain .....	5:23:55
Tom Kaisersatt .....	6:12:59
Chuck Wilson .....	6:18:40
John Whitin .....	6:28:39
Christina Brownson .....	6:29:05
Steve Reagan .....	6:38:46
Don Lundell .....	6:38:53
Dave Buckley .....	6:58:50

## Pony Express 50k August 10, 2002

Don Lundell .....	5:26:50
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## Cascade Crest 100M August 24-25, 2002

Chuck Wilson .....	29:46:00
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## Headlands 50k August 24, 2002

Don Lundell .....	6:58:10
Steve Reagan .....	7:15:10

## Run on the Sly 50k September 1, 2002

Susan Tamburro .....	6:08:46
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## Rio del Lago 100M September 14-15, 2002

Don Lundell .....	29:09:26
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### Carb Bashing...

*(Continued from page 5)*

The good news is, most active people can metabolize carbs just fine. That is, when an athlete eats, let's say, jelly beans, the body quickly and easily transports that sugar into the muscles. But when an unfit person eats jelly beans, he or she requires more insulin to do the same job. This high amount of insulin triggers problems with hunger, food, weight, health. Hence exercising, not avoiding carbs, is the best weapon in the war against obesity.

*Nancy Clark, MS, RD, nutrition counselor at SportsMedicine Associates in Brookline MA (617-739-2003) helps active people be successful with food. Her Sports Nutrition Guidebook (\$23) and Food Guide for Marathoners: Tips for Everyday Champions (\$20) offer more advice. They are available by sending a check to 830 Boylston St. #205, Brookline MA 02467 or via [www.nancyclarkrd.com](http://www.nancyclarkrd.com).*

Visit the PARC website at [www.parunclub.com](http://www.parunclub.com)



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### The Athlete's Kitchen

*(Continued from page 3)*

Because consuming 100 to 250 calories /hour of exercise (after the first hour) may be far more than you are used to taking in during your long runs, you need to practice fueling while exercising to figure out what foods and fluids settle best. You'll learn through trial and error which snacks help prevent fatigue, boost performance and contribute to miles of running enjoyment.

*Nancy Clark, MS, RD, nutritionist at SportsMedicine Associates in Brookline MA (617-739-2003), teaches casual and competitive athletes how to win with good nutrition. For her best-selling Sports Nutrition Guidebook (\$23) and her Food Guide for Marathoners: Tips for Everyday Champions (\$20) send a check to Sports Nutrition Services, 830 Boylston St. #205, Brookline MA 02467 or obtain via [www.nancyclarkrd.com](http://www.nancyclarkrd.com).*

**Personality of the Month**  
**Doug Bolen**

**Home:** Garden Valley, ID

**Birthday:** October 8th

**Age:** 37

**Home Town:** Spokane, WA.

**Occupation:** Marketing Manager for Micron Technology

**Family Life:** Wife - Mary, Son - Marshall 7, Son - Matthew 5, Daughter - Paxton 1.5

**Education:** BSME from University of Idaho

**Running Background/History:** Running for health and some competition since High School

**My Obsessions:** Good food and wine.

**My Ideal Running Program:** Run 4 days a week, (long, speed, hill, interval).

**My Real Running Program:** Run 2 days a week, (long, hill)

**Miles Per Week:** 32

**Shoe of choice:** ASICS

**Where you buy your shoes:** Athlete's Foot in Boise, ID.

**My Paces:** Between 7 and 9 minutes/mile

**Other Fitness Stuff:** Exploring the mountains in Idaho.

**Outdoor interests:** Hiking, Skiing, Snowshoeing, rafting, hunting, fishing.

**Indoor interests:** Cooking, Reading.

**Diet:** High protein.



**Injuries:** Broken ankle in 1981.

**Worst running experience:** A 8 mile desert run in Texas, Temp 100', little water.

**Best running experience:** A 13 mile hill run in the Sawtooth mountains with my wife.

**Favorite Race:** Sawtooth Relay from Stanley, ID. to Boise, ID.

**Worst Race:** Bloomsday run in Spokane, Wa. 1980.

**How did I find out about PARC?:** Steve Forman, fellow Micron marketeer.

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(across from Stanford University)  
**(650) 321-6453**

# PARC Anniversary Party



*The annual PARC Anniversary Party was held at Rinconada Park on November 10, 2002. This past year's theme was to design a new Wednesday night run route. Three teams of PARC runners designed all new courses: two across the city limits into Menlo Park, and one through southern Palo Alto.*

*These new courses were run on a trial basis in November and December. Look for the new run(s) this coming spring!*



# 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—February 2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8:00 am—Long Run, Sawyer Camp Trail*
* See Calendar Notes on Page 2						
2 8:30am—PARC Monthly Trail Run, Purisima Creek Park	3 6:00 pm—Stanford Campus Run, Angell Field*	4 6:00 pm—Track, Foothill College*	5 6:00 pm—Palo Alto, Lucie Stern (Ken’s Lake Route)*	6	7	8 8:00 am—Long Run, Sawyer Camp Trail*
9	10 6:00pm—Stanford Campus Run, Angell Field*	11 6:00 pm—Track, Foothill College*	12 6:00 pm—Palo Alto, Lucie Stern (South Palo Alto Route)*	13	14	15 8:00 am—Long Run, Sawyer Camp Trail*
16	17 6:00pm—Stanford Campus Run, Angell Field*	18 6:00 pm—Track, Foothill College*	19 6:00 pm—Palo Alto, Lucie Stern (Stanford Route)*	20	21	22 8:00 am—Long Run, Sawyer Camp Trail*
23	24 6:00pm—Stanford Campus Run, Angell Field*	25 6:00 pm—Track, Foothill College*	26 6:00 pm—Palo Alto, Lucie Stern (Edgewood Route)*	27	28	