



Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

May Monthly Run

When: Sunday, May 4, 2003. Run starts at 8:30am.

Where: Monte Bello to Foothill Park

Why: We will be running on a new route that will take us from Monte Bello through Los Trancos Open Space Preserve and into Foothill Park.

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.

Potluck immediately following so bring your goodies!

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

June Monthly Run

When: Sunday, June 8., 2003. Run starts at 8:30am. Car pooling folks may meet at Costco Parking lot in Mt. View for a departure of 7:30 am.

Where: Joseph D. Grant County Park

What: The club will host the usual two distances 12 and 6 miles (Jon miles)

Why: This is the largest Santa Clara County Park, of over 9522 acres with over 40 miles of running trails. The park is situated in the east foothills of Santa Clara Valley with grasslands, majestic oak trees, lakes, etc.

How: The park is located on Mt. Hamilton Rd. in the Halls Valley, just east of the larger Santa Clara Valley. Travel to the park by taking US101 or I-680 to Alum Rock Ave. eastbound in San Jose. Turn right onto Mt. Hamilton Rd. and travel eight miles to reach the park entrance. PARC runners please meet at the parking lot inside the Park HQ, next to the historic house.

Contact: Jon Easterbrook (w) 650-798-5143 (h) 650-948-8036 or joneasterbrook@msn.com.

Potluck immediately following so bring your goodies!

The Bear 100

Endurance Trails of Color (Part 1)

Chuck Wilson

In 1999, northern Utah trout farmer and winner of the Wasatch Front 100 (WF100), Leland Barker, must have thought that as tough and beautiful as the WF100 course is, it was missing something—color! The WF100 is run in early September, after the carpet of colorful wildflowers have dried up and before the leaves of the abundant maples and aspens have turned to beautiful shades of red and yellow. Two weeks after the 1999 WF100, Leland introduced The Bear 100—an equally challenging course in the northern Wasatch Range of southern Idaho at a time when the autumn colors of the area were at their peak.

From the first time I heard of The Bear, I've wanted to try it. However, I had taken on the challenge of the WF100 first and was too new to running ultras to try to run The Bear 2 to 3 weeks afterwards. The WF100 course defeated me in 1999, but I came back to finish the next 2 years, first with a finish in Sundance and last year at Midway. I met Leland at the 2001 WF100 pre-race meeting and told him then I had made the decision to skip the Wasatch Front 100 in 2002 and instead run The Bear. I'm very happy I did! Leland, by the way, won the WF100 in 2001 as well.

Unlike most 100 mile races, The Bear is run from Friday morning to Saturday instead of from Saturday morning to Sunday. To get to the race, I flew into Salt Lake City on Thursday, where I picked up a rental car to drive approximately 80 miles north of Salt Lake City, through Brigham City and Logan to Leland's Mountain Valley Trout Farm 2 miles west of Smithfield, Utah. I needed to checkin, pick up my race packet, and prepare my drop bags before the 5:00 pm pre-race meeting. The drive was a good prelude to what was to come. Unlike the mountains of northern California which are covered thickly with chaparral, a combination of scrub oaks, chamise, toyon, and coyote brush, plants which are ever green; the mountains of northern Utah and southern Idaho are covered thickly with what I would call, scrub maples, the leaves of which turn to striking shades of red and orange, when the autumn frosts hit. The road from Brigham City to Logan is bordered on both sides by such mountains making it a marvelous ride, well worth the trip in itself!

Arriving at the Mountain Valley Trout Farm, I immediately started to recognize old friends and acquaintances. It makes for a very warm welcome, something I've never felt at any of hundreds of shorter events I ran prior to getting into ultras. It is comforting to see others who, like yourself, were willing to travel long distances for the adventure, the challenge, and the

(Continued on page 7)

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, to the dish and back. Meet at Angell Field track, corner of Galvez and Campus Dr., near Stanford Stadium. For more information, contact Dave Ahn at dahn@stanford.edu.

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 Dave Wibbelsmann at djw67@att.net

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 Scott Rafferty
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 bimonthly newsletter and announcements of community running events, races, lectures, parties and other special events. For more information on the Club, contact our membership chairman, Scott Rafferty at rafferty@alumni.princeton.edu

How To Join

Dues are **\$20 per year**, renewable on November 30th of each year. To get an application, contact 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 Scott Rafferty, 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

To subscribe, send a message to **listserv@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—April

Karen Ambrose Hickey 4/2
 Ann Quesinberry..... 4/4
 Tom Eng 4/6
 Victoria Colligan 4/12
 Brad Gunn 4/13
 Margarete Leclerc 4/15
 John Cooke 4/27
 Lara Salamacha..... 4/28
 Hendrik Bronder 4/29
 Karl Yost 4/29

May

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

Credits

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

Staff Steve Reagan, Kevin Wilkinson

Writers Nancy Clark, Jon Easterbrook, Chuck Wilson

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

Eight Last Minute Nutrition Tips for Marathon Runners

Nancy Clark, MS, RD

Copyright: Nancy Clark, MS, RD March 2003

"Next weekend, I'm running my first marathon and I need food help!! What should I eat the day before?"

"For a charity fundraiser, I'm participating in a 24-hour run-athon. How can I avoid hitting the wall???"

If you have looming in the near future an endurance event—marathon, century bike ride or any other competition that will tax your endurance, you may be concerned about the best nutritional preparations. The good news is, even if your training is over, you can still significantly enhance your performance with winning food strategies.

Without a doubt, what you eat and drink during the last few days and hours before exhaustive exercise makes a difference. By eating wisely and well, you can enjoy lasting energy without hitting the wall! Here are eight last minute nutrition tips for enhancing endurance.

1. Carbo-load, don't fat-load.

Carbohydrate-rich foods include cereals, fruits, juices, breads, rice, plain baked potatoes and pasta with tomato sauce. Lower carbohydrate choices include donuts, cookies, buttery potatoes, ice cream, cheesy lasagna and pepperoni pizza. These fat-laden foods may taste great and fill your stomach but fat does not get stored as muscle fuel.

2. No last minute hard training.

By resting your muscles and doing very little exercise this pre-marathon week, your muscles will have the time they need to store the carbohydrates and become fully saturated with glycogen (carbohydrate). You can only fully carbo-load if you stop exercising hard! You can tell if your muscles are well carbo-loaded if you have gained 2 to 4 pounds pre-event. Your muscles store three ounces of water along with each ounce of carbohydrate. (This water will be released during the marathon and will be put to good use.)

3. No last minute dieting.

You can't fully carbo-load your muscles if you are dieting and restricting your calories. You will have greater stamina and endurance if you are well fueled, as compared to the dieter who may be a few pounds lighter but has muscles that are suboptimally carbo-loaded. Remember: you are supposed to gain (water) weight pre-event!

4. Drink extra fluids.

You can tell if you are drinking enough fluids by monitoring your urine. You should be urinating frequently (every 2 to 4 hours); the urine should be clear colored and significant in volume. Juices are a good fluid choice because they provide not only water and carbohydrates but also nutritional value. Save the sports drinks for during the marathon.

5. Eat tried-and-true foods.

If you drastically change your food choices (such as carbo-

load by eating several extra bananas), you may end up with intestinal distress. Simply eat a comfortable portion of the tried-and-true carbohydrates you've enjoyed during training. You need not stuff yourself! If you will be traveling to a far away event, plan ahead so you can maintain a familiar eating schedule despite a crazy travel schedule.

6. Eat a moderate amount of fiber.

If you stuff yourself with lots of white bread, bagels, crackers, pasta and other foods made with refined white flour, you may end up constipated. Include enough fiber to promote regular bowel movements—but not too much fiber or you'll have the opposite problem! Moderate amounts of whole wheat bread, bran cereal, fruits and vegetables are generally good choices. (If you are concerned about diarrhea, limit your intake of high fiber foods and instead consume more of the refined breads and pastas.)

7. Eat the morning of the marathon.

You'll need this fuel to maintain a normal blood sugar level. Although your muscles are well stocked from the foods you've eaten the past few days, your brain gets fuel only from the limited amount of sugar in your blood. When you nervously toss and turn the night before the marathon, you can deplete your blood sugar and, unless you eat carbs, you will start the event with low blood sugar. Your performance will go downhill from there...

Plan to replace the energy lost during the (sleepless) night with a light to moderate breakfast as tolerated. This will help you avoid hitting the wall. Stick with tried-and-true pre-exercise foods: cereal, bagels, toast, fruit, energy bars and/or juice. These carb-based foods invest in fueling the brain, as well as staving off hunger. If a pre-marathon breakfast will likely upset your system, eat extra food the night before. That is, eat your breakfast at 10:00 pm.

8. Consume carbs during the marathon.

During endurance exercise, you'll have greater stamina if you consume not only water, but also some carbohydrates, such as sports drinks, gels, bananas or dried fruit. You should target about 100 to 250 calories/hour after the first hour to avoid hitting the wall (For example, that's 16 to 32 ounces sports drink/hour.) The slower you run, the more you need to fuel yourself during the event. Some runners boost their energy intake by drinking diluted juices or defizzed cola; others suck on hard candies or eat chunks of energy bar, animal crackers and other easily chewed and digested foods along the way. Your muscles welcome this food; it gets digested and used for fuel during the 26.2 mile event. And hopefully, you will have experimented during training to learn what settles best...

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

PARC Race Central

Old Pueblo 50M

March 1, 2003

Jon Easterbrook 11:21:10

Napa Valley Marathon

March 2, 2003

Don Hogue.....2:42:40 (8th overall)

Steve Woo 2:54:54

..... (congrats Steve on your 20th marathon)

Juana Run 5M

March 2, 2003

Don Way..... 34:59

(Dave Ahn ran the 1M)

Pirate's Cove 50k

March 22, 2003

Chuck Wilson 6:50:11

John Whitin 7:15:00

Roundabout 50k

March 22, 2003

Don Lundell..... 7:16:26

Stevens Creek 50k

March 22, 2003

Lina McCain.....5:39:55 (2nd overall female)

Peter Baum 6:59:23 (1st ultra!)

Across the Bay 12k

March 23, 2003

Alan Frindell..... 51:28

San Jose Mercury News 10k

March 30, 2003

Jason Nemecek 39:14 (personal best)

Kirsten Kempe.....39:52 (3rd overall female)

Eppa Hite..... 47:16

5k

Vanessa Hanley 20:12 (2nd overall female)

(Special thanks to volunteers handing out water bottles at the finish line!)

Wine Country 1/2 Marathon

April 6, 2003

Kirsten Kempe..... 1:31:42 (4th overall female)

Events Calendar

May

- May 4 Avenue of the Giants Marathon, 1/2, 10k Weott
- May 4 ILP Race for Literacy Mtn. View
- May 10 the Human Race San Mateo Mtn. View
- May 17 Heart and Sole race Salinas
- May 18 Bay to Breakers 12k San Francisco
- May 26 Pacific Sun Races 10k, 2.5M Kentfield

June

- June 1 Rock-n-Roll Marathon San Diego
- June 7 Mt Diablo Summer 8k, 25k, 50k Mt Diablo
- June 18 Longest Day 5M San Mateo
- June 21 Skyline Ridge 15k, 25k, 50k Skyline Ridge Open Space Preserve
- June 29 Run for the Law 10K, 5K Los Gatos

For additional information for any of these or other events, feel free to contact Michele Minihane at minihane@stanford.edu.

City of Palo Alto presents...

The Bay to Breakers Bus

Date/Time: Sunday, May 18, 2003
 Leaves from Lucie Stern Community Center: 6:30am
 Returns at approx. 1:30pm

Cost: \$15 round trip

Deadline: May 13 (or when bus is full)

Information: (650) 463-4926

MARK YOUR CALENDARS FUTURE PARC MONTHLY TRAIL RUNS

- July 6, 2003 Butano State Park
- August 3, 2003 Sierra Azul
- September 7, 2003 Big Basin State Park
- October 5, 2003 Marin Headlands
- November 2, 2003 Castle Rock
- December 7, 2003 Long Ridge Waterfall Trail

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.

THE ATHLETE'S KITCHEN

Breakfast is for Champions

Nancy Clark, MS, RD

Copyright: Nancy Clark, MS, RD February 2003

Without question, breakfast is the meal that makes champions. Unfortunately, many active people follow a lifestyle that eliminates breakfast or includes foods that are far from champion builders. I commonly counsel runners who skip breakfast, grab only a light lunch, train on fumes, gorge at dinner and snack on "junk" until bedtime. They not only rob their bodies of the nutrients needed for health, but also lack energy for high quality workouts.

A satisfying breakfast tends to invest in better health than does a grab-anything-in-sight dinner. Sarah, a collegiate runner, learned that fueling her body's engine at the start of her day helps her feel more energetic and also able to choose better quality lunch and dinner foods. That is, when she has granola, banana and juice in the morning, as well as a sandwich & yogurt for lunch, she stops devouring brownies after dinner.

Excuses to skip breakfast are abundant: "No time", "I'm not hungry in the morning" and "I don't like breakfast foods." Weight conscious runners pipe up "My diet starts at breakfast." These excuses are just that, excuses; they sabotage your sports performance.

Here's a look at the benefits of eating breakfast. I hope to convince you that breakfast is the most important meal of your sports diet.

Breakfast for Dieters

If you want to lose weight, you should start your diet at dinner, not at breakfast! For example, do not eat a meager bowl of Special K for your "diet breakfast." You'll get too hungry later in the day and crave sweets. A bigger breakfast (cereal+toast+peanut butter) can prevent afternoon or evening cookie-binges. An adequate (500-700 calorie) breakfast provides enough energy for you to enjoy your exercise, as opposed to drag yourself through an afternoon workout that feels like punishment.

If you are trying to lose weight, you should target at least 500 to 700 calories for breakfast; this should leave you feeling adequately fed. To prove the benefits of eating such a big breakfast, try this experiment:

1) Using food labels to calculate calories, boost your standard breakfast to at least 500 calories. For example, add to your english muffin (150 calories): 1 tablespoon peanut butter (100 cal.), 8 oz. orange juice (100 cal.) and a yogurt (150 cal). Total: 500 calories.

2) Observe what happens to your day's food intake when you eat a full breakfast vs. a skimpy "diet breakfast." The 500+ calorie breakfast allows you to successfully eat less at night and create the calorie deficit needed to lose weight.

Remember: your job as a dieter is to fuel by day and lose

weight by night. Successful dieters lose weight while they are sleeping; they wake up ready for another nice breakfast that fuels them for another high energy day.

Breakfast for the Morning Runner

If you train first thing in the morning, you may not want a big pre-exercise breakfast; too much food can feel heavy and uncomfortable. However, you can likely tolerate half a breakfast, such as half a bagel, a slice of toast, or a banana before your workout. Just 100 to 300 calories can put a little carbohydrate into your system, boost your blood sugar so that you are running on fuel, not fumes, and enhance your performance. You'll likely discover this small pre-exercise meal adds endurance and enthusiasm to your workout. In a research study, athletes who ate breakfast were able to exercise for 137 minutes as compared to only 109 minutes when they skipped this pre-exercise fuel.

After his morning run, Jim, a banker, felt rushed and was more concerned about getting to work on time than eating breakfast. Using the excuse "No time," he overlooked the importance of refueling his muscles. I reminded him: Muscles are most receptive to replacing depleted glycogen stores within the first two hours after the workout, regardless of whether or not the athlete feels hungry. I encouraged Jim to be responsible! Just as he chose to make time for running, he could also choose to make time for breakfast.

One simple post-run breakfast is fluids. Liquid breakfasts take minimal time to prepare and very little time to drink, yet they can supply the calories, water, carbohydrates, protein, vitamins and minerals you need—all in a travel mug. (You can always get coffee at the office.) Because Jim felt thirsty after his morning run, he found he could easily drink 16 ounces of juice or lowfat milk. Sometimes, he'd make a refreshing fruit smoothie with milk, banana and berries.

Later on mid-morning, when his appetite returned, Jim enjoyed the rest of his breakfast: (instant) oatmeal, multi-grain bagel with peanut butter, yogurt with granola, a banana—or any other carbohydrate-rich foods that conveniently fit into his schedule. This nutritious "second breakfast" refueled his muscles, abated hunger & curbed his lunchtime cookie cravings.

Breakfast for the noon-time, afternoon and evening runner

A hearty breakfast is important for people who run later in the day. It not only tames hunger but also provides the fuel needed for hard workouts. Research has shown that athletes who ate breakfast, then four hours later enjoyed an energy bar 5 minutes before a noontime workout were able to exercise 20% harder at the end of the hour-long exercise test compared to when they ate no breakfast and no pre-exercise snack. (They worked 10% harder with only the snack.) Breakfast works! Breakfast + a pre-exercise snack works even better...

What's for breakfast?

From my perspective as a sports nutritionist, one of the simplest breakfasts of champions is a wholesome cereal with lowfat milk, banana and orange juice. This provides not only carbohydrates to fuel the muscles, but also protein (from the milk) to build strong muscles, and numerous other vitamins and minerals such as calcium, potassium, vitamin C, iron (if

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Breakfast is for Champions...

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you choose enriched breakfast cereals) and fiber (if you choose bran cereals). Equally important is the fact that cereal is quick and easy, requires no cooking, no preparation, no refrigeration. You can keep cereal at the office, bring milk to work and eat breakfast at the office. Breakfast is a good investment in a productive morning.

The bottom line

Breakfast works wonders for improving the quality of your sports diet. That is, eating breakfast results in less “junk food” later in the day. Breakfast also enhances weight control, sports performance, daily energy levels and future health. Breakfast is indeed the meal of champions. Make it a habit—no excuses!

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

SIDEBAR: Sample grab-and-go sports breakfasts

Bran muffin plus a vanilla yogurt

Two slices of last night's left-over thick-crust pizza

Peanutbutter-banana-honey sandwich

Pita with 1 to 2 slices of lowfat cheese plus a large apple

Baggie of lowfat granola with a handful of raisins

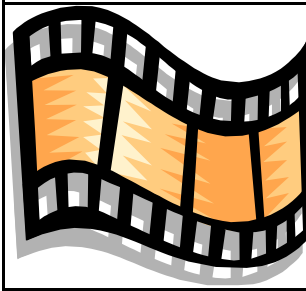
(preceded by 8 oz. lowfat milk before you dash out the door)

Cinnamon raisin bagel (one large or two small) plus a can of vegetable juice



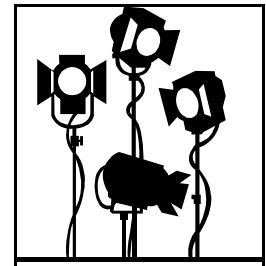
**Visit the PARC
website at
www.parunclub.com**

MARK YOUR CALENDARS!



PARC Club Photo
Tentatively scheduled for
Wednesday, June 25, 2003

MORE INFORMATION
WILL FOLLOW. Check
future issues of *Keeping
Pace* for details.



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Bear 100...

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love for being out on the trails. Everyone has a lot of respect for each other no matter whether they are at the head, middle, or back of the pack, or aren't able to finish. We couldn't do what we do without all of the support from each other and the many volunteers who make it possible. Whenever you do something that is very difficult you tend to build a strong bond with those who do it with you and running a mountainous 100 miles certainly falls into that category.

The setting for the pre-race meeting itself is very interesting. Leland's house sits on a grassy knoll with trees surrounded by many ponds interconnected by a myriad of cement holding pools and channels, that look old enough to have been built by the Romans, all teeming with large trout. At the pre-race meeting, Leland tells us that there will be no weigh in today or during the race, because the only scales he has, for fish, only go up to 30 lbs. We are on our own to look out for gaining or losing too much. The biggest question is: will it rain? The forecast calls for 60% chance on Saturday. We will all cross our fingers that it stays dry. At the end of the briefing, they drew bib-numbers of winners of a generous number of Petzel and Black Diamond LED lights. I was lucky to win a 4-LED Black Diamond headlamp—what a nice surprise :-)

As for drop bags, though you can leave bags at any of the 15 aid stations at The Bear, I simplified things and only created 3. Only one is significant, the one which contains all of my warm clothes for when the sun goes down and it gets cold, which I decide to leave at the Paris Canyon aid station at 50 miles. For switching back in the morning, I simply place my name and number on a plastic bag that I carry in my Camelbak, so that wherever I am when it warms up in the morning, I can strip off the warm layers and drop them in the bag. Reading over the names of the aid stations, you would think that you were about to take a run through Europe: Danish Pass (twice), Paris Canyon (twice), Danish Flat, Copenhagen Basin Rd., Copenhagen Basin, German Dugway, and Finish (-:)

Wanting a good night's sleep, I didn't stick around long after the briefing, but returned to Logan to check into the Best Western, get a good meal, and get to bed. For dinner, I was directed to a nice Italian Restaurant, Gia's, where I was surprised to find Rob Byrne and his crew/pacer Larry England from Oakland, and Jan Gnass of Colorado, who were just finishing. Later, as I was leaving, Wasatch Fred (Fred Reimer), who captained the Paris Canyon aid station, came in.

Unfortunately, I didn't sleep well, tossing and turning most of the night, with the longest period of sleep barely being over an hour. I was up at 3:30 am, and showered and out the door by 4:15, for the 45 minute drive up to the start, at the Deer Creek Inn,

just south of Preston, Idaho. The race doesn't start until 6:00 am, but because I hadn't been there before I gave myself more than enough time. I ended up arriving first, at 5:00 am and couldn't figure out where to go since everything was dark. Fortunately, Julie Nelson arrived shortly after me and knew where to go.

Pleasantly, it wasn't cold at the start and I debated on whether to start with or without wearing my Western States 100 (WS100) tyvek jacket. I ended up starting with it, and though a bit warm at times, kept it on throughout the run, just rolling up the sleeves and opening up the front whenever it got too warm. By 6:00am, the 42 runners were gathered and Leland started us right on time. We followed a dark road for about a mile across a cattle guard and on to the trail head. I felt surprisingly good from the start and started to move up through the runners. Once on the trail, we started to climb and I led a train of 7 other runners up and past another 6 runners to where the course started to level off and we encountered several small meadows spotted with colorful maples. The trail was difficult to follow through the meadows, as there was no defined trail and we had to find the red or yellow ribbons that had been tied to clumps of grass on the ground. About an hour into the run, I caught up with Errol "Rocket" Jones, a first for me, and I told him he must be slowing down because his worse dream had just caught up to him. I should have never said that, because without looking around, he picked up the pace and I began to slow down. Now, as the daylight enabled us to turn off our lights, I led the pack into a large meadow, where I lost the trail and the runners behind me fanned out trying to find it. When someone did find it, I was far off course to the right and a half dozen runners moved in front of me :(Shortly after that, I cut my hand climbing through a barbed-wire fence and then while running with Brett Sublett of Colorado and talking about trying not to fall after a couple of close calls tripping over rocks, I had my first and surprisingly only fall of the run. I smacked the ground quick and hard, but fortunately missed all of the rocks and didn't break or cut anything.

The course meandered through more meadows and maples until at last we crossed Maple Creek. At this point we T'ed into a woodland road through the maples with trail ribbons

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Bear 100...

(Continued from page 7)

going to both the left and right! Remembering our pre-race directions, we followed the road to the right for a half mile to the first aid station (Maple Creek) at 9 miles. I arrived 11th just under 2 hours. After a quick fill, I headed back up the road passing other runners as they were coming in. This is one of the two out-and-backs on the course, giving me a chance to snap some photos of the other runners. At this point the road through the woods transformed into a trail along and back and forth across the creek. It was absolutely beautiful with most of the trees in full autumn colors of red, yellow, and orange along the cascading creek. You get to enjoy this for a couple of miles before starting the long climb of about 2700 ft. up a single-track eroded, rock strewn trail to the first crest.

It was a big relief getting over that crest, knowing that the biggest single climb in the course was behind me and then having a relatively easy run downhill to the next aid station at Franklin Basin (16.4 miles). From there, I had an easy run along dirt roads to the 3rd aid station at Danish Pass (20 miles in 5 hrs 7 min.), where I exchanged 2 flasks of HammerGel in my drop bag. From Danish Pass, we had a 19 mile counterclockwise loop to the South and back to Danish Pass. This loop started with a climb on single-track trail to the highest point in the course at 9,119 ft. before dropping 1300 ft. to the Beaver Creek aid station (28 miles). The course from Beaver Creek, through the Fish Haven aid station (32 miles), back to Danish Pass was all on easy to run sandy dirt roads through meadows bordered by many groves of golden aspens. As easy as the running should have been, I had been having trouble eating anything and was running low on energy through this loop, falling back to 26th by the time I reached Danish Pass again (38.4 miles; 10 hrs. 15 min). I have to admit, during this period, I was having a debate with a voice telling me how nice it would be to just drop out at the next aid station, curl up and sleep, but fortunately, there was a much louder voice telling me there was nothing wrong with me, no aches or pains, only lack of energy and reminding me how much I wanted to complete this run.

Leaving Danish Pass for the second time, the course returned to single-track trail and climbed up to a trail which followed the ridge line of the mountains, much like the first half of the Wasatch Front 100 course. On the way up, I got to a point where I had gone for seemingly a very long period without seeing any course ribbons, until finally I reached the decision to backtrack to see if I had missed a turn. On my return, I met up with Scott Sullivan, who convinced me that I hadn't missed a turn and to press on along my original course. Thankfully, this was the correct move as we started to encounter more course ribbons again. Scott and I ran in sight of one another along the ridge line for most of the next 10 miles, with a bit of leap-frogging. At mile 44, we split off to the right of the main trail and dropped down a steep 1/2 mile of switchbacks to the Bloomington Canyon aid station. As we climbed back up to the main trail we passed several other runners just starting down and I was thinking how happy I was to have already done that.

(For photos of the Bear 100, log on to:
<http://www.run100s.com/tbphotos/index.htm>)

(...to be continued next issue)

**PARC Board Meeting minutes
 March 12, 2003**

Eric Christensen (City of Palo Alto) introduced himself to the board. Eric is the liaison between the PARC and the City of Palo Alto Department of Recreation.

Meeting attendees

Board members present:

Kirsten Kempe	Peggy Ruse
Rita Comes	Dave Wibbelsmann
Dave Ahn	Steve Reagan

Board members absent:

Steve Forman	Steve Beebe
Jon Easterbrook	Stan Jensen

PARC members present:

Doug Burns	Lara Salamacha
Michele Minihane	

Kirsten Kempe announced that the board meetings will be held once a month. The meetings will not last longer than one hour. Items on the agenda that were not discussed at the meeting will be placed first on the next meeting's agenda. Meetings will be held on the third Wednesday of each month.

Activities that need to be considered for the year:

- June BBQ
- July BBQ (will be the Chili Fun Run – see below)
- August BBQ
- Anniversary Party – November
- Holiday Party – December

Chili Fun Run (formerly known as the Chili Chase): It was decided by the board that the PARC will organize the Chili Fun Run in July. Due to logistics and time commitments we will not organize a formal race. The Chili Fun Run will replace the July BBQ.

Treasurer report (Peggy)

Peggy will work with Eric Christensen to understand the PARC funds. In addition, Peggy will create a draft budget for 2003 that will be reviewed by the board. The budget will be finalized at the April board meeting. Doug Burns has agreed to audit the PARC finances. All finances will be reviewed and approved by Peggy. In addition, all financial transactions, including transactions with Palo Alto Recreation should go through Peggy.

Because both The Runner's High and Metro Sports have provided products for past PARC events it was voted in favor of not collecting past advertising fees from The Runner's High and Metro Sports, as neither store was invoiced by PARC or the City of Palo Alto for last year's advertising. Peggy, the treasurer, voted against this Board action. as PARC is in need of funds.

The complete and final membership list is maintained by the City of Palo Alto.

Dave Wibbelsmann will contact Focus-n-Fly and SMI regarding articles for the newsletter.

Steve Beebe will be stepping down as the Monday night and Tuesday track coordinator. Dave Wibbelsmann has agreed to coordinate the Tuesday night track workouts. We are presently looking for a new Monday night coordinator.

President's objectives: Kirsten will be organizing educational/informational running seminars. Experts will present every other month on interesting and relevant topics related to running.

Next meeting: Wednesday, April 16 (after the run at 7:15 PM sharp) at the Lucie Stern Center.

PARC Registration Form

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

Personal Information:

Name:

Address:

Tel. No. Home _____

Tel. No. Work _____

E mail _____

Male _____ Female _____

Date of Birth _____

T –Shirt Size _____

Palo Alto Run Club Rules of Conduct

- 1) Participation in PARC events requires membership, which is available for \$20 per year.
- 2) All members shall sign a personal injury liability waiver form (available at all club events).
- 3) All members participating in club events shall obey traffic laws.
- 4) All members participating in club events shall respect the neighborhoods and environment through which they run.
- 5) All members participating in club events shall respect other club members, and users of city facilities, streets and parks.
- 6) Members participating in club runs after dark shall wear reflector vests, other night safety clothing or lights.
- 7) Members wishing to bring leashed dogs to club events (in permitted venues) shall control their pets in a safe and courteous manner.
- 8) Members shall exhibit proper running etiquette by providing personal and physical space and courtesy to fellow runners.
- 9) The City of Palo Alto Recreation may follow up with any member not following the rules of conduct and make appropriate recommendations concerning further participation.

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

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

I sign of my own free will.

X _____ Participant

X _____

Parent or Guardian if participant is under 18 yrs of age

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

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

City of Palo Alto

Department of Community Services

Recreation, Open Space
& Sciences Division

Lucie Stern Center
1305 Middlefield Road
Palo Alto, CA 94301

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PARC Events Calendar—May 2003

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 8:30am—PARC Monthly Trail Run, Monte Bello to Foothill Park	5 6:00 pm—Stanford Dish Run, Angell Field*	6 6:00 pm—Track, Angell Field*	7 6:00 pm—Palo Alto, Lucie Stern (Baylands 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*
18	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	24 8:00 am—Long Run, Sawyer Camp Trail*
25	26 6:00pm—Stanford Dish Run, Angell Field*	27 6:00 pm—Track, Angell Field*	28 6:00 pm—Palo Alto, Lucie Stern (St. Francis Route)	29	30	31 8:00 am—Long Run, Sawyer Camp Trail*