



Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

November Monthly Run

When: November 2, 2003

Where: Marin Headlands

Why: A beautiful Marin Headlands run that starts at Rodeo Beach. This run will afford fantastic views of Golden Gate Bridge and the Pacific Ocean.

What: The club will host two runs that are approximately 12 and 6 miles.

How: Going North on 101, cross the Golden Gate Bridge and take the Alexander Ave. and turn right toward Sausalito. Travel through the Fort Baker Tunnel. The tunnel entrance is the first road on your left. Signals regulate one-way auto traffic. Go through tunnel and follow road out to Rodeo Beach. Meet in parking lot near the bathrooms.

Contact: Jon Easterbrook (w) 650-798-5143 (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.

December Monthly Run

When: Sunday, December 7, 2003.
Meet at 8:45 for a 9:00 A.M. Start.

Where: Portola State Park / Pescadero Creek County Park

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

Why: It will probably be raining and this is a perfect forest run.

How: From Page Mill and Skyline, go west on Alpine for 3.1 miles. Turn left onto Portola State Park Rd for 3.4 miles. Pay entrance fee and continue over bridge to first turn to the right. Look for parking.

Carpool: Informal Carpool may be available by meeting at the Page Mill/280 Park and Ride. Car-poolers should leave by 8:00 A.M.

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

Hood to Coast

Stephanie Downey

When I first heard about the Hood to Coast Relay, I thought the people who did ran it were nuts, to say the least. In fact the name of the team was, "Sawyer Camp Mixed Nuts." Surely, folks who run three 10K races within a 24 hour period are nuts. Especially if this involves running through the middle of the night on roads that aren't even blocked off to passing traffic! No, I definitely was not going to run the race. Nice try Tom Eng, but no thanks.

Then Lisa Langlitz came back from Hood to Coast 2002 and raved about how much fun they had. For 12 miles on a Saturday morning long run at (none other than) Sawyer Camp, it was all that she talked about. The water fights, the racing, the cheering, the drama, the suspense, the laughs. OK, I'll think about it.

Fast forward to early summer 2003. Tom asked, "Stephanie, do you want to run Hood to Coast?" "Sure, I'd love to." I replied. My commitment to distance running suddenly became official for the summer. My heptathlon transition from sprinting and jumping in college to a typical-post-collegiate-distance-junkie was made complete. With the help of Vanessa, Rita, Tom and Peter, I did the long runs each week, chugged up the Stanford Hills every Monday, and ran like a banshee around the track every Tuesday. There was one goal in mind—finish the Hood to Coast trek in under 24 hours.

Finally the fated weekend came. I started to have second thoughts. Wait now, I will be running my first leg at midnight, my second at 7 in the morning and third at 3 in the afternoon? Suddenly, I began to question Lisa's recommendation that this was actually a fun event. What on earth is fun about running approximately 5 miles at midnight, 7am and 3pm? "This can be nothing but agony!" my sprinter self cried. "What have I signed myself up for?"

Meanwhile, my distance running "gentleman friend" also signed up for the Hood to Coast relay with a group of his friends from college. Neville always chides me on being a lazy runner. This was my chance to prove him wrong. His team was slated to begin their run 1 hour ahead of our PARC team, which this year was called "Well, There's Always Plan B". Their goal was to break the 25 hour mark. The race was on between his team and mine!

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Calendar Notes

Send Suggestions for the Calendar to any staff member (see addresses under Credits).

Monday Evening Run

The club meets every Monday at 6 p.m. for a 5.5 mile run through campus. 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 De Anza College. 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.....Doug Burns
Membership Scott Rafferty
Marketing.....Rita Comes
At-largeDave Ahn
Steve Reagan
Stan Jensen

Run Coordinators:

Monday Night.....Dave Ahn
Tuesday NightDave Wibbelsmann
Wednesday Night.....Kirsten Kempe
Saturday Morning.....Rita Comes
Monthly.....Jon Easterbrook
Web Page.....Joe Murphy
Newsletter.....Vanessa Hanley Lordi

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, 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

To unsubscribe from this list, send the following email message to **majordomo@lists.stanford.edu**:

Unsubscribe pa-runclub

PARC Announcements Only List

This list is being discontinued, and is no longer accepting new subscribers. Announcements for all PARC events will be posted to the PARC email distribution list at **pa-runclub@lists.stanford.edu**.

PARC Birthdays—November

Danny Dreyer.....11/1
 Helen Kim.....11/1
 Kevin Wilkinson11/1
 Marilyn Watson.....11/3
 Richard Sargent11/11
 Marty Udishes.....11/12
 Noel Relyea.....11/14
 Kevin De Laere11/17
 Kelly Emo11/17
 Dave Borders11/18
 Doug Burns11/18
 Doug Stevens11/18
 Rachel Lunn11/19
 Rachel Zemser.....11/19
 Gary Cook11/20
 Thomas Skibo11/20
 Sonia Pignorel.....11/21
 Debbie Deutch11/23
 Scott Rafferty11/24
 Leslie Biggs.....11/26
 Tom Osborne11/26
 Dan Russell11/27
 Matt Stimsom.....11/28
 Lisa McCroly11/29

Credits

Editor Vanessa Hanley Lordi

Photo Editor Stan Jensen

Events Editor Michele Minihane

Staff Steve Reagan, Kevin Wilkinson,

Dave Wibbelsmann

Writers Dave Ahn, Stephanie Downey, Jon Easterbrook, Chuck Wilson,

Nancy Clark, Joe Murphy,

Steve Long, Tom McGlynn

Photos Vanessa Hanley Lordi

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 Vanessa Hanley Lordi by the end of the month for the following month's issue (submissions may be edited for length or clarity).

Email: hanleylordi@yahoo.com

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Hood to Coast...

Race Day: After watching last year's video and being indoctrinated on the ins and outs of the race, the night before, race day finally came. A morning meeting, a lunch at the Spaghetti Factory, and we were off to the mountain. About 5 miles into the journey (if that much), I noticed a light on the dash board. Turns out, it was a flat tire signal. After fortuitously finding an Enterprise Rent-A-Car one block later, we were directed to their mechanic. Ten minutes later, Peter and Tony found the worn down 2 inch screw stuck in the tread of the tire. If we hadn't found it then, it could have spelled disaster on the mountain in the middle of the night.

Near-disaster-averted, we were on our way. We met van 1 at the start of the race with ½ hour to spare, and cheered for Claire as she dropped 2000 feet in 4 miles down the side of Mt. Hood. Then we grabbed a light dinner and waited for what seemed like an eternity for the start of our van's legs. Shortly after midnight, I got the baton from Amy and was off down Highway 12, then onto rural Oregon roads on my first leg. The night leg was amazing. I felt like an ancient Greek runner, racing an important message on the imperial roads towards Rome. My goal was to get my message there before the couriers before me. I saw a vest flashing ahead. One road kill, then another, then another, then another. I passed 6 runners in all on that leg, and proudly stuck 6 stickers on our road kill chart on the back of the van. I finished that 6 mile leg in 40 minutes. I had been so exhilarated by the race, my cheering teammates as they passed me on the road, and the fragrance of the country side that when I arrived – I hardly felt tired at all. I couldn't wait till I could race again. The time passed quickly as my teammates raced, and we cheered.

4 AM we found the Hyatt in Portland. We all crashed for a short while, except for Jim, our official orienteer, who figured out which roads to take and took the lack of sleep for the team. 5:30 AM we were out the door again, heading towards the next van exchange point. The van was a little quieter now, as the lack of sleep was starting to catch up with us, and the sun was rising again on our tired bodies. As we pulled into the lot, we caught a glance at Neville's team "Blue Thunder." We were closing the gap already. My second leg was brutal. It was listed as very hard, and indeed, the race directors were correct in their assessment of the course. Feeling slightly groggy, I got the baton from Amy and headed out. I passed 5 or 6 runners right away. The 6th runner, a woman, decided to pick up her pace and run with me. She was very friendly, and we panted a few sentences to each other as we raced. Her companionship carried me through this leg. The worst were the unexpected cardiac arrest hills on the course that were no more than 200 meters long, but seemingly straight up, like a staircase. They had shown up as mere blips on the elevation chart, and I had not mentally prepared for them. Turns out my running mate had just recently had a little girl (3 months previous). It was very humbling when she dropped me at the end of the leg on the final ascent up the hill. There must be something about childbirth that gives mothers that extra pain tolerance. Being dropped left me hungry to race all the better on my third leg.

Fast-forwarding through the infamous dust bowl, which indeed is a bowl of dust, we got to the third legs of the race. At this point, the non-runner types (none on our team) were showing their true colors on the road—walking, barely jogging, generally looking truly worn through. The annoying "Flying Elvises" were still just in front of us, as were the promiscuously named "Go Nads." It was getting down to the wire. Each of us had to race solidly if the team was going to

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The Hood To Coast Team at the Start Line (l to r): Kneeling: Steve Chin; Standing: Peter Mehlitz, Tony Vendhan, Tom Eng, Clare Abrams, Amy Seirer, Amy Wang, Jim Kay, Rita Comes, Stephanie Downey, Vanessa Lordi, Alan Gelman



Tony holds up the screw that was discovered in Van 2's back tire.



Skyline 50K
August 3, 2003

Don Lundell.....7:02:04
Chuck Wilson.....7:06:08

Headlands 50K
August 23, 2003

Danny Dreyer.....4:55:50
Jon Easterbrook.....6:44:14
Gregory Ayres.....6:44:14

Run on the Sly 50K
August 31, 2003

Steve Reagan.....9:13:00

Jamba Juice Bananaman 5K
September 21, 2003

Adam Kemist.....16:38
Paul Davis.....16:43
Shawn Gallagher.....16:45
Ira Wygant.....18:35
Vanessa Lordi.....19:37
Vincenzo Lordi.....19:43
Scott Gibb.....20:23
Dave Ahn.....21:22
Alferd Parmantier.....21:46

Go with the Flow 5K
October 4, 2003

Glen Anderson.....18:54
(Personal Best)
Vanessa H. Lordi.....19:07
(Personal Best)

Carmel Valley 50K
October 6, 2003

Stan Jensen.....7:54:35

Carmel Valley 29K
October 6, 2003

Eric Klein.....3:38:25

Massanutten Mt. Trails 100 Miler
October 10, 2003

Chuck Wilson.....35:09:36

Palo Alto Moonlight Run
October 10, 2003

5K

Martin Bernstein.....19:51
Alan Frindell.....19:59
Dave Ahn.....21:28

10K

John Moss.....37:17
Sunnie Thompson.....41:32
Phil Lovalenti.....41:32
Don Way.....47:00
Robyn Justen.....50:38
Chuck Wilson.....52:12
Ellyn Nesbit.....1:14:51
Kevin Wilkinson.....1:14:52

Dick Collins Firetrails 50 Mile
October 11, 2003

Alex Sox-Harris.....11:18:45
Jon Easterbrook.....11:22:45

Hawaii Ironman World Championships
October 18, 2003

Kyle Welch.....11:04:17

Hood to Coast Relay
August 23-24, 2003

There's Always Plan B.....23:39:11

Total Place: 83 out of 987

Mixed Open Division Place: 11 out of 283

Providian Relay
October 11-12, 2003

Organs 'R' Us.....28:49:27

Total Place: 133 out of 249

Open Men's Division: 49 out of 88

A Good Marathon

Tom McGlynn

I have coached and advised over 500 athletes and more than 200 marathon runners since starting Focus-N-Fly. In that time I have been asked, "what is my secret?" many times. Until recently I actually felt like the ultimate hypocrite - cautioning against a fast early pace, under hydration and running too many miles in training while simultaneously making these same mistakes in my own preparation. The truth be told I had run four marathons before this year with similar success to Gray Davis - I had a good debut but it had been downhill ever since. Fortunately my marathon running and Gray's political career went opposite directions the first week in October.

I finally ran a good marathon in Chicago! And as for Gray? Well, I thought he showed more gumption and humility in defeat than any time previous.

So, what is a good marathon?

In my opinion a good marathon is running 26.2 miles at a pace you can nearly maintain the entire distance. Boston and Olympic Trials qualifiers, corporate and age group records, and other measurements are arbitrary and beyond your control. Additionally, a good marathon engulfs an experience that you remember fondly as a lifetime success. Not one that you desperately want to remove from your memory like Game 6 for the Cubs.

My memory of this race will be lasting. I felt the tutelage of my coach - Ray Appenheimer was right on. We spent some time prior to the training cycle and arrived at the following three premises that would hopefully change my marathon outcome:

1. **Run Longer:** In my training leading up to Chicago I had four runs of 25 miles or longer. That is four more than I ever had in a previous cycle. I also ran 20 miles in a single day, eight times, also a first.
2. **Emphasize Recovery:** I had never gone through a marathon program feeling strong throughout. Instead I had teetered on the edge of overtraining often peaking four to six weeks too early. Ray advised that I take as many easy days as I needed to recover from long days that usually coincided with some intense track work. These recovery days took the form of 30 minutes of easy bare foot running on grass.
3. **Focus on Visualization:** I have never envisioned a race closer to reality than Chicago. I knew when I would drink, when I would take Gu, at what mile I would pick it up and it all played out close to plan. I focused on very specific potential scenarios in my pre-race meditation: missing a water bottle at Aid Stop 3, going through Mile 7 too fast, starting to feel

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The Athlete's Kitchen

Fighting Fat Gain: Strategies That Can Make a Difference

Nancy Clark, MS, RD

Copyright: Nancy Clark, MS, RD August 2003

It's easy to get fat in America. Every day we are confronted with an abundance of delicious food that is easily accessible not only in restaurants, gas stations and bookstores, but also via drive-throughs and home-delivery. That's one reason why the average American gains one to two pounds a year, the equivalent of eating only 100 to 200 extra daily calories, such as a few extra Oreos, a second handful of chips, or an extra helping at dinner.

Simultaneously, we have engineered exercise out of our lives by building communities with no sidewalks for safe walking, TVs with remote controls, escalators, automatic garage door openers. We've learned to turn to food for comfort when we are feeling stressed, isolated or lonely. For many, eating is the only pleasurable part of the day; life without ice cream can be grim. But if Americans keep gaining weight at the same rate as we have in the past few years, 73% of us will be overweight or obese by 2008.

Because exercise is an essential key to maintaining a healthy weight, most athletic people who read this article do not have serious weight problems. But I'd bet that many of you fight to stay lean and all of you know someone--a parent, child, spouse or friend--who would be healthier if he or she were to lose at least 20 pounds. Here are three weight management strategies that can help you and your loved ones minimize fat gain and optimize desired fat loss without feeling denied or deprived of enjoyable food. The following doable suggestions can save 100 to 200 calories per day, enough to make a difference in your battle of the bulge.

Strategy #1. Boost your calcium intake.

In 1988, researchers were surprised and fascinated by the results of a study looking at the effect of calcium on blood pressure. Not only did the consumption of two cups of yogurt per day contribute to lower blood pressure but also to 11 pounds of fat loss in twelve months--even though the subjects had been told to try to maintain weight! This finding triggered more research and today we know:

- calcium within the cell regulates fat storage.
- a high calcium diet turns more calories to heat than to body fat.
- calcium-rich diets contribute to fat loss in the stomach area.
- calcium-rich diets can help minimize midlife fat gain.
- eating 3 to 4 servings of calcium-rich dairy foods per day contributes to loss of more fat and less muscle compared to dieters who ate less dairy. That is, in a 12 week weight loss study, those who ate three cups of yogurt per day lost 60% more fat than those on a calcium-

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Conformance Enhancement

by Joe Murphy

It's not like I was asking for a PR every time out. I just wanted to avoid having bad days. Still, I admit that I was surprised to find such an easy answer. Eat a bunch of red seedless grapes about 90 minutes before a run and voilà!—nothing (bad) happens.

It had been a year of running dangerously. I was on the cusp of my next decade and I hoped to enter it with some impressive results—some newly established bragging rights. But six months into an aggressive training regimen I started suffering from huge performance swings. On some days, I ran effortlessly—as far as I wanted—as fast as I dared. On others, I couldn't run to save my life, much less to pursue some abstract training objective.

If I ran alone, bad days were almost tolerable. But if I was running with the club—that was a whole 'nother story. I didn't need to always finish with the front group. Just keep me in the race, please. Head up, shoulders high.

At first, I suspected it was an age thing, and that I'd need to get a whole lot smarter if I wanted to avoid bad days—log my training habits, results, diet, weather, pollen counts, tides—look harder for clues. I'd abandoned biorhythms back in the 70's. Had they returned to haunt me?

Before long, I was making progress. I found that by getting a better warm-up, and taking it easy early in a workout, I could avoid having truly rotten days. And then I discovered grapes—that was when I stopped having bad days altogether. For awhile, I remained skeptical. It seemed too easy. But after several weeks of solid workouts, I was sold. I wondered if I should tell somebody. Probably get laughed at. Would other types of grapes work? Grape juice? Raisins?

Meanwhile, red seedless grapes did the trick, and my runs were going very well. Or were they? It was true—I was no longer having bad days—but something wasn't right. And then I realized that it had been awhile since I'd had a really good day. Go figure—without below average days, there can be no above average days. What I'd managed to achieve was an endless succession of same old, same old.

Be careful what you wish for. You might just get sour grapes. Once I finally thought it through, I knew this wasn't what I wanted. When I race, I want to have a chance to do my best, not my average. To earn those opportunities to succeed, I guess I'll have to grant equal opportunities to fail. Somehow I've got to work bad days into my schedule. And what I really want is to get my really good days to happen at the right time—and that's a goal that's going to be much harder to achieve.

Fortunately, we are constantly learning more about running performance and training, and unlearning what we thought we knew. There's plenty of good advice out there, but before you seek and take advice, spend some time deciding just what it is that you really want to achieve.

Also, remember that what works wonders for me might not do anything for you. However, if you decide that what you really want is to eliminate performance swings, try a bunch of red seedless grapes about 90 minutes before each run.

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.



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(across from Stanford University)
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Visit the PARC website at
www.parunclub.com

A Wellness Lifestyle

Steven Long, DC

If you were given a magic pill that would rid your body of pain for your lifetime, would you take it? If you answer “yes”, think again. What’s your body’s response if you put your hand on a hot stove or chest pain that may be related to an impending heart attack? Pain is a signal that your body has to alert you that something is wrong. It’s part of the working ways of your body’s innate intelligence. Pain alerts us to a problem, but a problem with pain is that it is very unreliable. Pain can be severe one moment then not so bad the next. The intensity and timing of pain doesn’t always match the severity of the problem. For example, a little pain doesn’t mean a little problem, and vice versa.

Living in our society of quick fixes and fast food, we place value on fast acting, faster than before and immediate relief. We all want it now. But think..... anything worthwhile has an element of time; weight loss, getting in shape, marathon training, ultra training. When we put in the time (and miles) into our effort we see results that last.

In health care, wellness is the wave of the future. With our society getting older, people are searching out ways to stay healthy, vibrant and enhance the quality of their lives. Wellness is a new attitude. It is a commitment to ones well being, it is not simply trying to rid your body of annoying symptoms. Wellness is also not an individual thing; it is how we interact with each other on a day to day basis. If you think you are well (no aches or pains) but blow up at the driver who just cut you off in traffic, how well are you? Wellness is

your contribution to yourself, your family, and your community. This is the wellness story that chiropractors have been telling for over 100 years.

As a chiropractor, I am concerned with my patient’s overall well being. I do this by listening to my patient’s concerns and guiding them through their health problems. I want them to know that they have someone who is committed to them. That they can have confidence and faith in their body’s innate healing capacity and that they can recover from their current situation.

Our approach to wellness is through education. Restoring someone to their previous state of health before they got ill is **not** our goal. Our goal is to make them new and improved. A Wellness approach to better health means adopting a variety of healthy habits for optimum function on all levels of living, physical, mental, social and spiritual.

Because of its focus on the nervous system, chiropractic is an important part of a wellness lifestyle. Your nervous system controls and coordinates all the other systems of the body. It is through the nervous system that we experience the world. Poor spinal alignment interferes with the nervous system and therefore interferes with how we perceive or move within the environment. Chiropractic care does more than relieve your body of pain and discomfort. It is a means to get more out of your life.

Steven Long, DC is a 1992 graduate of Palmer-West College of Chiropractic and maintains a family practice in downtown Palo Alto, University Chiropractic.

EVENTS CALENDAR

November 1

Woodside Sequoia Trail Run, 1/2 marathon, 5M
Stinson Beach Marathon, 25k, 7M

November 2

Golden Gate Bridge Presidio, 10M, 5k
Mount Diablo Trail Adventure; Walnut Creek, CA

November 8

Mare Island to Medusa 10k, 5k; Vallejo, CA
Wunderlick Run, 4.25M, 10.25M; Woodside, CA
Heaven’s View Trail Run; Angel Island, CA

November 9

San Francisco Classic, 5k, 10k; San Francisco, CA
King Oscar Presido Trails 10K; San Francisco, CA

November 22

Santa Cruz Turkey Trot, 10k, 5k; Santa Cruz, CA
Thanksgiving Fun 4.75M Run; San Francisco, CA
Castle Rock Trail Run; Santa Cruz, CA

November 27

Turkey Beach Trot; San Francisco, CA

November 30

Run to the Far Side, 10k, 5k; San Francisco, CA

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Fighting Fat Gain...

supplemented diet. (Other components in milk, such as high quality protein, may contribute to this beneficial effect of burning fat while preserving muscle.)

A growing body of evidence indicates consuming calcium-rich dairy foods three to four times a day equates to the burning of about 100 more calories of body fat per day—or about 10 pounds of fat per year. Certainly, you can get calcium from non-dairy sources (broccoli, calcium-enriched orange juice, supplements) but calcium from (preferably lowfat) dairy foods is most effective.

If you balk at the thought of consuming so much yogurt or milk, keep in mind you can easily do so: simply choose cereal with lowfat milk for breakfast, have a lowfat yogurt for a mid-morning or evening snack, and enjoy a lowfat latte for an afternoon energy booster. Other options include putting two slices (1.5 ounces) of lowfat cheese on a sandwich, cooking oatmeal with milk and yes, even drinking chocolate milk for a post-exercise recovery drink that provides a nice balance of carbs and protein.

Given that calcium-rich diets are helpful for not only weight management but also for regulating blood pressure and keeping bones strong, you'll do your health a favor by boosting your calcium intake. The trick to consuming more calcium-rich dairy is to be sure their calories are within your daily calorie budget and not excessive. That is, you cannot start to guzzle gallons of milk and expect to lose body fat! For help with learning how to balance more milk and yogurt into your daily diet, I suggest you consult with a local sports dietitian: go to www.eatright.org and put your zip code into the referral network.

Strategy #2. Eat breakfast.

About 40% of adults skip breakfast at least four times a week. Although skipping breakfast may seem a good way to eliminate calories, breakfast skippers tend to be fatter than

breakfast eaters. But when people eat a larger-than-normal breakfast, they end up eating almost 100 fewer calories by the end of the day, an amount that can curb creeping obesity. Hence, eating breakfast is one strategy that makes a big difference in weight management (to say nothing of sports performance). In a group of dieters who have lost and kept off more than 30 pounds, 97% are now committed breakfast eaters! They know what works....

Strategy #3: Eat more fiber and whole grain foods.

Foods that are satiating (that is, that fill you to the point you choose to stop eating) are rich in protein (meat, fish, chicken) or fiber (whole grains, fruits, vegetables). Given that protein often comes along with unhealthy saturated fat (as in cheese, bacon, hamburger) and excess calories of fatty foods are easily fattening, a wise option is to curb hunger by filling up on fiber-rich foods.

Fiber-rich foods also tend to be bulky; bulk helps promote satiety. That is, you can reduce the calorie content of a casserole by 30% by adding bulky vegetables (mushrooms, celery, peppers) and people will consume fewer calories without noticing the difference. According to Barbara Rolls, author of *The Volumetrics Weight Control Plan*, consuming bulky foods with a high fiber and water content can help you eat fewer calories. This means more fruit, vegetables, soup, beans, legumes, bran cereal (Bran Chex, Fiber-One) and whole grain cereals (Wheaties, Cheerios, Total). Cereal is more satisfying than equal calories of a croissant.

Summary

Given the abundance of food in our society, we all need skills to manage the food environment. This means eating breakfast and consuming more calcium, fiber and whole grains. Sounds like Wheaties is indeed the breakfast of (lean) champions!

Nancy Clark, MS, RD, nutrition counselor at SportsMedicine Associates (617-739-2003) in Brookline MA is author of the new third edition of her best selling Sports Nutrition Guidebook (\$24) as well as 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 Materials, 830 Boylston St. #205, Brookline MA 02467.

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Hood to Coast...

break the 24 hour mark. "Blue Thunder" was still in front of us, and had to be caught if I was to gain bragging rights with Neville. I got the baton, and vowed to run well under the 7 minute mark for each of the four miles. For my first two miles I averaged 6:11. Good, I thought. I started to get worried when I hadn't seen the van pass me yet and I was at the 2.5 mile mark with only 1.5 miles to go. Finally they passed. Neville's team also stopped to cheer me on, which helped me to increase the pace. I was hurting, though. The final ¼ mile was uphill, which didn't make matters any easier. Just when I thought I couldn't keep up the pace any more, I rounded the bend and saw Rita. I brought it in averaging 6:20 a mile—triumph!

Each on the team ran exceptionally well on the final leg. We passed "Blue Thunder" before Vanessa, the anchor, finished the race. Vanessa's anchor leg was something to watch. She was flying, running like a banshee down the hill towards the beach. She finished off the "Flying Elvises," in addition to 35 other road kills on her route. Too bad that she didn't know the "official finish line" was before the sand. She sprinted across the sand towards the finish line, dusting her awaiting teammates towards the "for photos only" finish line. We finished our 198 mile race in 23:39:11, and beat "Blue Thunder" by over an hour and ten minutes. The bragging rights have been much utilized and enjoyed. Thanks PARC for a great summer of training and a wonderful racing experience. This ex-sprinter is a convert to the distance events!

(Continued from page 5)

A Good Marathon...

tired on the long desolate stretch after Mile 14, pulling away after Mile 18.

Ironically, I averaged fewer miles in training than I ever had before. However, I felt more prepared and when it came time to race I was cautiously optimistic.

At the starting line in Chicago I saw my former teammate and Penn State Steeplechase extraordinaire – Ken Cooper. He was on hand at my debut marathon in 1998 when I qualified for the 2000 Olympic Trials. Ken reminded me that I would again “have a good day” and his presence was more than a great omen.

I drank down the Gatorade I brought to the start line and before I knew it the gun went off.

Mayhem!

There were people everywhere. It was like a stampede and I must have been in 500th place after the first quarter mile.

Things eventually smoothed out and the first three miles went off without a hitch until our first Aid Station. To my dismay my bottle had been stolen or knocked off the table and I came to a halt wondering whether to a) grab someone else’s, b) punch the high school kid working the table, or c) skip it and continue on. My pre-race visualization did not include this unexpected early absence but luckily I was only stopped only briefly before my alert teammate – Mike Wallace screamed back to me that he would give me some of his drink. Thank God for Mike! I caught him and it was smooth sailing from there: 5:18, 5:18, 5:25, 5:12, 5:24, 5:15, 5:27, 5:27.

We were cruising with a pack and urging each other on. I kept reminding myself of the lengthy distance and the fact that I had “no data” yet. I don’t know how that phrase got in my head but I told myself I’d have “some data” after 12 miles.

I saw my former Oracle co-worker and college-basketball-star-turned-running-enthusiast, Marc Miller at Mile 9. He had made the trip with his girlfriend because he wanted to “watch a good race.” When I saw him the first time and gave him the “thumbs up” I knew he would get his money’s worth: 5:19, 5:15, 5:22, 5:25, 5:26.

We came through the 1/2 Marathon in 70:11, which was a little faster than planned but still in the goal range: 5:19, 5:23, 5:15.

Still running with the pack I hit every aid station and consumed a Gu at the 15K and 25K stops (the elite stops were placed at every 5K instead of Mile markers because of the international competitors). Our pack had now shrunk to eight runners. We were still helping each other along and I was sharing my drinks with anyone in the pack who needed it.

The further I went the more my confidence grew. Mike and I

were now “driving the bus” and leading the group through Miles 17 and 18: 5:19, 5:23. I knew it was time to bear down. I remembered that this was the point where many good races went awry. I shortened my stride and began to run away from the pack: 5:15, 5:17. Mike was no longer with me but I knew that he would finish up strong and make it in under 2:22 (it wasn’t until later that I found out a Medical Aid pulled him off the course at 20 miles).

I now had 5 miles to go and would run under 2:20 (the Olympic Trials ‘A’ standard) if I could bring it home at 5:20 pace. I saw my cousin, Jay and his father Jack along with my father. By the tone in their cheers I knew I was looking good and headed for a strong finish. Then I made a major mistake.

Giving into my high flying adrenaline and psyche I became agitated when I opened my last Gu and half of it dripped all over me. Instead of consuming the rest with my water I threw it to the side and continued on: 5:16, 5:23.

I knew that 2:22 was in the bag so I desperately tried to “giddy up” for the last push under 2:20. My legs grew heavy for the first time and I knew I was fading: 5:25. I never even saw the last Aid Station at 40K. I passed the 2000 U.S. Olympic Trials Marathon Champion – Rod DeHaven – at 24 miles. Rod was having a very bad day but he still managed to utter: “finish up and you’ll make it,” as I passed by.

As I passed Mile 25 (5:32) I heard my girlfriend and mother hollering encouragement. Strangely enough I actually heard my Mother scream: “You’re way under!” and then let out her giggly victory laugh which is only emitted during Penn State Football wins and Olympic Trials Qualifiers.

As I ran in I saw Ken Cooper just before the finish. He reminded me again that I was “having a good marathon”.

Fall Focus-N-Fly Athletes of the Month (Sponsored by The Sports Basement)

Female – Julia Davis

Julia continued her marathon ascent by adding her third PR in three attempts in Chicago. Finishing in 3:26, she sliced another 2 minutes off her best. Julia, a great race day performer showed true to form and her nickname “Nails”.

Male - Jim Oswald

Jim Oswald the former Chicago native returned in a blaze of glory to his former stomping ground. After 25 previous marathons with a best of 3:08, Jim had a phenomenal run in Chicago. He ran 2:59 eclipsing his personal best set more than five years prior. Just wait until he becomes a Master in six months!

Tips from Tom is the seasonal editorial of Focus-N-Fly.

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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—November 2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* See Calendar Notes on Page 2						1 8:00 am—Long Run, Sawyer Camp Trail*
2 8:30am—PARC Monthly Trail Run, Marin Headlands	3 6:00 pm—Stanford Campus Loop, Angell Field*	4 6:00 pm—Track *	5 6:00 pm—Palo Alto, Lucie Stern Edgewood Run	6	7	8 8:00 am—Long Run, Sawyer Camp Trail*
9	10 6:00pm—Stanford Campus Loop, Angell Field*	11 6:00 pm—Track *	12 6:00 pm—Palo Alto, Lucie Stern St. Francis	13	14	15 8:00 am—Long Run, Sawyer Camp Trail*
16 ANNIVERSARY PARTY!	17 6:00pm—Stanford Campus Loop, Angell Field*	18 6:00 pm—Track *	19 6:00 pm—Palo Alto, Lucie Stern Tree Run	20	21	22 8:00 am—Long Run, Sawyer Camp Trail*
23 TURKEY TROT!! 30	24 6:00pm—Stanford Campus Loop, Angell Field*	25 6:00 pm—Track *	26 6:00 pm—Palo Alto, Lucie Stern Ken's Lake (no lake)	27 HAPPY THANKSGIVING	28	29 8:00 am—Long Run, Sawyer Camp Trail*