

Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

March Monthly Run

When: March 7 2004. Meet at 8:15 for run start at 8:30AM. Car pool leaves at 7:45 from Page Mill/I-280.

Where: Purisima Creek Redwoods Open Space Preserve

What: The Club will sponsor a 12 and 6 mile trail run.

Why: Purisima features towering redwood trees, ferns, creeks, wildflowers, and ocean views.

Directions: Purisima is located on Highway 35 (Skyline Blvd.) approximately 8 miles NW of Woodside Rd. (Highway 84). Park in the northern-most parking lot which is approximately 2 miles past the first parking lot (driving north on Skyline). As with all our monthly runs, we will have a pot-luck tailgate brunch after the run, so please bring food or drink to share with others.

Contact: For more information, call Steve Reagan at (650) 948-1955 or email at steveregan@sun.com

See Also: http://www.openspace.org/preserves/purisima_creek_redwoods/purisima_creek_redwoods.html

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.

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

April Monthly Run

When: April 4, 2004

Where: Portola State Park

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



The Athlete's Kitchen

FUELING ON A BUDGET

Copyright: Nancy Clark, MS, RD 2/04

Runners get hungry. Hungry runners need to eat ... a lot! For some marathoners, this means consuming 3,000 to 4,000+ calories per day. For those with limited food money, the question arises: "Where can I buy the most amount of healthful calories for a reasonable amount of money?"

In this day and age when few runners prepare and pack their own food, the standard practice is to fill up on fast 'n fatty foods that do indeed conquer hunger--but also clog arteries and leave muscles poorly fueled. Given that only carbs get stored as glycogen in the muscles (and glycogen depletion is associated with fatigue), fast food frequenters can sabotage their performance and experience needless fatigue. (That is, unless they overconsume soda pop—a source of carbs with no health value other than fuel.)

Let's say you are a 150-pound runner who needs about 3,000 calories per day (1,000 calories per meal). You can buy the following 900 to 1,000 calorie fast food specials for a reasonable price, but they may well cost you the gold medal because about half of their calories from fat; fat is inexpensive.

3 chocolate frosted Dunkin Donuts: 1,080 cals @ \$2.15

2 servings from Taco Bell: 900 cals @ \$3.40

a Big Mac and medium fries: 1,060 cals @ \$4.45

As a runner who shows responsibility by training hard, you'll miss the boat if you are irresponsible with fueling your hard worked body. You'll better reach your performance goals by investing in a daily diet based on wholesome carbohydrates: multi-grain breads, bran cereals, rye bagels, fresh fruits, orange juice, colorful vegetables. These foods not only fuel your muscles but they also offer health-protective vitamins and minerals.

Sometimes, for only a few more pennies, you can buy wholesome fast food carbs. For example, orange juice at McDonald's might cost you 8.5¢ per ounce; a soda, 8¢ per ounce (based on a medium size). A wheat bagel from Dunkin Donuts costs \$0.89; only 18¢ more than a donut—but more carbs, less fat, similar calories. More often, good nutrition costs more. If you want to buy chicken instead of beef, you'll pay the price. A Big Mac (600 calories) is \$2.79; a Chicken McGrill, \$3.89 (400 calories).

So what's a hungry runner-on-a-budget to do? Where are the sports nutrition bargains? The purpose of this article is to help you identify some of the better bets among fast foods; choices that offer a decent amount of carbs for a reasonable

(Continued on page 3)

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.

2004 PARC Board

The 2004 PARC Board of Directors is comprised of the following volunteers:

- President** Kirsten Kempe
- Treasurer**.....Doug Burns
- Secretary** Stan Jensen
- Membership**..... OPEN
- Marketing** Rita Comes
- At-large** Dave Ahn
- Steve Reagan
- Run Coordinators:**
- Monday Night**..... Dave Ahn
- Tuesday Night**Dave Wibbelsmann
- Wednesday Night** Kirsten Kempe
- Saturday Morning**..... Rita Comes
- Monthly** Jon Easterbrook
- Web Page** Joe Murphy
- Newsletter** Vanessa Lordi

Joining the Run Club

Reasons for joining the Palo Alto Run Club (PARC) include the annual club T-shirt, a bi-monthly newsletter and announcements of community running events, races, seminars, lectures, parties and other special events. For more information on the Club, contact Kirsten Kempe at KKempe@LFSUS.JNJ.com

How To Join

Dues are **\$22 per individual, \$37 for family per year**. To get an application, or if you have questions, please contact Kirsten Kemp at:

KKempe@LFSUSJNJ.com

New Address?

Send change of address notices to Kirsten Kempe 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, Inc. 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—February and March

- Kathy Panoutsos.....February 1
- Rosemaria Schumann.....February 12
- Kirsten Kempe.....February 13
- Patrick Sweeney.....February 14
- Rajeev Patel.....February 16
- Catherine Bolger.....February 21
- Onur Guleryuz..... February 23
- Jacqueline King.....February 23
- Yvonne Yost..... February 24
- David Mineau..... February 25
- Don Lundell.....March 1
- Ana Sarosiek.....March 2
- John Madden.....March 6
- Dallas Willard.....March 8
- Ildiko Frank.....March 10
- Steve Reagan.....March 12
- Amir Shahkarami.....March 16
- Ira Wygant.....March 17
- Alex Sox-Harris.....March 21
- Martin Bernstein.....March 23
- Mammen Jacob.....March 25
- Dan Greene.....March 30
- Vince Lordi.....March 30

Credits

- Editor** Vanessa Hanley Lordi
- Events** Michael King, Kirsten Kempe
Jon Easterbrook
- Staff** Steve Reagan, Kevin Wilkinson,
Stan Jensen, Dave Wibbelsmann
- Writers** Nancy Clark, Alan Frindell
- Photos** Vanessa Hanley Lordi
- PA 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 Lordi at hanleylordi@yahoo.com by the end of the month for the following month's issue (submissions may be edited for length or clarity).

(Continued from page 1)

amount of money.

Breakfast suggestions

The best food bargain is to eat breakfast at home, or in your hotel when traveling to an out of town race. Simply pack along a plastic container with wholesome cereal, raisins (and a spoon), then buy milk at the corner store. (Note: buying store brands of cereal saves money: Kellogg's Raisin Bran costs \$1.73 per 1,000 calories; the store brand only \$1.25 per 1,000 calories.) Another breakfast option is to pack a cooler with multi-grain bagels, yogurt, and orange juice. You'll get 1,000 calories of premium nutrition for less than \$3. If you insist on eating fast food, two decent options for under \$3 are:

- Dunkin' Donuts Honey Bran muffin + small lowfat latte (600 cal)
- McDonald's Hotcakes + Small Fruit and Yogurt Parfait (750 cal)

Lunch & Dinner

The most nutritious sources of carbohydrates are fruits, juices and vegetables—but they tend to be costly for the amount of calories they provide. Fruits and veggies cost at least \$4.00 per pound at a salad bar--and may offer inadequate calories (until smothered with salad dressing, that is.) A money-saving option is to buy apples, oranges, raisins, dried apricots, figs, juices (in boxes, plastic bottles) at a super market and pack them in your gym bag. Use them to supplement the following fast food best bets.

- Burger King: Chicken Whopper (without mayo), Veggie Burger
- McDonald's : McGrilled Chicken, Vanilla Cone, Egg McMuffin
- Wendy's: Chili, baked potato (only a little topping), Frosty
- Taco Bell: Burritos, soft tacos, gorditas, fajitas (w/o sour cream)
- Papa Gino's: Spaghetti or penne with tomato sauce, bread sticks

Cost/calories

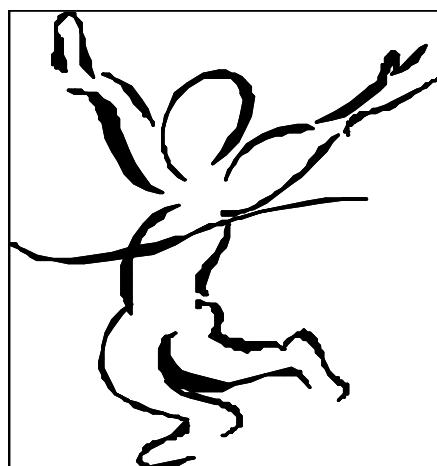
Here's a calculation of cost per 1,000 calories of some fast foods. Value meals aside, the best fast food bargains can be found at Mexican (bean meals) and Italian restaurants (pasta). Taco Bell wins first prize! There, you can enjoy 1,100 (mostly healthful) calories from three bean burritos for only \$3.30. Notice that supermarket snacks are a wise way to inexpensively boost your carbohydrate intake and supplement fast food meals.

Food	Calories	% fat	Cost/ serving	1,000cals
Dunkin Donuts Bagel	350	12%	\$2.57	
Honey Bran Muffin	490	26%	\$2.42	
Double chocolate cake donut	310	49%	\$2.29	
Latte, small, whole milk+sugar	160	33%	\$11.19	
McDonald's Big Mac	600	50%	\$4.65	
Chicken McGrill	400	36%	\$9.72	
Chicken McGrill without mayo	300	18%	\$12.97	

Supersize Fries	610	43%	\$3.43
McFlurry, M&M	910	33%	\$2.86
Hotcakes, with syrup, no butter	510	12%	\$3.58
Orange juice, medium (16 oz)	180	0%	\$8.61
Taco Bell Bean Burrito	370	24%	\$2.95
Gordita baja, steak	230	27%	\$6.05
Soft Taco, chicken	180	20%	\$8.28
Papa Gino's Pizza, 1/2 lg	1,000	24%	\$4.50
Spaghetti	650	15%	\$6.55
Spaghetti + 2 meatballs	905	29%	\$5.83
Supermarket Snacks			
Yogurt, Columbo Cherry, 1 cup	220	8%	\$3.40
Granola bars, Nature Valley	180	30%	\$2.77
Teddy grahams (24 pieces)	130	27%	\$2.55
Fig Newtons, 2	110	20%	\$2.42
Banana, large	150	0%	\$2.35
Frozen Burrito (Tina's)	340	24%	\$1.32

Sports nutritionist Nancy Clark, MS, RD offers private consultations to both casual exercisers and competitive athletes in the Boston area (617-795-1875). Her new best seller, Nancy Clark's Sports Nutrition Guidebook, Third Edition (\$23) and her Food Guide for Marathoners: Tips for Everyday Champions (\$20) are available by sending a check to Sports Nutrition Services, 830 Boylston St, Brookline MA 02467 or via her website www.nancyclarkrd.com.

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.





**Home Depot
February 1, 2004**

Half Marathon

Malcolm Dunn.....	1:17:44
Doug Rosenberg.....	1:17:51
John Madden.....	1:23:31
John Stannard.....	1:26:50
	(personal best)
David Flexo.....	1:28:55
Zachi Baharav.....	1:33:23
Laure Paul.....	1:37:00
Karen Ambrose Hickey.....	1:44:00
Amir Shahkarami.....	1:47:55

5K

Greg Koehrsen.....	16:42
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**Pacific Shoreline Marathon
February 1, 2004**

Sara Mason-Silva.....	4:12:00
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**Purisima Creek Redwoods 50K
February 6, 2004**

Alex Sox-Harris.....	6:07:30
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**Coyote Four Play
February 18-21, 2004
97 miles**

Don Lundell.....	26:06:00
Gillian Robinson.....	26:06:00

**Juana Run
February 28, 2004
8K**

Saad Fazil.....	39:58
Malcolm Dunn.....	27:31

**Twentieth Annual DeAnza College
Alumni Track Meet (Feb '04)**

Martin Bernstein

1500 meters:	5:22
800 meters:	2:36
400 meters:	1:05

**Los Gatos All-Comers Track Meet
(Feb '04)**

Vanessa Lordi

800 meters:	2:27.48
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**Girl Scouts 5K
March 6, 2004**

Adolfo Lim Jr.....	20:31
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Personality of the Month

Alan Frindell

Home: Mountain View, CA (Hometown Bremerton, WA)

Birthdate: 10/12/1977

Age: 26

Occupation: Software Engineer at Ingrian Networks in Redwood City

Family Life: Single, with a serious girlfriend (Michelle)

Education: Stanford BS Computer Science '99, MS CS '00

Running background/history: I first got serious about long distance running in junior high, and continued running track and cross country throughout high school, with a couple trips to the state meet. In college, my freshman roommate was Brad Hauser (now an Olympian). This pretty much convinced me that I was out of my league running in college, so I tried other things. I played for the Stanford Men's Ultimate Frisbee team for a while. I rediscovered running after I graduated from college.

My Obsessions: I really like the toothpaste tube to be squeezed from the bottom.

My ideal running program: Ideally, I would run every Monday, Wednesday and Saturday with PARC. On Tuesday and Thursday, I'm in a 'Body Sculpting' class at Club One Fitness in Redwood City. Since I'm training for the Napa Marathon now, I'm mixing in some speed workouts on Tuesday as well.

My real running program: The Napa training has me pretty focused right now, but a typical week outside of training is Monday/Wednesday with the club, and sleeping in every other Saturday.

Miles per week: Normally, 15-25. In training, 25-35.

Shoe of choice: Adidas Trail Response.

Where I buy my shoes: My first choice is The Runner's High in Los Altos. However, they don't stock the Response Trail anymore. The guy at MetroSport says they don't carry it because it's less than \$80. So I buy online from Road Runner.

My pace: 7:30/mile for most runs. 10k race pace is around 6:50.

Other fitness stuff: I play in a summer frisbee league in Palo Alto. Sometimes I bike to work.

Outdoor interests: I really like camping. I'm trying to get into backpacking again. I'm currently in a gear acquisition phase.

Indoor interests: Being a software engineer, I spend a lot of

time with computers.

Diet: None. Just kidding. I'm not a serious health nut, but I try to watch portion sizes, especially when eating out. I'll eat almost anything.

Injuries: I've been lucky never to have a major sidelining injury in 15 years of running (knock on wood). I get occasional aches and pains in my knees and shins.



Worst running experience: The last 5 miles of my first marathon (San Francisco). After averaging 7:22 pace for 21 miles, I averaged over 9:30 for the last 5. That's what we in the running world like to call, "The Wall" :) I still finished with a pretty good time though.

Best running experience: I set a goal to run a 20 minute 5k before my 25th birthday. With some help from other PARC'ers at the Tuesday track work-

outs, I ran 19:59 at the Moonlight Run two days before my birthday. It felt great to set a goal and achieve it. I even placed 3rd in my age group and got a nifty medal.

Favorite race: In terms of scenery, I really like running over the Golden Gate Bridge. Houlihan's and the US Half Marathon were beautiful.

Worst race:

In high school, I was running neck and neck for first in the league championship as a junior. With 150 yards to go, I completely ran out of energy. I could have walked to second place, but ended up crawling most of the way and finished 18th. I got to ride in an ambulance and have an IV. There was a picture in the paper where I looked completely drugged up.

How did I find out about PARC:

One summer in college, I actually ran the dish every day after work (just the 3 mile loop in the foothills). So I bumped into the group accidentally one Monday. When I got back into running after college, I ran on my own for 6 months, but remembered the club and figured that joining would be a good way to meet new people.

Be a PARC Personality of the Month. Get stuff.

Attention PARC members: You can get a \$10 gift certificate to MetroSport or The Runner's High (your choice!) when you submit your runner's profile to *Keeping Pace*, and we feature you as PARC's Personality of the Month!

Seminars:

Speaker: JoAnn Dahlkoetter, Ph.D.

Date: March 11, 2004 (Thursday)

Time: 6:30 PM to 7:30 PM

Location: Community Room at Lucie Stern Center, Palo Alto

Title: Your Performing Edge -- The Complete Mind-Body Training Program

JoAnn Dahlkoetter, Ph.D., author of YOUR PERFORMING EDGE, is an internationally recognized sports psychologist, past WINNER OF THE SAN FRANCISCO MARATHON, and 2nd in the HAWAII IRONMAN TRIATHLON. She has helped numerous Olympic athletes build their confidence and realize their true potential. In her clinic, Dr. Dahlkoetter will provide expert advice for creating a major breakthrough in your performance in running and in life, regardless of your age or ability level. She will present the latest information for optimizing mind-body performance, including her personal interviews with LANCE ARMSTRONG, JEFF GALLO-WAY, JOAN BENOIT SAMUELSON, BILL RODGERS, MARK ALLEN, DAVE SCOTT, MARION JONES, and many OLYMPICS GOLD MEDALISTS.

To view her new book, YOUR PERFORMING EDGE and listen to the VISUALIZATION CD: Visit: <http://www.yourperformingedge.com>. For a FREE NEWSLETTER with valuable training tips and articles or for Personal Coaching, email: joann@YourPerformingEdge.

Speaker: Steve Long

Date: April 15, 2004 (Thursday)

Time: 6:30 PM to 7:30 PM

Location: Lucie Stern Center, Palo Alto (Room TBD)

Title: TBD

Weekend Runner's Retreat

Nancy Clark will be joining Jeff Galloway at a Weekend Runner's Retreat on **Friday March 12th through Sunday March 14th**. The retreat takes place in Blue Mountain, Florida, a small settlement that is a three minute jog from the beach and 20 miles east of Destin.

The weekend will be invigorating but relaxing -- the perfect time to chat with Nancy and Jeff, answer your questions about ways to enhance your running enjoyment and performance, and just have fun with new friends.

For more information, see www.jeffgalloway.com/retreats.

Racing Calendar:

- Mar 6 - 34th NorCal John Frank Memorial Run Redding
- Mar 6 - RWT's Vista Run 5K/10K/Half Marathon
- Mar 6 - Girl Scout 5K Fun Run Palo Alto Leslie @ City of Palo Alto Recreation 650-329-2293
- Mar 6 - Bidwell Classic Half Marathon Chico
- Mar 6 - Woodside King's Mountain Half Marathon & 5 Miler
- Mar 7 - Los Angeles Marathon Los Angeles
- Mar 7 - Napa Valley Marathon & 5K (26th) Napa Valley
- Mar 7 - Rainbow Falls 3 Miler in San Francisco
- Mar 13 - Way Too Cool 50K Cool
- Mar 13 - Marin Trails Half Marathon/10K (15th) San Rafael
- Mar 13 - Running is My High 5K/10K Fun Run Oakland
- Mar 13 - St. Patrick's Day Four Legged Race San Francisco
- Mar 13 - Run for the Seals 4M (22nd) Sausalito
- Mar 13 - Catalina Island Marathon Catalina Island
- Mar 13 - Marin Trails Half Marathon & 10K San Rafael
- Mar 13 - Wild Hare 5K/10K/ Duathon Scott Valley
- Mar 14 - Paul Spangler Memorial 8K Run, 5K Racewalk, Fitness Walk, (21st) Stanford
- Mar 14 - Shamrock 5K Fun Run, Walk Dublin
- Mar 14 - St. Patrick's Day 4 Mile Run San Francisco
- Mar 14 - Top O' The Mornin' 5K/10K Run/Walk Sparks, NV
- Mar 20 - Romancing the Island 12K/25K (15th) Tiburon
- Mar 20 - Greek independence Day 5K/10K Run, Oakland
- Mar 21 - San Jose Mercury News 5K/10K San Jose
- Mar 21 - Emerald Nuts Across The Bay 12K, A Celebration of Running XXI San Francisco
- Mar 27 - Pirate Cove 8K/20K/30K/50K Sausalito
- Mar 27 - Napa Valley Trail Marathon, 10 Mile, 10K Calistoga
- Mar 27 - Monterey Bay Half Marathon Seaside
- Mar 28 - Carlsbad 5000 Carlsbad
- Mar 28 - 5th Annual Run For Zimbabwe Orphans 1/2M & 1M Los Altos Ellen Clark at 650-941-9206
- Mar 28 - Waterfront 10Mile/5K San Francisco
- Mar 28 - Lake Merritt Joggers & Striders Fourth Sunday Runs 5K, 10K, 15K, 5K Walk Oakland
- Mar 28 - Santa Cruz Half Marathon/10K Santa Cruz

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Palo Alto Run Club, Inc.

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Palo Alto, CA 94302-1301

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PARC Events Calendar— March 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* See Calendar Notes on Page 2	1	2	3 6:00 pm—Stanford	4	5	6 8:00 am—Long Run, Sawyer Camp Trail*
7 8:30am—PARC Monthly Trail Run	8 6:00 pm—Stanford Campus Loop, Angell Field*	9 6:00 pm—Track*	10 6:00 pm—Edgewood	11	12	13 8:00 am—Long Run, Sawyer Camp Trail*
14	15 6:00pm—Stanford Campus Loop, Angell Field*	16 6:00 pm—Track*	17 6:00 pm—St. Francis	18	19	20 8:00 am—Long Run, Sawyer Camp Trail*
21	22 6:00pm—Stanford Campus Loop, Angell Field*	23 6:00 pm—Track*	24 6:00 pm—Tree	25	26	27 8:00 am—Long Run, Sawyer Camp Trail*
28	29 6:00pm—Stanford Campus Loop, Angell Field*	30 6:00 pm—Track*	31 6:00 pm—Ken's Lake			