



# Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

## May Monthly Run

**Where:** Long Ridge Open Space Preserve

**When:** Sunday, May 2, meet at 8:15AM

**Why:** A unique opportunity to explore a newly-completed trail (Achistaca) and to experience some magnificent views from the top of the ridge.

**How:** From Page Mill and Skyline, go south to the Hwy 9 intersection. Park in the lot on the left immediately after the intersection. We will have a potluck immediately following. Please bring food and drink to share with others.

**Who:** For more information, contact Steve Reagan (650)352-5070 - W or (650)948-1955 - H. or [steve.reagan@sun.com](mailto:steve.reagan@sun.com)

**Carpool:** Informal Carpool may be available by meeting at the Page Mill/280 Park and Ride. Car-poolers should leave by 7:45 A.M

**More Info:** See Long Ridge info at [http://www.openspace.org/preserves/long\\_ridge/long\\_ridge.html](http://www.openspace.org/preserves/long_ridge/long_ridge.html) Note that the maps predate the construction of the Achistaca Trail. That trail roughly parallels the Saratoga Gap Trail on the other side of Skyline and connects the Hicloro Oaks and Skyline-To-The-Sea trails.

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

## June Monthly Run

**When:** June 6, 2004

**Where:** Big Basin State Park

**Contact:** Jon Easterbrook (w) 650-798-5143 (h) 650-948-8036 or [joneasterbrook@msn.com](mailto:joneasterbrook@msn.com) or Steve Reagan (650) 352-5070 - W or (650)948-1955 - H. or [steve.reagan@sun.com](mailto:steve.reagan@sun.com)



## The Athlete's Kitchen

### Athletes: Abandon Atkins, Not Carbs!

*Copyright March 2004: Nancy Clark, MS, RD*

"I don't know how to lose weight anymore. Should I avoid carbs? Eat more protein? Just eat smaller portions? I am so confused..."

"My teammates think they will lose weight if they eliminate carbs. They're just losing their competitive edge...!"

"The Atkins diet worked for a while, but then I regained the weight..."

As a sports nutritionist, I am listening to an endless stream of confusion regarding what to eat, how to lose weight, what foods to avoid, which carbs are good, which carbs are bad. I find myself repeatedly begging sports-active people to eat carbs (if they want to enjoy optimal performance, that is) and reminding them *excess calories* are fattening, not carbohydrates. But more than any other time in my career, I'm having a hard time convincing athletes to include carbs as the foundation of each meal so they can enjoy high energy, stamina and endurance. I remind them:

- 1) only carbs get stored in the muscles as glycogen and
- 2) depleted muscle glycogen stores are associated with fatigue.

Thanks to the Atkins Revolution, an extraordinary number of today's athletes are experiencing needless fatigue. They are running out of energy half an hour into the workout. Marathoners are training only five miles before they complain how tired they feel. Soccer players are waiting listlessly for the ball to come to them; they lack energy to attack. Hopefully, this article will counter the high protein hype and convince you (or your carb-evading friends) that pasta is important for athletes and bagels are not evil.

*Q. If carbs are so good, then why is the food industry creating so many low carb products?* The food industry is frantically jumping on the consumers' bandwagon. With an estimate 59 million people avoiding carbohydrate-type foods, the bread, bagel, cereal and pasta industries are feeling the pinch. The food industry's scramble to produce low carb products reflects a drastic need to generate income. Case in point, Burger King has resorted to selling a bunless burger! With too many dieters (including athletes) avoiding sand-

*(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
- Vice President**.....Dave Ahn
- Secretary** ..... Stan Jensen
- Treasurer**.....Doug Burns
- Membership**..... OPEN
- Marketing** ..... Rita Comes
- At-large** ..... 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—April and May

- Karen Hickey.....April 2
- Betty DeLuco.....April 4
- Douglas Rosenberg.....April 7
- Anita Chapman.....April 13
- Pam Molano.....April 14
- Margarete Leclerc.....April 15
- Gerhard Jaeger.....April 18
- Kathrin Sidell.....April 28
- Lara Salamacha.....April 28
- Karl Yost.....April 29
- John Whiting.....May 1
- Jim Kay.....May 3
- Scott Willard.....May 5
- Charles Roberts.....May 5
- Elizabeth Shepard.....May 5
- Gregory Ayres.....May 7
- Mike Nuttall.....May 7
- Ty Johnson.....May 9
- Lina McCain.....May 10
- Cara Nudi.....May 11
- Colleen Wright.....May 11
- Bobbi Lynn Jones.....May 13
- Michelle Rogonese.....May 13
- Mina Hah.....May 15
- Vanessa Lordi.....May 21
- Lee Blaine.....May 25
- Dag Johansen.....May 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, Laura Matter
- 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)

wiches like the plague, bread companies have chosen to create a low carb bread. This means slicing the bread thinner so it has half the carbs, half the calories. Or, they add fiber. Bread with 8 grams of fiber can be wholesome and hearty, yet can have fewer carbs than the standard fare. (Carbs from fiber don't count.) Add some soy flour (with a higher protein content)—voila! The bread industry's answer to the anti-carb crusade.

*Q. Can I really eat as much protein as I want and lose weight?*

Of course not! But I'm seeing countless new clients who come to me complaining the Atkins Diet isn't working for them any more. Why not? They have been eating plenty of calories of cheese omelets, fried chicken and crustless quiche. They fail to understand that the Atkins Diet doesn't work; rather, the dieter works to eat fewer calories. With no calorie deficit, there's no weight loss apart from an initial water-weight loss that occurs with carbohydrate restriction. (With the depletion of each one ounce of carb stored as glycogen in the body, you lose about three ounces of water.)

Low carb does not mean low calorie. That low carb crustless cheesecake loaded with cream cheese, eggs, sour cream, saturated fat and cholesterol is also loaded with calories. As is the "Atkin's Friendly" meal (steak with butter sauce, salad with blue cheese dressing). No diet foods there! Today's dieters need reminders: carb free does not equate to calorie free. You will not lose fat if you eat too many calories of steak and cheese. Calories do count!

Carb avoiders, please use your common sense. You cannot eat copious calories of protein and fat and expect to get leaner. You should also think twice about eliminating orange juice, bananas and carrots. Does that really sound like a healthful thing to do? Of course not! Fruits and vegetables offer abundant nutrients that protect against cancer, hypertension and heart disease. Losing weight should be about gaining health, not just losing fat.

*Q. What is the best way to lose weight?*

Not with the Atkins Diet—or any diet, for that matter. Research suggests when dieters eat equal calories of a well balanced sports diet with 55 to 60% of the calories from carbs (110-120 grams carb) vs a low carb, high protein diet (20 grams carb), fat loss is similar. There is little metabolic advantage to manipulating the ratio of protein to carbs. The disadvantage is denial and deprivation of favorite foods. That is, do you really want to never eat a bagel again? And do you want to endure workouts that are harder and less enjoyable because your body is carb-depleted?

Granted, including some protein in each meal does offer weight loss help. Protein lingers in the stomach, providing a pleasant "full" feeling. But you need not eat only protein, no carbs. If you are currently on the Atkins Diet, please add in oatmeal, brown rice, sweet potatoes, multi-grain breads, fresh fruits and colorful vegetables ... the wholesome, nourishing foods that once filled cupboards before the onslaught of soda pop, Frosted Flakes and Twinkies. The obesity epidemic is fueled with highly processed foods that are easier to overconsume than whole foods (and, in the general public, too rarely

exercised off).

By eating fruits, vegetables and unrefined grains, you are likely to feel satiated from their fiber and be better able to lose weight by simply consuming a few hundred fewer calories at the end of the day—no extra beer, four fewer Oreos, only three small spoonfuls of ice cream. Weight loss comes not via a "diet," but with *mindful* eating (the opposite of mindless eating).

If you want to lose body fat, I highly recommend you consult with a registered dietitian (RD) who specializes in sports nutrition. This professional can design a personalized eating plan that works for you and your lifestyle. You'll learn how to lose weight while maintaining energy to exercise. You'll also learn how to manage the American food supply and eat in a way you want to maintain for the rest of your life. To find a local RD, simply put your zip code into the referral network at [www.eatright.org](http://www.eatright.org).

Wake up, America. Do you really think you'll win the battle of the bulge with bacon, cheese omelets and cream? Wheaties is the better choice for not only champions but also diligent dieters.

*Nancy Clark, MS, RD is author of Nancy Clark's Sports Nutrition Guidebook, 3rd Edition (2003' \$23) and her Food Guide for Marathoners (\$20) Both have a strong section on how to lose weight and have energy to exercise. They are available at [www.nancyclarkrd.com](http://www.nancyclarkrd.com) or by sending a check to Sports Nutrition Services, PO Box 650124, W Newton MA 02465.*



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

Malcolm Dunn.....27:31  
Dave Ahn.....34:41  
Saad Fazil.....39:58

**Palo Alto Vista Trail Run**  
Half Marathon  
March 6, 2004

Malcolm Dunn.....1:30:42

**Napa Valley Marathon**  
March 7, 2004

Doug Rosenberg.....2:54:35  
Yuki Negoro.....2:59:12  
Tim Dalbec.....3:07:34  
Mammen Jacob .....3:18:32  
Emily Clark .....3:24:29  
Barry Eisenberg .....3:28:45  
Laura Matter.....3:37:08 (PR)  
Lisa Gordon .....3:41:28  
John Micek.....3:45:23  
Austin Grose .....3:47:48

**Los Angeles Marathon**  
March 7, 2004

Don Lundell.....4:57:00  
Gillian Robinson.....4:57:00

**Way Too Cool 50K**  
March 13, 2004

Don Lundell.....6:46:55  
Gillian Robinson.....6:49:49

**Rucky Chucky Roundabout 50K**  
March 20, 2004

Don Lundell.....6:46:01  
Gillian Robinson.....7:46:00

**UC Davis Track Meet**  
March 20, 2004

Vanessa Lordi (800m).....2:20.31

**Steven's Creek 50K**  
March 21, 2004

Don Lundell.....8:06:30  
Gillian Robinson.....8:06:30

**SFSU Track Meet**  
April 3, 2004

Vanessa Lordi (800m).....2:16.44

**American River 50 miler**  
April 3, 2004

Mike Nuttall.....9:48:00  
Don Lundell.....10:54:58  
Gillian Robinson.....10:54:58

**Ruth Anderson 50K**  
April 3, 2004

Don Lundell.....4:52:26  
Gillian Robinson.....5:28:40

**HP Up & Running 10K**  
April 18, 2004

Don Hogue .....35:27  
Vanessa Lordi.....40:45

**Big Sur**  
April 24, 2004  
Marathon

Mike Nuttall.....3:16:19  
**5K**  
Vanessa Lordi.....19:32

**Miwok 100K**  
May 1, 2004

Don Lundell.....13:59:05  
Gillian Robinson.....13:59:05  
Alex Sox-Harris.....14:23:17  
Jon Easterbrook.....14:35:37  
Scott Rafferty .....14:51:53  
Chuck Wilson.....14:54:47

(Continued on page 5)

## Personality of the Month

### Laura Sewell Matter

**Home:** Mountain View, CA (originally from Farmington, CT)

**Birthdate:** 11/12/76

**Age:** 27

**Occupation:** "Administrative Novelist"  
**Family Life:** Married (almost 3 yrs) to Nathaniel Matter

**Education:** Bachelors in English/Creative Writing from Stanford; Masters in Medieval Philology (Anglo Saxon and Old Norse) from the University of Edinburgh; Fulbright Scholar in Icelandic language and literature at the University of Iceland



**Running background/history:** According to family legend, my family went on vacation to the beach when I was about three. My father decided to take a break from the kids and go for a run by himself. Little did he know that he was being followed. A half hour later, when he turned around, he saw a rather small person in the distance, staggering towards him. That was me. Almost a quarter century later, after a few detours into other sports (field hockey and rowing), I find that I am still doing this sort of thing.

**My obsessions:** Wiping countertops. Seriously.

**My ideal running program:** Monday and Wednesday PARC runs, Thursday morning track work out with the Stanford Triathlon Team (of which my husband Nate is a member), Saturday morning long run, either at Sawyer Camp with PARC or on trails by myself. I managed to stick to this when I was training for my last marathon.

**My real running program:** Monday and Wednesday PARC runs. Right now I'm doing more cross-training (cycling and hiking) on weekends. I haven't been on a long run since the aforementioned marathon.

**Miles per week:** 15-20 at present

**Shoe of choice:** Brooks Glycerin 2

**Where I buy my shoes:** Metrosport

**My pace:** I don't wear a watch when I run and I don't do math. Other fitness stuff: I'm trying pilates and yoga right now to increase core strength and flexibility. I'm one of those people who tries to touch my toes and ends up waving at my kneecaps while grimacing in pain.

**Outdoor interests:** Hiking, snowshoeing, wandering city streets

**Indoor interests:** Reading

**Diet:** Plentiful, much of it crap. (Incidentally, I have recently re-discovered the joys of quiescently frozen confections, a.k.a. Popsicles. I particularly like the artificial ones that come in flavors like "red" and "purple".)

**Injuries:** Plantar fasciitis in my right foot

**Worst running experience:** High school track. For some reason, they had me running hurdles.

**Best running experience:** I guess it was this year's Napa Valley Marathon, where I took approximately 18 minutes of my previous PR and qualified for Boston for the first time! I ran it in 3:37:08.

**Favorite race:** The Laugavegurinn Ultra (55K) in Iceland was the best for pure scenery. It's an amazing volcanic landscape with rivers of glacial melt-water to wade through every few

miles. I won my age group because I was the only female between the ages of 18 and 29 who decided to turn up. Talk about an achievement.

**Worst race:** Did I mention I ran the 100M hurdles in high school?

**How did I find out about PARC:** One day I just Googled the words "Palo Alto running club" and what do you know...?

## Race Results Continued...

*(Continued from page 4)*

### Devil Mountain Run 5K

May 2, 2004

Don Hogue.....16:56

### Human Race San Mateo 5K

May 8, 2004

Ron Wolf.....18:43

### Zippy 5K

May 9, 2004

Vanessa Lordi.....19:18

### BADR Half Marathon

May 9, 2004

Adolfo Lim.....1:28:22 (PR)

## Upcoming Seminar:

Who: Danny Dryer  
Topic: ChiRunning  
When: Time and date will be announced soon.

Where: Lucie Stern Community Center  
Room: TBD

### ChiRunning®

If you're planning to run a 10K, a marathon, or an ultra, you don't want to miss this presentation! **Danny Dreyer** is the creator and founder of a revolutionary form of running called ChiRunning. He is also the author of the soon to be released book by Simon & Schuster, ~~ChiRunning: A Revolutionary Approach to Effortless, Injury-free Running~~. ChiRunning combines the inner energetic focuses of Tai Chi with running to form a very smooth and efficient, low-impact form of running. Note that "low-impact" running should not be confused with running slowly. By running more efficiently you are likely to become a better and faster runner. In this introductory session, Danny will discuss the basics of efficient running form, how to increase your speed without increasing your effort, and many aspects of injury prevention. Danny will also answer questions. Come learn about ChiRunning and how to run using your energy-efficient core muscles instead of relying on legs.

## June Seminars:

Who: Barb Acosta  
Topic: TBD  
When: Thursday, June 17  
6:30 to 7:30 PM  
Where: Lucie Stern Community Center  
Room: TBD

\*\*\*\*\*

## July Running Clinics:

Who: Tom McGlynn  
What: Focus-n-Fly Running Clinic  
When: July  
Where: Stanford Track  
More info to come...

\*\*\*\*\*

## University Chiropractic Dr. Steven Long, DC & Lynnette Long, DC

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Date: Sunday, May 23, 2004  
 Time: 8:30am (10K), 9:00am (5K)

Palo Alto Baylands Athletic Center  
 1900 Geng Road (at Embarcadero Rd.,  
 east of U.S.101), Palo Alto

Race Hotline: (925) 960-0076  
 e-mail: futurerun@att.net



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 May 14, 2004), \$30 on race day (7:00am-8:15am). Entry fee includes race t-shirt. Online registration  
 available at [www.theschedule.com](http://www.theschedule.com). **Mail-in registrations will be confirmed by e-mail only.**

**TIMING & SCORING:** Race results to be posted online at [www.saveyourbrain.org](http://www.saveyourbrain.org).  
 Please help us to provide accurate timing and scoring by filling out registration form  
 completely and legibly.

**DIVISIONS & AWARDS:** Male and female divisions for the following age groups: Youth  
 (14 & under), Teen (15-19), Open (20-29), Submaster (30-39), Master (40-49), Senior Master (50-59),  
 Senior (60 & over). Awards to top 3 in each age/gender division. Special awards to top overall Male  
 and Female winners.

**PLEDGE CHALLENGE:** Forms may be downloaded at [www.saveyourbrain.org](http://www.saveyourbrain.org).  
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**Waiver (must be signed/dated to participate):** In consideration of your accepting my entry, I, intending to  
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 and claims that I may have against the persons and organizations affiliated with the Run for the Future and the  
 sponsoring agencies, and the assignees for any and all injuries suffered by me while traveling to and from, and while  
 participating in the Run for the Future footrace on May 23, 2004. I further attest that I am physically fit and  
 sufficiently trained for participation in this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 (required for registrants under 18 years)

# Palo Alto Run Club, Inc.

PO BOX 1301

Palo Alto, CA 94302-1301

## *Inside...*

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## PARC Events Calendar— May 2004

| SUNDAY                         | MONDAY  | TUESDAY              | WEDNESDAY                 | THURSDAY | FRIDAY | SATURDAY                                      |
|--------------------------------|---|----------------------|---------------------------|----------|--------|---|
| * See Calendar Notes on Page 2 |   |                      |                           |          |        | 1<br>8:00 am—Long Run,<br>Sawyer Camp Trail*  |
| 2                              | 3<br>6:00 pm—Stanford<br>Dish Run, Angell<br>Field* | 4<br>6:00 pm—Track*  | 5<br>6:00 pm—Lucie Stern  | 6        | 7      | 8<br>8:00 am—Long Run,<br>Sawyer Camp Trail*  |
| 9                              | 10<br>6:00pm—Stanford<br>Dish Run, Angell<br>Field* | 11<br>6:00 pm—Track* | 12<br>6:00 pm—Lucie Stern | 13       | 14     | 15<br>8:00 am—Long Run,<br>Sawyer Camp Trail* |
| 16                             | 17<br>6:00pm—Stanford<br>Dish Run, Angell<br>Field* | 18<br>6:00 pm—Track* | 19<br>6:00 pm—Lucie Stern | 20       | 21     | 22<br>8:00 am—Long Run,<br>Sawyer Camp Trail* |
| 23                             | 24<br>6:00pm—Stanford<br>Dish Run                   | 25<br>6:00 pm—Track* | 26<br>6:00 pm—Lucie Stern | 27       | 28     | 29<br>8:00 am—Long Run,<br>Sawyer Camp Trail* |
| 30                             | 31  |                      |                           |          |        |   |