



# Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

## June Monthly Run

**Where:** Big Basin State Park

**MUST BRING AT LEAST ONE WATER BOTTLE FOR THIS EVENT!**

**When:** June 6, 2004

Meet for car pool 280/Page Mill Rd. for a 0730 departure. All others, plan to meet at Big Basin at 0830

**What:** The club will have a long run of about 12 miles and an option for a shorter 6 mile run..

**Why:** Do you want to run in Redwoods and see some great waterfalls? Then come to this run.

**How:** Take Highway 9 through Saratoga up to Skyline Blvd. Cross over and continue West until, Hwy 236. Turn West on Hwy 236 until to you see the signs for Big Basin. Continue to main parking lot. You will need to purchase a parking permit.

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

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

## July Monthly Run

**When:** July 4, 2004

**Where:** TBD

**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



## The Athlete's Kitchen

2004 Sports Nutrition News from The American College of Sports Medicine

*Copyright: Nancy Clark 6/04*

If you are looking for sports nutrition information, a likely source is the American College of Sports Medicine (ACSM), the nation's largest group of exercise scientists and sports medicine professionals. (See [www.acsm.org](http://www.acsm.org) for more information.) The following bits of nutrition information presented at ACSM's annual meeting in Indianapolis (June 2-5, 2004) offer just a taste of what was discussed.

**Food:** If you want to save money on pre-exercise snacks, consider eating "real" food. Trained cyclists performed just as well whether they ate raisins or sports gel 45 minutes before an exercise test. **The approximately 300 calories (0.5 grams carb/lb) of pre-exercise carbohydrate from either source did the same job and** no one complained of intestinal problems during the raisin trial! At 1/5 the cost of gels and a stronger source of nutrition, raisins can be a good sports energizer at a bargain price.

**Fluids:** Many commercial sports drinks claim to enhance performance and recovery, but the claims can sometimes be questioned. **Case in point: Endurox. Subjects consumed R4 Endurox, Powerade or a no-calorie placebo before, during and immediately after an exercise test that involved biking moderately hard for 45 minutes, performing an incremental test to fatigue, resting for 15 minutes and doing another incremental test to fatigue. When the subjects consumed the Endurox, they fatigued slightly earlier than when they had the placebo or Powerade.**

**Caffeine:** Athletes are typically advised to refrain from consuming caffeinated beverages before and during hard exercise in the heat, based on the (now outdated) theory caffeine has a dehydrating effect. When 59 healthy males (whose bodies were accustomed to caffeine) consumed differing amounts of caffeine, the caffeine did not threaten hydration status nor tolerance to the heat. The group who consumed 1.5 mg caffeine/lb body weight (about a 12-ounce mug of coffee) actually performed longer than the no-caffeine group (86 vs 75 minutes). This suggests caffeine offers an ergogenic effect and can be effective, even when used in the heat.

**Illegal drugs:** If you are a collegiate, Olympic or professional athlete, take heed: about 25% of supplements are contami-

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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.

## 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 CHAIR IS 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

**The Membership Position is currently Open! If you would like to be more involved in PARC, talk to Stan Jensen.**

### 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

### PARC E-mail Distribution List

The email distribution list “**pa-runclub@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 — June/July

Karla Kirkwood.....June 1  
 Kelly Blankenship.....June 1  
 Matthew Voas.....June 1  
 Sunnie Thompson.....June 3  
 Sean Seley.....June 4  
 Amol Saxena .....June 5  
 Rita Comes.....June 6  
 Tom Ziola.....June 6  
 Vince Fuller.....June 10  
 Malcolm Dunn.....June 12  
 Michael Hewett.....June 14  
 Isobel Fox.....June 15  
 Veronica Velasquez.....June 15  
 Baird Lloyd.....June 16  
 Darla Hewett.....June 16  
 Richard Gayle.....June 16  
 Abdesalam Laqtib.....June 17  
 Greg Lee.....June 17  
 Tracy Becker.....June 20  
 Chuck Fox.....June 24  
 Scott Gibb.....June 27  
 Martha Tse.....June 29  
 George Laning.....June 29  
 Don Way.....July 1  
 Robert Kennelly.....July 2  
 David Carella.....July 3  
 Victor Polich.....July 5  
 Ara Davis.....July 8  
 Jonathan Wand.....July 13  
 Raj Apte.....July 13  
 Donnell Borash.....July 14  
 David Buckley.....July 15  
 James Cherry.....July 15

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### Credits:

**Editor** Vanessa Hanley Lordi

**Events** Michael King, Kirsten Kempe  
 Jon Easterbrook

**Staff** Steve Reagan, Kevin Wilkinson,  
 Stan Jensen, Dave Wibbelsmann

**Writers** Nancy Clark, Steve Reagan,  
 Karen Hickey

**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).

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nated with muscle-building substances that are prohibited by the IOC and NCAA. What appears to be a "legal" sports supplement may not be legal, after all.

**Recovery:** After a hard workout, athletes need to consume carbs to refuel their glycogen-depleted muscles. The question arises: does adding protein to the carbohydrates enhance the rate of post-exercise glycogen storage and thereby enable stronger performance in the next bout of exercise? Two studies suggest no significant improvement in run times to exhaustion in a bout of exercise performed either 2 or 4 hours after the first bout, when the subjects refueled after the first exercise bout with a carb-protein recovery drink. Yet, the carb-protein recovery beverage did contribute to lower ratings of muscle soreness. The researchers want to investigate if the addition of pre-, during and post-exercise protein enhances muscle repair, thereby reducing muscle soreness.

A refueling study with chocolate milk indicates it is an effective recovery drink, similar to commercial carb-protein drinks.

**Dehydration:** Most athletes are well versed on the importance of drinking enough fluids before, during and after exercise in the heat. Despite this knowledge, problems with dehydration abound.

A study with professional basketball players who performed two-a-day workouts shows they started their first practice of the day inadequately hydrated and remained that way into the second practice session. This hypohydration existed even though they lost only a modest amount of sweat, about 0.85 liters/hour of sweat.

In comparison, college football players lost about 1.8 liters/hour of sweat ( a total of 4.1 liters per day) in moderately hot weather. The football players also failed to replace all the sweat losses and experienced mild dehydration.

Youth soccer players (ages 12-13) attending a summer soccer camp failed to drink enough fluids, even though the coaches encouraged them to do so and positioned cool fluids near by.

The studies suggest high-performing athletes need to pay more attention to their hydration needs. A simple drinking strategy to improve hydration status is to drink 20 ounces of fluid after dinner and before bed, then again before practice in the morning.

**Anemia:** Iron deficiency anemia and the precursor, low serum ferritin levels, threaten optimal athletic performance. A study of 46 competitive 13-year-old swimmers indicates 23% of the boys and 55% of the girls had low serum ferritin. Give more than a third of these swimmers presented with low ferritin, youth athletes should be encouraged to eat iron-rich foods (enriched cereals, lean meats) to prevent the development of anemia. Some may even need iron supplements to keep up with their body's increase demand for iron due to growth and the expansion of blood volume.

**Junk food:** Despite eating more than 4,000 calories per day, many collegiate football players eat too little fruit, vegetables and dairy foods. A survey of 50 players suggests they con-

sumed 59% of their energy from sugar and fat. No wonder many had low intakes of calcium, magnesium, fiber and vitamins A, E and folate...

**Meat:** Among female collegiate athletes from a variety of sports, 61% consumed inadequate high quality protein (from meat, fish, poultry, eggs and dairy). Some of these women limited their intake of animal protein in an effort to reduce their intake of dietary fat –and hopefully reduce their body fat. Yet, dietary fat intake was not related to percent body fat in this study. Female athletes should focus on eating well (including eating adequate protein) without worrying about gaining weight.

**Pedometers:** Pedometers can be useful with weight reduction programs. By wearing a pedometer, people can obtain data regarding their activity level. For example, in a group of 552 overweight older women (ages 45-75) who did no regular exercise, the average step count was about 5,300 per day. Only 3% of the women accumulated more than 10,000 steps per day, a popular recommendation for a physically active lifestyle. In comparison, fewer than 5,000 steps per day has been defined as sedentary.

Does knowledge about personal sedentarism inspire greater activity level? Doubtful, according to a study with 41 overweight, lower income women (ages 40-65) who wore pedometers for three months. Each woman received a weekly phone call, encouraging her to increase her steps by 10% each week with a goal of 10,000 steps per day by the end of three months. More than half of the women did not increase their steps by more than 1,000 from baseline. Knowledge does not always turn into action...

How accurate are the pedometers that estimate calories burned with walking? In a study with 21 students who walked/jogged on a treadmill while wearing a pedometer and simultaneously getting their energy expenditure measured via a metabolic cart, the pedometer overestimated calorie expenditure by 70-95 cal/hour.

*Sports Nutritionist Nancy Clark RD counsels casual and competitive athletes at her private practice in Healthworks Fitness Center in Chestnut Hill, MA (617-383-6100). Her best-selling Sports Nutrition Guidebook, Third Edition (\$23) and Food Guide for Marathoners: Tips for Everyday Champions (\$20) are available by sending a check to Sports Nutrition Services, PO Box 650124, Newton MA 02465 or [www.nancyclarkrd.com](http://www.nancyclarkrd.com)*

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**PARC BIRTHDAYS (continued)**

Allen Baum.....	July 17
Michael Dhuey.....	July 20
Verona Ross.....	July 20
Nina Wishbow.....	July 21
Sara Mason-Silva.....	July 22
Brigitte Fleeman.....	July 23
Emily Clark.....	July 24
Mechel Henry.....	July 24
Kenny Bright.....	July 30

# PARC Race Central

## Quicksilver 50K

May 8, 2004

Alex Sox-Harris.....6:04:03  
 Chuck Wilson.....6:12:43

## Waterfalls of Big Basin 16 Miler

May 15, 2004

Malcolm Dunn.....2:02:21

## Ohlone 50K

May 16, 2004

Zachi Baharav.....6:26:33  
 Chuck Wilson.....7:04:51  
 Alex Sox-Harris.....7:12:14  
 Don Lundell.....7:12:14  
 Gillian Robinson.....7:30:38  
 Steve Reagan.....8:35:34

## Bay to Breakers 12K

May 16, 2004

Ron Wolf.....55:44

## Run for the Future 5K

May 23, 2004

Ron Wolf.....21:44

## Pac Sun 10K

May 31, 2004

Ron Wolf.....43:51

## FANS 24-hour run

June 5, 2004

Don Lundell (107.61 miles).....24 hours  
 Gillian Robinson (104.94 miles).....24 hours

## Mt. Diablo 50K Trail Run

June 5, 2004

Malcolm Dunn.....5:21:49 (course record)

## Bighorn 100 miler

June 18, 2004

Don Lundell.....33:08.14

## Skyline Ridge Trail 50K

June 19, 2004

Mike Nuttall.....5:33:40

## Spirit Run 5K

June 20, 2004

Don Hogue.....17:04

## Western States 100 miler

June 26-27, 2004

Alex Sox-Harris.....27:26:32  
 Steve Reagan.....29:54:46

## Double Dipsea

June 26, 2004

Ana Sarosiek.....2:37:59

## Ironman Coeur d'Alene

June 27, 2004

James Cherry.....13:05:42

## Run for the Law 10K

June 27, 2004

John Stannard.....38:10

## Wine Country Half Marathon

July 11, 2004

Don Hogue.....1:16:59

## Western States

Steve Reagan

Well, I'm now drinking my first beer in a month, and its time to write my post-Western States log entry and race report.

What can I say - I've wanted a finish at WS for a long time. This was my fourth attempt in as many years, and finally, SUCCESS!!!!!!!!!!!!!! Here's a blow-by-blow description (likely to be a bit long):

I slept pretty well for the night before - almost 6 hours - usually I'm tossing and turning, but not this time. Gillian had taped my feet the afternoon before, so no prerace shower, so that was worth at least a few minutes of extra sleep. I drove to the start; Shannon Weil (a WS Board member) had arranged with Lucinda Fisher's help to have her sister drive my car to Auburn, so I needed to leave it close to the start, even though I was only a few minutes of walking away. I picked up my number and made my way to the start.

At precisely 5AM, the (shot)gun went off, and so did we, up the hill towards Emigrant Pass, the high point at 8750 ft. I felt pretty good, and powerwalked the entire distance. I passed the Escarpment aid station and scrambled over the Escarpment climb. Making my way through one of only 2 snow patches on the trail, I went over the pass and made my way down the other side, entering the Granite Chief Wilderness area. I was wearing an old WS Tyvek jacket and gloves, which I eventually took off, and put on fingerless gloves which I wore until the finish. I ran for a while with Christina before she got ahead of me, running at a relaxing pace on the up-and-down, twisty, rocky, scenic trail.

I reached Lyon Ridge at a comfortable pace, stocked up, then continued making my way to Red Star Ridge, the location of the first of my (8) drop boxes. There I got rid of the jacket and gloves. Concerned that I was only 20 minutes under the 9:30 cutoff, I decided to push it a bit on the 7.8 mile Soda Springs Road (dirt) into Robinson Flat.

Robinson was the first time my crew would see me. Don and Gillian insisted that I sit, so I did, while they waited on me with sandwiches and other food. As I left for Little Bald Mountain, I was surprise to see Christina still in the aid station; except for the briefest of moments at Last Chance, it would be the last I would see her until the finish.

Little Bald Mountain had been a major problem for me in prior years (the climbing and the heat), but due to my hill training and cooler weather, it didn't bother me at all. I caught up with Lisa Felder and Peter Zisko along the way, and eventually reached the aid station. Last year I was very frustrated and upset at this point (and everyone had noticed), but I had promised myself that this year I would go through smiling, so I did.

Leaving LBM, the next stretch was the long, difficult downhill along Cavanaugh Ridge to the Deep Canyon aid station. I passed Rob Apple, commenting to him that this must be his 3 millionth ultra (he's done a LOT, but I forget the number...).

I passed Peter for the last time, and after descending for what seemed like forever, I reached Deep Canyon, and the beginning of a long (and for me) a difficult dirt road section. I had been steadily gaining on both the 30-hour and cutoff paces, but running on the road slowed me down a bit. After another "forever", I reached the aptly-named Dusty Corners aid station. A number of friends were working this aid station, including Doug White and his Dad, Frances Shulze (who had made me a sandwich), and Dave Wibblesmann, from the Palo Alto Run Club. I inhaled the sandwich and made my way to the Pucker Point trail, the way to Last Chance.

In past years, the Pucker Point Trail has been one of my favorite sections of the course, but this year it was slow going. I found it a bit difficult to run with any sustained effort. I was also very aware of my splits from 2002, and I was falling behind those, which was a bit disconcerting. Despite all of that, I eventually made it to Last Chance - the aid station manned by the Stevens Creek Striders, my club (well, at least one of them ...). As I had done in 2002, I yelled "Striders!" as I entered the aid station. Unlike 2002, however, I felt strong and did not have any reason to have to hang around except for the usual things (I had some blister problems to fix in the 2002 race). I got a sandwich (though not from my drop bag), a bit of fruit, said hello and goodbye, and headed out.

The Canyons: In past years, I dreaded them. This year, in a way, I relished the challenge. I think the difference was my hill training. For a number of weeks before the race, I had spent many sessions powerwalking up Mission Peak and running back down. This was a perfect training run for the canyons: long, somewhat steep, hot uphill (complete with a rocky, steeper climb to reach the summit), followed by a steep rocky descent at the beginning, then a long sustained downhill to return. So, in the WS Training Camp I had found that this training was paying off, as I felt quite comfortable in both the descents and climbs, and very few people passed me, especially on the climbs.

With that mindset, I set off for the first of the canyons: Deadwood. This one features a long, steep, rocky descent to the so-called Swinging Bridge, followed by a brutal climb to Devils Thumb (the toughest in the race). I have developed this technique of floating down the hills, letting gravity seemingly take over and not pushing or resisting the pace. This I did quite comfortably all the way to the bottom and the bridge. A couple of runners passed me on the way, but I quickly passed them back as I started on the subsequent climb to Devils Thumb. The weather was kind to all of us, but I felt that I would have been OK even with the more-normal hotter temperatures as I had spent time heat-training in the sauna with layers of clothes prior to the race. At any rate, I used a method of "marching" up the hill by keeping a cadence which I did not vary for the entire distance, which made the climb (relatively) easy for me.

At the top, I was weighed and was just a couple of pounds over my weight (good). I had another sandwich then headed off, walking a bit, then running most of the rest of the way to

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the next descent at El Dorado (just like the training camp). I should mention that I was tracking my time relative to the 30-hour pace and was pretty consistently 20-40 minutes under. I passed the Deadwood Cemetery and started down the next canyon, again floating down the hill. This time I caught up with and passed several runners whose quads seemed to be shot. I felt like I could have run 10 canyons at the pace I was going (and using the cadence method of climbing). I eventually got to the bottom, grabbed a bite at the aid station there, then started climbing to Michigan Bluff. Again the climb was not too stressful at all, and I eventually got to the top in good shape (though beginning to tire just a bit).

At Michigan I had stashed my lights and some of my night gear; I had planned to leave my sunglasses there and switch to another hat. When I arrived, Barry Fisher met me and asked if I would like Lucinda to run with me to Foresthill. This was an offer I could not refuse. I had 2 or 3 cups of chicken soup and a little Coke, then we set off. After a couple of minutes down the road I had realized that in the haste of getting ready to leave that I had forgotten my lights and hat change. Lucinda yelled to Barry for the lights (he ran them out to me) and she switched hats with me as well. We then set off for Volcano Canyon and Foresthill.

Volcano Canyon has always been a trouble spot for me due to the steep rocky trail approaching the creek and having (usually, though not this year) to either wade across or step over rocks while trying desperately not to slip and fall into the water. I was glad to have Lucinda along, who was very encouraging and helpful in keeping me focused on the business at hand and not letting my concerns about the trail get the better of me. It was also beginning to get dark so I was glad to have the lights. I made it down to the bottom and across the creek bed without incident, and we climbed our way to Bath Road and the approach to Foresthill.

We reached Foresthill at around 8:20 and Don and Gillian (along with Karen Guenther and Dave Wibblesmann) were there to meet me. I told Don I needed desperately to use the bathroom, so we set off for the school behind the aid station. On the way, we passed the checkout station; I told the person there I wasn't yet leaving, but she must have checked me out anyway as I saw from the recorded splits that I had spent only one minute at Foresthill! Returning to the aid station, Don, Gillian and Lucinda had moved my drop bags next to the checkout area. For only the second (and last) time I sat briefly to eat and drink before Don and I set off for the California Street section of the course.

We started down the road walking until we reached the turn for the trailhead. After crossing Mosquito Ridge Road, we started the slog down the trail, and we started running at a comfortable pace. This is a nice gentle downhill section and I found it easy to run. Don asked me if I'd like to try his light, a 14 green LED flashlight. At first I declined, but when he compared the output vs. mine, I was sold. I quickly got used to the green lighting and found it was easier to run at a good pace with the extra brightness provided by Don's light. Down the hill we went, and eventually we reached Cal 1, aka Dardanelles. I grabbed a bite to eat and we resumed our trek.

The next aid station, Cal 2, aka Peachstone, was where I had twice stopped or been pulled in prior years, so getting through it was a major goal of mine. I was so focused on that that I scarcely noticed the short but sometimes steep climbs as we approached. We arrived at Cal 2 at 1:18AM - almost 45 minutes earlier than my crash-and-burn in 2002, when I dropped there. I remarked to everyone that I wasn't staying for long, and after stocking up, we set off, just as Gordy Ainsleigh arrived (boy was I surprised to see him!). We continued at a good pace, and Don and I started telling each other rather lame jokes. We reached the short, nasty climb to Cal 3, aka Ford's Bar, then descended back down towards the river.

At this point, I noticed that I was beginning to drag a bit. By the time we reached the Sandy Bottom section by the river I found myself walking more and more. I attributed this to the late hour and my general fatigue and figured it would eventually subside. We reached the dirt road approaching the Rucky Chucky river crossing and I was walking more than running. Finally reaching the aid station and river crossing, I was yet again weighed and was found to be in good shape at 3 pounds over. Don helped me tie my pack around my neck and shoulders. It was time to cross the river.

I had made the crossing as a pacer before but never as a runner. Don and I made our way down the steps to the water. I found this a bit tricky but managed OK. At the river, there was a towrope, with both glowsticks and volunteers in the water to make sure that all was OK for the runners. I grabbed onto the rope and stepped in. The water was quite cool but not extremely cold and was actually refreshing. The volunteers in the water helped me negotiate my way across safely and after the roughly 200-yard crossing I made my way up the banks on the other side, the Far Side. There was a large contingent of runners changing shoes, but I felt no need to (and could not anyway, as I had not left shoes there). I grabbed some soup and we started the climb to Greengate. The time was 3:30AM.

It was at this point that I noticed I was much more tired than earlier, and my pace up the hill was correspondingly quite slow. It took over 1/2 hour to make the climb, and I was pretty exhausted. At Greengate I had more soup before we started off the trail towards the Auburn Lake Trails aid station a few miles away on rather runnable trails. I didn't have too much energy to run, though and we thus walked and ran our way along. At that point, Don started to become somewhat concerned, as did I, about my slowing down, so I took some NoDoz, vitamins, and more food. After seemingly forever, we reached Auburn Lake Trails.

ALT was the beginning of a very familiar stretch of trail for me, as this section extending to Highway 49 is part of the Way Too Cool 50K course, so I had a pretty good idea of my location and progress. It is also marked each 1/2 mile by signs with mileage, so I could see that I was not moving as fast as I would have liked. Leaving ALT, we continued down the largely runnable trail, largely walking due to my apparent lack of energy. I had been hoping that the ap-

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proaching sunrise would revive me, but sunrise came and my energy didn't. I took more food and Succeed caps, but to no avail. We both became concerned, and Don told me he would now have to become a slave driver of sorts so that I wouldn't get in trouble with the time.

The next aid station, Brown's Bar, is a rather boisterous one. Run by a group of hashers, one can always hear music blaring from a distance when approaching the aid station. After an indeterminate time, I began to hear the music. I also remembered from my pacing days that it would take a long time after that to actually reach the aid station. Finally, we arrived. There were neon signs and spacey people everywhere! I got more soup, and staggered out of the aid station in a hurry. The time was 7:30AM; the cutoff there is 8:10 so I knew I had to make good progress. Don offered me M&M's and I gobbled a few down as we headed down towards the river again. I found the downhill tough going but made it. On the way, we passed Linda Hurd walking wrapped up in a space blanket (she later dropped). At the bottom we reached the Quarry road, yet another runnable section where it was all I could do to run at all. Don was urging me on, and I moaned that I was doing the best that I could.

At the end of this section, we reached the difficult climb to the approach to Highway 49. This was tough and a bit disheartening, but we made steady progress as Don would urge me along, then commend me for my progress. Finally reaching the top, we approached the aid station and crossed the now-busy road and entered the aid station. The time was 8:55AM, now only 20 minutes under the cutoff.

I was weighed for the final time and was several pounds over. I had been drinking a lot as the weather warmed up. Robin and Ali Mills, my other crew, met me with food, but in my haste I forgot to even thank them. Tom Kaisersatt greeted me there as well and urged me along and Don pushed me to get out and up the hill to the meadow by Cool. This was again tough going but we made it. I realized (and Don insisted) that I needed to run as much as I could. I managed an intermittent shuffle as we crossed the meadow, then started the long descent to No Hands Bridge. This is a tricky section as much of the trail is basically a trench, with ample opportunities to trip and fall. I remembered there being an exposed "ledge" above the road shortly before the final descent to No Hands, but it seemed that I would never get there. Of course I eventually did, then made the seemingly-for-me "perilous" descent to No Hands.

Tradition for Western States runners is that No Hands Bridge is the indicator that you are almost "Home" to Auburn, but I had no time to celebrate. I just grabbed a handful of food and started over the bridge to the Auburn side. Don followed and we started on the final section before the climb to Robie Point and the streets of Auburn. The effort for me was quite difficult and I found myself struggling and moaning with every step as I slogged my way along what was a now-hot road and trail along the river. Finally, we reached the climb to Robie Point. I felt like I was climbing Mt. Everest, and moaned and groaned up the hill. I noticed, too, that I was

beginning to list to one side but could not I would get to the finish in time and that increased both the urgency and brutality of the climb. Don continued to urge me to keep moving with whatever I could muster. We did stop briefly at a creek to dip our hats, then continued climbing until we finally made it to Robie Point and the pavement.

Doug White and Mike Martin were waiting for us and cheered when we arrived. I knew that there was a hill to climb on the street and with much effort managed to pull myself up the hill. Don, Doug and Mike cheered my progress and urged me to keep moving and I finally reached the top. From here it would just be a run on relatively flat terrain to the stadium and the finish. We turned the corner, and I saw Lee Jebian in the distance pointing to the next turn over a bridge to the final turn to the stadium entrance. I stopped a couple of times briefly, but continued on my way. Doug told me that a large crowd was waiting to cheer me upon my arrival, and that boosted my morale somewhat, along with the realization that I was indeed going to make it.

I made the final turn, ran down the street, and reached the stadium entrance. Doug was right - I heard the roar of the crowd as I got to the track. The urge to stop and walk was overwhelming, but the urge to keep running to the finish line was even stronger, so I thus ran all the way until I finally reached the finish line at 29:54:46.

As soon as crossed the line, Greg Soderlund and Tropical John Medinger greeted and congratulated me, and Greg draped the finisher's medal around my neck. I immediately collapsed into the nearest chair. Sophia Lewis who was working on the medical staff came over and congratulated me as well, as, to my pleasant surprise, Scott Jurek! My emotions overwhelmed me as I was both laughing and crying at the culmination of my years-long quest to achieve this moment. Tom and Doug and many other friends of mine who were there (too numerous to mention or even remember all of them) offered congratulations and hugs. It was magical.

Due to my condition I went to the medical tent to lay down. I began to stiffen up and I remained there for quite some time, but not caring to move at all. I was sure that any moment I would suddenly awaken back in Squaw Valley for the "real" start of the race. Dr. Bob Lind came by to check on me and said that I was OK, though he would have chosen to give me an IV if one were available. After some time, I finally managed to stand and walk so I could go to the bathroom!

I had a bag with a change of clothes and items for the shower but could not conceive of having enough energy to take one. I also could not conceive of missing the awards ceremony so I hobbled over to the cafeteria just as things were starting. What is nice about the ceremony is that each finisher is called individually to the front to receive his or her buckle. Since I was one of the last to finish, I was one of the last to receive mine. When I was called, a loud cheer went up as I lumbered over to get it. I found out later that I had been designated the "Most Courageous Finisher" (I must have been

*(Continued on page 8)*

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quite a sight on the track!).

That evening Don and Gillian drove me to my hotel in Auburn. They then went out and bought one of the tastiest McDonald's hamburgers I've ever eaten! I let them shower and clean up, and then they left. I just laid there staring at the buckle before finally getting enough energy to get up, shower, and go to bed. Going to sleep was another matter; I was too wired to fall asleep until well into the morning.

The next day, I got up late in the morning, ate at Denny's across the street, then checked out of the hotel. I stopped in Auburn, bought a belt for the buckle, then wore both for the drive home. What a weekend!!!

In closing, I have to offer my thanks to Don and Gillian - their coaching, encouragement, and personal involvement with my training throughout the year was undeniably the difference between finishing and yet another DNF. My whole approach to runs like these has now forever changed due to their efforts and advice. I will forever be in their debt. As a pacer, Don was simply The Best. He was positive and encouraging, but also tough when he needed to be, and for that I thank him as well.

I want to also thank Robin and Ali, Karen, Frances, Dave, Doug, Mike, and the countless others who helped cheer me on and made all of this possible. Hats off to all and Thank You. See you all maybe next year ... ;-)

### New York Marathon Racing Experience

*Karen Ambrose Hickey*

My "proud" running achievement was last year. I gave birth to my second child in June. By July, I started training for the New York Marathon. I had finally gotten in after 3 years on the wait list. Then, I found out that my dad was able to run the Boston Marathon - a once in a lifetime for him. So now, I wanted to qualify for Boston. I had been injured before and during my pregnancy (although I ran up until my delivery) so my running base was zero and I didn't have enough time for a full training schedule even if I did have a base. However, I did what I could. On the day of the marathon, the weather was too warm for me and I was mentally giving up by Mile 5 and wanted to stop. At Mile 13, I focused and somehow picked up energy going up and over the bridge - I just focused on my qualifying time and how important it was to go to Boston with my dad who always supported me at that race. I came in with 5 minutes to spare, totally exhausted, but with my time. And, I got to spend that marathon weekend and a weekend in Boston this year with my parents! I was proud that I was able to do that and balance the sleep deprivation of two small kids. And now, after a year, I'm finally making it back to the Run Club!

### Join Breakaway, a new coaching-and-travel company, on a destination marathon training vacation!

**The concept is unique:** Participants learn all aspects of marathon training while relaxing at and exploring a luxury destination. Read the description below or check our website for more information at [www.breakawaytraining.com](http://www.breakawaytraining.com).

During a Breakaway training vacation, expert coaches will instruct you on everything from proper running form and heart rate training to nutrition and injury prevention. You will learn to tackle hills and practice your pacing during a 5k run. Instruction is not limited to running. Participants will also learn the importance strength training, stretching, and cross training.

During one-on-one sessions with the coaches, each participant will receive a personalized training schedule, including target pace for long runs, speed workout recommendations and suggested races to participate in while preparing for your marathon.

Coaching support does not end after the trip. Through email communication, coaches will provide training support, refine personalized training schedules as needed and answer any marathon questions. They will coach each participant until he or she crosses the finish line.

Just as marathons are for every age and ability, so, too, are our trips. You need not worry about matching any

(Continued on page 9)



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*(Continued from page 8)*

other participant's speed - we are here to ensure that each participant receives a supportive and responsive experience. In addition to our open-enrollment trips, we are excited to be developing some weeks specializing in certain subsets of marathon interests. Our first such trip is geared specifically to women 40 and over, and it is scheduled for November in Sonoma, CA. Additional details are available at [www.breakawaytraining.com/training/sonoma](http://www.breakawaytraining.com/training/sonoma).

***A Breakaway trip is more than a training week; it is a vacation, too - one that includes all the perks of luxury travel.*** You will stay at a top-rated resort that offers unique surroundings, lavish accommodations and delicious cuisine. Then, you choose how to spend your downtime - see the sights, enjoy a spa treatment, hike through the countryside, relax by the pool, or golf at a top-rated course. Spouses and significant others are encouraged to come along - there is plenty for them to enjoy at each of the selected destination.

Our fall training vacations are headed to Enchantment Resort in Sedona, AZ, The Fairmont Sonoma Mission Inn & Spa in the California Wine Country, and Casa Madrona in Sausalito, CA. We look forward to adding other exciting destinations in 2005. Learn more about the fall 2004 training vacations at [www.breakawaytraining.com/training](http://www.breakawaytraining.com/training).

***Running club offer.*** We are pleased to offer two incentive plans to your Club members, one for the individual and the other for a group:

- Gather a group of 10 runners and the *11<sup>th</sup> goes for FREE*. The discount, based on the specific trip cost, can be shared by each of the group members or it can be used to pay the way for the motivated individual who assembled the group. You choose. Your group can join an already-organized training vacation or we would be happy to develop a custom trip specifically for you. This program specifically applies to runners participating in the marathon-training program.
- If you are not able to gather a group of 11 club members, you can take advantage of the *FREE race entry discount*. You tell us which race you are training for, and we will deduct that registration fee from your trip cost. For example, the Chicago Marathon registration fee is \$80. Once you register for this target race, we will deduct the \$80 fee from the cost of your Breakaway training vacation.

What better incentive do you need to train for a marathon while relaxing at a luxury destination?

***About the Breakaway Team***

*Founder Kim Taffer's* lifelong interest in sports turned into a passion when she laced up for her first marathon - the Chicago Marathon - in 1996. A few years later she added cycling and swimming to the training schedule and began competing in triathlons. Through her own training experiences, Kim knows first hand what one-on-one and group coaching does for performance.

As a consultant for a top firm and a business school student with limited leisure opportunities, Kim made the most of her free time by planning active vacations. Through her experiences, she realized that few companies existed to meet the needs of the athletic traveler. And that no one balanced rigorous endurance training with R&R in luxury destinations. So in 2003 Kim packed up her day job with a new finish line in sight. She merged her passion for sports and travel with her business acumen to found Breakaway Performance, an organization as committed to expert training as it is to great destinations.

*Head Coach Mindy Solkin* has coached thousands of runners over the past ten years, helping them achieve their goals, whether it is running their first mile or pursuing a personal best in the marathon. Mindy is the owner and head coach of The Running Center in New York City. Previously, she created and served as the Head Coach for the Leukemia-Lymphoma Society's Team In Training marathon program in New York City as well as the running program at Reebok Sports Club/NY.

Mindy has been a runner for over 20 years, competing in over 100 races from distances of one mile to the marathon, and is a frequent age-group award winner. Her passion for the sport of running and her compassion for her runners are exemplified in all aspects of what she brings to the Breakaway training vacations.

To learn more about Breakaway destination training vacations, visit us at **[www.breakawaytraining.com](http://www.breakawaytraining.com)**. You can also contact us with specific questions at **[info@breakawaytraining.com](mailto:info@breakawaytraining.com)** or **415.332.1533**.

## Volunteers needed for SF Marathon!!

There are only 16 days left until the SF Marathon, and the annual PARC WATER STATION is in need of volunteer hands! (After that, these incessant email reminders will end!)

This year, we are introducing the "**ADOPT A MARATHONER**" program. Each volunteer at the water station will be assigned to a group of runners, for whom s/he will distribute liquids and provide emotional support. You can be a hero to a special runner, who is certain to cherish your giving hands for miles to come. Come make magic at the PARC water station!

Be a part of this Olympic-caliber water station! If interested, contact: [steve@woohoo.org](mailto:steve@woohoo.org)

Date: Sunday, August 1st.  
Location: Golden Gate Park (JFK/Transverse)  
Time: TBA - early AM

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.



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

**We are passionate about health and wellness. We can assist you in improving the quality of your running and the quality of your life. We have extensive experience in treating and preventing common running injuries.**

**Our intention is to move you "from injury to wellness."**

**20% discount to PARC members.**

**Consultations are free. Call to set one up today. Why wait!**

**326 Bryant St.      Downtown Palo Alto      (650) 326-9812**

# Palo Alto Run Club, Inc.

PO BOX 1301

Palo Alto, CA 94302-1301

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## PARC Events Calendar— August 2004

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