



Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

November Monthly Run

When: November 7, 2004

Where: Marin Headlands

Why: A beautiful Marin Headlands run that starts near the Marine Mammal Center at Rodeo Beach. Following the run, Stan Jensen will lead the club on a very special tour of the Marine Mammal Center. This is a "not to miss" opportunity!

What: The club will host two runs that are approximately 12 and 7 miles. All Runners please be prepared to start promptly at 8:00AM. Drive takes about one hour from Palo Alto. For those who wish to car pool, there may be an informal gathering at 280/Page Mill Rd. Those who wish to car pool should plan on leaving no later than 6:45AM.

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. Go through tunnel and follow road out towards Rodeo Beach. Just prior to the Beach and near the beginning of the Lagoon, a road will take you up the hill to the right. Look for signs indicating Marine Mammal Center. The Mammal Center will be on the right going up the hill. All runners shall drive past the Mammal Center and park at the end of the road (white gate). Parking is along the road.

Contact: For more information, contact Steve Reagan at (w) 650-352-5070 or (h) 650-948-1955 or steve.reagan@sun.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: December 5

Where: Redwood Park

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



The Athlete's Kitchen

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Sports Nutrition News from the American Dietetic Association

What's the best food plan for eating to win? What fruits are best for health? Any tips for managing runner's diarrhea? Is iron deficiency anemia the reason you feel so tired? These are just a few of the sports nutrition concerns addressed at the American Dietetic Association's annual convention (Anaheim CA, October 2-5, 2004). Below are some highlights that might be of interest to active people.

Daily Fueling

Many athletes exercise as a means to enjoy guilt-free eating. But the faster, stronger athletes eat to enjoy better performance. That is, they view food as fuel, not just as fun. According to sports dietitian Bob Seebohar MS, RD, CSCS of Denver, the purpose of your daily eating should be to support your training program (eat to train, not train to eat) and not simply be the reward at the end of your busy day. You know, the "I-deserve-to-eat-cookies-because-I-survived-the-day" scenario. Seebohar believes too many athletes eat backwards. Instead of fueling appropriately before and during their workouts, they overeat afterwards. They train on fumes, and consequently fail to perform at their best. Seebohar encourages athletes to view the daily exercise sessions as important times to train the intestinal tract. By learning during training which foods and fluids taste best during exercise, settle well and enhance performance (as opposed to cause intestinal problems), you'll be able to perform well on the day of the event without fear of running out of energy or suffering from undesired pit stops and stomach cramps.

Diarrhea:

Bowel movements are rarely a topic of conversation among athletes, but the topic is certainly worthy of conversation! Numerous athletes eat and then run-to-the-bathroom --if not the bushes! If you are among the many athletes plagued by pit stops during exercise, you might want to experiment with this advice from sports dietitian Leslie Bonci RD of the University of Pittsburgh Medical Center. Buy a package of Certo or Sure-Jell in the cooking ingredients section of the supermarket. (Certo and Sure-Jell are pectins, used to thicken jelly and jam.) In the half-hour before you run (or exercise in a way that triggers the trots), drink a cocktail of one tablespoon

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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**..... 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@LFSUS.JNJ.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-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

OCTOBER

Shawn Gallagher.....	1
David Flexo.....	1
Rob Abrams.....	1
Phil Deliberato.....	2
Richard Green.....	2
Holger Scharn.....	2
Austin Grose.....	3
Jennifer Beeson.....	3
Peggy Ruse.....	4
Kevin Putnam.....	5
Eppa Hite.....	6
Alan Frindell.....	12
Stephany Hiller.....	12
Teresa Biegel.....	15
Stan Jensen.....	16
Laure Paul.....	16
Bob Sferra.....	18
Mark Rowland.....	18
Ed Chien.....	18
Theresa Kramer.....	19
Arthur Whitney.....	20
Caroline Inthavisay.....	21
Mike Cheshaek.....	24
John Jackson.....	24
Jacquelyn Moran.....	24
Ron Wolf.....	27
Peter Mehlitz.....	28
Angene Rafferty.....	28

NOVEMBER

Ivan Quijano.....	1
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Credits:

Editor Vanessa Hanley Lordi

Events Michael King, Kirsten Kempe, Steve Forman, Steve Reagan

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

Writers Nancy Clark, Vanessa 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).

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of Certo mixed in 1/4 cup of water (plus some sweetener and a teaspoon of lemon juice for flavor; bottled lemon juice is quick and easy). Experiment with this cocktail during training--to be sure it doesn't backfire during an important competitive event.

Powerful Fruits

No matter how many times you've been told to "eat your fruit," the chances are you are among the majority of athletes who fails to consume the recommended 3 or more servings each day. Big mistake, according to James Joseph, PhD from the USDA Human Nutrition Research Center at Tufts University in Boston. Joseph researches the impact of blue-purple fruits on the brain. Blue-purple fruits, such as blueberries, purple grape juice and Concord grapes are especially rich in health protective compounds that enhance communication within the nervous system. His rat research indicates powerful improvements in brain activity patterns that reverse the deleterious effects of aging.

Joseph is optimistic his rat research will hold true with humans. If so, eating more blueberries and drinking purple grape juice could potentially prevent the onset of symptoms of Parkinson's and Alzheimer's diseases. But rather than wait until he proves this health benefit in humans, Joseph suggests we start now consuming these foods more frequently. For athletes, grape juice is carbohydrate-rich and an excellent recovery food. Frozen blueberries are a tasty topping for breakfast cereal; dried blueberries are available at most whole foods stores -- delicious as snacks by the handful!

Excess Anti-oxidant Vitamins

Whereas adequate vitamins are good for your health, the question arises: Are too many vitamins bad for your health? Perhaps yes, at least with the anti-oxidant vitamin E in Ironman triathletes. But unfortunately, many endurance athletes are popping megadoses of E, believing it will counter the stress of hard exercise and enhance recovery. According to David Nieman, PhD, professor at Appalachian State University in North Carolina, high doses of vitamin E actually create a harmful effect. In Nieman's study with 38 Ironman Triathletes who took 800 IU E for 8 weeks before the Hawaii Ironman, the high dose created an inflammation response. Nieman believes too many anti-oxidants can convert into pro-oxidants. This generates an undesirable imbalance that exerts pro-inflammatory effects, the opposite of what is desired. (This research has been published in Med Sci Sports Exerc, August 2004)

Calorie Needs

Ever wondered how many calories you burn while simply breathing, pumping blood and existing? Many health clubs are now measuring resting metabolic rates using the BodyGem. But how accurate is this measurement? A study by the USDA Human Nutrition Research Centers in MD and CA suggests the results are similar (within 10%) to a very expensive research method using doubly labeled water, the gold standard for determining calorie needs. The BodyGem measurement (done at many health clubs) can be helpful for ath-

letes who believe they gain weight by simply smelling cookies, or who wonder how much is OK to eat to have energy to exercise yet still lose weight.

Anemia

Iron deficiency anemia is the most common nutritional deficiency worldwide--and is particularly common among women. A study of 25 female nutrition students at Utah State University indicates 12 of the 25 women—that's almost one half—had serum ferritin concentrations less than 20 ng/ml, indicative of depleted iron stores. Of these women, 10 were outright anemic, a sure way to hurt performance due to need-less fatigue. Compared to the women who had normal iron levels, the deficient women were more likely to report heavy bleeding during menstruation (a source of iron loss). They complained about feeling cold and weak, and had pale colored skin. None took an iron-containing vitamin-mineral pill. If your iron losses are high (via heavy menstrual periods) and iron intake is low (because of eating little or no red meat), be sure to get routine blood tests and consume an iron-rich diet (via iron-fortified breakfast cereals).

Walnuts

With so many doctors prescribing cholesterol lowering medications, consumers may forget that food is one of the most powerful drugs around. One example is walnuts (as well as other nuts). Forty-two subjects with high cholesterol consumed two ounces (about 400 calories, 30 halves) of walnuts daily for 6 weeks. This "walnut diet" lowered total cholesterol by 5% and the "bad" LDL cholesterol by 9%. This is just one example of how nutrition can be a fundamental treatment for heart disease, not drugs. While you may not enjoy eating 400 calories of walnuts every day, you can certainly enjoy a portfolio of health protective foods: oatmeal topped with walnuts and blueberries; spinach salads with chopped walnuts and purple grapes; banana bread with nuts. A sports dietitian can help you find ways to enjoy eating for good health. For personalized food advice, go to www.eatright.org and put your zip code into the referral network. Be wise, be healthy, and eat to win.

Nancy Clark, MS RD counsels both casual exercisers and competitive athletes at her successful private practice in Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her best selling Sports Nutrition Guidebook, Third Edition (\$23) and her Food Guide for Marathoners: Tips for Everyday Champions (\$20) are available via www.nancyclarkrd.com or by sending a check to Sports Nutrition Services, PO Box 650124, W. Newton MA 02465.



PARC Race Central

Run on the Sly - 20 mi. September 5, 2004

Eppa Hite.....3:48:15

Run on the Sly 50K September 5, 2004

Steve Reagan.....8:57:04

Davis Fleet Feet 5K September 6, 2004

Adolfo Lim..19:44

Pacific Trail 50K September 11, 2004

Alex Sox-Harris.....6:54:45
Don Lundell.....8:40:26

Pacific Trail 35K September 11, 2004

Gillian Robinson.....7:19:25

Baylands 5K September 12, 2004

Aldolfo Lim.....19:55

Newark 2.5M September 18, 2004

Aldolfo Lim.....15:24

Bear 100 miler September 24-25, 2004

Don Lundell.....33:38:08

Mt. Diablo Trail 50K September 25, 2004

Gillian Robinson.....8:45:57

5M Fog Jog Run September 26, 2004

Michael King.....29:16
Adolfo Lim.....31:06

Golden Hills Trail Marathon October 9, 2004

Phil Lovalenti.....4:36:21
Tim Dalbec.....4:59:53
Steve Reagan.....6:42:35

Firetrails 50 Miler October 9, 2004

Alex Sox-Harris.....10:36:40
Gillian Robinson.....12:15:15
Don Lundell.....12:15:15

Home Run 5K October 16, 2004

Vanessa Lordi.....18:59

Seacliff Beach 50K October 23, 2004

Stan Jensen.....6:58:18
Chuck Wilson.....7:19:52

Javelina Jundred 100 miler October 30, 2004

Gillian Robinson.....29:43:48
Don Lundell.....29:43:48

PROVIDIAN RELAY (300 mile relay) October 23-24, 2004



HOME RUN 2004 TEAM RESULTS!

This year, we had a number of PARC members take home many team trophies and individual medals at the Home Run 5K/10K event. The PARC Women's 10K team and the PARC Mixed 5K team both took home 1st place while the Men's 10K team came home with the bronze. Congratulations to all who participated and we are looking to fielding competitive teams again next year!

Team Results:

10-K WOMEN - 1st place = PALO ALTO RC

42:47 45:34 45:47 46:33 48:07 (52:26) = 3:48:48

KIRSTEN KEMPE, SUNNIE THOMPSON, LAURA MATTER, VANESSA LORDI, KELLY EMO, RACHEL ZEMSER

10-K MEN—3rd place = PALO ALTO RC

37:56 38:50 40:03 40:39 43:10 (44:43) (45:47) = 3:20:38

JOHN MADDEN, DAVID FLEXO, JACOB MAMMEN, JOZEF FRONIEWSKI, DAVID MINEAU, PATRICK NICOLAS, EPPA HITE

5-K MIXED—1st place = PALO ALTO RC

17:23 18:34 18:39 18:59 19:10 (19:47) (20:57) = 1:32:45

JOHN MADDEN, DAVID MINEAU, IRA WYGANT, VANESSA LORDI, DOUG BURNS, MARTIN BERNSTEIN, SAMANTHA MICHEL



WOMEN'S 10K TEAM
1st PLACE



ALL PARC TEAM TROPHIES



MIXED 5K TEAM
1st PLACE



Ironwoman & Ironman



MEN'S 10K TEAM
3rd PLACE

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PARC BIRTHDAYS CONTINUED...

Kevin Lohner.....	1
Peter Baum.....	2
Marilyn Watson.....	3
Zachi Baharav.....	3
Andrea Helft.....	5
Conrad Young.....	10
Laura Matter.....	12
Marty Udisches.....	12
Yuki Negoro.....	12
Judy Sorey.....	14
Noel Relyea.....	14
Adolfo Lim.....	16
Doug Burns.....	18
Steve Fratus.....	18
Rachel Zemser.....	19
Thomas Skibo.....	20
Elizabeth Heilman.....	22
Scott Rafferty.....	24
Phillip Lovalenti.....	24
Guy Herr.....	24
Tom Osborne.....	26
Yvonne Gbalazeh.....	28
Stephen Ruvolo.....	29

Steve's Turkey Trot 2004

November 21st (Sunday BEFORE Thanksgiving) run starts at 9am!!

Here's a chance to join your old and new running friends in a festive celebration of the Pilgrim's landing at Plymouth Rock.

The brunch menu is similar to the monthly runs except Mary will be preparing her famous hot mulled apple cider. We will have smoked salmon with tomatoes, onions and capers.

Bring bagels, pie, muffins, fruit, drink or what ever you think would be good for brunch. We do already have cream cheese.

Location:

730 Layne Ct., Palo Alto.
Near the intersection of Middlefield and Loma Verde.
Parking in the Century Market parking lot.

Please **RSVP** to formanms@earthlink.net or call 650-855-9475.

PARC ANNIVERSARY PARTY!!

Hello PARC members:
November is here and so is the Palo Alto Run Club Anniversary Party!!!

When: Sunday, November 14 at 8:30 AM

Where: Foothills Park, Palo Alto (off of Page Mill Road), Oak Grove Picnic Area (for a detail map of the picnic location see: <http://www.city.palo-alto.ca.us/ross/naturepreserve/foothills.html>); a list of PARC members will be provided to the gate ranger which will allow you to enter the park without being a Palo Alto resident. A very fun "running/orienteering/social" event has been planned. And, as always, there will be plenty of food. This year, we'll be serving pancakes. No worries, I will not be cooking; Rachel (a very good chef) will be doing the honors.

In addition to the pancakes, PARC will be providing bagels, coffee, and other beverages. **However, we would still like you to bring something to share (i.e. fruit salads, breakfast bread, etc.)**

Membership applications will also be available for 2005, so bring a check. Or you can just renew online: http://www.active.com/event_detail.cfm?event_id=1102296 Membership will now be on a yearly basis (not January to December as in the previous year). I'm also looking for some volunteers to help me out. I'll need some help setting up for the party and cleaning up. Please let me know if you are available to help.

Take care. RUN HAPPY!
Kirsten





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859 Santa Cruz Ave.
Menlo Park
650-325-9432

249 First St.
Los Altos
650-941-2262

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— November 2004

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