



Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

The Athlete's Kitchen

Copyright: Nancy Clark, MS, RD July 2005

Building Muscle: Tricks of the Trade

For years, body builders have fed themselves a traditional diet based on egg whites, chicken breasts, canned tuna and protein shakes. They have shunned burgers and fries for a very "clean" diet. They've gotten results.

Historically, we've had inadequate science to debate those rigid dietary rules. But today, exercise physiologists are intently researching the best ways to build muscles—without steroids, that is! In particular, they are examining the role of nutrient timing—the impact of when and what you eat in relationship to resistance exercise. As a runner, you are unlikely to want bulging muscles, you likely do want strength and power—and fewer injuries. This article touches upon the science of eating to build muscles.

For more information, I recommend the book *Nutrient Timing* by exercise physiologists John Ivy and Robert Portmans.

What should I eat before I lift weights?

By eating carbohydrates 10 minutes before exercise, you'll provide fuel for a stronger workout. By eating some protein, you'll start to digest it into amino acids, the building blocks of protein. Those amino acids will be available to be used by the muscles during and after exercise. Good choices for a pre-exercise snack include a fruit yogurt (150 cal) or a small bowl of Cheerios + milk.

Why should I eat right after I lift weights?

After a hard gym workout, as well as after a hard track workout, your muscles are primed for getting broken down: their glycogen (carbohydrate) stores are reduced; cortisol and other hormones that break down muscle are high; the muscle damage that occurred during exercise causes inflammation; the amino acid glutamine that provides fuel for the immune system is diminished. If you just drink water after your workout and dash to work, you'll miss the 45-minute post-exercise window of opportunity to optimally nourish, repair and build muscles.

You can switch out of the muscle break-down mode by eating a carb-protein combination as soon as tolerable after you exercise. Carbohydrates stimulate the release of insulin, a hormone that helps build muscles. Carbs combined with a little protein creates an even better muscle building response and reduces cortisol (breaks down muscle).

In a 12-week training study, the elderly subjects who took a carb-protein supplement immediately after each exercise

session achieved an 8% increase in muscle size and 15% increase in strength, as compared to the control group who took the supplement two hours later and saw no change in muscle size nor strength (Esmarck, J Appl Physiology, 2001).

Just as eating protein before and after exercise optimizes muscle development, so does eating protein throughout the day. When the amino acid levels in the blood are above normal, the muscles take up more of these building blocks; this enhances muscle growth. Hence, eating several protein-containing meals and snacks is preferable to eating one big dinner at the end of the day. Also, don't restrict calories while building muscles. With inadequate fuel, you will use protein for energy, not for building muscles.

How much protein should I eat to build muscles?

According to Dr. Ivy, strength athletes need about one gram of protein per pound body weight per day—along with weight lifting—for optimal muscle development. In comparison, the recommended protein intake for sedentary people is about 0.45 gram protein per pound; the average runner, about 0.6 to 0.7 grams. Most hungry runners can consume this much protein by choosing protein-rich foods and lowfat milk at all meals and snacks. For example, a 180-pound athlete can consume 180 grams protein by drinking two quarts of skim milk (80 gm) and eating the equivalent of two (6-ounce) chicken breasts (105 gm) per day.

Why are protein supplements so popular?

In today's fast-food society, a mindless way to get healthful (no cholesterol, low fat) protein is with supplements. Protein shakes, in particular, are popular because after a strength training session, athletes may not feel hungry, but they are likely thirsty. Skim milk + banana + protein powder (or powdered milk) + sugar (for quick-acting fuel) is a simple, hassle-free way to consume the protein and carbs needed to build muscle and refuel depleted glycogen stores. Yet, protein supplements are not a whole food and fail to offer the complete package of health protective nutrients found in natural foods. Use them to *supplement* wise eating, not to replace it.

What's all the hype about whey protein?

Whey comprises 20% of the protein found in milk; casein comprises the other 80% of the protein. The two are separated during cheese-making. (Remember Little Miss Muffet who sat on her tuffet, eating her curds and whey?) Whey used to be discarded, but today it is made into whey powder and used in a variety of protein supplements.

Whey is digested and absorbed into the bloodstream faster than other proteins such as casein. Whey is a rich source of the branch chain amino acids (BCAAs) leucine, isoleucine,

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Calendar Notes

Monthly Run

An informal group meets once a month for a long trail run. Distances and destination changes every month. For more info contact Peter Zepter or Ron Wolf: pwjzep@hotmail.com or ron.e.wolf@ieee.org

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

The club meets every Tuesday at 6:30 pm for some speed work at the Stanford Stadium. For more info please 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. For more information, contact John Stannard at jstannard67@yahoo.com.

Saturday Long Runs

An informal group meets at the scenic Sawyer Camp Trail for a long run on Saturday mornings. The trail runs along upper Crystal Springs Reservoir, near I-280 and highway 92. Contact Rita Comes at RavRita@aol.com for more info.

2005 PARC Board

The 2005 PARC Board of Directors is comprised of the following volunteers:

- President** Kirsten Kempe
- Vice President**.....Dave Ahn
- Secretary** Stan Jensen
- Treasurer**.....Doug Burns
- Membership**..... Stan Jensen
- Marketing** Rita Comes
- Social Events**.....OPEN
- Webmaster**..... Joe Murphy
- Newsletter** Vanessa Lordi
- At-large** Steve Reagan
- Run Coordinators:**
- Monday Night**..... Dave Ahn
- Tuesday Night**Dave Wibbelsmann
- Wednesday Night** John Stannard
- Saturday Morning**..... Rita Comes
- Monthly**..... Peter Zepter, Ron Wolf

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 Stan Jensen at : StanJ@Run100s.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 Stan Jensen at : StanJ@Run100s.com or visit the PARC website at www.parunclub.com

New Address?

Send change of address notices to Stan Jensen at the above address (see How To Join).

E-mail Discussions

New club members who provide an email address on their club member application are automatically invited to join the club's discussion group. Club members who wish to join at a later date, must have an email address "on file" with the club. If you are a club member with an on-file email address, you can join the PARunClub Discussion Group by sending an email to: parunclub-subscribe@yahoogroups.com. PARunClub Discussion Group access is restricted to club members. There are two ways to access the discussion group, by email distribution and by using the discussion group website. You can join the discussion group as either an **email-only** member, or as a **regular** member. **Email-only** discussion group members do not need to have a Yahoo ID. As an email-only member, you can choose an email delivery option, but you can not log in to the discussion group web site. **Regular** discussion group members must have a Yahoo ID. As a regular member, besides choosing an email delivery option, you can log into the discussion group web site where you can view new messages, search the message archive, and access additional features. More information on how to join is available on page 4 or you can visit <http://www.parunclub.com/email.html>

PARC BIRTHDAYS

JULY

Don	Way.....	1
David	Carella.....	3
Esther	Yoon.....	3
Greg	Delander.....	3
Victor	Polich.....	5
Beth	Brewster.....	7
Laura	Dunning.....	9
Peter	Delahunt.....	10
Zsuzsa	Hamburger.....	11
Jonathan	Wand.....	13
David	Buckley.....	15
James	Cherry.....	15
Allen	Baum.....	17
Taylor	Miller.....	19
Michael	Dhuey.....	20
Sara	Mason-Silva.....	22
Brigitte	Fleeman.....	23
Emily	Clark-Schubert.....	24
Christine	Hodson.....	25
Kenny	Bright.....	30
Misha	Birman.....	30

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Credits:

Editor	Vanessa Hanley Lordi
Events	Kirsten Kempe, Rita Comes Michael King, Steve Reagan
Staff	Steve Reagan, Kevin Wilkinson, Stan Jensen, Dave Wibbelsmann
Writers	Dave Ahn, Nancy Clark, Zachi Baharav
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).

The Athlete's Kitchen...

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and valine. BCAAs are taken up directly by the muscles instead of having to be first metabolized by the liver. Hence, whey is “fast acting” and a fairly efficient muscle energy source during exercise—plus a good source of raw materials for building muscles after exercise.

The 20 grams of protein in a glass of (protein-fortified) skim milk offers 1,900 mg of the BCAA leucine (@ \$0.40); a serving of MetRx Ultramyosyn Whey Powder offers 2,120 mg leucine for a 50% higher price (\$0.62). Unfortunately, whey powders often boast “very low carbs”; athletes need a foundation of carbs, with protein as the accompaniment, to optimize results from their training. Chocolate milk anyone?

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

RUN HAPPY!



BIRTHDAYS CONTINUED...

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AUGUST:

Ed	Lee.....	1
Nadir	Rahman.....	2
Ellyn	Nesbit.....	4
Sumita	Pennathur.....	7
Gillian	Robinson.....	10
Michael	Feary.....	10
Jennifer	Guhl.....	11
Peter	Hamady.....	11
Nina	Marand.....	15
Gregory	Koehrsen.....	16
Paul	Read.....	17
Bob	English.....	18
Patrick	Nicolas.....	19
Steve	Meek.....	22
Marco	Roveda.....	23
Elizabeth	Stetson.....	24
Osamu	Yoshioka.....	25
Carrie	Ryan.....	26
Joel	Gartland.....	26
Olav	Strawe.....	26
Scott	Oswald.....	28
Justin	Brocato.....	29
Sassaneh	Sulaimani.....	29
Judy	Logan.....	31



PARC Race Central

Mt. Diablo Summer Trail 50K June 4, 2005

Don Charles Lundell.....7:58:50
 Chuck Wilson.....8:01:27

Jim Bush So. Cal Track Meet June 5, 2005 800m

Vanessa Lordi.....2:14.69

Skyline Ridge Trail 50K June 18, 2005

Chuck Wilson.....6:36:13
 Stan Jensen.....6:54:28

Western States 100M June 25, 2005

Terry Lee.....22:35:00
 Zachi Baharav.....23:41:51
 Eric Klein.....26:58:00
 Jon Easterbrook.....27:39:00
 Mike Nuttall.....27:39:00

Shriners 8K June 25, 2005

Dave Ahn.....35:16

Fleet Feet Davis Mile July 10, 2005

Vanessa Lordi.....5:12.4
 Dave Ahn.....6:18.2

Tahoe Rim Trail 50M July 16, 2005

Alex Sox-Harrix.....12:19:00

Los Gatos All Comer Track Meets July 14th and 21st, 2005

	800m	
Vanessa Lordi.....		2:16.65
	400m	
Vanessa Lordi.....		.61.68
	Mile	
Vanessa Lordi.....		5:06.84



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Palo Alto Run Club Members

100 Miles, One day.

by: *Zachi Baharav*

The WSER was a great experience, and I enjoyed it immensely!

The race started at 5PM, last Saturday in June. The weather was welcoming: not too cold. To the sound of a (real) gun-shot, we took off. Climbing out of Squaw Valley (up to 8,700' Escarpment), we hit the snow! It was so beautiful!! Hard to run on, and sometimes slippery and dangerous, but it sure was beautiful. Snow has this feature of adding serenity and calmness, and with all the views from the ridges, very clear sky, and the great weather, it was just awesome! All the snow melting streams were flooded with water, and it added a refreshing tingle to it all. (Definitely an advantage to having a snow-year.) Little Bald-mountain still had snow patches on it, and then it was out to the deep and hot canyons.

I was feeling okay going down to the canyons, but started to have some upset-stomach problems. At Dusty-corners and then at Last-chance aid-stations, it only got worse and continued down to the DeadWood canyon, at mile 44. I was going slowly down, reached the flowing raging river, and then when I started climbing to Devil's thumb (Mile 48), I just couldn't move. Couldn't throw up, and couldn't move forward. So I decided to sit down and try to recuperate. Waited 10 minutes, felt a little better, and started walking. Didn't make more than 30 feet and had to sit down again. Just didn't feel good.

Now, as you may know, down at the bottom of the canyon is no place to drop. You'll have to get out of there one way or the other. I waited another 10 minutes, and a runner who passed by offered a Ginger for my upset stomach. I took it. 10 minutes later (namely, after 30 minutes rest), I felt like new. I started up the hill, strong and happy. By the time I got to the top of Devil's thumb, I was ready to roll.

At Mile 48, I passed the low-point, and now I was ready to run! From there it's one more canyon before Michigan-Bluff, but as I said, I was flying. As a matter of fact, no one passed me after Devils' thumb: we were just flying off to the finish. My pacers, Joel and Steve saw me for the first time at Michigan bluff: they were VERY surprised to see me running, happy, and looking forward to meeting them in 6 Miles. According to the time-reports they had, it seemed like I would come in half-dead...

From Michigan-Bluff it's a short run to Forest-Hill, where I saw many familiar faces and encouraging crowd and friends, and picked up Steve to pace for 20M. I knew this portion down to the river crossing from previous runs, and we just zoomed down (with headlamps, as darkness fell half way through). We were 40 minutes behind 24-hour pace at Forest hill, but we made time on the way down, and were 10 minutes ahead by the time we got to Green-gate (11:30 PM). We had a great run. Oh, and of course, the Rucky-chucky river crossing, on a raft, over raging waters, at night: Thanks to all the volunteers!! At Green-gate is where I gave a big thank-you hand-shake to Steve, and took off with Joel. We knew we were in good shape time-wise, and just wanted to be on the safe side. We felt good, saw the 'run-away bride' in Brown's Bar, and headed to the finish. After no-hands bridge, and before getting into Auburn (hearing the crowd and cheers), we slowed down for about 5-minutes, to reflect over the experience, from the training, through the run, and all the people (family!) who made it possible. It's a one man run, but it's a whole community effort. Then, the mandatory 300 yards around the track, and we're done!! 100M, one day, and I felt good: a little tired at the end, some blisters, but real happy! To summarize, for me the race was a combination of:

"The mountain" - the great outdoors;

"The people" - the camaraderie between runners, the volunteers, medical staff, the crowds: amazing!

"The experience" - Well, this IS the WSER, with Rucky-chucky crossing, devil's thumb, the canyon's, ... and Brown's bar. Certainly a memory to cherish!

No report is complete without acknowledging the people who made it possible. It's too long of a list, but I really want to mention: No man is an island, and without the support of my close family, this thing would not have been possible. Many thanks to my wife Yael, 5-year old Carmel, and 9 year old Tavor. Without their support and encouragement, understanding, and interest, this would not have been possible! Then, I am in debt to my two-pacers, Joel Kaplan and Steve Lester. It is so nice to have people to run with, especially during the night. Together we zoomed through the night. They had to listen to my mumblings throughout the night... Thanks! I hope you had fun as much as I did....

Okay, there's so much more to tell, but hey, there's a whole year to tell it now, and so many trail-miles to discuss it, so I will let it go for now...

Peace and Joy!

Deep Thoughts

by: Dave Ahn

Taking the Fall

It's summer time which means, yes, it's time to think about . . . yeah running cross country in the fall. To ponder whether the challenge of going hard over difficult terrain and hilly trails, the demands of rapidly changing your pace on different paths, the test of your willpower and ability to run through discomfort where every single placing is important to your team. So I am trying to think ahead to decide if I want to make the effort for the upcoming cross country season. And whether if I have enough teammates to make a good consistent effort (and possibly toward club nationals). So yes, this is the time to plan and dream, to see if I really want to make a big fall run.

Takes All Kinds

Some days the running comes easy and smooth. You feel great and the miles flow below your strides. Other days you are just slogging through, hoping it helps in your overall conditioning. (Not counting the runs where you go through a sequence of feeling good, then bad, then good, so you sometimes don't know how well the run will turn out, so you might as well run).

Then there are those times coming back from injury, where you feel you are learning to run again. Your first steps back are tentative; gee, will this not hurt? Can I really run again? These are the times which test your patience.

There are times to go out with a group, to talk and catch up on things, or to enjoy the beauty of the surroundings. Or maybe you want to be by yourself to think. There are times to go slow and recover, and there are times to push yourself and drop the hammer.

What kinds of running do you do?

Behind the Scenes

A lot goes into putting on a running race, be it road, track, or cross country. First, you have to set the date, and as I am writing this I am in discussion with various others on setting a date for both the Home Run (working with our local Stanford Habitat for Humanity student chapter, maybe some time in November) and the Fifty Plus Run (maybe mid March), plus I know our RFF crew has started talking about setting the Run for the Future Run date.

A race course needs to be picked or modifying an already established course pending changes due to construction or street changes. Then there are marketing and publicity, arrangements with the local police or city officials, ordering of t-shirts, procurement of food refreshments, arranging for timing and medical care, design of flyers and registration forms...And of course, finding volunteers to help for setup, registration, course monitoring, water stops, lead bikes, finish line.

Many local runs are put on by volunteers who contribute from their own dedication to the sport and community of running.
So I recommend to you to volunteer at a race when you can.

See you out there.

Visit the PARC
website at
www.parunclub.com



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PARC Events Calendar— August 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* See Calendar Notes on Page 2	1	2	3 6:00 pm—Lucie Stern Lake Lagunita PIZZA PARTY!	4	5	6 8:00 am—Long Run, Sawyer Camp Trail*
7 Monthly Run	8 6:00 pm—Stanford Dish, Angell Field*	9 6:30 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 Dish, Angell Field*	16 6:30pm—Track*	17 6:00 pm—Lucie Stern Baylands	18	19	20 8:00 am—Long Run, Sawyer Camp Trail*
21	22 6:00 pm—Stanford Dish, Angell Field*	23 6:30 pm—Track*	24 6:00 pm—Lucie Stern Edgewood	25	26	27 8:00 am—Long Run, Sawyer Camp Trail*
28	29 6:00 pm—Stanford Dish, Angell Field*	30 6:30 pm—Track*	31 6:00 pm—Lucie Stern St. Francis			