



Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

The Athlete's Kitchen

Copyright: Nancy Clark, MS, RD November 2005

2005 News From the American Dietetic Association

If you are confused by the plethora of nutrition information that filters into the media, you can look to the American Dietetic Association as a trusted resource for answers to your questions (www.eatright.org). At ADA's annual meeting (St. Louis, Oct. 22-25, '05), registered dietitians presented the following information that addresses some of the nutrition questions and concerns of health-conscious runners.

Eating out

If you are like most runners, you find yourself eating fewer home-cooked meals and buying more meals prepared away from home. In fact, Americans are eating away from home twice as often compared to 1970. We are also eating two to five times larger portions than in 1970:

- The once 8-ounce portion of soda pop at 7-Eleven stores is now a 64-ounce Double Gulp (600 calories).
- Today's muffin (with at least 400 calories) is double the "official" portion, a 2-ounce muffin.
- The now commonplace 20-ounce Porterhouse steak easily fills fat cells with about 1,100 calories. Add the rest of the dinner—baked potato and salad—and you have enough fuel for the entire day!

To no surprise, this increase in restaurant eating and portion sizes parallels America's increase in obesity.

What can you do about this fattening environment? Obviously, you can order smaller sizes and share meals. Less obviously, you can request changes to the menu. With consumer requests, the food industry might offer value meals with healthier (and smaller) side dishes, more grilled items, and more whole grain rolls. You could also ask for calories to be posted on the menu, next to the price; that would likely change consumer intake! Who wouldn't think twice before ordering a Big Mac: 590 calories, \$2.39!

Probiotics

While you may know that antibiotics are used to kill the bad bugs in your body, you may not know about probiotics. Probiotics (which means "good for life") are used to enhance the growth of good bacteria in your intestines. These bacteria do good things, like produce essential fats, enhance digestion and nutrient absorption, and significantly bolster the immune system.

Athletes who benefit from probiotics include those who:

- 1) take antibiotics (they kill both bad and good bacteria);
- 2) suffer from (traveler's) diarrhea, constipation or other bowel disorders;
- 3) are critically ill or have had surgery.

Europeans commonly use probiotics; they realize "a yogurt a day keeps the doctor away." We can all benefit by using probiotics as preventive nutrition. To boost your probiotic intake, enjoy more yogurt (with live cultures) or other cultured milk products such as kefir or Dannon's DanActive. You could also take probiotics supplements. Three commonly used products include VSL #3, Cultural (by Danone), and Flora Q (by Bradley Pharmaceuticals).

Performance enhancers

Sports supplements are popular among runners who want a way to increase performance, feel better, have more energy and stay healthy. But buyer beware! According to the law, supplements such as vitamins, minerals, amino acids, herbals and botanicals do not have to prove they are effective in order to be sold. Nor do the supplement companies have to prove their products are safe, to say nothing of prove they have been manufactured to meet high standards. Despite this lack of quality control, sports supplements are a booming business.

Two trendy sports supplements are creatine and nitric oxide.

- Creatine has been shown to improve performance in some athletes who do short, high intensity exercise, such as weight lifting. Take note: Not everyone responds. For non-responders, creatine offers no performance benefits.
- Nitric oxide (NO₂) supposedly dilates the arteries, allowing blood to flow more freely. Yet, no studies in strength or endurance athletes support any performance benefits.

Weight loss tip

If you are struggling to lose weight and are tired of "blowing your diet," knowing your metabolic rate can be helpful. At many fitness centers, you can get your resting metabolic rate measured and use that data to estimate your daily calorie needs. This information is particularly helpful for athletes who claim to have a slow metabolism or who eat too little during the day, only to become ravenous—and then overeat everything in sight at night.

Too little food

When female runners restrict their calorie intake, they limit the amount of energy that is available for physiologic functions—including menstruating. Female athletes who have stopped menstruating for more than 6 months, or have had multiple occurrences of skipped periods, are at risk of weak-

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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 NightDave 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: p a r u n c l u b - subscribe@yahoo.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

PARC Picture of the Month:



Karen Ambrose Hickey running with her 2 children David and Jenna. In her words, "I guess my highlight is having the kids experience the joy of running. It also makes it more relaxed for me - I can't worry about a time. We did the Pumpkin Run, Bay to Breakers, Run Forrest Run, Moonlight Run, Home Depot 5K and Bridge to Bridge. Not as great for my race results, but they love it!"

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, Karen Ambrose 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).

The Athlete's Kitchen...

(Continued from page 1)

ened bones and stress fractures. These women can benefit from consulting with a sports dietitian (see the referral network at www.eatright.org) to learn how to eat adequately to support normal body functions, yet still maintain a desired leanness.

Coaching vs telling

Coaching is a powerful tool for helping friends and family members lose weight and improve their food intake. One key to being a good coach is to be a good listener and then ask questions (so your loved one recognizes he or she has a choice). These questions might be: What do you want? (Answer: to be thinner.) How much do you want it? What is the purpose or reason for making this change? What is the biggest risk of changing? What are the consequences of doing nothing? What will your life be like when you are thinner? What food changes would you like to achieve in the next month? year?

After asking a question, you might get the response "I don't know. What do you think?" Shut your mouth, get comfortable with silence, wait and then listen attentively! The goal is to empower people to answer their own questions and then take action, turning their desired into reality.

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.



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 Palo Alto Run Club Members

Year End Review of PARC Demographics

Hey...did you know...

PARC currently has 284 members who will have an active membership on Monday, December 12.

Of these 284:

129 joined within the last 12 months
 155 renewed their membership

120 are female
 164 are male

35 requested XL shirts
 94 " " L
 87 " " M
 60 " " S

8 skipped the box or asked for a custom size (e.g. XS)

26 members joined as a "family" member
 258 asserted their independence

2 members are ages 8-19
 49 member are ages 20-29
 103 member are ages 30-39 <= mean age of 39.1 in PARC
 70 members are ages 40-49
 37 members are ages 50-59
 10 members are ages 60-69
 2 members are ages 70-72
 11 are too shy to give their age

98 members are in Palo Alto
 45 " " Mountain View
 32 " " Menlo Park
 15 " " Sunnyvale
 14 " " Redwood City

We have four Jennifers and five each of: David, John, Michael, Peter and Steve.

Results compiled by Membership Chair,
 Stan (renewed, M, L, single, 50-ish, Pacifica)



PARC Race Central

San Francisco Marathon July 31, 2005

John Stannard.....3:18:10

Hood to Coast August 27-28, 2005

PARC "Just Plain Nuts".....23:45.50

Grand Teton 50M September 2005

Alex Sox-Harris.....12:49:20

Shoreline 5K October 22, 2005

Vanessa Lordi.....18:56

San Diego 100M October 22, 2005

Alex Sox-Harris.....29:19:00

Wien-Cricket Sie & Er Lauf 8K Relay Vienna, Austria November 6, 2005

Martin Bernstein.....36:23

Home Run 5K/10K November 12, 2005

1st place—MEN/MIXED 5K

1) Palo Alto Run Club

Vanessa Lordi 0:19:00

Frank Keane 0:19:01

Doug Burns 0:19:03

David Mineau 0:19:38

Robert English 0:19:46

Marin Bernstein 0:20:30

5 SCORE TOTAL: 1:36:28

1st place—WOMENS 10K

1) Palo Alto Run Club

Bean Wrenn 0:41:27

Kirsten Kempe 0:42:42

Vanessa Lordi 0:46:19

Ashley Grosse 0:46:51

Melissa Stueve 0:51:36

Robin Davis 1:01:02

Diane Hutchison 1:11:46

5 SCORE TOTAL: 3:48:55

1st place—MEN/MIXED 10K

1) Palo Alto Run Club

Tom McGlynn 0:32:55

Brian Hicks 0:36:13

Glen Anderson 0:42:47

David Mineau 0:43:02

Charles Lai 0:43:56

Dave Wibbelsmann 0:44:42

Steve Chin 0:47:56

Patrick Nicolas 0:48:57

5 SCORE TOTAL: 3:18:53

The Long and Short of it.

by Dave Ahn

The basic tenets of my running has always been to go long and to go short. Now whether I actually get my body to do so is another thing but it is always good to remind myself as I resolve to get my running back in shape. Now I still enjoy running but in order to stop complaining that I am not running as well as I should, I need to see what I need to do. So what I have been thinking about lately is that I need to go short and long.

What I call short is what I mean to be speed workouts. These can take various forms but I favor interval workouts, where you mix repeated faster paced runs over fixed distances with light recovery jogging. And usually these are done on a track, for ease of determining distances and a safe controlled environment in which to run. The type of distances can be determined by what races you are aiming for, but it is good to get a mix of distances to work on various aspects of turnover, running efficiency, form, etc. But overall, it allows you individually to learn how to run fast, to teach yourself the mechanics of running smoothly and efficiently, and mentally preparing yourself to learn to judge pacing. I always say in order to run fast you have to practice running fast. And these speed workouts allow you to learn, judge, and develop race pace. I would advise doing the repetitions at a pace that you can maintain through the workout; don't start so fast that you burn out. You want to do good quality work throughout and feel confident by finishing strong. But remember, get a proper warm up and cool down, and definitely interval workouts work best in a group (for support and accountability). Now I just to have to get consistent doing these.

But don't forget other short stuff, like fartlek (speed play) where you mix in short bursts of speed during your run, and strides which are relaxed runs at close to top speed for periods up to say 20 seconds (these are good to do at end of a normal run to work on running fast when tired similarly to what you face in a race). Now the long stuff is the bane of my running, and something which used to be such a regular part of my training but alas has been largely absent for the last 2 years. The long run (and the long can really mean a wide range of distance, from say 150% of your normal training run and up) is what I used to enjoy doing since it gave me the endurance and strength to handle any racing distance I may choose.

But besides the endurance factor, your body makes adaptive changes as you run longer, increasing your ability to store carbohydrates and use fat as fuel. Plus your mind adapts in the mental discipline needed to handle running distances. But do build up mileage gradually (remember the 10 percent rule: either applied to not increasing your weekly mileage more than 10 percent or the length of your long run). Don't be afraid of running slower than normal training pace when doing long runs (emphasis on building endurance). And use recovery wisely; take a rest day after a long run. I also advise being flexible and adjusting your long runs or workouts according to whatever is going on in your life. For some training runs you may not go as hard if you are more tired than usual, but still the training is beneficial. Or perhaps, you may mix in some tempo during the longer run. Again be flexible and remember you do all this for the enjoyment and fun.

Just some of my thoughts this time. Hopefully I will interact with you and also get your help and company both short and long. See you out there.



PARC BIRTHDAYS!!

September

Stephen Soper.....1
 Suzanne Bloomer.....1
 Eric Klein.....3
 Abheek Anand.....5
 Anne Chamberlain.....7
 Jesse Bolton.....7
 Cait Sullivan.....8
 Subutai Ahmad.....8
 Kim Malone.....9
 Philip Lowton.....10
 Andrew Louis.....12
 Viren Kanyal.....14
 Elvira Wallis.....15
 Samir Mehta.....15
 Kyle Welch.....20
 Ofer Ohel.....20
 LaVergne Poe.....22
 Michael Nelson.....25
 Stefanie Eaton.....25
 Karen Pagano.....27
 Thomas Sandholm.....27
 Michael Webster.....30

October

David Flexo.....1
 Eleanor Diamse.....1
 Nancy Capps.....1
 Holger Scharn2
 Austin Grose.....3
 Peggy Ruse.....4
 Joe Murphy.....5
 Dennis Yu.....6
 Eppa Hite.....6
 Jenny May.....8
 Alan Frindell.....12
 Crystal Hoang.....13
 Kate Rubins14
 Laure Paul.....16
 Stan Jensen.....16
 Robert Sferra.....18
 Arthur Whitney.....20
 Lacey Bresnahan.....20
 Marc Metten23
 Jacquelyn Moran.....24
 John Jackson.....24

Stacey Ugur.....24
 Ron Wolf.....27
 Peter Mehlitz.....28
 Deanna McCusker.....29

November

Ivan Quijano.....1
 Peter Baum.....2
 Marilyn Watson.....3
 Zach Baharav.....3
 Danny Yang.....4
 Dirk Veenema.....5
 Frank Keane5
 Sharon Frazier6
 Ted Ray8
 Conrad Young10
 Laura Matter12
 Marty Udishes.....12
 Glen Anderson13
 Judy Sorey14
 Noel Relyea14
 Doug Burns18
 Diane Hutchison24
 Julie Skiena24
 Phillip Lovalenti24
 Tom Osborne26
 Stephen Ruvolo29
 Bethany Simmons30

December

Joseph Walter1
 Chuck Wilson6
 Jack Chen9
 Madeleine Rive13
 Jeff Justice15
 Tracy Bettendorf15
 Jeffrey Walker18
 Steve Woo18
 Becky Gray20
 Harold Hunt22
 Rick Burney.....22
 Madeleine Fox23
 Steve Chin24
 Robyn Juster25
 Cathy Boone26
 Nick Cravalho26
 Nick Thomas26
 Michael King27

PARC HOLIDAY PARTY!!



Host: PARC Board
Location: Buca di Beppo Palo Alto
Where: 643 Emerson Street, Palo Alto, CA [View Map](#)
When: Monday, December 12, 7:30pm
Phone: 650-329-0665

Please come and celebrate with us on Monday December 12th. PARC announcements and good cheer are promised.

Membership forms will be available - you can save time by renewing online from our website www.parunclub.com

This has been another great year with the Club - Thanks for making it a successful safe place to run and meet new friends.

Look over the dinner menu - John the Manager has done an exceptional job for us.

DINNER MENU - served family style at the tables (no need to make your choices now)

INSALATE

Caesar Salad
Mixed Green Salad

ANTIPASTI:

Bruchetta
Garlic Bread w/ Mozzarella

ENTREES

Chicken with Lemon
Eggplant Parmigiana
Chicken Saltimbocca

PASTA

Spaghetti with Meatballs
Macaroni Rosa - vegetarian

DOLCI

Tiramisu
Cheesecake with Raspberry Sauce



Cost:

\$25.00 PER PERSON for Members and Non Members - Non Members must be a guest of a current member

Dinner includes tax and tip - beverages will be extra.

Payment must be cash or check and plan on paying at the event- Make checks out to "The Palo Alto Run Club"



Palo Alto Run Club, Inc.

PO BOX 1301

Palo Alto, CA 94302-1301

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PARC Events Calendar— December 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* See Calendar Notes on Page 2				1	2	3 8:00 am—Long Run, Sawyer Camp Trail*
4 Monthly Run	5 6:00 pm—Stanford Campus Loop*	6 6:30 pm—Track*	7 6:00 pm—Lucie Stern Lake Lagunita	8	9	10 8:00 am—Long Run, Sawyer Camp Trail*
11	12 6:00 pm—Stanford Campus Loop* HOLIDAY PARTY!	13 6:30pm—Track*	14 6:00 pm—Lucie Stern South Palo	15	16	17 8:00 am—Long Run, Sawyer Camp Trail*
18	19 6:00 pm—Stanford Campus Loop*	20 6:30 pm—Track*	21 6:00 pm—Lucie Stern Stanford - Christmas Tree Lane	22	23	24 8:00 am—Long Run, Sawyer Camp Trail*
25	26 6:00 pm—Stanford Campus Loop*	27 6:30 pm—Track*	28 6:00 pm—Lucie Stern Edgewood	29	30	31 8:00 am—Long Run, Sawyer Camp Trail*