



Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

The Athlete's Kitchen

Copyright: Nancy Clark, MS, RD Jan 2007

Nutrition—Your missing link?

"I've got my training down to a science, but nutrition is my missing link."

"My diet is horrible. I'm so good at exercising but I'm so bad at eating."

"I'm running hard but not getting the results I want. I guess I should eat better...?"

Some runners joke about their seafood diet. They "see" food, and they eat it. Sometimes they eat too much, and often they eat the "wrong" foods. While there's no secret some good runners have junky diets, the question arises: How much better could those athletes perform if they were to eat better?

The answer, as documented by research studies, suggests 6% to 20% better. Wow—that's a lot! Eating the right foods at the right times makes a significant improvement not only in today's running performance and weight management, but also in tomorrow's health and well-being. I've helped many very good runners build stronger muscles, run faster marathons, compete with higher energy; and many fitness joggers to train better, lose weight, and improve dramatically. Perhaps this can be *your* year to significantly enhance your health and performance by fueling your body appropriately.

Don't just eat; eat right

To their demise, many runners not only fail to eat well, they are also unaware of the benefits to be gained by consulting with a sports dietitian. The common explanation is "I know what I should eat, I just don't do it." If this sounds familiar, you undoubtedly do know you should get your Vitamin C from fruits and veggies, not from C-3 supplements (translation: Chocolate Chip Cookies). And you undoubtedly know you shouldn't dive into the half-gallon container of ice cream the minute you return home from a long run. But why do you continue these behaviors? And how can you revise those habits? These are the issues that deserve your attention.

Nutrition information often goes in one ear and out the other, without getting stuck in your brain and put into action. That's because you may be confusing "eating well" with undesired feelings of denial and deprivation, or with a deficiency of fun-foods and an excess of duty-foods. Life without cookies can seem dark and gloomy. Plus, on a sub-conscious level, you may be responding to media's messages that persuade you to indulge. You deserve a food reward today. Right?

Given that you know what you should eat for health and

performance, you have no need to team up with a sports dietitian, right? (After all, why would you pay someone to embarrass yourself while confessing your quirky food habits?) A sports dietitian can help you have cake and eat it too—and find a livable balance between a "junky diet" and a good fueling plan that is both enjoyable and benefits your training and performance.

Knowledge is power

You don't know what you don't know. I work with a lot of highly intelligent runners with lots of nutrition knowledge, but they are not registered dietitians (RDs) with at least four years of undergraduate education related to food and nutrition sciences and another year or two of a dietetics internship and/or graduate school. Your coach, exercise physiologist, parents and teammates may appear to be nutrition experts and offer nutrition advice, but only registered dietitians (RDs) have the training that makes them professionally recognized as the true nutrition experts.

RDs who specialize in sports nutrition can now take an exam to become Board Certified as a Specialist in Sports Dietetics (CSSD). The American Dietetic Association, the nation's largest group of nutrition professionals, acknowledges this specialty niche—just as they have for RDs who specialize in renal disease and pediatrics. Sports dietitians who meet specific educational requirements and work experiences are eligible to take the exam and qualify for this meaningful CSSD title. CSSDs know the ins and outs of foods and fluids as they relate to physical activity and athletic performance.

Make an appointment today

To find a local CSSD sports dietitian, use the "Find a SCAN Dietitian" referral network at www.SCANDpg.org, the website for SCAN, the sports nutrition dietetics practice group of ADA. Or go to www.eatright.org, ADA's website. Put your zip code into the *Find A Nutrition Professional* referral network.

What can you learn from a CSSD/sports dietitian?

- How many calories you deserve to eat ... and how many of them can be from junk food (if desired).
- When to eat so you optimize energy, muscle growth and repair, and performance. No more running out of gas during workouts...or at work, for that matter!
- The right balance of carbs to fuel your muscles and protein to build your muscles—with sample menus and food ideas.
- How much dietary fat is OK to eat—without clogging your arteries—and how to choose foods with the health-protective fats.
- How to sneak more fruits and veggies into your daily food

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Calendar Notes

Monthly Trail 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.

2007 PARC Board

The 2007 PARC Board of Directors is comprised of the following volunteers:

- President**.....John Stannard
- Vice President**.....Dave Ahn
- Secretary**.....Stan Jensen
- Treasurer**.....Doug Burns
- Membership**.....Stan Jensen
- Marketing**.....Rita Comes
- Social Events**.....Steve Reagan
- Webmaster** Joe Murphy
- Newsletter** Vanessa Lordi
- At Large** Andrew Fong
- 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: 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 BIRTHDAYS

JANUARY:

Bo Preising.....	1
Karin Schmitt.....	2
Nancy Brown.....	6
Anne Cribbs.....	7
Bill Bergeron	7
Rob Levitsky	7
Sarah Kummerfeld.....	7
Gary Tate.....	10
Kyle Barriger.....	12
Norman Siow.....	14
Judit Losoncz.....	15
Jozef Froniewski.....	16
John Stannard.....	17
Stephanie Downey.....	20
Jon Easterbrook.....	22
Carolyn Caffman.....	24
Jocelyn del Carmen.....	25
Dave Wibbelsmann.....	26
Dave Ahn.....	28
MB Lefebvre.....	28
Mina Yoo.....	29
Peter Zepter.....	31
Sherman Fu.....	31

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Kelli Johnson.....	6
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Credits:

- Editor** Vanessa Hanley Lordi
- Events** Rita Comes, Michael King, Steve Reagan
- Staff** Steve Reagan, Kevin Wilkinson, Stan Jensen, Dave Wibbelsmann, Ron Wolf, Dave Ahn
- Writers** Nancy Clark, Ron Wolf, Rachel Zemser, John Hansen
- 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@gmail.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)

plan so you effortlessly enjoy these sources of abundant all-natural vitamins and minerals.

- Tips to tame the cookie monster. (Hint: The cookie monster visits when you get too hungry; front-load your calories.)
- How to get enough protein at meals, even if you are a vegetarian. The money you save on protein supplements can likely pay for your nutrition consultation!

The bottom line

If you show up for training, physical therapy, massages, etc., but do not show up for sports meals, think again. When your goal is to move to the next level of performance, consulting with a sports dietitian can be your winning edge

Nancy Clark, MS, RD, CSSD counsels casual exercisers and competitive athletes in her private practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her Sports Nutrition Guidebook, Food Guide for Marathoners and Cyclist's Food Guide are available at www.nancyclarkrkd.com. For her workshop information, see www.sportsnutritionworkshop.com.

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PARC 2007 Monthly Trail Run Schedule

by Ron Wolf

Peter & I have planned an adventurous and varied PARC Monthly Trail Run schedule for 2007. The schedule and details for each run can be found on our website at <http://www.parcunclub.com/trailrun.htm>. For each run we include driving directions, coordinate a carpool, include pointers to maps and other relevant information, and detail trail directions for both a long run and a 'short' run. For the long runs we find a route between 10-13 miles and for the short run between 5-7 miles. After each run we hang around for a potluck snack where each runner brings something to share. The potlucks are a great time to share the adventures of the morning of running and make plans for future runs.

Mar 4, Sunday - Castle Rock - We'll visit a waterfall and view incredible vistas across the Santa Cruz mountains to the ocean.

Apr 7, Saturday - Sanborn County Park - A seldom visited treasure.

May 5, Saturday (Cinco de Mayo) - Montara Mtn - Our first time running Montara Mountain. I'm planning an epic run from the coast to Pacifica and back.

Jun 3, Sunday - Huddart Park/Phleger Estate - Amazingly soft and well maintained trails in the cool shade of the forest.

Jul 14, Saturday - Purisma Creek Redwoods OSP - We are inviting other local running groups to join us on this run for a trail runner's schmooze fest.

Aug 4, Saturday - Wunderlich County Park - A favorite run, shaded and close to Palo Alto.

Sep 8, Saturday - Windy Hill OSP - My favorite, gently graded climbs, with a fabulous view of the mid-peninsula at the top.

Oct 7, Sunday - Long Ridge OSP - At the top of Peninsula spine with well-traveled trails and interesting sights.

Nov 3, Saturday - Stevens Creek County Park

Dec 2, Sunday - Grant Ranch - Our only East Bay run this year, Grant Ranch is dramatic in its wide open spaces.

Typically about 7-20 runners of varying interests and abilities join in these runs making these runs a great way to get started with trail running. Or, for those who have already discovered trail running, come join us to meet some new running buddies and experience new trails.

PA Run Club Demographics

Did you Know...?

PARC currently has 295 members

of these 295:

144 joined within the last 12 months
151 renewed their membership

130 are female



165 are male



34 requested XL shirts
91 requested L shirts
102 requested M shirts
66 requested S shirts
2 skipped the box or asked
for a custom size (e.g. XS)

85 paid by cash or check
210 registered via Active.com

We have four Michelles and four Nancys,
plus six Johns and seven Michaels.

The most popular e-mail providers are:

- 80 yahoo.com
- 44 gmail.com
- 33 hotmail.com
- 16 aol.com
- 15 stanford.edu
- 13 sbcglobal.net

AGE RANGES:

54 members are 20-29
106 members are 30-39 (mean age of 39.3 in PARC)
75 members are 40-49
40 members are 50-59
8 members are 60-69
2 members are 70-72
10 are too shy to give their age

98 members are in Palo Alto
32 members are in Mountain View
31 members are in Menlo Park
18 members are in San Jose
17 members are in Redwood City



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Palo Alto Run Club Members

Las Vegas Marathon Experience

by: Rachel Zemser

I ran the Las Vegas Marathon today-I trained minimally, my longest run was only 12 miles but it was a true test to see if I could complete 26.3 miles-read on!

The marathon was like a big party for the first 7 or 8 miles, running down the middle of the strip is something that no one gets to do unless...they run the LV Marathon! Then I began to get nervous. Why was my left foot stinging? Where was the next water stop? Was that my Achilles ache acting up again? Will I make it through the next 20 miles? Oh look, there is the Bellagio... niiiiiceee, I wish I was there right now eating at Mina's-oh, back to reality...Damn, I still have another 20 to go!!

Then we went through Freemont street and the crowds were cheering us, that motivated me (and my running buddy Christa-who, by the way, is the reason why I ran this, I had no interest whatsoever in doing it and did not even train for it, my longest run was only 12 miles-but she really needed a partner and since she is my favorite new female friend I will do anything she asks-so I ran the 26, with her, for her, to support her, and I guess also to prove I am a Bad Ass MOFO road warrior that can do 26 without even training!)

Around mile 12 and 13 we bumped into other friends in the race, I had eaten my GU (<<http://www.gusports.com/>><http://www.gusports.com/>) and the 2X caffeine was kicking in, photos were being taken, Elvis kept running by, all was good-Then, another mile later Christa was getting very very quiet.. As a matter of fact, everyone around us was quiet; fear and pain were in the air. I saw a great T-shirt logo "Pain is weakness leaving the body" loved that one! I realized that it was time for the IPOD!!!!!!

Oh, the ipod is the best running drug around. I put it on and immediately felt soooooo gooooood! Just like that moment when morphine kicks in (I would imagine, having thankfully never needed morphine!) I was so glad that I held out for the first 13 miles because now I would be able to appreciate it for the whole second half-The ipod, like drugs, eventually loses its potent marathon distracting effects and the pain again becomes the foremost thought in your mind.

Was feeling pretty good all the way through mile 18 and was so ecstatic when I realized that mile 18 was actually mile 19!! I had somehow missed a mile sign and was now further along than I had originally thought. Only 7.2 more to go, that is soooo manageable even though my toes are hurting and stinging and I am beginning to get side stitches, on both sides. Then the pain competition began. When the side stitches got bad, the feet pain went away, then the side stitch got better and the foot pain showed up, then there was new pain in the ring, the quads-but only the left one especially, but the right one was just begging to get into the pain pool-I could feel it getting sorer and sorer by the second.

I began to fall in out of awareness at this point. We were down to the last 6 miles, I was still keeping pace but was feeling very light headed and dizzy. I tried to drink at every water stop but I felt like the desert air was stealing every drop of Gatorade that I just drank. At this point a marathoner begins to wonder, what am I running on anyway? The answer to that is probably caffeine, endorphins and adrenaline-and it is hard to explain this, but you actually can feel, internally, that those three items are all you have left and you pray that it will get you through those last incredibly difficult, ridiculously painful, and mentally challenging miles.

For some reason at mile 23 we both had a tiny surge of energy, that lasted about 1/2 a mile.

I hit the stupid proverbial marathon wall that people only hit because everyone talks about it so you are expecting it to happen. For me it came around mile 24-I seriously began to feel like walking... But I couldn't, not with everyone cheering and watching, I WILL NOT be one of the walkers-if Christa can keep going, so can I!

The pain was so bad during those last two miles, from the tips of my toes to my swollen knees, to my stiff quads, to my side-stitched middle-to my wind burned face-pure hell. I told myself this will be the last marathon, and I planned to write down every painful detail (this document) so when one of my friends makes a ridiculous suggestion 3 years from now that we do another one, I will pull this up, read it, remember the living hell of this moment, especially the last two miles, and NOT do it again. There is no point really-I can stay healthy and just do half marathons or not even race at all.

As I was running the last mile all I could think about was pain, pain, pain, and that t-shirt about it being weakness leaving the body-Somehow that got me through to the finish.

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I almost cried when the run was done...Almost, but being the non-emotional type that I am, and the fact that I was totally dehydrated, there was no liquid in my body available to come out of my eyes. (my very first marathon, Napa, I got a tiny bit teary eyed at the finish, you just can't help it, you are so drained and tired and aching that all you can do is sit on the curb and cry-then after a minute you feel better, get up and stumble back to wherever you were sleeping 6 hours earlier that day).

The half mile walk back to the Luxor was more painful than the first 10 miles of the race.

Brunch at the Wynn (it was ok-I am not a big fan of buffets, they are kind of wasted on me -although it is fun to try one of everything)-For some reason all I wanted was strawberries, sausage, bacon and chocolate ice-cream. I normally do not indulge in the last three, but after 26.2, I can eat whatever I want!

We are going out tonight but Christa (who originally-before the marathon -insisted that we go out clubbing in our stilettos, has had a change of heart and has agreed to a more mellow night of sitting on plushy couches in various lounges drinking champagne and wearing low heels. Hopefully that last 600 mg Advil will kick in soon.

The sun has gone down and the Vegas lights are up and I am completely wrecked and destroyed to a level that is beyond a non-marathoners comprehension.



UC Davis Sports Performance

By: John Hansen

Heart rate decrease & overtraining

Is a rapid heart rate decrease in post exercise a sign of overtraining?

Questions regarding a heart rate decrease after workouts have been a topic of discussion of athletes for decades. With this discussion, however, often comes misunderstanding. A rapid heart rate decrease in post exercise is not a sign of overtraining and is in fact a sign of improving fitness. However, the peak heart rate, relative to the same intensity from previous workouts, is lower, consequently the magnitude of the drop is less. It is important to note though that as your fitness improves, the rate at which the heart rate drops remains the same.

For example running at 9 minutes a mile elicits a heart rate response of 150 beats per minute (bpm) in January with a post exercise drop of 30 beats, within 30 seconds (1 beat per second) after a workout, to 120 bpm. With training the same 9min per mile in June will elicit a lower heart rate, 145 for example, but it only takes a 25 beats to reach 120 bpm after the workout but the rate at which it drops remains the same, 1 beat per second. In this case it will take 25 seconds for your heart to reach 120 bpm.

Although rapid heart rate drop after exercise is not a sign of overtraining, other signs that may indicate overtraining include a lower heart rate during training than what is normally experienced, greater intensity to elicit the same heart rate as previously experienced, a higher resting heart rate, irritability, loss of appetite, and performance degradation.

Heart rate monitoring has been synonymous with training for several decades and with a strong understanding of the physiological responses to exercise, you can be training smarter, not harder.

Article Courtesy of:
UC Davis Sports Medicine/Sports Performance
www.ucdmc.ucdavis.edu/sportsmedicine
916-734-1364



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PARC Events Calendar— February 2007

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