



Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

The Athlete's Kitchen

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Carbs: Quick, Slow or Confusing?

Once upon a time, carbohydrates were referred to as simple or complex, sugars or starches. Today, the classification is more complicated; carbs are often ranked as quick or slow in a very complex system called the glycemic index. The glycemic index is theoretically based on how 50-grams of carbohydrates (not counting fiber) in a food will affect blood sugar levels. For example, white bread is a high glycemic index carb and supposedly causes a rapid "spike" in blood sugar, while beans are considered a low glycemic index carb and cause a more gradual increase in blood sugar levels.

The glycemic index was initially developed to help people with diabetes better regulate their blood glucose. But people with diabetes generally eat foods in combinations (for example, a sandwich with bread, turkey and tomato); this alters the glycemic index of the meal. Athletes, however, commonly eat foods solo (a banana, a bagel). Hence, exercise scientists became curious about the possibility that quick or slow carbs might impact exercise performance because they affect blood glucose in different ways. Could athletes use this ranking system to determine what to eat before, during, and after exercise?

Theory vs science

In theory—

- low glycemic index foods (apples, yogurt, lentils, beans) provide a slow release of glucose into the blood stream. Could they help endurance athletes by providing sustained energy during long bouts of exercise?
- high glycemic index foods (sports drinks, jelly beans, bagel) quickly elevate blood sugar. Are they best to consume immediately after exercise to rapidly refuel the muscles and, thereby, enhance subsequent performance?

According to Kathy Beals PhD RD, associate professor of nutrition at the University of Utah, athletes can disregard all the hype about the glycemic index and simply enjoy fruits, vegetables and whole grains without fretting about their glycemic effect. Speaking at the yearly conference sponsored by SCAN, the Sports & Cardiovascular Nutrition Dietary Practice Group of the American Dietetic Association (www.SCANDpg.org), Beals claimed too many factors influence a food's glycemic effect, including where the food was grown (Canada, US?), the amount eaten (the glycemic index is based on 50-grams of available carbs (fiber is not digested, hence is not "available")); that's a whole bag of baby carrots, not just one serving), fiber content, added butter, the way the

food is prepared (mashed, baked, boiled?), and if the food is eaten hot or cold.

To make the glycemic index even less meaningful, each of us has a differing daily glycemic response that can vary ~43% on any given day. Among a group of subjects, the response can vary by ~18%. (1) Also keep in mind, well trained muscles can readily take up carbohydrates from the blood stream. Hence, athletes need less insulin than unfit people. This means athletes have a lower blood glucose response to what would otherwise create a high blood glucose response in an unfit person. Exercise is very important to manage blood sugar—and help prevent Type II diabetes.

All things considered, you, as an athlete, have little need to concern yourself with a food's glycemic effect because you don't even know your personal response to the food. Plus, research of exercise scientists fails to clearly support the theories mentioned above. The research does indicate the best way to enhance endurance is to consume carbs before and during exercise—tried-and-true choices that taste good, settle well, and digest easily. Hence, you need not choke down low glycemic index kidney beans thinking they will help you with sustained energy, when they actually might only create digestive distress! Simply plan to consume about 200 to 250 calories of carbs each hour of endurance exercise and you'll enhance your performance.

Recovery carbs

For athletes who do double workouts or compete more than once a day, choosing a high glycemic index food for recovery might seem a smart choice. Theoretically, it provides glucose quickly, more rapidly refuels depleted glycogen stores, and enhances subsequent performance. But, research does not show performance benefits. According to Beals, the more important task is to eat enough carbs (or carbs + a little protein) as soon as tolerable post-exercise. What's enough? 0.5 g carb per pound of body weight—about 300 calories for a 150 lb person, in repeated doses every two hours.

Insulin and "fattening carbs"

What about the popular notion that high glycemic index foods are fattening because they create a rapid rise in blood sugar, stimulate the body to secrete more insulin, and thereby (supposedly) promote fat storage? Wrong. Excess calories are fattening, not excess insulin. Dieters who lose weight because they stop eating high glycemic index foods lose weight because they eat fewer calories. A year-long study with dieters who ate high or low glycemic index meals indicates no difference in weight loss. (2)

(Continued on page 3)

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:

Co-Presidents:

David Flexo and Andrew Fong
Vice President.....Dave Ahn
Secretary.....Stan Jensen
Treasurer.....Doug Burns
Membership.....Stan Jensen
Marketing.....Rita Comes
Events.....Steve Reagan
WebmasterJoe Murphy
Newsletter Vanessa Lordi

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: parunclub-subscribe@yahoogroups.com PARunClub Discussion Group access is restricted to club members. More information on how to join is available on page 4 or you can visit <http://www.parunclub.com/email.html>

Membership Survey!!

by Stan Jensen, PARC Membership Director

About half of PARC members are renewals and I'm always interested in knowing what the "veterans" like (and dislike) about the club. If you have time, please send your answers to StanJ@Run100s.com :

- 1) What do you like about PARC?
- 2) What would you like us to try changing?

Thank you!!

Visit the PARC
 website at
www.parunclub.com

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.



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

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)

Sugar highs and lows

Some athletes claim to be sugar sensitive; that is, after they eat sugar they report an energy "crash." If that sounds familiar, the trick is to combine carbs with protein or fat, such as bread+peanut butter, or apple+(lowfat) cheese. This changes the glycemic index of the carb. By experimenting with different types of snacks, you might notice you perform better after having eaten 100 calories of yogurt (a low glycemic index food) as compared to 100 calories of high glycemic index rice cakes. Honor your personal response when choosing foods to support a winning edge for your body.

Nancy Clark, MS, RD CSSD (Board Certified Specialist in Sports Dietetics) counsels casual and competitive athletes in her private practice at Healthworks (617-383-6100), the premier fitness center in Chestnut Hill MA. Her popular Sports Nutrition Guidebook, new 2007 Food Guide for Marathoners and Cyclist's Food Guide are available at www.nancyclarkrd.com. Also see www.sportsnutritionworkshop.com for information about her online workshop.

1. Vega-Lopez S, Ausman LM, Griffith JL and Lichtenstein AH. Inter-individual reproducibility of glycemic index values for commercial white bread. Diabetes Care March 23, 2007

2. Das SK et al. Long-term effects of 2 energy-restricted diets differing in glycemic load on dietary adherence, body composition, and metabolism in CALERIE: a 1-y randomized controlled trial. Am J Clin Nutr. 2007; 85:1023-1030.



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.parunclub.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.

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 Race Results

Skyline Ridge 10K April 21, 2007

Jennifer Henderson.....1:09:05

Country Music Half Marathon Nashville, TN April 28, 2007

Jennifer Henderson.....1:53:20

Mt. Diablo April 29, 2007

Diablo 50 miler

Alex Sox-Harris.....14:24:18

Marathon

Don Lundell.....6:26:23

Quicksilver 50K May 12, 2007

Alex Sox-Harris.....6:21:01

ILP 5K Mountain View, CA May 13, 2007

Jennifer Henderson.....23:59

Silver State 50K May 19, 2007

Don Lundell.....7:26:38

Tilden Tough 10 Miler May 20, 2007

Jennifer Henderson.....93:44

Ohlone Wilderness 50K May 20, 2007

Don Lundell.....6:33:42

(and, Don had just run Silver State 50K *the day before!*)

Alex Sox-Harris.....7:48:11

PARC Bay to Breakers Results!

By Ron Wolf

Our Bay to Breakers results (at the bottom of the page...) were solid this morning as we set a new course record for a centipede where "our youngest runner was 50", as we decided to delicately put it. Indeed, one guy on our team turned 50 today, pretty cool! Imagine running literally tied closely together with 12 other guys for over 7 miles. Pretty much as fast as you can. Now add a sometimes rowdy/erotic crowd of spectators and other runners. Great birthday party!

Luckily no one tripped or 'otherwise' lost it... We finished as a group around 750th (out of 70,000). And we smashed our previous course record for an over 50 centipede. We set the previous record last year when we put together B2B's first ever over 50 centipede.

We finished this morning with a decent time of 57:58 for an average pace for the 12km of 4:50/km (7:47/mile)!

**PARC Bay to Breakers finish time:
57:58 for 12K**



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Palo Alto Run Club Members

Don't forget to answer the 2 questions on page 2 under Membership Survey!

May and June Birthdays!!

May

John Whitin
Patricia Song
John Chase
Lakeisha Poole
Eileen Lindsey
Jim Kay
Muthu Thirunavukkarasu
Bonnie Gianinno
Charles Roberts
Elizabeth Shepard
Tim Dalbec
Steve Murphy
Gregory Ayres
Mike Nuttall
Peter Smith
Lina McCain
Cara Nudi
Gunilla Jacobson
John Wu
Araceli Schwenter

Lynne Martin
Joe Sum
Sage Kaveny
Vanessa Lordi
Lee Blaine
Carlos Urrutia
Ursula Theuretzbacher
Todd Logan



June

Christopher Graesser
Julie Ruiz
Matthew Voas
Robyn Rohlfis
Tom Barry
Amol Saxena
Dennis Lin
Bob Leibowitz
Rita Comes
Eric Scheel
Alan Plyler
Mike Holt
Vince Fuller
Lynn Chen
Scott Oesterling
Ashley Grosse
David Haas
Gabrielle Lewis
Isobel Fox
Sergey Averchenkov

Baird Lloyd
Richard Gayle
Greg Lee
Jeffrey Danley
Brian Hicks
Chuck Fox
Gabriela Tovar
Laurie McDonough
Sanjay Hortikar
Heather Langendorfer
Jina Janavs
Susan Empey
Scott Hull
Jonathan Lee

Palo Alto Run Club, Inc.

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PARC Events Calendar— June 2007

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