

Keeping Pace

City of Palo Alto Recreation

The Palo Alto Run Club

The Athlete's Kitchen

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Sports Nutrition News from The American College of Sports Medicine

The American College of Sports Medicine (ACSM) is the Confused about what to eat? You are not the only one! Even I get frustrated with the changing landscape. One week medical reporters tout the benefits of taking a vitamin, and then the next week, they tell us it does no good. One week, the message is don't eat eggs; another week, eggs are OK. Aarrgh!

To help resolve some of this confusion, the Tufts University Friedman School of Nutrition Science and Policy gathered experts to speak at a conference held in Boston (Oct. 2007). Here are some highlights about nutrition confusion that might be of interest to you.

Source of confusion #1. Genetic differences. Assuming you are health-conscious, you likely want to know if you should avoid foods such as eggs, salt, and sugar. And you may also want to know if you should take supplements such as fish oil, calcium, and vitamin D. While those seem like simple questions, the answers are difficult because we all have genetic differences that impact our nutrient needs. For example, salt can raise blood pressure in one athlete, but make no difference in another. Hence, genetic variation skews the research results and ensuing recommendations.

Within our lifetime, genetic testing will offer personalized answers regarding who should or should not eat such things as salt. But genetic testing also raises concerns. That is, if you tell an athlete he is salt-sensitive and his blood pressure will rise if he eats salt, he will likely be inclined to cut back on his salt intake. But if you tell him salt has no effect on his blood pressure, will he abandon all discretion and consume extraordinary amounts of salt that create other health problems? We do not yet know if genetic testing is a wise way to resolve nutrition confusion!

Source of Confusion #2. Inadequate research. Meaningful nutrition studies are very difficult to produce. Good studies need to explore, for example, the effects of different doses of a vitamin over a long period of time in a variety of people, including large numbers of men, women, children, seniors, athletes, whites, africans, etc.. Such studies are not only very expensive but also tough to fund. Food companies don't reap profits from funding such research because they cannot patent foods. Drug companies, in comparison, can get patents and make huge profits once a drug is proven effective.

Source of Confusion #3. Ethics. Unlike drug studies in which the subjects are drug-free until they take the drug, nutrition studies use subjects that already have lots of vitamins in their bodies. Creating a baseline deficiency in each subject would be unethical. Hence, nutrition research can only contrast a high vitamin intake with a low intake. To determine the thresholds at which a vitamin creates desired (or undesired) effects can take weeks or months—and lots more money.

Source of confusion #4. Nutrients work synergistically. It's hard to know what to study. For example, you may want to know if you should take a calcium supplement to keep your bones strong and reduce your risk of breaking a bone. Studies that look at just calcium supplementation (without vitamin D) indicate calcium does not reduce bone fractures. But research with calcium + D suggests improved bone health; calcium works synergistically with vitamin D. Also note, calcium and other nutrients have differing effects at different intakes. It's hard to know at what level the nutrient is most effective and at what level it offers no additional benefits.

Source of confusion #5. What to study. Foods contain zillions of compounds. When nutrition researchers attempt to connect a food to a disease, they often don't know which component of the food to study. For example, we know that eating fruits and vegetables reduces cancer. But what components are cancer-protective? Is it vitamin C? Folate? Beta-carotene? Potassium? Fiber? Phytochemicals?

Source of confusion #6. Food affects our health in different ways at different ages. For example, if you are pregnant (or planning to get pregnant), you may be afraid to eat fish, in fear the mercury in fish will damage your baby. Yet, fish contains the best sources of the omega-3 fats that are essential for optimal brain development in the fetus. Consuming too little DHA (of a type of omega-3 fat), can contribute to irreversible brain development problems.

With animal studies, a low intake of DHA results in slower brain maturation, attention problems, impulsivity and problem solving skills. With human studies that supplement the maternal diet with DHA, the babies learn faster and remember information better. By the time the babies have reached age 4, these benefits translate into higher IQs, and by age 5, longer sustained attention.

So, if you have been scared away from eating fish because of fear of mercury poisoning, you should be sure to look at the whole picture, whether you are a woman contemplating pregnancy or an aging athlete wanting to reduce the risk of heart disease. (Fish eaters have less heart disease.) The recommended intake is to enjoy DHA-rich fish such as

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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:

Co-Presidents:

David Flexo and Andrew Fong
Vice President.....Dave Ahn
Secretary.....OPEN
Treasurer.....Doug Burns
Membership.....Stan Jensen
Marketing.....Rita Comes
Events.....OPEN
WebmasterJoe Murphy
NewsletterOPEN

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 **\$20 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 at <http://www.parunclub.com/email.html>



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
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.

The Athlete's Kitchen...

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pink salmon once a week—despite possible mercury content—and another 6 ounces per week of low-mercury fish and shellfish (shrimp, crab, scallops, light tuna, pollock). A typical 5-ounce serving of salmon offers 1,000 mg. DHA; the recommended daily intake is 220 mg. per day.

Source of confusion #7. The effects of a poor diet take years to unfold. As a young athlete in your 20's and 30's, you may think you are bullet-proof and immune from heart disease. Perhaps you eat whatever you want, whether it's omelets or pepperoni pizza. And you likely feel fine (today).

But if your "see food" diet (you eat what you see) leads to high cholesterol in your 40s, you will have a higher risk of declining mental status as you age. Arteries clogged with cholesterol and saturated fat lead to not only cardiovascular disease, but also to dementia and Alzheimer's. The longer you live, the higher your risk of dementia. While only 1% of 60 year-olds have dementia, 40% of 90 year olds do. Yikes! What can you do to prevent dementia? Enjoy more fruits and vegetables, and fish (twice a week). What is good for your heart is also good for your brain!

Source of confusion #8. Messages to lose weight should really be to lose body fat. Don't crash-diet to lose weight quickly! You'll lose a significant amount of muscle. This results in a less-healthy body because your health depends on your muscle mass. For optimal health and weight, do strength training to build muscle and eat just a little less at night to lose fat.

Source of confusion #9. Advertisements. Ads for vitamin supplements and drugs downplay the importance of diet and exercise. Hence, pills and potent medications seem more effective than eating well and exercising regularly. Too few people realize that exercise is the best way to improve overall health and immune response, particularly as we age.

No confusion about this: If your parents and/or grandparents live a sedentary lifestyle, let them know they really should take a daily walk (preferably to the gym). Research indicates mice who exercised regularly had faster wound healing, better survival of the flu and viruses, and less inflammation. Fit elderly people experience similar benefits. For children and adults alike, eating well to fuel an active lifestyle is without doubt an important key to lifelong health and longevity!

Nancy Clark, MS, RD, CSSD is Board Certified as a Specialist in Sports Dietetics (CSSD). She counsels both casual exerciser and competitive athletes in her private practice at Healthworks (617-383-6100) in Chestnut Hill, MA. She is author of the best selling Nancy Clark's Sports Nutrition Guidebook, Cyclists' Food Guide, and Food Guide for Marathoners. See www.nancyclarkrd.com and www.sportsnutritionworkshop.com for more information.

PARC 2008 Monthly Trail Run Schedule

by Ron Wolf

Peter & I are planning an adventurous and varied PARC Monthly Trail Run schedule for 2008. The schedule and details for each 2007 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.

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.

Look for upcoming 2008 Monthly Trail Runs on the PARC website!



PA Run Club Race Results



November

Ivan Quijano.....	1
Peter Baum.....	2
Marilyn Watson.....	3
Zachi Baharav.....	3
Danny Yang.....	4
Dirk Veenema.....	5
Frank Keane.....	5
Sharon Frazier.....	6
Ted Ray.....	8
Conrad Young.....	10
Laura Matter.....	12
Marty Udishes.....	12
Glen Anderson.....	13
Judy Sorey.....	14
Noel Relyea.....	14
Doug Burns.....	18
Diane Hutchison.....	24
Julie Skiena.....	24
Phillip Lovalenti.....	24
Tom Osborne.....	26
Stephen Ruvolo.....	29
Bethany Simmons.....	30

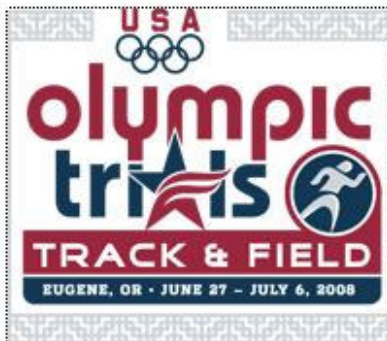
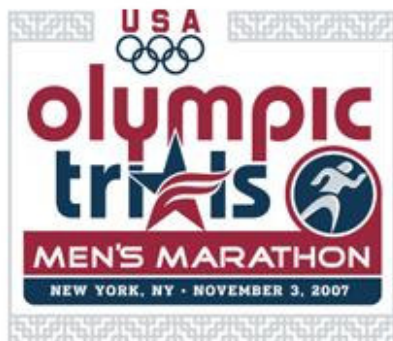
December

Joseph Walter.....	1
Chuck Wilson.....	6
Jack Chen.....	9
Madeleine Rive.....	13
Jeff Justice.....	15
Tracy Bettendorf.....	15
Jeffrey Walker.....	18
Steve Woo.....	18
Becky Gray.....	20
Harold Hunt.....	22
Rick Burney.....	22
Madeleine Fox.....	23
Steve Chin.....	24
Robyn Juster.....	25
Cathy Boone.....	26
Nick Cravalho.....	26
Nick Thomas.....	26
Michael King.....	27

Picture of the Month....

2008 marks the XXIX (29th) Official Summer Olympic Games. You can check out more information about Olympic running events at: www.usatf.org

2008 U.S. Olympic Team Trials



Palo Alto Run Club, Inc.

PO BOX 1301

Palo Alto, CA 94302-1301

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PARC Events Calendar— January 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* See Calendar Notes on Page 2		1	2 6:00 pm—Lucie Stern	3	4	5 8:00 am—Long Run, Sawyer Camp Trail*
6	7 6:00 pm—Stanford	8 6:30 pm—Track*	9 6:00 pm—Lucie Stern	10	11	12 8:00 am—Long Run, Sawyer Camp Trail*
13	14 6:00 pm—Stanford	15 6:30pm—Track*	16 6:00 pm—Lucie Stern	17	18	19 8:00 am—Long Run, Sawyer Camp Trail*
20	21 6:00 pm—Stanford	22 6:30 pm—Track*	23 6:00 pm—Lucie Stern	24	25	26 8:00 am—Long Run, Sawyer Camp Trail*
27	28 6:00 pm—Stanford	29 6:30 pm—Track*	30 6:00 pm—Lucie Stern	31		