

10/97

## EYES ON RUNNING AND RACING

EYE SEE A CLEAR WAY TO IMPROVE YOUR RUN: EAT CHOCOLATE! It has given me dramatic results in 21 days or your money back. No, this is not a "get FAST quick" scheme. Research is being conducted in Hawaii to verify the benefits of FAT LOADING on Ironman Triathletes. Concurrently, I have experimented first-hand (or should I say First-Mouth?) on "fat-loading" the CHOCOLATE way. It all begins with the premise that you are training with "Danny Boy" Maxey to improve your speed and endurance. Once you understand the MAXEY system of training, then you can achieve a level of fitness placing you in the top 5% of your age division. Most runners set goals for either losing weight or lowering percent body fat along with running a certain time goal or race distance such as a 5K, 10K, or Marathon. Many runners instinctively turn competitive and start weight training, cross training, and eating high protein or carbohydrate diets. Maybe you have tried more than five brands of special running shoes, entered many road races, wear coolmax clothes, swallow copious quantities of vitamins and anti-oxidants. Perhaps you feel pretty doggone good about reaching your running goals and "plateau out". Once you attain your fitness plateau, then you are RIPE for CHOCOLATE THERAPY.

First, pick your race. I chose the City of Exeter 1997 Fall Festival Celebration 10K on Saturday, October 11th. It had been a drought of 15 months since my last 10K PR set on this same course in 35:57. I was desperate to chisel just a few seconds off my best time so as to show some improvement over 1996. Secondly, chose your CHOCOLATE. This is the fun part. Be intense and select only the finest chocolate available. I was merely trying to save our food from an army of ants that invaded our food pantry. I rescued a bag of Chocolate covered macadamia nuts containing 24g of fat. Normally, I limit fat consumption to 30-50 grams per day. Next, I progressed to Ghiradeli Dark Chocolate Bars hidden away since our last visit to the San Francisco Marathon (and you thought we were riding cable cars?). Finally, I tapered to Quality Sees Pure Chocolate the final day before the target race. In a pinch, you can substitute a Hershey's Milk Chocolate, but limit it to 13 lucky grams of fat. Thirdly, run the race of your life. I felt strong and raced Scott Pierce from Tulare who frequently runs his 10K races in 32-something. Amazingly, I won the race in 34:07 chopping a full one minute and 50 seconds from my best ever 10K time. The following day I added 18 more miles to the 24-Hour Cancer Run Fast Feet Team and there was energy to spare.

Jeffrey "full-marathon" Row reminded me of potential skeptics and the need for further testing. On his advice, I increased the intensity and quality of Chocolate Therapy. I added

chocolate hearts, chocolate hammer gel, and chocolate wine to the mix. The following weekend, I ran in the 2nd annual CITY TO THE SEA MINI-MARATHON. It was another perfectly overcast race day as runners left San Luis Obispo with a choco-holic leading the first mile. Mile 2 in 10:42, Mile 3 in 16:27, Mile 4 in 22:11, Mile 10 in 59:03...Mile 13.1 in 1:17:59 slicing 41 seconds off my previous best and 4 minutes faster than last years race. I lost to former Marathon World Record Holder, Steve Jones who humbly ran a 1:08:28 in the Masters age division. A couple of other fine masters division runners from the coast slipped past leaving me in 4th place.

CHOCOLATE THERAPY works for a PR, but does not guarantee a trophy and there is no glory in 4th place. I am not a nutrition expert, so please consult with your physician before embarking on your own PR PLAN. There is no scientific data to support chocolate for eyesight enhancement, so see your eye doctor to change your brown eyes to blue.  
Keeping the lead runner in sight, Michael Baumann,OD