

# Ellis shines as Davis returns to Oakland

BY MARCUS THOMPSON II  
BAY AREA NEWS GROUP

Los Angeles Clippers point guard Baron Davis, in the halls he once roamed, a few steps from the Golden State Warriors' locker room, traded pleasantries with his former teammate.

There they were, smiling and clapping hands, the past and the future. The former team star, the point guard who led the Warriors to success only longtime fans can recall, and the future franchise player, Monta Ellis, the guy the organization is hoping can be the new Davis.

About an hour later, Ellis went out and showed why many believe he is the next. The fourth-year guard posted 29 points and six assists in the Warriors' 127-120 win over the Los Angeles Clippers. Davis finished with 29 points, seven assists and five rebounds in his first game back in Oakland since opting out of contract this offseason and signing with the Clippers.

"Monta has an unbelievable willingness to get better in this league," Davis said before the game. "Mix that with all the talent in the world and the smarts, I definitely think Monta Ellis can be, and will be, one of the top guards, one of the top players in this league, for years to come."

Ellis was on the offensive attack early, scoring 15 in the first half. He showed off his improved vision with a few nifty passes.



D. Ross Cameron / Bay Area News Group  
Warriors coach Don Nelson, left, and Baron Davis exchange pleasantries before Tuesday night's game.

In the fourth quarter, after the Clippers had trimmed the Warriors' 15-point lead as low as five, Ellis played the role of floor general.

He slowed it up and ran the offense and worked for a good shot. For several possessions, he fed forward Corey Maggette, who had a mismatch, and he twice drove and kicked out to the open man instead of forcing up a shot.

When the Warriors' needed a basket, Ellis crossed over Clippers forward Al Thornton and dropped in a driving lay-up, giving Golden State a 114-105 lead inside of three minutes. Moments later, he used a screen to beat Thornton and get a driving lay-up.

Ellis outshined the Warriors' former go-to guy down the stretch.

"He's a scoring point right now," Nelson said before the game. "I think the development as a passer will come. He's a very smart player and he has vision. He makes some sensational plays every now and then. It's just the consistency. We keep thinking that just because he's been here for a while that ... you know, he's not a made man yet. He's got work to do. He's still young. So a lot of hope there for me."

# Carbo-loading won't help as much as you may think

BY DR. PHIL WAGNER  
FOR THE DAILY NEWS

At SPARTA Performance Science in Menlo Park, the parents of high school athletes usually ask as many questions as the athletes themselves. A common question has to do with what their kids should eat the night before a game.

Team pasta dinners are still pretty popular, and the idea of "carbo-loading" before a competition or race is still considered by most people to be a good idea. The theory behind carbo-loading is to eat a high-carbohydrate meal (usually pasta) the night before a race or competition, so that you will have extra energy (in the form of sugar in your body) for the next day.

During exercise, your body does use stored sugar for energy. Any food that is broken down into sugar can be stored for energy. Sugar, in the form of glycogen and glucose, is stored in three places — your muscles, liver and blood, with your muscles storing the highest amount. Unfortunately, these three systems do not have an unlimited capacity. Once your glycogen and glucose stores are full, no further amount of ingested sugar can be saved. Additional ingested sugar will actually be stored as fat, which is the main theory behind using low-carbohydrate diets to trigger weight loss.

With the rise in popularity of ultra endurance events such as marathons, triathlons and bike races, there has been a lot of research on the performance effects of high-carbohydrate diets. Researchers at the University of Cape Town Medical School in South Africa studied the effects of carbo-loading before a one-hour cycling time trial. The study showed no performance increase in the tested subjects and also showed that after the event was complete there was still a reserve of carbohydrate

in the subjects' muscles. This would indicate that muscle glycogen stores are not a determining factor of fatigue in a race of this duration. Additional research at the University of Colorado showed that when subjects participated in a 45-minute bout of exercise at 85 percent of maximal effort, a high-versus low-carbohydrate diet had no effect on performance when the low-carbohydrate diet had a sufficient amount of total calories.

So what about taking in carbs during long bouts of exercise or between multiple games in one day? Muscle glycogen stores take too long to restore during exercise, but ingested carbohydrate can boost blood glucose quickly. This is why many serious endurance athletes fuel up with carbohydrate during

their races or long training sessions, usually with drinks or sports gels. Research from the Australian Institute of Sport in Canberra showed that while carbo-loading had no effect on performance during a 100-kilometer cycling time trial, boosting blood glucose during exercise with ingested carbs did offset any depletion of stored muscle and liver glycogen.

So the night before a game or race, stick to a balanced meal with plenty of lean protein and vegetables that are high in fiber and anti-oxidants. If you are an endurance athlete looking for a performance edge, try eating a high-fat diet for a couple of months while training for a big race. Your body will get better at using fat for energy during exercise, and when you go back to eating more carbs, you'll be able to better utilize both types of stored energy.

Dr. Phil Wagner is the Director of SPARTA Performance Science in Menlo Park. For info on this article, or to learn more about SPARTA, visit [www.SpartaScience.com](http://www.SpartaScience.com)



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