

jpl → INTEROFFICE MEMO

DATE March 29, 1977
TO JPL Joggers and Pedicompeters SEC. _____
FROM The Organizers EXT. _____ SEC. _____
SUBJECT JPL Arroyo Seco Freco Microthon

The Arroyo Seco Freco Microthon will begin at 12 noon this coming Friday, 1 April, in upper Oak Grove Park directly across from the La Canada High School. Be sure you are registered with the official recorder at the starting line. We need a nose count to be sure no one is left stranded on the course.

Official starter, Chauncey Uphoff, will send the runners on their way by the traditional uncorking of a beer can (Champagne if someone cares to donate a magnum) -- the lonely officials, you see, need something to keep their metabolic rates high enough to keep their bodies warm while the pavement pounders are doing their thing.

Everyone competing will be required to fend for themselves as far as dressing for the race. Post race showers are available at several locations on Lab. It is assumed that all male contestants already are aware of these sites. If not, follow someone else wearing shorts back to the Lab.

Arrangements have been made for competitors of the female persuasion to use the shower facility at the west end of the basement of Building 180 after 1:30 p.m. Towels and soap will be provided.

Hopefully, everyone has already run the course at least once. The course will be marked at strategic points with masking tape arrows on the pavement. You may also see some white chalk arrows on the dirt portions of the course where masking tape would be useless. Upon entering lower Oak Grove Park, you are within 300 yards of the finish -- follow the white line and keep to the right of the arrows you will (hopefully) see on a rock and on a tree trunk. The attached map of the finish area should be helpful. Last minute changes and questions will be discussed prior to the race start.

If you still have any questions that can't wait until race time, try to reach any of the following persons. Len Efron X-2050, John Beckman X-4086, Richard Davis X-4156.

Last, but not least, a word of caution: Please be sure your health/condition can put up with the stress of the Microthon.

-- GOOD LUCK TO YOU ALL --

THIRD ANNUAL ARROYO SECO FRECO (MICROTHON)
OFFICIAL RULES AND REGULATIONS

DATE: APRIL 1, 1977
START TIME: 12:00 NOON
COURSE: Around the Arroyo (3.4 miles)
CONTACT: Len Efron (x2050)

INDIVIDUAL SCORING CATEGORIES

MEN (3)

1. Open Category: Age 39 or under
2. Master's Category: Age 40 and over (see restrictions below)
3. Blimp Category: weight of 180 lbs or over (any age)

WOMEN (2)

1. Open Category: Age of 29 or under
2. Master's Category: Age 30 and over (see restrictions below)

INDIVIDUAL RESTRICTIONS

1. Individuals must register by category before the race.
2. Any Master's individual, male or female, having finished in the top three positions of any prior microthon, must compete in the Open Category (currently this applies to Richard Davies and Len Efron)

TEAM SCORING

1. No restrictions on team makeup (sex, age, weight, organization)
2. First three finishers of each team determines team score
(add finishing positions; low total wins)
3. No maximum limit on number of team members, but a minimum of three
4. Teams must supply list of participants before the race

ARROYO SECO FREAKO MICROTHON

(\approx 3.5 mi)

START: In upper Oak Grove Park directly across from La Canada H.S. (at the junction to roadway which descends to the lower park). Course begins by going south, parallel to Oak Grove Drive.

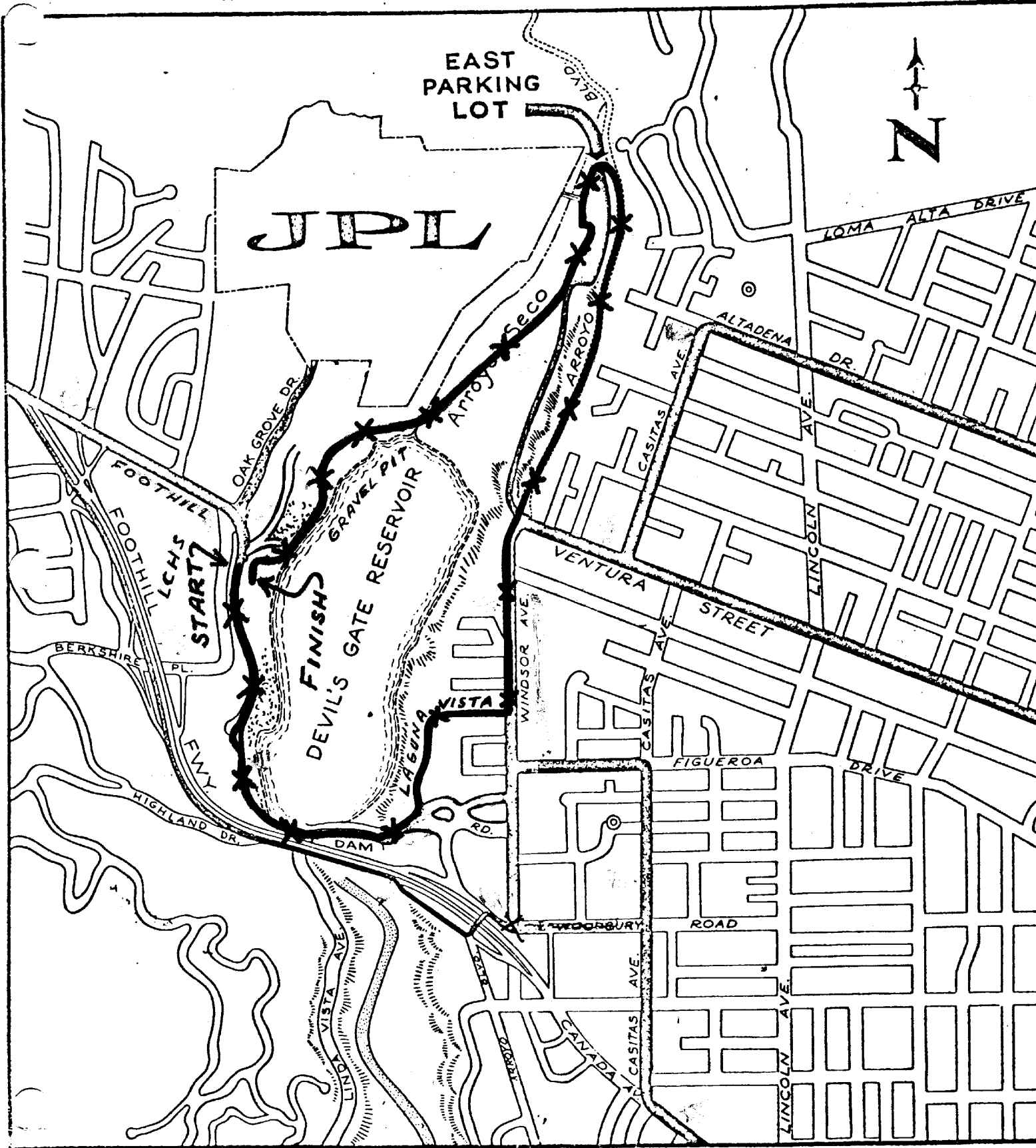
COURSE: Follow the pavement south and on to the roadway over and across Devils Gate Dam. At the east end of dam, the course proceeds up the grade (La Canada Verdugo Rd) and immediately goes left on Laguna Vista Terrace. This tree shaded street winds around and ends at Windsor. Here turn left and head north to the intersection of Windsor, Ventura and the roadway down into the JPL east parking lot. At this point cross the traffic island and pass through the yellow gate about 10 yards east of the parking lot entrance. The gate guards the blacktop roadway parallel to, but above, the parking lot. Follow the roadway north (downhill) for about 0.5 mile to the turnoff (to your left) into the east parking lot. The yellow barrier at this point will be open on the day of the race. Now turn sharply to your left and proceed back south through the parking lot by running in the "bus only" lane, nearly to its terminus, until you come to the dirt road which crosses the arroyo. Turn right (west) and cross to the lab side of the arroyo. Then continue south on the dirt roadway along the edge of the gravel pit (past the truck scales and gravel pyramids) to the entrance into lower Oak Grove Park.

FINISH: Upon entering the Park, the course passes between the boulders bordering the baseball diamonds and proceeds around the ballfields, counter clockwise, to the finish at the south west corner of the grass area.

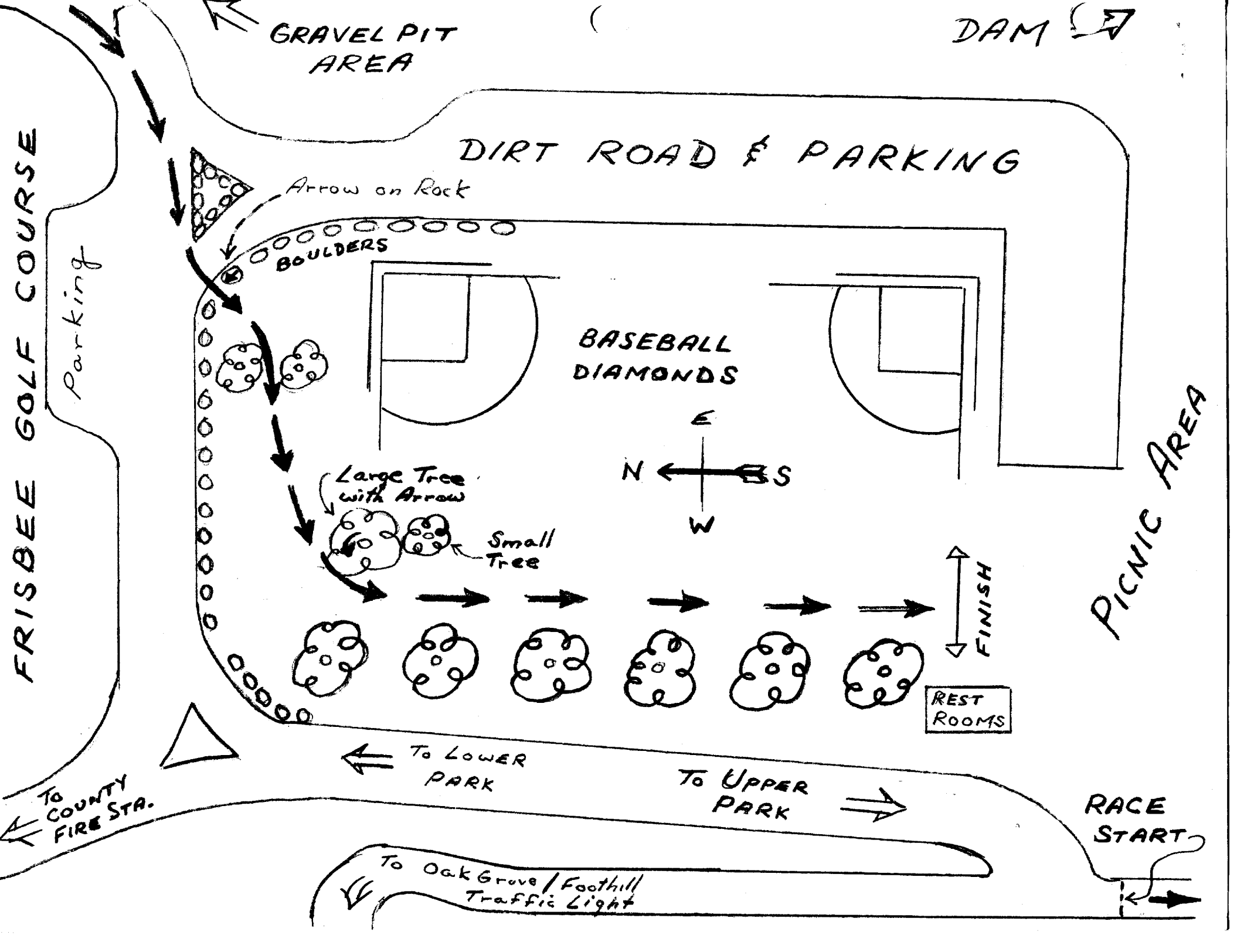
NOTE: We hope to provide white pavement markings at all the critical turns and intersections. However, it is recommended that all participants run the course at least once in practice.

1977

9



During the course work...



GRAVEL PIT AREA

DAM

DIRT ROAD & PARKING

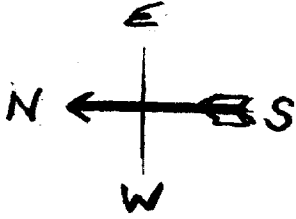
FRISBEE GOLF COURSE

Parking

Arrow on Rock

BOULDERS

BASEBALL DIAMONDS



Large Tree with Arrow

Small Tree

FINISH

REST ROOMS

PICNIC AREA

TO COUNTY FIRE STA.

TO LOWER PARK

TO UPPER PARK

TO OAK GROVE / FOOTHILL Traffic Light

RACE START