

TO: JPL Runners

FROM: Charles Voge (T-1201, X3301)
and Sam Dolinar (238-420, X3014)

SUBJECT: The Arroyo Seco Freako Microthon

1984

The Arroyo Seco Freako Microthon will take place on Friday, March 30, starting at 12:00 in the Lower Oak Grove Park area near the start of the Frisbee golf course. This year marks the tenth annual running of this renowned event. To help celebrate, the Club will provide drinks (soda/beer) for the traditional after-race Feast of Fools and awards ceremony. So bring a lunch and extra clothing, and plan on staying around for a while after the race.

We hope that this year will see a return of team competition. Unlike last year, individuals on teams will also be allowed to compete for individual awards. Teams must have at least three members but may have more. The three best finish places within age/sex divisions will count for the team total, with lowest total winning. Come early to register and form a team if you can -- it's fun!

As promised, your Club officers made an extra effort to run this year's race across Devil's Gate Dam as in the old days. But, alas, permission could not be obtained, because the bridge over Flint Canyon just west of the dam is near the point of condemnation. In fact, it was threatened that this bridge might be fenced off for all runners if we tried to use it for a race. Apparently, they don't mind an occasional runner or horseback rider using the bridge, but a mass of storming freaks is a bit too much.

This year's race starts in Lower Oak Grove Park (on the west side of the Arroyo). The course crosses the gravel pit area inside the Arroyo via a well-packed dirt road, and merges with the usual Freako course on the east side of the Arroyo near the south end of the JPL East Parking Lot. It then follows the usual route via horse trail to the east edge of the dam. After climbing a ramp from the dam spillway to the road above it, the course follows Vista Laguna and Windsor streets to the Angeles Forest access road that parallels the road into the East Parking Lot. At the north end of the East Lot, the course drops down to the bus lane, which is followed to the first opening on the right (equestrian trail crossing). Here the course turns right and heads back toward the road crossing the Arroyo through the gravel pit. The finish is back in Lower Oak Grove Park near the original start.

The planned course for this year is approximately 4.3 miles long; a more exact measurement may be available by race day. The dirt sections of the course will be marked with lime to keep runners from getting lost, but it's still a good idea for you to try out the course once or twice before race day.

There's one important caveat about this year's planned course. The road across the gravel pit area has been known to wash away after a heavy rain. If this should happen between now and March 30, the start of the race will be relocated to the east side of the Arroyo, as it was last year. Up-to-the-minute information on course conditions will be posted at ERC and outside the main cafeteria. Contact Charles or Sam if you're in doubt.

A BRIEF HISTORY OF THE ARROYO SECO FREAKO MICROTHON

The historic event began in 1975 as a challenge between runners from the Mission Analysis Division (MAD) and the Advanced Studies Office (ASO). April Fool's Day seemed the appropriate time for the race. In the first classic, John Beckman, Ken Atkins, and Len Efron of MAD defeated Dick Davies and Lou Friedman of ASO. The teams ran relay-style, covering three legs of about 2.5 miles each. Davies, the only legitimate runner at the time, ran two of his team's three legs. The purpose of the race was to motivate JPL running, and that's exactly what it did. Beckman, who turned in the fastest time, came away particularly enthusiastic.

In 1976, Dr. Bruce Murray had a chance to make the kickoff of the second race his first official duty as Lab Director. He declined. The race changed to a cross country. Team participation continued, with team scores equal to the sum of the finishing positions of the top three team members (low score winning). MAD retained its title with a one-point victory over Advanced Studies (also known as Building 180). John Merhaut led 21 runners with a time of 19:44 over the 3.8 mile course. Beckman began a new tradition of the race organizer failing to compete by injuring his leg prior to the race.

In 1977, Len Efron organized the third race, which drew 58 runners. Advanced Studies (TSPD - Division 900) wrested the team title from MAD in a startling upset. Dick Davies, Lou Friedman, and Tony Pearson of TSPD finished 3-9-17, respectively. Efron continued the "Beckman tradition" by mysteriously missing the race. (Rumors that the Bldg. 180 security guards detained him proved false.) Gary Huss emerged from JPL obscurity to win the race by more than a minute in 18:04 (a 5:10/mile pace) over the revised 3.5 mile course. Women competed in the race for the first time, with D. Yeram finishing first in 26:15.

In 1978, Dr. Murray received his third annual invitation to start the race but again declined. Because rain washed out the road across the gravel pit, the race made two crossings of Devil's Gate Dam, over a 4.2 mile course that would be used for five consecutive years (with minor variations of a couple hundred feet). Bruce Bills made his first appearance, winning the race in 22:50 over Huss, Beckman, LuValle, and 84 others, and leading his team, the Geo-Whizzes, to victory. Roz Barbieri broke the "Beckman tradition" by running to a second place finish among the women, behind Patty Van Kirk's time of 32:01.

In 1979, the tradition of an injured runner starting the race with the opening of a beer can was well established. No invitation to Dr. Murray was sent. Beckman dominated the field of 73 runners, covering the 4.2 mile course in 21:52 (a 5:12/mile pace). The Geo-Whizzes, led by Bills, again took the team trophy. Patty Van Kirk won the women's race for the second straight year in 30:34.

In 1980, Bills started a winning streak, taking home top honors with a time of 22:46. Cindy Terrefert won the women's division in 33:35, while Division 32 captured the team victory.

In 1981, Bills won again in 22:34 over Len Efron and Pat Logan, the La Canada High School track and cross country coach. Chris Weiner took women's honors in 32:30 over Kim Lievense, Toni Alexander, and ten others. The Originals (Friedman, Beckman, and Efron) began a winning streak for team victories. The Geo-Whizzes made a reappearance, but finished fourth out of seven teams.

In 1982, the winners again were Bills and the Originals (Efron, Davies, and Beckman). Bills' winning time this year was 23:45. Janet Hierath won the women's race in 31:57.

In 1983, rains knocked out supports for a bridge used to cross Flint Canyon just to the west of the dam, forcing the race to be run entirely on the east side of the Arroyo. A 5-K course was laid out, but the actual route followed by the runners on race day was slightly longer than the one that was measured. Bills won again in 18:05 on a hot, humid day, even though a rattlesnake nearly blocked his path. Ann Delleur covered the entire course on a unicycle! Chris Weiner regained the women's title in 23:01, and the Originals (Beckman, Friedman, and Davies) had no trouble extending their team winning streak, as they ran unopposed. Alex Stone received a special award for running longer than anyone else.

What new chapter will 1984 add to the saga of the Arroyo Seco Freako?

ARROYO SECO FREAKO MICROTHON

INDIVIDUAL WINNERS

<u>Year</u>	<u>Dist.</u>		<u>Men</u>		<u>Women</u>
1975	2.5	15:35	John Beckman	-----	-----
1976	3.8	19:44	John Merhaut	-----	-----
1977	3.5	18:04	Gary Huss	26:15	D. Yeram
1978	4.2	22:50	Bruce Bills	32:01	Patty Van Kirk
1979	4.2	21:52	John Beckman	30:34	Patty Van Kirk
1980	4.2	22:46	Bruce Bills	33:45	Cindy Terrefert
1981	4.2	22:34	Bruce Bills	32:30	Chris Weiner
1982	4.2	23:45	Bruce Bills	31:57	Janet Hierath
1983	5-K	18:05	Bruce Bills	23:01	Chris Weiner

NUMBER OF PARTICIPANTS

<u>Year</u>	<u>Men</u>	<u>Women</u>	<u>Total</u>	<u>Teams</u>
1975	5	0	5	2
1976	21	0	21	4
1977	≤54	≥4	58	5
1978	78/68	10	88/78	12
1979	67	6	73	5
1980	68	14	82	4
1981	66	13	79	6
1982	53	13	66	7
1983	≤58	≥9	67	1

TEAM WINNERS

MAD
MAD
Advanced Studies
Geo-Whizzes
Geo-Whizzes
Division 32
Originals
Originals
Originals

MOST APPEARANCES

<u>Men</u>	<u>Women</u>
8 Richard Davies	4 Kathy O'Hara
7 Rich Benson	4 Chris Weiner
7 Lou Friedman	3 Linda Lee
7 John LuValle	3 Kim Lievense
7 Charles Odd	3 Patty Van Kirk
7 Paul Penzo	
6 John Beckman	
6 Bruce Bills	
6 Len Efron	
5 Gene Burke	
5 Paul Stella	
5 Charles Voge	
5 Chuck Stein	

10th Annual Arroyo Seco Freako

And

Feast Of Fools

Friday March 30th at Noon Sharp!

Open to all JPL employees and friends

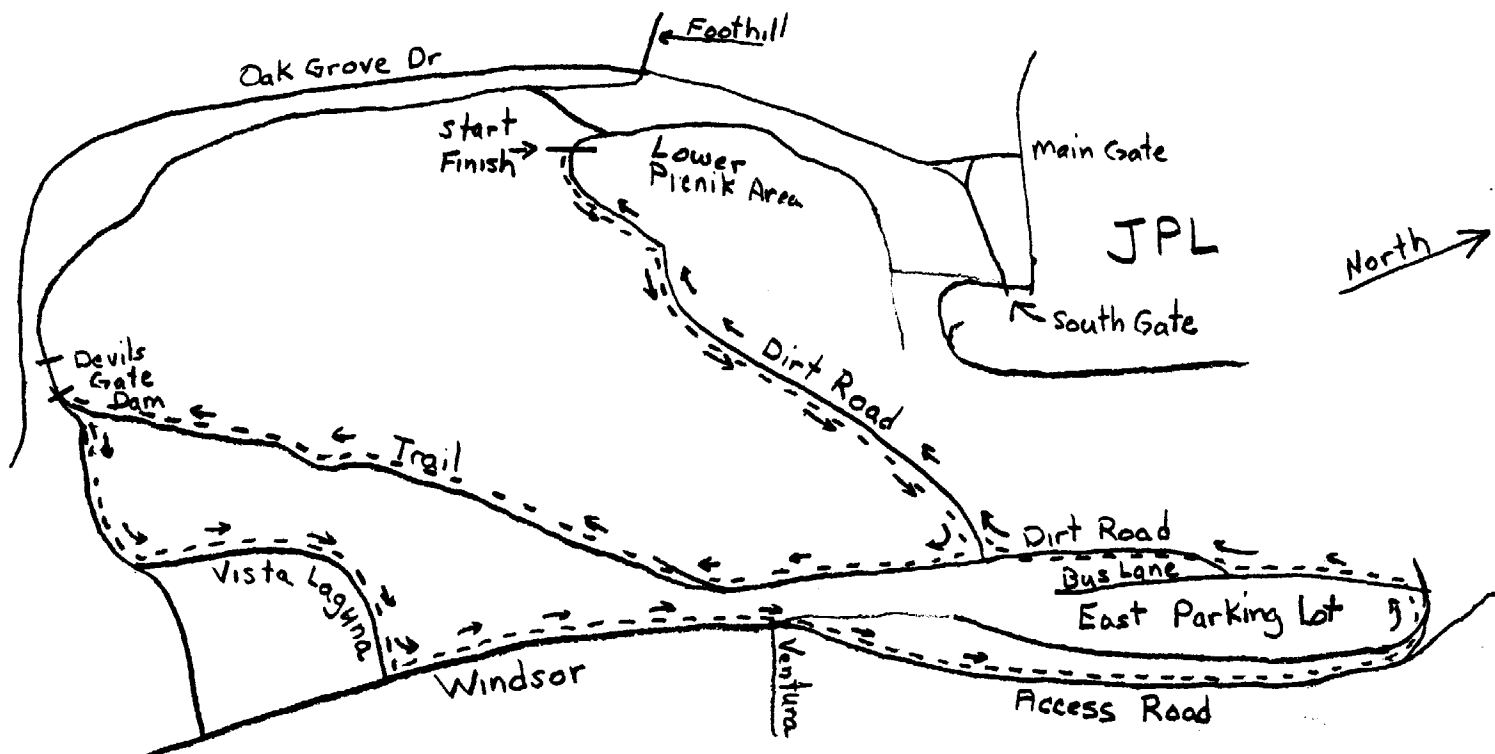
Individuals and/or teams of three or more

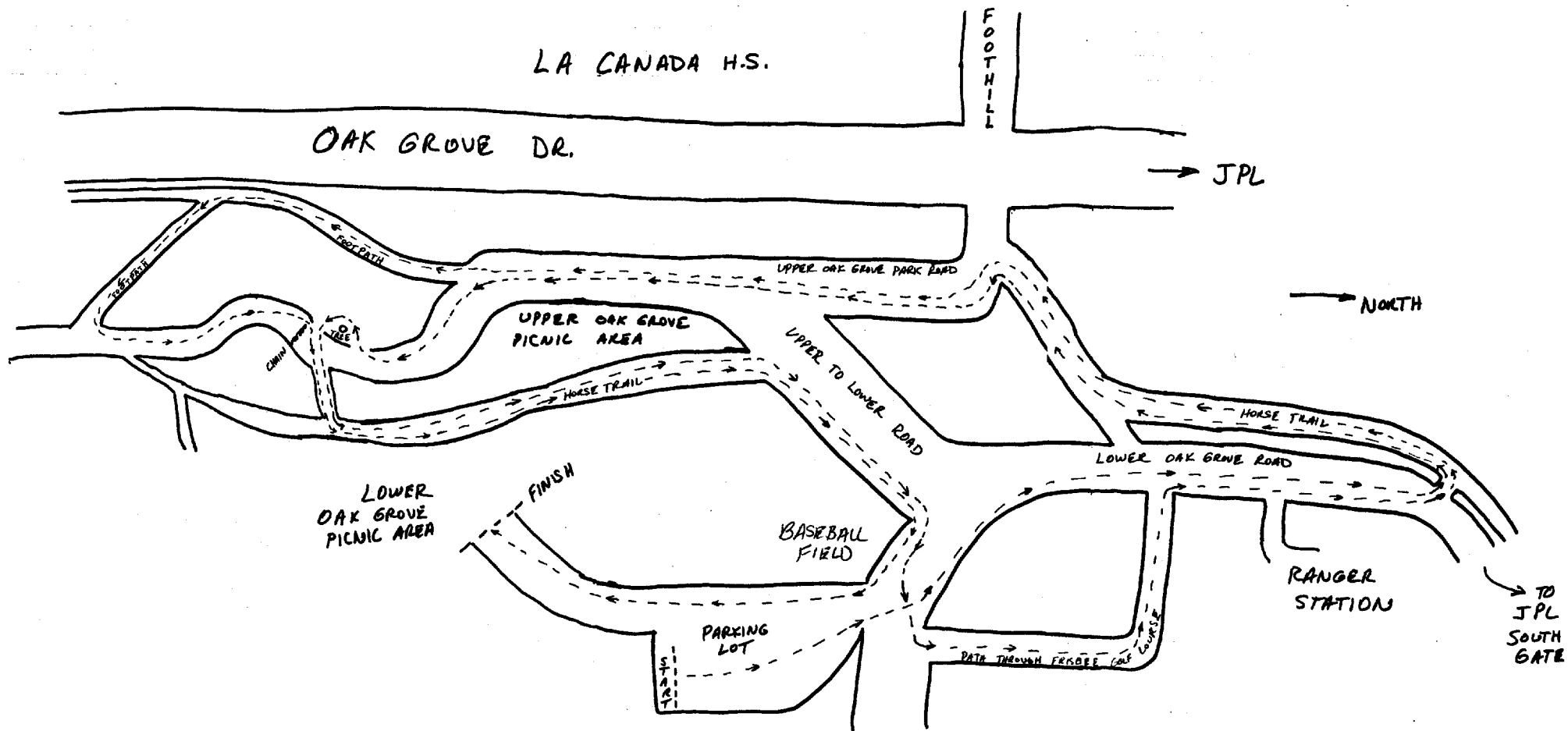
Sign up at race site prior to the race

Results/Awards by age/sex divisions

For Information call Sam Dolinar X 3014
or Charles Voge X 3301

Awards to All Finishers - Free Drinks





1984 Arroyo Seco Freako Microthon

5-K

Last-Minute Change of Course