

3. How much water should I take?
4. Do I need a hat?
5. Do I need sunglasses?

**Personal Records From South Gate  
By Way of the Gravel Pit to the Brown  
Mountain "Gate"**

**4.2 Miles**

For those who want to measure themselves against other runners, here are two of our best runners' times. By the way, it seems that the faster runners' 10 km times are a minute longer than their Brown Mountain times. Slower runners like Roy must add 1:40 to arrive at his expected 10 km time.

Runner	Time (min:sec)
Bill Read	30:57
Jim Ulvestad	31:58
Roy Kakuda	36:52

**Tentative 1993 Calendar**

February 12, '93 12 Noon Von Karman Auditorium.	General Meeting
Late February or Early March	Voyager Grand Tour Relay Race
April 1, '93	April Fools Arroyo Seco Freako 5 km
April 14, '93	Arroyo Seco 2 Mile Handicap Run
April 21, '93	Rose Bowl 10 Km
April 28, '93	2-Mile Track Run
September 29, '93	Smog Jog - 4 X 1 Mile Relay
October 13, '93	Arroyo Seco 2 Mile Know Your Pace Race
October 20, '93	Rose Bowl 10 Km
October 27, '93	2-Mile Track Run

**Results for the Know Your Pace Race**

We had five medal winners for the race including our club treasurer Dick Horn. Jim Frautnick led the way with a net time of 15 seconds. Times were a bit off this year because of the need to dodge the construction workers.

For those who are unaware of the race, speed is not a factor in winning the race. A

runner or walker must finish at the time predicted by them before the race. The first five participants finishing nearest and faster than their predicted time are the winners.

Bob Thurstans lost again by only 3 seconds. Bob, you will have to run faster or predict a slower time next time. Bob lost a medal last year because the rules were changed in mid race. Bob has too many medals anyway. Better luck in our next race on October 13, '93.

	PRED.	ACTUAL	NET	
NAME	TIME	TIME	TIME	PLACE
Jim Frautnick	15:50	15:35	-15	1
Scott Arnold	15:40	15:21	-19	2
Bruce Fischer	17:15	16:41	-34	3
Dick Horn	16:00	15:18	-42	4
Ben Sedighi	16:00	15:18	-42	5
Michael Taylor	12:45	12:01	-44	
Sam Dolinar	14:59	14:00	-59	
Teresa Jenkins	15:50	12:58	-2:52	
Bob Thurstans	14:00	14:03	+ 3	
Mark Ryne	17:30	17:39	+ 9	
Len Efron	11:11	11:26	+15	
Rene Aguerro	10:50	11:13	+23	
Ken Erickson	18:00	18:23	+23	
D. McCornock	12:45	14:29	+ 1:44	

**Results of the Voyager Grand Tour  
by Sam Dolinar**

The Running Club's 2nd Annual Voyager Grand Tour was held on March 6, '92 and nine 6-person teams competed in the Marathon Relay Race. Two teams assembled mostly from Section 312 took top honors. The winners were the 312 Rebels, who returned to Earth in 35:08 after a 26.25-mile tour that included stops at Neptune, Uranus, Saturn, Jupiter, Mars, and Venus. Winning team members were Len Efron, Steve Matousek, Jim Frautnick, Earl Higa, Paul Penzo, and Richard Lee. The 312 Yankees (Mark Vincent, Doug Stetson, Greg Garner, Barbara Cantu, Steve Flanagan, and Cathleen Stevens) finished in second place at 36:43. Three other "legal" teams finished at 36:58, 37:46, and 43:26. Four teams with