

# OFF 'N' RUNNING

THE NEWSLETTER OF THE JPL RUNNING CLUB

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(whenever all the news to print just fits)

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SPECIAL!

COOPERATIVE BIATHLON

(Sponsored by the Bicycle and Running Clubs)

Bike & Run: June 7, 1986

Watch for flyers announcing this event.

FLASH!!

Once again JPL was represented with a winning team in the Jimmy Stewart Corporate Marathon Relay (Corporate Masters Division) held April 6th. JPL placed third with a team led by Jim Ulvestad, Joe Marino, Steve Stedry and Bill Mandeville. The time was 2 hours 41 minutes which is a 6:09 pace. The first team to finish was Northrop with a time of 2 hours 37 minutes and second place went to Hughes with a time of 2 hours 39 minutes. G.E. finished fourth with a time of 2 hours 44 minutes. This year's field was very competitive as opposed to last year's.

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"STRIDING: Treading New Ground (Walking is a way to workout and a way of life.)"

(Adapted from "City Sports Magazine", July 1985)

(Part IV)

## Getting There

An important consideration about striding is that, unlike running, you don't necessarily have to sweat. It's the heart rate that determines whether you're getting an aerobic workout. If you're in good shape, an unencumbered brisk 3-mile stride over flat terrain will probably not cause you to perspire, but you will achieve cardiovascular benefits. The upshot of this is that you can use striding to get you from one place to another and you won't have to change clothes. Instead of driving 3 miles to work, or sitting on a bus for half an hour, you can stride, burn a few hundred calories and arrive at your office as fresh as a daisy.

Then you can start working more strides into your daily routine, walking to the movies, to the beach, over the bridge or anywhere you would ordinarily drive. While this kind of striding may not produce sweat or a "runner's high," it will keep you in shape and enable you to make exercise a more integrated, balanced

**JPL**