

Announcing the 26th NASA Intercenter Competition and 9th JPL Section Challenge Fall 1989

Competition Period: October 1 through October 30

Competition Distances: 2 miles and 10 kilometers (6.2 miles)

October has arrived and it's the time of year for pumpkins to break out in full orange splendor and for all of JPL to get into the running spirit. Why? because the NASA Intercenter competition is here and JPL section challenges have begun. Let's emulate our Olympic heroes and bring home the gold medal to JPL in the ten kilometer and two mile events. Quite often NASA participation has been significantly lower in October than in the Spring. If history repeats, we may win both events by repeating our previous Spring performance. So let's go for it and get that two mile championship from Goddard.

Here is a list of Club sponsored events:

- ◆ Wed October 4 11:45 AM *Know Your Pace Race 2 mile race*. Starts and finishes above the east parking lot on the Arroyo Seco Canyon Road.
- ◆ Wed October 11 5:00 PM *10 km Road Race*. Starts at the east side of the Rose Bowl and finishes just south of the Bowl.
- ◆ Wed October 18 7:00 AM *2 mile Track Run*. On the La Cañada High School Track.
- ◆ Wed October 18 5:00 PM *2 mile Track Run*. On the La Cañada High School Track.

Further details for each race can be obtained by contacting the respective race director:

Know Your Pace Race 2 mile race: Dave Hansen (4-3909) or Ken Erickson (4-0173)

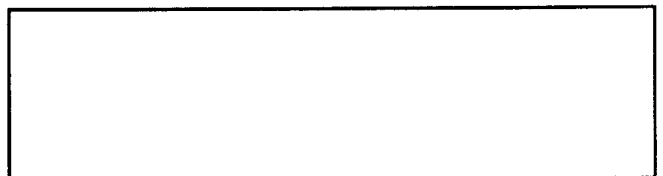
10 km Road Race: Charles Voge (4-9422) or Duncan McCornock (4-5784)

Morning 2 mile Track Run: Joe Ferrall (4-3159) or Bill Mogensen (3-5898)

Evening 2 mile Track Run: Rene Aguero (4-6170) or Bill Read (4-6773)

If the scheduled runs are inconvenient, you can qualify for the competition by completing an approved course during the month of October. If you complete a course on your own (i.e., apart from JPL running club organized races) **YOU MUST RECORD YOUR TIME TO THE NEAREST SECOND** not minute. The list of approved courses appears on the reverse side of this flyer. Refer any questions regarding "legality" of courses to Joe Ferrall (4-3159). If you wish to use a course not on the list, *PLEASE* get approval from the JPL Running Club before you waste your time disqualifying yourself on a silly technicality.

Section captains are encouraged to organize events for their own teams; if you don't know who your captain is, call Joe Ferrall (4-3159).



NASA/JPL COMPETITION RULES

APPROVED METHOD OF TIMING:

- ◆ Use any accurate watch capable of measuring *minutes* and *seconds*, and report elapsed time to the nearest one or two seconds.

APPROVED 2 MILE RACE & COURSES:

1. Any JPL Running Club 2 mile race run during the competition period.
2. Eight laps of any quarter mile track or eight laps plus 20.5 yards (which may be stepped off) of any 400 meter track.
3. Green Dot 2 mile course.
4. Rose Dot 2 mile course.
5. Bldg. 264/Arroyo Seco Canyon 2 mile course.
6. Two loops of the Upper Oak Grove Park 1 mile course.

APPROVED 10 km RACES & COURSE:

1. Any JPL Running Club 10 km race run during the competition.
2. Any course certified weekend 10 km race.
3. Green Dot 10 km course.
4. Rose Dot 10 km course.
5. 25 laps minus 64 yards (which may be stepped off) of any quarter mile track or 25 laps of any 400 meter track.
6. JPL Mall/Niño Canyon 10 km course.

IMPORTANT NOTES:

- ◆ See maps published by JPL Running Club. Maps available upon request.

- ◆ Tracks must be quarter mile or 400 meter. Caltech's track is 400 meter and La Cañada's track is quarter mile. Tracks of non standard lengths (not quarter mile or 400 meter) will disqualify effort. Check with Running Club officer if in doubt.

- ◆ For any time submitted from a weekend 10 km race, the runner must register, pay race fee, and participate in the race. Running the same course at another time or participating as an unregistered runner during the race itself will NOT count. OFF'n'Running newsletter will list most of the 10 km races in the local area during the competition period. You may run a race that is not included in OFF'n'Running; however, a copy of the race flyer must be submitted with time.

SOME CREATE WAYS TO DISQUALIFY YOUR EFFORT:

1. Run before or after the competition period.
2. Be timed or record time to nearest minute or fraction thereof.
3. Report a 2 mile or 10 km "split" time from another race. For example you can't use the time it took to cover the first 2 miles in a 10 km race to count as your 2 mile competition time.
4. Run a course you personally measured (no matter how accurately you measured it).
5. Run an "odd-length" track (not 440 yards or 400 meters). Beware the track at nearby St. Francis High School is an odd length track — don't use it.
6. Run a 10 km course used by a weekend race while not participating in the race.
7. Run an approved JPL Running Club course *approximately*, because you did not know the exact start/finish/turnaround points. You must follow the published map exactly.