

# 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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REMINDER: Manufacturers Hanover Corporate Challenge, September 12

"The MHCC is a 3.5 mile road race open to full-time employees (employed at least one month prior to the race date) of corporations, businesses, government and financial institutions. Each company may enter an unlimited number of runners and teams. All levels of runners are encouraged to participate!"

Teams: 5 men (men's team), 3 women (women's team), 2 men, 2 women, (coed).

Awards: Given to the top 5 teams in each category.  
Souvenirs will be given to all finishers.  
First place men's, women's, and coed teams will be flown to New York City for the MHCC Championship in late fall, 1985 via Pan Am World Airways with accommodations at New York's Sheraton Centre.

Watch for a special flyer that will be coming out later this month!

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OF INTEREST...

(Call Valerie Pickett, x2731 for details)

## RUNNING

August 10	Eighth Annual Mammoth Lakes Lions' Club 10K, Mammoth Lakes
14	Northridge Twilight 10K, Cal State Northridge
15	Sepulveda Dam Evening 10K, Woodley Park, Encino
17	Distance Derby 10-Mile, Huntington Beach Pier
	Seventh Annual Tetrick Trail 8-Mile, Griffith Park
	Grizzly Run 5K & 10K, Big Bear Lake
18	North Orange County YMCA Fullerton 10K Run, Fullerton H.S. Stadium
24	Signal Hill 5K & 10K, Hinshaw Park
25	Santa Monica Sports & Art Festival Marathon & Half-Marathon, Santa Monica College

**JPL**

## TRIATHLONS

- August 3 Oxnard Bud Light Triathlon, Hollywood Beach  
(swim 1.5, bike 30K, run 10K)  
Snowcreek Triathlon, June Lake Park  
(swim half mi., bike 25 mi., run 10K)
- 4 USTS Triathlon Series-L.A. at Dana Point  
(swim 1,500 meters, bike 40K, run 10K)  
Horny Toad Invitational Triathlon, Torrey Pines St. Beach, S.D.  
(swim 1.5, bike 50 mi., run 13.1 mi.)
- 10 L.A. Sprint Triathlon, Santa Fe Dam Recreation Area, Irwindale  
(swim 200 yards, bike 9 mi., run 3 mi.)
- 11 Great Outdoors Triathlon Series, Big Bear Lake  
(swim half mi., bike 15 mi., run 4 mi.)
- 17 Mountain Bike Triathlon, Big Bear Lake  
(swim 300 yards, bike 8 mi., run 4 mi.)
- 18 Sea to Sea Triathlon, Avila Beach, San Luis Obispo  
(swim 1.25, bike 30 mi., run 6 mi.)
- 24 Castaic Triathlon, Castaic Lake  
(swim 1K, bike 40 K, run 10K)  
June Mountain Triathlon, June Lake  
(500 yards, bike 20 mi., run 5 mi.)
- September 7 Seal Beach Triathlon  
(swim 1K, bike 20K, run 10K)
- 8 Great Outdoors Triathlon Series, Big Bear Lake  
(swim half mi., bike 15 mi., run 4 mi.)
- 15 Bud Light USTS Triathlon Series, Solano Beach, San Diego  
(swim 1.5K, bike 40K, run 10K)
- 21 Santa Barbara Bud Light Triathlon, Bath House, Santa Barbara  
(swim 1.5, bike 50 mi., run 13.1 mi.)  
Del Mar Days Triathlon, 17th St., Del Mar  
(swim 1 mi., bike 20 mi., run 10K)
- 28 Chuck's Triathlon, Mission Bay  
(swim 2K, bike 20K, run 10K)  
Castaic Triathlon, Castaic Lake  
(swim 1 mi., bike 20 mi., run 6 mi.)