

# OFF 'N' RUNNING

THE NEWSLETTER OF THE JPL RUNNING CLUB

Published Every So Off'n

(whenever all the news to print just fits)

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## APRIL UPCOMING EVENTS

Monday 12 noon	April 1 Lower Oak Grove Park	11th Annual Arroyo Seco Freako Microthon (5K - Same course as last year. )
Wednesday 12 noon	April 10 Arroyo Seco Canyon	2-Mile Handicap Race (All handicaps based on 1984 data only. Winner should be runner who has improved most this winter and spring.)

Friday 12 noon	April 19 Rose Bowl	10K NASA Intercenter Competition and JPL Section Challenge. Earn points for your section and for JPL.
Thursday 7 a.m. & 5 p.m.	April 25 La Canada H.S. Track	2 mile

## JPL News

Barbara Basta, Booth Hartley, and Jim Ulvestad completed *50-mile runs* during the weekend of February 16 & 17. It was Barbara and Booth's first 50-miler. Jim ran his first last October.

It's not only significant that all completed the 50-miles - Jim tells me that his and Barbara's times are verging on world-class!! Jim's October '84 time (5 hours 48 minutes) placed him 24th in the U.S. for all of 1984. His time this year was 6 hours 36 minutes (Jim's in training for a 100-miler). Barbara's 1985 time (8 hours 26 minutes) would have placed her 55th in the U.S. for 1984 and approximately 8th in the Master Women. Booth's time was 8 hours and 49 minutes. CONGRATULATIONS TO YOU ALL!!

## Community News

The National Institute of Cardiovascular Technology is co-sponsoring "Cardiac Risk Factor Identification Programs" during the next few weeks. For \$98 you can find out what your chances are of having a heart attack. Each individual participating will receive a Resting EKG, Exercise Stress EKG, Pulmonary Function Test, Blood Chemistry tests (cholesterol, HDL level, triglyceride level, and fasting blood sugar), and percent body fat analysis. The following hospitals are also participating: Presbyterian Intercommunity (April 13), and Fountain Valley Community (May 11). Call 1-800-421-4933 or (714) 642-2323 because...the first symptom in 40% of all heart attacks is sudden death.

(provided by Nancy Hayes)

FOR New Nike Air Odyssey (Men's) - \$42.00  
SALE Size: 9 1/2 (7 miles use) Contact: Mohammed Belhadeb (x5910)

NEWS BRIEF

"Don't Run Scared from Running"

(Reprinted from "Alive" Magazine, 10/84, a publication of Shaklee Corporation)

No, running did not kill Jim Fixx, the guru of the sweat set, who suffered a fatal heart attack while pounding the pavement in Vermont last summer.

Exercise skeptics were quick to point out the irony in the tragedy. But far from shortening life for the trend-setting author of *The Complete Book of Running*, Fixx's healthful habit may actually have bought him some extra years. Before becoming one of running's staunchest supporters in the mid-70s, Fixx had been a overweight two-pack-a-day smoker. He took up running at 35, the same age at which his father had had his first heart attack. Fixx's father died at age 43; Fixx lived to be 52.

Heredity plays a very important role in heart disease. In fact, a report in the *Journal of the American Medical Association* (250:1663-1664, 10/7/83) stated that "probably half of all early heart attacks (before age 55 in men and age 60 in women) occur on the basis of strong genetic predisposition..."

But although heredity predicts heart trouble, lifestyle can accelerate or postpone it. In fact diet, exercise, and proper medical care can go a long way toward correcting a bad heart.

Unfortunately, Fixx may have fallen short in the medical care department. According to *Time* magazine (8/6/84), even though Fixx knew his family history put him at a high risk for developing heart disease, he did not see his doctor regularly and chose to ignore his pending heart attack's telltale symptoms.

So, don't hang up your running shoes. But, if heart disease looms in your family background, be sure you know the warning signs of a heart attack, and keep in touch with your doctor.

OF INTEREST...

(Call Valerie Pickett, x2731 for details)

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|-----------------|--|
| <u>March 31</u> | Long Beach Grand Prix Charity 10K, Long Beach<br>April Fool's 10K, Newport Beach<br>Sugarless 5K & 10K, Riverside<br>Ventura County Symphony Association 10K, Ventura<br>Seventh Annual Easter Seal Society 10K & Half-Marathon, Carpinteria |
| <u>April 6</u>  | Run for Sobriety 1K, 5K, 10K, Tustin<br>Seventh Annual Aneater Run 5K & 10K, Irvine<br>Tropicana, Las Vegas Easter Half-Marathon, 10K & 2-Mile, Las Vegas  |
| <u>April 7</u>  | Seventh Annual Carrera de Cabras 7.2 Mile Run, Westlake Village  |
| <u>April 13</u> | Jimmy Stewart National Relay Marathon, Griffith Park<br>Conejo Valley Days Rabbit Run 5K & 10K, Thousand Oaks<br>Pride of the Foothills 2K, 5K, 10K and Half-Marathon, Glendora  |
| <u>April 14</u> | Santa Monica Pier 5K & 10K, Santa Monica<br>10th Annual Hidden Valley Marathon, Newbury Park<br>Wilderness Fun Run 3K & 5K, Newbury Park<br>Run for the Hills 5K & 10K, Malibu Creek State Park  |
| <u>April 20</u> | City of Duarte Bud Light 5K and 10K Run for Fitness, Duarte<br>Seventh Annual Legg Lake Park 5K & 10K, Whittier Narrows Rec. Area<br>McDonald's Run for Summer Fun 5K & 10K, Encino  |
| <u>April 21</u> | LaJolla Half-Marathon, Del Mar Fairgrounds Race Track<br>Simi Valley Freedom 5K & 10K  |
| <u>April 27</u> | South Pasadena-San Marino Rotary Road Classic 5K, 10K & 1-Mile<br>Stinky Sneakers 5K & 10K, Fountain Valley<br>Spring Fitness Classic 5K & 10K, Lancaster<br>Monrovia Century 5K & 10K   |
| <u>April 28</u> | Fourth Annual School Power 10K, Laguna Beach<br>Mt. SAC Relays 5K & 10K, Walnut<br>HELP Century City 10K for Youth, Rancho Park  |