

# 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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MAY 1985

COMING SOON.....

MAY MADNESS MEDLEY MATCH RACE TOURNAMENT MAY 30 and 31 (watch for flyer)

OOPS!..A few copies of the flyer announcing the "Results from the 11th Annual ARROYO SECO FREAKO MICROTHON" accidentally had page 2 on page 4. Extra copies of the missing page are available upon request.

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## FITNESS EVALUATIONS

Crescenta-Canada YMCA (Rick Riehman, 818-790-0123) - First Tuesday, second Thursday and Fourth Saturday of each month: Fitness Evaluations (strength, flexibility, endurance and body fat percentage). Fee \$10.

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## RESULTS...JIMMY STEWART MARATHON RELAY (GRIFFITH PARK)

JPL's Corporate Masters team (John LuValle, Bill Mandeville, Joe Marino, Duncan McCornock, Steve Stedry) finished 51 out of 920 teams in 90° weather. In the Corporate Masters division JPL finished third. JPL's competition included a lot of national corporate teams (i.e., Rockwell International). The winning corporate team was Hughes.

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## OF INTEREST...

(Call Valerie Pickett, x2731 for details)

- May 19 Second Annual 5K & 10K Flower Runs, Westlake Village  
Bay to Breakers 7.5 Mile, San Francisco  
Harbor Dental Society 5 & 2 Mile "Smile America" Fun Run, Long Beach  
Sixth Annual Santa Anita Lite Spring Classic 5K & 10K, Arcadia  
Baldy View 5K, 10K, & 5K Team Challenge, Montclair  
Kaiser Permanente 5K, 10K Run, Fontana (Scrub Shirts)
- May 25 Seventh Annual Topanga 10K Run, Topanga State Park  
Breakers 10-Mile, San Diego
- May 26 Brentwood 5K & 10K  
Holy Jim 100 Mile Race, El Toro  
Sixth Annual Love Your Heart 10K Run, Redondo Beach
- May 27 Fiesta Days Run 10K, 5K & 1 Mile, La Canada

**JPL**

- June 1 "Spines to Pines" Cross Country Mountain Marathon, White Water  
Magan Medical Clinic 5K & 1-Mile, Covina
- June 2 Seventh Annual "Sweat Don't Fret" 5K, 10K & 20K, Fountain Valley  
Moorpark College 5K & 10K Stadium Runs  
Old Ranch Creek Four Mile Run, Ojai  
Fleet Analysis Center 5K Race, Norco  
The Madd Pig Run-10K, Long Beach  
"Dam Tough Run" Ultra-Marathon(38.6 miles-4 person relay or do the whole DAM thing yourself), no race day registration, Lake Isabella (Ted Meyer's doing it!)  
The Great Political Runaround 10K, Westwood  
"Salute to Recreation" 5K & 10K Family Run, Northridge
- June 6 Valley of the Flowers Marathon & Half Marathon, Lompoc (Corporate Team Competition-additional category)
- June 8 Nineteenth Palos Verdes Marathon  
16th Annual Morro Bay to Cayucos 6 Mile Run  
Saddleback 12K, 6K, and Kids Cup One Mile  
El Camino - Century 21 Victory Realty 5K Run, Woodland Hills
- June 9 Third Annual Heart Club 5K Run, El Segundo  
Deacon Jones Run for Learning Disabilities 5K, 10K & Fun Run, Woodland Hills  
Hughes Aircraft 5K, El Segundo  
Third Annual Conejo 20K Run, Westlake Village  
La Habra Heights Avocado Festival Annual 5K Run  
Paradise 5K & 10K Runs, Irvine
- June 12 1985 Manufacturers Hanover Corporate Challenge, Irvine  
(This is in addition to the September 12 Challenge.) For information on entry fees, release forms, etc., contact Valerie Pickett (Ext. 2731) before Wednesday, May 29th.
- June 15 Golden West College 10K Run, Huntington Beach  
Martin Luther Hospital Ann Kiuasu Memorial 5K, 10K, & Kids 1 Mile, Yorba Regional Park
- June 16 Monty Montgomery Ten Mile Individual or 2x5 Mile Partner Run, Encino  
Dad's Day Dash 10K, Hermosa Beach  
Run for Gay Pride 5K & 10K, Silver Lake  
Third Annual Conejo Track Club Father's Day 10K, Thousand Oaks
- June 22 Summer Solstice Run for R.I.O., Anaheim  
The Grizzly Run 5K & 10K, Big Bear Lake
- June 23 Sea Breeze 10K and 20K, Ventura  
Century City 10K & Chariots of Fire 5K
- June 30 Third Annual Olympic Torch 5K and 10K Run, Newport Beach  
Pride House 10K, Griffith Park

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"My doctor said I've got to lose thirty pounds or grow six inches."