

# 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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!!L.A. MARATHON!!

Sunday, March 9, 1986

Plan ahead for the first-ever Los Angeles Marathon.

The loop beginning and ending in the Coliseum will skirt nine socio-economic communities with 52 high-school bands, one per half-mile, providing entertainment for runners.

More information will be provided as more information becomes available.

P.S. Vons has a coupon brochure that includes a coupon for \$5 off the L.A. Marathon as well as mail-in forms.

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!STRIDERS, ATTENTION!

(There is such a thing. Watch for upcoming articles.)

## WALKERS Club of LA

- Mondays: Workout. Begins 6:30 p.m. at Cal Tech, Pasadena. Emphasis on increasing flexibility and preventing injuries.
- Thursdays: Clinic. Held 6-7:30 p.m. at Cal Tech, Pasadena, Beginning instruction, warm-up exercises, workout and timed distances.
- Saturdays: Walkout Clinics. Held 9-10 at Weingart Stadium, East LA College, Monterey Park. Fee involved.
- " : Racewalking Class. Fullerton College.
- Sundays: Racewalking Class. Cypress College.

For newsletter and membership information contact Walker's Club of LA, c/o Elaine Ward, 358 W. California Blvd., #101, Pasadena 91105 (818) 577-2264.

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Aerobics Expo: Sunday, November 10th, 9-5, Free Admission, Westin-Bonaventure

**JPL**

## RUNNING

- November 9 Yorba Linda Rotary 8K & Half-Mile Kids Run, St. Jude's Hospital  
Around the Bay 10K, Newport Beach
- 10 Run to the Rock 4-Mile, Irvine
- 16 1985 Leukemia Society 10K, Irvine
- 17 Women on the Run 5-Mile and 2-Mile Run, and Male Chauvinist 5K,  
Griffith Pk.  
Lasse Viren Finnish Invitational 20K, Point Mugu State Pk.  
Fourth Annual Bonelli Pk. Lake 5K & 10K Classic  
CRI Long Beach Half-Marathon and 3-Mile Fun Run  
Second Annual San Juan Fifty Mile Trail Run, San Juan Capistrano  
Hot Springs  
Sea Shepherd 10K, Playa del Rey  
SPACTAC District Championship & San Fernando Valley Marathon,  
Sherman Oaks  
South Bay 10K, Hermosa Beach
- 23 Jet to Jetty 10K, Playa del Rey  
Second Annual Ladera Heights Civic Assoc. 5K & 1K  
Pico Rivera Turkey Trot 5K & 10K  
Valinda Turkey Trot 5K & Half-Mile  
San Gabriel Turkey Trot X 5K & 10K
- 24 Success Run Women Only 8K, Irvine  
Fourth Annual Bell Through Bunker 5-Mile & Kid's K, Pt. Fermin Pk.  
Third Annual Steve Sax Run for Hope 5K & 10K, Woodland Hills  
38th Western Hemisphere Marathon, Culver City  
Third Annual Tram Road Challenge 6K, Palm Springs  
Sixth Annual Puente Hills Mall 5K Turkey Trot
- 28 Torrance Turkey Trot 3-Mile
- December 1 Villa Park Half Marathon, Half Mile, 2 Mile & 5 Mile Runs
- 7 Second Annual Hawaiian Gardens 5K & 10K
- 8 SPACTAC District 8K Championship, Van Nuys  
Second Athletic Express Track Club 5K and Half Marathon, Palm  
Desert  
Zev Yaroslavsky's Westwood Village 10K, Westwood Village

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Dieter to friend: "This morning I telephoned to sign up for an exercise class and the instructor told me to wear loose clothing. I said, "If I had any loose clothing, I wouldn't need the class."