

# 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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!!ALERT!!

Please help our Archivist by cutting out any articles that mention JPL or our runners. Send to Darlene Henry 202-223.

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FOR SALE

West Bend Triple Electronic Timer. Can time three separate activities at once (1 sec. to 10 hrs.). Purchased for \$20. Selling \$10 (o.b.o.). Contact Sam Dolinar at extension 7403.

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Reminder:

October 5-27     NASA Intercenter Competition/JPL Section Challenge.

October 9        12 noon, "Know Your Pace Race", Arroyo Seco Canyon Run  
16                12 noon, 10K road race, Rose Bowl  
23                7:30 a.m. & 5:00 p.m., 2-Mile track run, La Canada High School

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October 31     Great Pumpkin Run - 12 noon, Rose Bowl

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## RUNNING

October 5     Simi Valley Bank Round Up 5K & 10K, Simi Valley  
West Covina 2K, 5K, 10K Heritage Runs, West Covina  
Hospital 5K & 10K Run and 5K Walk, Lancaster  
Grizzly Run 5K & 10K, Big Bear Lake  
Chilao Mountain Family Run 8K and 1-Mile, Angeles Crest Highway

**JPL**

- October 6 Cathy Lee Crosby 5K & 10K Runs, Griffith Park  
Third Annual Ojai Parks and Recreation 5K & 10K, Ojai
- 12 Learn Not to Burn 5K & 10K, Playa Del Rey  
Eighth Annual Compton Mini-Marathon, 5K & 10K, Compton  
Sixth Annual Running is for the Birds 10K & 5K Run/Walk, Bolsa Chica  
State Beach  
1985 Stroh's Run for Liberty II 8K, Fountain Valley
- 13 SPATAC District 5K Cross Country Championship, Valencia  
Mulholland Scenic 3K & 10K Runs, Los Angeles  
End of World Hunger 5K & 10K, Brentwood  
Spirit of Recreation Run, 5K & 10K, CSUN
- 19 Second Annual Eaton Canyon to Henninger Flats 9 Mile Trail Run,  
Pasadena  
Harbor Lite Half Marathon and 10K, San Pedro  
Second Annual Nite Lite 10K, Fullerton  
Long Beach State Homecoming Run 10K, 5K, and Kids K, CSULB
- 20 8th Santa Barbara Women's 10K, Santa Barbara  
John Douglas 5K & 10K, Santa Monica  
Pasadena American Heart Association 5K & 10K, Rose Bowl  
(Contact Jim Bogush X4817 for more details)
- 26 Columbia "Reach for the Stars" 5K & 10K, Burbank  
Hawthorne Rotary 5K & 10K, Hawthorne  
Fourth Annual Ed Jerome Memorial Half Marathon and 5K Runs, Antelope  
Valley  
West End 10K & 25K, Catalina Island  
Bellflower Liberty 5K & 10K, Bellflower
- 26-27 No Bullshit 24-Hour Run, Ventura
- 27 Festival of Lights 3K & 10K Runs, Encino  
Seventh Annual Great Pumpkin 5K, 10K, and 1 Mile Family Fun Run,  
Westlake Village  
Ventura County Master Chorale and Opera Association 10K, Ventura  
10K Run for Academic Excellence, Huntington Beach  
Sri Chinmoy 12 Hour Run, Santa Barbara  
Newport Classic 5K, 10K and Kids 1-Mile, Newport Beach
- November 2 Foot Locker Partners 8K Run, Griffith Park  
Fourth Annual Seal Beach Autumn 10K Run, Seal Beach  
CSUN 5K & 10K, Northridge
- 3 SPATAC District 10K Cross Country Championship, Griffith Park  
Third Annual Aztlan International 5K & 10K Classic, Monterey Pk.  
Ninth Santa Barbara Half Marathon, Santa Barbara
- 9 Stuntmen's Association 5K & 10K Runs, Griffith Park  
Twenty-Four Hour Run, Ojai
- 10 Eighth Annual Riverside Mission Inn 5K & 10K Runs, Riverside  
Third Annual Minnie Riperton Cancer Action 5K & 10K Run, Los Angeles