

# 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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## AVAILABLE:

"LOS ANGELES RUNNERS GUIDE" (DONATED BY BILL MANDEVILLE). NOW AVAILABLE TO ANYONE WHO WANTS TO BORROW IT. EXCELLENT GUIDE ON RUNNING TRAILS IN THE AREA. INCLUDED ARE: DISTANCE, DIRECTIONS TO AREA, DIRECTION OF RUN, TIME GOALS, DEGREE OF DIFFICULTY, ELEVATION CHANGE, RUNNER POPULARITY, ASTHETICS, AUTOMOBILE TRAFFIC, NIGHT RUNNING, SAFETY, SURFACE, OBSTRUCTIONS, AND NEIGHBORHOOD AMBIENCE.

SO, IF YOU'RE BORED WITH YOUR REGULAR TRAILS, CALL DARLENE HENRY (3110).

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## RUNNING CLUB NEWS

IT WAS A THRILLING DOWN-TO-THE-WIRE FINISH FOR THE CLUB'S 4x1-MILE RELAY RACE, THE "SMOG JOG". THE TEAM OF LEE VOGELGESANG, CAROL BRUEGGE, ROD BRITTEN, AND BILL READ WON GOLD MEDALS WITH A TIME OF 25:01. JUST ONE SECOND BEHIND, AT 25:02, WERE THE SILVER MEDALISTS, JAMES WRAY, GARY KUNSTMANN, MARK RYNE, AND DUNCAN MCCORNOCK. TWO OTHER TEAMS FINISHED AT 25:34 AND 26:12.

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## REMINDER:

OCTOBER 5-27 NASA INTERCENTER COMPETITION/JPL SECTION CHALLENGE.

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## RUNNING

- SEPTEMBER 7 JIM THORPE MEMORIAL 5&10K, LOMITA CITY HALL, LOMITA  
RUN FOR SHELTER 5&10K, PALMDALE HOSPITAL, PALMDALE
- 8 MACCABIAH 5K AND HALF MILE RUNS, IRVINE PARK, ORANGE  
WEST HOLLYWOOD 5&10K RUN AND WALKATHON  
MARINA BREAKERS 10K, MARINA DEL REY
- 12 MANUFACTURERS' HANOVER CORP. CHALLENGE 3.5 MILE, GRIFFITH PARK
- 14 FLEET FEET 5K, 10K, AND KID CUP ONE MILE FALL CLASSIC, IRVINE
- 15 ELLIS EYE CENTER RUN FOR SIGHT 3K & 10K, CEDARS SINAI, LA

**JPL**

- 21 31ST ANNUAL BALBOA PARK 8-MILE AND 3-MILE FUN RUN, BALBOA  
6TH ANNUAL ROLLING HILLS ESTATES CROSS-COUNTRY 5&10K, RANCHO  
PALOS VERDES  
2ND ANNUAL RAINBOW RUN 5&10K, CLAREMONT COLLEGE, CLAREMONT
- 22 SPATAC DISTRICT HALF MARATHON CHAMPIONSHIP, MISSION PK, VENTURA  
SEVENTH ANNUAL CHOC/KFWB CLASSIC 5&10K, WESTIN SOUTH COAST PLAZA  
HOTEL, COSTA MESA
- 28 SECOND ANNUAL MALIBU 10K RUM RUN, ZUMA BEACH, MALIBU  
RUN FOR THE KIDS 10&5K, BOLSA CHICA STATE BEACH  
MADD DRY RUN 10K & 2 MILE, NEWPORT BACK BAY ROAD, NEWPORT BEACH
- 29 RUN FOR LIFE HOSPICE 10K, SANTA BARBARA COLLEGE, SANTA BARBARA  
PONY EXPRESS 5&10K, AGOURA H.S., AGOURA

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REPRINT FROM DESIGN NEWS/7-22-85 "WIRED SHOE GIVES RUNNERS PERFORMANCE FEEDBACK"

PUMA USA HAS INTRODUCED WHAT IT CLAIMS TO BE THE WORLD'S FIRST "COMPUTER RUNNING SHOE," THE RS COMPUTER SHOE AND SOFTWARE PACKAGE.

A SELF-CONTAINED UNIT WITHOUT WIRES OR LEADS, THE SHOE INCORPORATES A BUILT-IN ELECTRONIC DEVICE ENABLING IT TO COMMUNICATE WITH A COMPUTER, PROVIDING TIME AND DISTANCE DATA, AS WELL AS THE AMOUNT OF ENERGY EXPENDED.

DR. PETER R. CAVANAGH, PROFESSOR OF BIOMECHANICS AT PENNSYLVANIA STATE UNIVERSITY, DEVELOPED THE CONCEPT FOR THE SHOE.

"FOR THE FIRST TIME, THERE IS A RUNNING SHOE AND SOFTWARE PACKAGE THAT ALLOWS RUNNERS TO ELECTRONICALLY MEASURE THE TIME AND DISTANCE RUN AND THE ENERGY OR CALORIES EXPENDED" ACCORDING TO PUMA PRODUCT MANAGER PAUL OPAROWSKI.

A TINY ELECTRONIC DEVICE INSTALLED IN THE HEEL OF THE RIGHT SHOE TAKES THE RELEVANT MEASUREMENTS - A BUILT-IN STOP WATCH MEASURES THE DURATION OF A RUN AND SENSING DEVICES DETECT THE NUMBER OF TIMES A FOOT HITS THE GROUND. AFTER A RUN, THE SHOE IS "PLUGGED IN" TO AN APPLE II-E OR A COMMODORE 64 HOME COMPUTER WHICH DISPLAYS DATA ON THE RUNNER'S STYLE THAT WAS PREVIOUSLY RECORDED DURING INITIAL CALIBRATIONS. THIS INFORMATION IS USED TO CALCULATE THE DISTANCE RUN AND THE ENERGY/CALORIES EXPENDED.

THE DISTANCE ESTIMATE GENERATED BY SOFTWARE IS MORE ACCURATE THAN DATA GLEANED FROM A Pedometer BECAUSE THE PROGRAM ACCOUNTS FOR INDIVIDUAL RUNNING PATTERN VARIATIONS.

PUMA EXPECTS THE SHOE TO BE POPULAR WITH SERIOUS RUNNERS, WHO TEND TO KEEP DETAILED RECORDS AND WHO WILL USE IT TO MEET PERSONAL GOALS. THE SOFTWARE ALLOWS RUNNERS AND COACHES TO ENTER GOAL DISTANCES INTO "GOAL FILES" FOR EACH MONTH AND DISPLAY THESE GOALS AGAINST ACTUAL DISTANCES RUN AND THE DISTANCE THAT NEEDS TO BE RUN TO MEET THE OBJECTIVE. THE SHOE MAY ALSO BE PROGRAMMED FOR A SPECIFIC DISTANCE SO IT WILL EMIT A "BEEP" WHEN THE DISTANCE HAS BEEN ACHIEVED.

SEVERAL RUNNERS CAN USE THE SAME PROGRAM TO DECODE DATA FROM THEIR SHOE AND KEEP THEIR OWN RECORDS ON DISK.

THE SHOE PER SE FEATURES A THREE-PART REMOVABLE FOOTBED INSERT. THE COMPANY CLAIMS THAT THE "MULTIPLEX IV" MIDSOLE WILL RETAIN MUCH OF ITS CUSHIONING AND STABILITY FOR UP TO 2000 MILES. THIS IS ACHIEVED BY THE COMBINATION OF FOUR COMPONENTS - A LIGHTWEIGHT POLYURETHANE LAYER TO REDUCE OVERALL WEIGHT; RIGID FOAM IN THE MEDIAL HEEL SECTION TO PREVENT EXCESSIVE PRONATION; AND RESILIENT FOAM ON THE LATERAL HEEL SECTION FOR SHOCK ATTENUATION. ALL THESE ARE ENCLOSED IN RESILIENT AND DURABLE POLYURETHANE.

PUMA USA EXPECTS TO BEGIN SHIPPING THE SHOE IN THE FIRST QUARTER OF 1986.