

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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UPCOMING RUNNING CLUB EVENTS

April 9-May 5 Spring 1986 NASA Intercenter Competition and JPL Section Challenge

April 9 (noon) 2-Mile Handicap & Newcomer Race, Arroyo Seco Canyon
18 (noon) 10-K Road Race, Rose Bowl
23 7 a.m. 2-Mile Track Race, La Canada High School
5 p.m.

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"Striding: Treading New Ground (Walking is a way to workout and a way of life.)"

(Adapted from City Sports Magazine, July 1985)

(Part III)

Inclines

The other primary way to increase your exertion is to stride uphill. Since striding up an 8.5-degree grade at 3.75 mph will burn 970 calories per hour, it will take you about 27 minutes to shed those 450 calories, putting you ahead of your running pace.

Now, if you stride up the 8.5-degree grade wearing the 38 pounds of extra weight, then you'll burn the 450 calories in a scant 18 minutes.

Speed

Once you get above 4 mph, striding exertion increases dramatically. If you wanted to consume 450 calories at 5 mph pace, it would take approximately 44 minutes. Generally, achieving speeds of 5 mph and above requires race walking technique, which is not striding. But it is interesting to note that at speeds of 5 mph and above, it takes more effort to walk than to run because of the exaggerated motions of the walker as opposed to the natural movement of the runner in the 5-to-7 mph range.

While speed, weight load and inclines are the primary factors in increasing striding workload, there are others. Quality of terrain is an important consideration - striding on sand, rocks or snow takes more effort than on dirt, grass or cement. Length and height of step will also affect your energy output. You'll get a better workout by either stretching out your stride step, or lifting your legs higher, as in a marching motion. Similarly, exaggerating your arm swings will produce more caloric burn.

The point is, you have the options to turn your stride into anything you want it to be. By combining the exertion and speed factors of striding, you could eventually get those 450 calories burned in under 10 minutes.

JPL

ATTENTION!!

All JPL Running Club members who ran in the recent L.A. Marathon please send me the vital statistics on how you did for publication in the next issue of Off'n' Running.

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OF INTEREST...

(Call Valerie Pickett, x2731 for details)

- April 12 2nd Annual 5K & 10K* Run to Benefit the Hearing Impaired, Long Beach
Run for Orangewood 5k, 10K* and 1-Mile, Irvine
Stinky Sneakers IV 5K and 10K*, Fountain Valley
Covina's Centennial 5K Run and 1-Mile Walk
UCI 5K & 10K*, Irvine
- 13 Santa Monica Pier 5K & 10K*, Santa Monica
Sinai Temple 5K & 10K*, West L.A.
Heart & Sole Classic 5K & 10K*, Glendale
- 19 Fontana Days Half Marathon and 5K Runs, Fontana
City of Duarte Bud Lite 2K, 5K & 10K* Runs for Fitness, Duarte
Super Run II - Qualifying 10K* and Mayor's 1-Mile Rockport Fitness
Walk, Alhambra
- 20 McDonald's Fourth Annual Run for Summer Fun 1K/5K/10K,* Encino
LaJolla Half-Marathon and 2-Mile Run Run/Walk
Justice In Motion Law Day Run 2K, 5K and 9-Mile Relay, L.A.
California Strawberry Festival/St. John's Medical Center 10K* & 2-Mile,
Channel Islands Harbor
Round Orange 10K* Race, Orange
- 26 Convention Center 5K Run, L.A.
Seventh Annual Palos Verdes Library 10K* & 3K
Fourth Annual Bess James Romonaland 10K* & 2 Mile Fun Run, Hemet
Fifth Annual Road Runner 1K, 5K, and 10K* Classic, South Pasadena
- 27 28th Annual Puma, Mt. SAC Relays In-N-Out, 5K, 10K and Munchkin Mile,
Walnut
School Power 10K* and 2K, Laguna Beach
Laguna Beach Classic 10K*
- May 3 Monrovia Centennial 5K and 10k*
4 Sri Chinmoy Marathon, La Jolla
1986 HEART/CAAN Marathon, 10K* and 2.1K, Ventura
Lakewood Pan American Half-Marathon
City of Ontario 5K & 10K* Championships and Kids 1 Mile

*NOTE: These 10K races also qualify for the NASA Intercenter Competition and JPL Section Challenge. To qualify runners must register and participate in the actual race, not just run the same course another time.

(Race Hotline (Running & Triathlon Events - (213) 822-RACE)