

OFF 'N' RUNNING

THE NEWSLETTER OF THE JPL RUNNING CLUB

Published Every So Off'n

(whenever all the news to print just fits)

VOLUME 2, NUMBER 6

JUNE-AUGUST 1986

Sorry for the delay but this issue should take care of your running needs for awhile. By the way my new mailstop is 233-208.
Valerie

//

SMOG JOG 4X1-MILE RELAY

WEDNESDAY AUGUST 27 12:00 P.M. LA CANADA HIGH SCHOOL TRACK

//

SPORTS MEDICINE DIRECTORY
(City Sports Magazine, August 1986)

Beverly Hills Medical Center Sports Injury Clinic
Institute for Arthroscopic Surgery, LA
Th Sports Medicine Center, LA
JMP Center for Sports Medicine and Fitness, Van Nuys & Reseda
Medical Center of Manhattan Beach
SportsMed Clinic, LA
Women's TRACC Sportsmedicine Incorporated, LA

///

OF INTEREST...
Call Valerie Pickett, x6039 for details)

TRIATHLON CALENDAR

August 9 Third Annual L. A. Sprint Triathlon, Santa Fe Dam
10 King of the Hill, Big Bear Lake
17 Sea to See Triathlon, Avila Beach
 Windward Triathlon, Oahu (eat your heart out)
 Ultra Iron Crazyman, Malibu
 Castaic Triathlon Series (3rd of 4), Castaic Lake
 Big Bear Triathlon (2nd of 3), Big Bear Lake
23 June Mountain Triathlon
24 Huntington Beach Triathlon
30 The World's Toughest Triathlon, South Lake Tahoe

September 6 5th Annual Seal Beach Triathlon
13 Cycle World Biathlon Series

JPL

RUNNING CALENDAR

- August 6 CSUN Twilight 10K, Northridge
9 MADD Run for Fiscal Fitness 10K & 2 Mile Fun Run/Walk,
Balboa Park
10 8th Annual Samurai 5K Run, Little Tokyo, LA
4th Annual Carrara de Locos Half Marathon, Westlake
Village
16 8th Annual 8 Mile Tetrick Trail Run, Griffith Park
32nd Annual Distance Derby 1.5, 3 & 10 Miles,
Huntington Beach
Bud Light 5 & 10K Run for Jerry's Kids, Pomona
17 Run By the Sea 10K and Kid K, Marineland
9th Annual North Orange County YMCA 10K, Fullerton
H.S.
23 Signal Hill 5K & 10K, Hinshaw Park
5th Annual Norwalk 8K Challenge
Second Annual Grizzly Run 5K & 10K, Big Bear Lake
24 America's Finest City Half Marathon, San Diego
Santa Monica Half & Full Marathon & 5K Run, Santa
Monica City College
- September 1 South Bay, Labor Day, Two-Way, 5K Relay, Space Park,
Manhattan/Redondo Beach