

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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!!WANTED!!

Volunteer: Race Director for Arroyo Seco Freako Microthon April 1, 1986.

Here's your chance to organize and manage our Club's most popular race. Contact Sam Dolinar (238-420, Ext. 7403) if interested. Sam will provide any guidance you feel you need in order to become an expert Race Director.

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UPCOMING RUNNING CLUB EVENTS

April 1 12th Annual Arroyo Seco Freako Microthon
5-27 Spring 1986 NASA Intercenter Competition and JPL Section Challenge

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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 II)

Getting in Stride

Striding involves three basic components - exertion, speed and duration. By increasing any one of these or all of them, we can enhance our workout. To get an idea of the options involved in a stride, let's compare it to a run.

If you are a 160-pound man, age 35, who runs over flat terrain for 30 minutes about 6 mph, you'll burn approximately 450 calories if you're in fairly good shape. To burn the same number of calories by striding at 4 mph-which is a brisk pace-over flat terrain you would have to walk for about an hour-and-a-half. If you weren't worried so much about calories and just wanted an aerobic workout (a training effect) you'd need to stride for at least a half hour, depending on how long it takes you to get your heart beating at the target rate, which is 70 to 85 percent of your maximum rate.

Suppose you want to work off those 450 calories but are daunted by that hour-and-a-half time commitment. Then you have to add to the workload by either increasing exertion or speed. There are several ways to increase exertion, the two most common being carrying extra weight and striding up an incline.

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Weight Load

Striders typically carry weights of some sort to add to increase workload. The most convenient kinds of weights strap onto ankles, wrists and the waist. Holding something in your hands—water bottles, dumbbells or Heavyhands, for instance—will do as well as wrist straps, and you can also wear a backpack filled with rocks, sand or some other suitably bulky contents. It is acceptable in striding to add up to 30 percent of your body mass in extra weight. One thing to remember is that while you can obviously carry more weight on your trunk, weights on your limbs provide more exertion per poundage because of the resistance to the momentum of your arm and leg motion.

The proportions are as follows: either seven pounds of trunk weight, or one pound of ankle weight, will increase your energy expenditure by 12 calories per hour. So, if you add, say, 28 pounds to your waist, and five-pound weights on each of your ankles, you'll be able to burn up those 450 calories in around 45 minutes.

(To be continued.)

(CAUTION: City Sports, November 1985: Watch Your Weights: Those just taking up sports walking need to be careful of the use of hard weights. Until the arm and shoulder muscles are well developed, weights increase the risk of strain and injury.)

NOTE: Holly Ruiz offered the following information:
Caltech offers instruction under the name of L.A. Fast Walkers Club
Meet at the Caltech track from 6-7:30 p.m. on Thursdays

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OF INTEREST...

(Call Valerie Pickett, x2731 for details)

- March 15 Green Belt 5K & 10K, Riverside
- Sixth Annual Knights of Columbus 5 Mile Run, Newhall
- 16 Seventh Annual Tom Sullivan St. Patrick's Day 10K, Torrance
- Fourth Annual Dick Durand 8K Trail Run, Westlake Village
- 22 Eight Annual San Marino Rotary 5K, 10K Run for Fun, San Marino
- 2nd Annual Calvary's Reach Out & Care 5K, 10K, & 1 Mile, Westlake Vlg.
- 23 Ventura County Symphony 10K, Ventura
- SPATAC District 20K Championship, Valencia
- 4th Annual Tri-County Dental Society Sugarless 5K & 10K, Riverside
- 29 Pride Eight 2K, 5K, 10K and Half Marathon, Glendora
- 30 Third Annual Conejo 5K and 10K Runs, Westlake Village

- April 5 Seventh Annual Long Beach Grand Prix Charity 10K, Long Beach
- Sixth Annual Conejo Valley Days 5K, 10K Rabbit Run, Thousand Oaks
- Mockingbird Canyon 5K & 10K Runs, Riverside
- 6 Jimmy Stewart Marathon Relay, Griffith Park
- Third Annual April Fools 10K, Newport Beach
- Paramount Ranch 5K Cross Country, Agoura