

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 5

MAY 1986

SPECIAL!

COOPERATIVE BIATHLON

(Sponsored by the Bicycle and Running Clubs)

Bike & Run: June 7, 1986

Watch for flyers announcing this event.

FLASH!!

Once again JPL was represented with a winning team in the Jimmy Stewart Corporate Marathon Relay (Corporate Masters Division) held April 6th. JPL placed third with a team led by Jim Ulvestad, Joe Marino, Steve Stedry and Bill Mandeville. The time was 2 hours 41 minutes which is a 6:09 pace. The first team to finish was Northrop with a time of 2 hours 37 minutes and second place went to Hughes with a time of 2 hours 39 minutes. G.E. finished fourth with a time of 2 hours 44 minutes. This year's field was very competitive as opposed to last year's.

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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 IV)

Getting There

An important consideration about striding is that, unlike running, you don't necessarily have to sweat. It's the heart rate that determines whether you're getting an aerobic workout. If you're in good shape, an unencumbered brisk 3-mile stride over flat terrain will probably not cause you to perspire, but you will achieve cardiovascular benefits. The upshot of this is that you can use striding to get you from one place to another and you won't have to change clothes. Instead of driving 3 miles to work, or sitting on a bus for half an hour, you can stride, burn a few hundred calories and arrive at your office as fresh as a daisy.

Then you can start working more strides into your daily routine, walking to the movies, to the beach, over the bridge or anywhere you would ordinarily drive. While this kind of striding may not produce sweat or a "runner's high," it will keep you in shape and enable you to make exercise a more integrated, balanced

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form of activity. Those of us who crave endorphins can stick to the hills and weights.

Striding is what you make it. You now have some idea of the wide-ranging nature of the sport, and how the fitness world is reacting to it.

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OF INTEREST...

Call Valerie Pickett, x6039 for details)

TRIATHLON CALENDAR

- JUNE 14 Bud Light USTS Triathlon Series, Swim 1.5K, Bike 40K, Run 10K, Dana Point.
- 22 San Diego Invitational Triathlon, Swim 1K, Bike 30K, Run 10K, Spanish Landing
- 28 Castaic Triathlon Series, Swim 1K, Bike 40K, Run 10K.

RUNNING CALENDAR

- MAY 31 Bob Seagren 1 Mile, 5K and 10K For Children with Special Needs, V.A., West Los Angeles
Saint Margaret's 5K and 10K, Chino
Moorpark College 5K and 10K Stadium Run
High Desert Hospital 5K and 10K, Lancaster
Run as One 5K, 10K, and 1 Mile, L.A. Fairgrounds, Pomona
- JUNE 1 Seventh Annual Love Your Heart 10K, Redondo Beach
UCLA Run from the Heart 10K, Janns Steps, UCLA
Second Annual Monty Montgomery 5 Mile, 10 Mile, and 2x5 Mile Relay, Woodley Pk., Encino
Fifth Annual Corbett Canyon 10K Grape Run, San Luis Obispo
- 7 Magan Clinic Health Fair 5K, and 1 Mile Run, Covina
Fifth Annual Corona Del Mar Scenic 5K
Alive and Well in LA 5K Walk and 5K and 10K Run, Griffith Park
St. Peter & St. Paul 5K & 10K, Alta Loma
- 8 Fourth Annual Heart Club 5K, Hughes Aircraft, El Segundo
Deacon Jones Run for Learning Disabilities, 5K, 10K and Children's 1 Mile, Pierce College, Woodland Hills
Run for the Hill 5K & 10K, Industry Hills
Fourth Annual Conejo 8K, Westlake Village
- 14 MADD Pig 10K Run, Long Beach
N.A.A.C.P. Centennial 5K-10K Run for Education & Race Walk, Rose Bowl