

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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NASA INTERCENTER COMPETITION

October 2-26, 1986

Wednesday, October 8 12:00 Know Your Pace Race (2-Mile)

* Wednesday, October 15 5:00 p.m. 10K Run (Rose Bowl) *
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NOTE: The Club's 10K run at the Rose Bowl is scheduled for 5:00
* in the evening (i.e., there's no 10K race at noon.) *

Wednesday, October 22 7:00 a.m. + 5:00 p.m. (2-Mile Track
Runs, La Canada HS)

NASA Intercenter Competition/JPL Section Challenge lasts from
Saturday, October 4 through Sunday, October 26.

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Friday, October 31 12:00 Great Pumpkin Run (Rose Bowl)

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RUN

(Compliments of City Sports Magazine)

Hill training, if done properly, can enhance overall strength, stride length and flexibility. Here are few pointers on incorporating hills into a summer racing schedule:

- 1) Proper Warm-Up: Do two miles warm-up along with striding and stretches (especially calf area).
- 2) Surface: Find a hill that has a 100 meter flat area once you reach the crest. An even grass surface is optimal because it allows the ankles to dorsiflex or sink in, promoting both strength and flexibility.

TYPES OF WORKOUTS: Three main components stressed are Knee Lift, Hip Extension and Cresting the Hill.

JPL

1) Knee Lift: Find a 100 meter hill; use a bounding motion lifting the knees towards the chest and reaching as far out as possible with the foot. You should be "driving" with the arms keeping elbows close to your side. Do five times - 100 meters.

2) Hip Extension: Now, instead of high Knee Lift, "push" your body up the hill allowing the leg to extend well behind the body with the most of your drive coming from the ankles. Do five times-100 meters.

3) Cresting the Hill: So often in a race, we get to the top of a hill and experience a lag time where it may take ten seconds to get back on pace. In this drill as you crest the summit, concentrate on increasing the turn-over rate of the legs. In other words, "sprint" off the top of the hill. Do five times-200 meters (100 meter hill - 100 meters on top).

Practice these principles in training and watch the carryover to racing situations.

OF INTEREST...

Call Valerie Pickett, x6039 for details

TRIATHLON CALENDAR

- October 11 Kauai Loves you Triathlon
12 Cuesta spirit 50K Biathlon, San Luis Obispo
Fifth Annual Baja Triathlon
Cycle World Biathlon Series, Encino
Bud Light Ironman, Honolulu, HI
18 Sixth Annual WC Triathlon, China Lake
Bud Light Ironman Triathlon, Kona, Hawaii
25 Catalina Island Triathlon
Trick or Treat Triathlon, Irwindale
- November 1 US Triathlon Relay Championships and Corporate
Tri Cup Relay, San Dimas
2 Bonelli Park Triathlon and Tiny Tri

RUNNING CALENDAR

- October 11 1st Annual Newbury Park Rotary Club 5K, 10K & 1 Mile
Fun Run, Westlake Village
City of Walnut Fun Festival 5K & 1 Mile
Tustin Tiller 5K & 10K
Learn Not to Burn 5K & 10K, Playa Del Rey
12 Leukemia Society Coronado Bridge 10K Run and 2 Mile
Walk/Run, San Diego
Dennis Weaver 5K & 10K Runs for Life, Century City
SCATAC 5K District Cross Country Championship,
Valencia
7th Annual Dental Run 5K & 1 Mile, Woodland Hills
18 3rd Annual Eaton Canyon Nine Mile Trail Run,
Pasadena
Grand Boulevard Mile, Glendale
3rd Annual Nite Lite 10K, Fullerton

- San Dimas One Mile, 5K & 10K
 Silverado 10K, Buena Park
 7th Annual Running is for the Birds 10K, Huntington Beach
- 19 3rd Annual Human Race 5K, 10K & 1 Mile, Ventura
 1st Annual Pumpkin 5K & 10K Classic, Reseda
 9th Santa Barbara Women's 5K & 10K
 Santa Ana 3K Golden City Grand Prix Fun Run
 Third Annual City of Lawndale 5K & 10K
 Run or Walk for Hunger 10K, Westchester
- 25 "Twilight's Last Gleaming" 4 Mile Cross Country, Ventura
 5th Ed Jerome Memorial Half Marathon & 5K, Antelope Valley
 Hawthorne Rotary 5K & 10K
 Footlocker Patners 8K Run, Griffith Park
 Seal Beach Autumn 10K Run
 Second Annual Senior Strut - 1/2 mile, 2 mile and 4 Mile, Paramount
 Rocha's Witches Walk (Family Costume 5-Mile Walk), Yorba Linda
 American Cancer Society Autumn Run-10K
- 26 2nd Annual Heart of Pasadena 5K & 10K, Pasadena
 2nd Annual Halloween Happening 5K & 10K, Northridge
 8th Annual Great Pumpkin 5K, 10K and 1 Mile, Westlake Village
 "Goblin Gallop" 5K & 10K Runs, Bellflower
 Sears Savings Bank Community Challenge 8K & 1 Mile
 6th Annual St. Joseph Medical Center 5-10-15K Runs, Griffith Park
 Harbor Lite Half-Marathon and 10K, San Pedro
- November 1 City of Bellflower Liberty 5K & 10K
 Harbor Lite Half Marathon & 10K, San Pedro
 U.S. and Corporate Cup Triathlon Relay, Pomona
 "Run for the Health of It" 5K & 10K Runs, Valencia
 10th Annual Whittier Village YMCA 5K & 10K
- 2 2nd Nathan Pritikin Memorial 8K Run, Encino
 10th Santa Barbara Half Marathon
 8th Loma Linda Marathon, Half Marathon & 10K
 8K in The Back Bay, Newport Beach
- 8 4th Annual Stuntmen's 5K, 10K, Griffith Park
 Rosarito Beach Holiday 5K & 10K, Baja
- 9 CSUN-SMA 5K & 10K, Northridge
 4th Annual Minnie Riperton 5K, 10K and One Mile Walk, LA
 4th Annual Aztlan International 5K & 10K Classic, Monterey Park
 9th Annual Riverside Mission Inn 5K & 10K
 SCATAC 10K Cross Country District Championship, LA
 Santa Ana Turkey Trot 5K, 10K & Half Marathon