

# OFF 'N' RUNNING

JPL Running Club Newsletter (Edited by Jim Ulvestad, 238-700, 4-6734)

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## LOS ANGELES MARATHON RESULTS

At least 12 JPLers completed the Los Angeles Marathon on March 1. Those individuals whose names have been reported to the editor are listed below. No time was reported for several runners. Anyone else who ran the marathon and would like to be listed in the next issue of the newsletter should contact the editor. Also note that I am still interested in receiving results from JPLers who run in other races. Special congratulations to Steve Stedry, who broke 3 hours after having run between 3:00 and 3:01 in several marathons in the past.

Steve Stedry	2:59	John LuValle	4:22
Bob Ibaven	3:20	George Kenney	4:43
Valerie Pickett	3:21	Bob Kerr	4:57
John Williams	3:28	Terri Gaimari	no time
Charles Boreham	3:39	Bill Mogenson	no time
Peter Kupferman	3:57	Linda Scott	no time

## NASA INTERCENTER COMPETITION

The NASA Intercenter Competition and the JPL Section Challenge are being held again in April. Competition will be held at the standard distances of 2 miles and 10 km, with points awarded for participation and additional points awarded for performance ratings in the various age groups. The competition period this spring is the entire month of April. Times must be achieved in races on accurately measured courses or on other approved courses such as the Green Dot Course in the Arroyo Seco or on the track at La Cañada High School. Note that the new track at Caltech is a 400 meter track and not a 440 yard track. Therefore, 10 km on this track is exactly 25 laps, whereas 2 miles is 8 laps *plus* 21 yards, *not* just 8 laps.

Further information on the April competition has been distributed to Running Club members. Official JPL races remaining in April are given below:

April 15	10-km Road Race	5:00	Rose Bowl
April 23	2-mile Track Run	7:00	La Cañada H.S.
April 23	2-mile Track Run	5:00	La Cañada H.S.

## ASSORTED UPCOMING RACES

In response to a request, a race listing for April and May is given on the reverse. Anyone who has an opinion on whether they'd rather have race listings or training tips in the newsletter should contact the editor. Many 10K's have been listed for the last 3 weeks of April so that people can run in them for the Intercenter/Section Competition.

**JPL**

<i>Date</i>	<i>Time</i>	<i>Location</i>	<i>Race</i>
April 11	8:00	Duarte	10K-5K Run for Fitness
April 12	8:00	Santa Monica	S. M. Pier 5K and 10K
April 12	8:00	Woodland Hills	Run for the Arts 5K and 10K
April 18	8:00	Tustin	Run for Sobriety 5K and 10K
April 25	8:00	South Pasadena	YMCA Road Runner Classic 5K and 10K
April 25	7:30	Laguna Beach	School Power 10K Classic
April 25	8:00	Palos Verdes	P. V. Library 10K Run
April 26	8:00	Malibu Creek	Run for the Hills 5K and 10K
April 26	8:00	Walnut	Mt. Sac 5K and 10K
April 26	7:30	La Jolla	La Jolla Half Marathon
April 26	7:00	Big Sur	Big Sur International Marathon
April 26	17:30	S. El Monte	San Gabriel River Bike Trail 10K
May 2	8:30	Long Beach	Long Beach Plaza 8K
May 3	7:00	Ventura	HEART/CAAN Marathon
May 3	7:30	Long Beach	Long Beach Marathon (pre-entry only)
May 9	8:00	Griffith Park	Five and Dime Classic 5K and 10K
May 17	7:30	Arcadia	Santa Anita Spring Classic 5K and 10K
May 23	7:30	Sierra Madre	Mt. Wilson Trail Race (pre-entry only)
May 24	8:00	Brentwood	Brentwood 5K and 10K

### SAVE ON SHOES!

JPL Running Club members can get a 10% discount on the price of shoes at *Phidippides Fitness Center*, located at 16545 Ventura Boulevard in Encino. This discount is for purchase by cash or check; you can get a 7% discount for credit card purchases. You must show a current JPL Running Club membership card in order to qualify for this discount, which is good only for the purchase of shoes.

This store is highly recommended over the general sporting goods stores and chain stores in various shopping malls. *Phidippides* carries an extremely large selection of running shoes and other running equipment as well as bicycling and swimming apparel. Best of all, it is owned and staffed by experienced runners, not by softball players or fly fishermen. If anyone can find the right shoe for your particular training regimen, running style, and biomechanical instabilities, the *Phidippides* staff will. The store, which is about 1½ miles east of the San Diego Freeway (Hayvenhurst offramp from the Ventura Freeway), is open 7 days a week, from 10 to 7 on weekdays, 10 to 6 on Saturday, and 12 to 5 on Sunday.

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Coming Soon: A report on a visit to the new *Orthopedic Medical Center* and *California Human Performance Center* in Reseda

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