

OFF 'N' RUNNING

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

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CLUB AND LOCAL NEWS

Rumor has it that the Smog Jog 4 × 1 mile relay will be held at lunchtime on Friday, August 28. Watch for further information in your mailbox. If you don't get any, then the relay has been cancelled or postponed.

The Manufacturers Hanover Corporate Challenge 3.5-mile race will be held in Griffith Park late on the afternoon of September 15. Those of you who aren't going to see the Pope are welcome to run. The JPL team captains must have your entry before August 28. Contact Cay Ebersole or Valerie Pickett for entry forms or further information. Entry forms can also be found outside the editor's office, 238-742.

A second opinion has been received on the length of the course used for the Fiesta Days race in La Cañada Flintridge. Joe Marino covered the course on a bicycle that was very well calibrated, certainly much better than the editor's car. He found the 10K course distance to be quite accurate. Assuming that this measurement is correct, I apologize for misleading anyone in the last newsletter. Maybe the course will be TAC-certified before next year's race, so we won't have to worry about this kind of thing.

WORLD TRACK AND FIELD CHAMPIONSHIPS APPROACH

Don't forget to keep tabs on the World Track and Field Championships, which take place in Rome from August 29 through September 6. The competition is as fierce as the Olympics in this quadrennial meeting. As this is written on August 20, the Weltklasse meet in Zurich has just been held. The outstanding performances there indicate that many athletes are timing their peaks just right for the World Championships. The schedule of final events is as follows (W = Women's; M = Men's):

August 29: W Marathon, M Shotput.

August 30: W High Jump, M Javelin, M 20 km Walk, M 100, W 100.

August 31: M Triple Jump, W 400, W Discus, W 800, M 10,000, W Heptathlon (Day 1).

September 1: M Hammer, M 400 Hurdles, W 10 km Walk, M 800, W 3000, W Heptathlon (Day 2).

September 3: M 400, W 400 Hurdles, M 110 Hurdles, W 200, M 200, M Decathlon (Day 1).

September 4: W Long Jump, M Discus, W 100 Hurdles, W 10,000, M Decathlon (Day 2).

September 5: M 50 km Walk, M Pole Vault, M Long Jump, W Shotput, W 1500.

September 6: M High Jump, M Marathon, W Javelin, M 1500, M 5000, M & W 4 × 100 and 4 × 400 relays.

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Book Review

A recently published book that is available in most book stores is *Thirty Phone Booths to Boston—Tales of a Wayward Runner*, by Don Kardong. Don Kardong is a graduate of Stanford University; he placed 4th in the Olympic Marathon in 1976. Kardong was one of the driving forces behind the formation of the Association of Road Racing Athletes, which was probably the most important factor in the beginning of competition for prize money in road races. He also directs the Lilac Bloomsday 12K race in Spokane, one of the largest races in the country.

The book is a "collection of essays" about various events and aspects of running. That means it's a hodgepodge of articles that have been published in various running magazines. In his writing, Kardong's iconoclastic personality comes through as he chronicles running from a renegade viewpoint. (How's that for a sentence?) The name of the title essay refers to Kardong's novel way of covering the 1981 Boston Marathon. Since he couldn't get on the press bus, he collected the numbers of public phone booths along the race route. Then he watched the marathon on T.V. and made phone calls to get on-the-spot reports from whoever happened to answer the phone. It turned out that he got the best reports on the women's race, since the press bus and the T.V. vehicle were staying with the men's leaders all the way.

The first essay in the book chronicles Kardong's efforts to run through the volcanic fallout of Mt. St. Helen's in the Pacific Northwest. If you thought you were a compulsive runner, you'll enjoy reading about the treks through volcanic ash. In several other essays, the author describes different aspects of his search for the solution to the stomach problems that tend to destroy him in marathons. This is revealing to those who think that elite runners are indestructible. They suffer the same maladies as the rest of us; they're just able to run faster.

Another highlight of the book is "Confessions of a Nutritional Agnostic." This includes Kardong's famous ten rules of diet. Included among them are the following:

2. If you run one hundred miles a week, you can eat anything you want;
7. Avoid any diet that discourages the use of hot fudge; and
10. Without ice cream, there would be chaos and darkness.

In my estimation, Don Kardong ranks with Kenny Moore, Hal Higdon, Ron Daws, and Jim Shapiro as running writers who do outstanding jobs of describing both the serious and lighthearted aspects of running. All have been runners near the top of the sport in road racing, track running, or ultramarathoning, with three being Olympic marathoners. The best comparison to Kardong's essays is the writing that Hal Higdon did in his classic collection, *On the Run from Dogs and People*. I heartily recommend Don Kardong's book, \$7.95 in paperback at your local bookstore. Buy it before it disappears from the shelves, because most stores probably won't re-stock it. Where else can you read about a fun run that turns into a serious race around the Stanford Linear Accelerator?

Next issue: Race listings for the fall NASA Intercenter Competition
