

OFF 'N' RUNNING

JPL Running Club Newsletter (Edited by Jim Ulvestad, 238-700, 4-6794)

May 1987

Vol. 3, No. 3

JPL TEAM WINS CATEGORY IN MARATHON RELAY

A 5-person JPL team eked out a narrow victory in the Corporate Masters Mixed category at the Jimmy Stewart Marathon Relay on March 29. Each 5-person team in this category was required to contain at least two women and to have a combined age of at least 199 years. The JPL team of Cay Palic, Valerie Pickett, Dave Hansen, Bill Mandeville, and Joe Marino broke the 3-hour barrier with a total time of 2:58:20 for the relay. They won in a tough 3-way battle, as the approximate times of the 2nd and 3rd place teams were 2:59:00 and 2:59:20.

FAST TIMES AT MT. SAC RELAYS

The Mt. SAC Relays meet at Mt. San Antonio College annually showcases one of the finest invitational track and field competitions in the nation. Highlights on April 26 included an American record of $73-10\frac{3}{4}$ in the shotput by John Brenner, six 28-foot long jumps by Carl Lewis, and a UCLA victory over a loaded field in the 4×400 meter relay. On the evening of April 25, the invitational distance carnival provided a number of fast, competitive races. In the men's 10,000 meters, the Mexican road ace Arturo Barrios outran many-time American cross-country champion Pat Porter to win in 27:56, the fastest time in the world so far this year. Angela Chalmers kicked past Sylvia Mosqueda in 9:06 for the women's 3,000, Marcus Barretto beat defending champion Mauricio Gonzalez with a 13:29 for 5,000 meters, and Joseph Chelelgo held off Brett Hyde in 8:29 for the steeplechase.

Along with Lynn Nelson's 32:46 victory over Brenda Webb, the women's 10,000 featured an appearance by JPL's Judi Vivian. Elegantly attired in her *Genesis* singlet, Judi ran an evenly paced race and finished strongly for a time of 35:15. That's an average pace of exactly 5:40 per mile. Now, if she'd only learn to lift her knees more ...

JPLers RUN WELL IN SOUTH PASADENA

A strong JPL contingent put on a very good showing at the South Pasadena/San Marino YMCA Roadrunner Classic on April 25. Many individuals ran for the glory of JPL in the last weekend of the NASA Intercenter Competition. Sadly, it must be pointed out that not a single competitor wore a JPL singlet! Perhaps they bring bad luck?

Jim Ulvestad and Bill Read both ran personal bests to place first and second overall in the 10K race. Claire Thoms and the elder Bill Read also won their age categories, and Chris Weiner finished second in her age group. Bob Ibaiven ran the 5K in 19:19; the available 10K times are listed below:

Jim Ulvestad	31:40	Alan Hall	37:32	Chris Weiner	45:54
Bill G. Read	32:20	Steve Stedry	38:17	Bill S. Read	47:47
Lucien Froidevaux	37:30	Jeff Berner	45:14	Claire Thoms	51:29

CO-RACE DIRECTOR NEEDED FOR RUN/BIKE RACE

Steve Matousek is looking for a co-race director for the 2nd Annual (?) Cooperative Bike and Run race, to be held in the late summer or early fall. The format for this race will be similar to Ride and Tie races, but with teammates alternating on a bicycle rather than on a horse. Anyone who is interested in helping out should call Steve at 3-5838.

A VISIT TO THE ORTHOPEDIC MEDICAL CENTER IN RESEDA

On April 4, your editor took advantage of an open house at the new *Orthopedic Medical Center* and *California Human Performance Center* in Reseda. This facility is located at 18039 Sherman Way, 1 block east of Lindley. The telephone number is (818) 708-8100.

The center is divided into several major areas of concentration. There is an orthopedics specialist who does evaluation and treatment of sports injuries as well as performing arthroscopic surgery. An exercise physiologist runs the human performance lab, where stress testing, body composition analysis, oxygen consumption analysis, and fitness and nutritional profiles can be obtained. There is also a physical therapy and rehabilitation area with a certified trainer and several physical therapists. In this area, one can undergo some testing and rehabilitate injuries. A wide range of modern equipment is available here for physical rehabilitation and for preventing recurrence of injuries. Finally, the center has a health program that includes such topics as instruction in stress management and in dealing with other problems such as diabetes management and weight loss.

I spent some time in the human performance lab. The program used there was designed by the Arizona Heart Institute, which outlines specific methods of fitness measurement and analysis of risk factors for heart disease. There are two main uses for this lab. One is to test individual athletes for fitness and help them devise plans for improvement in their desired activity. The other focus is on businesses and corporations. Lab personnel can work with corporate employees to help analyze and reduce risks of heart disease and other health problems. For instance, an organization such as JPL might have some of its top executives go through testing that would identify potential problems before they become acute. This is a type of program that is common in the corporate world these days, as organizations become more concerned with protecting the health of their key personnel.

Although it is located between 25 and 30 miles from JPL, I would recommend the *Orthopedic Medical Center* for diagnosis and treatment of sports injuries, and for fitness and health risk analysis. For those people living in the San Fernando Valley, it really isn't that far away, and the short trip might be well worth it.

Next month: Running and racing in the heat—staying sensible and heeding the warning signs of heat injury.
