

OFF 'N' RUNNING

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

September 1987

Vol. 3, No. 6

CLUB AND LOCAL NEWS

Since the last newsletter, both the Smog Jog and the Manufacturer's Hanover Corporate Challenge races have been held. Results will be forthcoming from race directors and team captains. Next on the schedule is the NASA Intercenter and JPL Section Challenge, in which runners can compete at 2 miles or 10 km. Times for these distances must be achieved during the month of October in order to count in the competition. A list of 10 km road races for October, along with a few other races, is given on the reverse side. At the moment, we have no one who is coordinating the competition for this fall. Volunteers are welcome for this position. Volunteers are also needed to direct or help out with several JPL races during the month. Contact the editor if you're able to help.

Soon, it will be time to elect club officials for 1988. We hope to get some new volunteers who are willing to serve in various capacities. Some of the current officers have served the club for a long time and would like to take a break from their responsibilities. If we don't get some more people willing to serve next year, the running club may melt into a pool of butter.

Booth Hartley completed the Angeles Crest 100-mile Endurance Run, from Wrightwood to the Rose Bowl, on September 12 and 13. Booth took just under 32 hours to work his way across many of the trails in the San Gabriels. Caltech track coach Jim O'Brien finished in third place in the race. Several JPLers participated as pit crews, aid station personnel, members of radio communication teams, or pacers. Conditions at night were rather eerie at times because of the fog that swallowed flashlight beams. The editor even managed to feel lost on some well-known fire roads.

For those of you who are interested in participating in the 4th annual Eaton Canyon 9-mile run this October, the race to Henninger Flats and back will be held on October 17. In a change from past practices, no race day entries will be accepted, and the field will be limited to 300 people. Therefore, you must enter ahead of time. Call the Eaton Canyon Nature Center for an entry blank; the editor will also try to find some extra entry blanks for those who are interested.

Race Schedule for October

Date	Time	Location	Race
Oct. 3	7:30	San Dimas	San Dimas 1 mi., 5K, 10K
Oct. 3	8:00	Catalina	Run for Sight 3.4 mi., 10K, 10.8 mi.
Oct. 3	8:00	Playa Del Rey	Learn Not to Burn 5K, 10K
Oct. 4	8:30	Pierce College	Michael Cooper Run for Hope 5K, 10K
Oct. 4	8:00	Zuma Beach	5K, 10K Zuma Beach Run
Oct. 4	12:00	Marina Hills	Marina Hills 8K
Oct. 10	6:30	Mile Square Park	West Coast Univ. 50 Miler
Oct. 10	7:30	Manhattan Beach	Old Hometown 10K
(Note: no race day entry for above two races)			
Oct. 10	7:30	Tustin	Tustin Tiller Days 5K, 10K
Oct. 17	8:00	Riverside	Victoria Ave. 5K, 10K
Oct. 17	8:00	Seal Beach	Seal Beach Autumn 10K
Oct. 17	8:00	Rosemead	City of Rosemead 5K, 10K
Oct. 17	8:00	Griffith Park	Run for the Homeless 5K, 10K
Oct. 17	8:00	Altadena	Eaton Canyon Up and Downhill Race
Oct. 17	5:30 pm	Fullerton	Nite Lite 10K
Oct. 18	7:45	Alondra Park	Lawndale 5K, 10K
Oct. 18	8:00	Rancho Park	5K/10K Run for L.I.F.E.
Oct. 18	8:00	Victorville	High Desert Classic 5K, 10K
Oct. 18	8:00	Van Nuys	Pumpkin Classic 5K, 10K
Oct. 24	7:30	Alhambra	City of Alhambra 5K, 10K
Oct. 24	8:00	Hawthorne	Hawthorne Rotary 5K, 10K
Oct. 24	8:30	Playa Del Rey	Footlocker Partners 8K
Oct. 25	8:00	Griffith Park	St. Jos. Med. Ctr. 5K, 10K, 15K
Oct. 25	????	UCLA	5/10K Run for World Health
Oct. 25	8:00	General Dynamics	Swiftest Business 10K
Oct. 31	7:00	San Pedro	San Pedro Harbor Lite Half-Mar. and 10K
Oct. 31	8:00	QWhittier	Run for the YMCA 5K, 10K

Next issue: Some training tips for marathons
