

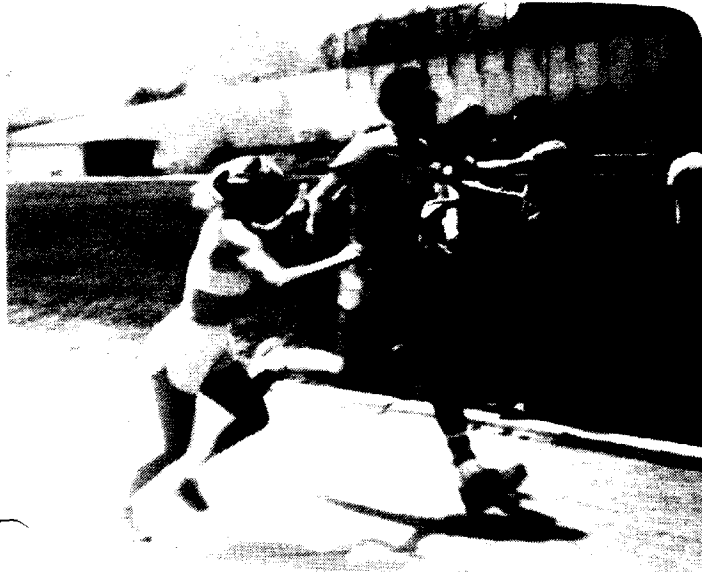
OFF 'N' RUNNING

JPL Running Club Newsletter (Edited by Stephanie Nelson, 238-737, 4-3086)

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SMOG JOG RESULTS



Leslie Nixon gets a quick handoff from Mark Ryne at the August 3rd Smog Jog.

The weather was comfortable and times were fast at the annual Smog Jog 1-Mile Relay, held August 3rd. Three four-member teams competed; Peter Dominey ran the lead and final laps for his team, which was one member short. Leslie Nixon, the only woman running, dashed off her first 440 in 84 seconds! Her 6:26 mile, a PR, helped lead her team to the win. Leslie has been running only about a year now and shows much talent. (We hope to see her at the Manufacturer's Hanover Corporate Challenge!)

Saturn: 1st place

Vince Bethel 6:08
Mark Ryne 6:27
Leslie Nixon 6:26
Rene Agüero 5:20

Neptune: 2nd place

Peter Dominey 5:15
Bill Mogensen 7:00
Dave Scaff 6:43
Peter Dominey 5:44

Jupiter: 3rd place

Joe Ferrall 6:10
Dick Horn 6:53
Richard Brace 6:40
Dave Bell 6:21

THEBERGE'S 10K A "LEARNING EXPERIENCE"

Bonnie Theberge's 8-week training program took her closer to her goal of running a sub 40 minute 10k, but not quite close enough. She ran the first mile in 6:10, then slowed but was well on pace and feeling good through the first 3 miles. At the halfway point, she made the mistake of drinking water. About mile 4, stomach cramps hit and slowed her significantly. Her time was 41:06, a PR, but a disappointment nonetheless. "I know I can do it," says Theberge, who does not drink water during training runs and blames it for her stomach trouble. Bill Read comments that Theberge also needs more racing experience, perhaps at just under her goal pace, in order to build tolerance for a faster pace at longer distances than interval work. Good luck Bonnie!

ANGELES CREST 100 VOLUNTEERS NEEDED

Volunteers are needed to help mark 28 miles of trails for the Angeles Crest 100 Mile Endurance Run, which will be held October 1. The race begins in Wrightwood and finishes at the Rose Bowl, and covers many of the San Gabriel mountain trails familiar to JPL hikers and mountain runners. JPL's Booth Hartley will be competing. The race directors have asked JPL to mark the course from Chantry Flats to the Rose Bowl. Volunteers will be flown in by helicopter. We will be marking the course on Thursday morning, September 29, to help prevent removal of the markers by weekend hikers and bikers. Some familiarity with Wintercreek, Mt. Wilson Toll Road, Idlehour, Sam Merrill, Sunset Ridge, and El Prieto trails would be helpful but is not necessary. Please call Stephanie Nelson at 4-3086 if you are interested.

CROSS-TRAINING WORKS FOR JPL ELITE RUNNERS

A representative group of JPL "elite" runners responded to a questionnaire about their cross-training practices. The runners were chosen because of their superior times in the Fall 1987 NASA

Intercenter Competition. The idea behind the questionnaire was to find out how many of JPL's best runners cross-train, and whether or not they felt cross-training has benefitted their running.

Not surprisingly, 80% of the runners responding said they "cross-train" or regularly do other strenuous physical activity (such as tennis, hiking, basketball, etc.). Another predictable outcome was the average number of years these elite runners had been running--all had been running at least 5 years, with the average being over 10 years. Also, all cross-trainers who had been at it for a year or more said that they felt cross-training had enhanced their running performances. The most popular cross-training activity was biking, followed by weight training and swimming. Tennis and aerobics were also listed by several runners.

There were a few surprises, though. One was low weekly mileage. These runners were able to put in good 10k or 2-mile times with as little training as 3 miles a week. The key seemed to be that those with the lowest mileage also did the highest amount of cross-training. Average weekly mileage was low for the group as a whole--only 20 to 30 miles. Another interesting outcome was that these runners are rarely injured. Most listed amount of time they can't run because of injury at less than 5%.

Teresa Jenkins, a middle distance runner who competes regularly, runs 35 miles a week, and spends 6 hours swimming and 6 hours working out with weights. She has been running for 16 years, swimming for 2 years, and weightlifting for 4 years. She is injured only 1% of the time. "Swimming has increased my cardiovascular capability while building upper body strength, besides being relaxing. Weights are essential to successfully running the 800m, 1500m, and 5ks, my events. Upper body strength is needed to power thru these races," says Jenkins.

Those of you who are interested in fitting a little cross-training into your running program might like to investigate JPL's Physical Conditioning Facility, which contains weights, a nordic track, exercycles, a rowing machine, and a versaclimber. And don't forget Caltech's pool and weight room, which is open to JPLers year round.

A few highlights from the survey:

(Cross-training has both helped and hurt.) "Greater strength has helped over all; weights have contributed to injuries." (Jim Wray, swimming, weights)

"If I were training hard for races, I would increase my mileage and probably not lift weights. Right now I'm relaxed and enjoying both sports." (Cay Ebersole, swimming, weights)

"I exercised strenuously (including jumprope) before I started running. I always exercise and/or do aerobics concurrently with running." (Chris Zyguelbaum)

Steve Stedry's weekly schedule: 60 miles running, 3 hours swimming, 8 hours biking. Steve does 5 or 6 triathlons a year and is never injured!

"I can't explain why, but I think cycling has helped my running." (Bill Read, mountain biking)

"If I tried to increase my running enough to get the same training effect as running, I would just get injured. Swimming is great for wind and upper body strength. Biking is great for long duration endurance without impact damage to joints." (Booth Hartley, biking, swimming)