



OFF 'N' RUNNING

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

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Booth Hartley Completes Western States 100-mile Run

Congratulations to Booth Hartley for finishing the tough Western States 100 in 29:33. This is Hartley's second successful 100-miler race; he completed the Angeles Crest 100 last fall. Hartley credits much of his success to his support crew, Tom and Marianne O'Hara, Terry Evans, and Barbara Basta. All are ham radio operators, and Booth ran with a radio and stayed in constant contact with his crew throughout the race. In addition to the radio support, Basta paced him for the last 38 miles of the race. The aid along the course is superb, says Hartley. There were over 20 aid stations. At the river crossing at 78 miles, there were 7 or 8 people in wetsuits to help him across, and an aid station complete with podiatrists on the other side!

The weather, which is traditionally in the 100s for this race, stayed relatively cool, but the humidity was a factor, and Hartley drank an estimated 50 pints of liquid during the race. He also ate heartily, including cantaloupe, yogurt smoothies, power bars, and even a turkey sandwich at mile 90. In fact, Hartley finished the race weighing 5 pounds more than when he began!

Knee problems after the first half of the race made the downhill painful and slow. The last three miles--a flat, hot stretch along a river--were the toughest part of the race, says Hartley. The 30-hour cutoff time was closing in, and Hartley felt pressured to run through knee pain and mounting nausea (it couldn't have been that turkey sandwich) in order to finish in time.

Hartley trained for the race by completing a 24-hour track run and several 50-mile races. He also

ran several long training runs on the Western States course shortly before the race. Hartley's local training includes running 9 miles and 5000 feet up the Mount Wilson Toll Road, where he has a pastrami sandwich at the snack bar before running back down.

The race was won by Brian Purcell, who completed the course in 16:30. Caltech track and cross-country coach Jim O'Brien finished in ninth place.

Upcoming Runs

The annual Smog Jog 1-mile relay will be held at 11:45 on August 3 at the La Cañada High School track. Dave Hansen will put out a flyer shortly.

The Mt. Waterman trail run will be held on Sunday, August 21, at 8:00 a.m. I will be putting out a flyer, and we will need an RSVP for this one so we know how many people to cook for after the run.

NASA Intercenter Race Results

I don't have room to print the results here, but they are available from your Section Captain and are printed in the July 22 issue of the Universe. We had many age group winners but no overall winners.

Membership Dues

If there is a star on your mailing label, you are in danger of being dropped from our mailing list because you have not paid your 1988 dues. Please send \$3.00 and the form below and we will give you 12 free issues of Off 'N' Running.

To join the Running Club, please send your membership fee and provide the information requested below.

Name: _____ Section: _____

Sex: M F Date of Birth: _____

Phone: _____ Mail Stop: _____

Membership fee is \$3 per calendar year.

Make check payable to: ERC

Send this form with fee to Bonnie Theberge,
Mail Stop 156-142.



