



OFF 'N' RUNNING

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

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New Newsletter Editor

Many thanks are owed to our outgoing editor, Jim Ulvestad, who has single-handedly put together the Club's newsletter for well over a year. I will now take over for him, since the newsletter is officially my job as the Club's Publicist. Ulvestad is tied up with work and training; he has been logging steady 100+ weeks in preparation for his first 100-mile trail race (Old Dominion 100 mile Cross-Country Run, Virginia, June 11).

Who's Hot, Who's Not

Results are still not in from the **Spring NASA Intercenter Competition**, but JPL should recoup its No. 1 spot in the 2-mile division, based on a record turnout (431 JPL runners). A strong showing in the 10k division (126 JPL runners), coupled with some fast times, should put us in good standing there too. Section 312 won the **Section Challenge**, followed by 331 and 332. Congratulations to all section captains for the fine turnout. Big news this year is a new winner in the "Fastest Legs at JPL" category. Bill Read stole the title from perennial winner Ulvestad. Read's 9:58 2-mile time and 32:32 10k were too much for Ulvestad, but will they be good enough for the "NASA's Fastest Legs" title? (The 10k title is currently held by Ulvestad and the 2-mile title by Mark Baugh of Goddard.) Read probably stands a better chance in the 10k than the 2 mile. The **Fall NASA Intercenter Competition** (October) should prove interesting, as Ulvestad will once again be training for shorter distances. The title of "JPL's Fastest Female Legs" belongs to Club Treasurer Bonnie Theberge, who put in a 13:35 2-mile time and a 43:12 10k.

The Spring Intercenter Competition inspired some fast JPL times at the **San Marino/South Pasadena YMCA Road Runner Race** (April 30). Read's aforementioned 32:32 was good enough for the win (his first-ever road race win). JPLer Chris Zygielbaum won the women's race (44:50). JPL's Bill Read Sr. (Read's dad) was first in his age group (over 60!) with a commendable 44:27. Elaine Hemenway took second in her age group (56:13), and Rene Aguerro "broke 40" in a big way with a 38:29 PR. All in all, a good day for JPL.

Read continued his fast streak with a sizzling 15:26 5k time at the **La Canãda Flesta Days Run** (May 30), good enough for second overall.

Results are in from the **1987 Manufacturer's Hanover Corporate Challenge**. JPL's co-ed team (Valerie Pickett, Read, Ulvestad, and Zygielbaum) placed third in the regional 3.5-mile challenge. JPL had tough competition from TRW, Hughes, and Rockwell, so this was not a bad showing, but it was a bit of a letdown after the JPL women's team won the **1986 Finals** in New York. This time JPL's ace female runner, Judi Vivian, put in another great run-- finishing first overall in the Buffalo, NY regional (20:22). Unfortunately, Vivian was running for her JPL contractor, a New York-based company. Hopefully, Vivian can be convinced to run for JPL this year. Coupled with more judicious timing by Theberge (who was away on her honeymoon last year), and the usual magic from Read and Ulvestad, JPL could have an unbeatable co-ed team for the **1988 Challenge** (September).

Upcoming Club Runs

The annual **Smog Jog Mile Relay** will be held in July, directed by Dave Hansen. Look for more details in the July issue.

The Club is planning the **Mt. Waterman Trail Run**, a 10-mile mountain run/picnic. This first Saturday morning run and get-together is tentatively scheduled for July 23. The Mt. Waterman trail is one of the most beautiful in the San Gabriels, reminiscent of the Sierras with large ponderosa pines, cedars, and mountain brooks. The trail is at 7000 to 8000 feet and should still be springlike in July. If you'd like to get a taste of mountain running at its best, mark this one on your calendar (runners of nearly all abilities should be able to handle this run).

Wheel on Your Nose Run

Those of you who are tired of the same old up-the-canyon daily run can try out Read and Joe Marino's **Wheel on Your Nose Run** (the terminology will be familiar to mountain bikers). The run begins out the South Gate, heads up foothill to the other side of the horse stables, then follows a horse trail along the west boundary of JPL into Paradise Canyon. The horse trail zig-zags past the back fences of some of La Canãda's finer homes, climbing steadily. The trail becomes a dry river bed, which crosses beneath Angeles Crest Highway. The run then heads up a dead-end street (Harter Lane?), which fades into a fireroad. The fireroad switchbacks extremely steeply up the side of a mountain (this is Wheel on Your Nose), gaining 2000 feet in just a few miles, and tops off on a mesa at 3250-ft elevation (the Lab is at 1100). From the mesa it's all downhill, but now comes the speedwork-- making it past the bees. Beehives are kept on the mesa, and territorial bees once caught up with Read and stung him three times! On the other side of the mesa, the road hooks up with the Mt. Lukens fireroad, and it's fast downhill running to the Angeles Crest Ranger Station, then several miles of dodging cars on Angeles Crest Highway before turning into the relative security

of the La Canãda Country Club. Then it's more downhill-- Starlight Crest Drive, Crown Drive, more horse trails, and ultimately, the Lab again. How many miles is it? Read says 12, Marino swears it's 14, and Ulvestad thinks it's more like 10. I think it's too many miles, but you can judge for yourself. Don't try this one on your lunch hour. Take water on a hot day (there is also a drinking fountain at the ranger station). If you're looking for a challenge, give Wheel on Your Nose a try. And next time you see Read, be sure to ask him to draw you a map (it's my revenge).

Volunteer Wanted

The ERC has given the Club the go-ahead to put up a signboard similar to the one displayed by the Hiking Club. A volunteer is needed to construct it. If you can help out, or have any good ideas about how it should be done, contact Club President Joe Ferrail.

Next Issue: NASA Intercenter race results, training tips from Bill Read, and more.
