

# OFF 'N' RUNNING

*JPL Running Club Newsletter (Edited by Jim Ulvestad, 298-700, 4-6794)*

*March 1988*

*Vol. 4, No. 2*

## CLUB AND LOCAL NEWS

The NASA Intercenter Competition and JPL Section Challenge are coming up again in April. Don't forget to participate.

The article on training for 10 km races has been postponed until the next issue because the editor hasn't gotten around to writing it yet, and it was necessary to get the April race listing out before the Intercenter competition period began. Therefore, this newsletter consists entirely of the 10 km race listings for April, given below.

### 10K Race Schedule for April

<i>Date</i>	<i>Time</i>	<i>Location</i>	<i>Race</i>
April 2	8:00	Seal Beach	Seal Beach 10K
April 9	8:30	So. El Monte	San Gabriel River 10K
April 9	8:45	Pasadena	Red Rose 10K
April 10	7:30	Upland	Community Health Connection 10K
April 10	8:30	Orange	'Round Orange 10K
April 10	???	Long Beach	Long Beach Grand Prix 10K
April 16	7:30	Westlake Village	"Reach Out and Care" 10K
April 16	8:00	Duarte	City of Duarte Bud Light 10K
April 16	8:00	Atascadero	Park to Park Half Marathon and 10K
April 17	8:00	Santa Monica	Santa Monica Pier 10K
April 23	8:00	Thousand Oaks	Conejo Valley Days 10K
April 23	8:00	Riverside	Diabetes Treatment Center 10K
April 23	8:00	Morro Bay	Morro Bay 10K
April 24	8:00	Walnut	Mt. SAC Relays In-N-Out Burger 10K
April 24	8:00	Laguna Beach	Laguna Beach School Power 10K
April 24	8:00	Loma Linda	Cancer Buster 10K
April 24	8:00	Ventura	California Beach Party 10K
April 30	7:30	South Pas.	Road Runner 10K
April 30	8:00	So. El Monte	Run With The Nurses 10K
April 30	8:00	Palos Verdes	Palos Verdes Library 10K

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*Next issue (maybe): Some training tips for 10 km races*

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