



OFF 'N' RUNNING

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

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On to New York!



Caltech's Kathy Kanes breaks the tape in the L.A. Manufacturers Hanover competition for the Caltech/JPL Women's Team

Our Caltech/JPL Women's team edged out Hughes by 1:05 to win the L.A. Manufacturers Hanover competition. The team, comprising JPL's Bonnie Theberge and Caltech's Kathy Kanes and Shenda Baker, will compete in the finals in NYC on November 20. Kanes won the women's 3.5-mile race handily in 18:47, knocking 55 seconds off the course record (which she set in 1986). Shenda Baker, whose best distance is the marathon, rose to the occasion with a 21:40 time, earning 8th place overall.

A somewhat out-of-shape Theberge toughed it out for 22nd place with a time of 23:34.

Hughes women actually bettered our women overall (placing 2nd, 3rd, 6th, 9th, and 12th!), but they made a tactical error when they placed their two fastest runners on their co-ed team rather than their women's team. Although they were "spotting" for JPL and other top competitors, Theberge slipped by them unnoticed in her Magellan Project tee-shirt. Hughes complained bitterly, but no rules were broken, and that's how you play the game. Our team felt less guilty about the unwitting deception when we learned that Hughes had recruited runners from Denver and Phoenix to compete in the race.

Know Your Pace Race Results

The object of this 2-mile race, directed by Bonnie Theberge, was for runners to come as close as possible to predicting their times without going over. The race was very close this year, but Roy Kakuda won with nearly perfect pacing! (Mike Blakely was equally accurate, but erred fatally on the minus side.)

Place	Runner	Time	Δ Predict
1	Kakuda	11:41	0:01
2	McCornock	13:58	0:02
3	Mandeville	15:58	0:02
4	Mogensen	14:42	0:03
5	Dolinar	16:47	0:03
6	Frautnick	14:57	0:03
7	Horn	14:56	0:04
8	Gray	13:25	0:05
9	Ferrall	13:01	0:09
10	Zoutendyk	13:29	0:11
11	Matousek	11:54	0:16
12	Callahan	13:03	0:17
13	Voge	13:49	0:41
14	Blakely	11:31	-0:01
15	Stella	15:19	-0:29
16	Hemenway	18:44	-0:34
17	Bethel	15:03	-1:03

2-Mile NASA Runs

Two-mile runs for the NASA Intercenter Fall Competition are being held at the La Canada High School track at 7 a.m. and 5 p.m. on Wednesday, October 19th.

Local 10k Runs

Runners wanting to put in a 10k time for the NASA competition can run in the following local races:

- 10-22 Hawthorne, Rotary 10k (213)970-7923
 - 10-22 Ventura, Inside Track's 10k (805)643-1104
 - 10-29 Whittier, YMCA 10K (213)943-7421
 - 10-29 Bellflower, Liberty Run 10k (213)804-1424
ext 262
 - 10-30 Griffith Park, St. Joseph's 10k (818)247-3783
 - 10-30 East LA, Aztlan International 10K
(213)265-8751
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