

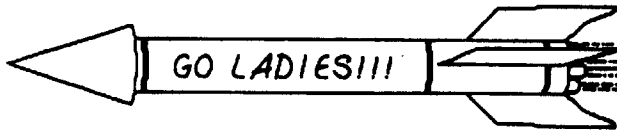


OFF 'N' RUNNING

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

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Our JPL/Caltech women's team looks nearly unbeatable this year for the **Manufacturer's Hanover Corporate Challenge**, to be run September 27th. The Race Director has confirmed the eligibility of Caltech graduate students. Because of this, **Kathy Kanen** is eligible to run. Kanen won the women's race in 1986, and will likely win this one. **Teresa Jenkins, Bonnie Theberge, and Chris Zygielbaum** are also running, and the fastest three female runners will make the team. Anyone who is interested is welcome to run. The competition is open to Men's, Women's, and Coed teams. If you'd like to run, I'll need your application form and an \$8 check (payable to ERC) by September 20. Call me at 4-3086 for the form.

In celebration of our strong women's team, I'm reprinting **Alex Ayres' Running Times** writeup of the **Leggs Minimarathon 10K**. This article made me feel proud to be a women runner, and I hope it inspires all of JPL's fine female runners as well. I've seen some pretty crummy coverage of women runners lately, so this article is particularly refreshing.

AC 100 AID STATION VOLUNTEERS NEEDED

Things are shaping up nicely for the **Angeles Crest 100-mile Endurance Run**. Many thanks to **Roger Linfield and Jim Ulvestad** for their trail clearing efforts on **El Prieto**. Thanks also to **Linda Granata** for volunteering to mark 20 miles of trails with me on September 29th.

Volunteers are still needed to man the final aid station at **Millard Campground**, which is at mile 93 of the race. We will be working in three 6-hour shifts, starting at 10 pm on Saturday, October 1. Volunteers will receive a tee shirt and are invited to the awards ceremony, where pizza and beer will be served. If you've ever wondered what running 100 miles is really like, **Millard campground** is the perfect observation point. I guarantee that you will see some very interesting things.

MANUFACTURER'S HANOVER MARATHON

Elliott Andrews of Caltech informs me that **Manufacturers Hanover** also holds a **Marathon Challenge** for corporations. He and other Caltechers have run in it for several years and have done quite well. Andrews is hoping some JPL marathoners will join them this year. The principal advantage of this competition is that it is an age group race (unlike the 3.5-mile challenge). Therefore, runners will only be competing within their 5-year age groups.

This year's **Marathon Challenge** will be held in **Houston** sometime in **January**. Although contestants must pay their own way, **Manufacturers Hanover** provides free meals and transportation, entertainment, and many nice race souvenirs. Andrews says they have a great time every year.

For more information, contact **Andrews** at 161-4103. (**Valerie Pickett** and **Elaine Hemenway**, this could be your race!)

NEW SOFTWARE HELPS RUNNERS COUNT CARBOS

I recently bought an IBM PC-compatible program called **DIET ANALYZER** that allows you to review and improve your eating habits by analyzing your daily diet. I've found the program fairly easy to use, informative, and fun. The program tracks calories, provides nutritional information in both physical units and RDAs, and tells you what percentages of your calories come from carbos, proteins, and fats. It also tracks mono and polyunsaturated fats, cholesterol, fiber, and four user-definable nutrients. The program has a database of 500 foods and is programmable to 1900 foods. The cost is \$49.95. I have a demo disk available if anyone is interested in checking it out.

Samuel J. Dolinar, Jr.
M/S 238-420

"The Greatest Women's Field Ever Assembled"

by Alex Ayres

**Leggs Mini
Marathon 10K**

I think this is the greatest women's field ever assembled," crowed race director Fred Lebow, not a man to stint superlatives. But he had reason to crow. Mary Decker Slaney, Joan Benoit-Samuelsan, Lisa Martin, Margaret Groos, just to name a few of the leading ladies. And then there was a late entry from Norway. Somebody named Ingrid.

Ingrid Kristiansen decided to enter only a few days before the race. The holder of world records for 5,000 meters, 10,000 meters and the marathon thought she could use a little extra competition to help sharpen her soles for Seoul. "I don't think you can find a field this strong late in the season," she said. "So I decided Monday or Tuesday to run."

The other leading ladies decided not to try to run with Kristiansen after the first mile and contented themselves with playing supporting roles. Kristiansen went out front early and pulled away to a typical "Special K" solo victory.

"It was typically Ingrid," commented

Joan Benoit-Samuelsan, who was up with Kristiansen the first half mile. "After we made the turn into the park, I didn't see her." The Norwegian champion with the closely cut blond hair calmly peeled off miles of 4:54, 5:03, 5:00, 5:16, 5:01 and 5:12 as she sliced through Central Park on a cloudy, 55° day. Her only problem, she later said pointedly, was "a lot of pollution from the press truck." Presumably she meant the exhaust.

A list of those who followed in Kristiansen's jet stream read like a Who's Who in Women's Running. Defending champ Lisa Martin, the Australian world ten-mile record holder and owner of 1988's fastest marathon time of 2:23:51, made the tactical mistake of following Mary Slaney, who led the pack pursuing Kristiansen for half the race. "I was thinking, 'Mary is an experienced runner, so I'll just follow her.' But she started going from one side of the road to the other. I asked her about it and she said, 'I don't know the course.' I was thinking, 'Why

didn't she tell me that earlier?'" After four miles, Martin decided not to follow Slaney any more. Martin surged ahead. A fit Francie Larriau-Smith went with her.

Martin crossed the finish line in the bridesmaid's position, 33 seconds after Kristiansen's 31:31. Then came three-time U.S. Olympian Francie Larriau-Smith of Dallas, right on schedule for her attempt to become the first American distance woman runner to make four Olympic teams. She logged a PR 32:10 at age 35.

In fourth place came Mary Decker Slaney, the former world champion who holds every U.S. record from the 800 through the 10,000. She was running well within herself, unwilling to risk injury so close to the Trials. "I felt good," Slaney said, "and I didn't hurt myself. I didn't go with Ingrid because I don't know where I am in my training. I was surprised they let me lead the pack behind her so long. This was my first race here, and the fact that I didn't know the course made a difference."

Although she is chronically concerned about injuring herself—having undergone surgery eight times, most recently last June for Achilles trouble—Slaney seemed more mellow than in years past. She credited motherhood for the change. "Before, I was too serious, too worried about track," she said. "I'm more relaxed now. Before, I was never able to separate my personal life from track. Ashley is the first person able to make me do that." Ashley is her two-year-old daughter.

After Slaney came Anne Audain, a four-time Olympian from New Zealand who was undefeated on the roads for two years in the early '80s. Then came Margaret Groos, the U.S. Olympic Marathon Trials winner, saving something in reserve for later in the summer. In seventh was Joan Benoit-Samuelsan. The 1984 Olympic marathon champion was satisfied: "I think it's the most competitive race that's ever been assembled here. So for me to finish in the top ten was more than satisfactory."

Although there was no prize money at

Leggs, it was reported that Mary Decker Slaney was paid a \$30,000 bonus to make her first road appearance since her 32:02 in Phoenix in March 1987. "It was fun, it was a good learning experience," she said. Joan Benoit-Samuelsan was said to have received \$20,000. Kristiansen, however, because of her late entry, obtained only airfare, room and board for herself and her manager. Nevertheless she proved her point. She's still No. 1—the one to beat.

After the leaders of today came the leaders of tomorrow and yesterday, the serious and the casual, the young and the old, the steady runners with the sturdy legs, the staggering runners with wobbly legs, the laughing runners, the gasping runners, the runners carrying on conversations, the runners sharing silences, the hundreds and hundreds of untold stories, the public parade of private dreams, the thousands of part-time athletes and full-time women.

The Leggs' Mini Marathon's demographics were such stuff as to make marketers' mouths water. A record 8,272 women entered, a record 6,169 finished. These were well-educated women, including 2,761 college graduates and 2,406 possessing postgraduate degrees. Being modern women, they earn their living in a wide variety of ways, running the gamut from traditional to the untraditional. There were 339 managers, 565 teachers, 269 nurses, 59 physicians, 87 writers, 252 secretaries, 27 waitresses, 51 scientists, 236 homemakers, three airline pilots and one firefighter. However, there was not a single mechanic in the bunch. No wonder it's so hard to find a good mechanic.

New York, NY (June 4)

1. Ingrid Kristiansen, NOR.....	31:31
2. Lisa Martin, AUS.....	32:04
3. Francie Larriau-Smith, TX.....	32:10
4. Mary Decker Slaney, OR.....	32:18
5. Anne Audain, ID.....	32:33
6. Margaret Groos, TN.....	32:43
7. Joan Benoit-Samuelsan, ME.....	33:05
8. Susan Tooby, WAL.....	33:09
9. Joan Neubit, NC.....	33:16
10. Lynn Nelson, NC.....	33:21
11. Lisa Weidenbach, VA.....	33:27
12. Teresa Ornduff, WA.....	33:27
13. Eleanor Simonsick, DC.....	33:35
14. Cyndis Welte, OH.....	33:52
15. Erica Vereb, HUN.....	34:03
16. Malgorzata Birbach, POL.....	34:14
17. Liz Miller, VT.....	34:15
18. Bette Moe, NOR.....	34:23
19. Carol Urish-McLachie, TX.....	34:32
20. Midde Hamrin, SWE.....	34:44
<i>Masters:</i> 1. Angella Hearn, 36:08; 2. Barbara Filutze, 41, 36:46; 3. Chris Grenning, 37:00; 4. Kathy Brown, 37:39; 5. Eileen Portz-Shovlin, 38:21; 6. Jan McKeown, 38:27; 45-49: 1. Bette Poppers, 38:42; 2. Christine Tattersall, 39:18; 3. Zofia Turosz, 39:33; 50-54: 1. Diane Palmason, 38:57; 2. Helene Bedrock, 40:55; 3. Jill Martin, 41:35; 55-59: Toshiko D'Elia, 42:25; 60-69: 1. Aslaug Tomas, 51:37; 2. Edith Farias, 51:40; 3. Muriel Merl, 51:53; 70+: Harriet Kaufman, 1:00:06.	