



# OFF 'N' RUNNING

JPL Running Club Newsletter

December 1989

Vol. 5, No. 4

## Caltech/JPL Women's Team Victorious in New York

In a stunning upset, the Caltech/JPL women's team, in third place going into the Manufacturers Hanover Corporate Challenge finals, won the race and set a new record for the fastest women's team time ever. The women finished the 3.5-mile race with a team time of 58:09, shaving well over 2 minutes off their qualifying time of last August.

Kathy Kanes of Caltech finished the race in second place to Britain's Olympiad runner Gillian Dainty. Kane's time of 18:16 was only 15 seconds slower than Dainty's, and both women broke the course record. Kathy's time works out to a 5:13-minute mile pace. Nora Collas, JPL's contribution to the team, finished 6th overall with a time of 19:17 (a 5:31-minute mile pace). Shenda Baker, also of Caltech, finished in the top 20 with a time of 20:36, a 5:53-minute mile pace.

The international competition has become increasingly competitive in recent years, and this is a major victory for a tiny company among corporate giants. Congratulations to our women victors, who put in several months of hard training for the race. Congratulations to Kanes also for her win at the Doo Dah Run 5K and to Collas for her 4th place finish.

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## Great Pumpkin Run Results

Seven two-person teams carried mid-size pumpkins 1-1/2 mile each in this race directed by Nora Collas on Halloween day. The pumpkins ranged in size according to how fast the runner was and whether or not the race director liked him/her personally. Medals were awarded to the two top teams, Mark Vincent/Steve Matousek and Mike Blakely/Joe Farrell, respectively. A prize was also awarded for the best costume, won by Susan Merrill.

## Know-Your-Pace Race Results

Twenty runners participated in this 2-mile race directed by Ken Erickson on October 4. The goal of the race was to come as close as possible to your predicted time without going over it. Of course, all watches were left at the start line. The race was won by Mark Vincent, who was only 1 second off his predicted time. Second place was a three-way tie between Rene Aguero, Bill Mandeville, and Phil Callahan, all of whom were 2 seconds faster than their predicted times. Duncan McCornock and Joe Ajello were also within 2 seconds of their predictions but erred fatally on the minus side. Roy Kakuda and Jim Frautnick were 3 seconds faster than they predicted. Everyone else was off a bit more, but most ran faster than they planned to, which is always a good feeling. The most surprised runner was probably Jeannie Cheng, who thought she'd run a 10-minute mile and ended up running an 8:38 pace.

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## Child Education Center Cross Country Run Coming Up

Running club members and other fans of the Arroyo Seco should seriously consider running this race, which was a lot of fun last year. The money goes to a good cause, and the company—local trail runners—is delightful. Great T-shirt too.

Return the entry form (see other side) to CEC-610 or call 4-3418 for further information.

# ENTRY FORM

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Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ CEC Parent  yes  no

Race Division (check one)  19 & under  20-29  30-39  40-49  50 & over

\$13.00 donation includes T-shirt and finisher's medal

\$ 3.00 late fee after December 30, 1989

\$ \_\_\_\_\_ amount enclosed (make check payable to Child Educational Center)

**WAIVER:** In consideration of the acceptance of my entry, I, my heirs, executors, and administrators, release and forever discharge the Child Educational Center, sponsors of this race, and all persons and agencies connected with this race for damages arising from my participation in and travel to and from this event.

I recognize the difficulties of this event and certify that I am physically fit and adequately trained to participate in this event.

**Signature** \_\_\_\_\_

(parent or guardian if entrant is under 18 years of age)

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Sam Dolinar

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