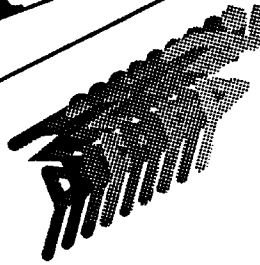


# OFF 'N' RUNNING



*Published Every So Off'n*

## THE NEWSLETTER OF THE JPL RUNNING CLUB

October 1992

### OFFICERS OF THE JPL RUNNING CLUB

By way of introduction, my name is Cathleen Stevens, your friendly Newsletter Editor for the JPL Running Club. If you have any running-related information that would be of general interest to runners that you could tell us about in person or as an article in our newsletter, please let us know.

The JPL Running club officers are:

<u>Name</u>	<u>Title</u>	<u>Mail Stop</u>	<u>Extension</u>
Dr. Mark Vincent	President	301-142	4-3224
Roy Kakuda	Vice-President	301-170k	4-8100
Ken Erickson	Membership Secretary	303-300	4-0625
Dick Horn	Treasurer	200-213	4-3983
Cathleen Stevens	Newsletter Editor	180-202	4-6396

### A SHORT HISTORY OF THE JPL RUNNING CLUB

Out of the running boom of the mid 70's, the JPL Running Club was born. Under the capable leadership of its first president, Rox Barbieri, the club remained informal, focusing on the semi-annual NASA Intercenter competition and one or two other races, such as the April Fool's Day "Arroyo Seco Freako" Microthon. Roz's successor, Kim Lievense, pushed the club to a higher level by obtaining sponsorship and funding from ERC. Kim then instituted the practice of giving medals to the top runners in club-sponsored races. Ed Rinderle stumbled along in Kim's footsteps, and the membership grew to 200.

The club reached its peak during Sam Dolinar's tenure (1984-1987). Sam invented several innovative (and sometimes grotesque) race formats, including the popular Marathon Relay, later renamed the Voyager Grand Tour. Sam also instituted the JPL Section Challenge in order to increase JPL's involvement in the NASA Intercenter. As a result, JPL won three 10K championships, two in 1985 and one in 1987. Sam's successors, Joe Ferrall and Bill Read, worked hard (and successfully) to keep the club going into the 90's, in spite of the toll of injuries suffered by the

running community and the nation-wide decline in the popularity of running. Current president Mark Vincent continues to dedicate himself to the club, in the storied tradition of his illustrious predecessors.

### PREZS CORNER

I'd like to welcome all our new and old members to the Running Club. My main goal is to maintain a viable club here at JPL. Although we are no longer in the "running craze" of a few years ago, we have a solid core of dedicated runners on lab and a larger group who have varying interest. Our main events are centered about the months of April and October because of the NASA Intercenter Challenge which is discussed elsewhere in this newsletter. We are grateful to have had good support in the past for both race directors and volunteers. We hope to continue these events. Any activity between is a function of the feedback we get from the questionnaire in this newsletter, both the type and the extent of interest the members have in different activities. Please find time to fill out the form and even better still, lead or help organize the event of which you are most interested. This is a chance to make the Running Club into what you want it to be!

# JPL RUNNING CLUB RACE RESULTS

## THE 1992 FREEKO SECO RESULTS

<u>Place</u>	<u>Name</u>	<u>Sect.</u>	<u>Time</u>	<u>Group</u>	<u>Place/Age</u>
1	LEN EFRON	314	19:10	1	50+
2	MARK VINCENT	312	19:12	1	0-35
3	RENE AQUERO	521	19:29	1	36-50
4	S. VASS	CIT	19:49	2	36-50
5	ROY KAKUDA	312	20:33	2	50+
6	RAY PRIZGINTAS	363	20:19	3	50+
7	FOLEY WEEMS	521	21:17	2	0-35
8	PHIL CALLAHAN	334	21:50	3	36-50
9	BOB THURSTUNS	322	22:07	4	36-50
10	IVAN ONYSZCHUK	331	22:14	3	0-35
11	WILLIAM MATHEWS	348	26:30	4	0-35
12	DAVID CHILDS	361	33:10	5	0-35
13	RICK BENSON	317	24:14	5	36-50
14	SAM DOLINAR	331	24:55	6	36-50
15	RICHARD HORN	661	25:22	4	50+
16	PAUL STELLA	342	25:25	?	
17	THANG PHAM	521	25:36	6	0-35
18	MARK RYNE	314	25:34	7	36-50
19	D. McCORNOCK	368	26:07		
20	BOB IBAVEN	380	26:07	8?	36-50
21	BOB GOSLINE	332	26:22	5	50+
22	BRUCE FISCHER	662	26:59	9	36-50
23	?	?	27:12	?	
24	KATHY O'HARA	626	29:26	1	F36-50
25	EILEEN CLARK	348	30:16	2	F36-50
26	MITCH SHELLMAN	626	32:17	10	36-50

## THE ROSE BOWL 10K (4-22-92)

<u>Place</u>	<u>Name</u>	<u>Sect.</u>	<u>Time</u>	<u>Group</u>	<u>Place/Age</u>
1	MARK SCHWOCHERT	381	37:05	1	0-35
2	LEN EFRON	314	38:06	1	50+
3	ROY KAKUDA	312	39:45	2	50+
4	ROBERT KORECHOFF	385	41:00	1	36-50
5	STEVE MATOUSEK	312	41:54	?	
6	DAVID HANSEN	336	43:11	2	0-35
7	TREY THROTON	363	43:13	3	0-35
8	BOB THURSTANS	322	43:25	2	36-50
9	MIKE ALLEN	343	43:59	4	0-35
10	PHIL CALLAHAN	334	45:12	3	36-50
11	MANUEL ESQUVAEL	332	46:48	5	0-35
12	BILL EPPING	632	48:44	4	36-50
13	RICHARD HORN	661	51:37	3	50+
14	TIM LINN	363	51:54	5	36-50
15	GREG WARLICK	363	59:12	6	0-35
16	PAUL PENZO	312	1:00:02	4	50+
17	ABE FEINBERG	363	1:03:07	5	50+
18	ROB HARTOP	332	1:29:59	6	50+



## RUNNING TIPS



- While it takes one to two days for a meal to go through the entire digestive tract, it's the food in your stomach that causes discomfort during exercise, as it pushes up on the diaphragm and makes deep breathing uncomfortable. After a high-carbohydrate meal, like cereal, mild and toast, allow 2 to 3 hours before exercising. For meals higher in protein and fat, wait longer before running. Protein and fat empty more slowly from the stomach and may cause cramps during a run.
- Replace fluids and carbohydrates within the first hour after hard exercise. Your glycogen reserves bounce back most quickly during this period. The typical runner loses 1 to 2 liters (about 2 quarts) of sweat per hour - more in hot, dry climates. This can have a very negative effect on running performance.
- **S T R E T C H I N G** - is one of the best ways to improve your flexibility and prevent running-related injuries. Things to remember: don't bounce when your stretching; stretch to the point where you can't stretch any farther, then relax into the stretch - exhale and hold the stretch for about 20 seconds; always let pain be your guide - if any stretch hurts, back off.
- Although 70 percent of runners may have some biomechanical imperfection, not all need **ORTHOTICS** (inserts that you place inside your shoes to change the tilt of your feet as they strike the ground). But if you are bothered by chronic injuries - particularly of the knee - you may be a candidate and should consult a podiatrist or sportsmedicine specialist.
- At times when you feel "too tired" to go out and run, your mind can come up with all kinds of reasons why you shouldn't. Sometimes the reasons are valid and it is a good idea to take the day off. Usually though, it is your *mind*, which has been exercising all day, that is dull, foggy and tired. Next time you want to bail on your run - give your *body* a reality check. See if the fatigue is really in your body or if it's just your mind that's exhausted. Try jogging in place for a minute or so and see how your body feels. You'll probably be raring to go. Sometimes, just putting on your running shoes helps!

### UPCOMING EVENTS

Sept. 26	LA Philharmonic 5/10K	Griffith Park	Info: 310/828-4123
Sept. 26	Apricot 10 Mile	Pico Rivera	Info: 213/949-0394
Oct. 3	Oktoberfest 10K	Santa Monica	Info: No # listed
Oct. 3	San Dimas 5K	San Dimas	Info: 714/592-4344
Oct. 10	Run for the Homeless 10K	Los Angeles	Info: 213/623-9394
Oct. 10	Running is for the Birds 10K	Huntington Beach	Info: 714/897-7003
Oct. 18	La Cumbre Plaza to La Playa 7.5 Point to Point Miles	Santa Barbara	Info: 805/687-1109
Oct. 18	Run For Youth 5/10K	Hollywood	Info: 213/485-4310
Oct. 24	Alhambra Moonlight 8K	Alhambra	Info: 818/570-5044
Oct. 25	Tom Proctor 10K	West Hollywood	Info: 310/854-7400

**NOTE - Most race registration forms can be obtained from Cathy Stevens, Ext. 4-6396, M/S 180-202**

### **34th NASA INTERCENTER COMPETITION & 17th JPL SECTION CHALLENGE - Fall, 1992**

It's that time of year! The NASA Intercenter Competition is currently being organized by the JPL Running Club Board Members. Competition period is Oct. 1 through Oct. 31 and the competition distances are 2 miles and 10 kilometers (6.2 miles).

Existing JPL Shower/Locker Facilities  
 July 1990  
 from JPL Facilities

Bldg. #	Shower Type	Locker Type	Remarks
89	IC	None	Toilet/shower opens directly to outside
114	2M,2W	24M,15W	Two showers each room with adjacent locker/dressing rooms
150	1M	None	Shower and adjacent drying area with lockers at the south wall of the toilet room. Located on the first floor.
161	1M	15M	
177	2M	48M	2 shower stalls with attached dressing cubicles within the men's toilet room.
180	IC	87C	<del>Single shower and dressing room in basement. Usage is scheduled by gender weekdays from 8AM to 6PM, and is otherwise coed. Contact Dave E. Shaw x47147 for access key and locker assignment.</del> <i>Under Construction        Will RE-OPEN MID-OCTOBER        CONTACT Myron Hitch, 4-7610        for INFO.</i>
183	1W	35W	Single stall shower within the women's toilet on 2nd floor. 7 five tier lockers at the N wall.
197	1M	None	Single stall shower and dressing area within the men's toilet (no lockers).
200	2M,1W	8M,3W	Men's toilet has 2 shower stalls with attached dressing cubicles and 4 two tier lockers. Women's toilet has single stall shower and dressing area within the toilet room complex (3 single tier lockers).
201	1M	12M	1 stall shower with 4 three tier lockers in the 2nd floor toilet.
233	2M	49M	2 shower heads and locker room attached to men's toilet on the first floor.
238	1M	None	Located on the 2nd floor with attached dressing cubicle.
278	1M	None	1 stall shower in the men's toilet. Dressing in the toilet room. Access is limited to this building by use of badge reader
300	2M,2W	4M,2W	2 showers with dressing cubicles in both the men's and women's toilets on 1st floor. Dressing areas have 15"x18" two-tiered lockers.
T1700	M/W	None	Toilet trailer/modular complex N and E of Bldg 79 (under construction).
<b>Total</b>	<b>2C,17M,7W</b>	<b>87C,160M,55W</b>	

C - coed  
 M - Men's  
 W - Women's