

# JPL RUNNING CLUB NEWSLETTER

February 2, 1993

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## What's Been Happening

The word among runners is that the holidays have been great for the palate and tough on running miles! The food was tasty, the weather cold and wet, the news from NASA depressing, the couch well worn, and the waist lines expanding. Well, its time for the tough to get running and started on your other new years resolutions.

The winter also got to the running club staff. We've been in hibernation since the October NASA Intercenter runs. We will get the medals out for the Know Your Pace Race any day now. We are still waiting for the NASA Intercenter results.

## Nominations

Mark Vincent has given up trying to keep us going. He's returning to running, biking, biathlon, triathlon, and marathon racing. He says it's easier. We will certainly miss him and want to thank him for his leadership.

We are now accepting nominations. We need enthusiastic people to get the club going. If you want to be an officer or would just like to help, please give any of the officers listed below a call. We really need writers and editors, especially a newsletter editor. The warm

body slate (the officers who are willing to continue if no replacements are found) is listed below. Call our bluff; sign up!

## Warm Body Slate

President - Roy Kakuda  
Vice President - Cathleen Stevens  
Treasurer - Dick Horn  
Membership - Ken Erickson  
Newsletter Editor - Vacant  
Activities Chairman- Vacant  
Club Statistician- Vacant

Nominations will be completed at the February General Meeting. Election ballots will be sent to the members after the General Meeting.

## General Meeting

**The next General Meeting will be Friday February 12, 1993 from 12:00 to 1:00 in Von Karman Auditorium**  
Please be prompt!!! We only have one hour. The agenda for the meeting will be:

- Nomination of Officers
- General Club Business
- Questions and Answers
- Description of Local Training Courses.

## Membership Report

The club is growing! We now have 49 members!

## Finances

The club has \$282 left for medals and JPL races. The

money has to last until March. Did you know we get about \$1500 from the ERC to pay for the NASA Intercenter medals and subsidize JPL teams each year?

## Salute to Joe Ferrall

Joe Ferrall is retiring from his activities in the running club to get back to running and being a manager at JPL. He has been an unselfish stalwart of the running club, receiving very little support or appreciation. His contributions include serving as president, organizing races, providing the medals, taking care of the NASA Intercenter statistics, and acting as our liaison with NASA for many years.

Joe will no longer gather and enter into the NASA electronic data base the hundreds of names, sections, and 10 km and 2 mile race results for each NASA Intercenter competition nor will he be responsible for distributing the results. We will miss you, Joe! We thank you for your effort!

## Remember the 1993 dues.

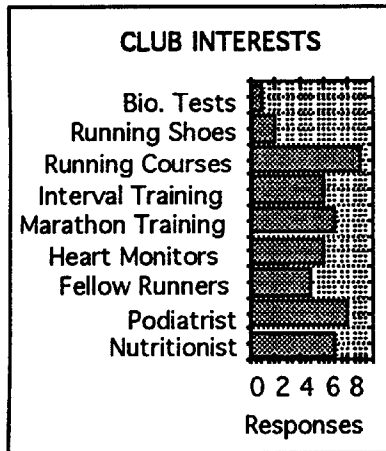
The club needs you. For your \$3 you will get (officers willing and the flood don't come) race notifications, race support, race results, general meetings with topics of interest, discounts on running

shoes, and the satisfaction that you are supporting running at JPL. Please fill out the form enclosed.

**Remember the 10% Rule**

Do not increase your mileage more than 10% from one week to the next. A runner should take at least 7 weeks to double his or her mileage.

**Results from the Interest Poll**



We are searching for speakers. Do you know anyone who may want to discuss any of these topics? We will kick off with a presentation on the local running courses.

**Results of  
Tune Up Run/Walk: Introduction to  
Brown Mountain Run or What it Takes to  
Run Hills**

by Roy Kakuda

The Brown Mountain Road is a favorite hill course for runners who want to build up their strength and stamina. The start of the Brown Mountain Road begins at the forest service residence area up the Arroyo Seco from JPL. (Go to the right at that fork in the road and stay on the road.)

The road can be broken into 6 segments. The first segment ends at the microwave tower (a good place for a start); the second ends beneath the power lines for the second time (a great place to turn around for the weary); the third ends at "The Gate" (the road splits to the right to Millard Camp Ground and left to Brown Mountain); the

fourth ends at "The Oak Tree"; the fifth ends at the turnoff to Pine Canyon; and the sixth and last segment ends at the end of Brown Mountain road.

Eight runners and 1 walker took me up on the Brown Mountain run. We started above the East Gate. It was a warm and clear day. (A run up Brown Mountain usually feels and is hot!) Four of us could only do the first segment (1.2 miles to the microwave tower) because of the lack of time. The rest continued to "The Gate" (3.2 miles), 1200 feet above JPL.

Dee Darrow, our walker, started early (tired of waiting for us at the start) and beat all of us to the microwave tower. Cathleen Stevens, David Mullin, and Sam Dolinar, running the steepest part of the course, easily made it to the microwave tower (400 feet above JPL) to get a great view of the Arroyo Seco.

Bob Gosline, Bob Thurstans, Rene Aguero, Bob Korechoff, and Mike Taylor put their heads down and ran the 1200 ft climb to "The Gate". Korechoff led the way with a time of 33:17. Mark Vincent gave out greatly appreciated water for free. (I charged \$1 per 10 cc). All the finishers were veterans except Bob Gosline, who made it to "The Gate" on his first try. Congratulations Bob!! It took me 4 tries before I made it.

**Some Tips on Running Steep Hills**

When you climb a hill:

1. Slow down.
2. Shorten your stride.
3. Slow down again.
4. Slow down again.

When you go down a hill:

1. Go slow enough to be smooth.
2. If you hurt or you know you will hurt, slow down. Some of us go down slower than we go up.

Before doing Brown Mountain, ask yourself:

1. How hot is it? A few runners have run in 100+ °F and regretted it.
2. How far should I go?

3. How much water should I take?
4. Do I need a hat?
5. Do I need sunglasses?

**Personal Records From South Gate  
By Way of the Gravel Pit to the Brown  
Mountain "Gate"  
4.2 Miles**

For those who want to measure themselves against other runners, here are two of our best runners' times. By the way, it seems that the faster runners' 10 km times are a minute longer than their Brown Mountain times. Slower runners like Roy must add 1:40 to arrive at his expected 10 km time.

Runner	Time (min:sec)
Bill Read	30:57
Jim Ulvestad	31:58
Roy Kakuda	36:52

**Tentative 1993 Calendar**

February 12, '93 12 Noon Von Karman Auditorium.	General Meeting
Late February or Early March	Voyager Grand Tour Relay Race
April 1, '93	April Fools Arroyo Seco Freako 5 km
April 14, '93	Arroyo Seco 2 Mile Handicap Run
April 21, '93	Rose Bowl 10 Km
April 28, '93	2-Mile Track Run
September 29, '93	Smog Jog - 4 X 1 Mile Relay
October 13, '93	Arroyo Seco 2 Mile Know Your Pace Race
October 20, '93	Rose Bowl 10 Km
October 27, '93	2-Mile Track Run

**Results for the Know Your Pace Race**

We had five medal winners for the race including our club treasurer Dick Horn. Jim Frautnick led the way with a net time of 15 seconds. Times were a bit off this year because of the need to dodge the construction workers.

For those who are unaware of the race, speed is not a factor in winning the race. A

runner or walker must finish at the time predicted by them before the race. The first five participants finishing nearest and faster than their predicted time are the winners.

Bob Thurstans lost again by only 3 seconds. Bob, you will have to run faster or predict a slower time next time. Bob lost a medal last year because the rules were changed in mid race. Bob has too many medals anyway. Better luck in our next race on October 13, '93.

	PRED.	ACTUAL	NET	
NAME	TIME	TIME	TIME	PLACE
Jim Frautnick	15:50	15:35	-15	1
Scott Arnold	15:40	15:21	-19	2
Bruce Fischer	17:15	16:41	-34	3
Dick Horn	16:00	15:18	-42	4
Ben Sedighi	16:00	15:18	-42	5
Michael Taylor	12:45	12:01	-44	
Sam Dolinar	14:59	14:00	-59	
Teresa Jenkins	15:50	12:58	-2:52	
Bob Thurstans	14:00	14:03	+ 3	
Mark Ryne	17:30	17:39	+ 9	
Len Efron	11:11	11:26	+15	
Rene Aguerro	10:50	11:13	+23	
Ken Erickson	18:00	18:23	+23	
D. McCornock	12:45	14:29	+ 1:44	

**Results of the Voyager Grand Tour  
by Sam Dolinar**

The Running Club's 2nd Annual Voyager Grand Tour was held on March 6, '92 and nine 6-person teams competed in the Marathon Relay Race. Two teams assembled mostly from Section 312 took top honors. The winners were the 312 Rebels, who returned to Earth in 35:08 after a 26.25-mile tour that included stops at Neptune, Uranus, Saturn, Jupiter, Mars, and Venus. Winning team members were Len Efron, Steve Matousek, Jim Frautnick, Earl Higa, Paul Penzo, and Richard Lee. The 312 Yankees (Mark Vincent, Doug Stetson, Greg Garner, Barbara Cantu, Steve Flanagan, and Cathleen Stevens) finished in second place at 36:43. Three other "legal" teams finished at 36:58, 37:46, and 43:26. Four teams with

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times ranging from 33:21 to 40:15 also completed the Grand Tour but were not eligible to win medals because they exceeded the posted speed limit of 48 miles per hour.

Possible Future Articles and Meeting Topics

- The man who ran 7 miles three days after heart surgery
- Permits needed to run on local trails.
- How to run a marathon.
- How to train for a marathon.
- How to find people who are at your running level.

HELP Your Running Club !!!

Please help us notify all potential runners and walkers. Please post a copy of the general meeting notice and the membership application (below) on your bulletin boards and in your locker room. Thank you!

# JPL RUNNING CLUB GENERAL MEETING

VON KARMAN AUDITORIUM  
FEBRUARY 12, 1993  
12 NOON TO 1 PM

- Description of Local Running Courses.
- Nomination of Officers

## 1993 JPL RUNNING CLUB MEMBERSHIP APPLICATIONS

To join the running club, please send your \$3.00 check (made payable to JPL ERC) to Dick Horn, MS 200-213.

NAME \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
LAST NAME FIRST NAME INITIAL

SECTION \_\_\_\_\_ SEX \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ PHONE \_\_\_\_\_

MAIL STOP OR ADDRESS \_\_\_\_\_

If you would like to help the club, please check the box below.

<input type="checkbox"/>	Help with a club race
<input type="checkbox"/>	Help the club board
<input type="checkbox"/>	Help with club statistics
<input type="checkbox"/>	Be a race director
<input type="checkbox"/>	Be a club officer
<input type="checkbox"/>	Help with the club newsletter