

JPL RUNNING CLUB NEWSLETTER

July 1993

Page 1

Running Club Money Woes

The ERC has reduced the allocation of money to the running club because of the loss of ERC revenue and our small membership. The ERC will pay for 75% of the ribbons and medals for the NASA Intercenter races. They will pay for 50% of the ribbons and medals for the club races. This seems fair to the ERC; however, this is a real hardship to the running club.

The running club, with 30 members, supports over 400 participants in the NASA Intercenter competition. The ribbons and medal for this competition may cost \$800 every year. The club's 25% share of the cost comes to \$200. This is more than the entire club dues for the year. We will have to come up with \$200 or not give a reward for participating in the intercenter competition or not give out medals for doing well in the intercenter races.

A number of options have been suggested to raise the money. They are: ask the ERC for more support, try and get money from the JPL Wellness Program, write a letter to the Universe complaining about the lack of support by JPL and the ERC, raise the dues, ask all participants in the intercenter competition to donate money, ask the winners of medals to pay for the medals, or quit the NASA Intercenter competition.

We have asked the ERC for a straight grant instead of a percentage of the funds. They have refused. We asked the JPL Wellness Program via medical services for help and were told they could not help. We have not tried to get an article in the Universe. This may cause some difficulty in the future. Raising of dues will not solve the problem because we may end up with fewer members. Asking the non club members to pay for their participation will guarantee the loss of participation. Many people only participate because they are a part of a section or group challenge. These are the people we want to interest in exercising as part of the JPL Wellness Program. Asking medal winners to pay for their medals takes the luster off the award. The winners spend considerable effort to win the medals.

Quitting the NASA Intercenter competition may be an option if JPL feels that the Wellness Program is not useful to the laboratory. Exercising in the USA is on the wane and this may be a symptom of the softening of America.

Arroyo Seco Freako '93

By Ed Rinderle

He staggers around the last turn, his arms flailing wildly! He wanders back and forth over the last 30 yards, gasping for breath! Then, 5 yards short of the finish, he collapses in a heap! Finally, in a last, desperate effort, he rolls across the finish!! Thus, Bill Read of Section 322 wins the 1993 Arroyo Seco Freako Microthon, finishing over a minute ahead of his closest competitor!

Eighteen minutes earlier, I as the race director brought back memories (for some of us really old-timers) of C. B. Boff, as he started the race by popping the top off a beer can. (Non- alcoholic, of course!) Thirty-four runners then took off on their jaunt around the tough 5K cross country course in upper Oak Grove Park. Fortunately, thirty-four runners also finished!

Complete results appear below. Medals went to the #1 finisher in each of the three categories listed. Second and third place finishers received "gag" awards, as the Running Club took the opportunity to unload some old Freako medals!

Ziad Haddad earned special mention by running the course in 26:56 after starting five minutes late!!

After the race, runners enjoyed the cool weather and relaxed under the trees, guzzling drinks provided by the club. Ed handed out the medals, then drew names for special prizes: chances to taste one of his April Fool's Cajun brownies. Ribbons went to all participants.

Special thanks go to the following people. Stephanie Nelson, Bob Thurstans, Abe Feinberg, Dave Childs, Eileen Clark, Roy Kakuda, and Steve Matousek. They did most of the work, making Ed's job easy.

Arroyo Seco Freako '93 Results

Men under 40			Men 40 & over		
1.	Bill Read	18:01	1.	Rene Aguero	19:29
2.	Randy Brown	19:11	2.	Len Efron	19:34
3.	Leon Maldonado	19:23	3.	Phil Callahan	22:23
4.	Michael Taylor	19:41	4.	Roy Kakuda	22:45
5.	Jakob van Zyl	19:53	5.	Bill Epping	23:23
6.	David Haub	20:37	6.	Rich Benson	23:26
7.	David Hansen	21:56	7.	Jim Schmidling	24:06
8.	Howard Zebker	23:09	8.	Earl Higa	24:12
9.	William Mathews	23:24	9.	Jim Frautnick	25:00
10.	J.Sean Howard	23:40	10.	Dick Horn	25:08
11.	Dave Taeng	25:02	11.	Dave Scaff	25:53
12.	Thang Pham	25:06	12.	Ben Sedighi	26:13
13.	Art Densmore	25:37	13.	Bill Mandeville	26:50
14.	Ziad Haddad	26:56	14.	Paul Penzo	27:36
15.	Dennis Rowan	28:31	15.	Charles Voge	27:56
			16.	Myron Hitch	28:48
Women					
1.	Mignon Belongie	26:27			
2.	Caroline Racho	28:36			
3.	Leticia Montanez	31:44			

Individual Results of the Spring 1992 NASA Intercenter Competition

JPL runners again were well represented in the NASA Intercenter competition. The women won 17 out of a possible 42 medals while the men grabbed 12 out of 42 medals. Congratulations!! The only disappointments are that we have slipped in the age 25 to 49 categories and the running times are not as good as in the past. It appears that the overtime at JPL has eaten into our training time. Or, could it be the heat and smog?

Spring Arroyo Seco 2 Mile Race

Mark Vincent changed the rules to the 2 Mile Handicap Race this year to simplify (?!?) the race. Teams were formed by pairing the runner with the fastest predicted time and the runner with the slowest predicted time. The second team was composed of the second fastest runner and the second slowest runner, etc. Most of the teams had

difficulty figuring out the rules and I have since forgotten how the teams were scored (Or did I ever know?). Mark, having a PHD, had no trouble in arriving at the score. The winning team was composed of Mike Taylor and Dave Scaff. Enjoy our medals guys.

The races to watch were between Randy Brown and Mike Taylor; Sam Dolinar and Greg Koellner; Dave Scaff and Ken Erickson; and the trio of Tim Linn, Richard Horn, and Ben Sedighi. They were all within a few seconds of each other. The race was run as usual on a hot and smoggy day. The runners were ready for a very competitive race. Notice that if the race were run as a Know Your Pace Race 12 runners would have been within 30 seconds of their predicted time. Ed Rinderle and Roy Kakuda assisted Mark during the race and kept the

Individual Results of the Spring 1992 NASA Intercenter Competition

2-Mile		10K	
Place / Category / Runner	Time	Place / Category / Runner	Time
Men			
2nd, 24 and under, John Graham	10:46	1st, 35-39, Bill Read	33:51
2nd, 35-39, Mark Vincent	11:24	3rd, 35-39, Mark Vincent	37:54
1st, 45-49, Ken Jewett	11:19	3rd, 40-44, Richard Hodges	40:16
1st, 50-54, Roy Kakuda	11:55	1st, 50-54, Roy Kakuda	39:45
2nd, 50-54, J.Hart	12:11	2nd, 55-59, Len Efron	38:06
1st, 55-59, Len Efron	11:13	3rd, 55-59, Ray Prizgintas	40:08
Women			
3rd, 40-44, Nora Mainland	15:37	3rd, 24 and under, Inguer Perez	95:18
2nd, 45-49, Shary Devore	16:43	3rd, 25-29, Marla Stephenson	53:17
3rd, 45-49, Chris Zygielbaum	17:34	3rd, 35-39, Isabella Kierk	57:43
2nd, 55-59, Clara Thoms	21:04	2nd, 40-44, Martha Berg	55:38
1st, 60 and over, Lucille Seeley	27:33	1st, 45-49, Chris Zygielbaum	51:08
2nd, 60 and over, L. Menninger	29:15	1st, 50-54, Ariene Minuskin	98:40
		2nd, 50-54, Maxine Reilly	139:45
		1st, 55-59, Sheila Davis	76:50
		2nd, 55-59, Patricia Willis	78:15
		3rd, 55-59, Penny Rocci	190:00
		2nd, 60 and over, Ida Halperin	110:00

confusion down to that of a typical handicap race.

Remember the 2 mile race next October will be the Know Your Pace Race.

Spring Arroyo Seco 2 Mile Race Results

Runner	Predicted Time	Actual Time	Team Place	Time Old	Place Old
	Time	Time	Place	Method	Method
Michael Taylor	12:30	11:30	1	-30	8
Dave Scaff	17:00	16:17	1	-53	10
Sam Dolinar	14:00	13:30	2	-30	8
Tim Linn	16:00	15:32	2	-28	5
David Hansen	13:00	12:43	3	-17	4
Jim Schmidling	16:00	15:29	3	-31	8
Ben Sedighi	15:30	15:14	4	-16	2
Greg Koellner	14:00	13:24	4	-36	9
Bill Epping	15:00	14:44	5	-14	1
Richard Horn	15:30	15:14	5	-16	2
Randy Brown	11:00	11:25	6	+25	14
Mignon Belongie	18:30	16:40	6	-1:50	12
Len Efron	11:20	11:49	7	+29	15
Ken Erickson	18:00	16:18	7	-1:42	11
Roger Linfield	11:00	11:10	8	+10	13
Laurel Flinn	24:00	26:46	8	+2:46	16

Spring Rose Bowl 10 km

The race was run in unusual heat and smog. The times were very slow this year because of the conditions. Most of the runners were more than 2 minutes slower than usual. It would be nice to get the spring intercenter competition into March. This would put a hardship on the other NASA centers because of the cold weather. Maybe we should have each center pick their own month around the month of April. The race to watch was between Sam Dolinar, Earl Higa, and Richard Cirillo; and between Jim Schmidling and Joe Ferrall. Sam and Earl were only 20 seconds apart, with Earl doing all he could to catch Sam. Richard was only 17 seconds behind Earl. Jim and Joe, in their grudge match, were only 8 seconds apart.

Len Efron	39:31
Hector Del Castillo	40:28
Mark Vincent	42:30
David Hansen	44:50
Sam Dolinar	46:21
Earl Higa	46:41
Richard Cirillo	46:58
Jim Schmidling	49:27
Joe Ferrall	49:35
Dick Horn	50:49
Patricia Willis	1:23:02
Rob Hartop	1:25:41

Spring 2 Mile Track Run

Dave Hansen organized and ran in his own race. The conditions were so bad that the attendance was quite low. Hector and Mark had a competitive battle going until the heat and smog got to everyone.

Hector Del Costillo	11:50
Mark Vincent	12:13
Dave Hansen	12:51
Jim Schmidling	14:14
Earl Higa	14:24
Edna Villareal	16:26
Patricia Willis	22:10

Lockers

Laural Needels, the secretary of the JPL Bike Club has been instrumental in educating JPL management to the need for more lockers and cleaner and less cluttered locker rooms. JPL has directed that our transportation group be responsible for the locker rooms and locker assignments. This has good and bad implications for the running club. It is good that someone will be responsible for the locker rooms and the assignment of lockers. What may be bad is that the bike

commuters may have priority over locker assignments. Those of us who have waited years for a locker may have to wait even longer.

Sam Dolinar
238-420

The Pack Run: Introduction To New Courses and Run/Walk For Fun

Starting August 11, we will have an informal run/walk over various courses. This will be an opportunity to learn about different courses, meet people, find a running buddy, etc. The runners/walkers will be given directions at the start. Individual participants can do as they wish (run alone, in groups, etc.). We will make sure that all are accounted for at the end. We will begin by doing an easy 2.5 miles up the Arroyo Seco. (5 miles total). We will progress to more challenging courses each week. See the listing of club events.

Club Events - Running Schedule:

August 11, '93 Wednesday 11:30 AM	Introduction to the Devil's Gate Dam. Moderate 5 mile jog/walk to the Brookside Park Golf Course. Meet Ken Erickson at the East Gate.
August 18, '93 Wednesday 11:30 AM	Introduction to the Arroyo Seco. An easy 5 mile jog/walk up the Arroyo Seco. Meet Dick Horn at the East Gate. Bring water and a hat if it's hot.
August 25, '93 Wednesday 11:30 AM	Introduction to the Art Center. Stressful 6 mile jog to the Art Center. Meet at the South Gate.
September 2, '93 Thursday 11:30 AM	Easy Jog up Brown Mountain. Stressful 8 mile jog up to the gate on Brown Mountain. Meet at the South Gate.
September 29, '93 Wednesday 11:30 AM	Smog Jog - 4 X 1 Mile Relay. Meet at the La Canada Track.
October 13, '93 Wednesday 11:30 AM	Arroyo Seco 2 Mile Know Your Pace Race. Meet at 11:45 AM at East Gate Upper Road.
October 20, '93 Wednesday 5:00 PM	Rose Bowl 10 Km. Meet South-East side of Rose Bowl.
October 27, '93 Wednesday 5:00 PM	2-Mile Track Run. Meet at 5 PM at La Canada Track.

Results of The Spring 1993 Section Challenge Competition

The Fall 1992 NASA Intercenter Competition results have not been received yet. Results will be sent to team captains when they are received. There are still some ribbons available for this spring's competition for participants who have not received them. The results of the spring 1993 Section Challenge are presented below for teams placing 1 through 10 in the 2-mile, 10K and combined categories.

Place	2-Mile		10K		Combined	
	Team	Score	Team	Score	Team	Score
1	Sec. 332	410	Sec. 312	225	Sec. 332	846
2	Sec. 312	345	Sec. 332	219	Sec. 312	794
3	Sec. 352	180	Sec. 368	56	Sec. 368	284
4	Sec. 331	179	Sec. 331	46	Sec. 331	270
5	Sec. 368	171	Sec. 363	40	Sec. 352	190
6	Sections 620-629	137	Sec. 338	30	Sections 620-629	136
7	Sec. 333	112	Sec. 661	20	Sec. 333	127
8	Sec. 356	94	Sec. 346	14	Sec. 661	107
9	Sec. 661	68	Sec. 314	11	Sec. 336	106
10	Sec. 354	46	Sec. 371	9	Sec. 356	93

1993 JPL RUNNING CLUB MEMBERSHIP APPLICATION

To join the running club, please send a \$3 check (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