

# JPL RUNNING CLUB NEWSLETTER

March 1993

## Results of Election

Its official! The warm body board has been elected to their 1993 term! We will be having an executive board meeting every few weeks. If you have any suggestions, gripes, etc., please contact anyone on the board.

## General Meeting

The board blew its first opportunity to get runners together in a meeting. We thought that a presentation on the running courses around JPL would attract the runners to the meeting. Wrong! The threat of being drafted into an office and the lure of a nice running day wiped us out. Lucky for you we are not vindictive. We are sending to all Running Club members a description of the local running courses someday.

## 19th Annual

### Arroyo Seco Freako Microthon

Now spring has sprung,  
And time has come  
For fools to have their day!

Date: Thursday, April 1, 1993  
Time: 12 Noon Start  
Distance: 5 km  
Course: Cross Country  
Place: Lower Oak Grove Park  
(A short walk from the JPL South Gate)  
Qualifications: Willing to have fun.  
Goodies: Surprises! Awards! Drinks!  
(Bring a friend or two)

## Bike Club Attempts to Grab Our Lockers??

A spy sent to the JPL Bike Club meeting discovered a possible attempt by the Bike club to take control of the JPL lockers. Because JPL Facilities is not wholeheartedly interested in managing the lockers, the bike club suggested: (1) offering to take over the job of allocating

lockers, and giving the lockers to the commuters first and then to frequent users, etc.; and (2) that the other clubs, like the running club, get involved. The Running Club board hopes that the JPL Facilities and the "Wellness" program officials do their job. We will watch the situation.

There have been many complaints about towels, shoes, etc., left overnight in the locker rooms. Some towels have been left for months. These articles are not supposed to be left in the locker rooms. Lack of locker space is a hardship on people, and if we could find some place to put lockers, we probably would be able to install them. Some of the towels have been collected for use as shop rags. Very effective. What to do?

## Misplaced Running Club Stuff

We are missing some running club equipment. Items: lightweight card table, countdown stopwatch, small red box (safety pins, and pens), and cones for the Grand Tour (we found only two). If you have information about the equipment, please let us know.

## Interested in Your Heart Rate ?

The club is considering the purchase of a heartrate monitor. They are used by athletes to determine their proper effort level during workouts and to measure how close they are to exploding during hard workouts and races. Over a week, runners can determine their maximum heart rate and how it feels to workout at different effort levels. Most runners who do not enjoy a workout probably work out at too high of an effort level. Let us know if you are interested in trying a heartrate monitor.

**Running schedule:**

- April Fools 5-km Arroyo Seco Freako (noon, Thurs., April 1, '93) For information - Ed Rinderle 4-8802, Bob Thurstans 4-1918, Stephanie Nelson 4-3086.
- Arroyo Seco 2 Mile Race (noon, Wed., April 14, '93) Director - Mark Vincent 4-3224
- Rose Bowl 10 km (5:30 pm, Wed., April 21, '93) Director - Mike Blakely 4-8193
- 2-Mile Track Run (5:00 pm, Wed., April 28, '93) Dave Hansen 4-0458

**Outside Races Coming Up**

Sun., April 18, Upland 7th Annual 5/10 km

Flat course, Cardiac fun walk, awards, band, and team entries. Benefits Heart Center San Antonio Community Hospital. Entry fees are \$10 runners and \$5 walkers. Call Jim Mackintosh 4-8702.

Sun., May 29, 27th Annual Mt. Wilson Trail

8.6 mile loop, 2100 ft. climb, City of

Sierra Madre, Dept. of Parks and Recreation. Must preregister, limited to 250, call 818-355-7135.

**Want to Give an Event a Plug**

We will try to include it in our randomly produced newsletter. Please furnish information on an IBM PC disk.

**Grand Tour Results**

Sam Dolinar and his legion of helpers again put on the race of the year! Sam somehow managed to get 50 of us under control, pointed us in the right direction, and got us running as if we knew the rules. The 312 Rebels again used their system engineering experience to win. Check out the article in this issue by Steve Matousek who discusses his team's secrets. We really appreciate Sam and his support crew for putting on the race! We know that without their support this wonderful race would not be run. The following are Sam's official results. More details are to come after Sam examines the results:

**1993 Grand Tour Results**

Team Name	Official Finish	Team Speed	Total Distance	Actual Finish	Penalty	Team Color
312 Rebels	34:21	47.1	26.25	34:21	0:00	Gray
Bit Jockeys	35:10	46.4	26.25	35:10	0:00	Green
LA Radars	35:32	46.9	26.25	35:32	0:00	Red
312 Yankees	36:07	47.2	26.25	36:07	0:00	Blue
Wayne's World	36:36	45.5	26.25	36:36	0:00	Yellow
Best Form	37:43	45.2	26.25	37:43	0:00	Pink
The Terminators	38:36	49.8	27.00	34:36	4:00	Purple
Section 342	49:38	38.9	26.25	49:38	0:00	Orange

Team Name	Runner #1	Runner #2	Runner #3
312 Rebels	Len Efron	Steve Matousek	Lydia Dissly
Bit Jockeys	Randy Brown	Padhraic Smyth	Bob McEliece
LA Radars	Leon Maldonado	Kevin Wheeler	Dave Haub
312 Yankees	Mark Vincent	Greg Garner	Steve Flanagan
Wayne's World	Dave Hansen	Mario Matal	Art Densmore
Best Form	Roy Kakuda	Phil Callahan	Bill Epping
The Terminators	Rene Aguero	Steve Stedry	Foley Weems
Section 342	Mike Shirbacheh	Ken Erickson	Paul Stella

Team Name	Runner #4	Runner #5	Runner #6
312 Rebels	Earl Higa	Jim Frautnick	Paul Penzo
Bit Jockeys	Steve Townes	Mignon Belongie	Ray Jurgens
LA Radars	Howard Zebker	Bruce Chapman	Yunling Lou
312 Yankees	Dave Spencer	Ed Rinderle	Steve Williams
Wayne's World	Wayne Harvey	Dave Bell	Sal Kayalar
Best Form	Joe Ferrall	Dick Horn	Stephanie Gallegos
The Terminators	Bob Ibaven	Andy Wallace	Thang Phan
Section 342	Dave Rogers	Carol Lewis	Mike Harvey

Individual	Official Finish	Speed	Distance	Actual Finish	Penalty
Jim Schmidling	28:28	7.4	3.50	28:28	0:00

### 312 Rebel's Secrets to Winning or How Can a Race be so Complicated?

By Steve Matousek

I have finally figured out the sequence of events at the 1992 Marathon Relay. So, here it goes.

Start order:

- 1 Len Efron Neptune
- 2 Steve Matousek Uranus
- 3 Jim Frautnick Saturn
- 4 Earl Higa Jupiter
- 5 Richard Lee Mars
- 6 Paul Penzo Venus

Everything went more or less according to plan on the first Earth-to-Neptune leg. However, shortly after turning back towards Earth after Neptune, Paul caught and passed Richard. This will become important later in the final analysis. Now Paul was in the # 5 spot but had the #6 baton and vice versa for Richard.

Now, I will proceed in as close to time order as possible:

- 1 Steve arrives at Uranus and gets a sticker on the Uranus baton.
- 2 Len arrives at Neptune and gets a sticker on the Neptune baton.

- 3 Paul and Richard are at Earth and change batons and directions.
- 4 Steve meets Jim between Jupiter and Mars and exchanges batons.
- 5 Steve meets Len between Jupiter and Saturn and exchanges batons.
- 6 Jim meets Earl below Mars and exchanges batons.
- 7 Steve meets Jim between Mars and Jupiter and exchanges batons.
- 8 Steve gets a sticker on the Jupiter baton.
- 9 Len gets a sticker on the Saturn baton.
- 10 Earl meets Richard between Venus and Earth and exchanges batons.
- 11 Jim meets Earl below Venus and exchanges batons.
- 12 Steve meets Jim between Venus and Mars and exchanges batons.
- 13 Earl meets Paul between Venus and Mars and exchanges batons.
- 14 Steve gets a Mars sticker on the Venus baton (it should have been the Mars baton).
- 15 Jim meets Earl between Venus and Mars and exchanges batons.
- 16 Steve meets Jim just below Mars and exchanges batons.
- 17 Steve realizes something is wrong and decides to run with Jim down to Venus to get a Venus sticker on the Mars baton.
- 18 Len catches up to Jim and Steve.
- 19 Everyone arrives at the Moon checkpoint and dashes for Earth.

No. of baton exchanges : 11

#### Post Game Analysis

As a team, we ended up running an extra 1/4 mile minus approx. 50 yd. This cost us about 1 min. (give or take 15 sec) of our time. I believe I made two errors when giving the team instructions: (1) I should have cautioned everyone about the

Sam Dolinar  
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special circumstances when exchanging around the first Earth crossing (if runners are on either side of Earth). In this case, the runners exchange batons, but do not exchange directions. Our team violated the rule that every runner on the team must go past the first Earth crossing. By changing batons and directions, Richard ended up ahead of Paul when Paul should have been ahead of Richard. This caused confusion and resulted in the Venus baton going past Venus (however, I thought it was worth it when I passed Dennis Byrnes at the Venus checkpoint going the wrong direction and saw the look on his face when I asked for a sticker), and (2) I should have stressed the importance of exchanging batons during the first 2.5-mile loop between Earth and Neptune when a runner running a shorter distance passes a runner running the next higher distance. It is very important that these baton exchanges get made, especially this year where we had four runners of comparable speeds.

In any case, it looks like we will finish first. The teams that finished 1,2,6, and 10 were disqualified for exceeding the speed limit at the end of the first 2.5 mile loop. We finished third with a time of approx. 35:08. In any case, I had a lot of fun in this race.

#### Anyone Interested in Purchasing Video Tapes of the Last Four Grand Tours?

Sam Dolinar has put the 1990 to 1993 finishes of the Grand Tour Race on video tape. Is anyone interested in the material? Please call Sam at 4-7403.