

TO: JPL² Running and Jogging Enthusiasts
FROM: Roz Barbieri
SUBJECT: (1) Arroyo Seco Course
(2) 5th NASA Intercenter Meet

Attached is a map of the course for the Arroyo Seco. The 1977 course washed away during the rains. This new course is slightly longer, about 4.2 miles, and a little more hilly. But, it does not require going through the Lab which all other alternate routes included. And, it is a beautiful run along the top of the arroyo!!

Practice runs will be held Thursday, March 23 at 7 a.m. in the morning and at 12 noon the same day. Meet at the beginning of the course at the top of Oak Grove Park. Plan on being there ahead of time so the practice runs can start on time. The purpose of these runs is to familiarize all runners with the course. The pace will be such that runners of all speeds and capabilities can participate.

Once again, remember, the race is at 12 noon sharp on March 31. All participants and supporters are welcome. Because of the large turnout expected, I would appreciate a few volunteers to help with the timing and scoring at the finish line. Please let me know as soon as possible. My new phone is 177-9328 (for those at the lab) and my mail stop is 506-316 (Foothill D).

See you March 31

NEXT: There will be a 2 mile and a 4 mile NASA intercenter race.

They will be both held at La Canada High School track. The 2 mile race will be April 6 at 12 noon and the 4 mile race will be April 11 at 7:45 a.m. in the morning. As these will follow the Arroyo Seco, you all should be in shape! NASA Center scores will be based on points given for the number of people participating in addition to the individual placements. So let's get as many out to run as possible!!!

Remember: 2 mile is April 7 at 12 noon
4 mile is April 11 at 7:45 a.m.

NEWS Flash! Dr Murray has agreed to be the official starter!

Kent

JPL MICROTTHON COURSE

(1978)

The JPL MICROTTHON course for 1978 will be altered from the route traversed last year. This has been necessitated by the arroyo landscape reshaping resulting from the recent storms. The raging waters erased all traces of the dirt road which formerly crossed the arroyo. Crossing the stream by foot is presently impossible and the operators of the gravel pit have no plans to reconstruct the road until the water flow returns to its normal trickle. Therefore, it will be necessary to lengthen the course from 3.5 miles to ~~4.0~~ 4.2 miles. A course description follows.

START: In upper Oak Grove Park, directly across from the La Canada High School, at the point where the road begins its descent into the lower park (baseball fields and Frisbee golf course).

The route proceeds south, past the picnic tables and rest room, towards Berkshire Place, and then follows the paved path on to and over the Devils Gate Dam. At the east end of the dam, the route goes up the grade to the first intersection where it turns left onto Laguna Vista. This tree-lined street winds north and east for nearly half a mile, at which point it intersects Windsor. Turn left on Windsor and proceed north to the junction with Ventura.

The route continues through the walkway at the locked gate 50 feet east of the JPL East parking lot access road on to the paved Forest Service and Pasadena Water and Power roadway.

Follow this roadway (downgrade) for a half mile until the junction which bears left and down into the east parking lot at the East Gate. At the bottom of this incline runners will make a sharp left and return south in the "Bus Only" lane. Follow the lane until it ends and continue along the parking lot exit road. Just before the exit road begins its ascent to Ventura/Windsor, you will see a road bearing off to the right. Bear right at this point and continue south along this roadway which soon becomes dirt.

In about 1/4 mile runners will have to bear left and enter the horse trail which ascends (behind the fenced pump station) from the arroyo onto the east bluff. Here everyone will need to use a bit of caution as there are rocks scattered on the trail. Eventually, runners will find themselves on the Devils Gate Dam spillway--have no fear--a wire fence prevents you from proceeding beyond the point of no return. On your left, just before the fence, there is a ramp which brings you back up onto the dam. (Do NOT run through the tunnel under the highway--turn right after coming up the ramp and then left when you get up on the dam roadway.)

Head west across the dam and retrace your steps the last half mile back to the starting line which will now become the finish line (i.e., the last half mile is the first half mile in reverse).

If the description left you confused, don't worry.
The route will be marked at appropriate points by white
lines/flags/human monitors or whatever else is necessary to
keep anyone from getting lost. Good luck, and please try
to run the course several times in practice.

A BRIEF HISTORY OF THE ARROYO SECO MICROTHON

The historic event began in 197⁵ as a challenge between runners from the Mission Analysis Division (MAD) and the Advanced Studies Office (ASO). April Fool's Day seemed the appropriate time for the race. In the first classic, John Beckman, Ken Atkins, and Len Efron of MAD defeated Dick Davies and Lou Friedman of ASO. The teams ran relay-style, covering three legs of about 2.5 miles each. Davies, the only legitimate runner at the time, ran two of his team's three legs. The purpose of the race was to motivate JPL running and that's exactly what it did. Beckman, who turned in the fastest time, came away particularly enthusiastic.

In 1976, Dr. Murray had a chance to make the kickoff of the second race his first official JPL duty. He declined. The race changed to a cross county. Team participation began, with team scores equal to the sum of the finishing positions of the top three team members (low score winning). MAD retained its title with a one-point victory over Advanced Studies (also known as building 180). John Merhaut led 21 runners with a time of 19:44 over the 3.8 mile course. Beckman began a new tradition of the race organizer failing to complete by injuring his leg prior to the race.

In 1977, Len Efron organized the third race, which drew 58 runners. Advanced Studies (TSPD - Division 900) wrestled the team title from MAD in a startling upset. Dick Davies, Lou Friedman, and Tony Pearson of TSPD finished 3-9-17, respectively. Efron continued the "Beckman tradition" by mysteriously missing the race. (Rumors that the Bldg. 180 Security Guards detained him proved false). Gary Huss emerged from JPL obscurity to win the race by more than a minute in 18:04 over the revised 3.5 mile course.

Now in 1978, Dr. Murray will receive his third annual invitation to start the race. (Presumably he will return his third annual declination). Chauncey Uphoff will preside over the fourth annual beer drinking and awards ceremony in Oak Grove Park. But alas, since April 1 falls on Saturday, the race must begin on Friday, March 31 (promptly at noon). Efron advises the runners to report early! Tony Pearson recommends bringing extra clothing for standing around to drink after the race.

What new chapter will 1978 add to the saga of the Arroyo Seco Freako?

(over)

Spring 1978 : Bruce Bills winner.

Bills, Thompson, Evans finished 1, 6, 7 to win team award.

Fall 1978 : First Great Pumpkin race, winner John Beckman.

Bills, etc. won team award again.

Spring 1979. Beckman wins. Quick, Bills, Thompson won team award.

1. Beckman 2. Quick 3. Bills 4. Greenhall 5. LuValle 6. Rinderte
7. Chapman 8. Thompson 9. Karspeck 10. Efrom 11. Evans
12. Stella 13. Birkeland

Spring 1980. 1. Bills 2. Beauchamp 3. Thompson 4. Efrom 5. LuValle

1981. 1. Bills 2. Efrom 3. LuValle 4. Prizgintas 5. Beckman

March 13, 1978

TO: W. Sawyer *WJ*
FROM: L. D. Friedman/R. Barbieri
SUBJECT: Request for Special Access/Egress at JPL for Arroyo Seco Microthon Event

As discussed with you, the JPL Jogging Club is conducting its 4th annual April Fool's Day Arroyo Seco Microthon Race. It will be held on Friday March 31, from Noon to 12:45 P.M.

The race begins and ends in Oak Grove Park, and loops over the dam, on Windsor Street, along the Forest Service Road and then down to the North end of the East Parking Lot. In past years, we went across the Arroyo through the gravel pit but we cannot do this this year due to the large run-off stream.

We request permission to conduct the race through JPL by having the race course through the East gate then along the Eastern border through the parking lot and thence exiting the Lab through the gate in the Southeast corner near the gravel pit weighing station.

For this we need - on March 31 from 12:00-12:45:

1. The gate from the Forest Service Road to the East lot to be opened.
2. Access to the Lab through the East gate for the runners, without showing badges (we will be easily identified by our fleet foot and near state of nudity).
3. Opening of the gate at the Southeast corner of the Lab in the parking lot.

Thank you for your cooperation.

LDF:bjf