



Off 'N' Running

JPL Running Club Newsletter

5

June 1989

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10th Annual Section Challenge Results

The Section Challenge results are listed below. We are still awaiting the NASA Competition results. When they come in they'll be posted in the Universe.

Section/ Organization	Participants	
	2MI	10K
1. Section 331	118	74
2. Section 312	48	37
3. Section 332	41	10
4. Org. 600-630	54	1
5. Section 311	16	2
6. Section 354	26	2
7. Section 317	9	5
8. Section 352	19	1
9. Section 353	6	4
10. Section 339	3	2
11. Org. 649-699	9	4
12. Section 368	12	2
13. Section 355	10	1
14. Section 336	2	1
15. Section 314	3	2
16. TechDivStaff 3x0	3	1
17. Section 348	3	3
18. Section 363	3	1
19. Section 315	3	2
20. Section 365	1	1
21. Org. 1xx EXC. 120	2	1
22. Section 648	4	0
23. Section 356	1	0
24. Org. 5xx	2	0
25. Caltech @ JPL	0	1
26. Section 366	1	1
27. Section 343	2	0
28. Section 333	2	0
29. Section 430	1	0
30. Section 382	1	0
31. Org. 640-647	1	0
32. Section 346	1	0
33. Section 334	1	0
34. Section 313	1	0
35. Section 374	1	0
36. Section 371	1	0
37. Section 328	1	0

1989 Arroyo Seco Freako Results

1. Bill Read	18:15
2. Mark Vincent	18:59
3. Mike Blakely	19:07
4. Dave Hansen	19:13
5. Steve Vass	19:36
6. Steve Matousek	19:51
7. Bill Mandeville	21:46
8. Joe Ferrall	22:02
9. Ivan Onyszchuk	22:17
10. Sam Dolinar	22:18
11. John Zoutendyk	22:54
12. Paul Stella	23:23
13. Richard Horn	23:24
14. Bob McEliece	23:36
15. Dave Scaff	23:50
16. Charles Voge	24:16
17. Scott Arnold	24:25
18. Ken Erickson	25:19
19. Jeff Harman	26:11
20. Ginny Ford	26:40
21. Chuck Lahmeyer	27:08
22. Vic Vilnrotter	27:40
23. Ed Imlay	31:04

A Surprising Profile: Faster Runners Are Less Aggressive

Few studies have investigated the relationship between personality traits and success in distance running. A study at Loma Linda University in the *Journal of Sports Medicine* reported the results of psychological tests on 231 adult male distance runners. They ranged from world-class to fitness runners. Results showed that the runners as a group differed from the general population, and the fast runners differed from the slow runners. Compared to the general population, the runners were more reserved (detached, self-involved), intelligent, dominant, socially reserved, suspicious (hard to fool), shrewd, experimenting (free-thinking), self-sufficient (resourceful) and unconventional (careless of social rules). The faster runners were more submissive (humble, accommodating, mild), happy-go-lucky (spontaneous, impulsively lively), socially reserved, sensitive (tender-minded), conscientious (preserving, moralistic) and emotionally stable (mature, calm) than the slower runners. The world-class runners were most notable for the happy-go-lucky trait. Unknown is whether running fosters the development of these personality traits, or if individuals who already possess them gravitate to running. Either way, this is positive for runners.

— *Running Times*, April 1989

Sam Dolinar
238-420