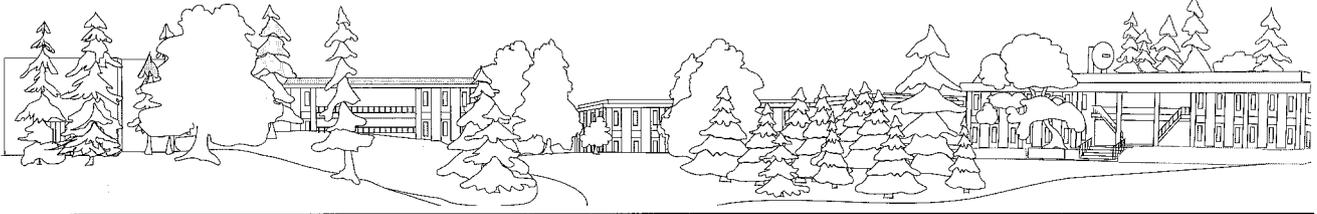


The Interaction Point

Events and Happenings
in the SLAC Community
May 1991, Vol. 2, No. 5



Qualifies for Race Across America

Godshall Captures Bike Race Record



Over less-than-scenic Death Valley terrain, SLAC bicyclist Loren Godshall pedals doggedly on, enroute to a stunning upset victory in the 508-mile Open West race held recently. Despite the apparent flatness of the landscape, the course gained approximately 35,000 feet in elevation.

by Lewis Sign

WELDING ENGINEER AND bicyclist Loren Godshall surprised many people as he pedaled his way to a record-breaking win in the grueling 508-mile Open West qualifying round for the Race Across America (RAAM). The April 13-14 race from Valencia through Death Valley to 29 Palms marked Godshall's first victory in a nationally recognized bicycle race, and clearly removed any doubts he had harbored about entering the RAAM event in July of this year.

Godshall's time of 29:59:45 in the Open West was roughly three hours ahead of the second place finisher (a veteran of two RAAMs),

and lopped 33 minutes off the previous course record. Of the 13 initial entrants, only six finished the rugged course which featured an elevation gain of approximately 35,000 feet. In addition to Godshall, only two of the other finishers will qualify for the RAAM, as their finishing times were within 15% of his winning time.

"Winning was a tremendous thrill," said Godshall, "but setting a new record was almost too much to believe." Loren is a relative newcomer to distance bike racing. After a brief and undistinguished career as a marathon runner while employed in St. Louis, previously

placed third in a 100-mile race, and second in a 200-mile event also held in Death Valley.

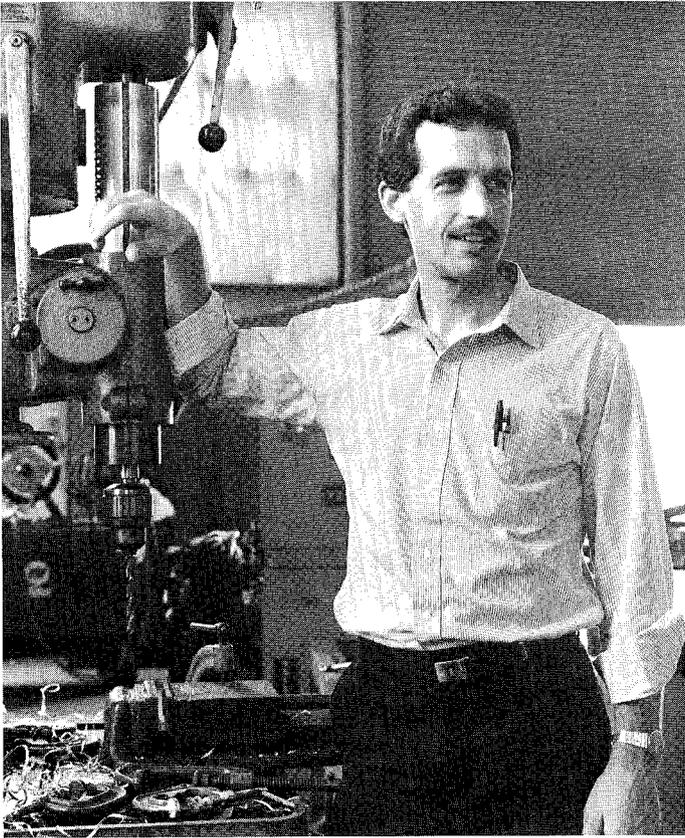
Godshall believes that hills are his forte as a result of a training regimen that sees him pedal at least 350 miles a week, most of these in the peninsula foothills. In the Open West race Godshall was in fourth place 45 minutes behind the leader at the bottom of a sustained major climb (Townes Pass), and in second place only five minutes off the pace when the climb was completed. Due to a misunderstanding with his support crew, he did note wryly that after he labored up what he believed to be the last climb

"Winning was a tremendous thrill," said Godshall, "but setting a new record was almost too much to believe."

leading to the finishing tape, he learned that he still had 21 miles to go.

Loren's father and two former SLAC employees, Eric Reuter and Dean Mansour, served as support crew. The latter two experienced car problems in their borrowed

(cont'd on pg. 2)



Loren Godshall, Metal Fabrication Supervisor in MFD, noted on his resumé that he "ran the St. Louis Marathon and placed in a 100-mile bike race."

(cont'd from pg. 1)

VW van enroute to Valencia forcing Godshall to start the race with no backup bicycle and only his father and Reuter driving Loren's Mustang as support. Happily, Mansour, who had stayed behind to repair the van, was able to overtake Godshall a few hours into the race with the remainder of the support equipment.

Born in eastern Pennsylvania, Loren's early years were spent in Indiana, Vermont, India, and Beirut. After earning his degree in Welding Engineering at LeTourneau University in Longview, Texas, Godshall was employed for eight years by a large construction firm in St. Louis, Missouri. He came to SLAC in 1989 and is currently the Welding and Sheet Metal supervisor of the Mechanical Fabrication Department.

"Preparing for the RAAM will be like a second job! It will certainly be a challenge and a tremendous adventure," Godshall said. In a more somber vein he noted that in addition to an accelerated pace of training, he must also recruit from six to nine volunteers to serve as support crew, and enlist sponsors to help with equipment and expenses.

Training rigors and logistics aside, Loren has earned himself a spot with about 40 of the best bicyclists from all over the world when time for the RAAM arrives. His friends at SLAC certainly wish him the best as he prepares for the 3000 mile, eight-to-twelve day trek from Irvine, CA to Savannah, GA.

Loren is now actively recruiting a support crew for his RAAM adventure. Those interested may

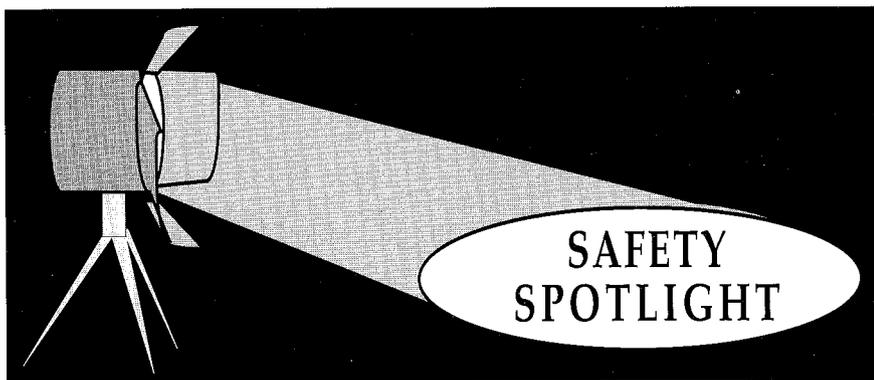
contact him at 926-2517. Others wishing him well but unable to make the trip with him may send a donation to help him defray the estimated \$10,000 in expenses associated with the race. Interested sponsors are invited to contact Godshall at MFD, Bin 40.

OPEN WEST QUALIFYING TWENTYNINE PALMS 508



Only 508 miles to go! SLAC bicyclist Loren Godshall and his father, Arden, posed shortly before the start of the Open West qualifying round for the Race Across America (RAAM). Godshall won the grueling event, and in the process clipped 33 minutes from the previous course record.

About the author—Lewis Sign has been working as an Office Assistant in MFD for the past year and a half. In a previous career, he was on the faculty of the College of the Siskiyous where he taught composition, literature and journalism.



HERE'S A BIT OF A RIDDLE FOR YOU. What safety device do you probably have in your own bathroom that you might not have at work?

The answer: a GFI outlet.

A GFI (or GFCI) is a Ground Fault Circuit Interrupter. It's a device that compares the current coming in one wire of the circuit to the current going out the other. If some of the current is getting out through some alternate route, such as your body, that's a "ground fault." The GFI outlet spots this and interrupts the current quickly enough so that most healthy adults won't be seriously shocked.

The classic example is when you have one hand on a faulty hair dryer and the other on the faucet. This is why GFIs are required in residential bathrooms, as well as in kitchens, garages, and outdoors. Similar examples in the workplace are easy to imagine.

The most familiar embodiment of a GFI unit is a rectangular wall outlet with two pushbuttons. There are also extension cords with built-in GFI outlets; these items are popular with crafts workers who have to use power tools outdoors. GFI circuit breakers that go right in the electrical panel and protect the whole circuit are available as well, but are expensive and less convenient to test and retest, thus not as common.

The two buttons on a GFI outlet are Test and Reset. The Test button should be pushed periodically to ensure that the GFI trips as designed. The Reset button turns the GFI back on after a trip. As with circuit breakers, it's important not to push Reset until you've found and fixed the problem that caused the unit to trip.

The Department of Energy (DOE Order 6430.1A) requires that GFIs be installed in every outlet that is within six feet of a sink. If you are aware of an outlet that is out of compliance, bring it to the attention of your building manager. Installation of GFIs is available through Plant Maintenance Services (James Kang, ext. 3721). Additional information on requirements for GFIs is available from Ishwar Garg (ext. 2039)

*Original author: Joe Chew, Lawrence Berkeley Laboratory
Edited by M. H. Ross, SLAC ES&H Division*

The Interaction Point is published by Information Services of Stanford Linear Accelerator Center. Editors: Bernie Lighthouse and Bill Kirk; Photographer: Tom Nakashima. Deadline for articles is the first of every month. Submissions may be sent on SLACVM to TIP or by SLAC mail to TIP, Bin 68. Phone 926-2263.

1991 Event Calendar

ALL MEETINGS are held in the Orange Room, unless another location is listed. Please notify the Public Affairs Office of any additions or changes by calling ext. 2204 or sending e-mail to NINA@SLACVM.

June 3-4: 50 GeV Physics Upgrade Meeting

June 5, 9-4: Stanford University Blood Bank Mobile Drive (Auditorium Lobby)

June 8, 1 p.m.: Softball Game—Theory vs. Experiment (The Green)

June 10-14: B-Factor Workshop (Auditorium)

July 6, 11:30: Busses depart for SLAC Day at the Stick (S.F. Giants vs. San Diego Padres)

July 11: DOE Institutional Plan On-site Review

July 15-19: Physics Teachers Workshop

SLAC Welcomes New Guests and Employees:

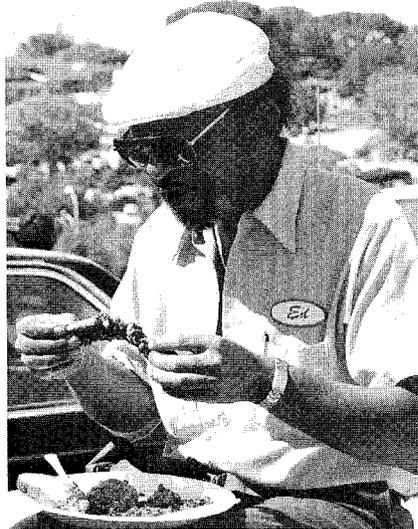
Catherine Le Cocq, Mechanical Alignment; **Cho-Kuen Ng**, Accelerator Theory, Beam Dynamics; **Dona Jones**, Administrative Data Processing, Telecommunications and Technology; **Cheh Pan**, ES&H, Operational Health Physics; **Cecilio Vasquez**, Klystron Manufacturing; **Alfred Fridman**, TPC; **Norbert Holtkamp**, Accelerator Theory; **Helenne Haggerty**, Controls; **Jose Perez**, Group E; **Margarida Rebelo**, Theory; **Francisco Rivera**, Mechanical Engineering; **Armando Antillon**, Accelerator Theory; **Hideaki Aoyama**, Theory; **Hans-Heinrich Braun**, Accelerator; **Nicholai Dikansky**, Accelerator; **Dongsheng Du**, Theory; **John Hiller**, Theory; **De-quiang Huang**, Group C; **Ken-ichi Kanazana**, Technical Division; **Andre Prokopenko**, Accelerator; **Jacques Weyers**, Theory; **Rongsheng Xu**, Group C; **Shaoqiang Zhang**, Group C.

2ND ANNUAL JUNETEENTH CELEBRATION

EVERY CULTURE HAS A DAY that they celebrate: St. Patrick's Day, Cinco de Mayo, Oktoberfest, Columbus Day, and Chinese New Year, to name a few. The Black Association of SLAC Employees wishes to extend an invitation to our co-workers to come and help us celebrate Juneteenth. Juneteenth is the five-day period in June when the news of the Emancipation Proclamation (signed in January, 1863) finally reached slaves in Texas and other southern states.

All SLAC employees are welcome. The celebration will be held Friday, June 21, 3:30 p.m.–6:30 p.m., outdoors behind the cafeteria. The cost of \$10.00 per person will cover entertainment, a delicious barbecue, and various accompanying dishes and desserts. For ticket information contact: Neal Adams, ext. 2821; Al Ashley, ext. 2355; Jean Hubbard, ext. 3556; or Ben Smith, ext. 2638.

—Bette Reed



Ed Wilson, Electronics Department, savors Big John's barbecued ribs at last year's Juneteenth.

Benefits Office News

THE BENEFITS OFFICE will be featuring Kaiser Foundation as Carrier of The Month for June. Fred Maguire, Marketing Consultant, will be in the breezeway between the cafeteria and the auditorium during the hours of 11:30 a.m.–1:00 p.m. on the following Thursdays: June 6, 20 and 27.

The Kaiser Foundation Health Plan is a group practice health maintenance organization (HMO). Physicians' services are provided at Kaiser Permanente Medical Offices by teams of physicians affiliated with the Plan. Hospital services are provided at Kaiser Foundation Hospitals or at other hospitals contracting with the Plan.

Kaiser Permanente now has 15 fully-accredited hospitals, and 29 modern outpatient offices in Northern California. Kaiser Medical Centers, which include a Kaiser Foundation Hospital and Medical offices, are located in Hayward, Martinez, Mountain View, Oakland, Redwood City, Richmond, Sacramento, San Francisco, San Jose, San Rafael, Santa Clara, South San Francisco, Vallejo and Walnut Creek.

You may choose your own Kaiser personal physician who will work with you and coordinate all the health care needs you may have—including referrals to specialists. You can easily change your doctor until you select one who best meets your needs and the needs of your family.

Routine appointments for internal medicine, pediatrics and obstetrics/gynecology can be arranged by calling the Kaiser Permanente facility where you wish to be seen. Urgent care is available on a daily basis through each facility. Every field of specialty care is available by referral from Kaiser Permanente primary care physicians.

While traveling, Kaiser members can use any Kaiser Permanente facility in 16 states. In addition you have worldwide emergency coverage at any non-Kaiser facility for sudden illnesses and injuries.

Any questions, please contact Betty in the Benefits Office, ext. 2356.

—Betty Strickland

OLD EQUIPMENT FINDS NEW HOME

A MAGNET AND POWER SUPPLY which was loaned by SLAC to Reed College in Oregon was used by three senior students last year to build a small cyclotron. Reed College's Assistant Professor Mary James, former Director of the Summer Science Program, used her extensive SLAC connections to obtain the equipment. The students received an "A" grade on their senior thesis and a letter of commendation from the physics department.

Because they were not able to pull all their working subsystems into a finished product, another student decided to commission the cyclotron as his senior thesis project this year. It was at this point that Mary decided that the borrowed equipment should be formally transferred to the DOE contract at Reed. Mary writes, "I would like to see the working cyclotron become a permanent part of our junior laboratory course in which students would perform simple scattering or disassociation experiments." She went on to thank us for giving some old SLAC equipment a valuable second life.

David Fryberger, EFD, received a letter from the president of Reed College, James L. Powell, saying "I am delighted to thank you and the Stanford Linear Accelerator Center for the recent donation of equipment to Reed College. This magnet and power supply has enabled three Reed students, under the guidance of Professor Mary James, to build a small cyclotron for their Senior Thesis projects. This type of work at the undergraduate level is inspiring to all of us concerned about science education. SLAC support of Reed College specifically and undergraduate science education in general, is greatly appreciated."

—Evelyn Eldridge-Diaz