



GODDARD RUNNING AND ORIENTEERING CLUB

NEWSLETTER

October 1982



HAPPY FY '83

At last--the Newsletter you've been waiting all summer for. We're going to give you a lot because we're going to ask a lot of you--we'll slip that in a bit later.

RACE RESULTS

First, congratulations and thanks to all of you. If you are on this mailing list you have supported GROC in the past year in our efforts to make GSFC the tops in the NASA Intercenter Running Competition. If you didn't actually run you at least thought about it--and we did win, both the 2-mile and the 10-km events. Attached are the official results. The scoring is as follows: the first 10 finishers in each age/sex category are awarded "place points." 10 for first, 9 for second, 8 for third, and so forth through 10th. Then, there are "quartile points": the top 25% of each group gets 3 points each; the 2nd 25% gets 1.5 points each; the 3rd 25% gets 0.75 point each, and the bottom fourth gets zero. But do not despair. Each finisher gets 0.50 point, and contributes to something called "center bonus" which has to do with the number of finishers relative to the total center population. The higher this percentage, the greater number of points awarded to that center. This is why we are always after you to get out and join us for the 2-mile fun run, and why we welcome joggers and walkers as well as "real runners" (whatever they are.)

If you study the results, you will see that there are place points going begging in some of the older age groups, especially in the women's groups. We have mentioned this before, and we wish especially to commend the women in the 55 - 59 group, most particularly the Happy Hoofers team, for earning a total of 57 place and quartile points. This is more points than was earned by any other team we fielded, and we hope they will come out again in even greater numbers to pick up even more points. This may be our 1000 point year! If you can put one foot in front of the other for a half hour or so, we need you.

NEXT FUN RUN WEDNESDAY OCTOBER 20

The Fall 1982 2-mile fun run will be held October 20 (rain date the 21st) starting and finishing behind Bldg 11 as before. Route and race information sheets will be furnished to all entrants. An entry blank is attached to this Newsletter (I told you we'd get you later). Please fill in all the information requested and mail it in early so that we may get our paperwork (softwarework?) organized well before the race. The entry fee is \$1.50 to help cover the cost of refreshments, runners' numbers, etc. However, if you want a bargain,

MEMBERSHIP DUES ARE DUE OCTOBER 1

FY 83 dues entitle you to free participation in both the fall and spring Intercenter Runs, newsletters, and reduced map fees at orienteering meets. Also attached is a membership application blank. If you wish to join or to renew your membership, \$2.00 does it all. This is the last newsletter you will receive unless your dues are paid. We have a new newsletter editor lined up who promises to be more reliable than your illustrious procrastinator of a president. More on that later, too.

MORE ON THE FUN RUN

To add extra flavor to Goddard's part in the Intercenter Competition, we are again encouraging team entries. A team consists of five or more persons, as many as you like. The finish places of the first five team members are added together to get the team score--low score wins. Get some friends together and go around as a team. Or challenge that group down the hall. Team scores will be published in the GEWA Newsletter. Individual and/or team costumes would also enhance our day. We don't guarantee any prizes, but we might come up with something.

ON THE SERIOUS SIDE: SAFETY

Running, jogging, and walking are enjoyable, healthful activities which our club promotes. But there are some rules, mostly common sense and courtesy, which pedestrians of all speeds must observe. When out on the road in pursuit of fitness remember the precautions outlined for GROC by Dick Backe, who is an experienced and cautious road runner. Please detach the attached sheet and hang it over your desk, to be reviewed before you go out for your practice sessions. Speaking of safety,

GROC SAFETY T-SHIRT SALE

One of the things you can do for yourself as a responsible runner is to make yourself visible to motorists by purchasing one of our brightly-colored Goddard Space Flight Center safety T-shirts.

