



GODDARD

RUNNING & ORIENTEERING

CLUB

NEWSLETTER

August 1986

PRESIDENT'S CORNER

Richie Weiss

Road Runner's Club of America (RRCA) - By now you should be aware that we've joined the RRCA - a national running organization of over 450 chapter clubs located in 47 states representing over 120,000 members. Consult John Sissala (65518) if you want more information on the RRCA.

Running Literature Available to GROC Members - GROC subscribes and has past issues of Runner's World, Running Times, Orienteering North America and other running information, all of which may be checked out by making arrangements with Gincy Stezar at the Fitness Lab.

Annual Meeting - We are holding our annual meeting, primarily to elect officers for GROC, on September 11, 1986 at 1 p.m. in Building 6, Room S221. Anyone interested in becoming an officer or volunteer can call me, preferably at home (340-6422).

Insurance - GSFC counsel has advised us that our club is an independent organization rather than an instrument of the Government, which means the Government may not be liable and individual clubs may be liable in legal matters. It is therefore advisable for the club to obtain liability insurance to protect not only the club but also the assets of the club's officers. We are proposing to obtain insurance for club races through RRCA and we are considering the possibility of incorporation (if we can do it cheaply). If any of you are in a position to get us incorporated at a minimum cost, or have ideas, please call Rex Elliott(67396).

Barbie Beckford Leaves - Since our last GROC Newsletter, we've lost Barbie Beckford, our Newsletter editor and premier runner to the University of Florida. She's a computer programmer for the University and is also planning to attend their veterinary school (practically for free). She has been gone for several month's and hardly a day goes by without her name being mentioned. We miss her, but we do wish her the very best.

Dawn Elliott Oakley Returns to Goddard - Dawn, our former president, is back at Goddard from her detail at Langley. I found out she was back while I was working out at the Rockville 8K Rotary, a night race. Dawn smiled and said hello - while sprinting the last 200 yards to the finish. Dawn, we've missed you! Hurry and catch up with your legal work so we can see and/or run with you at lunch again.

Summer heat is still with us and is expected to remain for some time. Hopefully, by now, you have become somewhat acclimated to the heat. However, for athletes as well as those in poor physical condition, high heat when combined with high humidity can be extremely dangerous. Below is a chart recently devised by the Weather Service in an attempt to more accurately describe the weather. In other words, it should give you a better indication of how hot it actually feels.

Heat Index/heat disorders

HEAT INDEX	SAMPLE HEAT AND HUMIDITY LEVEL	POSSIBLE HEAT DISORDERS FOR PEOPLE IN HIGH-RISK GROUP
80-90	85 & 20% 90 & 10%	Fatigue during prolonged activity and/or exposure
90-105	85 & 70% 90 & 50% 95 & 25%	Sunstroke, heat cramps, and heat exhaustion possible
105-130	90 & 80% 95 & 60%	Sunstroke, heat cramps, and heat exhaustion likely. Heatstroke possible.
130 or higher	95 & 80 100 & 60 105 & 50	Heatstroke and sunstroke likely from continued exposure

When the Heat Index rises to significant levels, take the following precautions:

1. Avoid dehydration - Drink plenty of fluids before, during and after outdoor activity.
2. Avoid salt tablets - Instead, eat a diet rich in minerals and vitamins.
3. Avoid alcohol, high sugar drinks, and caffeine - all of which act adversely on the cooling system.
4. Avoid fats and heavy meals before exercise.
5. Avoid oily sunscreens and lotions which prevent sweating.

6. Wear light, breathable fabrics.
7. Get plenty of rest and sleep.
8. Choose the cooler times of the day or find an indoor activity as a good substitute.
9. Cool down after your exercise. Stopping suddenly may cause fainting.
10. Avoid dark pavement. Seek routes that include plenty of shade and provide an opportunity for frequent water stops.
11. Adjust your exercise. Reduce your pace and distance.

Should you start to experience signs of heat stress which may include chills, headache, heat cramps, weakness, nausea, rapid pulse (anyone or a combination), stop the activity immediately, get into the shade and drink plenty of fluids.

Remember, the heart works much harder in hot weather. Run wisely to run longer.

News Item: Racing Clock

Rex Elliott

GROC has purchased a Racing Clock from Colorado Time Systems of Loveland, Colorado. This \$900 piece of equipment can be used at GROC's semi-annual 2-mile and 10K races for giving the exact finish times of runners. The clock displays 9 inch fluorescent yellow LCD numbers which can be easily seen from a distance. GROC intends to use this clock not only for our own races but to rent to others running clubs as well. For each rental, GROC will receive \$50 and the operator of the clock would receive an additional \$25. (Here's a lucrative opening for an enterprising GROC member.) This fee will help us pay back the GEWA loan which made the purchase of this equipment possible. If you know of any races in need of such a clock, contact Richie Weiss(67493) or John Sissala(65518). GROC extends a thank you to John Sissala and to all who arranged for this purchase.

ORIENTEERING NEWS

Jane Jellison

You do know about orienteering, don't you? There is an "O" in "GROC", isn't there? Orienteering has been variously described as the "thinking person's sport," "cunning running," and "what is an otherwise reasonable person doing out here, anyway?" Orienteering is the art of finding your way from one point to another using a highly detailed topographical map and a compass. The meet organizer sets a variety of courses, ranging from beginner to advanced level, and marks the location of the markers (control points) on a master map. At the start time, you, the competitor, go to the master map, copy the locations onto your map, and then go find them in sequence. You indicate that you have been there by punching a spot on your map or control card with the coded punch you find at that location. The idea is that you, and only you, select the route between controls that you think you can do the fastest. For example, if you are a good runner, you might choose the long way around on trails as opposed to the bee-line over hill, dale, and swamp on a compass bearing. Thinking is done on the run, as you get your map at your start time. You race against the clock, individually, and start times are staggered so that you are not started near a person who is running the same course as you are.

Meet Schedule QOC/GROC - GROC invites you to share in the Orienteering meet activities of our neighbor organization, the Quantico Orienteering Club. QOC covers the states of Virginia and Maryland, and has a number of orienteering maps in both states as well as Rock Creek Park in DC and one in Pennsylvania. The next meet is scheduled for September 14 at Wheaton Regional Park with registration from 12:00 to 2:00 p.m. From the Beltway, go north on Georgia Avenue past University Blvd, and turn right on Shorefield. Then follow the red and white signs to the start area. Future meets will be announced at a later date, including Rock Creek in October, Patapsco State Park (Avalon Area) in November, and Greenbelt Park in December. For further information, call Jane Jellison, 6-8563.

GROC Map Available - GROC has mapped the Goddard Rec Center Area--that area bounded by Soil Conservation Road, the Rec Center, Greenbelt Road and the access road to the Rec Center. On the map are marked the locations of 16 GROC markers which we have set out for use by individuals wishing to practice their orienteering skills. The area is about a 5 - 7 minute run from the Health Unit Fitness Lab in Bldg. 5 so that you can combine running to the site with some orienteering practice. Please note that the Archery Club has a target range south of the tennis courts. We have put black and yellow tape approximately where indicated on the map to act as a warning to orienteers that they are approaching the range. Those people have some powerful weapons and are not to be taken lightly. If you do not cross the tape you will not come between them and their targets. Please

use caution in this area. You will note that none of our markers are east of the archery range so there is no need to cross it to use the markers.

The markers are metal squares, about 5 inches on a side, painted red and white with a black letter on them. They are hung about a foot and a half off the ground. You may vary the order in which you visit these controls, or experiment to see if it is faster to go on a bearing cross-country or the long way around using a trail or the perimeter fence as a guide. Maps are available upon request from Jane Jellison, 6-8563, Code 313. We have not checked the location of these controls for a year or so--maybe you can do so.

We also have a map of GROC West (the main base) which you may also request from the same source, which is not up to date either.

ANNUAL MEETING

Thursday, September 11, 1986

1 p.m.

Building 6, Room S221

Several of us made a trip to England from April 7 to April 15 to hold data processing discussions with two Principal Investigators on the UARS Project from England and to attend a design review of the ISAMS instrument.

The trip had an auspicious beginning that was not good when our World flight from BWI to Gatwick near London was delayed one day due to electrical problems. We arrived on Wednesday AM, April 9 and one of my two bags did not make it. Fortunately, the bag that did make it had one spare shirt, a sweater (sorely needed since we saw some snow most of the days we were there), socks, underwear, a shaving kit, and, most importantly, running clothes and shoes.

We arrived at Abingdon, which is on the Thames and just south of Oxford, on Thursday evening after working half day at Bristol and most of Thursday at Bracknell. There was a banner across a downtown street in Abingdon advertising the Abingdon half-marathon on Sunday, April 13. That piqued my interest but I wasn't sure whether I would enter because I was a 10K person with an occasional 10 miler these days. Also, we went to London Saturday and wore ourselves out walking around the city taking in the sights. However, I decided to run because it sounded like fun and I had run one morning along the Thames and that was such a pleasant experience; besides, the cool temperatures were just right for running.

The race started at 10:00 AM on Sunday from a spot along the Thames behind the place we were staying. I got there at 9:30, filled out an application, and gave the 3.5 pound entry fee. The race was a double loop on roads but the second loop was slightly different and had a 1 mile section on a one lane trail between two farms. There was one "rations" station for each loop and the spectators, including the policemen directing traffic, politely clapped as we trudged along. My time was in line with what I am running these days: the first loop was at 8:10 pace and the second loop was at 7:50 pace for a time of 1:45. Several of my UARS compatriots were out there taking pictures and cheering which really made me feel good. Participants were given a medal rather than a running shirt. The race was great fun, the weather was just right, and I really enjoyed running with the British: they are a very well behave, civilized lot.

SPRING '86 INTERCENTER RESULTS FINALLY IN

Jane Jellison

Congratulations, all you GROC-ers! For the first time since 1982 GSFC has captured both the 2-mile and 10-km titles in the semi-annual competition among the various NASA centers. It's a good thing we had a record turnout in the 2-mile, because JPL had the same idea, with 444 runners to our 449, finishing second with 1023.53 points to our 1403.38. JSC, with 386 runners, finished third with 805.90 points. Between us and JPL, the place points (for finishing in the top ten in each category) were close--206.5 to 204, but we took them handily in quartile points (3, 1.5, 0.75 and 0 for each runner finishing in the 1st, 2nd, 3rd, and 4th quartile respectively) with us getting 633 to their 411, and in center bonus (based on percentage of center population participating) 339.38 to 186.53. Finish points were also close (0.5 pt per body crossing the finish line), 224.5 to 222.

The 10-k event was closer--GSFC 439.79, JPL 406.36, LARC 343.34. Again, Goddard did well in the place and quartile points, although JPL outnumbered us 130 to 92 runners. They have also mastered the "shortage category" trick, placing 9 of their female 40+ runners to our 1, out of a total of 20. Any woman who can complete this course is guaranteed to finish in the top ten--JPL's 60+ winner finished 1st out of 1 in 100:27. If the running (or walking) shoe fits, ladies, let's see you out there this fall to help out those disgustingly fit, young male runners who take this racing stuff seriously.

For the details, in the two mile event, the following people placed:

Men 24 and under - Alexander Krimchansky, 4th; Richard Fulton 8th; David McComas 9th; (16-year old Chris Deering, a dependent, was right behind him, although his place does not count). Total in category: 127

Men 25-29 - Ed Boggess, 1st; Ray Lundquist, 7th. Total in category: 226.

Men 30-34 - Tom Nolan, 1st; Richard Bingham, 4th. Total in category: 207.

Men 35-39 - John McKim, 7th. Total in category: 178.

Men 40-44 - Richie Weiss, 4th; Dick Strafella, 6th; Ron Bowles, 9th. Total in category: 160.

Men 45-49 - Bob Phillips, 7th; Steve Brown, 8th. Total in category: 168.

Men 50-54 - Tom Taylor, 3rd; Dave Orbock, 5th, Ken Brown, 10th. Total in category: 116.

Men 55-59 - Emil Kirwan, 3rd; Walt Allison, 5th; Bill Lord (Wallops), 7th; George Griffin, 8th; G. C. Dowdy, 10th. Total in category: 74.

Men 60 and over - Carlton Hancock (Wallops), 3rd. Total in category: 39.

Women 24 and under - Nancy Hanna, 10th. Total in category: 80.

Women 25-29 - Jean Lane, 7th; Joan Unger, 8th. Total in category: 111.

Women 30-34 - Barbie Beckford, 1st; Mary Ann Esfandiari, 5th, Karen Stewart, 8th. Total in category: 74.

Women 35-39 - Hilary Cane, 1st; Patti Merritt (Wallops), 3rd; Grace Lee, 5th, Paulette Ziobran, 8th; Kathy McMillin, 9th, Sandra Parham, 10th. Total in category: 49.

Women 40-44 - None of us. Total in category: 40.

Women 45-49 - Marla Moore, 8th; Susan Kayser, 9th. Total in category: 21.

Women 50-54 - Jane Jellison, 6th, Joyce Buswell, 7th. Total in category: 14.

Women 55-59 - Pat Speth, 4th; Nadene Layton, 9th. Total in category: 13.

Women 60 and over - Elaine Montgomery, 1st; Dorothy Reid, 8th, Virginia Archambo, 9th. Total in category: 9.

The total number of runners from all centers was 1705, which is, without consulting the records from the last ten years, believed to be a record. (We hope to publish a summary report of the Intercenter Runs, which started in 1976, in an upcoming issue.) Times ranged from 9:25 to 55:00, and they all won points for their Centers.

Those who placed in the 10-km run:

Men 24 and under - David McComas, 7th. Total in category: 30

Men 25-29 - Ed Boggess, 1st. Total in category: 60.

Men 30-34 - Glenn Stewart, 1st; Tom Nolan, 2nd; Richard Bingham, 5th. Total in category: 70.

Men 34-39 - Fred Shuman, 7th. Total in category: 54.

Men 40-44 - Bill Conroy, 1st; Dick Strafella, 2nd, Richie Weiss, 6th; Ron Bowles, 10th. Total in category: 65.

Men 45-49 - Bob Phillips, 4th. Total in category: 78.

Men 50-54 - Ray Hartenstein, 1st; Jim Beahm, 2nd; Ken Brown, 4th, Tom Taylor, 8th. Total in category: 50.

Men 55-59 - Emil Kirwan, 4th; Walt Allison, 6th; Bill Lord, 7th; George Griffin, 8th; Bob Kraemer, 9th. Total in category: 27.

Men 60 and over - A bunch of other people. Total in category: 16.

Women 24 and under - Susan Parker (wife of Brad) would have been 5th but as a dependent didn't count; Nancy Hanna, 6th. Total in category: 15

Women 25-29 - Jean Lane, 3rd; Maria Zuber, 6th. Total in category: 26

Women 30-34 - Barbie Beckford, 1st; Mary Ann Esfandiari, 4th; Jean Resau, 10th. Total in category: 25.

Women 35-39 - Paulette Ziobran, 5th; Grace Lee, 6th; Kathy McMillin, 7th. Total in category: 11.

Women 40-44 - Total of 6; none from Goddard.

Women 45-49 - Total of 4; ditto.

Women 50-54 - Jane Jellison, 4th. Total in category: 5.

Women 55-59 - Nope. 4 total.

Women 60 and over - Anne Underhill, where are you? (Aw, shucks, she retired.) Total of 1, from JPL. She won.

Total number of 10-km runners = 547. Times ranged from 32:36 to 110:15. Complete results are available for review in the Fitness Lab.

So, thanks again to all who ran, jogged, walked, crept, or otherwise finished the course for us. It's not just the speeders who count, it's all of you (us!) good sports who go out there and pile up the points for dear old GSFC, spring and fall, every year, rain or shine (although it's remarkable, we have been snowed on a bit but have never been rained out in our spring and fall Fun Runs). See you in October to defend our titles! Race dates will be announced in Dateline Goddard and in future BROG Newsletters. Start thinking 2-mile teams, too--can Code 400 beat 200? Will the Dirty Dozen strike again? How about an SES team, or a Co-op student team--we haven't had those yet. What happened to GE last year? All these burning questions will come to a murky smolder in a month or so. Remember that teams must have a remotely plausible common thread, either an organizational code, a building, a project, all left-handed, cross-eyed, or whatever, and that team rosters must be submitted in writing with a team captain and team captain's phone number a week prior to the race date. Your registrar/record keeper begs this of you,

please, please. [We also appreciate advance race registration in general (while we're griping). Last spring we had about 100 last-minute sign-ups to process on race day. We can't complain too much, because those are the folks who put us over the top in terms of participation, and led to our glorious finish, but from the point of view of the one who has to key all that stuff in before we can even begin to enter finish times, it makes for a long evening on race day.]

At any rate, many thanks to all who took part and helped us to our double victory, and we know that we can do it again, and that it won't rain either. See you in October!

22nd NASA INTERCENTER RUNS

2-mile Fun Run: Wednesday, October 8, 1986

10K Run: Wednesday, October 15, 1986

Watch for future announcements

1986/87 MD/DC RRCA Major Races List

<u>DATE</u>	<u>DAY</u>	<u>TIME</u>	<u>CLUB</u>	<u>DIST.</u>	<u>RACE NAME</u>	<u>PLACE</u>
24 AUG	SUN	7:30 AM	AS	10M	THE ANNAPOLIS 10 MILER	ANNAPOLIS
28 SEP	SUN	9:00 AM	BRRC	5M	ZOO ZOOM	BALTIMORE ZOO
11 OCT	SAT	10:50 AM	FSC	1M	MARKET STREET MILE	FREDERICK
12 OCT	SUN	8:30 AM	HCS	10K	COLUMBUS CHASE	COLUMBIA
19 OCT	SUN	9:00 AM	MCR	10K	ROCKVILLE LUNG RUN	ROCKVILLE
19 OCT	SUN	9:00 AM	BRRC	5M	SINAI FITNESS RUN (ST CHAMP	OWINGS MILL
23 NOV	SUN	8:00 AM	HCS	26.2K	METRIC MARATHON	COLUMBIA
4 JAN	SUN	9:00 AM	WRRC	5/15K	FROSTBITE 5 & 15K	WESTMINSTER
22 FEB	SUN	9:00 AM	HCS	10M	MD/DC RRCA CHALLENGE (M/F)	COLUMBIA
22 MAR	SUN	10:30 AM	BRRC	10K	LADY EQUITABLE	BALTIMORE
5 APR	SUN	8:30 AM	DCRR	10M	NIKE CHERRY BLOSSOM 10 MILE	WASHINGTON
12 APR	SUN	7:30 AM	AS	10K	GOVERNOR'S BAY BRIDGE RUN	ANNAPOLIS
3 MAY	SUN	8:30 AM	HCS	10K	CLYDE'S AMERICAN 10K	COLUMBIA
17 MAY	SUN	8:00 AM	MCR	10K	FRITZBE'S 10K (NATNL CHAMP)	ROCKVILLE
31 MAY	SUN	8:00 AM	BRRC	10K	CONSTELLATION	BALTIMORE
4 JUL	SAT	7:00 PM	FSC	5K	FREDERICK'S FOURTH 5K	FREDERICK
11 JUL	SAT	8:45 PM	MCR	8K	ROCKVILLE ROTARY TWILIGHTER	ROCKVILLE

Announcements:

Fun Run Certificates: Where are they? They are sitting on the floor of Gincy's office waiting to be distributed, but only after the names of participants have been typed! Volunteer typists are desperately needed! If you can help, please call Jane Jellison (68563) as soon as possible. Let's help to distribute the April certificates before the October run!

T-shirts: Limited numbers of small and medium GROC T-shirts are still available. See Gincy.

Next Newsletter: Deadline for submitting articles and announcements for the September GROC newsletter is Wednesday, August 27.

Editor's Note

Grace Lee

GROC has not published a club newsletter for a number of months, and we have not had a newsletter editor since Barbie Beckford left. Many members do believe, however, that a regular newsletter is important as a source of information as well as for the morale of the club. Therefore, at the last club meeting on July 24, I volunteered to be acting editor of our club newsletter. However, should another individual want the position, I would be happy to relinquish this awesome responsibility. Please contact me (65762) or Gincy (66666) if you want to be permanent editor.

Remember, articles and announcements are always welcome!

Grace Lee
711.3