



GODDARD
RUNNING & ORIENTEERING
CLUB

NEWSLETTER

August 1987



OVERLOAD: Good or Bad

Mark Wilhelm

How many times have you blown a fuse because you overloaded the circuits? Or burned out a motor because you overloaded the dryer? Face it - the word overload means bad news. But to a world-class athlete or weekend fitness buff it means growth and improvement.

The overload principle is the single most important factor in anyone's fitness program, who wants to become stronger or faster. The principle states that to improve at a specific movement or activity you must push your muscles beyond their normal working capacity. This means when your body begins to adapt to the level of stress that you are placing on it, you must increase the workload in order to continue improvement. This does not mean that you have to kill yourself at each workout, but it does mean that you must push yourself once in a while.

Runners often use a hard/easy routine, where one day they run hard and the next day they run easy. That is an example of the overload principle. Intervals, hill training and strides are others.

Weight lifters have a rule of thumb that says when you can do 3 repetitions over the recommended number at your present weight, then it is time to increase the poundage. This helps to overload continually and insure improvement.

The main problem with this principle is that it does not tell you how much or how long to overload. But your body will tell you quickly. The usual signs of overtraining are insomnia, loss of appetite, irritability, increase in injuries and loss of enjoyment in working out. A couple of days rest or a slight decrease in intensity is usually all it takes to recover, but it is different for each person. So be sure to monitor your body. Remember: overtraining does more damage than undertraining - but failing to prepare just means you're preparing to fail.

Upcoming Events of Interest

- ***Grape Nuts Bike Festival**, September 20, Washington DC
 - a non-competitive 27-mile bike tour of scenic Washington DC
 - benefits the Arthritis Foundation
 - All cyclists who register will receive a pre-ride breakfast (yes, you guessed it - Grape Nuts), an official event T-shirt, a bike safety check, passes to dances and exhibitions, and the chance to meet Olympic Gold Medalist Mark Gorski and World Champion Connie Paraskevin
- * **Pre-Tour Bicycle Workshop**
 - A workshop will be available for riders interested in having their bicycles inspected and tuned up prior to the bike festival
 - Time and place will be announced. Call Gincy or Mark at X6666 for details.
- ***Dog Days of Summer 8K**, August 9, Anne Arundale Community College
 - Call Pat Hoffman 268-6097 for datials

ANNUAL MEETING

September 10, 1987

4:45 p.m.

Building 6, S221

them than we did, which is a direct reflection of the number of people crossing the finish line. Now, I don't want to sound like the preacher complaining about poor attendance to the attentive congregation who showed up--you (heck, we) are all just great and did our thing. It's not us, it's our friends and co-workers who need a little encouragement.

You know the rules: all civil servants, on-site contractors, on-duty co-op students, and retirees for a given center are eligible. There is a one-month window (typically April and October) in which to complete a recognized two-mile (or 10K--we haven't gotten to that one yet) event. The times are recorded and forwarded to the central computer at LERC where they are combined and the final Intercenter results compiled.

It's not hard to understand that just any person finishing gets us a half point. What may not be so obvious is that you don't have to be a super star to get more than that. Take a look at the accompanying tables. We have compiled some statistics for each age/gender category that may surprise and interest you. First of all, our participation by group ranges from 18 to 60 per cent. I wonder why. That 60 per cent is our star category--women 60 and over. With 6 of the 10 people in that category from Goddard, we garnered not only the first three places, but also 71 per cent of the available place points (39/55) in that group. What is not obvious from statistics of this sort is that you only had to finish in 35:26 or less in this category to earn quartile points as well. OK, I know it is easier to place 10th in a class of ten than in a class of 100; but the fact is that the fastest time required to earn an extra 3/4 point each was 17:05, in the men's 35-39 age group, which was 169 strong. By and large, a 20 minute time in any category is money in the bank, and 30 minutes will do it in 8 of the 18 divisions. So, you are worth more than you may think. The slowest times in the top 25% ranged from 13:30 for men 25-29 to 28:40 for women 55-59 and women 60 and over. This means 3 extra points each for each runner equalling or beating that time! Similarly, the people with times in the 2nd 25% earn 1.5 points extra. These times ranged from 15:44 (those same speedy young men) to 34:00 for the super star 55+ women. If these times still sound like too much of a challenge, consider the fact that those finishing in the 50-75% quartile scoop up an extra 3/4 point each. Perhaps you could shoot for 19:37 (men 25-29 again, the fastest group in the bunch) or 37:56 (women 55-59 again). I am convinced that most ordinary people can hike around there in a half hour or so--we just need more of you.

So, looking at the tables, GROC salutes: Women 60 and over, men 25-29, women 55-59, and men 55-59, for capturing more than half the place points available to you. GROC encourages men 60 and over, men 30-34, women 30-34 and women 40-44 to go faster. But above all, we want more of you, all sorts, out there in October. Really, the fast people take care of themselves. Our place point and quartile point totals are beyond reproach. What we need is to bolster our finish point total. So, if each one of you can find one friend (preferably a speedy one, but we're not picky) who will accompany you on your

Table II
SOME INTERESTING NUMBERS

Slowest Time For:

	No. GSFC Runners	Total No. Rnrs.	GSFC % Tot. Rnrs.	Place Pts. GSFC	GSFC % Tot. Pl.Pts.	Winning Time	Top 25% (3 QP)	25- 50% (1.5 QP)	50- 75% (.75 QP)	Last Place Time	Last Place Time**
MEN:											
Class											
24 and under	27	110	24.5	19.0	34.5	9:53	14:18	16:38	20:30	150:00	41:28
25-29	80	259	30.9	31.5	57.3	9:44	13:30	15:44	19:37	150:00	43:47
30-34	42	229	18.3	1.0	1.8	9:44	13:57	16:18	20:00	150:00	41:30
35-39	38	169	22.5	21.0	38.1	10:21	14:53	17:00	20:11	150:00	50:00
40-44	32	163	19.6	9.0	16.4	11:52	15:09	18:10	23:06	150:00	50:50
45-49	39	178	21.9	19.5	35.5	11:31	14:47	17:29	22:55	150:00	41:25
50-54	28	129	21.7	20.5	36.4	11:52	14:55	17:51	24:21	45:00	45:00
55-59	30	92	32.6	28.0	50.1	12:09	15:28	19:00	30:30	47:00	47:00
60 and over	13	52	25.0	0.5	1.0	12:45	16:59	21:46	30:00	150:00	44:58
Totals	329	1381	23.8	150.0	30.3						

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	No. GSFC Runners	Total No. Rnrs.	GSFC % Tot. Rnrs.	Place Pts. GSFC	GSFC % Tot. Pl.Pts.	Winning Time	Top 25% (3 QP)	25- 50% (1.5 QP)	50- 75% (.75 QP)	Last Place Time	Last Place Time**
WOMEN:											
24 and under	30	81	37.0	22.0	40.0	12:26	17:57	21:08	29:22	41:25	41:25
25-29	44	111	39.6	14.0	25.5	10:55	17:48	22:31	31:01	46:50	46:50
30-34	20	83	24.1	3.5	6.4	13:22	18:50	25:51	32:00	150:00	55:00
35-39	18	53	34.0	26.0	47.3	10:52	18:45	21:41	29:18	41:28	41:28
40-44	12	46	26.1	4.0	7.3	10:55	20:41	28:12	32:19	150:00	42:00
45-49	10	34	29.4	16.0	29.1	14:28	21:11	27:58	33:47	42:44	42:44
50-54	2	8	25.0	7.0	12.7	16:34	16:59	19:22	29:27	31:31	31:31
55-59	4	14	28.6	30.0	54.5	16:59	28:40	34:00	37:56	49:00	49:00
60 and over	6	10	60.0	39.0	70.9	23:45	28:40	32:02	35:26	38:45	38:45
Totals	146	440	33.2	161.5	32.6						
Totals M+W	475	1821	26.1	311.5	31.5						

**Last place time not associated with that marvelous group from JPL

GSFC 2nd in Intercenter 10K Event

Jane Jellison

We improved our performance in the ten kilometer event, finishing second to JPL and just ahead of JSC. Last fall we were 4th, behind JPL, LARC, and MSFC. Thanks to the 75 runners (59 last fall) who flew, danced or just plain slogged 4-3/4 times around Greenbelt Lake or took part in a recognized (i.e., TAC-certified) 10-k event during the April window for Intercenter competition.

There were a total of 482 runners NASA-wide, with times ranging from 31:40 (Jim Ulvestad of JPL) to 160:00. Incidentally, this last person is the only one who took longer to do 6.2 miles than the fascinating fourteen from JPL did to go 2 miles. This person also finished second (of 2) in her age group and made off with 9 points for second place, 1.5 quartile points, 0.5 finish points and 0.7 point center bonus, for a total of 11.7 points for her Center. So, don't knock last place--maybe if you try, you could be last too. I have done it for years with no trouble at all, except to be sore for a week after an unaccustomed long run/jog/walk.

This past spring GSFC had a grand total of 1 woman over the age of 40 (come on, you can be honest with good old GROG about your age, and yes, that one was me). In the women's over 40 categories NASA-wide, a total of 150 place points went unclaimed--there were 7 runners 40-44, two runners 45-49, three 50-54, one 55-59 (That's me again--I know I'm slow, but I earned 14.25 points, so there, too) and one 60 and over. Get the message, mature females? We were 78 and a bit points behind the winner. Where were you?

On to the highlights. Ed Boggess finished second overall, 11 seconds behind the leader. In this event as well as the 2-mile, we had proportionately more place and quartile points than our numbers would predict, indicating that our good runners are doing their bit and more, and that it is the ordinary troops (otherwise known as gatherers of finish points and center bonus) who need to be encouraged to come out and try it. Placers were:

(10k)
Men 24 and under: 5. David McComas, 8. Scott Glubke, 9. Brian Allison

Men 25-29: 1. Ed Boggess, 5. Mark Baugh, 10. Larry Camper

Men 30-34: none

Men 35-39: 3. Fred Shuman, 4. Tom Stine

Men 40-44: none

Men 45-49: 2. Richie Weiss, 5. Claude Bell, 8. Harry Trexel

Men 50-54: 2. Ray Hartenstein, 10. Ken Brown

Men 55-59: 3. George Griffin, 5. Bill Lord, 7. Lo I Yin, 8. Walt Allison

Men 60 and over: none

Women 24 and under: 5. Terez Madden

Women 25-29: 3. Jean Lane, 5. Carolyn Dent

Women 30-34: 4. Mary Ann Esfandiari

Women 35-39: 2. Hilary Cane, 5. Kathy McMillin, 7. Paulette Ziobron, 8. Grace Lee (apologies to Grace--we had her birthday wrong in the computer--she would have finished 5th in the 40-44 group)

Editor's Column

Grace Lee

Elections - An important item of the Annual Meeting's agenda will be the election of next year's officers. To make a long story short - anyone interested in running for an elective office (President, Vice-President, Secretary, Treasurer) or wish to nominate another member for one, please contact **John Laudadio (67297)**, Nominations Chairman, by August 24.

September issue - Deadline for all items for the September issue is Wednesday, August 26. For articles not in MacWrite, please submit them by Friday, August 21.

No Saturday Morning Training Runs in August! - Due to the injury of our Training Run Coordinator, there will be no official training runs in August.

Tony DiBartolo retires from Goddard - For years Tony has been indispensable in making our Fun Runs successful as well as enjoyable. He's responsible for purchasing the thirst quenchers (oranges and soft drinks), making sure the refreshment tables operate smoothly, and obtaining the electric cables for the clock. The food and precise timing have become our Fun Run tradition. Without his heroic efforts, can you imagine what we would have missed? GROC as a whole has not sufficiently thanked Tony for his dedication and hard work. To make-up for our past neglect, may I suggest that we invite Tony to all our future GROC (Gincy) picnics and parties courtesy of GROC. Wouldn't all of you support this modest proposal?

GROC Officers & Staff 1986-1987

Fitness Lab Director.....	Gincy Stezar	286-6666
President.....	Richie Weiss	286-7493
Vice president & Newsletter Editor.....	Grace Lee	286-5762
Treasurer.....	Edwin Fung	286-7347
Secretary & Training Run Coordinator.....	Jean Lane	286-3063
Membership & Race Results Coordinator.....	Jane Jellison	286-8563
Race Director.....	Vacant	
Historian.....	Vacant	
