



GODDARD
RUNNING & ORIENTEERING
CLUB
NEWSLETTER

January/February 1987

COMING IN FEBRUARY

3RD ANNUAL WINTER OLYMPICS

TEST YOUR STRENGTHS!

BE A PART OF A TEAM!

BEAT THE WINTER BLAHS!

LOSE WEIGHT! HAVE FUN!

SIGN UP IN GYM FOR EVENTS SUCH AS:

JUMP ROPE

WEIGHT LIFTING

BIKING

ROWING

MANY MORE!

X. COUNTRY SKIING

RUNNING

NEW RULES - NEW EVENTS!!

President's Corner

Richie Weiss

Winter Olympics - It's that time of the year again! Read on for more information.

Marathon - February 15, 1987 - The Washington Birthday's Marathon will be held on February 15, 1987. Once again, we plan to start the race at the GSFC recreation center. As soon as we get them, applications will be at the Fitness Laboratory (Gincy - X6666). If you wish to volunteer at the race please contact Larry Noel at 474-9362.

Dawn (Elliott) Oakley leaves GSFC - Congratulations and best of luck to Dawn, former president of GROC, on her new job as legal counsel to Dynelection Corporation in Virginia.

Announcement: Saturday Morning Training Runs

Jean Lane

We will continue to have group training runs on Saturday mornings at Greenbelt Park throughout January and February. These runs were a success during the fall months and I'm looking forward to them even more for the winter. Here are just a few of the reasons you may want to consider for joining us:

1. Company--when it's cold, sometimes its hard to push yourself out the door; meeting fellow runners at a designated time and place is helpful in overcoming this hurdle
2. Variety--its fun to run somewhere out of the ordinary once a week and the myriad of trails Greenbelt Park are especially interesting
3. Time--now that the racing and holiday seasons are behind us, is there a better way to spend a Saturday morning?
4. Daylight--with these short winter days, its wonderful to get some extra miles in on the weekends
5. Calories--keep your New Year's resolution and burn off that holiday fat

If you are interested, meet us at the "Sweetgum" parking lot (near the Greenbelt Road entrance to the Park) at 8:45 AM. The current plan is to have a run each Saturday in January. There will be notices in Dateline Goddard and in the Health Unit as reminders. If you have any questions call me, Jean Lane, on 286-3063.

Article: How Not to Run a Marathon

Richie Weiss

About five years ago Tom Buckler and I trained together for the Marine Corps Marathon. Our goal was to run fast enough to qualify for the Boston Marathon. As we were both over 40 years old we each had to run the Marine Corps Marathon in no more than 3 hours and 10 minutes (or 7 minutes and 15 seconds per mile).

Having seriously trained with Tom for several months prior to the Marine Corps Marathon, I was reasonably certain that were Tom and I to race the marathon together I would either hold him back or he would run me into the ground (or both). On race day, I found another runner for Tom to run with. I carefully interviewed the runner before the race to ascertain that the runner was comparable to Tom and that he was honest when he told me all about his lack of training, his injuries and his lack of any particular goal since he had already qualified for Boston by having run a marathon in less than 2 hours and 50 minutes.

Skeptical, but reassured by me, Tom agreed to run along with this anonymous runner at a 3 hour marathon pace (or 6 minutes and 52 seconds per mile). As I recall, Tom followed this runner to personal record for ten miles in 61 minutes which would equate to 2 hours and 39 minutes for the entire 26.2 miles if run at the same pace. The runner went on ahead at the same pace and Tom had some 16 more miserable miles to cover. (As an aside, Tom actually did achieve his goal of qualifying for Boston and did run a 3 hour marathon but he spent some time after the marathon with the United States Marines under medical care. I also qualified for Boston and on the way home we eventually were rewarded when Tom's wife stopped the car in Rock Creek Park and served us champagne on a silver platter).

It was from the above experience that I first learned the first law of racing - NEVER TRUST ANOTHER RUNNER WHEN HE OR SHE TELLS YOU HOW FAST THEY ARE GOING TO RACE!

This year, my goal was to run the Marine Corps Marathon in 3 hours and 10 minutes and qualify for my fourth Boston Marathon. I knew that my training was mediocre and my recent races were worse. So before the race I convinced myself that to qualify for Boston, I would have to run a perfectly paved race (7 minutes and 15 seconds per mile). As we approached the starting line, Ed Boggess told me he hadn't run since the Ironman Triathlon several weeks earlier and his goal was to run about 7 minutes and 30 seconds per mile. After much coaxing from me, Ed finally consented to run with me at the 7:15 per mile pace provided I didn't run any of my earlier miles any faster and provided I didn't count on him being around for the finish because of his injuries and overall physical deterioration since (and from) the Ironman.

After the race started, the one mile mark was missing so we didn't know how fast we were going. At mile 4, I noticed my watch said 26 minutes (or 6:30 per mile) but Ed assured me the mile marker was off. At mile 5, I was tiring a little and was certain I had made a drastic mistake (I also knew we were running 6:34 per mile for the first 5 miles). We crossed mile 10 in 67 minutes and the half marathon is under 1-1/2 hours or about 6:50 per mile. When Ed left me (which I greatly encouraged him to do) at mile 14, I was still functioning. Mary Allico, the second or third ranked woman in the Washington area, had agreed to run the last ten miles with me. I was encouraged to know that she would be waiting for me and was beginning to believe that a 3 hour marathon was possible. After running about a half mile with Mary I was virtually finished. I did struggle to the fastest 19 miles of my marathon career. After walking and running for several miles I did not finish my first of 20 marathons.

The moral of the story has not changed. NEVER TRUST A FELLOW RUNNER TO TELL YOU HOW HE'S GOING TO RACE (because, I think, runners fool themselves into running faster than they will admit being capable of, even to themselves).

22nd NASA Intercenter Run - 2 Mile Wallops Results

1 Steve Bailey	12:00	28
2 Benjamin Rew	12:53	30
3 John Gerlach	12:54	43
4 Bill Lord	13:28	56
5 Bill Bott	14:15	38
6 Jim Yungel	14:35	27
7 Roger Chandler	14:39	28
8 Tom Shockley	15:18	34
9 Patti Merritt	15:21	36
10 Harvey Davis	15:59	33
11 Lt Chuck Vaughan	17:12	34
12 Paul Lococo	17:31	48
13 Dennis Melvin	18:17	41
14 Ed Corbett	23:55	53
15 Ray Walker	34:42	57
16 James MacComb	34:42	25
17 Jack Hill	34:42	56

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Men by Age Groups

16 James MacComb	34:42	25
1 Steve Bailey	12:00	28
6 Jim Yungel	14:35	27
7 Roger Chandler	14:39	28
2 Benjamin Rew	12:53	30
8 Tom Shockley	15:18	34
10 Harvey Davis	15:59	33
11 Lt Chuck Vaughan	17:12	34
5 Bill Bott	14:15	38
3 John Gerlach	12:54	43
13 Dennis Melvin	18:17	41
12 Paul Lococo	17:31	48
14 Ed Corbett	23:55	53
4 Bill Lord	13:28	56
15 Ray Walker	34:42	57
17 Jack Hill	34:42	56

Women by Age Group

9 Patti Merritt	15:21	36
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Time and Punishment

Bob Phillips

This story for the 1986 edition of the Marine Corps Marathon seemed to be one of almost universal unachieved expectations. Most people I know did not meet their established goals, some by quite large margins.

My own time was a minute and a half slower than last year even though I felt in much better condition and thought I had run much better in this year's race. Afterwards, I was wiped out and didn't feel like racing for almost a month whereas last year, one month after the race, I went on to run over 6 minutes faster in the Maryland Marathon's much tougher course.

The culprit, as we all know, was this year's heat (temperature around 70 degrees) and the high humidity. But what was the specific impact of these conditions?

To try to understand, I looked at my only source of statistics, my own Marine Corps Marathon results for the last years. While admittedly a limited source of data, for those years where my times were approximately the same, they did seem to indicate a distinct correlation between my percentile finish and the heat/humidity factor. Except for the past two years, my recollection is "normal" weather for the marathons from 1980 through 1984, i.e. mostly ideal conditions with temperatures in the 50's and modest humidity. The results are:

<u>Year</u>	<u>Time</u>	<u>Percentile Place</u>	<u>Weather</u>
1980	3:28:00	58	"Normal"
1981	3:17:09	76	"
1982	3:09:06	82	"
1983	3:23:09	72	"
1984	3:06:10	90	"
1985	3:26:13	75	60's & Drizzle
1986	3:27:43	79	70's, Very Humid

Some observations from the above (I can't say conclusions) might be:

1. A 3:26/3:27 in heat and humidity might equate to a 3:17 or better in "normal" conditions.
2. Heat and humidity can affect your performance in a marathon by 10-15 minutes (unless you are national class but we don't have to worry about that).
3. My own time of 3:27 in 86, even though 1.5 minutes slower than 85, reflects my better condition by my much better performance over the field. (I knew I had done fairly well because the line at the beer wagon was still short.) Indeed, my percentile place of 79 was only 3 points lower than my 3:09 finish in 1982.

So what does the above observations tell us? First, if your time this year wasn't what you wanted, go ahead and blame it on the weather. That's most likely what caused it.

What can we learn from it? If it is hot and humid, accept the fact that your time will be off. To try to muscle through the heat may mean you don't finish at all. After 3 months of marathon training you don't want to blow your one shot at it by trying to push through at a planned pace. The weather simply won't let you hold.

Finally, in this short article, I haven't talked about the health dangers of running in heat and humidity but please, let's not forget the potential for heat exhaustion, or worse yet, heat stroke in hot & humid races.

Editor's Column

Grace Lee

Newsletter - This newsletter is only as good as the contributors. The intent of this publication is to share our running (& orienteering & triathlon, etc) experiences with others in the club. Anyone who has something to offer along these lines is welcome to submit articles to the editor c/o Gincy. Items especially wanted: Club history, out of town races, orienteering, schedule of events, special announcements, letters to the editor & comments on previous articles.

Deadline for the next newsletter - The original intention of the editor is to publish the club newsletter monthly. However, key contributors have difficulty meeting the deadline. The deadline for the next issue, March(!), is Friday, February 20, so that the publication can be delivered by the first of the month. Please, observe the deadline. We'll do without the President's Corner if we have to (take note, Richie!), but we'll put out the next newsletter on time!

Club Historian wanted! - Anyone interested in keeping records of our club's exciting past and present (and future) please see or call Jane Jellison(6-8563). Qualifications desired but not critical: stable personality, like to keep records, can work with computers, willing to learn, has file cabinets, patient, plan to stay at Goddard for at least five years.

Winter Olympics - Volunteers will be needed to help out with the Winter Olympics. See Gincy for details.

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.....	Rex Elliott	286-5730
Secretary & Training Run Coordinator.....	Jean Lane	286-3063
Membership & Race Results Coordinator.....	Jane Jellison	286-8563
Race Director.....		Vacant
Historian.....		Vacant

Grace Lee
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