

GODDARD
RUNNING & ORIENTEERING
CLUB

NEWSLETTER

July 1987



Orienteering Results: Wheaton Regional Park

Joanne Uber

It was a beautiful, sunny day -- perfect for orienteering in Wheaton Regional Park. As a matter of fact it was one woman's choice for a Mother's Day activity. We had several people showed up after seeing the event listed in the *Washington Post* Weekend Magazine. One thing I learned was never set the water stop directly in the sun -- not only was the water hot but the plastic cups melted together. My apologies to all the thirsty orienteers. And thanks to everyone who helped me out -- setting out controls, Francis Hogle III and Jane Jellison; registration and instruction, Jane Jellison and Sue Izzo; and picking up controls, Jane Jellison, Sue Izzo, Hilary Cane, Bill Ericson and Mark McLinden.

Results: May 10, 1987

<u>WHITE</u>	<u>2.1 Km</u>	<u>YELLOW</u>	<u>2.8 Km</u>
Laurence Thayer	32:05	John Studack & Betty Solero	54:10
Megan, Rachel, Steven & Karen Schneebaum	33:58	John Stalnaker	57:18
Ron Korcak	45:48	Robert K. Schaefer	58:19
Camilla Clocker	47:15	James Ryan	76:16
Jane Kaplan & Diane Johnson	48:24	Alan & Douglas Hedin and Michael Teaton	98:05
S. Levin & Joan Adler	55:38	Don Nerkowski	110:70
Marla & Alison Moore and Natalie Logan	57:40		
Lisa Jensen	59:16		

Jane Kaplan and Diane Johnson also did the yellow course after completing the white course -- but they were not timed for the second course.

<u>ORANGE</u>	<u>4.4 Km</u>
Elliot Hamilton	79:38
Jeff Sachs	100:25
Kathy Weber	123:47
Stuart Parker	135:29
John McMahan	142:03
Randy Smith	143:44
Maria Rubalcaba & Sir Galahad	DNF
Laurence Thayer	DNF

Editor's note: While a number of excellent articles on orienteering have appeared in the newsletter in the past, Joan's report on the Wheaton Regional Park meet is the first to indicate actual results in terms of time, which gives non-orienteers an idea on the demands of the sport. For those of us not familiar with the terminology the color code indicates skill level: White - beginner; Yellow - advanced beginner; Orange - intermediate. Contact GROC orienteers for further information on the sport.

Worksite exercise programs improve fiscal fitness according to a study by the Washington Business Group on Health. The report found physically fit employees have reduced absenteeism, decreased sick leave, & fewer disability days.

Running & Fitness News
Vol. 5, No. 6, June 1987

How Good Looking Was She? - Ask Jack

Bob Phillips

Anybody who has run a hard 10K knows that very tired feeling you get in the last mile. It's the same in the last 5 miles on the bike in a triathlon. That is precisely the state I was in earlier this summer in the Columbia Triathlon, pushing a little extra harder in those last miles because the first part of the course was very hilly and my overall bike time was not up to par.

My only solace was in the form of a very attractive female bike rider a couple hundred yards ahead of me. Unfortunately, this lovely apparition was also an accomplished athlete and, try as I might, I couldn't close the gap to a point where the improved view would offer relief to my immediate mental and body anguish.

In a brief lucid period during my fruitless chase I noticed a maroon jeep like Jack Hodge's, as it quickly drove by. The next day I saw Jack in the Fitness Lab and asked if he had been driving on Route 108 the day of the race. He said he had. The ensuing conversation went something like this:

Bob - "Jack, were you driving your jeep along Route 108 yesterday?"

Jack - "Yeah, were you one of the people in that race?"

Bob - "Yeah, I thought that was you when you drove past."

Jack - "I passed you? I couldn't recognize anybody because the road was so narrow and I was being very careful to avoid interfering with the racers."

Bob - "I sure can understand that. There were a lot of men and women out there at that time."

Jack - "I'll say. Boy, I passed this one beautiful rider. She had blond hair, purple shorts, a tight tank top and a figure that wouldn't quit."

At that moment I thought "Right, you had just passed me and I could have been on Mars for all you knew." That's OK Jack. We all noticed her too.

Congratulations

Ed Boggess

Columbia Triathlon
(1.5M swim, 10K run, 40K bike)

1st Place - 1:57:08

I climbed out of bed early Sunday morning of May 31 to begin my third annual pilgrimage to Spencerville for the Healthy Choices races. Two years ago, at the event's inaugural, Jim Mentall and I were the only GROC participants. Last year, we were joined by Ray Hartenstein, George Griffin and Marla Moore. This year, all the veterans returned along with Richie Weiss, Thérèse Madden, Peter Hui, Walt Allison and Jim's daughter, Marla's younster & George's son plus fiancée. If we could double our turnout next year, each member of the GROC family is expected to receive a \$1 discount on each of our entry fees from the race director. Any takers?

What's so attractive about Healthy Choices, which draws a larger and larger contingent of GROC members each year? Being there from the beginning, I have the following observations:

--Though the race site seems to be in the middle of nowhere (on the map anyway), it is within reasonable traveling distance for residents of Montgomery, Howard and northern PG counties, where most of GROC members reside. The serene countryside-like setting makes running all the more enjoyable.

--It offers choices. Though most runners would probably prefer the 10K, there are times when conditions do not warrant that effort. The 5K is usually manageable. And for introducing youngsters to races, as Marla seems to be doing, the 1M is a pleasant change of pace. You can even walk if you prefer. Best of all, you can change your mind on which event to enter right up to race time! Hence, you still can participate even if you are not in shape for the longer distances on race date.

--The variety of health screening activities are available for those who are interested. It's a good excuse to get your blood pressure checked and your vital statistics measured especially if you haven't been to the doctor's office for a while.

--The races are low-key. Even back-of packers stand a chance of winning an age-group award on a good day. But that's not the incentive. We are out to have a good time.

--The primary attraction for all, however, has to be the promised post-race vegetarian brunch. The vivid memory of the feasts of the past two years - the delicious whole wheat bread, sandwich spreads, soups, fruits are other healthy goodies - is sufficient to make the Healthy Choices the race of the year for some of us. Yes, Fritzbe's may provide more entrees, for meat-eaters. Even the pasta was laced with beef! (Come on, John, give us "health nuts" a break!) But the Healthy Choices offers the menu of the Seventh-Day Adventists, who are among the healthiest and health-conscious people in this country. What an incentive!

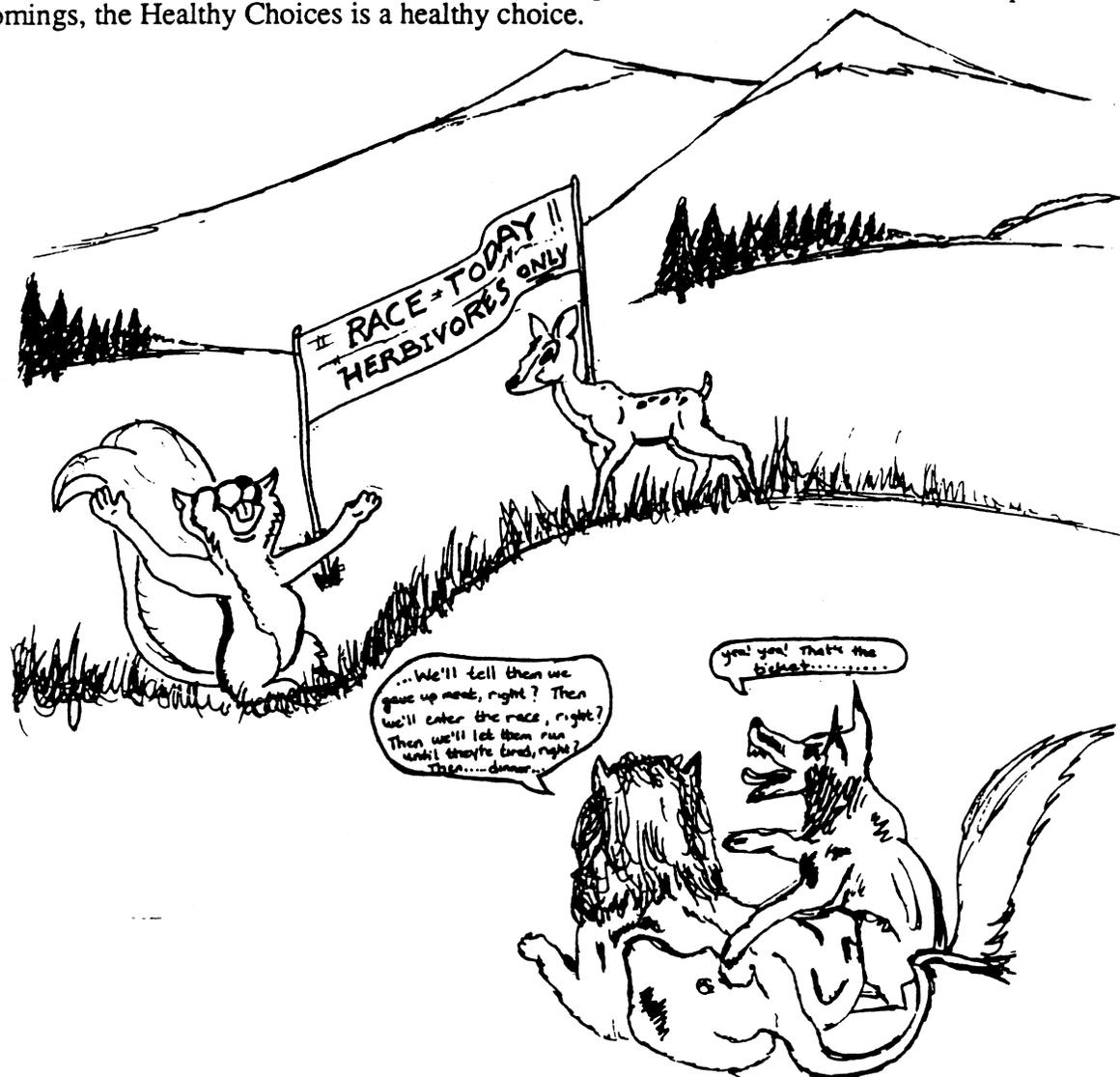
So, with the vision of the past brunches in mind, I stepped into the starting area. I had registered for the 5K, with a faint hope of doing the 10K should conditions be more attractive. But by starting time, all hopes of running the 10K vanished as the heat and humidity were making my body, not yet acclimated to the weather conditions, very uncomfortable. Since I probably had no chance of placing among the top three female finishers, I wanted only to put in a decent performance and get a head start on the brunch. Loaded with a quart of water before the race, I did a reasonable first mile and passed the water stops near half way and, thus, violated a most fundamental rule of running - drink plenty of water during exercise, especially in hot and humid weather! (It's only a 5K, I said to myself.) But by two miles, I seemed to have exhausted the quart of water in my stomach and the next water stop was a half a mile away. My legs were willing to speed up but I had to slow down considerably to avoid the possibility of dehydration. At this point, not only was the PR out of the question, but the PW was on the horizon. I strolled to the next water stop and had a few cups. But that was too late - the water could not quench my thirst. After allowing several women to pass me, I finished the run with my second PW in two months. Surely, not drinking water during the race might have been OK for the 1M or even the 10K under good weather conditions, but not with the heat and humidity on this particular day.

After applauding fellow GROC runners at the 10K finish line, we proceeded to the food tables. The fruits were great, especially appropriate for the weather. The vegi chili and the sandwiches were

good. But where was that bread which we had enjoyed so much the last couple of times? And the lentil soup? With the expectation so high, this was a disappointment to say the least! And to add to that, it was only during the awards ceremony while we were munching on the food did I learned that there were three separate age-group awards for the 5K. I wondered if those women who passed me were in my age-group. Less a minute off my time would have given me an age-group second place, PW and all. Would I have risked a chance of suffering from heat exhaustion for the opportunity to gain a medal? Couldn't say. But just remember, even favored world class distance runners in the past have failed to make the Olympic team when they were unprepared for the high heat and humidity on the date of the trials.

Other GROG members did better. Ray took second in the 10K for his age-group and Peter came in first in the race-walk category. But Jim set a PW and Richie came close to one.

With a PW, a brunch below expectation, and a missed chance at a medal, would I return next year? You bet. And most, if not all, of this year's participants would, too. Because, despite a few shortcomings, the Healthy Choices is a healthy choice.



Don't wait until you're thirsty to replenish your fluids. Everyone needs 8-10 glasses of water per day. Besides quenching thirst, water keeps the solids in the blood moving, softens food and aids digestion. It also lubricates your joints and assures sufficient blood and oxygen to the brain and lungs - indeed the entire body.

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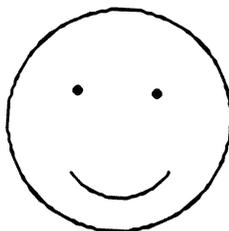
Letters to GROC

Dear Richie,

Lyman Jordan and I are most appreciative of your club's support at our Fritzbe's 10K, the RRCA 1987 National Championship. All of your group was so great working that finish line water stop. What enthusiasm and spirit from everyone. Please extend a special thanks to Gincy for getting some of the equipment and helping to organize everything. As a GROC member myself, I was proud to be a part of your (our) team. There were 3050 finishers.

I hope everyone received his T-shirt and enjoyed the post race brunch.
Maybe next year they can run!

Sincerely,
John Sissala
Race Director



Join a GROC Working Committee!

Look at these exciting possibilities:

**2-mile Fun Runs: registration
finish line
refreshment stand
results**

local races

**Newsletter: article writing
typing (MacPlus MacWrite)
proofreading
poetry writing
art work**

**membership
(apprentices wanted!)**

Gincy's picnics

or create your own

Sign up with Gincy at the Fitness Lab or call her on x6666

The thirtieth annual Road Runner's Club of America (RRCA) convention was held on May 14-17, 1987 in Rockville, Maryland. The proximity of this event allowed the participation of many Washington area runners, such as myself, who would not have ordinarily attended as delegates of their running club. The intention of this article is to portray the flavor of the convention for GROC members who did not attend.

I participated in three kinds of events at the convention--a race, the workshops and the trade expo--which appealed to three of my favorite activities in life: running, talking about running and shopping. Of the several running events at the convention (including morning and noon training runs, and the Fritzbe's 10K race) I participated only in the TGIF 5K on Friday evening. Runners were bussed from the convention site at the Holiday Inn Crown Plaza to Kengar Rec Center for the race. Although all of the runners were registered and wore numbers, the event was fun and informal; finishing times and places went unrecorded. In spite of hot, humid weather and starting out at a pace much too fast, it was not difficult for me to run a PR--it was my first 5K race.

The mainstay of the convention was the series of workshops on topics of interest to runners, in general, and running club participants, in specific, ranging from "Running Mechanics and the Prevention of Self-Induced Injury" to "The Recruitment, Care and Feeding of Club Volunteers". These sessions were offered one morning and two afternoons and each had presentations by one or more experts followed by a question/answer/discussion period with the audience. I found these workshops to be informative and thought-provoking while, in most cases, too short on time to allow enough group discussion.

The workshop presenters included many leaders in the running world. Alvin Chriss, who handles all road running matters for TAC/USA, expounded on the inadequacies of the current drug testing program conducted at TAC certified races which are chosen at random for the testing regardless of existence, lack of, or amount of prize money. Sports medicine specialist Gabe Mirkin offered "The Scientific Basis for Training for Competition" in which he placed particular emphasis on cross-training. Sylvia Quinn, the race director of the Lilac Bloomsday Run which boasts 50,000 runners--more than half of them women--shared her programs for supporting women getting started in running and racing.

The trade expo offered an opportunity for commercial companies and non-profit organizations to show (and sell) their wares. There was a variety of last year's and this year's running wear at prices ranging from 50% off to normal retail. Many shoe companies had exhibits with representatives that were better versed on running shoes than the neighborhood athletic store salesperson. There were some products that I had not seen before such as nonprescription orthotics for pronators and a stationary bicycle that you sit in like a recliner. I purchased a polypropylene singlet, an item that I have not seen in local stores. Several running and fitness organizations distributed free copies of their current publications.

My participation in the 1987 RRCA Convention was time well spent. It was a great introduction to the RRCA organization and an opportunity to exchange ideas with running club leaders from all over the country.

Save your newsletters!!!

Vote for

Issue of the Year &

Article of the Year

later this year!!!

August issue deadlines:

July 27: art work
Articles on disks (MacWrite)

July 24: Everything else, including:
Handwritten articles
Short items
Typed items not in MacWrite
Announcements

Editor's Column

Grace Lee

Poetry. Anyone? - Now that we have cartoons for our newsletter, it's time to include poetry in our selections. Poets, please rise to the occasion!

August Issue - Deadline for works which need only editing - articles or poetry in MacWrite, art work - is July 27. For all other items - handwritten articles, typed items not in MacWrite, announcements, etc. - please observe the July 24 due date. Please submit your disks to me or leave in my office (Bldg 11, E208B). You may leave all other items on Gincy's desk or mine. Thanks.

How far does your job take you? Workers on several jobs were docked for their daily mileage:

- Dental Hygienists - 1.2
- Newspaper editors - 1.5
- Law clerks - 2.7
- Policemen - 3.4
- Interns - 3.5
- Homemakers - 4.3
- Bank Workers - 4.5
- Nurses - 5.4
- Commodities runners - 6.7
- Factory Workers - 9.3
- Messengers - 10.3

N.Y. Times Magazine
Good Health Magazine
Sep 28, 1986

Saturday Morning Training Runs

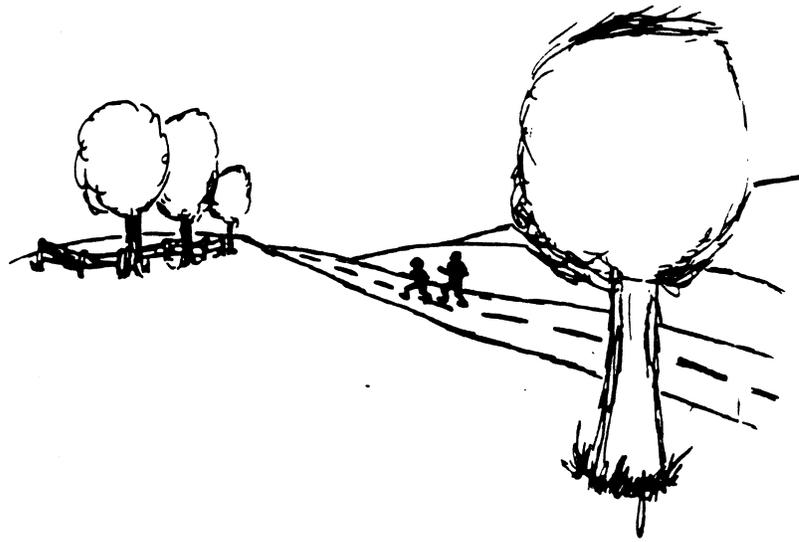
July 25 only

"Sweetgum" Parking Lot
Greenbelt National Park

8 a.m.

Contact Jean Lane for details (6-3063)

(Don't forget: Women's Distance Festival is July 18)



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

Grace Lee
711.3