

**GODDARD**  
**RUNNING & ORIENTEERING**  
**CLUB**

NEWSLETTER

JUNE 1987



## GROC Runners Are Thrice Blessed

Herb Blodget

GROC is fortunate in having some of the premier area runners. Just look at all of our people in the major marathons! -- and in the local events too! The exhilaration of the competition! The old adrenalin pumping can even get us "trodgers" to knock a minute off our normal 20-minute time in the 2-mile fun runs.

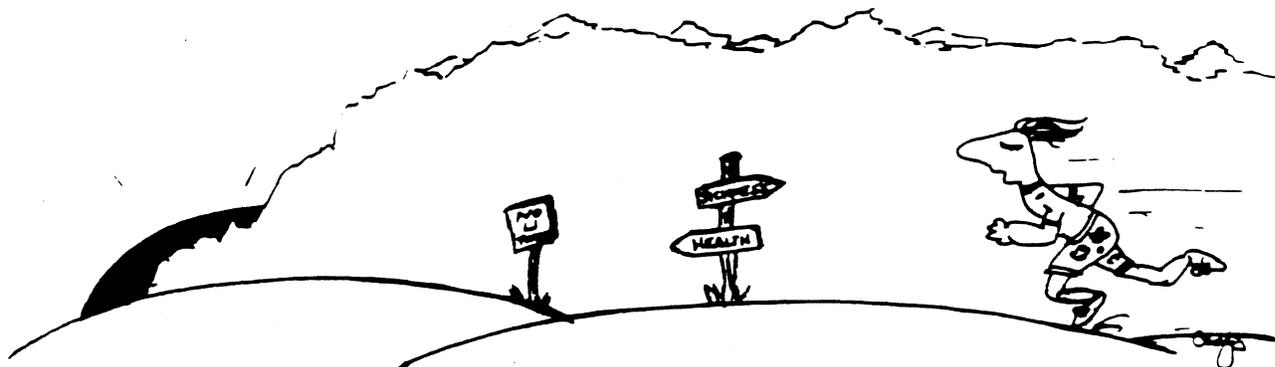
Our second GROC reward is that of good health. Running and working into one of Gincy's personally designed fitness routines keeps our aerobic capacity up and turns what might have been flab into muscle. It's a wonderful feeling too, to flush the day's mental stress and fatigue out of the system with a good physical work-out -- to get our muscles relaxed from the tightness and tension of the day.

Fortunately only a few of us are able to appreciate the third GROC reward.

Several months ago I completed a series of routine physical and lab tests. I was shocked to be told I might have lung cancer. Not me! You must be wrong, I thought, -- I haven't smoked a cigarette in over 20 years! A rash of additional tests showed the diagnosis to be correct and the surgery was completed within the week.

The benefits of the GROC experience were immediately available. First, without having to cut through extra fat, the surgical procedures were accomplished routinely and with ease (for the doctor). Recovery had also been progressing well for a body that - aside from a tumor - was in good condition. Even more important, however, having been in the GROC fitness program, I know the body can be strengthened and rejuvenated; I can look to the future with morale high, knowing that recovery will soon be complete. I am already easing back into my GROC exercise routine and looking forward to being 100 percent again in the very near future.

Fortunately mine is not the experience that many of us have to look forward to -- but it is comforting to know that we all have the third "blessing" in reserve to keep our physical and mental spirits up at times when others might find themselves in total depression.



**Editor's Note:** Technically, the Fitness Lab facilities belong to the Government and are operated by the Health Unit Contractor. However, it is easily understandable why many of us GROC members assume the Fitness Lab is part of GROC: Gincy is the center of GROC activities (Gincy manages the picnics and fun runs, among the many things she does); because of Gincy's active participation, GROC recognizes the Fitness Lab Director as an unofficial "officer"; most users of the Fitness Lab are either GROC members or participants in GROC activities; the Fitness Lab is the focal point for GROC runners and place for many of our informal meetings.

## Cross Training

Bob Phillips

Cross training is a new word recently added to the running vernacular. After becoming a triathlete its significance slowly but forcefully became clear as my need for training in the three disciplines became necessarily more sophisticated in order to meet the demands of this new and challenging sport.

Simply put, cross training is developing your physical conditioning by training in more than just your primary sport. Runners, for instance, might include biking, rowing, swimming or cross country skiing in addition to running to enhance their overall running fitness.

Once involved in cross training, the question immediately arises - how much? Most runners target training objectives in terms of miles per week as the primary indicator of the level of their training efforts. When you cross train, the question is how much of another sport is equivalent to a mile of running.

As I began active swimming and biking in addition to running, my weekly running mileage began to drop even though I was training more hours than when solely running. I worried whether I was getting adequate overall conditioning and began to look for ways to determine how much swimming and biking was equal to a mile of running. Eventually, by comparing times and distances in each activity, I determined that a mile of running is equal to 2.5 miles of biking and a quarter mile of swimming. After using this formula for almost a year I was greatly relieved to read an article in Runner Magazine on cross training equivalents which used the same values. I now log my weekly mileage in terms of these weekly "aerobic units", as I prefer to call them.

With these equivalents, what do they really mean in terms of cross training? From my own experience I have drawn the following observations and/or assumptions:

1. With cross training you can do higher equivalent mileage or aerobic units than straight running miles. As a runner my highest weekly running mileage, always prior to a marathon, was 60 miles a week for a relative brief period. Recently, peaking for the beginning of the triathlon season, I have been averaging 27 miles of running, 95 miles of biking and 5 miles of swimming. Using the above equivalents, this translates to 85 aerobic units per week. I can routinely do 70 units per week whereas solely as a runner I only averaged 40 to 45 miles a week.

2. With cross training your recovery is faster. I recently did a triathlon in 3 hours 11 minutes. Knock off 5 minutes for transitions, it comes to 3:06, my marathon PR. Interesting enough, the triathlon distances were run 10 miles, bike 30 miles, swim 1 mile which converts to exactly 26 "aerobic units". (See, it works.) Yet with that triathlon effort, I was back to full training in 3 days. Not so for a marathon.

3. Cross training provides better overall physical conditioning. I can't specifically prove this but I can point to my own better feeling of overall conditioning through the cross training regimen. It stands to reason that training more muscle groups with different aerobic activities will promote better overall physical fitness as well as less overuse injuries.

4. Cross training is not a panacea for peak running performance and a slew of PR's. You can only do as well as you train and the best way to get the PR's is to do the intervals, distance runs and speed workouts. The cross training in that instance can be (and maybe should be) used on your easy recovery days.

5. Finally, cross training can be fun. Motivation plays a big role in physical conditioning. The variety offered by cross training can be one of the motivations that encourages us to take the time and effort to keep ourselves physically fit.

**From the Fitness Lab**

**Gincy Stezar**

**New Fitness Technician** - A warm welcome to Mark Wilhelm, the new fitness technician for the afternoon shift at the Fitness Lab. Mark graduated with a B.S. in Kinesiology from the University of Maryland. His interests include most sports with a preference to weight training and running.

**Fritzbe Volunteers** - Thanks to all the volunteers from GROC who crawled out of their warm, cozy beds early Sunday morning to help with the Fritzbe's Runfest as timers and finish line thirst quenchers. The fourteen of us had a great time aiding the masses and we are looking forward to the future events (e.g. the 2-mile fun run coming up in October). If you are interested in being on our volunteer roster list, please call Gincy on 6666.

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**Be a GROC Volunteer!**

**Look at these exciting possibilities:**

**2-mile Fun Runs**

**local races**

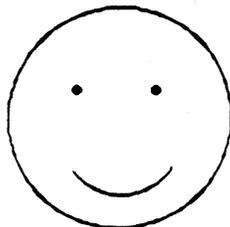
**Newsletter: article writing  
typing (MacPlus MacWrite)  
proofreading**

**Gincy's picnics**

**or create your own**

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

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perpendicular but the ankle rotates as more foot contact occurs. During the initial plant the heel falls to store some of the energy in the bottom of the foot, dissipating the rest up into the leg, knee and hip. The action of the knee as the compound joint between the thigh and the leg ties more energy into the leg as the knee cap slides. The further away the kneecap from the joint, the greater the leverage of the muscles on the leg. As in the bow, this imparts energy quicker than the regular joint such as an elbow or knuckle. This force is transferred into the foot through the ankle. At that time the arch is collapsed so that the path to the toes are directly in line with the forces from the leg, not the lateral edge. Then the spring off the front of the toes is made aided by the wide elastic ligaments in the bottom of the foot which are strapped between the toes and the heel.

Moving is a series of rising and falling. Some of us exceed at at least on one of the two. I'm known for great fall ability. But for running your body does the rising and Newton's friend gravity operates the other. To run, gravity must be overcome, so the feet push up against gravity, release their hold on the surface which allows gravity to force us back down and then we push up again. To get somewhere the push is partially forward, with enough trajectory to cover ground as well as work against gravity. Between each foot contact the body is actually in flight. As the heavy thigh muscles work to extend the foot forward the ankle actually turns inward causing the toes to move toward the center of the body, like a pigeon toe effect. It is at this time that the foot tilts so that the outside edge contacts the ground.

Of course the whole body moves when you run. The upper body does an important job. It balances the lower body movement and can even transfer added energy into to legs through momentum. That is why good form is so critical to speed and smooth injury-free motion. You may read the above paragraphs again to do another cycle, but that might be just too much trivia. By the way, in case you are asked to identify the trivial pursuit where man can beat a horse, it's in the marathon.

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### **Fascinating Facts**

A two-ounce chocolate bar is the nutritional equivalent of four teaspoons of oil or butter plus 10 teaspoons of sugar.

Brown sugar is simply white sugar with small amounts of molasses or burnt sugar added for coloring; it offers no nutritional advantages.

University of California, Berkeley  
Wellness Letters

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## Saturday Morning Training Runs

June 6  
13  
20  
27

"Sweetgum" Parking Lot  
Greenbelt National Park

8 a.m.  
(Note time change)

Contact Jean Lane for details (6-9063)

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