



GODDARD
RUNNING & ORIENTEERING
CLUB

NEWSLETTER

October 1987



GROC ANNUAL MEETING MINUTES

JEAN LANE

1) PRESIDENT'S REPORT:

Richie Weiss opened the meeting by acknowledging the people who had contributed to GROC during his terms as President.

2) TREASURER'S REPORT:

Edwin Fung distributed the financial report for the period September 1, 1986 through August 31, 1987. It was noted that no payments have been made to GEWA for the finish line clock and it was subsequently proposed seconded, and agreed to that GROC will pay off the clock at a rate of \$100 per year (unless GEWA specifically asks for more). Edwin will submit this plan to GEWA.

3) REVISED CONSTITUTION AND BYLAWS:

Grace Lee presented the revised version of the GROC constitution/bylaws and highlighted the suggested changes. These highlights were summarized in the September 1987 Newsletter. The proposed document was agreed to by consensus with a few changes as follows:

- The Vice President of the club does not have to be a member of GEWA (i.e. civil service employee)
- The procedure for making amendments to the constitution was changed so that the "arguments for and against" are not required in the notice of proposed amendment sent to members.

4) RRCA:

John Sissala opened this topic on the agenda by noting that GROC has been a member of the RRCA for two years and pointing out the many ways in which the RRCA contributes to GROC and vice versa. Grace reminded us that she has been sending the GROC Newsletters to all club presidents statewide and RRCA Officers; all present concurred that this practice should continue.

As an aside, it was proposed, seconded and agreed to that all GROC incoming mail be directed to GROC, Fitness Director, Code 205.2, GSFC.

5) 2 MILE FUN RUN:

Dr. Townsend, GSFC Director, has given approval for the 2 mile fun run to be conducted on center on October 14, 1987. There was a brief discussion of volunteer availability for this event. Therese Madden will be the volunteer coordinator for the upcoming race.

The next conversation centered on greater recognition of 2 mile runners and volunteers. It was agreed that more top runners should receive trophies (currently only first place male and female receive trophies). Grace suggested, with much agreement, that GROC do more to acknowledge volunteers. Several ideas were considered but none were agreed upon other than recognition in the Monthly Newsletter.

6) ELECTIONS:

John Laudadio read the recommended slate of officers as it had appeared in the September newsletter. The slate was unanimously approved as proposed. With the addition of the office of Historian, the GROC officers for the upcoming membership year are:

PRESIDENT: George Griffin
VICE PRESIDENT: Therese Madden
SECRETARY: Jean Lane
TREASURER: Edwin Fung
HISTORIAN: Joan Unger

7) CLOSING REMARKS:

Newly elected President George Griffin, closed the meeting by thanking out-going President, Richie Weiss, for all his hard work and inspiration. George also had a few inspiring remarks of his own concerning the club's roots, history, and possibilities for the future.

24rd NASA Intercenter Postal Competition

2-mile Fun Run: October 14 noon, Building 2

Make-up: October 16 noon, DuVal High School

10K Fun Run: October 21 noon, Greenbelt Lake

Make-up: October 23 noon, Greenbelt Lake

**Membership application/registration form was included in the Sept. newsletter.
Non-members may pick up the forms in the Fitness Lab and GEWA.**

Team registration to Gincy due by 1p.m. on Tuesday, October 13.

**TROPHIES will be awarded to the first place team and
the team with MOST FINISHERS !!!**

NASA INTERCENTER 2-MILE FUN RUN

TEAM COMPETITION RULES

1. Each team must consist of at least five members. Each team must have one member designated as the captain and at least one member designated as the backup captain. The captain or designated backup is responsible to register the team properly before the race.
2. In order to register a team for this competition, the team registration form must state one theme that ties all team members together. The theme could be organizational unit, corporation, specific program or project, social or recreational group.
3. Only the race result of the official fun run conducted inside Goddard campus will be considered for the team score. Make-up runs on local school track will not be scored for the purpose of team competition. However, the make-up runs do count for the Intercenter postal competition.
4. The finish order for the race will be scored separately for males and females. The placement points for males will be the same as the finish order among male runners. However, the placement points for females will be normalized to account for the generally smaller number of female finishers in the race. The normalization will be such that the first female finisher will have a placement point of one and the last female finisher will have a placement point exactly equal to that of the last male finisher.
5. The team score is the sum of the five lowest placement points of the team. May the best team win.

Example

The score for a male competitor is his finishing order among male competitors. For example if you finished 5th among male runners, your score is 5.

The score for a female competitor is her finishing order among female competitors normalized with the following formula:

$$n = \beta(m-1) + 1, \text{ where}$$

m = your finishing order among female competitors

$$\beta = \frac{(\text{total number of male finisher} - 1)}{(\text{total number of female finishers} - 1)}$$

If there are 285 male finishers and 101 female finishers in the race, then

$$\beta = (285-1)/(101-1) = 2.84$$

For example, if you finish 6th among female finishers, your score is $2.84(6-1) + 1 = 15.2$

The scoring formula is designed in such a way that the first and last finishers will have identical scores for male and female. The first female finisher has a score of 1.0. The last female finisher has a score of

$$n = 2.84(101-1) + 1 = 285$$

This is the same score as the last male finisher.

The score of a team is the sum of the five lowest score of team members. Lowest score wins.

**"Overnight Success" or
"I have some land on the moon you might be interested in"**

Mark Wilhelm

Many people come to me and say "Mark, I've been on this diet I got out of this paper that said I'll look like Fawn Hall in no time. What's going on?" Or "I've been on this diet where I can eat all I want one day and nothing but water the next and I will lose 15 pounds in a week." Come on people, this is the same magazine that reports dogs giving birth to little green men.

If you want to lose weight, tone up, or get huge and be somebody. You have to apply the same factors to your workout as to your job, life, and hobbies - namely, consistency and dedication.

You have to be consistent in working out. Exercising twice this week, three times next week, and once the following just does not cut the mustard. To see improvement you should exercise no less than three times per week - every week. You also have to be dedicated. Fitness does not start when you walk into the gym and it does not end when you walk out.

The only way to lose body fat is by burning more calories than you are ingesting. But eating is one of man's (and woman's) favorite pastimes. So do not cut out your favorite foods but rather examine what is in it and how it is prepared. One of my secrets is not add butter or milk to certain foods, especially macaroni and cheese. It is not as creamy but it saves about 115 calories worth of fat. So check the food labels and see where the calories are coming from. Making a few minor changes can add up in the long run.

Here are a few other suggestions that might help:

1. Set short term goals. You have to lose 5 lbs before you can lose 20.
2. Reward yourself after you reach a goal. Not with food, but with clothes or exercise shoes. Something that pertains to fitness that will help you continue success.
3. Avoid boredom in your workout. Change your routine around. Find alternatives, get a partner.
4. Take advantage of the "Free trial offers" local health clubs have. Watch what they are doing. You might learn something new.
5. Most importantly give yourself a chance, give your routine a chance. You didn't gain the weight overnight, you sure aren't going to lose it overnight.

*Although a label reading 100 percent vegetable oil has no cholesterol, it may contain coconut, palm kernel or palmoil - highly saturated fats which can raise cholesterol levels in the blood. Look for foods made with cottonseed, corn, safflower, sesame or soybean oil.

*Dark meat in chicken and turkey has more fat than light meat.

*Fiber is found only in foods of plant origin.

Tufts University
Diet and Nutrition Letter

One of the few problems I have encountered during my "Tour of duty" here at Goddard is the use of lifting terms. I guess I jumped ahead of myself in my last two articles, talking about sets, reps, and principles, because gym members have been coming up to me and asking, "What's a set?" and "Is it okay to do 10 sets and count it as 1 rep?" We've got to talk, folks.

Listed below are some of the basic terms, rules of thumb, and some suggestions that might make it a little easier to understand me in the future. If you have any questions, PLEASE ask me. Especially, if you want to change your present routine to make it more interesting or more sport specific.

EXPLANATION OF TERMS

Repetition - a repetition (commonly called a rep) is the execution of one exercise from the starting position, through the range of motion, and back to the starting position.

Set - A set is a group of repetitions. This number may vary.

Example: A set of bench presses may consist of 10 reps, while a set of calf raises consists of 25 reps.

Overhand Grip - Palm is facing your body.

Underhand Grip - Palm is facing away from your body.

Alternating Grip - One palm is facing your body the other is facing away.

EZ Curling Bar - A bar with bends in it that is usually used to perform curling exercises.

Barbell - Standard straight bar.

Dumbbell - Small permanent weights.

Bulk - Large muscles.

Definition - Nice shapely muscles, where you can see the muscle fibers when contracted or flexed.

Steroids - What Leonard Brown wishes he was on.

BASIC PRINCIPLES

Overload Principle - states that you must constantly increase the resistance of an exercise when the body becomes adapted to that weight for improvement to continue.

Supersetting - is performing an exercise for one set on a specific muscle group, then immediately performing another exercise on an antagonist muscle group. This eliminates the warm up and allows the first muscle group time to rest.

Compound setting - is performing an exercise on a muscle group for one set, with a heavy weight, then immediately performing a different exercise on that same muscle group with a lighter weight until you cannot perform anymore. This is to force the muscle to "call" more muscle fibers into work as the others fatigue.

Slow Continuous Motion - Keeping a constant stress on the muscle throughout the full range of motion is one of the best and safest ways to promote growth. Perform each rep slowly, continuously, and carefully. It is a great deal harder than just throwing the weight up, but in the long run it is better.

Burn-out - is working the muscle until it is impossible to do anymore. Also called working to failure.

RULES OF THUMB

Whenever you are exerting force, you want to be breathing out. When you are lowering the weight or in the non-exerting position, you want to be breathing in.

Example: Bench-press - Lowering the weight to your chest, you should breath in.

During the press, you should breath out.

When training for power and strength, you want to perform low repetitions and high weights. (6-8 repetitions)

When training for definition and toning, you want to perform high repetitions and low weight. (10-15 repetitions)

You want to workout at least 3 times per week but never 2 days in a row when performing full-body workouts.

When you are performing a split routine, group your chest, tricep, and shoulder exercises on one day and your back, bicep, and leg exercises together on the other.

Lifting belts, wrist wraps, and knee wraps are strongly recommended when using heavy weights.

Be sure to warm up properly before lifting and cooling down afterwards.

Use spotters when necessary and be courteous of your fellow lifters.



THÉRÈSE could we not talk tonight about your biceps?"



QUANTICO ORIENTEERING CLUB

SCHEDULE OF EVENTS 1987-88

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| Sept. 26 | Rock Creek Park, D.C. |
| Sept. 27 | Dranesville District Park, VA |
| Oct. 18 | Great Falls Park, VA |
| Nov. 1 | Chopawamsic, Quantico Marine Base, VA |
| Nov. 15 | McKeldin State Park, MD |
| Dec. 6 | Greenbelt Park, MD |
| Dec. 20 | Prince William Forest Park, VA |
| Jan. 10 | Rock Creek Park, D.C. |
| Jan. 24 | Manassas Battlefield Park, VA |
| Feb. 7 | Ford's Gold Mine, Great Falls Park, MD |
| Feb. 21 | South Branch, Quantico Marine Base, VA |
| Mar. 6 | Monocacy Park, MD |
| Mar. 19 | Pochahontas State Park, Richmond, VA |
| Mar. 20 | Westmoreland State Park, Fredricksburg, VA |
| Apr. 3 | Avalon State Park, MD |
| Apr. 24 | Quantico Marine Base, VA |
| May 8 | Wheaton Regional Park, MD |
| May 22 | Fountainhead Regional Park, VA |
| June 5 | Mont Alto, PA |
| June 19 | Fort Belvoir, VA |

All meets have courses for young and old; from beginners to advanced.
For further information please call 703-471-5854

At GSFC, call 6-8563 or 6-8469

Correction - Times from the following participants will be counted toward the Intercenter competition: GSFC civil service employees, GSFC retirees, coop students on duty, and on-site contractors. Apologies to the retirees, who were unintentionally left out in the last paragraph of last month's article *Fun Run and Club Bureaucracy*.

Wanted: Saturday Morning Training Run Coordinator!

If interested, please contact Jean Lane on 6063.

2-Mile Fun Run Volunteers!

Sign-up at the Fitness Lab or call Therese Madden on 65971

Editor for the January issue!

The editor wants to recuperate in December. Anyone want to edit the January issue please contact Grace Lee on 5762. Otherwise, we'll have to settle for a combined January/February issue.

November issue - Deadline for all items not in MacWrite is October 28. Art work and items in MacWrite may be turned in by October 30.

Attention!!

You are invited to **Gincy's famous Fall picnic**

Thursday, October 22, 1987

**at 12 noon
at the Fitness Lab**

**Cost: \$3 if sign-up and pay by Tuesday October 20
\$4 after October 20**

**Individual & Team Awards Ceremony
follows the feast!**

**Sign-up early!!
If you can help, contact Gincy**

GROC Executive Board 1987-1988

Fitness Lab Director (ex-officio).....	Gincy Stezar	286-6666
President.....	George Griffin	286-5877
Vice president.....	Therese Madden	286-5971
Treasurer.....	Edwin Fung	286-7347
Secretary.....	Jean Lane	286-3063
Historian.....	Joan Unger	286-7243
Past President.....	Richie Weiss	286-7493
Newsletter Editor.....	Grace Lee	286-5762
Membership Coordinator.....	Jane Jellison	286-8563
Race Director.....	Fred Shuman	286-9080

Grace Lee
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