



GODDARD

RUNNING & ORIENTEERING

CLUB

NEWSLETTER

June 1988



Everything You Ever Wanted to Know About Your Exercise Card But Were Afraid to Ask

Mark Wilhelm

- These numbers represent the number of cards Barry has completed during the present year. - The card shows that this is his fifth one of 1988.
- These numbers represent the numbers of workout days on the previous card for the present month. - This card shows Barry had 6 workouts during the month of May on his previous card.
- RHR - stands for Resting Heart Rate. You find this by taking your pulse on either your wrist or carotid artery for 10 seconds and multiply by 6.
- THR - Target Heart Rate is a zone that is suppose to be the most beneficial for improving cardiovascular fitness according to age. You want to maintain your heart rate for a minimum of 20 minutes (recommended by the ACSM) in the upper region of that zone.
- Warm-up - The warm-up, does just that. It warms-up the muscles and gets them ready for exercise by moving blood into the specific muscles. The warm-up lessens the chance of injury.
- Flexibility - flexibility is performed to increase the range of motion around the joints. - It is performed after the warm-up and before weight training and aerobics.
- These boxes are to record your time, distance, pulse and/or calories burned.
Ex:

5
140

 = 5 minutes/140 heartrate
- Biking, Rowing, Skiing, T-mill, and running are your main exercises for improving cardiovascular fitness. ACSM suggests a minimum of 20 minutes for workout, 3 to 5 times per week.
- Cool down - the cool down is performed for 8-10 minutes after your main exercise. The purpose is to bring the heart rate back down before calling it a day.
- Free hand exercises - these are the free hand exercises that are available in the Fitness Lab. These are to promote strength and/or muscular endurance.

PHYSICAL FITNESS PRESCRIPTION CARD 8(5)

THR 140-170	Dist 5-18									
PRESCRIPTION		RHR 70	FLEXIBILITY							
ARM CIRCLE	SIDE BEND	TORSO STRETCH	HAMSTRING	GROIN A&B	FLOW					
NECK ROLL	WINDMILL	TRUNK ROTATION	TOE TOUCH	QUADS A&B	WALL PUSH	LEG RAISES				
WARM-UP		AEROBIC								
BIKE/T-MILL/ROW 5 MIN @		30								
STEP	ROPE	BIKE	30							
ROW/RUN	20 min		170							
COOL DOWN 10 min @		170	STRENGTH							
WEIGHTS										
PULL-UPS	SETS OF									
PUSH-UPS	SETS OF									
SIT-UPS	SETS OF									
MED BALL	X'S									
SPEED BALL	MIN									
BALANCE BOARD										
COMMENTS		5-6								
NAME: Biceps, Barry										

Marathons for Beginners

Two Beginners

So you are considering a marathon as your next challenge? Where and how do you start the planning process? To whom should you go for advice? Whom can you trust for good advice? How should you train? Should you train a minimum of 30, 40, 50, 60 or etc. miles a week? It turns out there are just as many opinions as there are successful runners. It's a confusing world out there! Some experienced runners are hesitant to provide specific advice even though we're talking about putting one foot in front of the other. "Wait a minute, wait a minute I just remembered, that I learned that when I was a youngster so it must be a simple process." Now there is a good start in your planning process. Keep it as simple and practical as possible. Let's see, I was about the right weight. I had good shoes, nice socks, I enjoyed it, and I was encouraged to take many more steps.

"Be in good physical condition, have a good pair of running shoes and plan to enjoy the challenge with a friend."

Now that we've started where do we go from here? Go the easy way with an excellent chance of successfully completing your marathon in the time that is right for you. This is where life could get complicated. Start talking to anyone and everyone who has run and completed a marathon. Eventually in your discussions you will have to mention that you're just trying to complete a marathon. (Since you don't know if you could stand up straight for 4 or 4.5 hours let alone run that long). When you're talking to successful marathoners you can tell the serious runners from the fun runners by the glint in their eye. The serious runners are those with the glint and the subtle (very) little snicker when you mention 4 to 4.5 hours for a marathon time.

"You will get good advice from both the serious and fun runner based on their experience. Listen to both and work out what is best for your training program."

If you're trying to enjoy this first time marathon experience, seconds should be important only if you're hanging by your fingernails.

This brings us to some specifics in a training program. To understand what you are really getting involved in you should do some basic book research. There are several good books and training programs available. Our GSFC Fitness Lab Director has some good material and reference books. She is also a good listener and dons a white collar when you discuss marathon training problems/solutions. One book that came along at the time we started to think about marathons was *Galloway's Book on Running*. What attracted us to his book was the minimum mileage routines (and I mean minimum) during the week with an increase in long mileage every other week. The training program is based on the idea that you should not tear your body up during the week--save it for the ever increasing long runs in the program. Many other common sense items such as diets, shoes, clothes, injuries, etc., which should also be reviewed are covered in this book.

"Select a training program and discipline yourself (and a friend) to follow it."

It takes discipline and a significant time commitment to complete your training program. You'll need some encouragement to continue and complete the training because long runs do get boring and time consuming. Weather is also a subject that you will develop a great interest. You'll discover the weather forecast becomes very important in your life. At the end of the training program you will know all the local forecasters by their first names. You'll also find more excuses not to run because of bad weather, other commitments, and beautiful weekends which should be used for tennis, fishing, hiking, hunting, etc. but not for running. However on the other hand if you thoroughly enjoy the long runs it may be a sign that you are a future serious runner. The long training runs is where you'll discover and should work out 95% of your problems. As a beginner have your disappointments during training, not during the real marathon. If an easy week is called for, take it easy, don't tear yourself up, take it easy, save yourself for the long runs.

You'll discover that during your first marathon and during training, water stops are a great place to do a bit of walking and talking. Note that this is usually the case before the 20 mile mark. Your body begins to talk to you as you increase your mileage on the long runs. It gets more talkative as

you pass the 20 mile mark. That reminds me of a runners cliché that goes like this, "There are two parts of a marathon the first 20 miles and the last 6." We found this to be true.

Now don't run any old marathon. All marathon courses are not equal. Select a specific marathon, preferably an easy flat course, well managed, not crowded, good weather, no rain or wind, ideal temperature, good food, and one that is scheduled for the same week you peak in your training routine (obviously the ideal situation). In this immediate area two that came to mind are the Marine Corps and the Washington Birthday marathons. One that is several hours away is the Shamrock in Virginia Beach. The Marine Corps is in November, the Washington Birthday the following February and the Shamrock in March. We selected the Marine Corps as the first marathon to finish, the Washington B'day as part of the training program (You don't have to finish) in order to run the 2nd marathon in March to improve on our performance.

Some general comments about each.

The Marine Corps Marathon training period is during the summer and early fall, the course is relatively flat. Weather that time of the year is unpredictable (hot or cold or ideal). The race is very well managed but crowded - it could take 3 minutes to reach the starting line. The route is exceptionally scenic and a great R & R pad is provided by GROC.

The Washington B'day Marathon starts and finishes at the GEWA Recreational Center. You train in the fall and winter. The course is a bit hilly, the road is irregular. The race is not crowded and well managed. The route is scenic in the midst of farm land with farm smell. Good post-race food/drink is available at the Rec Center.

The Shamrock at Virginia Beach is a very flat course. Weather could be a problem, especially the wind since it is along the Atlantic Ocean. The race is not too crowded, and there are several pre and post racing social events.

Running the marathon should be no different than your training runs except there are more people running with you as an organized event. You'll also have an official race time (probably faster than your training time) and a certificate that verifies you have completed a marathon. You'll probably want to frame the 1st certificate as a cherished trophy in the event this is your one and only marathon. But remember (beginners) running 26+ miles at any speed is stressful and your body will hurt. Muscles will be sore. You will become very aware of all your body parts (some that are hurting, some that are not). But look at the bright side, you've completed your first marathon!

What do you do after you reach your goal of running your first marathon? Let your imagination go wild! Reward yourself, reward yourself, reward yourself, reward yourself. You be the judge. Good food. Take time off and just walk for a week or take a vacation to wherever, etc. etc.

As a beginner these are just some highlights that immediately come to mind when considering and completing a first marathon. There are other considerations such as diet, carbo loading, Vaseline for the body, polypropylene material, Gortex, radio headset for entertainment, number of water stops, toe nails, hill work, speed work, time available, injury setbacks, good running form, pace, aches, pains and injuries, stretching, warmups, etc., but these are left to the beginner to work out in his training routine.

If you consider yourself a beginner after your first marathon (no matter what your finishing time) you've successfully completed the training program. To maintain this status:

- o Don't wear your running shoes around the house, at non-running events, and at work, or they will become an integral part of your body.
- o Only keep your first marathon T-shirt. Give all other running event T-shirts away to family members or a close friend. As with the case of the shoes the T-shirt may become an integral part of your body and you may feel an obligation or need to run.
- o Only participate in runs that offer good food/drink/social events or is sponsored for a worthy cause.
- o Only wear analog watches. Never wear a digital watch that can store one or more lap times.

- o Only plan to run in ideal weather. Don't purchase any polypropylene or Gortex clothes.
- o Never, never let it be a concern that your running partner finished the training runs 10 seconds before you.

Now everyone starts as a beginner. However be careful, if you can't or don't follow the above advice you may be close to falling over the edge and out of the fun running status category.

Editor's Note: This article has been reviewed by the Fitness Lab Director. Her comments: "I couldn't have said it better." The authors of this article, GROC members in good standing, prefer to be identified only as "Two Beginners".

A Bit of History . . .

Joan Rattigan

Did you have a chance at the last fun run to look around at all your fellow runners? Did you have a minute to check out the crowd? We had a nice mix of men and women at the race, and even a few children (no dogs though!). But, that wasn't always the way. We had 11 men participating in the first Goddard run, and no women at all. Mike Rosenweig came out on top in that Spring '76 race, with a time of 11:13. He had only 9 men NASA wide running a faster time than he did - not bad! The first woman to compete in a Goddard run was Lynn Puccinelli. She completed the Fall '76 two mile race in 15 minutes 32 seconds. She came in second of twenty women NASA wide and received a plaque for her efforts! Here's a chart of how participation in Goddard's semi-annual races has changed over the years.

	TWO MILE		10K		
	MEN	WOMEN	MEN	WOMEN	
Spring '76	11	0	No Race		
Fall '76	10	1	No Race		
Spring '77	26	7	23	2	(4 Mile)
Fall '77	60	4	37	0	(4 Mile)
Spring '78	47	6	43	1	(4 Mile)
Fall '78	58	12	35	6	
Spring '79	72	6	36	6	
Fall '79	88	6	46	8	
Spring '80	71	10	43	6	
Fall '80	75	10	47	9	
Spring '81	169	42	55	8	
Fall '81	194	31	53	11	
Spring '82	200	76	53	7	
Fall '82	213	48	52	7	
Spring '83	220	75	56	9	
Fall '83	232	58	67	10	
Spring '84	274	76	50	13	
Fall '84	299	90	56	10	
Spring '85	265	102	57	16	
Fall '85	281	80	65	14	
Spring '86	342	118	76	17	
Fall '86	282	94	50	9	
Spring '87	329	146	63	12	
Fall '87	261	78*	70	10	* Including the dog!
Spring '88	251	98	74	11	

Fall '87 and Spring '88 are only rough numbers since the final intercenter results were not used in tabulation. OOPS! I incorrectly identified the fastest Men's 29 and under time as 9:33 in the April newsletter. It's actually 9:32 set by Tim Minor in Spring '84. Sorry about that!!

Running in Hot Weather

Gincy Stezar

This is my annual reminder on summer/hot weather running. The chart below was devised by the National Weather Service in an attempt to describe more accurately the weather. In other words, it should give you a better indication of how hot it actually feels.

Heat Index/heat disorders

HEAT INDEX	SAMPLE HEAT AND HUMIDITY LEVEL	POSSIBLE HEAT DISORDERS FOR PEOPLE IN HIGH-RISK GROUP
80-90	85 & 20% 90 & 10%	Fatigue during prolonged activity and/or exposure
90-105	85 & 70% 90 & 50% 95 & 25%	Sunstroke, heat cramps, and heat exhaustion possible
105-130	90 & 80% 95 & 60%	Sunstroke, heat cramps, and heat exhaustion likely. Heatstroke possible.
130 or higher	95 & 80 100 & 60 105 & 50	Heatstroke and sunstroke likely from continued exposure

When the Heat Index rises to significant levels, take the following precautions:

1. Avoid dehydration - Drink plenty of fluids before, during and after outdoor activity.
2. Avoid salt tablets - Instead, eat a diet rich in minerals and vitamins.
3. Avoid alcohol, high sugar drinks, and caffeine - all of which act adversely on the cooling system.
4. Avoid fats and heavy meals before exercise.
5. Avoid oily sunscreens and lotions which prevent sweating.
6. Wear light, breathable fabrics.
7. Get plenty of rest and sleep.
8. Choose the cooler times of the day or find an indoor activity as a good substitute.
9. Cool down after your exercise. Stopping suddenly may cause fainting.
10. Avoid dark pavement. Seek routes that include plenty of shade and provide an opportunity for frequent water stops.
11. Adjust your exercise. Reduce your pace and distance.

Should you start to experience signs of heat stress which may include chills, headache, heat cramps, weakness, nausea, rapid pulse (any one or a combination), stop the activity immediately, get into the shade and drink plenty of fluids.

Remember, the heart works much harder in hot weather. Run wisely to run longer.

Running the *Healthy Choices* from the Sidelines

Grace Lee

The *Healthy Choices* became my favorite racing event ever since I participated in its inaugural three years ago. Taking place on a Sunday in May, the *Healthy Choices* provide a scenic course for the well-managed races, and a healthy post-race brunch. This is the one running event I wouldn't want to miss regardless of my training condition. Unless I had to stay in bed, I should be able at least to jog the 1-mile! If I'm in good condition, I should be able to do the 10K. If on the day of the race, the weather became intolerable or if I felt unprepared for a reasonable 10K, I could move down to the 5K. Great choices!

I was quite excited about this year's race. In better running condition than last year, I expected to perform respectably in the 5K. Last May I came in fourth in my age group in the 5K, after strolling in the heat & humidity unaware of the existence of age group awards. (It was not announced in the registration pamphlet!) The year before, when there were no age group awards for the 5K, I was not among the top three. This year, there would be 5 awards given for the 5K for the various age groups (With my luck, I'd probably finish 6th!) And from the grapevines, I learned that the brunch would be "brought back to standard" (as in the first two years). About the only improvement I could suggest to the Race Director is the T-shirt - the colors could be more cheerful (rather than the dreary gray and black) and the design more interesting. So, as the race date drew near, my excitement intensified.

Five days before the race, I came down with a fever. By Friday, I was better, but I could hardly move my legs during a slow 2-mile workout. Could I even run a mile on Sunday? If I couldn't, I should be at least able to walk one mile!

On Saturday, the fever returned. By night time, I knew I wasn't in any condition to go to the race the next day. I called Richie Weiss and asked him to pick up a T-shirt for me. I had resigned to the fact that unforeseen circumstances were preventing me from participating in the *Healthy Choices* for the first time.

Sunday morning, I woke up before race time, still with a lingering fever. At 8 a.m., the announced starting time, I began to imagine that I was in the scene - the pleasant weather, the starting line, the crowd, the 1-mile marker, the turn-around point, water stops, the finish line - I felt like I was running in air. And I "saw" the 10K runners finishing - George, Richie, John... Oh yes, the food - THE bread, chili, fruits...back to standard!! I could see the group enjoying themselves, pigging out on the delicious & healthy brunch. I'd waited a whole year for this, and I couldn't share the festivities with them.

Rich Fulton placed first in his age group for the 10K and Fred Shuman won the 1-mile among the masters (40 & over!!!). Congratulations.

Though I was not physically present at the *Healthy Choices* this year, I was there in spirit.

NEWS/ANNOUNCEMENTS

Upcoming Newsletter Schedule

Barring unforeseen circumstances the following is the newsletter schedule for the remainder of the year:

<u>Issue</u>	<u>Deadline</u>
July/August 1988	July 18 (note change <u>again</u>)
September 1988	August 24
October 1988	September 23
Nov/Dec 1988	November 7

Please observe the deadline! Depending on the nature of the contributing items, it takes two to seven days to prepare the newsletter for publication (remember, we all have full-time jobs) and a minimum of four days for printing and distribution. By the time you receive a newsletter, some of the time-sensitive announcements may be obsolete. So, all contributors please cooperate with the editor's schedule. Remember, if you have a computer and can type, submit your items in MacWrite. If you use a PC store your files in ASCII and call Jane Jellison (68563) for help in transferring your PC files to MacWrite.

Mark Wilhelm Leaves Goddard

Mark Wilhelm, our afternoon Fitness Lab technician, left Goddard on May 20th. Mark will be starting student teaching (in Physical Education, naturally) this Fall and cannot hold another job during the duration. In appreciation of Mark's contribution to the well-being of the Fitness Lab participants and the GROC newsletter, a party was held in his honor at Therese Madden's home on May 19. Best of luck and success, Mark, in all your future endeavors!

New Fitness Lab Technician

David Detweiler becomes the new Fitness Lab technician on June 13th. David's credentials are impressive - degree in Physical Education from the University of Maryland with emphasis in Kinesiology, UM varsity swimmer for four years, swimming coach, trainer of triathletes. Welcome, David!

Artist Plans Wedding!

Have you been wondering why we haven't seen much original cartoons lately? There is a good reason. John Croft, the newsetter's official cartoonist, is getting married on June 18th! (By the time this issue is delivered, this announcement will be old news!) Congratulations, John!

Attention all runners ! - Message from the Garden Club

"The Garden Club is presently enclosing certain plots located adjacent to the parameter fence near Greenbelt Road with two electric fences. We would like to point out that the fence will not obstruct or hinder in any way runners who use the existing path through the woods. Access between the path and road is assured by a ten foot right-of-way."

(Editor's comment: The Garden Club issued this announcement as a courtesy to our runners.)

5-Mile Instead of the 10K??? Your Opinion Wanted!!!

NASA Lewis suggested that, starting with the Fall 1988 Intercenter Run, the 10K should be replaced by a 5-Miler. Reasons - There would be more participants on (their) center, the race could be completed in an hour, and the 5-Milers and 8K's have been increasingly popular in the(ir) area. What do you think? Send your comments to Gincy (Code 205.2, Fitness Lab).

RRCA Convention

John Sissala, GROC's official delegate, attended the RRCA Convention at Indianapolis in May. John promises to provide the club with a report as soon as his other running-related activities subside!

To our surprise, GROC's newsletter did not win the RRCA Journalism Award for Outstanding Newsletter for Small Clubs (less than 500 members). Honors for 1987 went to *StrideRight* of the Florida Striders Track Club. GROC joined RRCA in 1986 and did not compete that year. The *Rundown* of the Montgomery County Road Runners won the award for large clubs.

Editor's comments: Only one issue out of the entire year's publications was requested to be submitted for consideration for the award - "issue of the year" rather than "newsletter of the year"? With less than 400 club members, the Florida Striders Track Club manages to publish a monthly newsletter with a newspaper format (like the RRCA *Footnotes*) - certainly more professional in appearance than our Macintosh-generated, stabled copies. But let's not forget the purpose of GROC - "to promote healthful running and orienteering as practical means of physical fitness" (GROC Constitution). Hence, we are not in business to engage in large scale fund-raising activities (conducting big races, for example) or accept advertising for the newsletter, both of which are crucial in generating sufficient funds for a professional-looking newspaper. GROC wouldn't be GROC if we turned "pro". Having said this, if you think our newsletter ought to be less amateurish, you could always volunteer to help.

Soles to Seoul Update (as of May 31, 1988)

compiled by Gincy Stezar

Easy Striders	7496 (arrived at the destination)
Fleet of Feet	6585
Seoul Searchers	6404.05
Mostly 7	6313.8
Limping Lizards	5905.35
Pea Swipers	5663
Night Crawlers	5633.85
Team International	5465.4
Tokyo Rose & Thorns	4583.65
Feet First	4331.1 (not up to date)
Team Wallops	3973 (not up to date)
Safety Souls	2856.5 (not up to date)
Dare Devils	2258.55
Space Walkers	1410.9
BZCQ's	393 (not up to date)
Orient Express	388 (not up to date)

Editor's note: The *Easy Striders* have arrived at the destination. At the discretion of the run organizers, its team members have been reassigned to assist the struggling teams (those with fewer than 10 members or with a number of inactive participants).

Food for Thought

John Laudadio

For those of us who exercise the effort is worth the pain. Our gains are as varied as the individual. However we all expect to benefit by our effort. As food for thought though, a different viewpoint was expressed a while ago by **William Oldys**.

On a Fly Drinking Out of His Cup

Busy, curious, thirsty fly!
Drink with and drink as I:
Freely welcome to my cup,
Couldst thou sip and sip it up:
Make the most of life you may,
Life is short and wears away.

Both alike are amine and thine
Hastening quick to their decline:
Thine's a summer, mine's no more,
Though repeated to threescore.
Threescore summers, when they're gone,
Will appear as short as one!

Grace Lee
711.3

GROC Executive Board 1987-1988

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