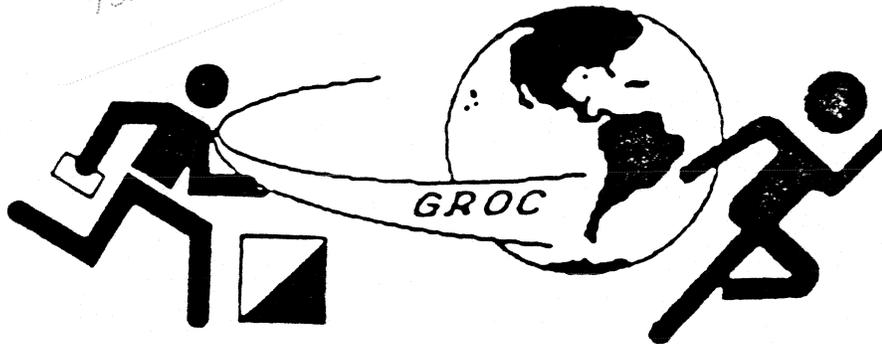


Thomas Winkert
735.4



GODDARD
RUNNING & ORIENTEERING
CLUB

NEWSLETTER

March 1988



The Traveling Workout

Mark Wilhelm

One of the questions that many gym members ask me about is what can they do when they go on leave or travel so that all their hard work in the gym won't be wasted. Below is a program that can be done in a small area that will allow you to get a good workout and at least maintain your present level of fitness.

I did not include sets and repetitions on all the exercises, because those are up to personal discretion.

Push-ups (chest, shoulders, triceps)

- to stress chest muscles - place hands approximately 6" outside of the shoulders
- to stress triceps - place hands directly underneath sternum forming a triangle with the thumbs and forefingers. Keep elbows close to body.
- to produce total effect of chest, shoulders, and triceps - place hand directly under the shoulders with elbows flared out at a 45-degree angle

Back pulls (back muscles and some bicep) - need two sturdy chairs and a broomstick

- Place the broomstick across the two chairs so it is level. Lie on your back, beneath the stick and grasp it as wide as possible. Keeping your body straight pull yourself up until your chest touches the bar, then slowly return back to the starting position. (Check the shower curtain rod to see if it is sturdy enough to do chin-ups)

Squats (quadriceps/hamstrings)

- Standing with feet about shoulders width apart and hands on waist slowly lower yourself until your thigh is parallel to the floor. Hold for a second, then return to the standing position. Do about 25 reps slowly, you will feel this.

Quad setting (quadriceps)

- Sitting on a chair, slowly straighten one leg in front of you. Contract the leg muscles as hard as possible and hold for 10 seconds. Repeat 5 times after a 10-second rest period. Alternate legs.

Calf raises (gastrocnemius and soleus)

- Using a step or a phone book (preferably a thick one), place the balls of your feet on the edge. Lower your heels to the floor (your heels are now lower than your toes). Raise your body up until you are on your tippy-toes. Do about 25 repetitions. To work the complete muscles keep the feet straight. To emphasize the outer muscle point your feet inward. To emphasize the inner muscle point your feet outward.

Isometric bicep contractions

- Grasp both sides of a door knob with your palms up, pull upward to contract the biceps. Hold for 10-15 seconds. Relax for 10 seconds. Then repeat using a different angle.

Isometric forearm contractions

- Grasp both sides of a door knob with your palms down. Pull upward to contract the forearm muscles. Hold for 10-15 seconds. Relax for 10 seconds. Then repeat.

Abdominals

- Regular crunches/sit-ups

Mark is the afternoon Fitness Lab Technician.

25th NASA Intercenter Postal Competition

2-mile Fun Run: April 13 noon, Building 2

Make-up: April 15 noon, DuVal High School

10K Fun Run: April 20 noon, Greenbelt Lake

Make-up: April 22 noon, Greenbelt Lake

Team registration to Gincy due by 1p.m. on Tuesday, April 12

TROPHIES will be awarded to the FIRST PLACE team

and the team with the MOST FINISHERS !!!

The George Washington's Birthday Marathon

George Griffin

The oldest marathon in the Baltimore-Washington area was held on Valentine's Day at the Goddard Recreation Center. Nearly 200 runners completed the 26-mile, 385-yard course in the 27th Annual George Washington's Birthday Marathon. Congratulations to all of the runners and especially to the Goddard runners: Mark Baugh with a time of 2:58:57, Claude Bell 3:22:24, Daniel Mandl 3:42:24, Jack Koslosky 4:12:46 and NASA Langley runner Pete Earls 3:21:04. Jim Hage (30), of Lanham, won first place in 2:28:18. Rose Malloy (39), of Annapolis, broke the old (women's) record of 3:01:38 with a time of 2:53:29. Some ran for other records, like Sy Mah (61) of Toledo, Ohio who has run the most marathons (491) and Ed Barrets (51) of Naples, Florida who wants to complete 60 marathons in one year. This race was his 52nd. Next year I hope we will have a record number of Goddard runners in this well-managed race.

George is the President of GROC.

Don't forget!

Orienteering Meet

Sunday March 6, 1988

Registration & Start times between noon and 2:00 p.m.

Greenbelt Park

It's been five months since we started on our run to Seoul and everyone seems to be in good shape. We have traveled from the Potomac, part of the Northeast corridor where a third of the nation's population crowds into its web-like megopolis. From Washington we travel up and across one of the oldest mountain ranges, the Appalachian, then down into the Ohio Valley, the fastest settled of all the fertile regions that were carved out after the original colonies formed a central government. We veered slightly north to the transportation and architectural hub of the central states, Chicago, with its high proportion of parks and structures fashioned by Burnham and Wright. Onward across the forested northwest into the hills of the Badlands that felt the struggles for furs, struggles of natives beaten back by farmers, fueled with civil war promises of free lands, and tempered by the blast of arctic weather and chinooks in winter and the sun's scorching heat in the summer. Climbing the Sawtooths in the Rockies, which are the last respite of the beleaguered bison, formerly a native of the Appalachian, and the grizzly, two distinctively American animals, we run across the least densely populated state of the lower 48, Idaho. Then it's a climb again up the most active volcanic range of mountains in the U.S. and down into Seattle, originally a Russian settlement.

We will pass two more continents, one with the most unusual fauna in the world. The Australian duckbill platypus is a transitory species sharing the sexual traits of mammals and yet giving birth like a reptile. Even the people have evolved with uncanny specialization: at night the native peoples can reduce their body temperature to compensate for the outback temperature. Speculation has it that the nightly dormant period helps to ration vital energy for the hardships of the day. We will cross islands which, until recently, were the last vestiges of cultural cannibalism in the world. Eventually we will cross the deepest ocean trench at 35,000 feet, the Marianas, and be on the fourth continent for a quick run into one of the fastest industrialized and growing cities of the world, Seoul.

We striders seem to be enjoying the trip and it shows. To date we have logged the most mileage of any group. And everyone is participating. We appreciate the 1, 2, and 3 mile efforts just the same as the 9, 10, and 11 mile trips. That is why we are now in the ocean, having passed Seattle last month. Soon we will be in Tokyo. From there it's only a short trip to complete the 7,496 miles to Seoul.

SO LET'S HAVE A CONTEST!!

We will each guess the day that we reach our goal. The person nearest the correct day wins a prize. The prize will be specified at a later date. It may be a pair of aerobic or training shoes if the Nike or Reebok representative can be persuaded to give up a demo model, or it may be a gratuity from the rest of the team. To record your guess, just jot it down alongside your mileage record on the sheet posted in the fitness lab. GOOD LUCK.

THE FINISH

We will attempt to keep the record more closely when we get within five hundred miles of the finish. This will help to plan the finish as a team event. When we have only five or ten miles left, we will meet at the fitness lab and jog the last miles together. If the whole team runs a half mile from the back of Building 15 to the fitness lab door, that would give us the last 7 miles. We could also have our picture taken crossing the finish line. So plan to be there....

DID YOU KNOW?

Mary Ann, Mark, Fred, and Rich ran the Marine Corps Marathon in November. Very impressive you guys.

John Sissala not only runs but is the Road Runners Club of America State Representative for Maryland, looking after the needs of ten or so local clubs (like GROC) with memberships up to the four thousand mark.

Fritz Hasler is our neophyte runner with the usual aches and pains which accompany the casual exerciser. But he is more at home on the water. He holds records and has been a past national champion water skier. No wonder he is picking up after we have reached the Pacific.

Harry runs to keep fit. He's fit since he began running in high school, but the person he's keeping fit is his son. They run races together and so far dad is still ahead.

Scott gets his running in between biking workouts. All it takes is swimming to get you into shape for triathalons Scott, and we are in the Pacific so you're wet anyway.

And finally, we have a runner who uses the workout to get to and from Goddard. Claire lives only a few miles away and commutes as exercise instead of helping to make those traffic jams we all endure.

NEWS NEWS NEWS

We want articles: team member news, *Soles to Seoul* articles and members' profiles needed for the newsletter. Send in articles to Gincy or Mark at the health unit. Does anyone know what's of interest to us in the ocean, Japan, or Korea? All you writers get out your wordprocessors.

See you in Seoul.

Editor's Note & Comment: Ken is one of the pioneer runners of the Fun Runs and is the captain of the *Soles to Seoul Easy Striders* team. This article is a reprint (with minor modifications) of his newsletter to the team members (Mark Baugh, Mary Ann Esfandiari, Rich Fulton, Scott Glubke, Fritz Hasler, Claire Parkinson, Fred Shuman, John Sissala, Harry Truxel). Please note that the second paragraph of this article is kind of far out. The original *Soles to Seoul* route takes us across the "great circle" near the Arctic, not Australia and Antarctica. Give the writer credit for his great imagination. Perhaps, with four marathoners on the squad, Ken thinks the team can take the long route and still can make it to Seoul on schedule!!!

Soles to Seoul Update (as of 31 January 1988)

compiled by Mark Wilhelm

<u>Team</u>	<u>Mileage</u>
Easy Striders	4556.15
Mostly 7	3640.3
Limping Lizards	3589.75
Seoul Searchers	3532.35
Fleet of Feet	3214.8
Team International	3161.5
Nite Crawlers	2845.05
Tokyo Rose and Thorns	2486
Dare Devils	1125.5
Pea Swipers	1043
Space Walkers	825
Orient Express	388

GROC Meeting

Thursday, March 3, 5:15 p.m. sharp

Holiday Inn (behind Greenway Shopping Center)
Happy Hour Room (inside Restaurant)

Topic: **Spring fun run**

All volunteers please attend

--Don't run out to buy olestra, the non-caloric fat substitute, just yet. The Center for Science in the Public Interest found results to indicate the new diet aid to be toxic and carcinogenic.

--"Lite" or "Light" does not necessarily mean lower in calories. Many times the words are used to describe taste, texture or color.

--Fiber is found only in food of plant origin.

--The most healthful way to eat pasta is *al dente* - tender but firm. The longer it cooks, the more vitamins leach out. Rinsing pasta also washes away nutrients. (Tufts University *Diet & Nutrition Newsletter* Vol 5 #6, Aug 1987)

--Feeling tired and weak, having terrible workouts, shortness of breath? Perhaps you have an iron deficiency. Athletes can lose iron through damaging red blood cells by running, swimming, and other activities. Caffeine and excessive fiber consumption reduce iron absorption.

--Excess protein turns into fat, not muscle.

--Men perspire most heavily on the upper chest; women from the underarms.

--New on the fat detector market: The Sound Chamber. More accurate than skinfold calipers or underwater weighing, the chamber measures the frequency of sound resonating from the body to determine the percentage of muscle fat and water.

--New research shows harder aerobic workouts may be the secret for improved cardiac rehabilitation. Of course, always check with your doctor first!

--Researchers at the University of Wisconsin, Madison, have found that 40 minutes of aerobic exercises can lower blood pressure and feelings of stress better than resting.

--Walkers! Looking for a good place to do your exercise when the weather is miserable. Try your local Mall. Many malls have even instituted Mall Walkers programs with measured distance.

--Have you indoor rowers checked the "Best Times" chart lately? We have some new entries who have bumped off several of the Top 10 contenders.

--**The crosswalk located at the Parkway Gate will soon be removed.** Apparently too many runners have thrown caution to the wind while drivers are oblivious to the crosswalk. If you take this route, remember: STOP, LOOK & LISTEN before crossing the roadway. There is no contest between pedestrian and car.

--Debbie Derrick of the Lesser Tang-Tipped Pea Swipers (a Soles to Seoul team) announces that her team is collecting pledges for the **Special Olympics** on their way to Seoul. Last report, they had more than \$700 pledged. Since a penny a mile is a bit much, they are asking for a mill a mile which comes to \$7.50. It would be great if other teams joined in or at the very least send in your pledges. She can be reached at 937-0760 x6224.

Attention Amateur Artists:
We're looking for a special design logo for our
Soles to Seoul Tee Shirt.
Please send your ideas to Gincy or Mark,
Code 205.2 or stop by at the *Fitness Lab.*

Editor's note: The sources of information for this piece come from reading various health newsletters and magazines as well as her experience as Fitness Lab Director.

MD/DC RRCA Club Officers Meeting

Grace Lee

The area RRCA club officers (mainly presidents) held a meeting at the home of Phil Riehl, president of the Howard County Striders, after the MD/DC RRCA Club Challenge 10M race on February 21. (GROC was unable to field a team.) The gathering was also honored by the presence of RRCA President Henley Gible and VP East Jane Dolley, who came all the way from Maine to attend! Maryland State Rep John Sissala (a fellow GROC member) chaired the meeting.

Following are highlights and items of interest from the meeting:

--It appears that all clubs share a few familiar problems. Runners want clubs, races, and activities but very few are willing to work. People often "run" for offices unopposed. (GROC is no exception.)

--Turn-around time (time between submission of master copy to printshop and completion of job) for club newsletters seems to be very long - from two weeks for the Frederick Steeplechasers to two months(!) for the DC Road Runners. (Remember one time when we had to wait two weeks? We were furious! Maybe we're lucky. But with the frequency of our publication, we cannot afford to have more than one week turn-around - our potential contributors would receive the newsletter after the deadline for the next issue!)

--Frederick Steeplechasers is employing the services of the local high school printing class for the publication of their club newsletter, at a substantial savings on cost.

--Some newsletters are accepting commercial advertisement in order to reduce net publication cost.

--Have you notice that runners in races are getting older? Howard County Striders has a Junior Striders program which should help to encourage more youngsters to run (and exercise).

--Former Olympian and writer **Jeff Galloway** will be the guest speaker at the DC Road Runners banquet on Sunday **April 24**. Contact Roger Peet (426-1645 {W}) or John Sissala (62387) if you want to attend.

--RRCA VP East Jane Dolley is fascinated by GROC's *Soles to Seoul* program.

--Joe Henderson will be the keynote speaker for the RRCA Convention banquet in May. Clubs who are not sending delegates to the Convention may trust John Sissala as their proxy. The championship race associated with the Convention will be an 8K this time.

--The RRCA Hall of Fame is now in a special area inside the TAC Hall of Fame.

--John Sissala presented the idea of a mega roster, as master list of all runners in the area. The list will be available at a cost to those conducting running-related activities. Clubs which do participate will receive a proportionate share of the rental fee. (GROC's participation will have to be decided at a club meeting. If we do want to join, individuals who do not wish to receive outside solicitations should be allowed to be excluded from the list.)

--The Women's Distance Festival was initiated a few years ago to remind us that the 5K was not available to women in the Olympics. Running clubs across the country have been conducting the WDF 5K races around the third week of July, usually as a club activity. This year the area clubs will coordinate publicity and generate a generic entry form so that the various races of the WDF are viewed as different episodes of a single event.

--TAC insurance is now available for club races.

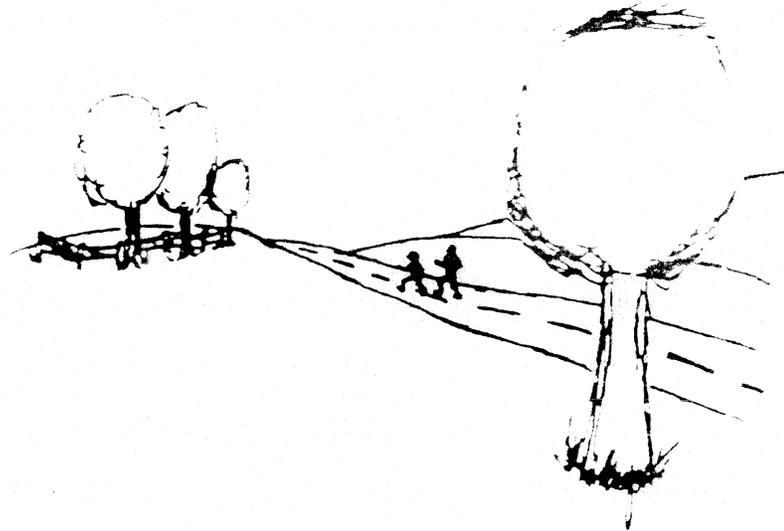
--RRCA Maryland State Rep John Sissala plans not to seek another term as State Rep, the office which he has served with distinction. Anyone interested?

Soles to Seoul newsletters - Apparently some *Soles to Seoul* team captains have taken the initiative to write their own team newsletters. It is also obvious that the enthusiasm has generate very positive results - the Easy Striders have logged in the most miles and the Pea Swipers, a late entrant, had a very impressive January. Good going! But team captains, don't be selfish! Share your writings with other GROC readers! Submit your newsletters to the GROC editor for possible publication.

April issue - Please, please, deadline for the April issue is Wednesday, **March 23**. Please submit your articles in MacWrite. Contact Jane Jellison (68563) if you're working with a PC or equivalent.

Attention Healthy Choices Runners - Remember that we must submit our applications as a *group* in order to receive the entry fee discount. More information on this later. Watch for sign-up list on the Fitness Lab bulletin board. The race is scheduled for May 15.

Congratulations, Joan! - GROC Historian Joan Unger married Mr. Jim Rattigan on February 6. They spent their honeymoon in Hawaii. She is in the process of changing her name, so in the future our historian will be known as Joan Rattigan. (It will take some time to get used to the new name!)



GROC Executive Board 1987-1988

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