



The GROC Newsletter

A Publication of the Goddard Running & Orienteering Club

July/August 1989

News Alert!!!

HELP! HELP! HELP! FORTRAN PROGRAMMER NEEDED! NOW!

The NASA Intercenter Running Competition is in a state of **crisis**. The stalwart Dan Cica (LeRC) who has compiled the results for the past three centuries (well, ten years) is no longer in a position to do so. He is asking for someone to assume that task, and has furnished the source code that he has been using on an IBM mainframe to integrate the various centers' results and produce the final scoring. The program is written in Fortran, and Dan tells me that it would take a knowledgeable person "a week of lunch hours" to translate it into something that would run on a PC.

My request to you is for that person to contact me, Jane Jellison, ext. 8563, and volunteer your services to allow this competition to continue. Once the program is in place, I will undertake to collect the results from the other centers, integrate them into the final results, and disseminate the same to the participating centers. It would be nice if this could all be done in dBase III+, where I keep the Goddard data, but I will settle for anything that will get the job done. This thing is too good to be allowed to fade away from inertia.

The RRCA National Convention

Ken Brown

How high can a mountain be if the twelve-mile trail to it rises 3000 ft in the first three miles. Explain why nothing really grows too well in the Garden of the Gods. What caused a town with over 100,000 people at the turn of the century to be almost abandoned until today it only has 800 citizens. If you know the answers, well chances are you have been to the city that hosted the 1989 Road Runners Club of America Convention. This meeting and its finale, a race at 7000 ft elevation highlighted the second week of June on your running calendar.

Like conventions everywhere it wasn't all tea and skittles, or beer and intervals. There were club issues, newsletters, and organizational topics designed to inform the attendees in a relaxed and studied casual manner. The runner, socializer, looker-oner, and hard core club administrator could learn enough to make it worthwhile and yet be entertained.

Examples of the business conducted in the sessions were the newsletter, the nuts and bolts of the local club and the presidents' session. Two newsletter editors, one from a 300-man club and the other from a 1800 man club explained their individual goals. The smaller club newsletter had a suprisingly large staff of 21. (Take note, GROC people!) They sent their letter to every participant in the local races, club members, sports stores and spas. Ads supplimented the budget and the newsletter now turns a profit. The large club newsletter had a goal of including as many pictures in it as possible, as many member names as possible, and as many features as possible. Some of its feature columns are: beginning running, long distance, injuries, diet, back of the pack, retired runner, member spotlight, youth running, women's running, guest columnists (out of town race like Boston), interval workouts, races, and various related social events. The columns should give our club ideas on future articles.

At the general business meeting the issue of the day was baby strollers. The RRCA strongly recommends against the participation of baby strollers or baby joggers and against race organizers creating baby stroller divisions. The reason for this recommendation is that the inclusion of strollers in races increases the potential for injury to race participants and the children. Race directors were cautioned that allowing these vehicles could void insurance protection.

Another item of business was the RRCA logo. Its being revamped for the '90s. The preliminary design features the letters "RRCA" with the words spelled out in small type on top of a triangle. In the triangle are the siloutes of two runners, one female and one male.

If you read this far to find out the answers to the introductory puzzlers and you didn't guess that the city was Colorado Springs, you are not up on the West. The 12-mile trail goes up to the top of Pike's Peak which is 14,400 ft high. This is the same trail on which the Pike's Peak Marathon is run. There are some 90 switchbacks in this lower section of the trail. It has a handrailing to keep the eager hikers from falling off the side. Nothing grows in the Garden of the Gods but the ache in your lungs as you try to finish the 10 mile race through this park in the desert. The biggest crop is a pile of huge slab rock outcrops, some over a hundred feet tall thrust vertical from the desert floor. The race at the end of the convention wound around these massive and finely balanced reddish boulders. The garden is the playground of the Gods alright, Gods like Pan and Hermes who like to play tricks on mortals trying to run at 7000 ft. The vanished town is Cripple Creek. During the height of the gold rush, before 1935 when that metal was pegged to the dollar, over 500 mines operated in the Cripple Creek valley employing thousands from the city which had an opera house, library, and trolleys that picked up passengers at ten minute intervals. Today only one mine is operating to add to the over four billions of dollars worth of gold and silver that were blasted out of rock in tunnels pocketing the hills rimming the city. Are you ready to think about going to the next one in Miami. It is recommended fare if you want a good time and enjoy the company of fellow runners. See you there, sport.

Ken attended the RRCA convention this June and volunteered to report on its activities.

The Torch Run: A Personal Experience

Lani Williams

After a couple of months of planning, driving, recruiting, public relating, and arranging logistics, seven runners gathered in front of the Health Unit on June 16 to light a torch for the Maryland State Games. At noon, Bill Keathley, representing Goddard management, applied actual flame to the torch. With his good wishes, we took off toward Baltimore by way of Annapolis.

First came Bob Phillips, torch in hand. Then the blue van that transported the rest of us and all our paraphernalia. Bob ran out the back gate to Good Luck Road and struck off for Bowie on scenic (if sweltering) back roads. Bob handed off to Rich Fulton after nearly 2 miles. I volunteered to be the next torch-toter, hoping not to disgrace myself by pooping out prematurely. By this time the flame had died and a lively discussion inside the van had decided to try 5-minute stints.

Emil Kirwan took the torch, then passed it along to John Sissala. John, the GROC team's mastermind and chief organizer, eventually gave the token to Joan Rattigan. Ken Brown weighted the relay's anchor leg.

GROC was one of four running teams chosen to participate in this first Torch Run. From the south came Montgomery County Road Runners. From the north, the Howard County Striders. Frederick's Steeplechasers brought the western torch. And GROC carried one from the east.

Equipped with State-owned vans and rooftop strobe lights, dressed in black shorts and yellow golf shirts, we were to assemble at the University of Maryland, Baltimore County near Catonsville in time for the State Games' opening ceremony. Each team would run more than 50 miles.

By the end of the second round, we'd established a routine, logging in time and distance. We fought to keep a bit of cool in the van: boy, was it humid outside!

Thanks to advance publicity work, State Senator Leo Green, a runner himself, waited at the edge of Bowie. As he ran, several young onlookers joined the procession. This inflated group carried the torch to Bowie's mayor, Richard Logue, who took a turn of his own. Cameras clicked to record the festivities for the local paper. Then we climbed a hill and left Bowie behind.

The team touched Annapolis and turned north toward Baltimore and our next rendezvous. Before we knew it, we met Danny Andrews, a wheelchair racer who had arranged to participate. Danny carried the torch for a solid half hour, wheeling uphill and through the daunting Friday afternoon traffic along Route 2.

When we said goodbye to Danny, we said hello to a rain shower and thickening traffic. The rest of our route passed through populated areas. Now and then, some bystander yelled, "Whatcha doin'?" or "Your torch is out. Wanta light?" Once, a huge dump truck seemed bent on flattening Emil. A teenaged track athlete ran along for a few minutes to ask how he could compete in the games.

By 6:30 we had made our (ignited) grand entrance to UMBC campus and turned our thoughts to food, showers, and the whereabouts of the other torch teams. By 7:30 we'd answered all questions. We settled in to watch the first parts of the opening ceremony and wait our turn as the sun set.

After awards and speeches and a performance by the Governor's Celebration Marching Band -- and the fire department's fervent pleas to remove all vehicles from the facing hill before the grand finale fireworks display -- the announcer called for the four torches. Down the hill they trailed, pretty in the darkness, then converged to light the Maryland State Games flame ... and the Games were on.

The Torch Run: A Reflection

Joan Rattigan

I was sitting on the bleachers, with athletes all around me shouting "Ohhhhh!" as the fireworks boomed and crackled over my head. The year: 1978. The place: Syracuse University, N.Y. and these were the Empire State Games opening ceremonies. I had the thrill of reliving that day just last month - 11 years later and hundreds of miles to the south. The year: 1989. The Place: University of Maryland, Baltimore County in Catonsville and these were the Maryland State Games opening ceremonies. Only this time, the opening ceremonies marked the end of my participation in the games instead of the beginning.

Seven GROC runners left the Goddard Fitness Lab at 12:08 p.m. on Friday June 16th to complete one of four torch runs from each corner of the state. Each of the torch runs ended with the lighting of the big torch at the UMBC campus to mark the opening of the 1989 games. I always wondered how those torch runs worked, and now I know, first hand! You need seven runners, one torch, one van, one 51-mile course and lots of hope that it won't rain or get too hot. Actually, it rained for a span of 6 minutes but only one runner was really affected by a heavy downpour (poor Ken!), and it was a little cooler from then on. The seven runners were Bob Phillips, Rich Fulton, Lani Williams, Emil Kirwin, John Sissala, Joan Rattigan, and Ken Brown. We picked up three additional runners along the way as well. Bowie representative Leo Green (who ran 1.7 miles with us!), Bowie Mayor Richard Logue, and a wheelchair athlete who wheeled 5.2 miles down Governor Ritchie Highway! How exciting!!

Once we arrived at the campus we had a chance to take a shower, grab some hot dogs and settle down in the bleachers to watch the opening ceremonies and our own Lani Williams run into the stadium and around the track to light the big torch with the three other torch runners. This signalled the start of the games and many memories for the athletes participating in the torch runs as well as in the games themselves.

We all took turns driving the van and keeping stats on our official paper and generally having a great time. I hope GROC can participate again next year! Special thanks go to John, Lani and Bob for organizing the run and the course, and getting everybody together to run. Things wouldn't have gone as smoothly without their efficient planning. Below are some stats from the run. Mileage for some participants may not be correct due to some doubling up of runners.

<u>Name</u>	<u>Total miles run</u>	<u># of carries</u>
Bob	10.90	10
Rich	11.20	10
Lani	5.60	10
Emil	8.95	11
John	5.80	9
Joan	5.55	9
Ken	8.10	9



The GROC Torch Run contingent (left to right): Lani Williams, Emil Kirwan, John Sissala, Bob Phillips, Ken Brown, Joan Rattigan, Rich Fulton

Maryland Senior Olympics

Towson State University
October 12-14, 1989

Track & Field, Swimming, Tennis
Golf, Bowling, Billiards, and more

Age Group Competition:

M55-59, M60-64, M65-69, M70-74, M75-79, M80+
W55-59, W60-64, W65-69, W70-74, W75-79, W80+

All those who are eligible are encouraged to participate

For further information and application, contact:
Agnes Taylor, Office on Aging in Baltimore, 301-225-1094

or

GROC's own Senior Olympian
Tom Page, 62199, Code 440, Bldg 8, Rm 322

FULLA HEART

Lani Williams

Another spring weekend. Another search for a legal parking place at West Potomac Park. Another 10K: the Blake Heart Run on April 29, a benefit for the American Heart Association.

This Saturday morning, clouds hung low and grey and the wind blew moderately from Hains Point. We guessed we'd have to fight out and hope the wind blew us back. Fifteen minutes or so before 8, AM 101.4's Greaseman took over the mike and the gods took over the weather. Did it pour! Runners and volunteers huddled close against tree trunks; officials broke out those plastic coats that always look folded up.

The rain passed in a few minutes. We congratulated ourselves on having stood the worst of it. Forgetting to line up by expected race pace, the huddle of wet runners shifted from tree to start line.

Then the wheelchair racers were off! The Greaseman said, "On your marks. Get set. Go!" A strobe of lightning, a thunderboom and deluge: racers off and swimming. Rain wet us from above: wet socks, wet shirts, wet heads. It wet us from below: splashed shoes, muddy calves, cold legs. And when the rain left us behind, it took along the breeze at West Potomac Park that often becomes the wind on Hains Point.

For a while it was a routine 10K. Eventually the leader passed on his return trip. All alone, Darrell Stewart won easily with a low 32. Then another pack or two of men and the first woman, Sue Cain, her competition well behind. She won with a 38:35. Then lots of serious talented runners. Then the also-rans like me, and the never-runs who had come to support a favorite charity with their feet and pre-collected pledges.

Race officials drew random prizes while runners looped The Awakening. The Greaseman announced prizewinners as we finished, surely a pleasant surprise to the lucky ones. For all, sponsors provided an nice assortment of sodas and juices, snacks and desserts. A succinct awards ceremony capped the pleasant, low-key day.

Well, maybe not all low-key. Three in our group of 6 set personal records. Two -- the 1st- and 3rd-place women -- marked victories.

GROC ANNUAL MEETING

Thursday, 14 September 1989

Time: TBD (12 noon or 5 p.m.)

Richie Weiss' Office
(Bldg 6, W126)

Finally, 10K Results

Jane Jellison

It has always been like pulling teeth to get people out to have "fun" sweating and straining their way through 6.2 miles of Greenbelt Lake scenery, and this spring was no exception. But GROC has a number of heroic types as well as honest-to-pete runners, and they all did their thing in fine style during the month of April. A total of 65 participants rallied to the cause, led (no surprise here) by Mark Baugh in a time of 33:16. Tom Nolan finished second in 38:13, and Richie Weiss (let's hear it for the masters) blew in a mere ten seconds behind Tom. Melanie Jones (44:37) led the women with Lani Williams (47:45) and Dale Tiska (49:14) taking second and third places. Masters female runner Claire Parkinson (49:21) took first place among GROCers in that category.

Congratulations to all who took part (not counting your wimpy correspondent who is still recovering from last April's competition)!

10 K Results

<u>Last Name</u>	<u>First Name</u>	<u>Time</u>	<u>Last Name</u>	<u>Firsat Name</u>	<u>Time</u>
Baugh	Mark	33:16	Stern	Ilana	50:53
Nolan	Tom	38:13	Dew	Howard	51:18
Weiss	Richard	38:23	Lengenfelder	Franz	51:53
Nelson	Paul	38:45	Voellmer	George	51:58
Shuman	Fred	39:40	Miller	Gordon	52:40
Foss	Charles	40:03	Sharpe	Deborah	52:42
Winkert	Thomas	40:12	Van Zant	Tim	53:53
Phillips	Bob	41:35	Skillman	William	54:01
Meatheringham	Stephen	42:13	Schatten	Kenneth	54:21
McComas	David	43:07	Posey	Malcolm	55:14
Reardon	James	44:18	Butts	Bradford	55:14
Jones	Melanie	44:37	Chelluri	Sriram	55:32
Bell	Claude	44:57	Maloney	Michael	55:45
Kirwan	Emil	45:07	Dent	Carolyn	55:56
Talcott	Russ	46:01	Chen	C.K.	56:10
Taylor	Thomas	46:15	Laudadio	John	58:00
McCumber	Michael	46:21	Hui	Peter S.P.	58:00
Brown	Ken	46:40	Robinson	Gregory	59:21
Comberiate	Mike	47:06	McMillin	Kathy	59:23
Henderson	Donald	47:07	Knoble	Gordon	59:30
Spiess	Bob	47:26	Kolos	Diane	61:39
Griffin	George	47:31	Arnold	G.Thomas	62:10
Williams	Lani	47:45	Lorenz	Blake	64:13
Fatig	Michael	47:52	Wall	James	66:30
Fung	Edwin	47:59	Roberts	Carl	68:08
Tiska	Dale	49:14	Tzeng	T, Nigel	68:16
Parkinson	Claire	49:21	Iascone	Dominick	68:56
Orbock	David	49:30	Sparacino	Susan	70:00
Koslosky	Jack	49:35	Smith	Philip T.	70:50
Esfandiari	Mary Ann	49:47	Uber	Joanne	98:00
Tseng	Gizu	50:00			
Strang	Robert	50:03			
Fitzgerald	Deric	50:03			
Jones	Phil	50:14			
Ming	James	50:52			

News/Announcements

Gincy Leaves GROC & GSFC

In case you haven't heard from the grapevines, we have news for you. Gincy Stezar, the pillar of GROC and the heart of the Fitness Lab for the past eight years, has chosen to stay home with the children after the birth of Alex. We will all certainly miss Gincy but will always cherish the fond memories of the workouts, fun runs, picnics, and parties. At the "farewell" luncheon for Gincy at Sir Walter Raleigh's on July 11, John Laudadio, representing GROC and the Fitness Lab, presented her with a plaque as a token of our appreciation. Good luck, Gincy, and much happiness.

New Fitness Lab Director

Upon the departure of Gincy, Melinda Shaver is now our new Fitness Lab Director. Welcome, Melinda.

Upcoming Newsletter Schedule

Barring unforeseen circumstances the following is the newsletter schedule for the next several months:

<u>Issue</u>	<u>Deadline</u>
Sep 1989	Aug 21
Oct 1989	Sep 22
Nov/Dec 1989	Nov 08

Please observe the deadline! 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. Please, **do not send your disks through the mail!** Leave them with Melinda, Dave, Grace, or Jane. But above all, **contribute!** We can't have a newsletter without membership input. Writers, poets, artists... Are you out there?

In case you haven't noticed, the June issue was cancelled due to lack of contribution.

Tom Page in the National Senior Olympics

Tom Page, a sprinter in his younger days, participated in the U.S. National Senior Olympics at St. Louis, Missouri during the week of June 19-24. In his age group, he placed 9th (out of 44) in the 100m and 9th overall (out of 48) in the 400m. He made it to the finals in the 200m finishing 6th with a time of 27.90. Congratulations.

GROC Triathletes Outstanding

GROC's triathletes, Ed Bogges and Bob Phillips, have been impressive in their last few triathlon outings. In the Columbia Triathlon, Ed came in third overall in 2:00.33 while Bob placed first in his age group with a time of 2:25.22. In the Oxford Triathlon (1.6M swim, 13.1M run, 56M bike) Ed crossed the finish line first in 4:33:08 and Bob finished first in his age group in 5:41:38. In the Bud Light USTS Triathlon (1.5K swim, 40K bike, 10K run) on June 25, Ed only finished 9th overall (out of about 1800) in 1:58.38 while Bob again place first in his age group with a time of 2:20.46. Congratulations.

A Frightened Water Hoopster

What have our friends at NIKE and REEBOK done? When I first saw the NIKE AQUA SOCK and REEBOK KAHUNA, a colorful shoe with a nylon upper on a rubber sole designed to be worn in the water, advertised, I breathed a sigh of relief. Having spent many summers playing water basketball and gutterball (a form of polo played with a nerf ball in shallow water) with duct tape on my bloody feet, I immediately realized the brilliance of this shoe. But then the frightful reality hit me. Runners are going to flock to this product. It is a proven fact that runners are infatuated with shoes. With the production of this shoe an old, but unpopular, regimen of training is going to become vogue. Running in water. Not the deep water type, but the waist deep water type. Local pools are going to be crowded with skinny people wearing black watches and colorful shoes racing back and forth in the shallow end. The benefit of shallow water running are obvious. Swimmers have known them for years. Water reduced pounding, offers unequaled resistance in building specific running strength and best of all it keeps you cool. It is just a matter of time until runners catch the tide I wonder how long till a high top version for us "water hoopsters" is mass-produced?



Do you have a running anecdote to share? If so, send it to Ken Brown, Code 625.

GROC Executive Board 1988-1989

Fitness Lab Director (ex-officio) ----- Melinda Shaver 286-6666
President ----- Emil Kirwan 286-8960
Vice President ----- Walt Allison 286-7091
Treasurer ----- Edwin Fung 286-7347
Secretary ----- Jean Lane 286-3063
Historian ----- Joan Rattigan 286-7243
Past President ----- George Griffin 286-5877
Newsletter Editor ----- Grace Lee 286-5762
Membership Coordinator ----- Jane Jellison 286-8563
Race Director ----- vacant

Thomas Winkert
735.1