



## *The GROC Newsletter*

A Publication of the Goddard Running & Orienteering Club

October 1989

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### **28th NASA Intercenter Postal Competition**

**2-mile Fun Run: October 11 noon, Building 2**  
**Make-up: October 13 noon, DuVal High School**

**10K Fun Run: October 18 noon, Greenbelt Lake**  
**Make-up: October 20 noon, Greenbelt Lake**

**Team registration to Melinda due by 1p.m. on Tuesday, October 10**

**AWARDS to the following for the October 11 Fun Run:**

- First place open, male - trophy**
- First place open, female - trophy**
- First place masters, male - trophy**
- First place masters, female - trophy**
- First place, team (see scoring rules) - rotating trophy**
- Team with most finishers - rotating trophy**

**Award to the following for the 10K runs:**

**10K Team with most finishers (combined total)- rotating trophy**

**All finishers - ribbons (for all races)**

**Walkers and chair-wheelers welcome!!**

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# 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**. Examples: organizational unit, corporation, specific program or project, social or recreational group. **Only runners eligible to score for Goddard in the NASA Intercenter competition are counted toward team scoring: GSFC civil service employees and retirees, CO-OP students on duty, and on-site contractors.**
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.

### 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.

## Notes from the GROC Annual Meeting

Lani Williams

Plans are underway for the October 11 Intercenter run. Trophies and bibbed numbers been ordered. John Sissala will be asked to direct the race. Ken Brown will be asked to run the finish line. Melinda Shaver will accept registration forms and payment at the Fitness Lab.

Emil Kirwan moved to accept the slate of officers for the year from 01 October 1989 to 30 September 1990 as follows:

President - Diane Kolos  
Vice-President - Walt Allison  
Treasurer - Edwin Fung  
Secretary - Lani Williams  
Historian - Joan Rattigan

The motion was second and carried. New officers will assume duties during the transition with the assistance of the outgoing officers. Special thanks to Edwin Fung for writing the program to manage the NASA-wide Intercenter race results.

Melinda Shaver will coordinate the Fall picnic to be held October 25.

To simplify bookkeeping the treasurer will review all financial transactions before any action is taken (procurement, reimbursement, membership and race fees).

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## Message from the New President

Diane Kolos

With the change of the new fiscal year, it's also time for the changing of the guard in GROC. For those of you who missed it, new GROC officers were elected in mid-September and I've been named the president of our running club. All of last year's officers and volunteers are to be heartily thanked, their hardwork kept GROC going strong last year.

We're currently planning the next Fun Run, any volunteers out there please contact me as soon as possible (x3880 or mail code 313), we can certainly use the help. This year we plan to add another trophy to those given out for the races; a team trophy for the 10K which will go to the team having the highest number of finishers on the days of the 10K and the make-up 10K. Please note that the trophy will NOT be determined by the finish times, just the number of finishers, so get those walkers and joggers out there and help boost the Goddard participation in this event.

As we work to gather the race results from other centers (yes the results from the Spring 1989 Intercenter races will be available soon) it is apparent that the running population at Goddard is one of the strongest among the NASA centers. Unfortunately, it also seems that GROC is suffering from a severe case of apathy; the running club membership is booming, but volunteers are scarce. If the club is really to serve its members, we need to know what we can do to generate new interest and get people more involved. Is there an optimum time and place for meetings, on- or off-center, at lunch time or after work? Let me know and I'll try to make them more accessible for you. Any suggestions as to club activities which we should consider? We need your ideas and your help. Please feel free to contact me with ideas you have that might make the club more enjoyable for its members---with your help, we can make the club stronger and it can do more than just the Intercenter races.

On a recent Friday, my friend Ed came to pick me up for a triathlon the next morning. As I threw my stuff together, I remarked how much easier it was now that I had done a few triathlons. It used to take me the whole evening to get my gear ready. Because a triathlon has three events and two transitions involved, triathlon logistics are much more complicated than a running race. For a run you have almost nothing to pack, a towel perhaps and what every dry clothes you want after the race; in winter you have your warm-up suit to drop somewhere. For a triathlon, you have to be equipped for all three events.

In the triathlon, each sport has its unique equipment which, except for the swim, has to be precisely laid out in the transition areas for timely transitions to the next event. After all, what's the use of having a tremendous swim or bike if you lose all your hard gained advantage looking for your gear in the transition area.

Further complicating the issue is the fact that most triathlons have two different transition areas. This means that you have to set out your gear at one and travel to the other (or trust the ask to someone else which I don't recommend if you can possibly avoid it).

Finally, after the transition you have to retrieve your equipment. Every triathlete breathes a sigh of relief when he finds his \$200 wet suit that he left in some sort of parking lot 25 miles away.

There are many ways to approach the triathlon logistics challenge. Race Directors do their utmost to plan effective, loss-free transitions. Some have equipment pick-up crews, patrolled transition areas where you leave your bike the night before and a multitude of gear numbering or tagging systems. Still a lot leave it up to the individual to take care of himself.

To illustrate the point, lets do the USTS Baltimore Triathlon. It's a large event (1,800 entries) and, because of the logistics, is a two day affair. Here is my routine:

- o Saturday morning I start by cleaning and lubing my bike. I am embarrassed to admit that's about the only time I squeeze bike maintenance into my heavy schedule.

- o Early afternoon I leave for the race headquarters at a hotel in downtown Baltimore to pick up my race packet with all its attendant traffic and parking problems. (This year I didn't even make it because my timing belt broke on the BW Parkway but that's another whole story).

- o Having picked up my bike number, run number, color coded bathing cap, two transition bags, t-shirt and assorted advertising, I head for Gunpowder State Park northeast of Baltimore where the swim is held. At Gunpowder, I stand in line for a half hour for my bike inspection. Then I rack the bike at my designated row, trusting the area will be patrolled all night as promised.

- o At 6:00 there is the pre-race meeting where the triathlon rules and the race course are discussed. Having done about 30 triathlons (Baltimore 4 times), I skip the pre-race meeting hoping that I don't miss anything important like a last minute course change. However, this meeting is extremely important for new triathletes because many important tips on technique are discussed.

- o Finally, I reach home in Bowie and carbo load at 7:30, later than I really wanted to.

- o My God! It's 4:00 a.m. already? I just finished packing my gear and put my head on the pillow. Fortified with a cup of 7-11 coffee and a banana, once again, I head up BW Parkway to Baltimore. The parking attendant looks at me funny in my tank suit, bike helmet and two transition bags with my running and swim/bike gear. I trudge to the bike-to-run transition.

- o At the now empty bike racks I carefully lay out my run gear (shoes -- no socks and a visor -- we triathletes learn to travel light) and mark the area with a colored towel on the bike rack (some people use balloons or other colorful objects) because many a triathlete has lost precious minutes trying to find his running shoes in a 1/2 mile long row of bike racks.

- o Now the challenge -- finding a ride to Gunpowder. The race director provides bus service -- for 600 people. The rest can fend for themselves. It's actually not too hard because there is always someone who is having his spouse or friend drive him there anyway.

o At Gunpowder I carefully lay out my bike shoes (again, no socks), helmet and sunglasses (we triathletes have to look cool), pump the tires to 115 lbs, set the computer (to get distance, and average speed), put the bike in right gear, and note its location and get in line for the porta-Johns. Yes, the lines there are as long as the ones at a running race.

o After that, it's wait for the start. The Pro's go off at 7:30. My age-group wave will be closer to 8:30. In between I try to keep myself hydrated by drinking after each time I patronize the porta-Johns. It seems the excitement keeps the kidneys in a full-flush mode. Finally, I don the wet suit and do a warm-up swim.

o The start goes well. Twenty-five minutes later I emerge from the water, run the quarter mile to my bike and shed my wet suit and stuff it into a numbered bag. Yes, it takes a little time, but the bags will be taken to the downtown hotel and it's dangerous to trust your luck with loose wet suit traveling to Baltimore.

o Sixty-seven minutes later I role into the inner harbor, find my spot, rack my bike, drop my helmet, change shoes and am off to a 45 minute run. My two transitions totalled 4:18, not too bad considering the long run out of the swim. To keep the transition time as low as possible, the triathlete has to plan the whole process carefully.

o Now the final act, retrieving your gear. Your bike helmet and shoes are easily found in the bike to run transition area. However, to get your wet suit, goggles and anything else left at Gunpowder, you have to go to the hotel...at 3:00 p.m. This is strategically timed to be just prior to the awards ceremony. Still, your relief is such that when you finally find your wet suit you gladly go to the ceremony, getting home about 6:00 p.m.

If all that sounds long and complicated, it is, but it's part of the triathlon challenge. Baltimore is one of the tougher triathlon logistically, but it's still a great race with the course through the heart of the city, the crowds (both participants and spectators) and the finish right in the Inner Harbor. Finally, in the triathlon, just like any race you participate in, finishing is winning.

Footnote: More recently at the Winchester Triathlon, my ultimate fear came to fruition. After the race, my wet suit was nowhere to be found. I left with little solace over my prizes, wondering how I could afford to replace the wet suit. Fortunately, when I arrived home, my wife told me the Race Director had called to let me know they had found the suit and it would be mailed. Some Race Directors really go all out to see that the participants get a good race through-and-through.

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**The GROC Newsletter  
plans to begin a new column called**

**"Ask the Doctor"**

**Dr. Smith of the Health Unit  
will be happy to answer your questions  
concerning health & fitness.**

**Please send all inquiries  
c/o Diane Kolos, Code 313, x63880**

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## Twenty-four Hours of Running

Ken Brown

Take two hundred and seventy-three challenge-seeking runners, enough civic minded people to fill to overflowing your average quick-service restaurant, add monosodium nitrate, hydrogenated palm oil, sugar, starch, and caffeine and you've got a twenty-four hour relay.

But it almost didn't happen. Held annually for the past nineteen years thanks to the loan of a lighted track at Ft. Meade and some direction from the Howard County Striders with casual support from DCRRC and MCRRC, this year the Fifth Army said "no." The frenzied search began. Enter Howard High School. And lots of churned up stomachs began to uncramp. The relay was on.

Teams compete in the relay, ten runners to a team. As each runner passes on the baton to the next teammate another mile is scored for the team. Total mileage is posted beside the race director's control center above the bleachers. It is taken from the hundred mile log sheets kept by team recorders which list the time for each mile against the names of the team runners. Random shouts of glee and groans mark the team totals as they are posted by the officials.

On the track, the scene is chaos. In addition to the runners, there are fifty and hundred milers, race-walkers, cool-down and warm-uppers and those awaiting the team baton. Before the baton comes, the run has already begun for the next runner. Ignoring initial body stiffness, movement begins with the calculation for the rush to intercept the baton. Then the grab. And the surprise of the enormous speed as the body seeks a pace. The first lap almost over. Response to the cheers from teammates and the hoarse shriek of the scorekeeper. Second lap. Feel the pace. Third is worst. Breath and pain. Suddenly its a half track length left. Easy. You better be there to grab the baton. It's over. Check on the time with the team timer. After a half-hearted cool-down, its back to the rest area. Drink and maybe eat. Treat yourself to something delightful. A pair of clean sox. A dry pair of shoes. A shower. Or just sink into a chair.

That is the twenty-four hour cycle. One thousand four hundred and forty minutes. What was the day like for the twenty guys on the two MCRRC teams? Here are some of the statistics.

Off the track, the day for the typical MCRRC runner was a concentrated effort in foot and body maintenance. Two pair of shoes and 4.3 pairs of socks were the average. One runner had seven pairs of socks and wished for ten, and a few had less than three. From one to five shorts were matched with zero to four tops. The shower room had a surprise for those who thought the hot water was slow in turning on. It never did. One body got four showers plus three hose downs and a wash every run. One came up with five near drownings under the icy spray. That's real cool and clean. There were two people who didn't get wet. That must have been a little uncomfortable for the others beneath the MCRRC rest area awning.

Liquid intake came from a host of sources. Water was the most popular. With coke and juice next. Coffee was the added juice of three out nine, along with o.j. (by half), gatorade, and Exceed. The normal cycle was to take a cup of water (or the electrolyte drink) after running or every hour. Some drank before and after the run and one individual drank 5 cups per run. This is about 60 cups per hour for the twenty members of MCRRC's two teams. That's ninety gallons or 750 lbs of water moving around the track in addition to the fruit bars and other drinks.

Fuelling up took the contents of a convenience store. MCRRC energy was replenished from bananas and junk deserts. Fourteen bananas, four pounds were devastated by four out of nine tracksters. The junkies, two thirds of the group, devoured eighty-nine chocolate chip cookies. That's 15 per person: seven and a half per leg. Obviously the relay was run on chocolate. One runner ate two coffee cakes. Sandwiches of the ham and cheese or turkey variety, pasta, potatoes, a five donut runner, fruit, carrots and poptarts rounded out the buffet. Picture two plastic non-disposable shopping bags of food and a cooler of drinks per person. Except for a hundred miler. He did not eat anything except for 15 cookies during his fifty odd mile time on the track.

Guts. That's what it took to get through the day. A day of excitement. Thoughts for running were "its only 4 laps" "don't quit and embarrass yourself," "awesome," "Worse than child-birth," "keep up the pace," "do my best." and "when is noon?"

Injuries and pain were typically, cramps, stitches, a knee acting up after surgery two months prior to the race, hamstring and foot injuries. A third of the people took pain killers. The rest ignored it.

And finally, the rest periods, what were they like. Eating, washing, changing clothes, being quiet, cheering, and at most one or two naps of a few minutes each.

It was obvious that these great people raced for their team with the spirit of comradeship and no ... sleep.

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**Don't miss the semi-annual**

## **GROC Picnic**

**Wednesday, October 25  
noon**

**Details at the Fitness Lab**

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### **News/Announcements**

#### **Upcoming Newsletter Schedule**

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

<b><u>Issue</u></b>	<b><u>Deadline</u></b>
<b>Nov/Dec 1989</b>	<b>Nov 08</b>
<b>Jan/Feb 1990</b>	<b>Jan 05</b>

Please observe the deadline! Remember, if you have a computer and can type, submit your items in MacIntosh. If you use a PC store your files in ASCII and call Jane Jellison (68563) for help in transferring your PC files to a Mac format. But please, do not send your disks through the mail! Leave Mac disks with Melinda (Fitness Lab) or Grace (Bldg 11, E208B). Leave your PC floppies with Jane or, better yet, send her your articles via the phone. But above all, **contribute!** We can't have a newsletter without membership inputs. The following talents are especially in demand: **Writers, poets, artists (natural or computer).**

## Nearby Races

The following race announcements are available (or for copying) at the Fitness Lab:

07 October	The Great Allegany Run, 15K/5K/2M, 8 am, Cumberland MD
08 October	Columbus Chase 10K, 9 am, Columbia MD
14 October	Market Street Mile, Frederick MD
22 October	Harrisburg Marathon, 8 am, Harrisburg, PA
04 November	Autumn Leaves 5 Miler, 10 am, Emmitsburg MD
05 November	Marine Corps Marathon, 9 am, Arlington VA
12 November	Blazer 10K, 9 am, Hood College, Frederick MD
19 November	Leafkicker 8K, 9 am, Largo, MD

## GROC Logo

Did you notice the difference? Peter Hui has redrawn (computer artists, take note!) the GROC and RRCA logos for the newsletter. Many thanks to Peter for his time and effort in making the life of the editor easier and the newsletter more attractive.

## Newsletter Format

Your editor has been experimenting with different formats for the newsletter. If you have suggestions, please feel free to contribute your ideas.

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### GROC Executive Board 1988-1989

Fitness Lab Director ( <i>ex-officio</i> )	-----Melinda Shaver	286-6666
President	-----Diane Kolos	286-3880
Vice President	-----Walt Allison	286-7091
Treasurer	-----Edwin Fung	286-7347
Secretary	-----Lani Williams	286-9493
Historian	-----Joan Rattigan	286-7243
Past President	-----Emil Kirwan	286-8960
Newsletter Editor	-----Grace Lee	286-5762
Membership Coordinator	-----Jane Jellison	286-8563
Race Director	-----vacant	

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