

The GROC Newsletter

A Publication of the Goddard Running & Orienteering Club

September 1989

28th NASA Intercenter Postal Competition

2-mile Fun Run: October 11 noon, Building 2

(approval from Center Director pending)

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
See Team Registration Rules in October issue - read them carefully!

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

All finishers - ribbons (for all races)

Walkers and chair-wheelers welcome!!

My Experiences at the 1989 U.S. Olympic Sports Festival

Carolyn Dent

I participated in the Taekwondo competition of the 1989 United States Olympic Sports Festival which was held in Oklahoma City on July 22-29, 1989. I have competed at the national level in Taekwondo, a Korean martial art, for the past four years. In Taekwondo competition sparring divisions are separated by sex and weight class. All national competitors are red or black belts. The top four finishers in each weight class at the national championships this year were invited to compete at the sports festival. I placed third in the Women's heavyweight division this year. Below is a synopsis of my experiences at the Sports Festival.

Day 1 Monday, July 24

I arrived in Oklahoma City. I was tingling with anticipation because I did not know what to expect. The athletes were housed at Oklahoma State University. Everybody was really friendly and helpful. I heard rumors on the plane trip that there were plans for three workouts every day. I hoped that it was not true. We had a meeting that night to discuss training schedules, rules and regulations (we had an 11:00 p.m. curfew), and to meet our team manager and coaches. There were four teams representing the North, South, East and West. I was on the East team.

Day 2 Tuesday, July 25

We met at 7:45 a.m. to get our official Sport Festival gear. It was fun trying on sweats, hats, T-shirts and dobalks (Taekwondo uniforms). After collecting our gear we were free until the afternoon workout. We were promised an easy afternoon workout. Why was everybody so sore? We did wind sprints, leap frog and kicking drills. We selected team captains and made up a team cheer.

Day 3 Wednesday, July 26

We had three workouts, with the first one at 6:00 a.m. I had to do some washing because I did not bring enough dobalks. I was really sore and was looking forward to the relief of competition.

Day 4 Thursday, July 27

We had an easy day today, only one workout in the morning. I spent the afternoon shopping for souvenirs at a local mall. It was nice to have some free time.

Day 5 Friday, July 28

We had to leave at 6:30 a.m. for an hour drive to the competition venue site. I was not going to compete until tomorrow but we were expected to show up to cheer for our teammates. Preliminaries were held in the morning and finals were held in the evening. This was a single elimination competition with no consolation matches. The East team did very well that day ending up with 4 gold, 2 silver and 2 bronze medals. Since it was a long drive we had to stay at the venue site all day long. We arrived back at the dormitory at 11:30 p.m.

Day 6 Saturday, July 29

I did not sleep well, I had a knot in my stomach and my legs felt heavy. I was glad to compete today and get it over with. My match did not go very well (at least not for me). I got behind early on in scoring points and was not able to catch up. I felt pretty bummed out after I lost. The rest of the East team did pretty well we had three people in the finals that night. After each final match there were formal medal awarding ceremonies. I ended up with a bronze medal even though I lost my match because there were only four of us. The East won the team competition with 6 golds, 3 silvers and 7 bronzes. We celebrated by throwing our team manager and coaches in the air.

Day 7 Sunday, July 30

Time to head home. I picked up my souvenir medallion, poster and program. Looking back, I thought the Sports Festival had been a good experience for me. I had picked up some new sparring techniques to work on. I plan to continue to train and hope to compete in the Sports Festival next year in Minnesota.

Editor's Note: Carolyn is one of GROC's top women runners and multi-talented athletes.

**** Meet Our New Fitness Lab Director ****

Melinda Shaver began her responsibilities as the new Fitness Lab Director here at NASA/GSFC on June 1, 1989. Our former director, Gincy Stezar, decided to leave the position after the birth of her second child.

Melinda came to Goddard after spending three years as the Physical Education Department Head, Athletic Director, and Tennis Coach at Trinity College in Washington, DC. Because she has an Ed.D. in Health Science, with a background in Wellness, Melinda decided the move to Goddard was more in line with her career goals. One goal she has for Goddard is to implement a wellness program, which, in addition to the fitness program, will include health risk appraisals, nutritional assessments, weight management and fitness classes, stress management classes, and various seminars on health-related topics.

Melinda is very willing to talk with all of you about exercise programs, nutrition, etc. So feel free to give her a call at 6-6666 or see her at the Fitness Lab.

**Come On, You Seniors
The Experienced Athletes**

Do you belong to one of these age/gender groups? --

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

Then participate in the

Maryland Senior Olympics

**Towson State University
October 12-14, 1989**

See the next two pages for a list of events

Registration deadline is September 15, 1989 -- so hurry!!!

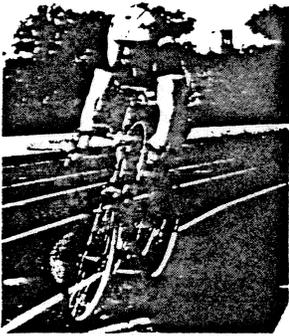
**For further information and application, contact:
Agnes Taylor, Office on Aging in Baltimore, 301-225-1094**

or

**GROC's own Senior Olympian
Tom Page, x6-2199, Code 440, Bldg 8, Rm 322**



Events



"I enjoy everything about the Senior Olympics. But winning is my favorite part."

Mary Sanders
Westminster

Men and women compete separately by age category unless open competition is noted.

Events will be bracketed by age and sex, unless noted as open competition. Open competition events are not bracketed by age.

Participants may select a maximum of four events per day; of those, two activities may be classified "high risk." Note: Any athlete not reporting to an event on time may be disqualified.

AQUATICS

United States Swimming Rules.

Competition will be in the following events:

- A. 50 yard Backstroke
 - B. 100 yard Backstroke
 - C. 50 yard Breaststroke
 - D. 100 yard Breaststroke
 - E. 50 yard Butterfly
 - F. 50 yard Freestyle
 - G. 100 yard Freestyle
 - H. 200 yard Freestyle
 - I. 500 yard Freestyle
 - J. 100 yard Individual Medley
- Spectators are not permitted on the pool deck.

ARCHERY

Men and women compete separately in a 600 round, 5 ends at 60, 50 & 40 meter F.I.T.A. 10-ring face. Equipment will not be provided. Open competition will prevail, unless sufficient registration allows for age level competition.

BADMINTON

Each match two out of three games, 11-point games. Some racquets and shuttlecocks will be available.

- A. Singles
- B. Mixed doubles, open competition
Name of partner must be included on registration

BASKETBALL

Participants may enter either or both competitions.

- A. Floor Shooting - most points made for shooting from specific locations on the floor.
- B. Foul Shooting - most points made for shooting from the foul line.

BILLIARDS

Single elimination "8" ball tournament. Semi-finals and finals, best two out of three games. Bring your own cue, if possible. Some house cues will be available. Billiard Congress of America Rules apply. Women's competition is open-age.

BOWLING

Each participant will bowl a three-game set, no handicap. A limited number of house balls will be available. Participants may choose only one bowling event.

- A. Duck Pin
- B. Ten Pin - 2 sessions. Participants may register for only one session.

CYCLING

All races on track. A helmet is required. You must provide own bike.

- A. 1/2 mile
- B. 5,000 meter
- C. 10,000 meter

GOLF

18-hole competition. Men's competition is scheduled for Mt. Pleasant golf course and the women's competition for Longview golf course. Pairings will be arranged by the event coordinator. Tee times and directions will be mailed prior to the event. Ties will be determined by a sudden-death playoff beginning at the first hole. Golf carts are required. Your handicap or average score must be submitted with your application. **Registration limited. Applications accepted on a first come, first served basis.**

HORSESHOES

Single elimination. Participants meet at 11:00 a.m. for the rules and scheduling. Location to be determined.

RACQUETBALL

Each match two out of three games, 11-point games. If third game needed, 11-point game, win by two. You must provide your own racquet and eye guard:

SYNCHRONIZED SWIMMING

(Swimming to Music)

Open Competition. Maximum three minute program. Open age; solos, duets, trios, teams of 4-8 swimmers. All routines performed to music of swimmer(s)' choice. Music tape to be supplied by swimmer(s). U.S. Masters Swimmers, Inc. rules.

TABLE TENNIS

Round robin. Limited paddles available.

TENNIS

Single elimination. Match winner must win a set, 12-point tie breaker in effect. Balls will be furnished.

- A. Singles
- B. Doubles. Open Competition.
- C. Mixed Doubles. Open Competition.

Name of partner must be included on registration for doubles and mixed doubles.

TRACK AND FIELD

Competitions will be in the following events:

- A. 100 Meter Dash - to be run in sections for time.
- B. 200 Meter Dash - to be run in sections for time.
- C. 400 Meter Run - to be run in sections for time.
- D. 800 Meter Run - to be run in sections for time.
- E. 1,500 Meter Run - Stadium
- F. 5,000 Meter Run - Road Race
- G. 10,000 Meter Run - Stadium
- H. 1,500 Meter Race Walk - Stadium
- I. 1 Mile Recreational Walk - Stadium
- J. Discus
- K. Javelin
- L. Running Long Jump
- M. Shot Put
- N. Standing Long Jump
- O. High Jump. Open Competition. Minimum 4' men, 3' women.
- P. Pole Vault. Open Competition. Men only, 6' minimum.
- Q. Softball Throw

Participants may enter only one walking event. Recreational walk — no formal training in race walking is required. Race Walk — race walking rules apply.

"I get all wrapped-up in the excitement of the track and field competition. With such a wide range of events, it's easy to see why the games are so popular."

Eloise Carnes
Morningside

Relay Replay

Lani Williams

"Why?"

To be truthful, I expected awe or respect when people heard I'd be running in the 24-Hour Relay on August 5th and 6th. Friends and coworkers were less romantic about the prospect: they knew a crazy plan when they heard one; this qualified.

I was awed -- or was it scared? -- to think of running a mile every hour or so for a full day. Could I do it? Would I let my 9 teammates down? And what about the weather? It was somewhat comforting to hear other relay-designates suffering through similar jitters.

What does it take to manage two 10-member teams for 24 hours? A large tent, some tables, several 5-gal thermos containers, folding chairs, a garden hose, gallons and gallons of water, hundreds of cups, freezers of ice. You need an excellent captain for each team. Ours were as good as they come.

It also takes the concerted effort of four area running clubs, who cooperated to plan and staff this ambitious event. In addition to the 15 or so teams running the relay, there were 50-mile runners, 100-milers, and race walkers. Previously held at Fort Meade, organizers located Howard High School's facility on very short notice when the Army withdrew support. We had rest rooms, showers and, best of all, a Tartan-surfaced track to run on.

All this is before the runners begin to move in for the weekend with water bottles, extra socks, favorite shoes, rain gear, pillows, coolers, blankets, home remedies, T shirts and shorts, towels, blankets, sweat bands, shower sandals, sunglasses. To keep occupied between times, they brought books, newspapers, magazines, cameras, training logs. For superstition and physical ill; they carried over-the-counter pain killers, bandaids, vaseline, bug repellent, sun block. And lots of sacks and bags and things to tote it all in. An arriving spectator commented, "Here they are. Columbia's homeless."

Runners brought food, too. By the dozen: sodas, donuts, bagels, cookies, bananas, juices. By the half dozen: homemade submarine sandwiches (with pickles and onions), packages of Entenmann's sweets, bags of potato chips, beer and near-beer. A fruit store of produce, a few rice cakes, exceed and Gatorade, loaves of bread, potatoes, oatmeal, crackers, popsicles.

So, you may wonder, what do you get for all this? Gallons of sweat, aches, pains, personal bests and worsts, a diaphragm spasm, an attack of stomach flu, some tired legs. But also about 20 miles for the running log.

You get some good endurance training. Mile intervals at over 100 degrees builds something, even if it's merely confidence. Some contestants learn to snatch 15-minute mininaps & wake ready to sweat out another 4 laps. Those fairly strange people, the other runners, take on an aura. They begin to feel like friends.

The volunteers timing each leg get just as weary and just as hot. Runners stop by timing stations to get the news of their stint and say "thanks." Yes, you get tired. But there's a bit of euphoria as teammates run well and, especially, as Sunday dawns.

Montgomery Road Runners Club fielded both a men's and a women's team this time. In the team competition, the Finest Females brought home the women's first place award. The MCRRC Marauders took 3rd among open teams. The 3rd, 4th and 5th places for women and 3rd for masters men also went to MCRRC.

Why? It's still hard to say. For the challenge. To strengthen toward a fall marathon. To be part of a team. Mostly, I suspect, because it's there.

Team Maniacs

Ken Label

How many runners out there like to do mile repeats? How about 24 of them an hour apart?... Or maybe a few laps around the track? Like 400.

No I'm not kidding. These were actual events that happened on the dogdays of August 5-6th at Howard High School in Howard County. The events were: a 24-hr team relay (up to 10 people), 50 and 100 mile runs and walks. The 24-hr relay consisted of alternating miles by each team member starting at noon on Saturday until noon Sunday. Several GROCsters took part in the relay event (though Ron Bowles had his own team) led by team captain Tom Winkert. Tom had been injured a good portion of the summer, and was unable to train properly, but decided to go for it anyway. Original team members included two of Tom's brothers (Dan and John), Joel ("this is a sick idea") Gallun, and Ken ("Can I bike in between laps?") Label, and Charles ("the enigma") Foss. Ken injured his back and was unable to compete, while Charles was a last minute no show.

The team was down to six members when Tom showed up on Saturday, but through shrewd maneuvers managed to gain the desired ten members for the team. The team name? The 10K Maniacs (you've seen the video, now watch them run).

The team itself did super, posting a remarkable second place overall finish including a first place finish in the women's division by Denise Knickman. Denise who runs for the University of Maryland averaged under 6 minutes per mile for the total of 24 miles she ran... All ten team members managed to survive to the finish including Joel who saved his fastest mile for last. Pretty impressive.

The team had three (and 1/2) helpers who kept track of the laps, drinks, food, etc... Marine Corps Marathon finisher Cindy Collins, Arlie Long and his 10-month-old daughter Crystal, and Ken ("I'd rather be running") LaBel. Cindy, in particular, was extremely helpful during the wee hours of Sunday morning. Arlie, also doubled as team historian: videotaping each runner's last lap for posterity.

The 100-mile run had only two finishers among whom was Renee Butler, as popular ultra-runner from Team Fleet Feet.

All in all the race was summed up best by Stan, a runner Tom picked up Saturday morning, "I ran this 13 years ago, now I remember why haven't run it since!"

GROC Annual Meeting

September 14, 1989

Bldg 12, Rm C100

12:30 - 1:15 p.m.

Please Be prompt

GODDARD RUNNING AND ORIENTEERING CLUB

Financial Report: September 1, 1988 - August 31, 1989

Balance Beginning September 1, 1988 \$ 1097.98

Receipts

Membership Dues (320) \$ 960.00
Non-member Race Fees 805.49
Interest Income 61.19
Clock & Timer Rentals 300.00

Total Receipts \$ 2126.68

Expenditures

Race Expenses:

Running Numbers (Cks 183, 220) \$ 236.03
Ribbons, Medals & Trophies (Cks 184, 224) 572.93
Refreshments 50.80
Loan Repayment for Clock 225.00
Road Runners Club Dues (Ck 182) 240.00
Marine Corps Marathon Rest Station (Ck 176) 36.00
Mailing Expenses (Ck 180) 50.95
Runner's World Subscription (Ck 23) 42.00
Miscellaneous 43.89

Total Expenditures \$ 1497.60

Balance Ending August 31, 1989 \$ 1727.06

Edwin Fung
GROC Treasurer

News/Announcements

Upcoming Newsletter Schedule

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

| <u>Issue</u> | <u>Deadline</u> |
|--------------|-----------------|
| Oct 1989 | Sep 22 |
| Nov/Dec 1989 | Nov 08 |
| Jan/Feb 1990 | Jan 05 |

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. Writers, poets, artists... Are you out there?

"Addition" to the Fitness Lab

We have a new "addition" to the Fitness Lab. He is John Gilligan, currently in the PhD program in Exercise Physiology at the University of Maryland. John's hours are 2:30-7:30 p.m. Welcome, John!

Annual Meeting

Don't forget! The Annual Meeting is scheduled for **Thursday, September 14 at 12:30 pm in Bldg 12, Rm C100.** Please be prompt.

The primary item on the agenda is the election of next year's officers. The Nominating Committee submits the following candidates for membership consideration:

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

Nearby Races

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

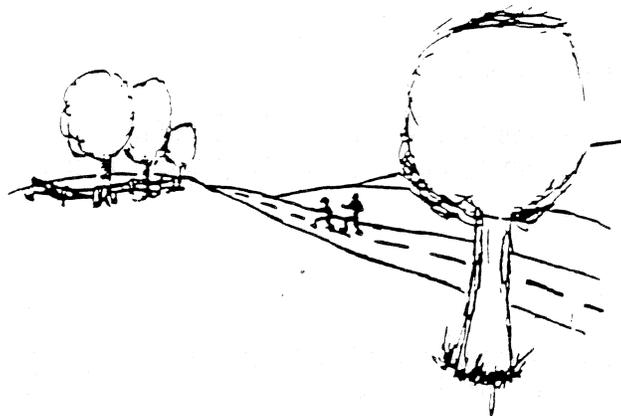
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|--------------|----------------------------------------------------------|
| 16 September | PGHMC Health Walk (3K)/Run (5K), 8:30/9 am, Salisbury MD |
| 23 September | Silver Spring Challenge 10K, 8:30 am, Silver Spring, MD |
| 01 October | United Way 10K, 8 am, West Potomac Park |
| 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 |
| 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 |

Newsletter Format

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

Membership Renewal

It's time to renew your GROC membership and/or register for the Intecenter runs. **Don't wait until the last minute!** Send in your registration forms as soon as possible. Team competitors should try to submit the forms together as a group. And let's not waste paper - please use the form enclosed with this newsletter.



GROC Executive Board 1988-1989

| | | |
|--------------------------------------------|----------------------|----------|
| Fitness Lab Director (<i>ex-officio</i>) | -----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 | |
