



The GROC Newsletter

A Publication of the Goddard Running & Orienteering Club

January/February 1990

29th NASA Intercenter Postal Competition

2-mile Fun Run: April 18 noon, Building 2

Make-up: April 20 noon, DuVal High School

10K Fun Run: April 25 noon, Greenbelt Lake

Make-up: April 27 noon, Greenbelt Lake

Teams: Please read the rules carefully in the next issue.

AWARDS to the following for the April 18 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!!

GSFC's Star Triathlete

Ken Brown

Ask Ed Boggess an innocent question like "how're you doin'" and you may never discover he's a dedicated and successful athlete. You'll probably not discover he's done the Hawaiian Ironman four times. Or run the JFK 50-miler. Or finished sixth in the Canadian National Triathlon, first in the Richmond Triathlon, or competed in an Alaskan ultra Ski race. But if you talk nutrition, you may hear fundamentals that guide people like Ed who push their bodies to the limit. The body's reaction to racing makes an unassuming and humble guy like Ed unfold and become talkative.

In all his years at GSFC, very few people would pick Ed as a nationally ranked triathlete. Even friends are unaware of his times and finish places. He has been highly reticent about his thirty-ninth place in the Hawaiian or sixth in the Canadian. And his outward appearance is no tipoff of these feats. Of average size and weight, not tall or short, he resembles your average computer nerd, which is close enough to his actual profession as a mathematician. What's it like to observe him as a runner, biker, or swimmer? In an old pair of nondescript sweat shorts, black socks, and beat up trainers he appears to stride slowly with a high knee and pronounced toe push. There is no indication that he is fast-- fast enough to have the third best time for a 10-K during a triathlon or fast enough to win a local running event like the Blake 10-K Heart Run. If you are on the roads near Goddard at noon-time, you may spot him biking. On a bike it's difficult to separate the man from the machine. On any week-end day he's liable to ride down into the Skyline portion of Virginia and return to run a little in the evening. He is in the top of most lists for biking in the area. It is likely that in a pool the most noticeable feature is his upper arm and shoulder strength.

A conversation with Ed after work at the local attitude adjustment emporium will run to topics like the particles that make up an electron or the mathematical bounds of the universe. It certainly will not focus on the swim on the way to work, the run at noon or the bike ride after he gets home. Some of the other triathletes wonder why he is not in a structured training program with less emphasis on work. He admits to plans for moving to Boulder and training at altitude like the Kristiansen's, Shorter's and other pro's. But for now he likes the NASA Goddard environment.

Ed has definite ideas on Nutrition. Like most tri- and ultra-lon types, it is fundamental to the sport. Think of a two-mile swim one day on the week-end. The next week do a marathon. The next week do a hundred-mile bike ride. Now group them together on a single day back-to-back as Ed does. You got to feed the inner fires or else crash. His own ideas about the energy demands center around uptake of calories. In races the most important consideration is having the stomach remain stable while ingesting enough calories. He believes that the body can store up to 2000-calories mainly in the liver. That equates to twenty miles at high speed. This is the wall. On a bike the distance is greater and the wall is softer, its called "bonking". As the rider reaches the bottom of the energy supply he tires more slowly than a runner with less decrease in speed, but eventually the limit is reached. There is probably an equivalent for the swim. The energy must be replenished while racing on the run without getting the runs. That is a major problem. In the Canadian, he had to go off into the bushes several times to fight the turmoil of an upset stomach. This should not happen, because on a week-end day he may swim, run, and bike amounts that require continuous eating. And apparently his stomach can cope with the food. So, it must be the added strain and the type of food that causes stomach problems.

The food that the ultra athlete must ingest is not your every day meal. Most consume the high dextrose-sucrose products and the electrolite liquids plus a smattering of bananas. The form that the potent sugar products come in is a slab. When biking these are curled around the handlebars. Then the biker reaches out and pulls one off and stuffs it in his mouth. Most complaints about these products is that they are heavily doped with oat bran. It's all right for training, when the rate of energy output is controlled, but in a race bran causes problems. The bran acts as a churn because it is not very digestible. This is the source of diarrhea and causes the unwanted pit stop. Most manufacturers are aware of this reaction but have not de-branned their product. Bananas are good for the stomach and supply potassium lost through sweat.

Does Ed think energy is the key to high output? He talked about its effect on his body during the JFK. He was far behind the leader in the thirty mile section. But every step he was gaining until he was only twenty seconds behind the leader at mile 47. Before mile 48 his energy ran out. He was in trouble. The next two miles told the story. He finished nine minutes behind the leader. He said if he had loaded up on calories properly he could have made the race more worrisome for the leader. Not that he believed he would have beat him, but it would have been more exciting. He recommends eating those sugary products that you would normally think cause the body's blood sugar to destabilize. Under the stress of racing, he believes that there is a more even flow of energy into the bloodstream.

You may not agree with his views, but as for me, don't be surprised to see me munching a mint as I run my next race.

Editor's note: Ed has not reviewed this article. He may have something to say upon his return.

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Ask the Doctor

Dear "Doc",

I used to run a lot (40-45 miles per week) but then I hurt my knee. Here are the resulting pains: If I walk it is no problem. If I run less than 2 to 3 miles it still doesn't hurt. If I go too fast or for more than about 4 miles I start to get this pain immediately below and to the outside part of my right knee cap. If I go much further after the onset of this pain (a mile or two) it starts to throb all the way to my 3rd, 4th, and 5th toes (the big toe being #1, the little toe #5). Other people tell me that I have tendinitis, but that is just a generalization. Anything to say that's more specific?

Sincerely,
Down to 6 miles a week

Dear Conservative Runner:

You have wisely cut back on your distance when you have had lateral knee pain. Further distance would aggravate this kind of irritation of the iliotibial band which is suggested by your description.

On the outer side of the knee lies the prominent, palpable iliotibial band or tendon. Beneath this tendon, at the epicondyle (prominence) of the femur (thigh bone) is a bursa. In some runners, the iliotibial band snaps back and forth over the epicondyle and after many repetitions this causes pain in the tendon and bursa.

Many runners will improve with just rest and aspirin and after a week or so, they can gradually work up to a modest 2 or 3 miles. Ice applications are useful too, right after the run.

Take care to avoid scissoring, that is, place your feet in such a way as to avoid adduction. Your doctor may want to observe your gait and make some suggestions and if your pain persists a steroid injection would likely promote more rapid improvement.

Will the pain recur? Yes, it will if your run too far without avoiding scissoring. Straight away only!

Doc Smith

Editor's Note: Send your questions to the doctor c/o Diane Kolos, Code 313.

Many Metric Miles

Lani Williams

At a 24-hour relay race in August, a mere 26.2 kilometers through the beautiful rolling hills of Maryland in early winter sounded short and fun. That day, temperatures on the track topped 110. On December 3rd at the Metric Marathon in Columbia they topped 29... barely. And wind: better than 30 mph with gusts to 60. Not the 16-mile training romp I pictured in August's wet heat. It was a day to try even Bob Phillips' mettle.

Pre-race talk in huddled groups stagnated around the subject of ideal running gear for the "conditions," as we called them. Layers were skinned off and slipped on. I can't remember another race with absolutely no singlet-and-short-clad racer. Not until 5 minutes before the gun did everyone move outdoors to mill around a parking lot near the starting line. When cajoled to take our places, the group, by now a fused organism, oozed en masse to the road with little attention to race paces and seeding.

There was much talk of drafting during the first few miles. I played head games: "It's cold and I'm climbing, but at least the wind is crosswise." "Now it's into the wind, but at least the road has leveled." "This is a real hill, but at least the wind is pushing me up." "Ah, the sun's out, so at least it's warmer now."

Up hill and down we ran, the scenery as pretty as expected. Miles fell behind and body temperatures rose. Hands and ears stopped aching. You didn't see too many spare clothes tied around waists, but pretty soon a lot of windbreakers flopped unzipped in the gale.

Rumors of insurmountable odds to come kept me attentive to a steady and conservative pace. I had heard three things: there was a hill at 7; the monster hill was at 8; and you might as well forget it all at 10 because a long, long hill brought you to a crest where the wind was uninterrupted for 40 miles around. Add to it the worry that we might have to run back up some of those grades we'd rappelled down -- we didn't, luckily -- and this was one fear-filled runner. It started to snow.

I couldn't tell the difference between the hills at 7, 8 and 10 those at 2, 3 and 6 miles. I think I noticed that windswept hilltop, but at some point cold, cold and cold are hard to distinguish. The challenge came at 13. About this time we were directed to a bike path that has seen better days. Trees have humped and cracked the pavement; cold has potholed and crumbled it; branches and evergreen cones decorate the way; it twists and turns charmingly amid picturesque groves and over a winding creek. In other words, the runner has to look at her feet to save ankles, a few feet in front to keep on the track and even farther ahead to avoid Sunday-morning dog walkers or prepare for the everpresent hills. It was a mental feat beyond the ability of some and surely taxing to most. Several runners tripped and fell.

Did I mention the wind? By now it was head-on and gusted, rudely enough, even on upgrades. I searched those grey cells still alive for a head game to suit the situation and came up blank. Even "I'll never run this one again" didn't suffice. Eventually I settled on the formula "Finish." So went miles 13, 14 and 15 on the brightest of sunny Sundays: snow and clouds had withdrawn after trying their best.

At long, long last I saw Columbia's lake and then the finish clock. As after many difficult runs, I was immediately euphoric: my conservative, steady pace had held to the bitterly cold end. It was time to thank any volunteer I saw. What devotion! And to find extra clothes. And to look for friends to ask "What about those last 3 miles?" And to find a congenial group for hot coffee and sweets.

Jim Robinson was first across the finish (1:32). GROC's Bob Phillips loped easily to a 2:06. I collected a huge mug for an age-group third (2:09).

It was a far cry from August's muggy overnight run to Columbia's frigid hill climb, and it sure as anything tested our mettle. I'm pretty sure Mom wouldn't have let us out on a day like that.

ORIENTEERING SCHEDULE FOR SPRING 1990

The following is a list of meets that will be held by the Quantico Orienteering Club. GROC members and friends are welcome. Call Jane Jellison (x8563) for more information and directions.

February 25	Riverbend Park (Just north of Great Falls, VA)
March 11	Little Bennett Regional Park, Clarksburg, MD
April 7	Beginner Event, Ft. Belvoir, VA.
April 8	Pohick Bay, VA (sort of near Ft. Belvoir)
April 22	Chopawamsic Creek, Quantico, VA
May 6	Wheaton Regional Park, Wheaton MD
May 20	North 18 (Ft. Belvoir area)
June 3	Mt. Alto, PA
June 10	Beer Chase and Annual Meeting (Rock Creek Park area)
July 14	Bike-O (Location TBD)

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Spring Fun Run and 10K

Believe it or not the next Fun Run is only 2 months away. It will be held on April 18 at noon starting beside Building 2. The 10K will be on the following Wednesday April 25 at noon. Anyone interested in volunteering for these races or the make-ups please contact Diane on x3880. Also anyone interested in the job of race director or anyone with possible nominees for this position please let Diane know.

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Correction: Revised Team Participation Standings for Fall, 1989 Fun Run

Virg Cleveland was surprise to learn that his team finished second in the participation competition. He wondered where were the other 54 runners. Maybe next time!

2-Mile Fun Run: Team Scoring by Participation

<u>Rank</u>	<u>Finishers</u>	<u>Team Name</u>	<u>Team Captain</u>
1	81	FED UPS	Karen Flynn
2	40	Out to Launch	Joan Rattigan
3	28	Procurement Flashes	Frank Dayish
4	27	Speed & Snooze	Mandl/Koslosky
4	27	Space Station	Jean Lane
6	22	Run CSC	Lettie Buena
7	21	Bear Hunters	
8	18	Supersoles	Brenda Clermont
8	18	STX	
10	10	Communicators (mostly 543)	Emil Kirwan
11	9	LTP	
12	8	Read Team Soccer	Kim Brown
13	6	CTA	Virg Cleveland
14	5	Exotic Materials (Code 313)	Kitty Ackerman
0	3	UARS-(Unconcerned Amateur Run. Soc.)	
Total	323		

News/Announcements

••• Historian Makes History •••

Joan Rattigan, GROC historian, gave birth to a baby girl, Kathrin Elizabeth, on February 7 at 7:30 p.m. Kathrin's birth weight was 8-1/2 pounds. Mother and daughter are doing fine. Congratulations to the new parents.

Upcoming Newsletter Schedule

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

Issue Deadline

Mar/Apr 1990	Mar 05
May/June 1990	May 07
July/August 1990	July 09

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).**

Intercenter Race Results - Many thanks to Edwin Fung for completing the program to process Intercenter results. GSFC is now the Intercenter run "headquarter". Results will be published as soon as the data are verified. Other centers have provided us with results such as a 58-year old running the 10K in 22:35. (That was actually a 2-mile time.) We have to check out such incredible performance. So, have patience.

In-between newsletter announcements - Please visit the Fitness Lab for announcement, notices, and race entry forms. The newsletter cannot possibly publish all time-sensitive items.

GROC Executive Board 1989-1990

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
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Newsletter Editor	-----Grace Lee	286-5762
Membership Coordinator	-----Jane Jellison	286-8563
Race Director	-----vacant	
