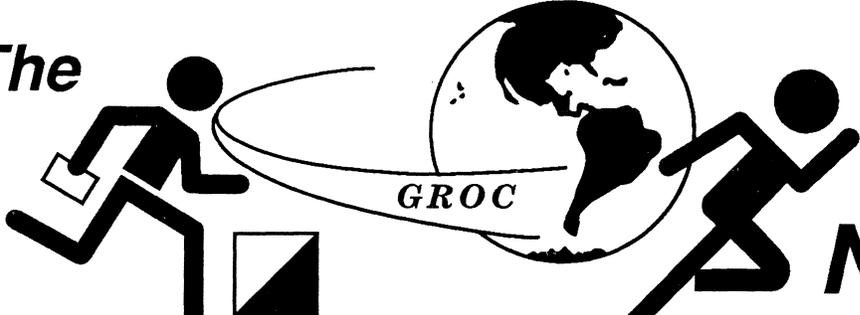


The  Newsletter

April, 1991

Don't miss the next

GROC Meeting

Tuesday, May 7, 1991
Noon
Building 22, Room 271

Agenda: Bylaws

We need you...

*Groc Picnic
MAR 24*

In This Issue...

	<i>Page</i>
Intercenter Run	3
Racewalk Demo	8
Dirt Road Derby Results	5
Dirt Road Derby II.....	5
T-Shirt Art.....	2
Mother of Training Programs.....	4
<i>Ken Brown</i>	
Due and Overdue.....	5
By the Way: Bylaws.....	4
Special Sidelines.....	6
Where Am I?	6
<i>Jane Jellison</i>	
Beyond the Marathon.....	7
<i>Mike McCumber</i>	
Presidential Fitness	6
Up And Coming.....	6
From the Prez	3
<i>Diane Kolos</i>	
EdNotes.....	2



The GROC Newsletter

EdNotes

What a busy time of year for GROC!

With the Spring comes a veritable outflowing of activities for the active-minded: running (pages 3, 5, 7), walking (pages 3, 8), orienteering (page 6) and exercising events (page 6). The *Newsletter* welcomes long-time GROC historian's first print contribution in this editor's *Newsletter*-reading memory, and an entertaining article it is (page 6). It's also nice to hear from ultra-busy Prince Georges County Road Runners Club board member McCumber (on ultras: see page 7) and to learn about faster ways to run, well, *fast* from Brown (page 4).

The t-shirt contest could use a few designers: how else can the club come up with a new shirt? Any artists out there who want to vie for a gift certificate (this page)?

It may sound mundane, but did you know the GROC bylaws require a quorum for annual budget passage, dues changes and elections? -- at least arguably. A quorum of 400 members? Who are we kidding? Just a few good people can remedy the Catch-22 (page 4). While we're on old business-new business, see dues increase action (page 5).

Wondering how you placed in the Dirt Road Derby? Check out page 5. Notice the next derby -- and start training.

Finally, there's news from the President's office (page 3) and something a little different: a racewalking demonstration (page 8).

Good luck in the Intercenter events, and see you on the roads.

Lani Williams

it's coming!

The great **1991 Spring**

InterCenter Run

**Be there Wednesday, April 10
noon Building 2**

Help..Help..Help..Help..Help..Help..

T-Shirt Contest

Yes, sadly, GROC lacks T-shirts to express its athletic pride.

Help. .Help..Help..Help..Help..Help..

Draw the winning T-shirt design! Win a gift certificate!

Submit to: Jeannette Benavides
Code 313.0/286-4368

Deadline: April 23, 1991

Decision: April 25, 1991

Guidelines: 1-color graphic or sketch

Help..Help..Help..Help..Help..Help..

Buy one at the Dirt Road Derby

Help..Help..Help..Help..Help..Help..

GROC Executive Board 1990-1991

President.....	Diane Kolos.....	286-3880
Vice President.....	HerbBlodgett	286-5554
Treasurer	Edwin Fung	286-7347
Secretary	Jean Lane	286-3063
Historian.....	Joan Rattigan	286-7243
Past President	Emil Kirwan	286-8960
Editor	Lani Williams	498-8200
Membership		
Coordinator	Jane Jellison	286-8563
Race Director	vacant	
Fitness Lab		
Director (ex officio)	John Gilligan	286-6666

Special Sidelines Coordinators

Orienteering	Jane Jellison	286-8563
Ultrarunning	Mike McCumber	Code 912
Race Walking.....	Renny Greenstone	513-1610
Triathlon.....	Bob Phillips.....	344-4911

Reach the editor:

GSFCMail: LANIWILLIAMS

SSFPMail: Lani Williams

USPS: ATR, 14900 Sweitzer Lane, Laurel MD 20707

The GROC Newsletter is a publication of the Goddard Running & Orienteering Club. Submit articles and items of interest to the editor.

From the Prez

by Diane Kolos

The First Annual Dirt Road Derby was quite a success! Despite cold wind and late publicity (can do better next time), 14 runners braved the cold to enjoy our first Derby race. I congratulate **John Sissala**, who pulled the race off almost single-handedly. Volunteers included a completely-frozen registrar, four semi-frozen course marshalls, and two assistants at the finish line. Thanks to all who helped the race go so smoothly: **Jeannette Benavides, Herb Blodgett, Becky Derro, Pat Friedberg** and **Jim Wall**. Also, thanks to all who participated: race results on page 5.

It has since been suggested that a similar race could easily be run on a regular (bi-monthly?) basis. Anyone interested in contributing their lunch hour to help with another? The spring would be a great time for it.

The Fun Run is fast approaching and once again GROC needs your help in turning out the volunteers. If we share the work, this race is manageable. Otherwise it's impossible.

As in the last Fun Run, team members who volunteer will be counted toward the participation trophy. Rules are included in this newsletter. Check them out so all your volunteers will be counted. Please don't wait till the last minute to let us know that they're volunteering; it makes planning very difficult.

In addition to race day volunteers, there are several small to moderate-sized jobs that need to be done soon. These include coordinating volunteers, producing and/or hanging flyers advertising the race, and shopping for post-race refreshments. If you're able to help out, contact me as soon as possible. If you can't help before or during the race, stick around and help with the clean up, the make-up races or the Walkers or Runners 10K. *We really do need your help to make the races a success.*

Vice president **Herb Blodgett**, provided an interesting notice sent out at JPL. It includes statements about the "perennial champion Goddard" and about kicking "Goddard in the derriere." Let's all work to live up to their expectations of us ... maybe it's time to aim at being the perennial 10K champions, too.

Our next running **Club Meeting** will be on Tuesday, May 7, at noon (Bldg. 22 Rm 271). The April schedule includes the **Fun Run** at noon on 4/10, the **2-Mile Make Up** at the DuVal track on 4/12 at noon, the **Walkers 10K** starting in front of the Fitness lab at 11:00 on 4/15, the **Runners 10K** at noon on 4/17 at Greenbelt Lake (Buddy Attick Park), and the **10K Make Up** at noon on 4/19 at Greenbelt Lake. The **Awards Ceremony/Picnic** is tentatively scheduled for the end of April. Catch the date at the Fun Run.

Last year's Walkers 10K was quite a success, turning out more than 20 walkers. **Jane Jellison** did a great job coming up with the idea for an on-center 10K and designing a course. We hope to see even more walkers competing this year. Someday we'll win the 10K competition on the combined strength of Goddard walkers and runners. Tell your friends to come walking -- and to bring a friend. Contact me for an advance copy of the Walkers 10K map.

Our Fun Run this year will include identification of competing race-walkers. This identification will be provided with your race numbers, but only if you request it. We ask that all who compete as race-walkers follow the accepted rules for the sport.

As in the past, we ask roller-bladers not to enter the competition, since their speed can present a hazard to runners and walkers.

A final note about the races: trophies for men's and women's first and masters places will be provided for this April's 10K race at Greenbelt Lake. The trophies will be awarded at the awards ceremony for the fastest 10K times on this day and this course *only* in order to provide a fair and equal competition.

it's coming!

The great **1991 Spring**

InterCenter Run

**Be there Wednesday, April 10
noon Building 2**

The Mother of All Training Programs

by Ken Brown

Books on running and improving your running abound. There's Galloway's *Principia*, Bowerman's *Racearama*, and Dr. Sheehan's *Existential Endorphin Esprit*. The major promise of this pulp is speed: how to attain it and what to do with it once you got it.

But do they deliver to the average runner on their promises? Have you gone from a frump to a sleek gazelle by perusing the pages? Chances are your pocket got lighter and your time in getting another book touting the true answer went down. Which didn't go too far in increasing your speed. Besides, the authors demanded too much. Track intervals, long distance and twice a day workouts for months. Just to begin to get results. It's not the way America does things. It should be instant success for no sweat.

So enough of these righteous training schedules, computerized times, stress/recovery pacing, high-carbo foods, strengthening, stretching and that ilk. Let's get down to the essentials: speed for the least amount of effort. This is the fast food theory of training. And here's how it is done.

The Interval/spring Technique. At the end of the track we tie 78 cords. Each has been made up of rubber bands saved from clumps of parsley bunched at the grocery store that you ate during the training program from the last book, *Eat Your Way to Speed*. The other ends of the cords are tied to your hands, feet and other protruding parts. Friends grab you at these points and pull you down the straight-away while stretching the cords. When they let go, you'll tear down that track. This training method will take about a half minute off your dash speed. Be sure to stop before the fence.

The Adrenaline Surge Cheetah Chaser. Usually done in a scenic African setting, you're given a weight vest filled with raw meat. With a 4-second head start on a hungry panther, you've got to reach an open cage 60 feet away. The second split is usually better than the first in

this training run. Don't forget to slam the door.

The Short Fast Dive. This is meant to supplement long, slow distance. It's a proven speed increaser even for the beginner. Start at a moderate cliff. After the first rather awkward step, the others get faster and use less energy. Why, you'll practically fly down that course. By the way, any soreness suffered at the end is definitely not due to running, so that's a relief to the injury prone.

The High-Speed Ultra. This aerobic conditioner is fairly demanding. You are put out on the expressway without your shorts. Alongside, a friend in a car dangles them just out of reach. The driver gets off the expressway in Luther-ville and the shorts are yours. This is best after a good rest when you're fresh. Don't forget the suntan lotion.

Of course you can use the old standbys: a slow watch, a short cut or steroids. But these should be used sparingly and only for serious racing. Remember, though, nine-tenths of your speed comes from just picturing it in your head.

GROC's Bylaws finally outlived their usefulness (in a few clauses)

Calling all Lawyers and Attorney Wannabees and especially anyone with Common Sense:

Bylaws Committee

Help? Of course you can!

Contact Emil Kirwan/542.0/X8960

Join other committee members for a few brief hours to formulate and propose changes that can make GROC work easier.

Approximate time investment: 3 hours

Dirt Road Derby 2-Miler

GSFC, Greenbelt, MD
February 27, 1991

Place	Name	Age	Sex	Time
1	Rick Bingham	36	M	11:46
2	Tony Martino	29	M	12:42
3	Joe Mitchell	34	M	12:42
4	David Orbock	45	M	14:21
5	Frank Reeves	30	M	14:31
6	Lani Williams	41	F	14:37
7	Doug Newlon	30	M	15:09
8	Deanne Bentz	29	F	16:27
9	Franz Lengenfelder	60	M	17:14
10	Fritz Hasler	50	M	17:55
11	Rosalee M. Price	47	F	18:14
12	Edwin T. Vaughan	46	M	19:33
13	Walter Rook	24	M	19:46
14	Karen Flynn	30	F	22:01

Derby Volunteers

Jeannette Benavides
Herb Blodgett
Jim Wall
Becky Derro
Pat Friedberg
Jane Jellison
Diane Kolos
John Sissala

Dues Increase Decision

At the March 14th GROC meeting, absentee and on-the-spot votes decided to raise club dues to \$5 per year (free races to members) and retain non-member race fees at their present rate.

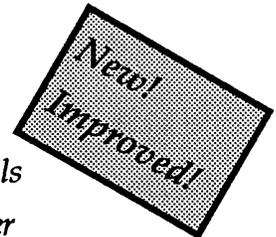
Just a reminder that this reflects actual costs to the club that cannot be covered (easily, that is) in other ways.

*You liked it so much,
let's do it again:*

DIRT ROAD DERBY 2 Mile Race

Date: May 15, noon, Health Unit (Bldg 5)

Course: 2 miles



- ✓ feel the hills
- ✓ see the deer
- ✓ hop the potholes
- ✓ tune that running form

Apparel: mud shoes if it's wet
racing flats if not (only for hard-cores)

Entry: day of race
free to GROC members
\$1 to others

*The run will be timed, but just for fun. No awards,
teams and all that jazz*

*If you missed
the first Derby,
here's your chance!*

The GROC Newsletter

Special Sidelines

Special Sidelines highlights those related sports some folks engage in for cross-training, variety or for pure joy. For some, what we're calling a Sideline is the main event, things like orienteering, ultrarunning, triathlons, race-walking, weight training.

These people are willing to field your questions about their Special Sidelines. Look for contact numbers on page 2. To start, we present:

Jane Jellison	Orienteering
Bob Phillips	Triathlon
Renny Greenstone	Racewalk
Mike McCumber	Ultrarunning

Presidential Sports Award Challenge

Every spring, the President's Council on Physical Fitness and Sports administers a program to recognize everyday people like us who commit to and follow a consistent plan of physical activity. Qualifiers work out in the sport or athletic activity of their choice at a moderate level for 4 months. Competition and winning are foreign concepts to this program. All who meet the qualifying standards receive an achievement certificate and other handsome goodies ... to say nothing of an improved self.

This year, NASA centers are staging an inter-center competition based on this program. The Center with the largest percentage of qualifiers in the Presidential Sports Award Challenge will be declared winner. Come on: we've all been intending to get fitter. See John Gilligan in the Fitness Lab to start meeting the Challenge.

Why make excuses? Intercenter Challenge participation is even free.

Where Am I?

by Jane Jellison

What am I doing here?

I look around me. I see a steep hillside strewn with tortured carcasses of downed trees. Sometime in the recent past a ferocious gust has toppled these innocent forest giants, leaving them forever stretching their withered arms in a silent protest toward the southeast. I lean on a large boulder and rest. I am tired. I have been out here for a long time. I have no food, no water; no one is in sight. I am not sure exactly where I am. Am I having fun?

You bet I am -- I am orienteering!

Not only am I orienteering, but I am doing so within ten miles of the White House, the traffic jams and all the rest of the urban baggage we must cope with in our daily lives. I am participating in the two-day orienteering meet recently hosted by the Quantico Orienteering Club at Rock Creek Park (March 16-17). It is amazing how close one can be to civilization and still be on one's own, battling the wilderness to find one's way using a map and compass to navigate a course some other (demented) orienteer has set for you in what should be a rather civilized area.

This engaging sport pits the individual against the elements and the topography of the area, and imposes mental as well as physical demands. At the start, you are given an enhanced topographical map of the area (usu-

Up & Coming

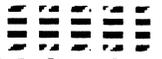
- 4/1/91 noon Running Injury
(Dr. Allan Brecher)
Bldg 22, Room 365
- 4/10/91 noon InterCenter Run (2 Miler)
Bldg 2
- 4/12/91 noon InterCenter Makeup (2 Miler)
DuVal High School
- 4/15/91 noon InterCenter Walkers 10K
Bldg 5
- 4/17/91 noon InterCenter Runners 10K
Buddy Attick Park

ally in a State, regional or national park), and a set of control point descriptions (the places you must visit in sequence in order to complete the course). At your start time, you copy the course (somebody else has designed it and hung out markers at each control point) from a master map onto your own previously unblemished map. Your task is to visit the assigned locations in sequence, choosing your own route sequential features as you see best. This can mean choosing the long way around via a trail versus the "up and over" strategy, which is probably shorter but entails greater physical exertion as well as uncertainty in locating definite features on the map which tell you exactly where you are at a given moment. The idea is for you to choose the optimum route from one control feature to the next, depending on your physical and navigational prowess.

Which brings me back to where I started this article. I have chosen the beeline route between two points. The price I pay is having to traverse whatever is between here and there. I made this choice for a couple of reasons: the long way around on the trail only pays off if you can move fast, i.e., actually run! But, given my ambulatory disposition, I figure I can make faster time by walking straight through, covering 400 meters instead of the 600 meters of the trail route. Boy, am I wrong! I didn't study the mapwell enough to and see that I am headed through a "green" area (so designated on the 5-color map) indicating tough

(...see *Where?*, Page 8)

Beyond the Marathon



by Mike McCumber

In any issue of *Runner's World*, *The Running Times*, or the *Washington Post Weekend* section, you will find lists of running races for a wide range of distances from 5K to marathon. Here at Goddard we are all familiar with the 2-mile and 10K races held twice annually. But there is an entire class of running race most people know little about: Ultras!

Ultras, shorthand for ultramarathons, are simply races at distances greater than the marathon's 26.2 miles. Standard Ultra distances, if there can be standards, are 50K, 50 miles, 100K and 100 miles. Stranger distances can also be found, however. For example, races are offered at distances of 41.2, 55, 70, 146, 700, 1000 and 1300 miles.

Ultras also include races distinguished by time intervals (e.g. 24 hours; 2, 3 or 6 days). These races are usually run on a track or a short loop. Another group of Ultras (sometimes called supermarathons) are the multi-day stage races. These are point-to-point runs such as the races across Tennessee or Ohio and the more exotic races such as those across parts of the Soviet Union, China, India or Australia.

Ultras are unique among footraces. Whereas the shorter races from track sprints up to the marathon emphasize speed (yes, the marathon is a speed race), Ultras emphasize endurance. Some of the Ultra purists are passionate about this distinction and they refuse to consider any race short of 40 miles a true Ultra. I think these folk represent a small minority of the Ultrarunning community. On the other extreme are those ultrarunners who classify even sub-marathon runs as Ultras, providing they include significant difficult climbs. Whatever the distance, the common thread of all Ultras is that they are tests of endurance. For the speed runner who wants to tackle an Ultra, this requires some modification of one's racing strategy.

Training for an Ultra is little different than training for a marathon. Weekday mileage is

(...see *Beyond*, Page 9)

- 4/19/91 noon InterCenter Makeup (10K)
Buddy Attick Park
- 4/24/91 noon GROC Picnic
Bldg 5
- 4/28/91 noon Orienteering Meet
Monacacy, MD
- 5/7/91 noon GROC Meeting
Bldg 22 / Room 271
- 5/15/91 noon Dirt Road Derby
Bldg 5

The GROC Newsletter

Where? ...continued from Page 7

going -- I am not walking, I am fighting underbrush, climbing over 3-foot diameter fallen trees, and generally making very slow progress. I should have taken the trail!

Given the physical discomfort and the blows to my ego caused by faulty judgment, I cannot really explain why I love this sport so -- other than to say that when I have successfully planned a route, executed it (pass trail junction, cross over stream, see two boulders, go up hill to 2-meter cliff) and actually see that control flag there -- there is nothing like the exhilaration and satisfaction of having done this all by myself. Never mind that the next competitor did it faster or slower, I planned and carried out this exercise against the world and succeeded!

Take it from an old, slow non-athlete: orienteering is the sport you can enjoy no matter what. After all, if that hot-shot speedster runs fast in the wrong direction, you can win!

Orienteering meets to look forward to:

April 6 Pohick Bay Regional Park

Just show up any time between 12 and 2 pm for on-the-spot registration. Instruction will be available, and there will be a full range of courses ranging from easy (beginner) to advanced. Something for everyone!

Directions: Take I-95 south to the Lorton exit. Turn left at the bottom of the exit and follow the signs to the park (a left onto Gunston Rd.). Follow the red and white O-signs to the start area.

April 28 Monacacy, Md

Check with me for details.

it's coming!

see how it's done!

Racewalk Demo

Wednesday, April 10

11:15 am Building 2

(in conjunction with the Intercenter 2-Miler)

Beyond ...continued from page 7

about the same, but that long run will longer. I will detail training in a future article, including the controversial "low key" approach.

There are 3 important things when running an ultramarathon. First, you have to learn how to run *slower*. This is not easy for many runners, since they have been conditioned to run much faster than is practical in an Ultra. The rabbit who darts off at the start of an Ultra is destined to be passed by other runners who have learned how to conserve energy.

Second, you have to drink considerable amounts of liquid and even to eat during the race. This last item is a big taboo to speed runners, but your body cannot possibly store enough fuel to get through the race without it (especially longer distances and times).

Third, and this is also tough one for some fast runners, you have to learn how to incorporate walking (briskly, not a leisurely stroll) into your racing. It is necessary for all but a few elite runners, especially on steeper uphill (trail Ultras are notorious for hills, some very steep). Even in track Ultras it is good practice to include walking segments.

So now you know a little about how an Ultra is run. If you would like to watch or enter one, several are offered in this area. The **Tabbo 6-Hour Run** (August; Greenbelt), the **24 Hour Relay's 50- & 100-Milers** (August; Columbia), the **Del Passatore 100K** (October; D.C.).

Other Ultras within a few hours' drive include the **Hinte-Anderson Trail Run 50K** (March; Susquehanna State Park, Md), the **Old Dominion 100 Mile Run** (June; Shenandoah Valley, Va), the **Groundhog Fall 50 Mile** (September; Punxssetawney, Pa), the **Mountain Masochist Trail Run 50 Mile** (October; Lynchburg, Va), the **JFK 50 Mile** (November; Boonesboro-Williamsport, Md). *UltraRunning*, a magazine dedicated to the sport, lists Ultras world-wide.

In a future article, I will give some tips on how to train for an Ultra, for those who might be interested in moving up. In the meantime, if you would like to discuss ultrarunning or if you have questions, always feel free to give me a call at 286-9134 or drop a line to Code 912.