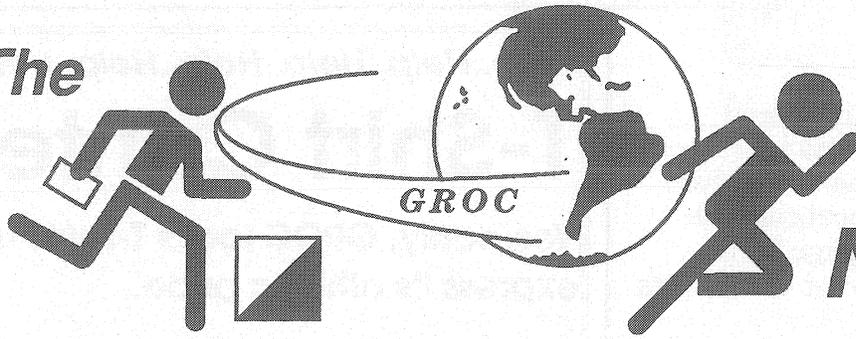


The



Newsletter

February, 1991

Don't miss the next

GROC Meeting

Thursday, March 14, 1991

Noon

Building 22, Room 271

Agenda: Dues hike

We need you...

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Goddard Running and Orienteering Club

From the Prez

by Diane Kolos

The club is interested in sending a team to Columbia for the RRCA Team Club Challenge 10 mile race on February 24 (8:00 am). The minimum number for a team is 15 (12 men and 3 women) and so far only one person has expressed an interest. Each participant runs the 10 mile course. The cost is \$5 and refreshments and a race promotion (t-shirt, mug, or something like that) are included in the price. Please contact me as soon as possible if you wish to compete on the GROC team.

The George Washington Marathon will be held on 2/17, starting at the Rec Center. There will be a relay team event as well, if you think 26 miles is too much for you, with mixed teams competing. Registration forms are available at the Fitness Lab.

We welcome Lani as the new newsletter editor and are extremely grateful to Grace who single-handedly carried the burden of producing the newsletter for so many years. Enjoy your rest Grace, you deserve it!

It has been an exciting January for the Running Club as evidenced by the many new items in this newsletter. GROC is trying to reach out in new directions and we invite you to join us on our journey. The next GROC meeting will take place on March 14 and we will be discussing the dues increase which is covered in depth in another newsletter article. If you have ideas about where GROC should be going, I encourage you to attend our meetings and make your thoughts known. It's the only way that GROC will become your club.

The many activities which are described in the newsletter (t-shirt contest, Dirt Road Derby, and Team Club Challenge 10 miler) are being designed to keep the club active in the time between the Fun Runs. We have also sponsored an orienteering information meeting which was attended by approximately 12 people. If you have ideas for other events, come to the meeting and tell us all about them.

*it's coming
it's coming
it's coming
it's coming
it's coming
it's coming*

The great 1991 Spring InterCenter Run

- ★ a chance to show those other centers who's fit
- ★ a chance to even the score with your very own Fun Run archival
- ★ a chance to demonstrate your two-mile walking form
- ★ a chance at oranges and soda

Be there Wednesday, April 10

- ★ the challenge ★ the drama
- ★ the excitement ★ the sun
(we hope)

Watch GEWA News and your nearby bulletin boards for information and application.

Why Raise Dues?

by Edwin Fung

The GROC membership dues have been \$3 a year for as long as I can remember, and I have been a member of GROC for about 10 years. Anyone who has become a "fixture" at 2-mile Fun Runs has probably joined GROC, since that beats paying \$4 non-member race entry fees for the 2 runs each year.

However, a couple of things during the past couple of years put this low dues rate in jeopardy. Several years ago, we decided to join the Road Runners' Club of America (RRCA). This earns GROC members discounts at sports stores, subscriptions to the RRCA publication *Footnotes*, the wider resources of a national organization, the right to attend RRCA's annual convention. It costs \$0.75 per person per year. Thus, out of the \$3 GROC dues, \$2.25 goes to GROC itself.

Dues plus the \$2 race fees we collect at Fun Runs have been enough to cover all the expenditures of GROC for the last several years (I know, since I've been the GROC treasurer for the last 3 years). These expenditures include the following:

- Race Numbers (Around \$200 per Fun Run, \$400 per Year)
- Trophies, Medals and Ribbons (Around \$400 per Fun Run, \$800/Year)
- Newsletter Mailing Cost (Around \$50)
- Refreshments at Fun Runs (Around \$100/Run, \$200/Year)

Not only have dues + race fees taken care of expenses, they actually left the treasury a surplus. The GROC treasury balance went from \$983 in 1987 to \$1097 in 1988 to \$1727 in 1989.

Then in 1990, after discussions at 2 GROC meetings and consultation with GEWA, GROC decided to purchase liability insurance. The cost was rather high. The RRCA offers its affiliates an insurance policy that appears to be less costly than anything out in the market. Premium is based on the number of members

in each affiliate running club -- \$2.25 per member (1990). So, for the first time in several years, the GROC treasury recorded a deficit in 1990: the balance went from \$1727 to \$1535.

In 1991, RRCA insurance will cost \$2.40. Therefore, RRCA dues (\$0.75) plus insurance (\$2.40) already exceeds the \$3 GROC dues!

It is obvious that GROC dues cannot remain at \$3. There are a couple of proposals about how to increase GROC revenue in an article that follows. I hope this background material on the financial situation will help each GROC member in accepting and deciding on a raise in the GROC dues.

How To Do It?

by Lani Williams

There's a dues increase in the air. GROC reluctantly admits the need for insurance to protect the club organization, its officers and event volunteers from financial risk.

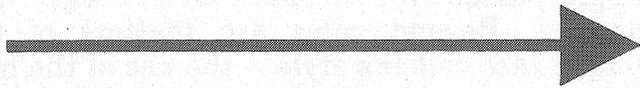
Last summer, GEWA informed all GSFC clubs that extracurricular activities and organizations are not adjuncts of the U.S. government. This means that old saw, *You can't sue the government*, if true at all, doesn't apply. GEWA encouraged clubs to provide protection in this lawsuit-crazy era, especially in the face of several recent successful claims.

GROC sought legal counsel and were advised to heed warnings. Subsequently, two members -- one an official of a national running organization, the other a procurement officer -- researched many insurance alternatives. They concluded in favor of a Road Runners Club of America (RRCA)-provided policy.

RRCA membership and liability insurance are assessed on a per-member basis. Unfortunately, the combination totals about \$3.50 per person per year. Membership dues stand at \$3.00. Last year, the club subsidized from savings reserves, a practice it cannot afford to continue. Like U.S. citizens and residents of the District of Columbia, we face a decision: we must find additional revenue.

See How To...page 5

Doc, what do I do?



How To...continued

After substantial consideration, two options have been designed:

Option 1 Increase annual dues to \$5.00
 Increase non-member race fees to \$3.00

Race fees would still be part of a member's dues. This would probably keep membership at its present level, a situation advantageous when seeking GEWA support for a project or activity. It would allow enough over direct dues/premium costs to continue present services (race refreshments, picnic food...).

Option 2 Increase annual dues to \$4.00
 Members to pay race entry fee
 Non-member race fees remain \$2.00

Although this cuts close to the balance sheet's red line, officers feel the club could offer present services in 1991 and 1992 before re-considering dues level. GROC membership would probably drop when the dollar advantage reached parity; it would in this option.

Club president Diane Kolos, the officers and members present at recent GROC meetings ask the guidance of the entire GROC membership. Please indicate your choice between the two proposals. A vote will be taken at the next GROC meeting, March 14, 1991, noon, Building 22, Room 271. For anyone unable to attend that meeting, a vote may be registered through March 21 by contacting newsletter editor (addresses page 2).

Please help solve this dilemma.

Special Event:
Dr. Allan Brecher

lecture, questions & answers

Running Injury

Monday, April 1, 1991
Noon
Building 22, Room 271

Dr. Allan Brecher, head of orthopedics at Kaiser-Permanente in Kensington, will present his vintage slide-and-talk lecture on the nature, prevention and treatment of our old nemesis. Brecher, a native of Baltimore, has run a 2:43 marathon.

*April First:
No foolin'*

Special Sidelines

May I introduce a new GROC service?

Member, meet Special Sidelines.

SS, this is a valued member of the club.

So what, you ask, are these Sidelines?

They're those related sports some folks engage in. Runners might use them for cross-training or variety. For some, what we're calling a Sideline is the main event. There might even be sportspeople whose interest in running is to train for one of these sports.

They're things like orienteering, ultrarunning, triathlons, racewalking, weight training.

They're limited only by our ability to find in-club resource people and interested participants.

The club offers several people 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

Racewalking Steps Out At Goddard

by Renny Greenstone

The first clue that racewalking might be real at Goddard was the 10K racewalk held last fall. Maybe there were only a few participants, and technically, maybe the racewalking form wasn't pure, and maybe we didn't have racewalking officials to tell who followed the rules and who didn't, but it was a good beginning. (A bit about those rules later.)

Now we can look forward to the spring fun-walk at Goddard. On April 10 for the first time, there's going to be a way to tell the walkers from the runners. Each walker will be given a piece of fluorescent tape to attach to the race bib worn on the front of the T-shirt. It's up to us walkers to ask for this special identification. While racing, we'll be on the honor system: no marshals along the way will check

to see that we're following the rules.

About the rules: To begin with, racewalking is walking, and walking means that the front foot must touch the ground before the rear foot is lifted. What makes racewalking special is the added requirement that the leg that was in the rear must straighten at the knee before the forward foot lands. (This second requirement is just my approximation of the official rule that has to do with technical stuff like the weight-bearing leg being vertical when the body weight passes over it!) And that's enough rules for now. Beyond rules are matters of the unique racewalker's style -- the use of the hips and the swing of the arms to get fast, efficient motion.

The Potomac Valley Seniors Track Club (PVSTC) is the local focal point for racewalking. They conduct clinics and races and their newsletter reports events. Right now there is a series of indoor racewalk clinics ongoing in Tyson's Corner (call Steve Schindel at 703-836-2766), and the next PVSTC racewalk should be the one called *By George*, Saturday, February 23, 9 o'clock at Hains Point. (703)243-1291 for information.

To exchange information, call me at 805-4509 or use GSFCMail: RGREENSTONE

Up & Coming

- | | | |
|---------|------|--|
| 2/23/91 | 9:00 | By George Racewalk
Hains Point |
| 2/27/91 | noon | Dirt Road Derby
Bldg 5 |
| 3/3/91 | 9:30 | Greenbriar Trail 10K
Greenbelt National Park |
| 3/10/91 | | Bethesda Chase
East/West Hwy & Wis. Av. |
| 3/14/91 | noon | Club Meeting
Bldg 22, Room 271 |
| 4/1/91 | noon | Running Injury
(Dr. Allan Brecher)
Bldg 22, Room 271 |

Minutes In Time

by Jean Lane

A GROC meeting was held at 11:30 on January 10, 1991 in building 22. Diane Kolos chaired the meeting, which was attended by the club officers and other interested members. The primary topics of the meeting follow:

New GROC Activities

Activities to expand the club purpose and increase member participation were discussed. Names of "volunteers" were suggested to begin establishing club members to act as contacts for specialized activities such race-walking or orienteering. A back fence dirt road running event in February was a favored response to the suggestion that GROC could sponsor informal races or training runs in addition to the spring and fall 2 mile and 10 K traditions. It was agreed that having speakers at GROC meetings could provide a service to members and boost club participation. An orthopedic specialist was the highest priority for the next meeting. Representatives from REI or Athletic Express were other suggested speakers.

Cost Increases

There was considerable conversation about rising club insurance costs and various options for increasing membership dues and/or race fees to balance the budget. A couple of the options will be presented to the GROC membership for a vote.

Spring Fun Runs

The dates for the spring 2 mile and 10 K races and make-ups were established:

2 Mile	April 10
2 Mile Make-up	April 12
10K	April 17
10K Make-up	April 19

Although a suggestion has been made to delete the make-up races they will continue to be held to provide an opportunity for the race day volunteers to run.

Trophy for 10K Race

It was agreed that the first place man and woman in the 10k race will each receive a trophy. Only competitors on race day will be eligible to win the trophy although times earned in the make-up or other 10k's will still count toward the intercenter competition.

Race Walkers

Methods to acknowledge competitive race walkers were discussed. It was decided that a race walker competition category will be included for the 2 mile race that is held on center. Walkers who wish to compete in the race walk category will have a special designation -- such as fluorescent tape -- attached to their race number tear tag. Racer maintenance of proper form will be on the honor system. The GROC newsletter will include special mention of the first place race walker.

T-Shirt Contest

An idea was put forth to have a contest to design a logo for new GROC t-shirts. Details of the contest will be included an upcoming newsletter.

There will be a prize for the winning designer -- the value of which will be a compromise considering the effort required to generate a graphic design and the aforementioned club expense increases.

4/10/91	noon	InterCenter Run (2 Miler) <i>Bldg 2</i>
4/12/91		InterCenter Makeup (2 Miler) <i>DuVal High School</i>
4/17/91	noon	InterCenter Run (10K) <i>Buddy Attick Park</i>
4/19/91	noon	InterCenter Makeup (10K) <i>Buddy Attick Park</i>

DC has a new mayor:
GROC has a new race

Announcing the first running of the
DIRT ROAD DERBY
2 Mile Race

Date: February 27 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 can do this one, the
paved 2-mile
Intercenter Run
will be a picnic

Travel Trail: GROCies On the Road

by Bill Hibbard

It's 6:45 am and very dark as I leave the lights of the town and head out into the dunes. The sun won't rise for another two hours on this mid-December morning in The Netherlands. There is no moon, and the only light is cloud reflections from nearby towns.

Running is easy on the paved *Fietspad* (foot path) as I head north from Noordwijk. A fresh breeze blows through the dunes from the North Sea coast; the beach is only a hundred meters or so to my left, and the surf is a loud companion in the aftermath of a winter storm. On a warm Sunday afternoon there would be hundreds of Dutch people here, but now the only other evidence of humanity is a jet dropping down to Schipol airport after a night crossing of the Atlantic.

At the one kilometer milestone, the *Fietspad* turns inland, while a gravel road continues parallel to the beach. I choose the gravel road. A few hundred meters more and the press of time leads me to turn off the road onto a narrow gravel path that wends through the dunes and picks up the *Fietspad* again. Reluctant to leave the dunes but ready for a big Dutch breakfast, I turn back toward the lights of Noordwijk. It was only a three-kilometer run, but a fine start to the day.

I nearly always pack my shoes and shorts, and I seldom fail to find a running trail. My Elderly Fun Run class of running is well suited to travel because I like to run in the morning when there's only a brief time available. If my literary ambition persists, I'll list a couple more of my travel trails in future articles.

The way I figure it, GROC runners are issued over a thousand travel orders each year. That's a lot of potentially interesting opportunities to run in exotic, faraway places (Cleveland, Ohio?!). Do you have a favorite Travel Trail, one that other GROCKies might enjoy? Maybe *the Newsletter* can spare a column now and then to list or describe it.

(EdNote: Anytime you write!)