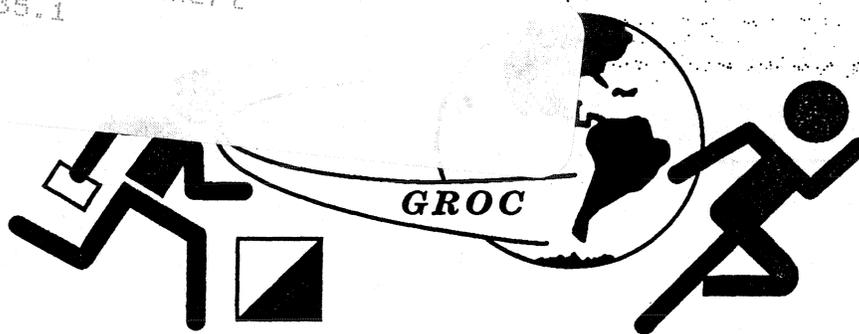


Thomas Winkert
735.1



JANUARY 1993 NEWSLETTER

From the Prez

Well, its a new year and a new chance for GROC members to get involved! It doesn't require a full-time commitment, whatever you can give will be appreciated. Be a race day volunteer, write an article about your training experiences or an interesting race, or just come to the GROC monthly meetings.

GROC has formed a meager Running Team of 5, which will be entering the GW Marathon Relay in February. Give me call, and join the team.

If your New Year's resolution is to improve your training habits, remember to start slow. Don't go from no training to a full-blown training schedule, only to burn-out in a couple weeks. Increase your training slowly, and you won't have to make this resolution again.

Elections

At the December monthly meeting, GROC held their annual election of officers. Not a whole lot of change, just one in fact. GROC would like to welcome our new Vice President, John Sissala. John has been a long time GROC member, and stepped forward to fill the position vacated by Herb Blodgett. Herb had been VP for many years,

and GROC will greatly miss his presence. Happy Retirement Herb!

First Annual Resolution Run

So the holidays are over, and you've put on a few pounds (seven is the national average). You've made a resolution to start working out regular come January 1st. Does this sound like you?

Well, GROC would like to help keep you motivated. On January 21st, GROC will be conducting its first annual Resolution Run. I know, it's a bit early in your training cycle to start racing. Well, the Resolution Run is not a race for speed -- it's a race for pace. Before the race, you predict your finishing time. Whoever comes closest to their predicted time is the winner. No watches allowed of course.

So come out and join us on the 21st at 12:00 PM in front of the Day Care Center. There will be random prizes and a prize for the winner.

To help keep you training beyond January, come out and run the monthly GROC Dirt Road Derby. Every third Wednesday of the month at 12:00 PM in front of the Day Care Center is race day. The races will typically be about 2 miles.

Special Sidelines

Special Sidelines highlights other fun and fitness activities. What we call a Sideline, is the main event for some. These include orienteering, ultrarunning, triathlons, racewalking, and weight training.

GROC members are willing to field your questions about their Special Sideline.

Jane Jellison	Orienteering (x8563)
Bob Phillips	Triathlon (344-4911)
Renny Greenstone	Racewalking (513-1610)
Mike McCumber	Ultrarunning (x9134)

GROC Calendar

- 1/19 Monthly Meeting
- 1/21 Resolution Run
- 2/14 GW Marathon/Relay
- 2/16 Monthly Meeting
- 2/17 Dirty Road Derby
- 3/16 Monthly Meeting
- 3/17 Dirt Road Derby
- 4/14 Two Mile Fun Run
- 4/16 Two Mile Make-Up
- 4/19 10km Race (Walkers)
- 4/21 Spring 10km Race
- 4/23 10km Make-Up

The GROC monthly meetings are at 12:00 PM in Building 22, Room 271.

The GW Marathon/Relay will start and finish at the Rec Center. Come out and run with GROC and the DCRRRC. Run the race yourself, or as part of a three person relay team. If you want more info on the race or want to form a relay team, contact Chuck Powers at x8061.

Tri 4 Fun by Ken LaBel

Okay. So, I'd rather be out running in shorts. Or maybe sweating through August's heat and humidity on my bike. And swimming outdoors is definitely out unless you're a polar bear! Winter still doesn't have to be depressing for the cross-training addict.

First of all, accept the fact this isn't race season. That makes this a good time to work on those things you conveniently ignore during the summer: strength and flexibility. This doesn't mean looking like Arnold (or nowadays Lee Haney) or putting your foot behind your head, but a strong, flexible body reduces your risk of injuries and increases your power.

And the outdoors is still open. Running in crisp cold air is cool. Do things different. Do some long runs. Run some fartleks. Plan a Sunday group run, then go to brunch! Build a good base, but remember you probably won't be racing until April or May. Don't kill yourself, if it's sleeting (DC snow) be smart.

Biking in the cold on the roads can be a little chilling, but there are some occasional warm days in this area. Just dress warmly (layered with wind protection) and choose your distances accordingly. Get a stationary bike, rollers, or a wind trainer, pop in a video tape of the Ironman and spin, spin, spin. Or better yet, get muddy! Get a mountain bike (I'll get you a good deal!) and explore the great trails that abound in the MD-VA area. Mountain bikes can give you a great workout and they're super for working your bike handling skills.

Try something else. Go out to Caanan Valley and go cross-country skiing. Go hiking. Join a volleyball league. Coach a kid's team. Read a book (mental exercise). Go to a museum. Hey, it's been a hard year, let your body recover a bit.

And this is the best time to work on your swimming. Since you're (maybe) running and biking less, there's more time to head to the pool. There are some excellent Master's

swim programs around. Learn to swim better. Learn a new stroke. Work on bilateral breathing. Maybe learn to flip-turn!

Or better yet, do what I do: Head to sunny Florida for three weeks and get a tan!

From The Land Down Under by Tom Nolan

The Alice Springs 10K

I was in Alice Springs, in the heart of the Australian Outback, for two GSFC balloon flights in 1988. That caused me to miss both Intercenter Fun Runs that year, because atmospheric turnarounds, like Fun Runs, occur every April and October. It didn't keep me from running, though: I joined the Alice Springs running club for their club runs every Tuesday and Thursday evening. I find that running in dry weather is much better for me than running in humid conditions. For some reason, I can run farther with less fatigue when it's dry, and Alice Springs is nothing if not dry. The club runs would occasionally head down the main street and return right up the middle of the Todd River. Most of the time the Todd is a river in name only. When we ran in it, it was like a wide sandy beach cutting through the middle of town, lined with fragrant river gum trees (a kind of eucalyptus), and dotted with groups of Aborigines making a night of it.

I particularly enjoyed running "out bush", on the network of walking tracks to the North and West of town. The countryside is deceptively rugged, and a few minutes of running off the road in the red dirt can completely isolate you from civilization. My running mates were concerned that I not get confused and lose my way back when running alone, and I was pretty conservative in what I attempted until I gained knowledge of the bush country. It was while running on these tracks that I came across the only kangaroos I ever saw in the wild, a pair of red kangaroos sleeping in the trail, surprised into bounding flight by my intrusion.

During my second stay in the Alice, I entered the Alice Springs 10K run, which is held in

conjunction with the annual Camel Cup Carnival. The featured event of the Carnival is a camel race on a quarter-mile dirt track just outside of town. The 10K run starts in the center of town and proceeds out city streets to finish with a lap around the camel track. Fortunately for the runners, the camel event comes afterwards. I think I finished sixth or seventh, but first in my age group. The locals had trouble believing I was over 35, and I had to admit I looked young among my age group peers. The theory goes that the Australian sun is so intense, exposure to it causes your skin to age prematurely.

At a subsequent club run, one of the guys asked me if I'd seen my picture in the paper that day. I said I hadn't, and he went back to his car and brought out a copy of the Alice Springs newspaper. It was me in the photo all right, but the caption read "10K favorite Adrian Wellington shows his winning form." The guy with the paper told me, "I knew it wasn't Adrian, I thought it was you, the Yankee fellow!" Since I'm from New England, I suppose he was correct, but an Aussie will call you a Yank even if you're from Texas. I apologized to the real Adrian Wellington for stealing his glory, but he seemed unconcerned. I told him, "That photographer couldn't have known who was the faster runner, but she obviously knew who was the better looking one!"

The Sydney Beach Run

On my arrival in Sydney, Australia I needed to book a hotel room, since it would be another day before my connecting flight left for Alice Springs. I was somewhat disappointed that nothing was available in the downtown area of Sydney, but the travel assistant suggested I try the Gemini Hotel in Coogee, a suburb of Sydney on the south beach. I did, and as a result I discovered the world-famous Coogee-to-Bondi Beach Track. I didn't know it was world-famous at the time, of course. Some months later I was in a bookstore browsing through a book whose name I don't remember, but whose subject was great urban running trails in cities around the world. I was thinking to myself, "who goes to all these places?" when to my surprise I came across a route I recognized in

Sydney. After I had found my room at the Gemini Hotel and had rested a while, and having a day and a half to kill, and the weather being fine, I had decided to go for a run. I headed out the door and down the hill to the beach, then aimed for a small park that I could see overlooking the ocean. When I reached the park, a paved footpath led around a bend. The ocean waves crashed below, and the view was grand. Up ahead I could see another runner, going the same direction as me. I gave chase, but he was fast, and he lost me after a few miles. I continued along for a while but the trail was confusing, no end was in sight, and eventually I turned around and ran back.

In the bookstore I reviewed the whole course, from Coogee Beach where I had stayed, to Bondi Beach, the legendary surf-and-muscle hangout of the 70's. I realized that following the trail was reasonably straightforward, and the total distance one way was probably 5 or 6 miles. I decided that I would find it again and run the whole thing if I ever got another chance.

That chance came in the fall of 1988, when the GRIS balloon instrument had its second flight out of Alice Springs. This time I called in advance to book a room at the Gemini for my layover. Having stayed there and in downtown Sydney, I can report that Coogee is by far the nicer place to spend a few days. It's a beach town, with lots of restaurants, pubs, shops, and houses all on a few main streets. Coogee beach is a few blocks down the hill, and it had undergone some renovation since the first time I was there. It now sports a mirage-like pink Art Deco arcade with palm trees along the main drag. The running route begins there and climbs up into the little park at the left-hand end of the beach. The view is particularly fine because the local idea of beauty involves an all-over tan.

Even though the ocean is never out of earshot, the trail has a lot of vertical relief. It crosses through a neatly terraced cemetery, where Henry Lawson, the 19th century Australian author is buried. It angles steeply down into a ravine, and up the other side. Stairs are required in some sections. A small

beach appears, midway between Coogee and Bondi. Another park, another ravine. In the base of the ravine a private swimming club's pools are carved out of the rock and filled with sea water. The trail becomes an alley through a neighborhood of row houses, then a hairpin road along the top of a cliff with a natural rock retaining wall on the outside of the corners. Finally the long straight sand of Bondi beach becomes visible, and the trail leaves the road and descends to the beach. There are public changing rooms, showers, and drinking water available. There are several options for going back. A bus and a subway can get you back to Coogee, and the distance by city streets is not as great as by the trail. Not having sufficient familiarity with either, I hung out for a while, then ran back the way I came, tired but happy.

GROC Executive Board 1992-1993

President	Chuck Powers (x8061)
VP	John Sissala
Treasurer	Edwin Fung (x7347)
Secretary	Becky Derro (x8426)
Membership	
Coordinator	Jane Jellison (x8563)
Race Director	Diane Kolos (x3880)
Fitness Lab	
Director	John Gillian (x6666)
Newsletter	
Editor	Chuck Powers (x8061)

GROC Dirt Road Derby

The November Dirt Road Derby saw six participants. This is how they finished:

Name	Time
Mark Baugh	11:42
Dale Allen	12:52
Eric Nielsen	12:57
Gregg Bluth	15:16
Chuck Sommer	16:40
Barbara Pfarr	17:43

Fall Fun Run Results

The weather for the 35th NASA Intercenter 2-Miler was another beautiful day. Maybe a little warm for the Fall. The first place finisher was once again Ed Boggess with a time of 10:24. The first woman to cross the finish line was Jackie Hogleund with a time of 13:30. Bob Bindschadler was the men's master winner with a time of 12:14, and the women's masters winner was Anne Crowley with a time of 18:49.

The team participation contest once again went to the *Communicators*, followed by the *Fed-Ups*. The speediest team was *Out-to-Launch*, followed by *Speed 'N Snooze*.

1 10:24 Ed Boggess
 2 10:57 Neal Barthelme
 3 11:05 Rick Bingham
 4 11:06 David McComas
 5 11:17 Mark Nicholson
 6 11:28 Mark Baugh
 7 11:32 Mark Cerniglia
 8 11:46 Charles Lofton
 9 11:49 Daniel Mandl
 10 11:58 Sean Londrigan
 11 12:04 Paul Nelson
 12 12:05 Tony Martino
 13 12:07 Brian Quindlen
 13 12:07 Robert Plastine
 15 12:12 Lucien Cox
 16 12:14 Robert Bindschadler
 17 12:16 Tae Kim
 18 12:17 Christopher Brennan
 19 12:18 Fred Shuman
 19 12:18 Steven Tompkins
 21 12:19 Brent Robertson
 22 12:20 John Gygax
 23 12:23 Chris Umlauf
 24 12:26 Timothy Ludwig
 25 12:32 Edward Seiler
 25 12:32 Ian Richardson
 27 12:38 Greg Elman
 28 12:39 John McKim
 28 12:39 Michael Bur
 30 12:45 Dale Allen
 31 12:47 Scott Glubke
 31 12:47 Timothy Gallagher
 33 12:48 Bob Lutz

34 12:49 Bob Phillips
 35 12:52 Mark Walther
 35 12:52 Charles Divine
 37 12:55 G. Thomas Arnold
 38 12:56 Jairo Santana
 39 12:57 Ryan Simmons
 40 13:04 Robert Urdinola
 41 13:05 Rich Luquette
 41 13:05 Steve Fesz
 43 13:07 Daniel Helfrich
 44 13:08 Andrew Negri
 45 13:10 James Poland
 46 13:11 Todd Martin
 47 13:12 Stanley Underwood
 47 13:12 Warren Miller
 49 13:17 Chi Le
 50 13:18 Carlos Cumberbatch
 50 13:18 Jon Valett
 52 13:19 Charles Arrington
 53 13:20 Gregory Dvornicky
 54 13:23 Kenneth LaBel
 55 13:25 Scott Carter
 56 13:28 Joseph Littley
 57 13:29 Alan Weiss
 58 13:30 Jackie Hogleund
 59 13:31 Ronald Lassiter
 60 13:32 Jeff Steele
 61 13:34 Mitch Mahoney
 62 13:35 Ken Pulkkinen
 63 13:36 Kirk Rhee
 64 13:38 Rick Pickering
 65 13:39 Carey Gire
 66 13:42 Thomas Winkert
 66 13:42 Roger Stone
 68 13:43 Cindy Lecourt
 69 13:47 Jorgen Jensen
 70 13:52 Doug Fineberg
 71 13:53 Timothy Wilcox
 72 13:54 Michael Gross
 72 13:54 Dave Rohrbaugh
 74 13:56 Gregory Goucher
 75 13:57 Joanne Carney
 76 13:59 Paul Herman
 77 14:00 Debora Adams
 77 14:00 Brant Brockdorff
 79 14:01 Jim Keat
 80 14:03 Edwin Harvie
 81 14:05 David Hanger
 82 14:08 John Cavanaugh
 83 14:10 Emil Kirwan
 84 14:11 Robert Summa
 85 14:13 John Schwabe
 85 14:13 Richard Wicker
 85 14:13 Howard Leckner

88 14:14 William Mitchell
 89 14:16 Robert Lucchesi
 89 14:16 Steven Graham
 91 14:17 Chis Pasquerette
 92 14:20 Richard Deutschmann
 92 14:20 Jeff Hudec
 94 14:21 Gregg Bluth
 94 14:21 Ezra Jalleta
 96 14:22 Leon Jones
 97 14:26 Antonio Jones
 97 14:26 Mark Hilliard
 99 14:27 Chuck Naegeli
 100 14:31 James Baker
 100 14:31 Michael Newton
 102 14:34 Deanna Bentz
 103 14:36 Joe Tyler
 104 14:37 John Bonk
 105 14:39 Doug Hanson
 106 14:41 Jeffrey Green
 107 14:43 John Gagosian
 107 14:43 Donald Smith
 109 14:45 Darian Spruill
 109 14:45 Myron Grubaugh
 111 14:47 Jeff Segal
 112 14:50 Chuck Sommer
 113 14:56 David Boon
 113 14:56 C. Meg Larko
 115 14:58 Juan Gutierrez
 115 14:58 Tom Corris
 117 14:59 Charles Jackman
 117 14:59 Joseph Currin
 117 14:59 Michael Molinet
 120 15:00 James Mentall
 121 15:05 Michael Jasinski
 122 15:06 Mekong Paul
 123 15:09 Americo Allegrino
 123 15:09 Daniel Hopf
 125 15:10 Peter Nolan
 126 15:11 Thomas Miccolis
 127 15:13 Randall Blasi
 128 15:14 Robert Schweiss
 129 15:17 Tobin Anthony
 130 15:18 Richard Brown
 131 15:19 Scott Adams
 132 15:20 Jamie Harper
 133 15:21 George Simons
 134 15:23 Steven Chandler
 135 15:24 Richard McPeters
 136 15:27 Rosalie Skrabak
 137 15:28 Peter Gorog
 138 15:31 Christoph Minnie
 138 15:31 Robert Kearney
 140 15:32 Kenneth Caldwell
 141 15:33 George Griffin

141 15:33 Brett Weeks	196 17:17 Harry Chernikoff	250 19:48 James Reeves
143 15:36 James Quinn	196 17:17 Richard Wajstoras	251 19:56 Tom Page
144 15:38 Jerome Brothers	198 17:21 Ed Beach	252 19:57 James Blunt
145 15:39 David Quinn	199 17:27 George Davis	253 19:59 Eric Chomko
146 15:40 William Kovalik	200 17:33 Michael Westbrook	253 19:59 Allen Bergere
147 15:41 Mark Latzko	200 17:33 George Daelemans III	255 20:02 Anne-Marie Lang
148 15:44 Russell Harrison	202 17:37 William Forcey	256 20:03 Mary Bulkley
149 15:46 Bernard Chovitz	203 17:42 Wali Beyah	257 20:09 Cindy Collins
150 15:47 Christopher Greenwell	204 17:45 Luan Vo	258 20:14 Diane Dobak
151 15:48 Mash Nishihama	205 17:48 Stan Houck	259 20:15 David Sullivan
152 15:50 T. J. Holleran	206 17:51 Paul Lowman	260 20:17 Barry Green
153 15:51 Shawn Belton	206 17:51 Darrell Hickman	261 20:18 Achara Chivavibul
154 15:52 Linda Copley	208 17:53 Fritz Hasler	262 20:25 Jan Owings
155 15:55 William Skillman	209 17:56 Darlene Riddle	263 20:26 Dale Fixsen
156 15:56 Howard Dew	210 17:58 John Rende	264 20:28 Leroy Scriba
156 15:56 Robert Kilgore	211 18:00 Jeff Bowser	265 20:29 David Cottingham
158 16:04 Bill Guit	212 18:10 Omar Quinones	266 20:32 Celine Groden
159 16:06 Nita Walsh	213 18:13 Bret Foxson	267 20:37 Nilo Gonzales
160 16:07 Joe King	214 18:15 Joan Rattigan	268 20:42 Joe Ludford
160 16:07 Paul Ondrus	215 18:16 Kimberly D. Brown	269 20:47 Felicia Grice
160 16:07 Kathy Strong	216 18:18 Thomas Spitzer	270 20:57 Stuart Lowry
163 16:08 Malcolm Posey	216 18:18 Rachel Sholer	271 20:59 Caleb Principe
163 16:08 Jon Conte	218 18:19 Raghuram Srinivasa	272 21:00 Jason Mathews
165 16:11 Mark Schoeberl	219 18:21 Steven Griffith	273 21:11 Barbara Conboy
166 16:14 Bert Johnson	220 18:23 Donald Fairfield	274 21:13 Christopher Knapp
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171 16:34 Gordon Miller	225 18:42 Hugh O'Donnell	279 21:19 Angel Otero
172 16:35 Greg Walker	226 18:44 Fred Kallmeyer	280 21:21 Juan Rodriguez
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174 16:38 Edward Kemper	228 18:49 Anne Crowley	282 21:35 Islam Beg
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177 16:52 Benjamin Hall	231 18:57 Paul Ficken	285 21:37 Karen Flynn
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179 16:59 Bill Garay, Jr.	233 19:07 Charles Graf	287 21:48 Jeannette Benavides
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183 17:02 Gregory Ross	237 19:17 Don Slater	291 22:01 Donna Atwell
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 329 24:48 Vicki Kinder
 330 24:53 Dave Tatwadhia
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 331 25:13 Patrick McCaslin
 333 25:27 Jacqueline Mims
 334 25:29 Gary Gavigan
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 337 25:38 Edward Duncan
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 341 25:48 Patricia Brasure
 342 25:56 Cathy Mahoney
 343 26:03 Cherry Kenney
 344 26:04 Thelma Swigert
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 346 26:07 Satish Ingale
 346 26:07 Lisa Mazzuca
 348 26:29 Vijayasree Sonti
 349 26:50 Fernando Pellerano
 350 26:51 Phillip Loughlin
 351 26:55 Amri Hernandez-Plrno
 352 26:56 George Huffman
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 354 26:57 Vilinda Ray
 355 27:07 Tami Kovalik
 355 27:07 Scott Helmick
 357 27:11 Tom Underwood
 358 27:16 Rogelio Emralino
 359 27:17 Tim Jacintho
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 362 27:30 Phyllis Knight
 364 27:35 Karl Mueller
 365 27:36 Cheryl Lee
 366 27:52 Suzanne Carroll
 367 27:58 Frank McCluer
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 369 28:09 Ted Dyer
 370 28:10 Tim Van Sant
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 374 28:27 Fred B. Shaffer, Jr.
 376 28:31 Trish Gravatt
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 378 28:34 Mike Kawecki
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 394 29:10 Rani Vadlamudi
 395 29:23 Ernie Staples
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 398 29:31 Alfonso Eaton
 400 29:34 Azita Hatef
 401 29:46 J. Anthony Blythe
 402 29:47 Timothy Dole
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 405 29:52 Kimberly Brecker
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 410 30:14 Don Seidenspinner
 412 30:29 Anne Marie Koslosky
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 429 31:10 Joann Case
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 465 32:05 Maria So

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 467 32:18 Lorrel Popp
 467 32:18 Delores Shaut
 467 32:18 Betty Pyles
 470 32:19 Teresa Knisley
 471 32:23 Raymond Mazur
 472 32:24 Debbie Capo
 473 32:29 Lester Wentz, Jr.
 474 32:38 Michael Snyder
 474 32:38 Randy Amonick
 476 32:39 Greg Hoffnagle
 477 32:40 Sue Gaffney
 478 32:41 Bing Chou
 479 32:47 David Larsen
 480 32:48 Corinne Martinez
 481 32:53 Judy Kociemba
 481 32:53 Harshna Sampat
 483 32:54 Mark Borowski
 484 32:59 Rodney Coleman
 485 33:03 Arthur Hughes
 486 33:13 Frank Cole
 487 33:17 Charles Duignan
 487 33:17 Kimberly Augustine
 489 33:35 Fay-Lu Wu
 489 33:35 Kurt Scherer
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 492 33:38 Susan Trelease
 493 33:39 Nicole Fromberg
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 505 34:37 Barbara Barton
 507 34:52 Shirley Masiee
 508 34:57 Susan Poulouse
 509 34:58 Dennis James
 509 34:58 John Gauthier
 509 34:58 Sushila Kapoor
 512 34:59 Von Jenkins
 513 35:09 Russ Hoffman
 514 35:16 Harry Born
 515 35:17 Bernard Dixon
 516 35:19 Joe Polesel
 516 35:19 William Parlock
 518 35:41 Richard Marks
 519 36:00 Jon-Jan Smid

520 36:01 Paul Anuta
 520 36:01 Heather Carroll
 522 36:02 Joanne Sprunk
 523 36:03 Cathy Cavey
 524 36:39 Jane Sanders
 524 36:39 Cheila Major
 526 37:09 Jeannette Armwood
 527 37:12 Elizabeth Fadika
 528 37:46 Mydieu Nguyen
 529 37:47 Deanna Green
 530 37:56 Chiquita Sorrels
 531 38:47 Mary Ellen Shoe
 531 38:47 Susan Nalley
 533 39:00 Nancy Bock
 533 39:00 Marjorie Gustafson
 535 41:50 Neader Chandler
 536 41:51 Joan Newby
 537 41:54 Ann Williams
 538 41:55 Cindy Kirchner
 538 41:55 Jerry Karsh
 540 43:30 Michael Rudy

22 47:08 Daniel Helfrich
 23 47:10 Dennis Morrow
 24 47:34 Rick Pickering
 25 47:36 Thomas Winkert
 26 47:40 Jackie Hogleund
 26 47:40 Debora Adams
 28 47:42 Mitch Mahoney
 29 47:51 Emil Kirwan
 30 47:53 Gregg Bluth
 31 48:27 Jon Valett
 32 48:31 Mark Walther
 33 48:34 Doug Hanson
 34 48:35 Robert Bindschadler
 35 48:38 Jeff Steele
 36 49:58 Roger Stone
 37 50:26 Joseph Currin
 38 52:02 George Griffin
 39 52:13 George Voellmer
 40 52:43 Larry Klein
 41 53:46 Jack Koslosky
 42 54:09 Bert Johnson
 43 54:25 Christopher Greenwell
 44 54:30 John Schwabe
 45 54:59 Chuck Sommer
 46 55:05 Malcolm Posey
 47 56:11 Mark Latzko
 48 56:27 Franz Lengenfelder
 49 56:38 Howard Dew
 50 62:36 Charles Graf
 51 68:40 John Laudadio
 52 68:43 Peter S. P. Hui
 53 75:00 Gary Meyers

Fall 10km Results

Included in this list are all of Goddard's 10km participants for the NASA InterCenter Competition. This includes runners and walkers from the 10km race, the 10km walk, and the 10km make-up. Goddard had 53 10k'ers this Fall.

1 37:23 Rick Bingham
 2 38:18 David McComas
 3 38:37 Mark Nicholson
 4 38:37 Steven Tompkins
 5 39:00 Mark Cerniglia
 6 39:25 Eric Nielsen
 7 39:35 Peter Hughes
 8 40:27 Robert Plastine
 9 40:58 Fred Shuman
 10 41:04 Charles Powers
 11 41:07 Tom Venator
 12 42:34 Tony Martino
 13 42:56 Dale Allen
 14 43:57 Ian Richardson
 15 44:04 Greg Elman
 16 44:58 Daniel Mandl
 17 45:20 Robert Urdinola
 18 45:21 Charles Divine
 19 45:54 Bob Cornett
 20 45:55 Rich Luquette
 21 46:45 Ronald Lassiter

