



The GROC Newsletter

Spring 1994

From the Prez Chuck Powers

Well, Spring is finally here! I can't remember as tough as these past few months for maintaining a regular training schedule. Hopefully this Spring will make up for Winter. The climate in the Washington, D.C. area must produce some of the best all weather runners around.

I would like to give Mike Miller a big GROC welcome as the new director of the Fitness Lab. Mike's a great guy, and I encourage all GROC members to stop in the Fitness Lab to have a chat with him. I guarantee that he'll develop you a training program that will get you in shape!

Our newsletter is still in great need of writers. If you've run an interesting race or had an interesting experience while running or training, write an article about it. You don't have to be an Olympic coach or athlete to write an article or running. If you have a recipe for a dish that other runners might like (low fat - high carbs), send it in.

Happy Spring, and Happy Trails!

Summer newsletter deadline: May 20
If possible, please submit written material in a Mac disk along with a hard copy to Grace Lee, Bldg 11 E208B, or c/o Mike Miller at the Fitness Lab.

Spring 1994 Intercenter Competition

Well, it's April again! That means its time for the NASA Intercenter Competition once more. Goddard has been consistent in winning the 2-Mile Competition in the past, but has not been too successful in the 10K Competition. We'll need more participants to pull us over the top. But let's get everybody out there once again for the Spring 2-Mile Intercenter Competition, and keep that first place trophy! Well, there's really no trophy, but you know what I mean.

The Spring 2-Mile Fun Run is April 20th at 12:00 Noon, starting next to Building 2. Participants can preregister for the run at the Fitness Lab in the Health Unit. The Walkers' 10K is April 25th, and starts at 11:00 a.m. at the Health Unit. The Runners' 10K is April 27th, and starts at 12:00 Noon at Greenbelt Lake (Buddy Attick Park). Registration for the 10 K's is at the start of each race. A 10K make up for runners will be held on April 29th at 12:00 Noon at Greenbelt Lake.

If you have any questions, contact Diane Kolos (x3880) or Chuck Powers (x8061).

GROC Calendar Summary

April 20, noon	GROC 2-mile Fun Run
April 25, 11 am	GROC Walkers' 10K
April 27, noon	GROC 10K Run
April 29, noon	GROC 10K Run make-up
May 04, noon	GROC picnic

Fit Lab Corner

Mike Miller

Runners are one of the fittest people around. However, the super aerobic capacities you have don't do a thing to help your flexibility. That would normally be no problem, except that flexibility is so important to reduce the risk of injury and to help you run relatively pain-free.

With that in mind, I would like to invite you over to the Fitness Lab to scarf some copies of some runner's stretches I gathered from various sources. They are in the plastic bins next to the office, so drop by, grab some stretch sheets and introduce yourself. The Fitness Lab is open from 6 am to 7:30 pm.

Does anyone know where all the *Runner's World* magazines are? We must have gremlins that sneak around when we're not looking, take the newest issues, and store them away in their little gremlin lairs. I am keeping the *Runner's World* in my office for the moment. If you'd like to look at a copy, now you gotta check it out like they do at the library. Drat those ol' gremlins, anyway.

The Fun Run season is coming up. I'm just a little excited about it, too. I've been looking over the results for the fall Fun Run, and I see that a lot of people I know did a fine job. The neatest thing about it is that EVERYBODY takes part. Walkers, runners, some even take place in strollers. We are just coming off a miserable winter, so if you are not quite up to full bore running speed, don't worry about it. Be patient. Be realistic. Don't risk an injury, please. The important thing is to participate, not to set a record. As George Sheehan said. "Once you have decided that winning isn't everything, you become a winner." Remember, it is supposed to be a FUN-Fun Run, not another source of stress in your life. So kick back, relax, and enjoy being outside in the company of some of the finest people in the world.

Don't Forget!

April 20, noon GROC 2-mile Fun Run
April 25, 11 am GROC Walkers' 10K
April 27, noon GROC 10K Run
April 29, noon GROC 10K Run make-up
May 04, noon GROC picnic

Volunteers Needed!

Volunteers are needed to help with the Spring 2-Mile Fun Run. No experience is necessary, and there are many tasks to choose from: traffic marshal, registration, split-timers, and finish-line help (i.e., people packing, chute runners, tag team, swing rope operator; water stop table, refreshments table).

If you are not planning to run on April 20th or are temporarily injured or whatever, please give us a few hours of your time on race day. The success of the run depends on the volunteers, and you get a free lunch at the GROC picnic!

TEAM CAPTAINS! Volunteers also count toward a running team's participation score. We would really appreciate if every team captain could recruit a volunteer or two. Please call Diane (6-3880) for more information.

Also, the GROC Picnic will be held on May 4th at 12:00 Noon at the Kiosk next to the Day Care Facility. All volunteers eat for FREE!

Attention, Teams

Team competition rules are printed on page 5 of this newsletter. All known (Fall, 1993) team captains are sent a Race Team Entry Form to their last known code. New teams may be formed by following the procedures and obtain team entry forms from the Fitness Lab.

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, race walking, and weight lifting.

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

Orienteering
Jane Jellison (x8563)

Race Walking
Renny Greenstone (513-1610)

Triathlon
Bob Phillips (344-4911)

Ultrarunning
Mike McCumber (x4074)

Maryland Senior Olympics

The 15th Anniversary Celebration of the Maryland Senior Olympics will be held at Towson State University, Towson, Maryland on October 6-8, 1994.

Featured events include Track and Field, Swimming, Tennis, Golf, Bowling, Cycling, Table Tennis, and more.

Competition is divided into the following age groups for Men and Women: 55-59, 60-64, 65-69, 70-74, 75-79, 80-85, and over 85. All active seniors are encouraged to participate.

For information or to obtain a registration form, contact

Maryland Senior Olympics
611 Central Avenue
Towson, MD 21204
410-830-3163 or 2777

or

Tom Page
Senior Olympics PG County Representative
301-262-3418(H) or x68172(W)

All applications must be postmarked by midnight, August 21, 1994.

Maryland RRCA Championship Series

The Maryland clubs of the RRCA are conducting a championship road race series for 1994. The series includes both individual and team competition, so sign up for Team GROC. (GROC is the abbreviation for our team.) If you are interested in getting in on this road race series, fill out the enclosed form on page 6 of this newsletter and send it in to Phil Quinn as directed. If you have any questions, please contact Chuck Powers at x8061. If you sign-up, please let Chuck know as well. Even though the series has already begun, it is not too late to start and join the fun!

A mile a day keeps the doctor away!

The 1994 NASA Presidential Sports Challenge

It's that time of the year again. Be part of this year's NASA Presidential Sports Challenge and earn participation points for Goddard. There is still time to begin if you have not already done so. Just pick a sport, keep an official log, and enjoy! All who successfully meet the standards within a 4-month period by August 31 will receive a certificate and a coffee mug.

Just look at these exciting possibilities:
aerobic dance, archery, badminton, back packing, baseball, basketball, bicycling, bowling, canoe-kayak, cross training, equitation, golf, handball, jogging, judo, karate, marathon, orienteering, pistol/rifle, roller skating, rope skipping, rowing, sailing, scuba-skin, skeet-trap, Nordic skiing, racquetball, sports/fitness, swimming, softball, soccer, squash, Tae Kwon Do, table tennis, tennis, endurance walking, fitness walking, race walking, water exercise, water skiing, weight training.

Wow! There must be at least one activity that turn you on!

Details are available from the Fitness Lab.

Cartoonist Returns!

John Croft, resident cartoonist for the GROC Newsletter during the early years of this editor's first tenure, has returned to contribute his artistic talents to our humble publication once more. Welcome back, John!!!

GROC Executive Board 1993-1994

President	Chuck Powers	X8061
Vice President	John Sissala	x6551
Treasurer	Edwin Fung	x7347
Secretary	Becky Derro	x8426
Historian	Joan Rattigan	572-8196
Membership Coord.	Jane Jellison	x8563
Race Director	Diane Kolos	x3880
Newsletter Editor	Grace Lee	x5762
Fitness Lab Director	Mike Miller	x6668

Hey Tri-Geeks! A sampling of upcoming local events.

<u>Date</u>	<u>Name</u>	<u>Distances</u>	<u>Location</u>	<u>Phone #</u>
April 10	Tri-MD Biathlon	3M R/20M B/3M R	Frederick, MD	410-882-6103
April 10	Naval Yard Duathlon	2M R/12M B/2M R	Philadelphia	610-437-6237
April 17	Bethany Beach Biathlon	3M R/18M B/3M R	Bethany Beach	410-882-6103
April 24	President's Biathlon	5M R/18M B	Herndon, VA	703-758-7420
May 01	Tri-MD Biathlon	2.2M R/18M B/2.2M R	Edgewood, MD	410-882-6103
May 21	American Heart Triathlon	0.5M S/20M B/6.2M R	Newark, DE	302-533-0200
May 22	Columbia Triathlon	1.5K S/40K B/10K R	Columbia, MD	410-964-1246
May 22	Breezy Point Triathlon	1K S/20K B/5K R	Norfolk, VA	804-428-7011
June 05	Cambridge End. Triathlon	1.2M S/13.1M R/53M B	Cambridge, MD	410-964-1246
June 19	Tri-MD Biathlon	3M R/20M B/3M R	Leonardtown, MD	410-882-6103
July 10	Tri-MD Biathlon	3M R/18M B/3M R	College Park, MD	410-882-6103

SPEED Kills... But only if you let it. Join us for pain and torture at the track, hills or fartlek. Wednesdays at Noon. Join Ken, Tom, and Chuck and be all you can be! Call Ken at x69936 for this week's plan.



TEAM COMPETITION RULES

TWO-MILE FUN RUN:

1. Each team must consist of at least five members, with one member designated as the captain and one member designated as the backup captain. The captain or designated backup is responsible to register the team properly before the race. Team members may consist of Goddard civil servants and contractors, co-op students on duty, retirees, or dependents of the above.
2. The team registration form must state one theme that ties all team members together. Examples: organizational unit, corporation, specific program or project, social or recreational group.
3. All team members must submit individual race entry forms. Team affiliations noted on individual forms will be disregarded. Only those whose names appear on the team entry form are counted in the team competition. Team lists are to be submitted to the Fitness Lab Director no later than **12:00 noon** on the day before the race. The team list shall be written legibly on a sheet of paper (or on sheets of papers) no smaller than 8.5" x 11".
4. Only the results of the official fun run conducted inside Goddard campus will be considered for the team score. Make-up runs on local school track will not be scored for team competition. However, the make-up runs do count for the Intercenter postal competition.
5. The race will be scored separately for males and females. The placement points for males will be the same as the finish order among male runners. The placement points for females will be normalized to account for the generally smaller number of female finishers. The normalization will be such that the first female finisher will have a placement point of one and the last female finisher will have a placement point exactly equal to that of the last male finisher.
6. The team score is the sum of the five lowest placement points of the team.
7. Team members working as volunteers during the race will count towards the team participation trophy. Volunteer names must be submitted one week before the race and must also appear on the team list.

10-K RACE:

1. Each team shall consist of at least 5 members. Team members may consist of GSFC civil servants and retirees, GSFC contractors, co-op students on duty, and dependents of the above.
2. Each team shall have 1 captain and 1 backup captain. The captain shall be responsible for submitting a team list to the Fitness lab Director no later than **12:00 noon** on the day before the race.
3. Team lists shall be legibly written on a piece (or pieces) of paper 8.5" x 11" or larger. Any members not on the team list will not be counted towards the team score.
4. For the 10K race only: team participation will be based on all 10K races. This includes the walker's 10K and the make-up 10K. Each team member can only be counted for one of these events.
5. The 10K team trophy will be awarded only on number of participants per team. Speed is not a factor in this competition.
6. For the 10K race only: no common theme is required of team members.
7. 10K race volunteers will be given team status for the 10K team participation trophy.

ANNOUNCING The FIRST ANNUAL:



Maryland RRCA Championship Series

The Maryland clubs of the Road Runners Club of America announce the establishment of a championship road race series for the 1994 season. The series will include both individual and team competitions. Eligibility is limited to members in good standing of the Maryland RRCA clubs listed below. Such series have proven to be very successful in other regions. As this one is still the early stages of organization, comments and suggestions from all interested parties are welcome. If your club is not listed below and you wish to participate, contact Evan Thomas, Maryland State RRCA Representative (401) 760-9188.

1994 SERIES RACES:

Date	Race Name & Distance	Location	Time	Host Club	Contact Phone
Mar 6	Springburst 8km	Greenbelt Park, Greenbelt	8:00a	PGRC	(301) 345-4673
May 22	Constellation Classic 10km	Inner Harbor, Baltimore	8:00a	BRRC	(410) 243-3135
Jun 5	Bel Air Town Run 5km	Bel Air	8:00a	RASAC	(410) 879-0056
Jul 4	Frederick's Fourth 5km	Frederick	7:00p	FSC	(301) 371-9562
Jul 16	Rockville Twilighter 8km	Courthouse Square, Rockville	8:45p	MCRRC	(301) 353-0200
Aug 28	Annapolis Run 10mi	Navy / Marine Corps Stadium, Annapolis	7:50a	AS	(410) 268-1165
Sep 18	Union Mills 8km	Westminster	8:00a	WRRC	(410) 848-3216
Oct 1	Great Allegany Run 15km	Cumberland	8:00a	QCS	(301) 729-3088
Nov 20	Metric Marathon 26.2km (16.3mi)	Columbia	8:00a	HCS	(410) 964-8258

SERIES RULES:

Individuals

Competition will be conducted for males and females in both open and age group categories. Five year age groups will start at 35 and continue upwards until there are less than 5 series qualifiers in a gender/age group. An individual must finish five of the races listed above to be a series qualifier. One's age category is determined by one's age on the date of the first race of the series. Individuals in a particular gender/age category earn points proportional to the ratio of his/her time to the winning time in each gender/age category for each race. The points for an individual's five best races are summed to determine series standing.

Teams

Eligibility limited to the Maryland RRCA clubs as listed below. Other clubs are welcome to join the series by contacting Evan Thomas at (410) 760-9188. Competition will be conducted in the following categories for both men and women: Open (all ages), Masters (age>=40), and Grand Master (age>=50). There is no maximum limit team size. Each team must finish a minimum of five at distances of less than 25km and three in races of distance 25km and greater. The only exception is that three are required for women's masters and grand masters teams at all distances. Scoring is by aggregate time. Ties are broken via the time of the slowest scoring finisher. Multiple age scoring is permitted (a masters runner may score for both his/her open and masters teams if he/she runs fast enough). Women may not be scored as members of male teams. Scoring team members must be members in good standing of the club for which they are competing. Each eligible individual must choose and compete for only one club during a single season. Declaration of club affiliation is accomplished by completing and mailing the registration form. A club must score a team in at least five of the races listed below to be a series qualifier. Teams in each gender/age category earn points by the following formula: If six teams score in a particular gender/age category in a particular race, the 1st place team earns 6 points, 2nd 5 points 6th 1 point. Points are summed for each club/gender/age team's five best races to determine team standing in the series.

Registration

Each participant must register with the series record keeper. In doing so one must declare which club he/she will compete for in the 1994 season. Additionally, by providing your address on the registration form, will enhance the probability that you will be mailed an entry form for all of the above races. There is no fee for registering as series participant. This registration does not enter you into any of the series races. You are responsible for following the entry instructions for each race and entering your club abbreviation, as listed below, in the space provided on each entry form. Additionally you must enter each race using exactly the same name as used on the registration form below.

1994 Maryland RRCA Championship Series Registration (Machine Copies Accepted)

NAME (First skip a space Last) (No Hyphenated Names Please)

ADDRESS

CITY STATE ZIP

SEX AGE (on 3/6/94)

Maryland RRCA Club (use listed abbreviations)

Mail To: Phil Quinn 403 Bostwick Ln. Gaithersburg, MD 20878

Thomas Winkert

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