



GODDARD RUNNING AND ORIENTEERING CLUB
Newsletter
June 1983

CORRECTION: In the May Newsletter, we advanced Eugenia Kalnay some twenty years (don't ask me how--just wonder that there aren't more dumb mistakes) and listed her in the female 60+ category. We are happy to report that Eugenia is now in her correct group, and that Anne Underhill, of asteroid fame, is again undisputed champion both at Goddard and NASA-wide in the 2-mile event in the senior women's division. Congratulations, Anne!

GSFC 10-KM RESULTS: A total of 68 Goddard employees ran 10-km races this spring to compete in the 15th NASA Intercenter Running Competition. This showing represents a considerable increase over the 59 entrants last fall, and hopefully will help us climb above our 4th place standing.

Tim Minor, 25, who won the spring two-mile event, also claimed top honors in the 10-km at 31:30. Claire Parkinson, 35, was the first woman finisher at 42:17. Other age group winners were: Men 30-34, Tor Lokrheim, 35:41; Men 35-39, Larry Klein, 44:42; Men 40-44, Dick Strafella, 37:07; Men 45-49, Ray Hartenstein, 38:40; Men 50-54, Emil Kirwan, 42:04; Men 55-59, G. C. Dowdy, 52:11; Men 60 and over, Ron Surgen, 52:34; Women 29 and under, Dawn Elliott, 53:53; Women 30-34, Gincy Stezar, 44:17; Women 50-54, Jane Jellison, 68:20.

Why is it that of the 9 women competing, all but one were well under 40, while of the 60 men, 32 were over 40 with only 8 in the 29 and under category? The lop-sided male/female distribution probably reflects the Center's population distribution, but we don't like to think that the middle aged men go out and run around all day while the middle aged women stay inside and do all the work. More probably, athletics in general and running in particular were not considered important for girls when these women were in school. It is not too late to start exercising and attaining a fitness level comparable to that of our fine male runners, particularly since the Fitness Facility is now open from 6 a.m. to 6:30 p.m. with separate shower facilities for men and women. So get with it, ladies, and we'll see you in the Fall.

ANOTHER SUCCESSFUL HEART FUND RUN: Surpassing a great showing last year, GROC members and friends achieved new heights recently at the 1983 Blake Heart Run for Life, sponsored annually by the Blake Construction Company for the benefit of the American Heart Association.

Two GROC teams, the Masters (men 40 and over) and the Women, claimed first place in the 10 km event this year. GROC friend Nelda Casper, late of Sperry Support Systems, Code 310.1, was the first woman to cross the finish line (at 40:41), and GROC member Claire Parkinson, Code 912, won second place in her age division (at 42:17). Other runners representing GROC were: Tom Nolan, 36:13; Richie Weiss, 38:18; Mark Stauffer, 38:25; Ray Hartenstein, 38:47; Jon Busse, 39:41; Ken Brown, 40:12; Brian Schmidt, 41:20; Emil Kirwan, 42:06; Edwin Funq, 42:43; Scott Lambros, 43:08; Don Henderson, 43:47; Harry Trexel, 43:48; Danalee Green (HQ), 44:00; John Parker, 44:06; Peter Hui, 44:11; Gincy Stezar, 44:19; Larry Klein, 44:42; B. J. King, 45:55; Louis Mayo, 47:00; John Laudadio, 48:48; Bob Bindschadler, 48:51; Mike Comberiate, 51:24; Janice Bellucci, 52:33; Paulette Ziobran, 53:42; Blake Lorenz, 53:55; Dawn Elliott, 54:09; Becky Lambros, 61:16.

These 29 runners collected more than \$2100 in pledges for the Heart Association, thus winning another accolade for Goddard. The top money raiser

was Emil Kirwan, who collected \$505 in pledges. Three GROC members collected more than \$200 each--Bob Bindschadler, Don Henderson, and Gincy Stezar. Good work!

All the group hardware is on display in Gincy's office in the Health Unit for now. Wouldn't it look even better in a trophy case? Just a hint for how to spend some club revenues. [Note from Pres.: wouldn't it be a great project for some gifted cabinet maker in the Club? GROC would buy the materials, you supply the talent, and we'll spend the savings on another barbecue.]

SPRING PICNIC AND ORIENTEERING MEET HELD: A select group (consisting of about 25 people who did not go sailing, go the Air Show at Andrews, have kids with commitments, out of town weddings to attend, sudden injuries, or hospitalized relatives) enjoyed themselves at the Rec Center where they tried their hands (feet?) at orienteering and feasted on Barney's outstanding catered picnic. Three levels of orienteering courses were prepared by Jane Jellison and Joanne Uber, using equipment borrowed from the Quantico Orienteering Club of Virginia, who, by the way, would welcome you at their meets, held every other Sunday afternoon in the Washington D.C. area. Check the Washington Post Outdoor section on Fridays. Course I, 1.0 km, 7 controls, beginners, was won by George Griffin in 33:35; Course II, 1.8 KM, 9 controls, advanced beginners, by Francesca Crannell and Sharon in 52:45; and Course III, 3.4 km, 12 controls, advanced, was won in 97 min. by Sharon Good of Quantico, who also very kindly assisted in running the meet. Thanks to George Griffin and Cathy Jellison for helping pick up the controls after the meet.

TIPS ON HOT WEATHER RUNNING: Summer's heat and humidity are upon us. The following suggestions are made in an effort to help the runner adequately cope with the heat and stress of summer.

1. Acclimatize. Increase distance first and then increase pace.
2. Drink before, during, and after running. Water is your best replenishment. Sugar added to drinks will only decrease the rate at which water is absorbed. Splashing yourself with water during the run also helps.
3. Avoid plastic or nylon sweat suits anytime of the year. They do not permit evaporation of sweat or cooling by conduction. Light colors and natural fibers (cotton) are best. Mesh will allow sun through.
4. Eat plenty of fruits and vegetables (and drink their juices) for mineral replenishment.
5. DON'T TAKE SALT TABLETS!!!
6. Avoid asphalt or pavement--look for courses with plenty of shaded areas. [Another note from Pres.: Try orienteering instead--it's done in the woods on the dirt in the shade.]
7. Avoid hills--studies show that 11 percent more energy is expended running up a 6 percent incline at an 8 minute per mile pace than is saved running down.
8. Avoid running hard or long distances on extremely hot and humid days.
9. Schedule your runs early morning or evening.

10. Know the three stages of heat injury:

- A. Heat cramps: due to excessive mineral loss.
- B. Heat stress: sweating leading to exhaustion. Signs may include confusion, mild elevation of temperature, cool sweaty skin.
- C. Heat stroke: body's cooling system shuts down. Symptoms which may occur are:
 - burning sensation in the legs
 - breathing difficulties and burning sensation in the chest
 - headache, dizzy feeling
 - increased pain upon cessation of exercise
 - RED HOT DRY SKIN

If any of the above symptoms occur, stop immediately. Elevate legs, lower head, and pour as much cool liquid as possible over the entire body until temperature is lowered. Further information can be obtained at the Fitness Lab.

NEARBY WATER STOPS:

- 1. Beaver Dam Road to left:
 - A. Behind second house on left
 - B. 3+ miles top of hill at house on right
 - C. 3-1/2 to 4 miles along fence--pumps for watering cattle
- 2. Beaver Dam Road to right:
 - A. Softball fields on right at beer shack (about 3 miles)
- 3. Rec Center--around tennis courts
- 4. Powder Mill Road--along fence to left (from Edmonston Ave.), pumps to water cattle.

READ THIS!!!! Some crazies have been seen running down the yellow line in the middle of the road leading to the Parkway exit. Other thoughtless folk still do not stop where the perimeter dirt road crosses this road. This sends the Security Guards (rightly so) into a frenzy, and they complain to Gincy. They may very well forbid anyone on foot to cross the road unless this stops. We know no GROG member would do such a thing, but we would ask you to stop any violators that you see, get their names, and give them to Gincy (or the Guards) so that they may be warned, both for their sakes and for ours. For the sake of the Club and good relations with management, and for your own skin, please stop and look both ways, just like your mother taught you, when crossing vehicular roadways. Those drivers coming back from their unfit lunches really whiz along and you could lose months of conditioning while in traction. Our tone may be jocular, but we are very serious about this issue. Don't let a few ignoramuses spoil things for the rest of us.

ROAD COURTESY: Along these lines, we note that the Ag Center's signs this week say "Give joggers a brake." We say, "Don't make them have to worry about you." There is plenty of road shoulder out there and you are mobile, agile human beings. Your three-abreast conversations can be held elsewhere. Enough said.

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