



GODDARD RUNNING AND ORIENTEERING CLUB
Newsletter
April-May 1983



SPRING RUN A BIG SUCCESS: Neither unseasonably cold weather nor falling snow (well there were a few flakes) kept 259 runners and walkers from completing the 15th NASA Intercenter Fun Run at GSFC on April 20. Tim Minor, a 25-year-old employee of Code 902.1, claimed first place in the two-mile run with a time of 9:36. Former GSFC contractor Nelda Casper captured the number one spot for women at 12:54.

An additional 36 runners later completed timed two-mile runs at the make-ups to qualify for the Intercenter Competition. At the time of this writing, all of our results have been transmitted to the computer at Ames where they will be merged with those of the other Field Centers participating in the competition. Many thanks to Eric Hui and his father Pete for figuring out how to take GROC's Apple II+ Visifile data and make it palatable to the IBM 360, in the format required by the merging program. This saved having to retype all those names! We are awaiting notification that the other Centers' data are complete and the total results are available. We should be pretty hard to beat in the 2-mile event. Points are given for each person who completed the course as well as for the top ten finishers in each age division.

Goddard's top runners in each age division this spring were:

Men 29 and under

	Time	Code
Tim Minor	9:36	902.1
Mike Markus	11:35	914
Eric Nielsen	11:57	964
Tony Mostek	12:02	914
David Ford	12:07	854.3
Brian Schmidt	12:15	914
Bob Lutz	12:57	913
Daniel Mandl	13:02	511
Edwin Fung	13:07	734
Piers Sellers	13:09	924

Men 30-34

Tor Lokrheim	10:46	800.1
Tom Nolan	11:08	664
Glenn Stewart	11:39	284.3
Mark Stauffer	11:53	923
James Haughton	11:58	750.5
Ken Walton	12:01	872
Don Fadler	12:31	902.1
Randy Thompson	12:40	685.9
Bob Rosenberg	12:43	911
Steve Waterbury	12:53	310.1

Women 29 and under

	Time	Code
*Nelda Casper	12:54	(310.1)
*Mary Clare Callan	13:10	140
Christina Sante	14:31	435.8
Dawn Elliott	14:47	140
Arlene Bigel	14:47	
Linda Brennan	15:28	435.8
Barbara Beckford	15:30	872.2
MaryAnn Esfandiari	15:38	664
Sharon Anderson	15:55	910
Adrianna Gutierrez	16:53	

Women 30-34

Gincy Stezar	13:23	205
Janice Bellucci	15:39	140
Paulette Ziobron	16:23	691
Diane Kugelman	16:45	902.1
Catherine Meetre	19:09	696
Judy Hasenei	22:40	205.1
Cassandra Fesen	24:24	964
Betty Pynn	24:56	664
Nancy Spencer	26:42	100
Sandy Parham	28:47	221

*Not a current Goddard employee; ineligible for Intercenter Competition

Men 35-39

John Paul	12:55	290.1
James Ryan	13:03	602.6
Rodney Williams	13:06	873.1
Mike Comberiate	13:35	407

Women 35-39

Claire Parkinson	13:08	912.1
B. J. King	14:20	100
Cecelia Johnson	24:20	901
Betty Brocki	25:37	221

Thomas Plummer	13:42	683
Larry Orwig	13:46	684
Bill Heaps	14:13	963
Ken Schatten	14:35	961
Blake Lorenz	14:38	832
Robert Jenkins	14:44	291.3

Lillian Pierce	25:56	205.1
Mary Caraker	28:53	220
Manina Almeida	29:42	911
Delores Cartier	32:42	400.2
MaryAmanda Abresch	36:40	921
Barbara Machtey	38:23	531

Men 40-44

Dick Strafella	10:57	581.3
Richie Weiss	11:16	405
Frank Stocklin	11:50	831.3
Edgar Hemminger	12:14	
Steve Brown	12:28	663
Ed Hurley	12:41	910.2
Louis Garczynski	12:56	
Harry Trexel	13:14	663
Rich McClanahan	13:36	724.1
Jim Fonner	13:55	750.5

Women 40-44

Marla Moore	21:37	693
Pat Mattia	24:14	205.1
Joyce Jarrett	27:19	901
Martha Robey	27:20	900
Elizabeth Beyer	27:29	470
Patricia Higgs	30:51	400.5
Barbara Putney	32:10	921

Women 45-49

No Participants in this Category

Men 45-49

Ray Hartenstein	11:41	730
Bob Phillips	11:52	284.3
Jon Busse	12:07	700
Tom Taylor	12:21	430
Ken Brown	12:44	972.0
Loren Linstrom	13:14	435
Richard Backe	13:16	310.1
David Orbock	13:32	750.5
Don Henderson	13:36	405
Bob Joyce	13:57	663.2

Women 50-54

Jane Jellison	18:09	313
Lorraine Lust	25:15	734
Shirley Gildersleeve	28:00	915
Elaine Montgomery	31:37	900

Women 55-59

Jeanette Hines	32:49	400
Kitty Ackerman	35:08	313

Men 50-54

Lo I Yin	12:35	684
Emil Kirwan	12:44	823
George Griffin	12:48	754.1
Robert Morrissey	12:56	411
Pete Hui	13:04	725.1
Walter Allison	13:57	730.3
Charles Harris	14:08	754.1
Bob Kraemer	14:35	100
Mo Beazely	14:46	663.2
Franz Lengenfelder	15:08	841.1

Women 60 and over

Eugenia Kalnay	24:52	911
Anne Underhill	25:17	680

Thanks very much to all the women who turned out to help us earn points, especially those who are not regular runners or joggers. There are still top slots open--Bring a (mature) friend next October 20!

Men 55-59

Doug Vitaqliano	14:17	683
G. C. Dowdy	15:05	312
Ray Melcher	16:12	683
John Tarpley	17:39	310.1
Charles Campbell	18:02	726.0
Roy Blackmer	18:24	914
Charlie Boyle	19:25	205
Tom Ratliff	20:03	728
Harold Levy	20:45	564
Robert Lott	21:40	962

Men 60 and over

Ron Surgen	15:38	853.3
Paul Nakada	15:44	682
Carl Mielnik	17:32	310.1
Ed Stengard	18:01	750.5
Bob Krider	21:54	406
Toni Durantine	22:02	232.2
John O'Keefe	24:27	681
Barton Howell	26:55	925
John Guidotti	32:47	740.1

Great representation in all the male age groups, too. Lots of new names to type and mail codes to look up. Some of the contract employees are hard to locate--please put a mail code on your entry blank so we can send you newsletters, certificates, medals, and invite you to our celebrations. This issue of the newsletter will be sent to all participants, whether or not you are GROC members, as will a summary of the Intercenter results when they come in.

HEALTH UNIT FITNESS LAB UPGRADED: The "gym" is back in operation, bigger and better than ever. After months of construction, the newly renovated gym offers expanded operating hours and some new equipment.

Thanks to the addition of Bob Wingard, a University of Maryland graduate student, the gym is now open from 6 a.m. to 6:30 p.m. You can see Gincy's smiling face from 6 a.m. to 2:30 p.m.; Bob's from 2:30 to 6:30 p.m. Those long hours are to be shared by both men and women due to the new separate shower facilities. Thanks to the behind-the-scenes support of Management Operations Directorate Director Benita Sidwell, and many others, the growing number of women interested in physical fitness are no longer limited to two hours a day. (If you are not currently in the fitness program, call the Health Unit (x6666) to arrange for a stress test, after which a custom-tailored exercise program will be designed for you.)

As for new equipment, the gym now boasts additional stationary bicycles (six in all) and adjustable sit-up boards (rather posh upholstered ones). Back are the universal weight machine, rowing machines, treadmills, etc.

The renovated gym officially opened its doors on April 20, with Center Director Dr. Noel Hinners making the dedication speech and cutting a symbolic ribbon at the start of the Fun Run, after which he still had breath enough to complete the two-mile course with ease. (I can think of some speakers who I would like to see run two miles before speaking, but Dr. Hinners is not one of them.) A most enjoyable ceremony.

Unofficially, the opening was celebrated with a lunchtime barbecue held recently in the gym's "front yard" outside the gym entrance on the west side of Bldg. 5. There was enough barbecued chicken, thanks to Gincy's microwave magic, to feed all the hungry exercisers, and many other delicious dishes to fill in any space left by the chicken. At the barbecue, Lo I Yin walked away with the prize, a T-shirt proclaiming him "A-1 Prognosticator" for having won the pool to guess the actual date the gym reopened.

COMING UP: Look for reports on the 10-km Intercenter event, the Blake Heart Run, and hopefully the Final Intercenter results in the June Newsletter.

***** NASA 2 MILES *****						
	RUNNERS	PLACE POINTS	QUARTILE POINTS	CENTER BONUS	FINISH POINTS	TOTAL
→	1 GSFC (295)....	191.50	297.00	258.30	147.50	895.30 ←
	2 AMES (159)....	103.00	207.75	289.79	79.50	680.04
	3 LARC (121)....	187.50	189.75	123.26	60.50	531.01
	4 LERC (82)....	69.50	103.50	88.05	41.00	301.05
	5 JPL (52)....	97.00	104.25	40.93	26.00	268.16
	6 MSFC (81)....	50.50	57.50	51.90	30.50	230.30
	7 HDG (28)....	81.00	49.00	54.41	14.50	197.91
	8 NSTL (29)....	36.00	48.00	26.79	14.50	125.29
	9 JSC (0)....	0.00	0.00	0.00	0.00	0.00
	10 KSC (0)....	0.00	0.00	0.00	0.00	0.00
	11 DFRC (0)....	0.00	0.00	0.00	0.00	0.00
	12 WFC (0)....	0.00	0.00	0.00	0.00	0.00

RESULTS JUST IN -
 TIM MINOR WON BOTH THE
 2-mile and the 10KM;
 CLAIRE PARKINSON WON THE
 WOMEN'S 10KM, AND FINISHED
 4 SECONDS BEHIND THE WINNER
 IN A 3-WAY TIE FOR SECOND
 PLACE IN THE 2-MILE.

CONGRATULATIONS TO
 ALL FINISHERS!

***** NASA 10 KM SPRING83 *****						
	RUNNERS	PLACE POINTS	QUARTILE POINTS	CENTER BONUS	FINISH POINTS	TOTAL
	1 LARC (73)....	144.00	102.00	74.36	36.50	356.66
	2 AMES (57)....	90.00	81.75	122.11	33.50	327.36
→	3 GSFC (35)....	129.00	80.25	57.13	32.50	298.88 ←
	4 LERC (43)....	97.00	63.75	46.17	21.50	228.42
	5 JPL (46)....	97.00	69.75	36.21	23.00	225.96
	6 MSFC (53)....	28.50	65.25	45.00	26.50	165.25
	7 HDG (15)....	66.50	30.75	28.14	7.50	152.89
	8 NSTL (29)....	37.00	30.75	26.79	14.50	109.04
	9 JSC (0)....	0.00	0.00	0.00	0.00	0.00
	10 KSC (0)....	0.00	0.00	0.00	0.00	0.00
	11 DFRC (0)....	0.00	0.00	0.00	0.00	0.00
	12 WFC (0)....	0.00	0.00	0.00	0.00	0.00

CLAIRE PARKINSON
 912.1