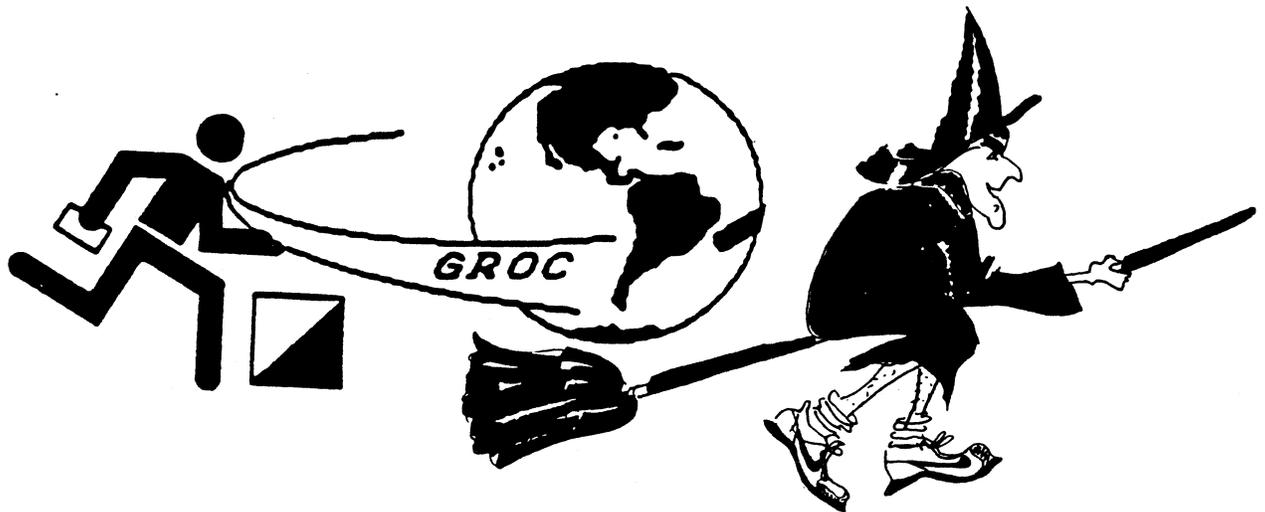


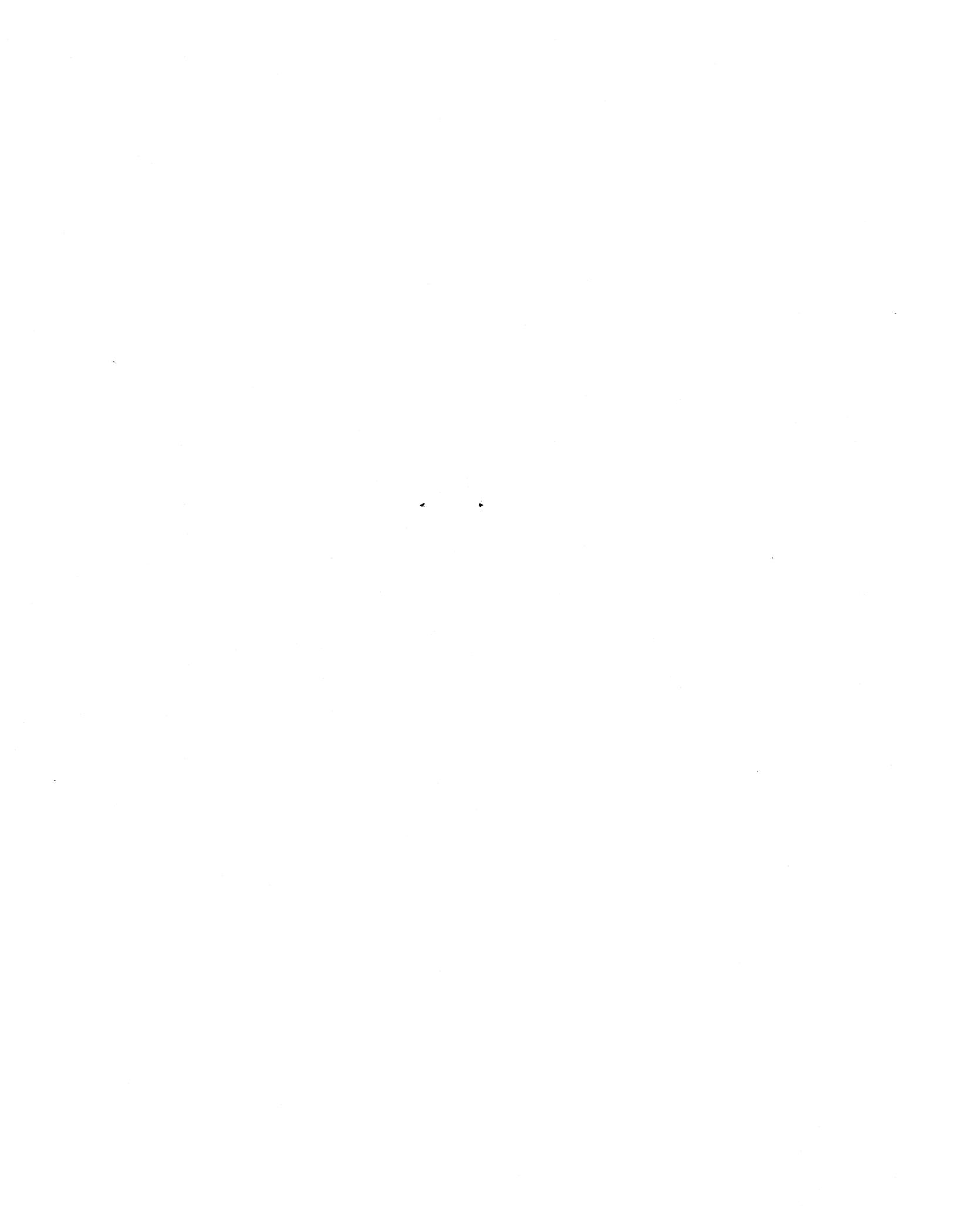
**TEN YEARS**  
**OF**  
**RUNNING EXCELLENCE**

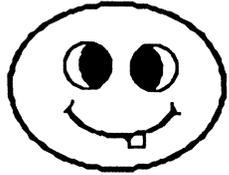


**GODDARD**  
**RUNNING AND ORIENTEERING**  
**CLUB**

**NEWSLETTER**

October 1985  
Hallowe'en Issue





**You Are Invited to Gincy's World Famous**

***FALL FESTIVAL OF FOOD FUN  
& FRIVOLITY***

**THURSDAY, OCT. 31, 1985 AT 12 NOON**

**@ FITNESS LAB**

**Cost only \$3 when you sign up and pay on or before  
Oct. 29 (\$4 after)**

**Individual & Team Awards Ceremony  
for the Fall Fun Run Will Follow the FEAST**

PRESIDENT'S CORNER  
RICHIE WEISS

Exercise and Weight Control

---

We're interested in publishing articles related to your experiences with aerobic exercise and its effect on your weight.

As one who had never had a weight problem, I had no appreciation for the enormous restraint necessary to control weight.

My own short experience with diet was in preparation for a marathon, when I went on a carbohydrate depletion diet. This diet, popular among marathoners, was to consist of a carbohydrate depletion phase of about four days, followed by a carbohydrate loading phase of three days. In theory, this "depletion" followed by "loading" increases the body's capacity to store carbohydrates. This is desirable going into a 26 mile race, as often, at around 20 to 22 miles, the body depletes its store of carbohydrates and the runner hits the dreaded "wall" and becomes exhausted quickly. Hopefully by storing excess carbohydrates, the "wall" could be postponed, if not avoided.

At the end of the first day of the depletion phase, I went to sleep feeling very smug, telling myself how easy it is to diet. At about 3:00 AM, (at the start of the second day!) I awoke with an enormous craving for carbos. Three bowls of cereal later, it was partially satisfied. So much for diet. Never again will I underestimate the difficulty involved in maintaining a diet.

I tell myself if I ever have to lose weight, I'll exercise more, not eat less. Would it work, I wonder??

MOTHER GOOSE & GRIMM MIKE PETERS



## The Triathlon and Ed Boggess

---

We, at Goddard and GROC, have the privilege of having in our midst a world class triathlete, Ed Boggess. Ed competes in triathlons, which are events which combine long distance swimming, running and bicycling.

By placing third in the Oxford, Md. triathlon, Ed qualified for, and is being sponsored to go to Hawaii and compete in the most prestigious of triathlons, the famous "Iron Man". This triathlon will take place on October 29, 1985 and will be, at least in part, nationally televised. It consists of a 2.5 mile swim, a 112 mile bike ride and a full marathon, or 26.2 mile run. Obviously, this is not an event for your run of the mill marathon runner. Ed's training has consisted, at peak, of over 24 hours a week of aerobic training. If we convert his cycling and swimming workout times to equivalent running times, the total is over 200 sub 7 minute (running) miles per week. Ed's ability to compete with world class triathletes is particularly remarkable as, first, Ed has a full time job at GSFC, while most of the other outstanding triathletes spend full time in training. Secondly, Ed is a relative novice to the sport, having started competing in triathlons in 1985.

Ed comes from a NASA family. His father, Al, is the Associate Director for Space Telescope and his mother, Nancy is a NASA Headquarters scientist.

Ed currently has an injury which prevents him from running. He has been cycling and swimming and will attempt to run the the Iron Man marathon after what will be a 2 month layoff from running. While we do not recommend this type of behavior, we at GROC wish Ed the BEST OF LUCK in Hawaii!!

For more on Ed and the sport of triathloning, in this newsletter is an article by Ed. As he is not known to sing his own praises, we felt compelled to mention him and his accomplishments and upcoming trials.

GOOD LUCK!

## Ideas for Future Events

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We're looking for ideas regarding future physical fitness related events to sponsor/participate in. Please contact any of the GROC officers with your ideas (and perhaps your help).

## Marine Corps Marathon

---

A number of GROC runners will be participating in the Marine Corps Marathon on November 3. We're hoping to see alot of our GSFC co-workers and their families at the marathon to cheer us on. GROC has reserved a room at the Holiday Inn, Rosslyn Circle (ask for the GROC room) for pre-race comrad-erie. We'll have refreshments available and any more would be appreciated. Hope you can come!

Anyone interested in carpooling to the marathon, there will be rides available leaving from Kengar Recreation Center on Beach Drive in Kensington at 6:30 AM. Anyone interested should call Richie Weiss at 344-6158 for more information.

Thanks

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Big thanks to Phil Everson, Tony DiBartolo and Jack VanZant for their valuable assistance with the 2 Mile Fun Run. Once again, we couldn't have done it without them!

To all GROC officers and John Laudadio (past GROC president) for all they've done on behalf of GROC and a special thanks to Barbie Beckford for this newsletter.

## Triathloning Ed Boggess

Why subject oneself to the torture and absurdities of triathloning? This question has been put to me at the office, on the street and in drunken stupors at parties. As a runner (I used to be primarily a runner), I was not a stranger to such questions, but the barrage of such inquiries increased by at least an order of magnitude after becoming somewhat serious about the sport of triathloning.

Personally, triathloning is a logical extension of running, particularly for one whose legs will not remain injury free long enough to become a decent runner. However, even runners show signs (mostly covert) of puzzlement towards someone who does something so weird. (as if running isn't weird to most people) I do have to admit that there exist activities that I may have a similar reaction to, such as ultra marathons, 6 day races, endurance contests of standing on hot coals, and the like. It may be that my reaction may really be a manifestation of hidden envy, at least for two of the above activities, since I am unable to do them.

As with most runners, my daily life is influenced by training, lots of it. Because of the nature of the triathlon sport, it is possible to spend far more time training per day than with running. A rough formula for determining the weekly mileage one should train is: 3 times the distance of each of the 3 segments in the particular triathlon that is to be raced. The most common race length is called the standard USTS, (United States Triathlon Series) or Bud Light Distance, which is 1.5 km swim, 40 km bicycle, and 10 km run. By employing not too complex mathematics, one can see that the level of commitment to this sport need not be absurd. The result is an athlete who is well conditioned in more ways than running alone can offer. However, this training regimen of about 3 miles swimming, 80 miles bicycling and 20 miles of running a week is considered necessary for those who wish to complete the triathlon without the symptoms of near death. For those who wish to be more competitive, or race in longer triathlons, the story is different. The above formula, when applied to a full triathlon, (2.4 mile swim, 112 mile bicycle, and 26.2 mile marathon) suddenly sounds a little more than trivial. Even the few who can devote the time and energy to this level of training (myself being one) are intimidated by the fact that some (mostly the pros) exceed this amount by quite a bit. One famous triathlete (Scott Molina) swims up to 20 miles, bicycles 500 miles and runs 90 miles a week in addition to racing 3 times a month! Most non-professional, serious triathletes, as much or more than his athletic ability, envy Scott's ability to devote himself full time to the sport. He is one of the very few who makes alot of money from the sport.

There are many similarities between training strategies for serious triathletes and distance runners. Both strive for improvement of ability to compete at an endurance sport. Distance running requires a high level of cardiovascular and leg conditioning, and speed, as well as well as efficient form. This is true for the 3 sports of triathloning, however, form becomes much more important in swimming and bicycling, and is harder to learn. Both distance running and triathloning require a period of distance work, loading on the miles, followed by some sort of speed training. A significant difference in the two, however, is the scale involved. When beginning a training regimen to run a marathon, most spend a few months obtaining a distance base, usually not much more than 100 miles a week, (13 hours a week) followed by a couple of months of speed work. I have found that in order to achieve a level anywhere near my own goals, I have to put in up to 35 hours of training a week. This led to the discovery that I had to devote alot of effort to training just to be in good enough condition to handle the necessary training! This "train just to be able to train" concept was not clear to me until I suffered from the Over Training Syndrome (OTS). This OTS can manifest itself differently in running and triathloning. Usually, injuries result from OTS if a runner does not listen to the signals his/her body are sending. Because of the absence of the pounding associated with running, it is much less common to get injured bicycling or swimming; an athlete can concentrate on these two sports when legs become vulnerable to injury from running, as is likely with me. What forces this triathlete to rest when he will not stop and he does not get injured? Fatigue! Fatigue at a level most are not capable of achieving with just running. Fatigue that may lag days or weeks behind the intense training responsible for it, making it difficult to interpret the feelings correctly. The serious triathlete must realize that the time needed to get the proper distance background is far longer than that required for a serious marathoner.

As I mentioned before, as well as the cardiovascular conditioning and speed associated with running, efficient form becomes very important with swimming and bicycling. I grossly underestimated the quantity of knowledge and skill that had to be obtained in these two sports, my two non primary sports. Most triathletes have a running background and are initially intimidated by swimming. This comes from their experience of swimming a few laps in a pool and feeling as if they might lapse into a coma if forced to swim another lap! These people should be comforted by the fact that anyone capable of running a few miles would be even more capable of swimming a mile or two, provided they aquire the necessary skills.

Everyone can ride a bicycle, but concious effort can improve one's efficiency. Since the vast majority of energy expended by a bicyclist goes to pushing air out of the way,

anyone would like to minimize the amount of air that he/she pushed out of the way. By getting out there and practicing and using common sense, most people have no trouble learning how to push less air, and therefore improve their cycling form and efficiency.

It is clear that being called a triathlete is as general a statement as being called a runner. The similarities are few between a 9.1 second 100 yard sprinter and a 3:46:13 marathoner; they are totally different athletes. Likewise, many triathlons are even shorter than the Bud Light distance. It has its appropriate type of athlete, far different than one who completes Hawaii's grueling ultra triathlon (6 miles swimming, 240 miles bicycling, and 52 miles running spread over 3 days).

This year there will be more than 2000 triathlons, with 1.5 million participants. These numbers have been almost doubling every year since this sport was born in 1978 with the Super Bowl of triathlons, Hawaii's Iron Man. Many triathlons involve other sports such as cross country skiing and crewing. They offer a wide variety of activities, from California's -200 feet to Colorado's +13,000 feet, from 10 foot surf off California's coast, to 45 degree mountain lakes. As with running and other sports, triathloning is for some, not for others, and great for me.

GROC OFFICERS  
MEMBERSHIP YEAR 1985 - 1986

Health & Fitness Director	Gincy Stezar	344-6666
President	Richard Weiss	344-6158
Vice President	Grace Lee	344-5762
Treasurer	Rex Elliot	344-7396
Secretary	Vicki Pendergrass	344-8587
Historian	Peter Hui	344-8563
Newsletter Editor	Barbara Beckford	344-7573

## 20th NASA Intercenter 2 Mile Fun Run

October 9, 1985

### Team Competition Results

(Scored by Peter S. P. Hui)

Congratulations to all the participants in the team competition, especially our new winner, the Thunderbolts.

Finish Order	Name of Team	Total Placement Points
1	Thunderbolts	101.0
2	General Electric	163.6
3	Quasars (SAR-SASC)	191.0
4	The Weasels	205.6
5	OAO	223.3
6	Speed 'n Snooze	234.9
7	Tons of Speed (Code 610)	257.6
8	Building 18 Turtles	305.0
9	Mission Support (Code 553.2)	352.6
10	CSC Fleet of Feet	407.0
11	HS-SO	597.0
12	Kitty's Cavalry (Code 313)	694.5

The scoring of team competition is done in accordance with the rules published in the last issue of the GROC Newsletter. It is summarized briefly here:

1. The score for a male competitor is his finishing order among male competitors. For example if you finished 5th among male runners, your score is 5.
2. The score for a female competitor is her finishing order among female competitors normalized in accordance with the following formula:  
$$n = \partial(m-1) + 1$$
, where  
n is the normalized score  
m is your finishing order among female competitors  
$$\partial = (\text{total no. of male finisher} - 1) / (\text{total no. of female finisher} - 1)$$
  
Since there are 228 male finishers and 63 female finishers in this race, therefore,  $\partial = (228-1)/(63-1) = 3.66$   
For example, if you finish 7th among female finishers, your normalized score would be  $3.66(7-1) + 1 = 23.0$
3. The score of a team is the sum of the five lowest score of the team members. Low score wins.

**THE TEAMS AND THEIR  
SCORING MEMBERS:**

1. Thunderbolts— 101.0 points		8. Building 18 Turtles— 305.0 points	
Richard Fulton	11.0	Mark Brenneman	15.0
Bob Morris	19.0	Clark Lanthier	32.0
H. Michael Goodman	19.0	Bruce Smith	77.0
Michael Markus	26.0	William Duffy	80.0
Brian Schmidt	26.0	Ron Ricketts	96.0
2. General Electric— 163.6 points		9. Mission Support (Code 553.2)—352.6 pts.	
Bill Conroy	1.0	Joan Unger	12.0
Duncan Pitts	25.0	Stephen Hirshfeld	28.0
Kathy McMillin	37.6	Robert Summa	58.0
Darrell Smith	42.0	Milanie Ridall	74.2
David Abbott	58.0	Patricia A. Johnson	180.4
3. Quasars (SAR-SASC)— 191.0 points		10. CSC Fleet of Feet— 407.0 points	
Simon Stephenson	10.0	Jim Etchison	34.0
Bob Lutz	17.0	Ann Lohmann	70.6
Edward Seiler	17.0	Phyllis Bellamy	88.9
Maurice Dube	34.0	Bobbie Bryson	103.5
Michail Robin	113.0	John Griffin	110.0
4. The Weasels— 205.6 points		11. HS-SO—597.0 points	
Glenn Stewart	6.0	Joseph Letourneau	36.0
Bob Phillips	16.0	Mike Miller	76.0
Therese Madden	48.6	Phillip Everson	121.0
Kevin Grady	65.0	Theodore Unite	169.0
Michael Weiss	70.0	Cherie Zieschang	195.0
5. OAO— 223.3 points		12. Kitty's Cavalry (Code 313)— 694.5 points	
Bruce Trout	8.0	Bradford Parker	60.0
June Gravitte	19.3	Joanne Uber	125.5
Larry Camper	29.0	Carl Walch	161.0
John Ujhazy	37.0	Tim Van Sant	170.0
Russell Harrison	130.0	Tae Kim	178.0
6. Speed 'n Snooze— 234.9 points			
Claude Bell	32.0		
Bob Connerton	33.0		
Carolyn Dent	44.9		
Daniel Mandl	46.0		
John Kelly	79.0		
7. Tons of Speed (Code 610)— 257.6 points			
Eric Nielsen	13.0		
John Burris	42.0		
Paul Mahaffy	55.0		
Kenneth Schatten	66.0		
Cathie Meetre	81.6		

## GSFC Two-Mile Results -- Fall 1985

Place	Time	Lastname	First Name	Age	Sex	Code
1	10:27	Conroy	Bill	42	M	743
2	10:32	Baugh	Mark	26	M	543
3	10:38	Nolan	Tom	33	M	664
4	11:04	Krimchansky	Alexander	23	M	521.1
5	11:06	Bukowski	So Cool M.	25	M	727
6	11:10	Stewart	Glenn	34	M	284.3
7	11:12	Strafella	Richard	43	M	554.1
8	11:18	Trout	Bruce	24	M	0A0
9	11:23	Weiss	Richard	43	M	400
10	11:28	Stephenson	Simon	28	M	671
11	11:30	Fulton	Richard	24	M	612
12	11:32	McComas	David	22	M	512
13	11:35	Nielsen	Eric	28	M	616
14	11:37	Hartenstein	Ray	51	M	735
15	11:42	Brenneman	Mark	33	M	254.6
16	11:45	Phillips	Bob	49	M	284.3
17	11:50	Lutz	Bob	32	M	671
17	11:50	Seiler	Edward	26	M	635
19	11:51	Morris	Bob	31	M	612
19	11:51	Goodman	H. Michael	29	M	612
21	11:59	Hughes	Peter	23	M	522.1
21	11:59	Salcedo	Jaime	32	M	750.5
23	12:05	Bowles	Ron	40	M	553.1
23	12:05	Ciamarra	Mark	25	M	636
25	12:13	Pitts	Duncan	38	M	743.1
26	12:15	Markus	Michael	29	M	612
26	12:15	Schmidt	Brian	29	M	612
28	12:16	Hirshfeld	Stephen	22	M	553.1
29	12:23	Camper	Larry	28	M	0A0
30	12:34	Espenak	Fred	33	M	693.1
31	12:37	Arnold	G. Thomas	27	M	613
32	12:41	Bell	Claude	45	M	511
33	12:42	Connerton	Bob	26	M	511
34	12:43	Dube	Maurice	39	M	614
34	12:43	Etchison	Jim	32	M	435.7
36	12:45	Letourneau	Joseph	40	M	205.2
37	12:46	Ujhazy	John	36	M	0A0
37	12:46	Lanthier	Clark	24	M	254.6
37	12:46	Mitchell	Joe	28	M	752.2
40	12:50	Hui	Peter	54	M	712
40	12:50	McKim	John	36	M	514
42	12:52	Beckford	Barbie	31	F	551
42	12:52	Burris	John	36	M	610
42	12:52	Smith	Darrell	27	M	415.3
45	12:57	Plummer	Thomas	41	M	683
46	12:58	Taylor	Thomas	49	M	430
47	13:05	Mandl	Daniel	30	M	511.2
48	13:06	Griffin	George	56	M	754.1
49	13:07	Kirwan	Emil	54	M	532.2
49	13:07	Staehli	Markus	27	M	682

## GSFC Two-Mile Results -- Fall 1985

Place	Time	Lastname	First Name	Age	Sex	Code
51	13:10	Trexel	Harry	45	M	663.3
51	13:10	Birsa	Frank	48	M	63.2
53	13:13	Bigel	Arlene	28	F	733
54	13:17	Segal	Kenneth	24	M	752.2
55	13:19	Henderson	Donald	47	M	480
56	13:20	Schmidt	Bruce	31	M	200.1
57	13:22	Mahaffy	Paul	35	M	615.1
58	13:27	Lane	Robert	35	M	291.1
59	13:35	Allison	Walter	56	M	750.2
60	13:36	Abbott	David	34	M	415.9
60	13:36	Summa	Robert	32	M	553.1
62	13:37	Parker	Bradford	25	M	313
63	13:39	Gallun	Joel	26	M	733
64	13:40	Klein	Larry	37	M	692
64	13:40	Nicklas	Randy	27	M	553.1
66	13:44	Bindschadler	Robert	35	M	671
67	13:45	Grady	Kevin	30	M	408
68	13:49	Schatten	Kenneth	41	M	610.1
69	13:52	McClanahan	Richard	43	M	724.1
70	13:54	Mentall	James	50	M	615
71	13:56	Samuelson	Robert	50	M	693.2
72	13:58	Lambros	Scott	31	M	742
72	13:58	Weiss	Michael	30	M	408
74	13:59	Borig	Richard	53	M	400.2
74	13:59	Parkinson	Claire	37	F	671
76	14:00	Sheinman	Oren	25	M	731
77	14:01	Coyle	Steven	27	M	590
77	14:01	Keller	Timothy	32	M	415.3
79	14:02	Miller	Mike	28	M	205
80	14:04	Smith	Bruce	34	M	254.6
81	14:07	King	Joe	45	M	633
82	14:10	Kelly	John	24	M	511.2
83	14:12	Duffy	William	39	M	254
84	14:13	Koslosky	Jack	48	M	511.1
85	14:15	Talcott	Russell	36	M	511
86	14:16	Stocklin	Frank	47	M	531
87	14:18	Burgess	Ed	27	M	400.8
88	14:19	Dolan	Ken	50	M	408
89	14:24	Heany	Jim	44	M	717
90	14:25	Jackman	Charles	35	M	616
91	14:28	Linstrom	Loren	50	M	401.6
92	14:30	Unger	Joan	24	F	553.1
93	14:32	Schwabe	John	37	M	310.1
94	14:35	McCumber	Michael	36	M	612
94	14:35	Badger	John	47	M	531.2
96	14:38	Workman	Forrest	28	M	513
97	14:40	Fung	Edwin	30	M	733
98	14:48	Skillman	William	54	M	612
99	14:49	Toral	Marco	29	M	727
100	14:50	Ricketts	Ron	36	M	254.6

GSFC Two-Mile Results -- Fall 1985

Place	Time	Lastname	First Name	Age	Sex	Code
101	14:52	Esfandiari	Mary Ann	31	F	664
102	14:54	Goldschmidt	Jay	19	M	711.3
103	14:55	Garay	Bill	38	M	200.1
104	14:56	Markham	Brian	31	M	623
105	14:58	Negri	Andrew	32	M	612
106	14:59	Lea	Danny	38	M	530.2
106	14:59	Keyser	Dennis	30	M	612
108	15:00	DiBartolo	John	28	M	234
109	15:02	Belton	Shawn	33	M	542
109	15:02	Lassiter	Ronald	37	M	151.2
111	15:03	Devlin	Dick	55	M	407
112	15:07	Lengenfelder	Franz	54	M	541
113	15:08	Hawley	Eldon	44	M	151
114	15:09	Rende	John	51	M	735.2
115	15:11	Kraemer	Bob	56	M	700
115	15:11	Griffin	John	46	M	435.7
115	15:11	Tooley	Craig	25	M	742.1
118	15:14	Robin	Mithael	27	M	
119	15:16	Anthony	Tobin	22	M	554.1
120	15:17	Jeletic	James	23	M	552.1
121	15:18	Domchick	Andrew	34	M	532.2
122	15:24	Alpert	Jordan	35	M	616
123	15:25	Yin	Lo I	55	M	682
124	15:28	Fairfield	Donald	47	M	695
125	15:31	Hasler	Fritz	45	M	612
126	15:33	Everson	Philip	48	M	205.1
126	15:33	Rosenberg	Jacob	38	M	563.2
126	15:33	Feild	Thomas	23	M	733.3
129	15:34	Gravitte	June	27	F	0A0
129	15:34	Woodhouse	Chris	27	M	728.1
131	15:35	Harrison	Bill	55	M	501
132	15:36	Wharton	Lawrence	38	M	614
133	15:44	Boon	David	42	M	551.2
134	15:45	Mitchell	Harold	32	M	303
135	15:49	Stern	David	53	M	695
136	15:50	Linnekin	Karen	25	F	634
136	15:50	Harrison	Russell	26	M	0A0
138	15:52	Black	Marcella	26	F	553.1
139	15:53	McPeters	Richard	38	M	616
140	15:54	Tollett	Jeffrey	24	M	0A0
140	15:54	Quann	John	47	M	100
142	15:55	Womack	Winslow CFC	57	M	300
142	15:55	Mitchum	Dan	28	M	435.7
144	15:56	McClellan	Michael	48	M	435.7
145	15:57	Perkins	Mike	31	M	435.7
145	15:57	Johns	Alan	23	M	514
145	15:57	Bowser	Jeff	30	M	671
148	15:59	Chernikoff	Harry	54	M	311.2
149	16:06	Iascone	Dominick	39	M	636
149	16:06	Chalmers	Robert	25	M	732.3

GSFC Two-Mile Results -- Fall 1985

Place	Time	Lastname	First Name	Age	Sex	Code
151	16:08	Paquin	Krista	25	F	201
152	16:09	Lowman	Paul	54	M	622
152	16:09	Croft	John	25	M	712.3
152	16:09	Lebair	William	24	M	512
155	16:10	Omidvar	Kazem	48	M	614
155	16:10	Loiacono	John	23	M	615.3
157	16:11	Bourne	Joseph	57	M	562.8
158	16:15	Lee	Grace	38	F	711.3
159	16:19	Lorenz	Blake	41	M	533
160	16:21	Cleveland	Virgil	55	M	302
161	16:26	McMillin	Kathy	38	F	415.3
162	16:29	Holmes	William	41	M	511
163	16:33	Durback	Gerard	25	M	741
164	16:36	Walther	Mark	29	M	201
165	16:42	Way	Stanley	47	M	615.3
165	16:42	Petuchowski	Sam	33	M	697
167	16:50	Courtillet	Colin	17	M	532.2
168	16:57	Haxton	Donovan	44	M	400.8
168	16:57	Heaps	Bill	39	M	615
168	16:57	Resau	Jean	30	F	610.2
171	17:02	McCloy	Steve	37	M	254.6
172	17:06	Karageorge	Manny	50	M	663
173	17:08	Walch	Carl	52	M	313
174	17:14	Dent	Carolyn	24	F	514
175	17:15	Madden	Therese	23	F	284.3
176	17:17	Chabot	Richard S.	51	M	723
177	17:19	Toutsis	Tom	43	M	303
177	17:19	King	Joseph C.	59	M	742
179	17:39	Parham	Sandra	35	F	221
180	17:40	Boyle	Charles	61	M	200
181	17:47	McCluer	Frank	49	M	531.2
182	17:49	Goldberg	Eric	22	M	408
183	17:50	Stolarski	Richard	43	M	616
184	17:54	Menehan	Kathleen	22	F	543
185	17:55	Unite	Theodore	40	M	205.2
186	17:56	Pepin	Tracy	24	F	650
187	17:58	Hanna	Nancy	23	F	541.2
188	17:59	Wai	Grace	22	F	543
189	18:10	Lohmann	Ann	23	F	435.7
190	18:12	Van Sant	Tim	26	M	313
191	18:14	Melcher	Raymond	57	M	683
192	18:16	McGee	Tom	41	M	615.2
193	18:17	Ridall	Melanie	23	F	553.1
194	18:20	Derdeyn	Steve	48	M	662
195	18:22	Martin	Pilar	38	F	752.2
196	18:28	Dixon	Bernard	48	M	152
197	18:34	Roberts	Carl	53	M	543
197	18:34	Block	Nathan	43	M	750.5
199	18:41	Page	Thomas	57	M	303
200	18:42	Kim	Tae	33	M	313

GSFC Two-Mile Results -- Fall 1985

Place	Time	Lastname	First Name	Age	Sex	Code
201	18:45	Sarangan	R.	40	M	152
202	19:01	Freeman	Clyde	48	M	562
203	19:04	Cooley	Jimmy E.	49	M	615
204	19:08	Meetre	Cathie	37	F	616
205	19:10	Piterski	Norman	46	M	430
206	19:19	Peters-Spinolo	Marc Chris	22	M	543
207	19:22	Wonsever	Josef	35	M	430
208	19:28	Green	Rodney	30	M	151.2
209	19:29	Armstead	Angela	23	F	
210	19:34	Ropiak	Stan	54	M	310.1
210	19:34	Johnson	Bert	53	M	674
212	19:36	Campbell	Charles E.	59	M	720.1
213	19:37	Harris	Gary	28	M	751.2
214	19:41	Blodget	Herb	56	M	622
215	19:52	Browne	Bill	44	M	430
216	20:00	Bellamy	Phyllis	34	F	435.7
217	20:01	Ng	Carolyn	26	F	633
218	20:02	Smith	Phil	55	M	725
218	20:02	Fowler	Walter	59	M	683.1
220	20:07	Blackmer	Roy	58	M	612
220	20:07	Mendoza	Emma	50	F	560
222	20:15	Butcher III	David	33	M	400.2
223	20:25	Perry	Charleen	33	F	633
224	20:27	Bryson	Bobbie	39	F	435.7
224	20:27	Fleming	George	41	M	532
226	20:37	Andrucyk	Patrice	23	F	511
227	20:46	Owings	Jan	40	F	512
228	20:51	Staples	Ernie	24	M	553.1
229	20:56	Cornell	Catherine	43	F	310.1
230	21:08	White	Robert	31	M	602.9
231	21:10	Kayser	Susan	45	F	692
232	21:16	Tingley	James	33	M	693.2
233	21:25	Levy	Hal	57	M	564
234	21:59	Moore	Marla	44	F	691
235	22:10	Wadding	Steven	26	M	511.2
236	22:12	Uber	Joanne	32	F	313.1
237	22:18	Wall	James	51	M	313
238	22:20	Buena	Lettie	29	F	435.7
239	22:27	Earl	LaDonna	31	F	632
240	22:35	Curtis	Cynthia	21	F	753.1
241	22:50	Tomasello	John	53	M	430
242	23:01	Mason	Carolyn	20	F	435.7
243	23:02	Hund	Mike	24	M	435.7
244	23:11	Jackson	Donna	30	F	435.7
245	23:14	Carlisle	Candace	24	F	532.3
246	23:16	Goodman	Nancy	25	F	514
247	23:24	Nygaard	Maurice	50	M	408
248	23:53	Foster	Lee	47	M	633
249	24:00	Farmer	Robert	52	M	615
250	24:08	Tittle	Karen	36	F	435.7

## GSFC Two-Mile Results -- Fall 1985

Place	Time	Lastname	First Name	Age	Sex	Code
251	24:15	Bowers	Karla	22	F	400.2
252	24:37	Gehrels	Neil	33	M	661
252	24:37	Laubenthal	Nancy	31	F	664
254	24:51	Hines	Jay	60	F	*
255	25:17	Shelley	Robert	59	M	313A
256	25:36	Longest	Debra	25	F	254.4
257	26:08	Mingarelli	Maureen	26	F	725.2
258	26:16	Crannell	Carol Jo	46	F	682
259	26:18	Johnson	Patricia A.	30	F	553.1
260	26:26	Montgomery	Elaine	59	F	653
261	26:41	Smith	Nancy	43	F	664
262	27:02	Rhodes	Robert	50	M	415.3
263	27:16	Thomas	Valerie	42	F	633
264	27:43	Zieschang	Cherie	35	F	205.2
265	27:45	Simmons	Ted	38	M	205.2
266	27:49	Ferlazzo	Kevin	26	M	511.2
267	28:03	Lekebusch	Dolf	48	M	302
268	28:04	Pounds	Sherri	26	F	435.7
269	28:56	Kempler	Suzette	25	F	615
269	28:56	Focht	Helen	22	F	614
271	29:05	Endres	Daniel	41	M	671
271	29:05	Bogert	John	42	M	684.2
273	29:30	Hong	Lisa	22	F	631
273	29:30	Shaffer	Fred	46	M	631
275	29:55	Kolos	Diane	27	F	313
275	29:55	Haehner	Carl L.	54	M	313
277	30:01	Colony	Joe	48	M	313
277	30:01	Domen	Mark	33	M	313
277	30:01	Ming	James	24	M	313.2
280	30:24	Williams	Seth	56	M	711.3
281	30:29	Lee	S. Yen	60	M	313
281	30:29	Hedin	Alan	49	M	614
281	30:29	Ewin	Audrey	25	F	724.3
281	30:29	Burgess	Andre	33	M	724
285	31:05	Sheridan	Joanne	26	F	633.8
286	31:27	Reid	Dorothy	63	F	120
287	33:10	Flom	Yury	31	M	313
288	33:37	Wu	Fay-Lu	27	F	553.1
289	36:00	Jacobs	George	55	M	310.1
289	36:00	Lennon	Matthew	62	M	310.1
291	37:14	Yakupkovic	John	56	M	310.1

## FOOTNOTES

### ----- Upcoming Events:

#### Fall Picnic

Our fall cookout will be held Thursday, October 31 at noon at the Health Unit, Building 5. We STRONGLY encourage you to sign up early, please folks, this really helps us out in preparation. Gincy breaks her back to get ready for this thing, so help her out by giving some advance notice that you'll be there! Sign up sheet at the Health Unit. Cost \$3.00 before Friday, Oct. 25, \$4.00 thereafter. Two Mile Fun Run awards will be presented at the picnic.

#### RRCA Membership:

GROC has voted to join the Road Runners Club of America, effective January 1986. This first year is a trial year in that the entire GROC can join for a cost of \$40.00. As the cost of membership increases substantially after the first year, (\$.75 per GROC member) we will be requesting input from GROC members as to whether or not to join for a second year. Next issue will include an article detailing what being members of RRCA does for us.

#### Upcoming Races:

- o Marine Corps Marathon 9:00 AM Saturday, Nov. 3, 1985

#### Next Issue:

- o As promised in the last newsletter, Highlights of Ten Years of Running at GSFC
- o Results of the Goddard 10 KM held at Greenbelt Lake
- o Also as promised, World Orienteering Championships in Australia

Anyone with articles they would like to have in the newsletter should send them to B.Beckford, code 551.

## FOOTNOTES



Grace Lee  
711.3

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