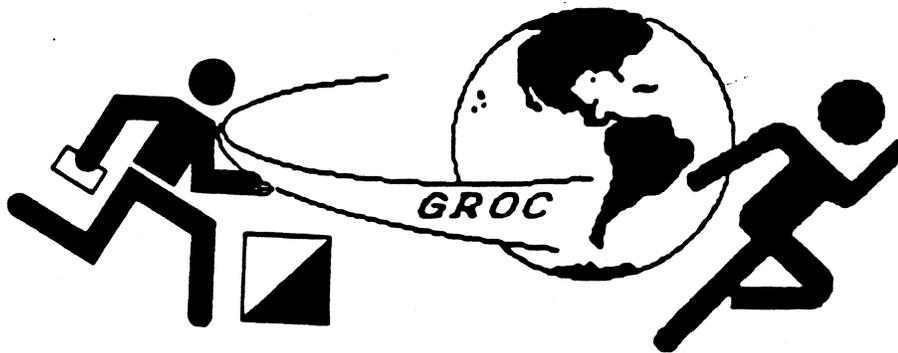


TEN YEARS
OF
RUNNING EXCELLENCE



GODDARD
RUNNING AND ORIENTEERING
CLUB

NEWSLETTER

September 1985
Fall Fun Run Issue



PRESIDENT'S CORNER
RICHIE WEISS

Being your newly elected president, by way of introduction to me, the following are my random observations about running and Goddard.

First Run

Nearly twenty years ago, a fellow professional procurement intern asked me to go for a run. I asked him where he wanted to go and why he wanted to select running in lieu of a car or some other transportation means. When he suggested a local high school track, I couldn't understand the purpose. After telling him no, he showed up at my apartment, anyway, at 6:00 A.M., and thus began my first long run; a quarter of a mile. It took a week before I could run a mile, and a year before I could run three miles and nine years before I ran six miles without stopping.

First Race

In 1976, a number of people from GSFC, led by Dave Pettit (at that time the fitness supervisor), ran the Cherry Blossom 10 mile race (my time was about 78 minutes). I remember being told to slow down by Dave if I wanted to finish, then watching as Dave sprinted out of sight.

Marathons

Having completed 13 marathons in the last 6 years, I consider them unnecessary, either to physical fitness or running well. Will I do more? You bet! Why?? I'm not sure... but let's get some opinions from you other marathoners for a future newsletter!

Orienteering

Any event in which an 8 year old (my son) can outperform a well conditioned, physically fit adult (me), leaves me out, but in awe.

Gincy Stezar (Physical Fitness Director)

Gincy is a symbol of all that's right about GSFC. There are those who watch things happen, and those who make things happen. To an unprecedented extent, Gincy makes things happen. From directing the Blake Heart Run, to running the fitness facilities, to planning and preparing food for social events (not to mention giving massages and physical therapy), Gincy is always there, causing things to happen.

On Being President

Initial Reaction - Why me? Will I be consumed with a burden that will take an overwhelming amount of time?

Present Reaction - Amazement at the people who are willing to help, and surprise at the many volunteers doing their part in support of the GSFC race. Being president is fun in that it provides occasion to come into contact with lots of energetic, positive thinking individuals with real dedication to the enjoyment of running and physical fitness.

Running at GSFC

I consider myself extremely fortunate to be part of a forward, progressive organization with a management that not only permits us to run, but has created an environment that has fostered running and physical fitness. Our Center Director and Deputy Director participate in the semi-annual fun runs and never is heard a discouraging word about running.

THE 20th NASA INTERCENTER 2 MILE FUN RUN

I recently ran in a 10K race in Georgetown, the Terry Fox Marathon of Hope. For those of you who aren't familiar with the story of Terry Fox, he was a young Canadian who lost his right leg to cancer in 1977, and spent his last days running across Canada to raise funds for cancer research. On an artificial leg, he ran an average of 26 miles per day with breaks for food and rest. After 144 days and 3,339 miles, Terry was forced to stop; the cancer had spread to his lungs. Terry Fox runs are held throughout the world in Terry's memory, to raise funds for cancer research.

As stated in the race flyer, the race was for everyone. It was indeed "A Run Not Just For Runners". Participants included bicyclists, walkers, joggers, roller skaters, parents pushing babies in strollers. All were encouraged to cover as much of the 6.2 mile course as they wanted, and at their own pace. Definitely the most inspiring, however, were the so called "disabled" participants, who proved themselves not to be so by wheeling the 6.2 hilly, bumpy, rigorous miles along the Rock Creek bike path. Perhaps the most courageous of the participants was a young man, an amputee, who, in addition to raising \$600.00 in pledges for the race, in the spirit of Terry Fox, "ran" the distance on crutches. We cheered him across the finish line long after others had received their awards and helped themselves to the refreshments provided.

What, you might ask, has all this to do with the Goddard 2 mile fun run? We have always, and are still encouraging the same spirit of participation in our fun runs as that displayed in the Terry Fox 10K. Granted, we have our speed demons who will run the two miles in less than 10 minutes! Just as important to us, however are those who walk the two miles, or jog 'til they're tired, then walk, or those, such as the man a few years ago who walked, pushing his own wheel chair for the two miles. We wish EVERYONE would come out!! We don't care if you're overweight, underweight or smoke like a fiend. We provide refreshments after the race, ribbons, entertainment and lots of moral support. The weather has generally been great for this event; it's just a fun way to spend a lunch hour! While our theme might not be as compelling as the Terry Fox story, fitness at GSFC is a worthwhile cause.

You are enthusiastically invited to join us on October 9th and walk, run, jog, skate the two miles! We think you'll be glad you did.

HOW I PLACED NUMBER 1,984 AND WON THE RACE

The alarm sounded with a startling, obnoxious ringing. Why was I being jolted from a deep sleep at 6:00 A.M. on a Saturday?? Oh, yes, I wanted to run the 10K Elizabeth River Run. That was how I felt the previous night, at least. I was in Virginia Beach for fun, sun and the run.

I had bought a paper to get details about the May 5, 1984 race. However, the morning light brought thoughts more of vacation than the work of running. It would be so easy to just roll back to sleep until the tanning rays were just right. My sister was several shades darker already. No, I told myself, arise and feed the runner ego--I'll feel so much better if I race. Just think what good weekly mileage I'll have with that 10K. Plus, it'll be an adventure to run new surroundings.

My addiction to running having won the mental debate, I found my way to race registration at Waterside. I glanced around at the people and was reminded of my out-of-town status. My running club buddies were nowhere to be seen. Everywhere I looked I saw the stamp of the military-- many men, all with short hair. I felt assured that the "scenery" would be nice during the run.

As race time approached, I lined up behind the masses and wondered if the front runners would be finished before I crossed the start. Some company on the run was desired, but I was amazed at the crowd. For sure, this sport with its addicts was not unique to Washington, D.C.!

The crowd slowly ebbed forward after a distant gun sounded (so I was told). I was on my way. Could this run be a PR (personal record)? I had been so close to breaking 50:00 last weekend. Maybe today! The sun was getting warm fast, though. As we plowed ahead, I overheard warnings of the impending hill. But this is Norfolk, I thought to myself. I was confused and apprehensive about the challenge ahead. Then I observed "The Hill". I smiled to myself, picked up the pace and ran up the Hampton Bridge, the hill-fearers dropping behind. Hmmm... a PR was still in sight.

My competitive edge melted with the heat of the sun and the never-ending, plodding steps. My thoughts turned to just finishing. Where was I anyway, how much farther to go? With the shout of encouragement and "one half mile to go!" I surged ahead to find the finish line around the corner. The spectators were uplifting even if I was far behind any front runner. I kicked into the home stretch. The run felt great now that it was over (as usual). I milled around in the crowds as I cooled down. The fitness day activities at Waterside had attracted a large gathering. My thoughts turned toward that delightful springtime sunshine. I sat on the grass, faced the sun, took a deep, relaxing breath, and thought - TANNING TIME. I was entertained by all the events and excitement in the park. My attention focused on the abundance of athletic, good looking men. A friendly face matching such a description caught my wandering eye. As our glances momentarily met, we exchanged quick greetings. He walked by, only to return minutes later, taking a seat on the grass nearby and sipping a cool drink. He introduced himself as Al Oakley and inquired about my race results. We shared our experiences of the morning run, comparing times (mine being 53:10) and excuses. He was adjusting from sea legs back to land legs. My excuse was a too recent tough run. We expanded topics from running to careers, a rarity for religious runners. I was an attorney for NASA in D.C. He practiced law too, before joining the Navy. I smiled to myself as this short-haired sailor educated me about life aboard ship. This naval officer was getting to see the world all right, but the adventure wasn't as fun as the advertising led one to believe.

After a long, pleasant chat we parted. I was impressed that Al found a pen and paper to get my phone number - no mean feat in a crowd of runners. Not many shorts contain pen in pocket!

He came to visit in D.C. shortly thereafter. The whirlwind romance survived the constraints of living 200 miles apart and his ship's schedule. (I'm not sure which was worse!)

The Elizabeth River Run of May 5, 1984 brought us together for the first time. Our marriage of January 5, 1985 joined us together for the rest of time. All I had hoped for at the 10K was to break 50:00. Instead, I placed 1,984 and won the race.

Dawn Elliott Oakley



"OK, TAKE YOUR POSITIONS, WITH THE FASTER RUNNERS TO THE FRONT OF THE LINE..."

THE 1985 SPRING NASA INTERCENTER TWO MILE FUN RUN TEAM COMPETITION RULES

PETER S. P. HUI

I was volunteered by the Fun Run Organization Committee (known as the FROC of GROC) to come up with a more definitive set of rules for the team competition. It is the tradition of a volunteer organization that the person doing the work has the latitude to make up rules as he sees fit, subject only to some bounds of reasonableness. Therefore, the rule that I am making up here are not subject to review or last minute changes. We must accept the fact that no rule can be fair to everybody. On the remote possibility that some of you out there do not like these rules, I suggest that you come to the FROC of GROC meeting next fall to volunteer your services to redo the masterpiece that follows.

In the past, the team score is the sum of the placement points of the first five finishers of the team, and low score wins. For example, if a runner finishes 5th in the race, his or her placement point is 5. This scoring system is not fair to the female runners of Goddard. Even the very best woman runner will not likely be placed very high in the open competition unless her name is Joan Benoit or something like that. The reason that Goddard has won the 2 mile Intercenter Competition in the past few years is due, in large part to the contribution of our top women runners. In order to correct this inequity, the new rule for this spring's team competition is to score the women separately in such a way that a good woman runner will be able to contribute significantly to her team. The rules are stated more precisely as follows:

1. Each team must consist of at least five members. Each team must have one member designated as the captain and at least one member designated as the backup captain. The captain or the designated backup is responsible for properly registering the team before the race.
2. In order to register a team for this competition, the team registration form must state one theme that ties all team members together. The theme could be organizational unit, corporation, specific program or project. Or the theme may be social or recreational groups. The reason for this rule is to discourage teams from stacking the cards by actively recruiting unattached good runners.
3. Only the race result 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 the purpose of team competition. However, the make-up runs do count for the Intercenter postal competition.
4. The finish order for 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. However, the placement points for females will be normalized to account for the smaller number of female finishers in the race. 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. All this sounds very complicated. But some geniuses within Goddard should be able to figure out an easy way to do the scoring with all the fancy IBM PC's, Apples, or Macintoshes around.
5. The team score is the sum of the five lowest placement points of the team. May the best team win!
6. Don't forget this is a fun run. However it is suggested that the author of this set of rules deserves to receive a 10 placement handicap for his historic effort in coming up with these rules.

Ed. note: Did I detect a note of sexism when, in rule #4, the author assumes a "smaller number of female finishers in the race." Women of Goddard, let's prove the author wrong! Let's AT LEAST equal the number of men in the run this year!!

FOOTNOTES

Fall Fun Run time is here again. This also means it's time to renew your membership to GROC. The last page of this newsletter is a race entry form/membership application. For a mere \$2.00 you are entered (if so desired) in both fall and spring 2 mile fun runs, as well as the 10k races held at Greenbelt Lake. You will ALSO receive this fine piece of literature every month which will keep you in touch with the goings on of the running and orienteering club. Can you resist such a bargain? Join us!!

We would like to encourage submission of articles to the newsletter. Anyone with articles they would like to have in the newsletter should send them to B. Beckford, code 551. Any comments on past races, newsletters, ideas on future newsletters and races or comments on anything! Send 'em in! If we get enough response, maybe we'll begin a letters to the editor column.

Next issue:

A Decade of Running at Goddard: highlights of ten years of running at GSFC

1985 World Orienteering Championships (WOC) held in Australia

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FOOTNOTES