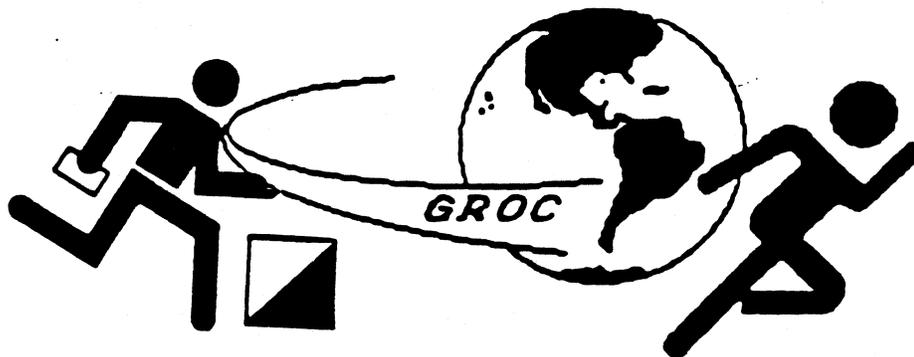


**TEN YEARS
OF
RUNNING EXCELLENCE**



**GODDARD
RUNNING AND ORIENTEERING
CLUB
NEWSLETTER**

February 1986

PRESIDENT'S CORNER

Interval Training at Duval High School

We are hoping to enter teams, both competitive and "fun" (not that the two are mutually exclusive) in corporate events in the spring. In the past we have fared very well at these events. In 1984 the GROC competitive 10 person team defeated approximately 70 teams to win the Washington Area Xerox Marathon Relay, thereby winning an all expenses paid trip to the United States Olympic Trials in Buffalo, N.Y. where we were wined and dined and generally treated royally by Xerox.

The GROC team that won the 1984 Xerox Marathon Relay was a "thrown together" team, in that we organized specifically for that event shortly before it, and never actually trained for it. Looking back on it, we can't help but wonder how we might do in these events if we actually trained for them. We are therefore inviting ANYONE interested to join us at Duval High School track on Wednesdays at noon. Come warmed up and ready to run. These workouts will be adjusted to the runner's particular level of fitness. Anyone interested in training for our "team" or just wanting to improve their fun run times come on out! These sessions are for runners of all abilities who wish to improve.

Sunday long runs

The Montgomery County Road Runners Club organizes long runs on Sunday (unless they are sponsoring a club race) at 9:00 AM for runners of all abilities. The club also sponsors many low key local races and fun runs. Call 949-9227 for a recording of their near term activities or contact me at home at 340-6422 for more information on the club.

Marathon Results

Chicago - Ken Brown and I completed the Chicago Marathon on October 20. We agree that it is a great marathon, perhaps the most well organized race in America.

Ken has spent the last decade dispensing his own special brand of unconventional medical advice to injured runners. Regardless of injury, Ken preaches "run through it". Some of us crazy enough to follow Ken's advice have succumbed to disabling injuries and occasionally some get better. At Chicago Ken followed his own advice, despite injuries which prevented him from training for 6 weeks before the marathon, he completed the marathon with a fine time of 3:26, barely missing the 3:20 time he needed to qualify for the Boston Marathon. Congratulations!

Note: Since Chicago, Ken has had disabling running injuries but he assures us he's getting better and will be back on the road before the end of the month.

Marine Corps Marathon

Congratulations to all GROC runners who completed the November 4 Marine Corps Marathon. As usual, the Marine Corp did an excellent job of putting the marathon on. All our starters finished, they are:

- o John Laudadio
- o Richie Weiss
- o Bob Phillips
- o Ron Bowles
- o Grace Lee
- o Pete Hui
- o Stan Way
- o Jim Mentall
- o Maryanne Esfandiari
- o Ray Hartenstein

Richie

* * * * *

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

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LETTERS

We encourage anyone interested to express their views in the form of Letters to the Editor. GROC does not necessarily support the views expressed in Letters, however all letters will be considered and printed, as submitted, unless deemed inappropriate. I can hardly deny my father his freedom of expression, even if I don't agree with him.

B. Beckford

Editor

Why run?

If running is so darned good for you, why do all joggers have that awful look on their faces when they run? Look at pictures and tell me they look happy! They all look in agony and needing a good place to flop! I have yet to see a happy jogger. My kids tell me it's good for you, and I say baloney! Pick up a runner's magazine and notice that half of it is taken up with articles on ailments that befall the runner and what should be done to correct them. I say quit running and enjoy life without the stress and agony. It's all a well planned conspiracy by the running shoe manufacturers and a group of down and out doctors who need the business; they couldn't make it as legitimate doctors. Then they got with the clothing folks and they really made hay. They thought up various materials that they couldn't sell any other way and they foisted them off on the poor stiff who are so brain damaged from running that they don't know any better. Voila, a whole new industry is created that preys on these poor misguided souls.

Got to go now, I am doing a 5K in the morning and must go carb load.

Jim Beckford

Jacksonville Beach, Fla.

What is the RRCA and Why Should We Join?

At the last GROC business meeting, those present voted unanimously for GROC to join the National Road Runners Club of America (RRCA) organization for a one year trial period of 1986. This one year membership would cost the club approximately \$40.00. As the MD/DC RRCA state representative, I would like to highlight what the RRCA is and what some of the benefits of membership would be.

The RRCA is a national organization of over 450 chapter clubs located in 47 states. It represents more than 120,000 members. The RRCA is the largest running organization in America. RRCA officials are volunteers elected by the chapter clubs.

The RRCA is not the governing body for the sport and has no intent of becoming so. Thus, the RRCA has no higher authority to answer to. It does not govern or rule, therefore its chapters retain their individuality and freedom. The RRCA provides guidelines, not regulations. The chapters and their members can choose to, or not to participate in any RRCA program or service.

Some specific benefits of RRCA membership are:

1. Each person receives the 30 page RRCA newsletter once each quarter.
2. Everyone is eligible to participate in a personal fitness program on a non competitive basis.
3. The club receives a 156 page "How To" book on all aspects of club operations.
4. The club can purchase, at nominal cost a liability policy which covers everyone connected with putting on any running event.
5. Any member can obtain a Hertz 15% discount card.
6. There is a super national convention each year.
7. The club receives information sheets and guideline papers on running related items.
8. Your club president receives information directly from the national president once per quarter.

By belonging to the RRCA, the local club is supporting the sport of running at the national level. This provides many functions that are beyond the scope and capability of a single club. A national organization can provide information exchange and coordinated programs to produce better quality events, attract national sponsors, conduct championships, protect athletes' rights, etc. By being a member of the RRCA the chapter club is furthering the sport of running.

I think you will want to be affiliated with the RRCA for many years to come.

John Sissala

World Orienteering Championships (WOC)

World Championships in Orienteering are held every two years and in the past have been held only in Europe and Scandinavia. The competition consists of two faces: the individual and the relay (relay teams consist of four runners). Each country is allowed at most four competitors in the individual. If this was not enforced the Norwegians and Swedes would take at least the first twenty places. They are the best because in these countries the good ones orienteer from the time they are very young. Orienteering is taught in many schools. In 1980 the International Orienteering Federation (IOF) granted Australia the privilege to host the 1985 WOC and I immediately resolved to be in attendance. My biennial trip home was planned around being in Australia in September, when the championships take place.

As you can imagine, it is very expensive to send a team to a competition such as the World Championships. Besides the airfare(s) there is accomodation and transport for quite long periods. The two races are held in different areas and in this case separated by a rest day. The areas are kept secret until the night before the race. For training purposes, the host country offers maps of other similar areas for teams to practice on. These week-long training camps occur a number of times before the event. The Americans could afford to attend only the practice session immediately before the championships. Sweden and Norway had people going to Australia to get used to the Australian terrain years before their competitions. The difference is that the United States Orienteering Federation (USOF) receives no support, outside contributions from its members, for any activities. A year or so ago USOF started a team fund and this was used to provide some assistance to the team members that needed it.

The team members of the U.S. team arrived in Australia on August 23, as I was already in Australia, I met them at the airport. We arrived at the college where we were to stay for the training camp in the middle of the day but couldn't get into the rooms until 5:00 PM! The very next day, bright and early, we competed in the Victorian Championships, no time for jet lag! The next eight days were spent competing in various races and training on about six different areas. In one case we took an overnight trip involving a four hour bus trip just to see the area that was reported to be the most similar to the WOC individual area. The terrain was special because it consisted of large granite boulders and outcrops. The relay terrain had thicker vegetation and was mostly "ridge and valley". However some of the valleys were quite intricate as a consequence of the gold mining activities in the area during last century's gold rush.

The races took place on September 4 and 6 and were exciting to watch. The men's individual was won by a Finn, for the first time. A Swedish woman won the women's title for the third time (this woman does a 2:40 marathon). The competition for the relays was close, Norway defeating Sweden in the men's competition by a few minutes, Sweden defeating Norway by only a few seconds in the women's. The US had individuals finish 28th in the men's and 29th in the women's.

Hilary Cane

3RD ANNUAL WINTER OLYMPICS

MARCH 10-14, 1986

ALL FITNESS LAB PARTICIPANTS
AND CURRENT RUNNING CLUB MEMBERS
INVITED TO COMPETE

LAST DAY TO SIGN UP: 2.14.86

TEAM ASSIGNMENTS: 2.17.86

EVENTS POSSIBLE:

BICYCLE RACE
SIT-UPS
PULL-UPS
KNEE FLEX
CROSS COUNTRY SKIING

WALL BALL
BALL BLOW
VERTICAL JUMP
BROAD JUMP
DIPS

ROWING RACE
BENCH PRESS



Team No. _____

GODDARD RUNNING AND ORIENTEERING CLUB
WINTER OLYMPICS ENTRY FORM

Last Name _____ First Name _____

Mail Code _____ Work Phone _____

Bldg. _____ Birthdate _____
yr/mo/day

GROC Member Yes No Not yet, but Interested No Thanks

ALL CURRENT MEMBERSHIPS EXPIRE SEPTEMBER 30, 1986

WAIVER OF LIABILITY

In consideration of the foregoing I for Myself, my Executors, Administrators, and Assignees, do hereby release and discharge the officials and sponsors of this Winter Olympics for injury, illness, or adverse effects which may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate.

Signature _____ Date _____

Mail to Gincy Stecar, Code 205
or bring to Health Unit Fitness Lab.

FOOTNOTES

Fall Fun Runs

The spring 2 mile fun-run will be held on Wednesday, April 9th. The makeup for this will be on Friday, April 11, both at noon. The spring 10K run will be held Wednesday, April 16 and the makeup will be Friday, April 18, also both at noon. More details will follow in next newsletter.

Commemorative T-Shirts

GROC will soon be selling long sleeved NASA/GROC t-shirts commemorating 10 years of running excellence at Goddard. These are sure to become collectors items, so you'll want to purchase many! These will be available for purchase at the fun-runs, but to insure your receiving one, before they all go, you can order them. Call Gincy for details! (344-6666)

Next Issue

- o Details & Info on upcoming fun-runs.
- o Results of GROC 3rd Annual Winter Olympics Competition

JOGGER'S PRAYER



Almighty God, as we sail with pure aerobic grace and striped orthotic feet past the blind portals of our fellow citizens, past their chuck-roast lives and their necrotic cardiovascular systems and rusting hips and slipped discs and desiccated lungs, past their implacable inertia and inability to persevere and rise above the fully pensioned world they live in and to push themselves to the limits of their capacity and achieve the White Moment of slipping through The Wall, borne aloft on one's Third Wind, past their Cruisomatic cars and upholstered lawn mowers and their gummy-sweet children already at work like little fat factories producing arterial plaque, the more quickly to join their parents in their joyless bucket-seat landau ride toward the grave—help us, dear Lord, we beseech Thee, as we sail past this cold-lard desolation, to be big about it.

Grace Lee
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