

GODDARD
RUNNING & ORIENTEERING
CLUB
NEWSLETTER

September/October 1986

Annual Meeting Results - The September 11, 1986 Annual Meeting resulted in

1) the election of the following officers:

President - Richie Weiss 286-7493
Vice President - Grace Lee 286-5762
Treasurer - Rex Elliott 286-5730
Secretary - Jean Lane* - 286-3063

*Jean Lane agreed to replace Vicki Pendergrass. Many thanks to Vicki for her years of dedicated service. Vicki will continue to serve GROC as the coordinator of volunteers for our fun runs.

2) agreement to obtain liability insurance for our semi-annual fun runs through the Road Runners Club of America for a cost of \$50.

3) consensus to incorporate our club. Rex Elliott will volunteer. His effort will save us the expense of hiring an attorney. We estimate the incorporation can be accomplished for less than \$50.

Fun Run - The 22nd NASA fun runs are upon us. Goddard won both the 2-miler and the 10K runs this past April. Both races were won by small margins and were won primarily because of our large number of participants. We need you to retain our title. The entry forms appear elsewhere in this issue and will again be available at the GEWA exchange and the fitness lab. Race dates are as follows:

	<u>Race Date</u>	<u>Make-up Date</u>
2-Mile Run	October 8, 1986	October 10, 1986
10K Run	October 15, 1986	October 17, 1986

All runs begin promptly at noon.

Marine Corps Marathon - A number of GROC runners will be participating in the Marine Corps Marathon on November 2nd. We're hoping to see a lot of our GSFC co-workers and their families at the marathon to cheer us on. GROC will reserve a room at the Holiday Inn, Rosslyn Circle, for pre-and-post-race camaraderie. We'll have refreshments available and any more would be appreciated. Hope you can come!

For 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 286-7493 for more information.

Lancaster Triathlon - Congratulations to Ed Boggess (4th overall) and Bob Phillips (1st in his age group - old) for their fine performances in the Lancaster Triathlon. For his efforts, Bob won an ashtray (We claim it's a candy dish.)

Guest Article: Safety First
or How Not to Damage Your Body

John Laudadio

Since most dedicated runners are slightly balmy about their sport, we tend to run through anything - bad weather, work overload, marital problems and injury. However, it is impossible to run through those monsters we share the roads with - cars. I had a recent close encounter with one of those, and I lost. I was struck from behind and thrown over the car. I was not seriously disabled but I did miss two weeks of running and almost a whole lifetime. I was hit because I got complacent and didn't follow the rules for safe running.

So to prevent the same thing from happening to you let me remind you of those rules:

1. Run facing traffic
2. Get off the road when oncoming traffic approaches - drivers are sometimes asleep at the wheel so don't expect them to move over
3. When running in a group either go single file or move over so everyone can get off the road when traffic approaches
4. Be aware that on two lane roads traffic approaching from behind can crowd your space, especially if they are passing. So be prepared to be startled or hit if you don't pay attention.
5. Don't contest the road with car drivers. They can get angry at all runners and do something stupid which will kill someone. After my accident a non-runner friend told me he resented runners who wouldn't get off the road especially when there is two-way vehicular traffic. In fact he was surprised when I suggested he slow down or stop rather than endanger the runner. The point in case is that drivers (and runnerse) are not rational, but in this case we stand to a lot more. So be careful out there.

RUNNING ROAD RULES (R³)

1. NORMALLY RUN AGAINST TRAFFIC ---

EXCEPTION #1 - RUN WITH TRAFFIC ON SHOULDER IF THAT SHOULDER IS WIDER AND SAFER.

EXCEPTION #2 - RUN WITH TRAFFIC AROUND BLIND CURVES WHICH HAVE NO SHOULDER (E.G., BEAVER DAM ROAD).
2. CONSTANTLY OBSERVE TRAFFIC OVER YOUR SHOULDER, PARTICULARLY:
 - o TO ENSURE CAR APPROACHING YOU CAN PASS SAFELY.
 - o WHEN GOING BACK OFF THE SHOULDER INTO THE TRAFFIC LANE EVEN WHEN RUNNING AGAINST TRAFFIC: A CAR MAY BE USING THE "WRONG" LANE FOR PASSING RIGHT BEHIND YOU.
3. RUN ON SHOULDERS WHENEVER POSSIBLE (PARTICULARLY POWDER MILL AND SOIL CONSERVATION ROAD WHERE TRUCK AND HIGH SPEED TRAFFIC ARE COMMON). HELP KEEP SHOULDERS CLEAR BY BREAKING OFF A FEW BRANCHES EACH TIME YOU RUN OR KICKING DEBRIS ASIDE.
4. RUN SINGLE FILE IN TRAFFIC LANES -- ALWAYS, NO EXCEPTIONS.
5. ASSIST ONCOMING CARS IN PASSING YOU, PARTICULARLY WHERE THERE IS LITTLE OR NO SHOULDER. GIVE CLEAR HAND SIGNALS.
6. GO FOR THE "DITCH" IN A SQUEEZE, PARTICULARLY IN RAIN OR SNOW. YOU MAY HAVE THE RIGHT OF WAY, BUT YOU'LL LOSE IN A HEAD-TO-GRILL CONFRONTATION AS MIGHT MANY OTHER INNOCENT PASSENGERS AND RUNNERS.
7. SMILE AT DRIVERS - COOPERATE WITH THEM. WE RUNNERS NEED GOOD PUBLIC RELATIONS. WE'RE ALSO DRIVERS AT TIMES.

Fun Runs- Volunteers are needed to help with the NASA Intercenter runs. Please contact Vicki Pendergrass (6-8587) if you can assist in any capacity.

Fun Run Certificates- Anyone who is willing to type and paste please call Jane Jellison (6-8563). Let's distribute the certificates within a reasonable amount of time after the run.

Newsletter Name- I think it would be nice to have a name for our newsletter. Please forward your suggestions to Grace Lee (Code 711.3,6-5762). The selection will be made at a later club meeting.

Newsletter Articles - Articles relating to club goals and activities are always welcome. Of special interest are those dealing with slightly unusual topics, such as out-of town runs and triathlons. Watch for the deadline for submitting articles for the following issue in the current newsletter or the fitness lab. Call me (6-5762) if you have questions.

Deadline for the Next Issue- I would like to make the newsletter a monthly affair. It's good for stimulating interest as well as raising morale. The deadline for the submitting articles and announcements for the November issue is Friday, October 31. Anything else submitting after the deadline will be considered for a later publication.

Team Competition Rules- Many thanks to Peter Hui for drafting such rational and reasonable rules for team competition.

22nd NASA Intercenter Runs

**2-Mile : October 8, 1986 noon at Building 2
October 10, 1986 noon at DuVal High (Make-up)**

**10K : October 15, 1986 noon at Greenbelt Lake
October 17, 1986 noon at Greenbelt Lake (Make-up)**

Team competition registration must be completed by 10:30 AM on October 8 for the 2-Mile run. Please make your best effort to register prior to race date.

NASA INTERCENTER 2-MILE FUN RUN

Team Competition Rules

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 women 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 had 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 team competition is to score the women separately in such a way that a good women 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 to properly register 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.

NASA Intercenter 2-Mile Fun Run

Team Competition Scoring Summary

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 with the following formula:
$$n = \alpha(m-1) + 1$$
, where
 m = your finishing order among female competitors

$$\alpha = \frac{(\text{total no. of male finisher} - 1)}{(\text{total no. of female finisher} - 1)}$$

If there are 285 male finishers and 101 female finishers in the race, then $\alpha = (285-1)/(101-1) = 2.84$
For example, if you finish 6th among female finishers, your score is $2.84(6-1) + 1 = 15.2$

3. The scoring formula is designed in such a way that the first and last finishers will have identical scores for male and female. The first female finisher has a score of 1.0. The last female finisher has a score of
$$n = 2.84(101 - 1) + 1 = 285$$

This is the same score as the last male finisher.
4. The score of a team is the sum of the five lowest score of the team members. Lowest score wins.

*EDITOR'S NOTE: Should female runners outnumber male participants the male scores would be normalized with respect to the number of female finishers. Let's see if this can happen!

2-MILE FUN RUN
Wednesday, OCTOBER 8
22nd NASA Intercenter Run

GROC

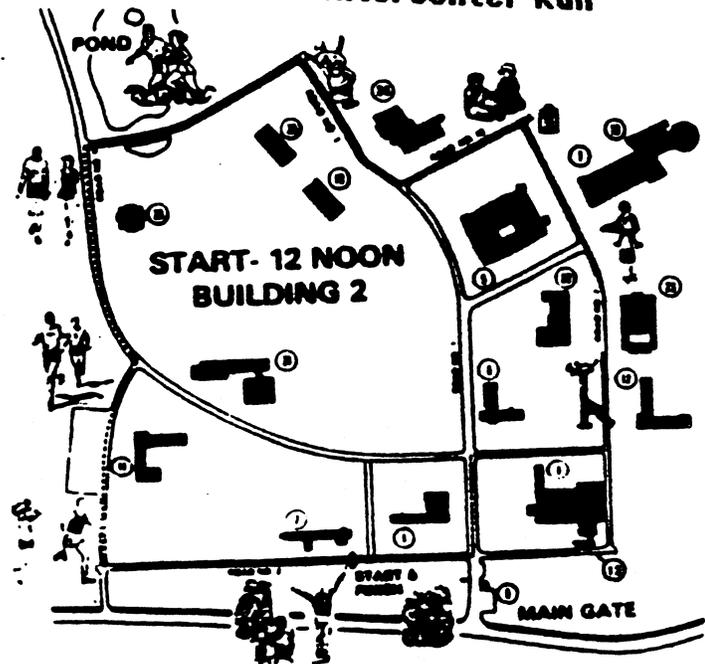
RACE INFORMATION SHEET

Start will be promptly at noon at Building 2.

In the event of severe inclement weather, a new date will be announced in Dateline Goddard.

A water stop will be provided at about the 1 1/4 mile mark.

Refreshments for all at the finish.



**Entry forms available at GEWA
& Fitness Lab**

**Make-up Run Friday, October 10
(DeVal High School)**

Your Runner's Number must be displayed in plain sight on your shirt front during the race.

At the finish, you will be directed into a chute where you will form a single line in the order of finish. You will be handed a card with your finish place on it. Put your name, runner's number, and finish time on this card. If you did not hear, or cannot remember your exact finish time, estimate it as best you can, checking with the people just ahead and just behind you. (The timing machine records times only, the cards are needed to match up the runners with the times.) Place the card in the box provided.

The showers in the Health Unit Fitness Lab will be open on race day from 11:00 a.m. until 1:30 p.m. Men may also use the showers at the rear of Building 5 and in Building 7

Good running to all, and thanks for your participation to help Goddard be No. 1 again!!

