

GODDARD
RUNNING & ORIENTEERING
CLUB

NEWSLETTER

April 1987



23rd NASA Intercenter Postal Competition

2-mile Fun Run: April 8 noon, Building 2

Make-up: April 10 noon, DuVal High School

10K Fun Run: April 15 noon, Greenbelt Lake

Make-up: April 17 noon, Greenbelt Lake

**Registration form is included in this newsletter.
Non-members may pick up the forms in the Fitness Lab.**

Team registration to Gincy due by 1p.m. on Tuesday, April 7

TROPHY will be awarded to the team with

MOST FINISHERS !!!

Historical Note: 1st NASA Intercenter Postal Competition DuVal High School track June 1976

<u>Goddard participants</u>	<u>Time</u>
Mike Rosenweig	11:13
Emil Kirwan	12:39
Ken Brown	13:35
Frank Cole	14:08
Tony Mascaro	14:34
Clyde Freeman	14:55
Eric Lang	16:31
Edwin Stengard	18:09
Hal Levy	18:20
Charles Campbell	18:38
John McKiernan	19:47

Editor's Note: Many thanks to Emil Kirwan for this piece of historical information.

NASA INTERCENTER 2-MILE FUN RUN

TEAM COMPETITION RULES

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 designated backup is responsible to register the team properly 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, social or recreational group.
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 generally 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.
5. The team score is the sum of the five lowest placement points of the team. May the best team win.

Example

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.

The score for a female competitor is her finishing order among female competitors normalized with the following formula:

$$n = \beta(m-1) + 1, \text{ where}$$

m = your finishing order among female competitors

$$\beta = \frac{(\text{total number of male finisher} - 1)}{(\text{total number of female finishers} - 1)}$$

If there are 285 male finishers and 101 female finishers in the race, then

$$\beta = (285-1)/(101-1) = 2.84$$

For example, if you finish 6th among female finishers, your score is $2.84(6-1) + 1 = 15.2$

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.

The score of a team is the sum of the five lowest score of team members. Lowest score wins.

GROC

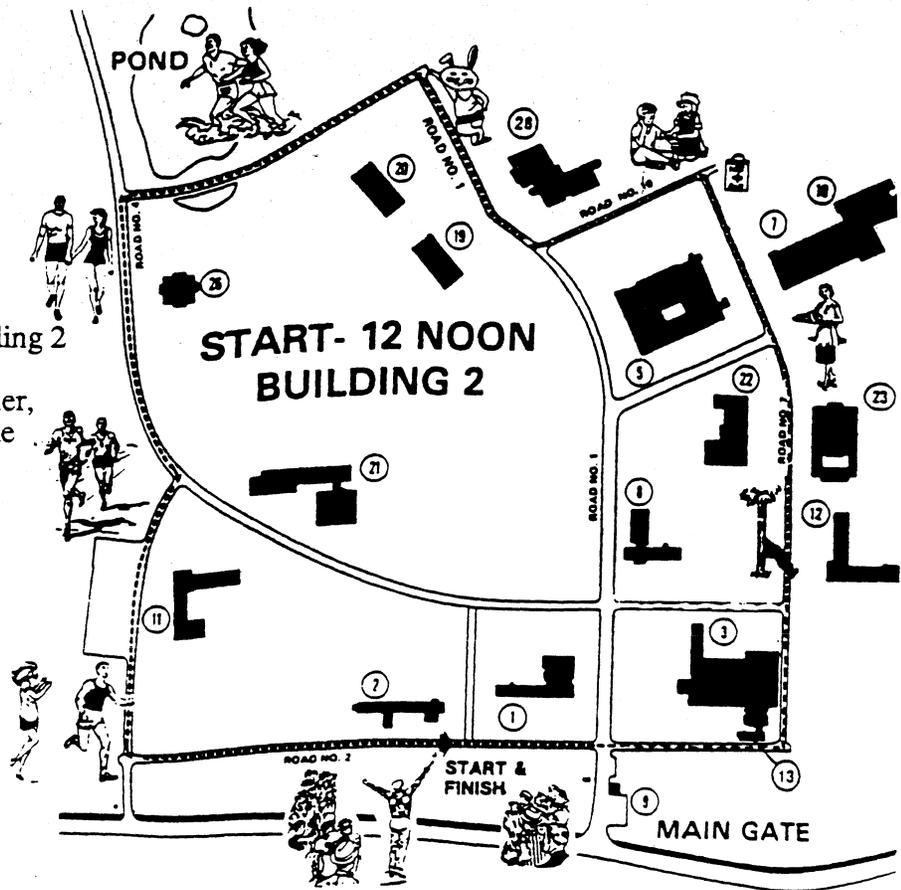
BASIC INFORMATION SHEET

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.



NOTE: RACE COURSE HAS BEEN CHANGED. (THE COURSE IS NOW THE SAME AS IT USED TO BE PRIOR TO BUILDING 13 CONSTRUCTION)

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 to be No. 1 again!!

Herb Blodget - We wish Herb a speedy recovery from his recent lung operation. His operation went well but it will probably be several months before we see Herb on the road again. Herb should be home in April.

Races - Don't forget! Please be there for both the 2-mile and 10K runs/walks.

Spring Picnic - Gincy's spring awards picnic is a GROC tradition. Its' a "must" on the GSFC running circuit. Gincy is now planning to have the picnic on Thursday, **April 30th**. Advance payments are still \$3.00 and should be sent directly to Gincy at the Fitness Lab.

New Course - There is now a new training course (about 4 miles round trip) from the Fitness Lab which makes use of GSFC property near the Rec Center. The course is described as very nice (gravel, in part) and minimizes the use of Soil Conservation Road. (Note: a GROC runner was recently hit by a car on Soil Conservation Road and sustained "minor" injuries. In the past, most of us have had near misses and use of the new course is encouraged.) For details, contact Gincy on X6666 or at the Fitness Lab. We hope to have a map available in the near future.

Race Clock - John Sissala has again arranged for GROC to rent our clock to fellow running clubs. John has gotten us 3 spring dates for which we will collect \$50 each which will be put into a fund to help pay GEWA back for the loan which enabled us to buy the clock. If any of you would like to help operate the clock at local races please call Rex Elliott on X5730. (A \$25 fee is paid to the operator once he is experienced as reimbursement for his effort/expenses in addition to the \$50 GROC receives.)

GW Birthday Marathon - Included in this issue is a reprint of an article which appeared in the Montgomery County Road Runners Club (MCRRC) newsletter. It is reprinted with special permission from the author, former GROC member Mark Ciamarra, and is of special interest to me for obvious reasons.

Saturday Morning Training Runs

April 11
18
25

"Sweetgum" Parking Lot
Greenbelt National Park
9 a.m.

Contact Jean Lane for details (6-3063)

Guest Article:An Unusual Alliance*

Mark Ciamarra

I am usually not one to do things on the spur of the moment. I usually think through the consequences of any undertaking, and act accordingly. Whatever possessed me to run the George Washington Birthday Marathon in Greenbelt cannot be explained as rational. The possession took place in the form of a conversation with John Sissala the Thursday prior to the marathon, it went

something like this: John: "Boy did you wimp out at intervals last night." Mark: "I didn't wimp out, I was taking it easy because I uh-uh, I'm a uh-uh (fantastic scenarios are developing) running a . . . a marathon on Sunday! Yea, I'm going to do the G.W. Marathon!" Hence, my fate was sealed.

I had two days to think and form a sensible strategy, the answer was obvious: view it as if it were a long training run, ala Galloway, do not try to bust it, and have a good time. My nonchalant attitude allowed for a relaxing night before, Valentine's Day, and kept my mind free from thoughts of the "wall" or "bonking" or "hyperthermia" and all the other words that describe the possibilities your body may fall victim to.

Sunday came clear and cold, the wind gusts brought the 22 degrees well below zero. The girls in my life, my wife Teri and my dog Nike, were dressed for the elements--Teri in her warm red jacket and Nike in her fur coat. I was reassured at registration when I saw the familiar faces of some MCRRC diehards. I immediately formulated my plan for some marathon camaraderie. Ken Kerrigan was a possibility, as was Mike Silverman, Lyman Jordan is always looking for a leisurely long run, and Richie Weiss was on home running turf. They all obligated themselves to around 20 miles at an 8-minute mile pace, and throughout the ordeal we held true (well, 7:50 wasn't too far off).

The course is out 2.45 miles, there are 3 hilly loops at 7.1 miles each, and a 2.45 mile stretch to the finish. I was convinced that there were no downhill after the ups, and that the wind always was against me--apparently shifting in some inexplicable phenomenon. For those who finished with 20 miles, they would leave me before the last loop. It was getting close to that time, and I began to sense who would depart and who would continue.

Ken Kerigan is too level-headed and this would not bend to the persuasion tactics I was employing on him. Mike Silverman had run a 35:40 10K the previous day and merely treated this as a few easy miles, he couldn't be convinced. However, Lyman Jordan had found a nice-looking reason to continue and did so, picking up the pace the last two miles and leaving me in the dust. Alas! Richie Weiss, who I have had some of my favorite running battles with, was left to go the distance. I had worked on him throughout, and though he hadn't anticipated completing the thing, he was now committed.

This was where the race really started. I felt great past mile 20, 21, 22 . . . There was no heat (my two previous marathons were run with temperatures hovering in the low 70's), no humidity, I accepted the wind and tolerated the hills. Richie and I realized it was not the time to compete against the other, but pull for the other. Granted, running feuds are to enhance your performance, to bring out that final kick when your legs have turned to rubber. But our friendly rivalry was far away, possibly on the track at Richard Montgomery, as we now thought of survival. It was a combined effort of wills that pulled us through those final miles. Richie relied on the experience and familiarity with the distance and course, I relied on Richie. I have never looked at my watch more than I did those last two miles, we were still far under target time, but the legs were feeling heavier. Mile 25 was an 8-minute mile, one more at that pace and I'd be happy. I stared downward, avoiding focusing on the hill that wound into the Goddard Rec Center. Every two minutes I would glance at my watch and Richie and I gasped words of encouragement. Finally, the clock showed 3:27:41 (7:55.5 pace) and we knew we were home. We clasped hands, raised them over our heads as if we had just won the Boston, and crossed the line delighted to be smiling after this marathon.

Teri escorted me towards a cold beer, while Nike had been banished to the car. Eventually I saw the faces of other club members who had either used today as a long run, or had gone the distance. As my lips thawed, I began babbling about the effort. I realized that a marathon, unlike most other races, takes a combination of wills. Leave the racing to the top runners and support each other, because in the end your competition is your own mind and body. Needless to say, a week later at the RRCA Challenge meet I needed a 6-minute mile from mile 9 to mile 10 to fend Richie off, who was with me stride-for-stride until a final kick edged him out at the end. Thank goodness it was competition as usual.

*First published in the MCRRC Newsletter, this article is reprinted with special permission from the author.

Children's Running Program - RRCA president Henley Gibble reported that information on children's running is now available. Contact Jack Ward, Children's Running Chairman, 1311 Huntsville Hills, Huntsville, AL 35802. For \$15 (check payable to RRCA) you will receive a video and a package of materials on children's running.

RRCA Personal Fitness Program - Information concerning the RRCA Personal Fitness Program is included in this newsletter. If you want to participate but wish to preserve this newsletter intact, you may pick up extra forms on the bulletin board in the Fitness Lab.

RRCA National Convention - This year the RRCA National Convention will be held at the Holiday Inn Crowne Plaza in Rockville on May 14-17. Having this event to take place in the area provides us with a rare opportunity to learn more about RRCA on the national level and to meet fellow runners from all over the country. GROC plans to reserve a room at the hotel during the convention for members to congregate and relax. Registration form is available in this newsletter and again on the bulletin board in the Fitness Lab. Please contact Richie Weiss (67493) or Grace Lee (65762) if you plan to attend.

Newsletter - The March newsletter was distributed during the second week of the month (instead of the first) due to its two week stay in the print shop. Apologies. Let's hope we can get it out in a week the next time around. The deadline for the May issue is **Wednesday April 22** noon in Gincy's office. For non-time-sensitive items, the sooner the better.

Fun Run Certificates - The Spring Fun Run is upon us and last fall's Fun Run certificates are still not ready for distribution! Unless there is sufficient interest in the certificates and adequate volunteers to help Jane Jellison, this wonderful tradition may have to be discontinued. (Yes, this is a threat!) I would like to poll the membership on this matter. Voice your opinion on the "announcement wall" in the Fitness Lab. (Watch for my poster.) And if you all want the certificates, let's get them (the Spring ones!) ready for distribution by the time of Gincy's picnic!

DC/MD RRCA Officer's Meeting - Minutes for this meeting has been provided by John Sissala and is on the Fitness Lab bulletin board for members' review.

Did you know... - As of 26 March 1987 **Emil Kirwan** has ran (and properly documented) **13537 miles** since he started counting in 1975! Congratulations!

GROC Officers & Staff 1986-1987

Fitness Lab Director.....	Gincy Stezar	286-6666
President.....	Richie Weiss	286-7493
Vice president & Newsletter Editor.....	Grace Lee	286-5762
Treasurer.....	Rex Elliott	286-5730
Secretary & Training Run Coordinator.....	Jean Lane	286-3063
Membership & Race Results Coordinator.....	Jane Jellison	286-8563
Race Director.....	Vacant	
Historian.....	Vacant	

1987 RRCA National Convention, Exposition, and 10K Championship

May 14-17, 1987 Rockville, Maryland

REGISTRATION



Please check all that apply:

- TGIF 5K (Friday, May 15)
- Fritzbe's RRCA National 10K Championship (Sunday, May 17)
- Course Measurement Workshop (Fri., 7-10a.m.)
 (Sat., 7-10a.m.)
- CPR Class New Certification (Fri., 1-4 p.m.)
 Recertification (Fri., 9-12 a.m.)

This form can be used to register yourself for the Convention and races. Because of the need for signed waivers, please use a separate form for each delegate or runner. However, a non-running companion can be registered on this form. Companion registration includes tickets for the Earlybird Picnic and Awards Reception & Banquet.

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Last Name, First Name Initial

--	--	--	--

RRCA Club Name

--

Street Address

--

City State ZIP Code

--	--	--	--	--	--	--	--	--	--

Circle Appropriate Items

Age

Date of Birth

Sex:

T-Shirt Size:

Male Female

S M L X

on May 17, 1987 Month Day Year

Companion Name

--

Banquet Meal Preference (Circle)

Self Vegetarian Chicken
Companion Vegetarian Chicken

(We) plan to attend the Thursday evening fun run and picnic.

(We) plan to take the Friday evening tour of Washington. (\$10, paid when you check in.)

Registration Deadline: APRIL 24

Registration Fees

Please circle appropriate fees and write total below.

Convention Registration	\$50
Companion Registration	\$35
National 10K Championship Race	\$10
Course Measurement Workshop	\$10
CPR Class	\$ 5

Total \$

Send form and check to:

MCRRC/Convention Committee
P.O. Box 4355
Rockville, MD 20850

You will receive a confirmation package.

Evening Phone: _____

Team categories are open and masters, male and female. Five members per team; first three score. You may form and register teams at the convention.

The following waiver **MUST BE SIGNED BY THE RUNNER** and by parent/guardian if runner under 18. I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Montgomery County Road Runners Club, The City of Rockville, Fritzbe's, Road Runners Club of America, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

RUNNER'S Signature _____ Date _____ Parent/Guardian Signature _____ Date _____

MAY 14
THURSDAY

MAY 15
FRIDAY

MAY 16
SATURDAY

6									
7									
8			Morning Run		Morning Run	State Rep Breakfast			
9					Delegate Check-in				
10			Executive Board Meeting	Workshops	RRCA Annual Meeting	Workshops			
11									
12									
1	General Check-in - Lobby		General Check-in - Lobby	Lunch Break	Lunch Break	Trade Exposition			
2				Noon Run	Noon Run				
3		Executive Board Luncheon			Workshops		Trade Exposition	Workshops	Trade Exposition
4		RRCA Executive Board Meeting		Expo Setup					
5									
6								Evening Run	
7									
8		Fun Run & Picnic		TGIF 5K Race		Awards Social			
9						Banquet & Awards Ceremony			
10									
11						Hospitality Suite			

RRCA NATIONAL CONVENTION

ROAD RUNNERS CLUB of AMERICA



The ROAD RUNNERS CLUB of AMERICA advocates physical fitness through running. It sponsors the PERSONAL FITNESS PROGRAM as a means of encouraging and motivating the beginning runner. The program is also intended to provide a challenge for those already in a regular running program.

To participate in the PERSONAL FITNESS PROGRAM, register before the end of the third month of a 6-month period (January-June or July-December). You will receive a Running Diary for recording your mileage throughout the 6-month period. A form will be sent to you for your final mileage report. You need not be a RRCA member to participate.

Everyone is a winner. All program participants receive an attractive embroidered emblem and a certificate suitable for framing. To recognize individuals according to the total miles they run, (1) each participant receives an emblem for the mileage category they complete during the 6-month period (see NOTE below), (2) each participant receives a certificate which includes their name and total miles completed during the 6-month period.

Use the registration form below to enter the program.

NAME _____ AGE _____ SEX _____

STREET/BOX ADDRESS _____

CITY _____ STATE _____ ZIP _____

CLUB _____

SIX-MONTH MILEAGE CATEGORIES

(Check only one)

- Under 250 Miles
- 250 Miles (10 Miles per Week)
- 500 Miles (19 Miles per Week)
- 750 Miles (29 Miles per Week)
- 1000 Miles (38 Miles per Week)
- 1500 Miles (58 Miles per Week)
- 2000 Miles (77 Miles per Week)

- Member of the RRCA
- Not yet a member of the RRCA
- Send me information on the RRCA

Please register me for the following 6-month period: (Check only one)

- JAN 1 through JUN 30 (Register by MAR 31)
- JUL 1 through DEC 31 (Register by SEP 30)

Registration Fee: \$5.00 for RRCA Members
\$6.00 for non-members

Make check payable to: RRCA Personal Fitness

Mail form and fee to:

PAUL HORNJAK, DIRECTOR
RRCA PERSONAL FITNESS PROGRAM
111 BARNSBURY DRIVE
LIMA, OHIO 45804

NOTE: You will receive the emblem for the actual category in which you finish no matter which category you select. If you select 500 miles but are able to run only 325 miles, you will receive the 250-mile emblem. On the other hand, if you select 250 miles and end up running 525 miles, you will receive the 500-mile emblem. The mileage categories are prominently displayed on the emblems with the exception of the "Under 250 Miles" category which contains a star.

(419) 227-8844

