



GODDARD

RUNNING & ORIENTEERING

CLUB

NEWSLETTER

December 1987



'Tis the season to be jolly,
Fa la la la la, la la la la.
'Tis the season to gain eight pounds.

The average American will gain eight pounds between Thanksgiving Day and New Year's Day. The proof will be found in the Fitness Lab in January. But don't despair! You may have a fighting chance to maintain your weight with some inspiration - tune in to Dr. Gabe Mirkin on WRC 980KHz AM between 6 and 7 pm weekdays and from 2 to 5 pm on Sundays for valuable health and fitness information.

Can a Marathon be a fun run? Some of the 17 GROC Marine Corps Marathon participants think so, thanks to the efforts of our club members and volunteers. Thanks to:

Richie Weiss - for getting the hotel room ready to be used by the morning
Therese Madden - for preparing the food before she went out of town
Mrs. Lo I Yin - who made the best egg rolls ever
Ken Brown - for making sure everything was taken care of all day
Jean Lane and John Sissala - who served as our cheerleaders between the water stops

Thank you all for making the Marathon a fun run. This is the way to run your first marathon. Join us next year!

The following GROC runners participated in this year's Marine Corps Marathon:

Mark Baugh
Claude Bell
Ed Boggess
Howard Dew
Mary Ann Esfandiari
Rich Fulton
George Griffin
Jack Koslosky
Ken LaBel
Dan Mandl
Jim Mentall
Bob Philips
Tom Plummer
Fred Shuman
Bob Spiess
Richie Weiss
Lo I Yin

From the Fitness Director

Gincy Stezar

New Equipment - Goddard has recently purchased two computerized aerobicycles and two motorized treadmills. The bicycles are equipped with five exercise modes: steady climb, rolling hills, pulse training, RPM training and a National Fitness Test. In addition, it has displays for exercise time, maximum work load, pedal speed, calories burned, distance traveled and pulse rate monitoring. The treadmills are equipped to measure speed, duration, distance and percent grade. It also has an emergency shut off feature to bring the running belt to a controlled stop. If you are a member of the Fitness Facility and have not been in lately, stop by and see Gincy or Mark. We'll be happy to give you a free demonstration.

Rowing Competition - A Concept II Rowing Competition will be held January 30 in northern Virginia. There will be weight and age categories. The winners will go to the Nationals in Boston. Each participant gets a free T-shirt. See Gincy or Mark for further details.

Baby Jog Stroller Saves Life!

Gincy Stezar

Well... sort of... Life as I had known it anyway. It all started when I became pregnant and began reading all those glamorous articles touting the many benefits of pregnancy on future running performance. Although not my main reason for becoming pregnant, I must admit breaking that 40-minute 10K barrier sure sounded enticing.

Throughout my pregnancy, I continued to run and teach my classes even though I felt and looked like a slug. Whenever I was ready to give it all up, visions of a post-pregnancy sub-40 10K danced in my head and kept me going.

When Callie dropped into position for delivery, she landed smack dab in the middle of my sciatic nerve. Reduced to crutches, I was still convinced it would all be worthwhile and continued to do as much exercise as I could.

After Callie was born, I was anxious to try out my new sub-40 10K legs. I was disappointed to learn I couldn't even walk! But, Hey! That's OK. Ingrid Kristiansen ran a PR of 2:27 for a marathon just five months after delivery and Valerie Brisco-Hooks unloaded 40 pounds and took three Olympic gold medals.

Well, as life would have it, I have yet to break that illustrious barrier, but I am back into running again -- thanks to my jog stroller. As soon as the weather improved (she was born in late October), I began taking Callie out for runs. She enjoyed the new adventure and I enjoyed the freedom of running when the urge hit me. Throughout the summer, I logged many two to six milers, a few ten to twelve milers and one 15 miler. I was in heaven! I was with Callie, met loads of friendly (and curious) people on my runs, and managed to regain my prepregnancy form (such as it is).

In November, on a whim, I decided to run the San Diego Marathon. The marathon just happened to be at the right place and the right time to coincide with my travel plans. Although I had not officially trained for the marathon, I reasoned the night before my race that running 15 miles with a 25 pound baby would be equivalent to 20 miles without and all those aerobic dancing and slimnastics classes should count for something. And,,, if all else failed, I could always drop out of the race. (As you can see, my running-craze mentality was fully intact!)

I finished the marathon with a time of 4:23. I felt quite cocky that I had accomplished such a feat the year after delivery. (Notice how ideas of 10K PR's had stopped dancing in my head.) Afterwards, my husband insisted we tour Sea World on foot for three hours to prevent the build-up of lactic acid. It worked! The nasty stuff didn't have a chance of creeping into my muscles, I felt great the next day.

In conclusion, if you or your spouse are considering becoming pregnant, I highly recommend continuing your exercise during pregnancy (with your doctor's approval, of course). It helps you to feel good during your pregnancy, improves your endurance during delivery and affords a quicker recovery. However, I would strongly advise not running a marathon without training, regardless of whether or not you've been pregnant. Aerobic dancing, slimnastics and luck were in my favor.

Life is very different after you have had a baby -- very wonderful, but very different. At first, all of your energies are focused on your baby. There is no time for yourself. You are torn between the pleasure of being with your child and your need for "space". If you are lucky enough, as I, to have friends give you a jog stroller, you can have the best of both worlds. All you need is a little time, stamina and a great sense of humor.

Soles to Seoul Update {as of November 30, 1987}

<u>Team</u>	<u>Mileage</u>	<u>Now In</u>
Easy Striders	2930.2	Seattle
Mostly 7	2632.35	Seattle
Limping Lizards	2308.05	Butte
Seoul Searchers	2298.45	Butte
Team International	2058	Minnesota
Fleet of Feet	1896.2	Minnesota
Nite Crawlers	1739.6	Minnesota
Tokyo Rose and Thorns	1715.7	Minnesota
Dare Devils (8 runners)	835.5	Chicago
Space Walkers	715.8	Chicago



Maryland/DC RRCA Major Race List
1988

DATE	DAY	TIME	CLUB	DIST.	RACE NAME	LOCATION
6 DEC	SUN	8:00 AM	HCS	26.2K	METRIC MARATHON	COLUMBIA
3 JAN	SUN	8:30 AM	WRRC	5/15K	FROSTBITE 5 & 15K	WESTMINSTER
21 FEB	SUN	9:00 AM	HCS	10M	MD/DC RRCA CHALLENGE (M/F)	COLUMBIA
5 MAR	SAT	9:00 AM	RUNH	5K	I LOVE TO RUN 5K (WOMEN)	WASHINGTON
13 MAR	SUN	8:30 AM	PGRC	8K	SPRING BURST	GREENBELT
20 MAR	SUN	10:30 AM	BRRC	10K	LADY EQUITABLE (WOMEN ONLY)	BALTIMORE
27 MAR	SUN	8:30 AM	DCRR	10M	NIKE CHERRY BLOSSOM 10 MILE	WASHINGTON
17 APR	SUN	8:00 AM	MCRR	10K	FRITZBE'S 10K RUNFEST	ROCKVILLE
1 MAY	SUN	8:30 AM	HCS	10K	CLYDE'S AMERICAN 10K	COLUMBIA
8 MAY	SUN	8:00 AM	RUNH	10K	BONNE BELL (WOMEN ONLY)	WASHINGTON
22 MAY	SUN	7:30 AM	AS	10K	GOVERNOR'S BAY BRIDGE RUN	ANNAPOLIS
29 MAY	SUN	8:00 AM	BRRC	10K	CONSTELLATION	BALTIMORE
4 JUL	MON	7:00 PM	FSC	5K	FREDERICK'S FOURTH 5K	FREDERICK
16 JUL	SAT	CK CLUB	MANY	5K	WOMEN'S DISTANCE FESTIVAL	SEVERAL IN ST
23 JUL	SAT	8:45 PM	MCRR	8K	ROCKVILLE ROTARY TWILIGHTER	ROCKVILLE
6 AUG	SAT	NOON	DCRR	24 HR	24 HOUR RELAY, 50 & 100 MI.	FT MEADE
28 AUG	SUN	8:00 AM	AS	10M	THE ANNAPOLIS 10 MILER	ANNAPOLIS
11 SEP	SUN	9:00 AM	BRRC	6M	EXECUTIVE STAMPEDE	BALTIMORE
25 SEP	SUN	9:00 AM	BRRC	5M	ZOO ZOOM	BALTIMORE ZOO
2 OCT	SUN	8:00 AM	DCRR	20M	NATIONAL CAPITOL 20 MILERS	ALEXANDRIA
8 OCT	SAT	10:00 AM	FSC	1M	MARKET STREET MILE	FREDERICK
9 OCT	SUN	9:00 AM	QCS	10M	GREAT ALLEGHENY RUN	CUMBERLAND
9 OCT	SUN	8:30 AM	HCS	10K	COLUMBUS CHASE	COLUMBIA
16 OCT	SUN	9:00 AM	BRRC	5M	SINAI FITNESS RUN	OWINGS MILL
30 OCT	SUN	9:00 AM	MCRR	10K	ROCKVILLE RUN 10K	ROCKVILLE



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 and 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: _____ Date of Birth: _____

Address: _____
Street City State (Zip Code)

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 (33 Miles per Week)
 - 1500 Miles (58 Miles per Week)
 - 2000 Miles (77 Miles per Week)
- Member of the RRCA
 - Not yet a member
 - Send me information on RRCA

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.

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

- January 1 thru June 30 (Register by March 31)
- July 1 thru December 31 (Register by Sept. 30)

Registration fee: \$4.00 for RRCA members. \$5.00 for non-members.

Make checks payable to: RRCA Personal Fitness Program

Mall this form to:
PAUL W HRONJAK
RRCA Personal Fitness Program
927 N. Jameson Ave.
Lima, Ohio 45805
(419) 225-9777

Newsletter Survey - With this issue GROC has published a total of eleven (11) newsletters this year, an enviable record even for clubs far bigger than our own. I hope you have enjoyed our high-quality articles, stimulating cartoons, interesting quotes, timely announcements... Thanks to all who have contributed. A survey form is enclosed in this issue. Please take some time to respond. Together we can make our newsletter even better next year! (A limited number of back copies are available for new GROC members to review. Please contact me at 65762)

January/February issue - As I have mentioned before, our next newsletter will be a combined January/February issue. Contributors, please submit all your masterpieces by Friday, January 15. Let's start the new year on a good note!

GROC Newsletter Survey

Your favorite issue (month):
Reason:

Your favorite article:
Reason:

Your favorite cartoon:
Reason:

What do like best about our newsletter? Why?

What do you dislike most about our newsletter? Why?

Please return the survey to *Gincy* at the Fitness Lab or *Grace Lee*, Code 711.3
