



GODDARD

RUNNING & ORIENTEERING

CLUB

NEWSLETTER

MARCH 1987



Running Literature Available to GROC Members - GROC subscribes and has past issues of many running magazines, Orienteering North America, and lots of other running information, all of which may be checked out by making arrangements with Gincy Stezar at the Fitness Lab.

Rex Elliott Getting Married! - Congratulations to Rex Elliott, our treasurer, on his recent engagement to Denise Pino (a non-GSFC employee but an aspiring runner).

George Washington's Birthday Marathon - The Marathon, which is reportedly one of the ten eldest in the United States, was held at the GSFC Rec Center on February 15. The race was very successful in that, despite cold weather and a very challenging course, there were over two hundred finishers and no reported injuries. Thanks to Ron Bowles who worked at the race. Two known GROC finishers are Claude Bell and I. (Please let us know if there were any other finishers.)

GSFC Races - Please don't forget our races. The 2-mile fun run will be held April 8th with a make-up at DuVal High School on April 10th. The 10K run will be held April 15th at Greenbelt Lake with a make-up at Greenbelt Lake on April 17th. All races begin at noon. More information will be made available through Dateline Goddard and the next newsletter.

Saturday Morning Training Runs

March 7
14
28

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

Contact Jean Lane for details (6-3063)

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	

Ah, yes, the Intercenter results. In this computer age, where everything is supposed to be quick and easy, we finally got them. The fall '86 results, that is. The printout from LERC is dated 1/28/87. We emphasize that this is not because of the shortcomings of the Intercenter race director, who consolidates all the results from the various field centers and Headquarters, but rather that the said Centers were sort of remiss in getting their results in. Not us, of course--we were in by November at least. The drill is for each Center to input their results to the central computer at LERC, where they are merged and massaged and sooner or later come out showing who won the 2-mile and the 10-K events, which we did and did not, respectively.

Enough sour grapes. Yes, loyal and patient GROCers, we did again, for the 12th time in a row, walk away (and I mean walk away, not run away--well, upon consideration of the box scores, we ran away with it too) with top place honors in the 2-mile Fun Run event. JPL was second with 751 points to our 1253. I say walk away because we scored high in the "Center Bonus" category, which is based on the percentage of the center population participating, regardless of their speed or athletic ability, and in "Finish Points" which is simply 0.5 points for each body that crosses the finish line. The running part is related to "Place Points," which has to do with the total of the points awarded to each Center's finishers finishing in the top 10 in their age/gender categories, and "Quartile Points," which is similarly related to those finishing in the 1st, 2nd, 3rd and 4th quarter of these groups. What it all means is that we won because all of you, from elite to the honest-to-gosh fun runners/walkers came out there for good ole GSFC and did your thing.

The 10-km event is another matter. It is a lot harder to convince people that it is "fun" to walk 4-3/4 times around Greenbelt Lake than it is to get them to parade around the Center at high noon with 300 other people. Much less assuring their bosses that this is a worthy activity warranting a 2-hour lunch break. (The bosses who participate are pretty speedy--unfair!) At any rate, we finished 4th in this endeavor, behind JPL (384.34 pts), LARC (352.13), and MSFC (281.51). Our score was 268.85. The fast folks did their best, gaining us a bunch of place and quartile points. What we need is **you**, the average "Joe Bloggs," to quote a Strine friend of mine, to go out there and have a lovely time strolling for an hour and a half or so. We have some plans in mind to dress up the event for the casual exerciser and thus bolster our participation. Elsewhere in this issue is a summary of results for the last 10 years or so, and you will see that GSFC has won the 10-k four times in the past, so it can be done.

Also elsewhere in this newsletter I am sure is an exhortation to come out and have fun with the GSFC group in the Spring '87 competition in April, both 2-mile and 10-k. So why not? Give us something good to write about a couple of months from now.

On to the honors for the Fall '86 races: In the 2-mile:

Men 24 and under

2 David McComas 10:58
5 Carl Palladino 11:51
8 Scott Glubke 12:19
9 Tom Feild 12:29

Men 30-34

4 Tom Nolan 10:50
8 Richard Bingham 11:24

Men 40-44

2 Richie Weiss 11:33
7 Ron Bowles 11:59

Men 50-54

2 Jim Beahm 11:58
3 Ray Hartenstein 11:59
4 Bob Phillips 12:13

Men 60 and over

6 Jim Heirtzler 15:20
10 Charles Boyle 17:25

Women 25-29

4 Jean Lane 13:54
7 Carolyn Dent 14:53
8 Joan Unger 15:00
9 Lisa Kane 15:20
10 Cynthia Peske 15:24

Women 35-39

1 Hilary Cane 14:23
2 Patti Merritt 15:21
3 Kathy McMillin 16:30
5 Paulette Ziobron 16:45
7 Ariel McQuillan 17:16

Women 45-49

2 Ann Merwarth 17:29
7 Marla Moore 22:01
8 Susan Kayser 22:13
9 Archie Fitzkee 22:34

Men 25-29

2 Mark Baugh 10:15
4 Ray Lundquist 11:04
6 Bruce Trout 11:16

Men 35-39

4 Clifton Jackson 11:49
8 John McKim 12:09
8 Tom Stine 12:09
10 Fred Shuman 12:11

Men 45-49

none in top 10

Men 55-59

2 Emil Kirwan 13:14
3 Bill Lord 13:28
5 George Griffin 13:31
7 Lo I Yin 13:57
8 Walt Allison 14:13

Women 24 and under

1 Carol Politi 14:31
2 Eliz. Marshall 15:13
Tasha Crannell 15:14
4 Melanie Ridall 15:50
8 Kathleen Menehan 17:08
10 Therese Madden 17:21

Women 30-34

3 Dawn Oakley 15:15
4 Mary Esfandiari 15:30
9 Shelley Rowton 17:31

Women 40-44

5 Jan Owings 19:25
9 Karen Miller 20:57

Women 50-54

6 Jane Jellison 23:10

Women 55-59

none in top 10

Women 60 and over

1	Jay Hines	24:13
2	Elaine Montgomery	25:43
8	Dorothy Reid	32:57
9	Kitty Ackerman	35:59

Our 10-k stars are:

Men 24 and under

4	David McComas	42:59
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Men 30-34

2	Tom Nolan	36:40
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Men 40-44

6	Richie Weiss	39:20
7	Ron Bowles	39:41

Men 50-54

2	Ray Hartenstein	39:32
3	Jim Beahm	39:39
8	Ken Brown	42:56

Women 24 and under

3	Therese Madden	56:18
4	Eliz. Marshall	56:59

Women 30-34

2	Dawn Oakley	54:08
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Women 35-39

5	Kathy McMillin	56:30
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Women 45-49

no participants

Women 55-59

no participants

Men 25-29

none in top 10

Men 35-39

8	Mark Cascia	40:10
10	Fred Shuman	41:04

Men 45-49

10	Claude Bell	43:12
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Men 55-59

5	George Griffin	47:29
6	Bob Kraemer	47:38

Men 60 and over

none at all, much less in top 10

Women 25-29

4	Jean Lane	45:04
8	Carolyn Dent	53:54
9	Nancy Hanna	55:10

Women 40-44

no participants

Women 50-54

6	Jane Jellison	80:42
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Women 60 and over

no participants

A Little Intercenter Competition History

Jane Jellison

Race/ Date	Total 2-Mi	Total 10-K	GSFC 2-Mi	GSFC 10-K	GSFC Place 2-Mi.	GSFC Place 10-K	WINNER 2-Mi	WINNER 10-K
1 06/76	149	--	11	--	?	--	?	--
2 10/76	246	--	11	--	7	--	Ames	--
3 04/77	431	249*	34	25*	9	5*	JSC	JSC *
4 10/77	393	? *	64	37*	6	?*	Ames	? *
5 04/78	411	268*	52	43*	6	7*	Ames	Ames*
6 10/78	570	293	70	39	8	5	Ames	Ames
7 04/79	634	379	78	42	6	6	Ames	Ames
8 10/79	649	353	94	54	4	2	Ames	Ames
9 04/80	1088	501	81	49	5	5	JSC	Ames
10 10/80	729	385	86	57	3	3	JSC	JSC
11 04/81	914	399	220	62	1	1	GSFC	GSFC
12 10/81	870	412	224	61	1	3	GSFC	Ames
13 04/82	967	413	275	60	1	1	GSFC	GSFC
14 10/82	957	435	261	59	1	4	GSFC	LARC
15 04/83	828	391	295	65	1	3	GSFC	LARC
16 10/83	939	457	290	78	1	3	GSFC	LARC
17 04/84	1315	571	350	90	1	1	GSFC	GSFC
18 10/84	1093	400	389	66	1	2	GSFC	LARC
19 04/85	1555	522	365	73	1	3	GSFC	JPL
20 10/85	1290	434	361	79	1	2	GSFC	JPL
21 04/86	1705	547	449	92	1	1	GSFC	GSFC
22 10/86	1143	426	374	59	1	4	GSFC	JPL
23 04/87	It's up to you folks. . .				Let's do it!!			

*Four mile race

Some of the early results are lost either in the mists of time or in the bottom of the file cabinet. We think there was only a 2-mile event in '76, and then a 2- and a 4-mile race for the next three competitions. Starting in the fall of '78 the familiar format of a 2-mile and a 10-km race was established.

It is obvious that the first time we had our Fun Run on Center was in the Spring of 1981. How many of you remember Chuck Naegli, our first big race organizer and most efficient President? He did all the hard part, like convincing Management that this competition meant something to Goddard's sense of community, pride, and what have you; and also establishing the logistics of the event. We still use his basic plan, which relies heavily on the cooperation of Security for traffic control, Tony D. for an awful lot of stuff ranging from oranges to trucks, on Bill Boyer's band (sometimes with frozen lips and fingers), and most of all on the Goddard population to come out and trundle around the course. Course records, by the way, range from 9:25 to 41 something for the 2-mile Fun Run. How about some new records this spring? We don't care which end of the time spectrum they are on--we just want to win again, and historically, the best way to do that is to have a lot of participants, and this is also the best way to have a lot of fun. See you out there! (10-k too--we need more bodies)!

Article: The Swedish 5-Days

Hilary Cane

Every Summer since 1965 thousands of Swedish orienteers have gathered to participate in a huge orienteering competition. In 1985 there were 23,000 competitors, many of whom came from outside Sweden. This event is a Mecca for orienteers the world over. Since there are five races on consecutive days this makes for 115,000 starters in 5 days and this is estimated to be a world record as far as mammoth sports competitions are concerned.

For Swedes the event is more of a carnival with entire families competing - in 1985 the ages ranged from 7 to 86 - and club membership being all important. All the members of a club camp together with their area marked with club flags. During daily competitions they set up an area where they all congregate. While competing they wear distinctive club orienteering suits. All of this makes for a very colorful setting with thousands of brightly colored tents, flags and people.

Like all orienteering competitions people compete against their own sex and age category. At the 5-Days there are about 125 courses and each is different on five successive days! In fact there is a new map for each day. To handle the numbers there are 7 different start areas and 7 different finish chutes. Starts commence at 8 am and continue until 1 pm.

Five years' preparation is needed to successfully tackle organizing the event. Organizers must have access to a campsite able to swallow up to 30,000 people in tents and caravans, a minimum of 2000 volunteers during the event and around the forests close by. About 120 buses are required to transport competitors to the race site. The campsite is a city in itself with a post office, supermarket, health center, etc. Sanitation is an important item. Everyone must be able to have a shower, etc. The 5-Days has a turnover of about 50-60 million Swedish crowns - including what the participants spend on food, gas, souvenirs, etc. and the region where it is held is spotlighted in the media for a week. In 1985 there were about 400 journalists, photographers, radio and television people.

Last July I went to my first (and last?) 5-Days. The competition was OK but I did not really enjoy running through the forest with thousands of others. Although in fact much of the time, particularly in the middle of the course, one does not see all that many people. Near the finish it is like a cattle stampede. The most interesting thing to me was the magnitude of the organizational problem. The campground was huge, with tents as far as the eye could see. Imagine about 2 acres of fields covered with naked females (I did not see the male shower). They surround the area in temporary walls made of burlap and then have a long pipe with about 50 shower roses along one wall. The buses to the competition site pulled up each morning about one a minute and about 10 buses went in convoy through the village. All traffic stopped for us.

The competition is really five days. The times from each day are added together. Start times for the first four days are drawn by computer but on the fifth day there is a so-called chasing start. This means that each person starts exactly as many minutes and seconds (in many cases hours) behind the leader as their total time behind that of the leader. The first to cross the finish line is thus the overall winner. (My husband and I did not stay for day 5.)

The Swedish 5-Days was the first multi-day event of its kind. Nowadays there are many others. However, the Swedish event will always be The One.



The 30th annual RRCA national convention will be hosted this year by the Montgomery County Road Runners Club. Being on the inside with all the planning, I can tell you that it will be a very exciting convention. It begins Thursday evening (May 14th) with a welcome picnic and ends Sunday morning (May 17th) with a block party after the RRCA National 10K Championship Race, the Fritzbe's 10K Run Fest. In between there will be many seminars, a Friday night TGIF 5K race, a huge runners expo, a delegates meeting, a super Saturday night awards banquet plus a whole lot more. All this will take place at the Crowne Plaza Hotel in Rockville. (Maybe the club should reserve a room?) Plan to take a couple days of vacation and be a part of this great running related event. Call me (286-2387) or club president Richie Weiss for registration details.

As the newly designated TAC state record keeper for Maryland I have begun compiling results on all our good Maryland runners who ran documented times on TAC-certified courses. GROC member George Griffin is the current all-time 10K single age record holder for age 53 at 40:38 set in the 1982 Rockville Lung Run and he came back with another single age (54) record performance of 41:37 at the 1983 Lung Run. Ray Hartenstein set a single age (51) standard of 39:46 at the 1985 Fritzbe's. Congratulations. More next month.

Over 200 people state-wide have ordered the "RUN" license plates. Call me if you're still interested. Total extra cost is a one-time \$5 charge.

The Prince George's Running Club has track workouts one evening each week at Eleanor Roosevelt High School. Call club president Larry Tabachnick 869-8123(H) for details.

RRCA club presidents in Maryland and DC met at the state meeting held in Columbia after the 10-mile club challenge race on Sunday, February 22nd. National president Henley Gible was present as well as our eastern region VP Alan Field. As DC/MD RRCA state representative, I chaired this meeting. I'll report in the next issue on all the happenings. On yes, let's plan to have a GROC team (15 men, 3 women) at the February 1988 10-mile club challenge.

Another long-range plan: How about we get a group together for the February 1988 George Mason indoor track meet? I hear this year's event was great.

ROAD RUNNERS CLUB OF AMERICA

National Convention

Crowne Plaza Hotel, Rockville

May 14-17, 1987



Fun Run - It's that time of the year again! If you do not plan to run the 2-mile on center, you may volunteer to help. See Gincy.

Newsletter - Thanks to all the contributors to this newsletter. Special thanks to Jane Jellison for compiling the Fun Run results and to John Sissala for providing valuable information for road runners. The deadline for the April issue is Friday, **March 20**. It is extremely important to submit your piece by that date since registration form for the Fun Run will come with the newsletter. Articles of special interest: fun run history, biathlons, out of town races, up-coming events of interest to members.

WINTER OLYMPICS

March 2-6 ----- Fitness Lab

23rd NASA Intercenter Postal Competition

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

Makeup: April 10 noon, DuVal High School

10K Fun Run: April 15 noon, Greenbelt Lake

Make-up: April 17 noon, Greenbelt Lake

Members will receive registration form in the next newsletter.
Non-members may pick up the forms in the Fitness Lab.

The following two articles are reprinted from the Quantico Orienteering Club Newsletter:

Envir-O: Pink Course on April 4, 1987

Dave Linthicum

Have you some 10km runners or casual joggers you've been trying to get into orienteering? Have them do their Saturday (April 4), workout on QOC's first ever pink course at Great Falls, VA, during Day 1 of the A meet.

A pink course is red length with white difficulty controls. It is exclusively on trails and requires only novice navigational skills (that can be learned at the instructional classes at 10:00, 10:30, 11:00, or 11:30 that morning). Yet it has the lure of the color map, exploring new territory (it visits old ruins or old wells at 8 of its 13 points), and some nice views. Though starting at the furthestmost Great Falls, VA parking lot, it is primarily in the adjoining Riverbend Regional Park (Sunday's meet site). The cost is \$4.00 and no pre-registration is required, nor will there be awards. Bring a runner!

(April 4, 1987): Try Envir-O (At Great Falls VA)

Dave Linthicum

This is an exciting O' spring for QOC. Not only are we unveiling the first two 5-color maps in the western half of the metro area (Ford Gold Mine area of Great Falls, MD on March 1 and Dranesville Park, VA on March 15) but we have Envir-O on April 4.

Envir-O is not unlike a typical 2km beginners-level white course. However, you also receive a booklet describing the natural or historical feature at which each control marker is hung. The Great Falls, VA course has an 18th-century canal at #1, an old sawmill at #2, a tree knocked over by the 1889 (Johnstown) flood but still growing at #4, and a ghost town from 1790 at #7. And some remarkable views of the gorge.

Envir-O has never been done to our knowledge in the U.S. before, so we have it as part of our "A" meet so out-of-towners can do the course after their runs on Saturday. Unlike most of the other "A" meet courses, the Envir-O (which is the only white course on Saturday) needs no pre-registration and is only \$3.00 per person, \$4.00 for non-QOC members (50 cents for each extra person in a group, whether or not you want extra maps and/or booklets). Envir-O is on Saturday only.

Instruction, if desired, will be offered on Saturday starting only on the hour and the half hour from 10:00 a.m. to 11:30 a.m. at the finish area (furthestmost Great Falls, VA parking lot). If you've been waiting to gently introduce a friend into orienteering, now's your chance!

GROC O-Ed. Notes: We know a whole club that we would like to introduce to orienteering! A red course is usually 6-8 km, with difficult navigation. White is short (2km) and easy. Directions to Great Falls Park (VA): From VA Beltway Exit 13 go west on Rt. 193 towards Great Falls about 4 mi. At traffic light, turn right on Old Dominion Drive into Park entrance. Follow red and white signs. All are welcome.



Orienteering

NATIONAL CAPITOL AREA ORIENTEERS

SPRING SCHEDULE FOR 1987

- Sunday
Mar 1 Ford Gold Mine Area of Great Falls Park, Montgomery County, MD
Cross-country. 4 levels. New colormap.
- Saturday
Mar 7 Maryvale School, Baltimore, MD (1.5 miles north of 695 on
Falls Rd.) Beginners only.
- Sunday
Mar 15 Drainsville District Park, Fairfax County, VA
Virginia State Orienteering Championships.
Age groups. All Welcome. New colormap.
- Sunday
Mar 22 Monocacy National Resources Area, Frederick County, MD
Cross-country. 4 levels.
- Sat/Sun
Apr 4-5 U.S. Intercollegiate Orienteering Championships
Day 1: Great Falls Park, VA
Day 2: Riverbend Park (next to Great Falls Park) VA
USOF Class-A meet, open to everyone. Preregistration
required. Call (703) 471-5854
- Sunday
Apr 19 Greenbelt Park, Prince Georges County, MD
Cross-country. Beginners only.
- Sunday
Apr 26 Marine Corps Base, Quantico, Prince Wm County, VA
Cross-country courses. 4 levels.
- Sunday
May 10 Wheaton Regional Park, Montgomery County, MD
Cross-country courses, Beginners only.
- Sunday
May 17 TBA. Call (703) 471-5854
- Sunday
May 31 Great Falls Park, Fairfax County, VA
Family Day orienteering with special courses for
young and old.
- Sunday
Jun 7 Mont Alto State Forest and Park, Waynesboro,
Franklin County, PA. Cross-country courses. 4 levels.

NOTES: Registration for all events is from 12 noon to 2 pm unless otherwise announced. Beginner through advanced courses are offered at all events and assistance is available for the asking. Compass rentals available. Long pants and jogging shoes suggested. Walkers welcome!.....Competitive approach to orienteering not necessary.

Fees: \$3.00 for non-members; \$2.00 for members
\$0.50 for compass rental

Courses range from 1 to 5 miles; easy to difficult

For further information call: (703) 471-5854

AT GODDARD, CALL JANE X 8563, JOANNE X 8469
OR HILARY, X 3672

Maryland/DC RRCA Major Race List
1987/1988

DATE	DAY	TIME	CLUB	DIST.	RACE NAME	LOCATION
7 MAR	SAT	9:00 AM	RUNH	5K	I LOVE TO RUN 5K (WOMEN)	E.POT.PK., DC
15 MAR	SUN	8:30 AM	PGRC	8K	SPRING BURST	GREENBELT
29 MAR	SUN	10:30 AM	BRRC	10K	LADY EQUITABLE (WOMEN ONLY)	BALTIMORE
5 APR	SUN	8:30 AM	DCRR	10M	NIKE CHERRY BLOSSOM 10 MILE	WASHINGTON
3 MAY	SUN	8:30 AM	HCS	10K	CLYDE'S AMERICAN 10K	COLUMBIA
17 MAY	SUN	7:30 AM	AS	10K	GOVERNOR'S BAY BRIDGE RUN	ANNAPOLIS
17 MAY	SUN	8:00 AM	MCRR	10K	FRITZBE'S 10K (NATNL CHAMP)	ROCKVILLE
31 MAY	SUN	8:00 AM	BRRC	10K	CONSTELLATION	BALTIMORE
4 JUL	SAT	7:00 PM	FSC	5K	FREDERICK'S FOURTH 5K	FREDERICK
25 JUL	SAT	8:45 PM	MCRR	8K	ROCKVILLE ROTARY TWILIGHTER	ROCKVILLE
30 AUG	SUN	8:00 AM	AS	10M	THE ANNAPOLIS 10 MILER	ANNAPOLIS
13 SEP	SUN	9:00 AM	BRRC	6M	EXECUTIVE STAMPEDE	BALTIMORE
27 SEP	SUN	9:00 AM	BRRC	5M	ZOO ZOOM	BALTIMORE ZOO
10 OCT	SAT	10:00 AM	FSC	1M	MARKET STREET MILE	FREDERICK
11 OCT	SUN	8:30 AM	HCS	10K	COLUMBUS CHASE	COLUMBIA
18 OCT	SUN	9:00 AM	BRRC	5M	SINAI FITNESS RUN	OWINGS MILL
25 OCT	SUN	9:00 AM	MCRR	10K	ROCKVILLE 10K RUN	ROCKVILLE
22 NOV	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