

**GODDARD**

**RUNNING & ORIENTEERING**

**CLUB**

**NEWSLETTER**

November 1987



## TWO-MILE FUN RUN HIGHLIGHT

Jane Jellison

Another fine example of "GROC weather" brought out 279 people and one dog to participate in the Fall edition of the 2-mile fun run on October 14. Mark Baugh, Code 727.3, finished all by himself in 9:54 and looked ready to go around again. Frank Tai, a last minute entrant, took second place (10:15), followed by Richard Fulton, Code 612, in third at 10:31. Todd Matthiesen (Tom's son) representing the Fleet of Feet Team flew by ten seconds later, followed by Dave McComas (10:53), Tom Winkert (10:55), Charles Foss (10:58), Mark Nicholson (10:59), Bruce Trout (11:01) and Eric Nielsen (11:04) to round out the top ten.

Newcomer Amy Kekeisen, Code 752, was the first woman finisher in 13:39. Carolyn Dent, Code 514, was the second female to cross the finish line with a time of 14:16, and Julie Deutschmann, code 554.1, was the third at 14:29. The women's top ten was completed by Claire Parkinson (14:30), Lisa Kane (14:32), Sylvie Altman (14:48), Mary Ann Esfandiari (15:28), Deborah Sharpe (15:59), Kim Brown (16:14), and Melanie Ridall (16:31).

No course records were set on either end of the time range. Mike Bukowski's 33:59 wasn't even close to what I think is the record of 40:05 set in the spring of 1984, and Mark still has to shave a bit off his time to beat the record on the front end. I do not have the old race results at hand as I write this, but I seem to remember Ned Poffenberger posting a time of less than 9:30 a few years back. Club Historian, can you help?

We did set a record for non-human entries (now, now, don't talk like that about your fellow runners/joggers/walkers) when Shadow Sanchez, an up and coming black Labrador Retriever, finished in 27:52. Shadow might have done better off the leash, but then again, might not have stayed on the course without human guidance. Shadow, filling in for a fellow Fleet of Feet team member, wore his number, but was kind enough to fill out a finish card indicating this substitution, for which the race committee is very grateful. Shadow's time will be duly forwarded to the NASA central Intercenter Competition's computer, listed as a dependent. It should be noted that Shadow's presence had no effect on the team standings, and will not be counted toward Goddard's official number of participants in the Intercenter run (dependents--canine, human or otherwise, preferably pre-registered, are welcome to share the fun, and their times will appear in the official Intercenter results, but they will not contribute toward the overall scoring).

Speaking of teams, Fleet of Feet had plenty of people even without Shadow to run off with the trophy for team participation: 39 human finishers, with the Building 2 Bullets runners-up with 17, followed by The Flight Dynamics with 11. The fastest folks were Speed & Snooze, with Bruce Trout, Dan Mandl, Lisa Kane, Jeff Watt and Steve Tompkins combining for a score of 88.40 points. Second place went to the Flight Dynamics - 125.97 points earned by Julie Deutschmann, Lucien Cox, Jim Jeletic, Dick Strafella and Richard Burley. Building 2 Bullets were a close third, with Tom Winkert, Tom Nolan, Mary Ann Esfandiari, Paulette Ziobron and Jean Swank scoring a total of 129.77 points. It is debatable whether, if Lil Pierce had better control of her "Pips", they would have finished better than 10th place--a couple of them crossed the finish line running backwards--but they probably had the best time, if not the best times (think about that), and, after all, that is what a true Fun Run is all about. See you next spring!

## YES, THERE IS A 10K RACE TOO

Jane Jellison

And Mark Baugh won that one too, in a time of 36:38. Nice going, Mark! Tom Nolan was not far behind (37:15) and Charles Foss was a close third in 37:22. Amy Kekeisen turned in a 46:26 for first female finisher (nice going, Amy!) followed by Claire Parkinson (46:52) and Mary Ann Esfandiari (52:07).

This event is a lot harder to promote as a "fun" thing to do, and this time as usual only about one-fourth as many people (no dogs) participated. Thanks to all! To date, 68 finishers have turned in times either for the GROC events at Greenbelt Lake or for other races run on TAC-certified courses during the month of October. Final results have to be turned in to the Intercenter computer by November 15th. If you have a qualifying race time, please call Gincy (6-6666) or Jane (6-8563) before that date so that you can contribute to Goddard's total.

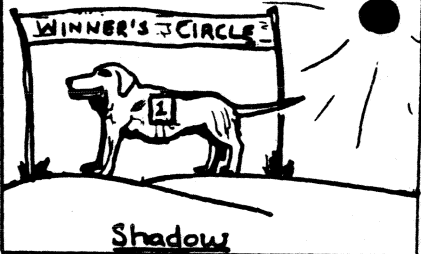
TODAY
THE DOG TIMES
25¢

"It's a dog's life...."

Shadow wins GROC 2-MILE FUN RUN.

Shadow Z. Dog, running amidst scores of non-dog entries, managed to run the course in a record time of 27:52.

Mr. Dog's team, the "Fleet of Feet" won the team participation trophy. Shadow stated upon finishing the course, "I'm dogged."



Shadow

Female dog gives birth to alien

yesterday a - - - - -

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SPUDS caught in scandalous love triangle.

Well know TV star, Spuds. - - -

\_\_\_\_\_

\_\_\_\_\_

gpc

10K

	Last Name	First Name	Time	Gender	Last Name	First Name	Time	Gender
	Baugh	Mark	36:38	M	Henderson	Donald	48:17	M
	Nolan	Tom	37:15	M	Label	Kenneth	48:25	M
	Foss	Charles	37:22	M	Kozlosky	Jack	48:51	M
	McComas	David	37:24	M	Loan	Quang	40:54	M
	Nielson	Eric	38:05	M	Parker	Phillip	49:09	M
	Stratella	Richard	39:44	M	Skillman	David	49:12	M
	Hartenstein	Ray	40:06	M	Leibee	Jack	49:31	M
	Hughes	Peter	40:21	M	Cleveland	David	49:35	M
	Way	John	40:33	M	Cow	Howard	50:04	M
	Stine	Tom	40:54	M	Boyle	Robert	50:34	M
	Mandi	Daniel	41:35	M	Poland	Jim	51:00	M
	Bell	Claude	41:47	M	Dolan	S. Ken	51:30	M
	Weiss	Richard	42:19	M	Loiacono	John	51:53	M
	Phillips	Bob	42:25	M	Comberlate	Mike	52:02	M
	Etchison	Jim	43:13	M	Sissala	John	52:05	M
	Hillen	Dale	43:24	M	Estandiar	Mary Ann	52:07	F
102	Volz	Stephen	43:33	M	Linstrom	Loren	52:17	M
	Wilhelm	Mark	43:42	M	Lehengerder	Frank	52:52	M
	Griffin	George	43:59	M	Patschke	Bob	53:02	M
100	Arnold	G. Thomas	44:29	M	Stewart	Wayne	53:17	M
100	Dube	Maury	44:35	M	Sharpe	Deborah	53:45	F
100	Fung	Edward	44:45	M	Ward	Douglas	53:47	M
100	Orbeck	David	45:16	M	Griffin	John	55:03	M
100	Plummer	Thomas	45:55	M	McMillin	Ruthy	55:30	F
	Reisen	Ann	46:26	F	Davis	George	57:51	M
	Mitchell	Joe	46:26	M	Borja	Richard	57:59	M
	Schwabe	John	46:41	M	Chabot	Richard	59:54	M
	Parkinson	Claine	46:52	F	Bourne	Joseph	59:59	M
	Bindschadler	Robert	46:54	M	Way	Stanley	60:44	M
	Allison	Matt	46:55	M	Meicher	Raymond	61:11	M
	Hudson	Bill	47:15	M	Lorenz	Blake	61:32	M
	Sorinowski	Edwin J.	47:35	M	Martin	Ellen	61:39	F
15	Hilliard	Larry	48:12	M	Smith	Philip L.	68:56	M
(8	Falcon	Russ	48:16	M	Jackson	June	62:07	F

## 2-Mile Fun Run Results October 14, 1987

Place	Time	Lastname	Firstname	Age	Sex	Place	Time	Lastname	Firstname	Age	Sex
1	09:54	Baugh	Mark	27	M	81	14:11	Hilliard	Larry	27	M
2	10:15	Tai	Frank	31	M	82	14:12	Allison	Walt	57	M
3	10:31	Fulton	Richard	25	M	83	14:13	Leibee	Jack	42	M
4	10:41	Matthiesen	Todd	16	M	84	14:16	Dent	Carolyn	26	F
5	10:53	McComas	David	23	M	85	14:17	Valett	Jon	26	M
6	10:55	Winkert	Thomas	22	M	85	14:17	Bierbower	Bill	33	M
7	10:58	Foss	Charles	25	M	87	14:18	McCullough	Kent	30	M
8	10:59	Nicholson	Mark	27	M	87	14:18	Hembree	Wayne	55	M
9	11:01	Trout	Bruce	25	M	89	14:19	Henderson	Donald	49	M
10	11:04	Nielsen	Eric	29	M	89	14:19	Yin	Lo I	56	M
11	11:09	Nolan	Tom	32	M	91	14:20	Hui	Peter S. P.	56	M
12	11:24	Mandl	Daniel	32	M	92	14:27	Nakatsuka	Roy	31	M
13	11:28	Camper	Larry	29	M	93	14:28	Samuelson	Robert	52	M
14	11:31	Weiss	Richard	45	M	94	14:29	Deutschmann	Julie	23	F
15	11:36	Bingham	Richard	32	M	95	14:30	Newlon	Doug	27	M
16	11:40	Brenneman	Mark	35	M	95	14:30	Parkinson	Claire	39	F
16	11:40	Watt	Jeff	33	M	97	14:32	Kane	Lisa	25	F
18	11:44	Hughes	Peter	24	M	98	14:35	Skillman	David	41	M
19	11:45	Shuman	Fred	39	M	99	14:40	Boyle	Robert	25	M
20	11:48	Cox	Lucien	27	M	99	14:40	Thieman	James	39	M
21	11:50	Reardon	James	18	M	101	14:41	Comberiate	Mike	39	M
22	11:51	Volz	Stephen	28	M	102	14:42	Perkins	Mike	32	M
23	11:56	Ciamarra	Mark	26	M	102	14:42	Talcott	Russ	38	M
24	11:57	Monroe	Jeffrey	20	M	104	14:45	King	Joe	47	M
25	11:58	Bennett	Kevin	38	M	105	14:46	Sparao	Joe	22	M
26	11:59	Bowles	Ron	41	M	106	14:47	Clement	Tom	26	M
27	12:00	Jeletic	James	24	M	107	14:48	Altman	Sylvie	22	F
28	12:02	Way	John	21	M	108	14:50	McClellan	Michael	49	M
29	12:04	Lutz	Bob	33	M	109	14:53	Martin	David	33	M
29	12:04	Strafella	Richard	44	M	110	15:04	Cleveland	David	38	M
31	12:06	McKim	John	38	M	111	15:12	Watterson	Michael	26	M
31	12:06	Stine	Tom	36	M	112	15:19	Backe	Richard	53	M
33	12:18	Seiler	Edward	28	M	112	15:19	Woodward	Robert	34	M
34	12:19	Schmidt	Brian	30	M	114	15:20	Jung	Song	22	M
35	12:26	Glubke	Scott	24	M	115	15:21	Devlin	Dick	57	M
36	12:29	Hartenstein	Ray	53	M	115	15:21	Robinson	John	38	M
37	12:30	Tompkins	Steven	31	M	117	15:22	Dolan	S. Ken	51	M
38	12:32	Allen	Dale	24	M	117	15:22	Moe	Rud	42	M
39	12:37	Bell	Claude	46	M	119	15:28	Esfandiari	Mary	33	F
40	12:39	Murdoch	Alan	28	M	120	15:29	Fenichel	Louis	26	M
41	12:44	Miko	Joseph	23	M	121	15:32	Linstrom	Loren	52	M
42	12:50	Burley	Richard	25	M	122	15:34	Dowdy	G. C.	59	M
43	12:55	Arnild	G. Thomas	29	M	123	15:36	Belton	Shawn	35	M
44	13:08	Jermann	Chris	27	M	124	15:37	Sigman	Clayton	23	M
45	13:09	Bindschadler	Robert	37	M	125	15:38	Durback	Gerard	27	M
46	13:10	Waterbury	Steve	38	M	125	15:38	Kaiser	Dale	30	M
47	13:11	Spiess	Bob	34	M	127	15:40	Fairfield	Donald	48	M
48	13:14	Nonum		25	M	128	15:41	Paras	Arthur	39	M
49	13:17	Fung	Edwin	31	M	129	15:43	Kline	Edward	23	M
50	13:18	Schweickart	Rusty	26	M	130	15:50	Lengenfelder	Franz	55	M
51	13:19	Kirwan	Emil	56	M	131	15:51	Kraemer	Bob	58	M
52	13:20	Taylor	Thomas	51	M	131	15:51	McDonnell	Robert	53	M
52	13:20	Trexel	Harry	46	M	133	15:59	Sharpe	Deborah	32	F
54	13:21	Griffin	George	57	M	134	16:01	Heirtzler	Jim	61	M
55	13:22	Stochaj	Steve	25	M	135	16:04	Mitchum	Dan	29	M
55	13:22	Birsa	Frank	49	M	136	16:07	Ondrus	Paul	37	M
57	13:23	Greatorex	Scott	30	M	137	16:10	Sawyer	Donald	45	M
57	13:23	Letourneau	Joe	41	M	138	16:13	Walker	Greg	27	M
59	13:25	McClanahan	Richard	44	M	139	16:14	Brown	Kimberly D.	26	F
60	13:31	Dube	Maury	40	M	139	16:14	Peterson	Ralph	60	M
61	13:32	Mitchell	Joe	30	M	141	16:17	Kunde	Virgil	51	M
62	13:34	Hund	Michael	25	M	142	16:24	Andrews	Daniel	31	M
63	13:35	Orbock	David	53	M	143	16:27	Shultz	Dale	24	M
64	13:36	Schwabe	John	39	M	144	16:29	Wilheit	Tom	45	M
65	13:38	Mentall	James	51	M	144	16:29	Lowman	Paul	55	M
66	13:39	Kekeisen	Amy	22	F	146	16:30	Omidvar	Kazem	50	M
67	13:40	Hawley	Eldon	45	M	147	16:31	Ridall	Melanie	24	F
68	13:41	Baldauf	Harry	34	M	148	16:35	Griffin	John	49	M
69	13:47	Mills	Richard	27	M	149	16:36	Vitagliano	Doug	58	M
70	13:49	Espenak	Fred	35	M	150	16:45	Humphrey	Gene	54	M
71	13:50	Hudson	Bill	50	M	150	16:45	Dantzler	Andrew	25	M
72	13:54	Jones	Jeffrey	34	M	152	16:50	Hamilton	Robert	38	M
73	14:00	Schmidt	Bruce	32	M	152	16:50	Crawford	Victor	33	M
73	14:00	Sofinowski	Edwin J.	32	M	154	16:51	Cooley	James	48	M
75	14:04	Winkert	George	29	M	155	16:53	Unger	Glenn	26	M
76	14:06	Hoegy	John	22	M	156	16:56	McMillin	Kathy	39	F
77	14:07	McCumber	Michael	38	M	157	16:57	Davis	George	36	M
78	14:08	Doan	Quang	33	M	157	16:57	Harrison	Russell	27	M
79	14:09	Tominovich	John	53	M	159	17:04	Lawrence	John	62	M
80	14:10	Parker	Phillip	38	M	159	17:04	MacDowall	Robert	31	M

Place	Time	Lastname	Firstname	Age	Sex	Place	Time	Lastname	Firstname	Age	Sex
161	17:05	Cobb	Stan	28	M	221	22:57	Penc	Richard	31	M
162	17:06	Riffe	Carl	55	M	222	22:59	Milasuk-Ross	Joyce	34	F
163	17:08	Touts	Tom	45	M	223	23:03	Tittle	Karen	37	F
164	17:11	Abrams	Eve	25	F	224	23:05	Stubbs	Veronica	37	F
165	17:13	Ziobron	Paulette	36	F	225	23:26	Jackson	Donna	31	F
166	17:14	Pirraglia	Joseph	58	M	226	23:29	Kellogg	Patrice	29	F
167	17:19	Merwarth	Phillip	46	M	227	23:33	Watson	Stan	47	M
168	17:21	Hibbard	Bill	61	M	228	23:41	Centa	Alan	40	M
168	17:21	Swank	Jean	46	F	229	23:57	Shoan	Wendy	28	F
170	17:23	McCluer	Frank	50	M	230	24:05	Mason	Carolyn	21	F
171	17:26	Bourne	Joseph	58	M	231	24:10	Wimbush	Debra	27	F
172	17:29	Moore	Daniel	38	M	232	24:16	Levy	Harold	59	M
173	17:31	Moy	Calvin	22	M	233	24:20	McMahon	John	22	M
174	17:33	Way	Stanley	48	M	234	24:36	Matthiesen	Tom	42	M
175	17:35	Schatten	Kenneth	43	M	234	24:36	Bowling	Rex	33	M
176	17:39	Chabot	Richard	53	M	236	24:48	Lust	Lorraine	55	F
177	17:43	Simmons	Ted	40	M	237	24:58	Dolby	Milena	43	F
178	17:53	Martin	Pilar	40	F	238	25:20	Ferenc	Cass	55	M
179	18:06	Brown	Pamela	38	F	239	26:14	Das	Eleanora	48	F
179	18:06	Bowser	Jeff	31	M	240	26:41	Vincent	Teresa	25	F
181	18:11	Stolarski	Richard	45	M	241	26:44	Jones	Cheryl	30	F
182	18:17	Maynard	Nancy	45	F	242	27:26	Carlisle	Candace	25	F
183	18:19	Johns	Alan	25	M	243	27:27	Mount	Bruce	29	M
184	18:23	Lecha	Maria	24	F	244	27:48	Lekebusch	Dolf	49	M
185	18:25	Aleman	Roberto	27	M	245	27:49	Stonesifer	Richard	48	M
186	18:35	Melcher	Raymond	59	M	246	27:52	Hooover	Karen	20	F
187	18:48	Collins	Cindy	26	F	246	27:52	Shadow Sanchez	Bob's dog	4	F
188	19:00	Page	Tom	58	M	248	27:53	Sanchez	Robert	25	M
189	19:07	Tveekrem	June	26	F	249	28:10	Matthews	Iredell	59	M
190	19:16	Meetre	Cathie	38	F	250	28:13	McNeill	Mike	23	M
191	19:20	Eiserike	Elodie	37	F	250	28:13	Nessler	Phillip	22	M
192	19:21	Eiserike	Howard	41	M	252	28:14	Frey	John	24	M
193	19:29	Kotecki	Carl	31	M	253	28:28	Haynes	Elizabeth	26	F
194	19:33	Guit	Bill	40	M	254	28:33	Popp	Lorrel	55	M
195	19:34	Richards	Cathy	25	F	255	28:36	Powers	Charles	25	M
195	19:34	Thomas	Louis	29	M	255	28:36	Van Sant	Tim	27	M
197	19:41	Johnson	Bert	54	M	257	29:04	Scopin	Rita	17	F
198	19:43	Wise	Spence	51	M	258	29:19	Armstrong	Katie	17	F
199	19:51	Smith	Philip T.	56	M	259	29:20	Endres	Daniel	43	M
200	19:56	Speargas	John	39	M	259	29:20	Bogert	John	44	M
201	19:57	Traeger	Mary	29	F	261	29:32	Pumphrey	Karen	25	F
202	20:02	O'Donnell	Hugh	49	M	262	29:36	Oliversen	Ron	43	M
203	20:18	Matysiak	Conrad	44	M	262	29:36	Drexler	Mona	25	F
203	20:18	Flynn	Karen	26	F	264	30:23	Vogenitz	Bill	39	M
205	20:23	Walch	Carl	54	M	265	30:24	Pierce	Lillian	40	F
206	20:30	Livesay	Jim	52	M	265	30:24	Gownley	Barbara	42	F
207	20:33	Roberts	Carl	54	M	267	30:52	Miller	Karen	43	F
208	20:37	Chinnapongse	Ron	27	M	268	30:53	O'Leary	Ron	52	M
209	20:40	Campbell	Charles	60	M	268	30:53	Borig	Richard	54	M
210	20:43	Piterski	Norman	47	M	270	31:24	Scott	Susie	41	F
211	20:51	Tan	Florence	22	F	271	31:36	Bartley	Deborah	35	F
212	20:55	Owings	Jan	42	F	271	31:36	Scott	Barbara	32	F
213	20:58	Staples	Ernie	25	M	273	32:26	Williams	Seth	57	M
214	21:57	Houser	Anne	39	F	274	33:03	Buena	Lettie	30	F
215	22:05	Lee	Rebecca	25	F	275	33:04	Briggs	Wendie	29	F
216	22:09	Uber	Joanne	33	F	276	33:11	Swope	Janice	36	F
217	22:10	Esposito	Joseph	32	M	277	33:12	Marachek	Mary	28	F
218	22:12	Kaese	Ronald	39	M	278	33:53	Carter	Rachel	23	F
219	22:38	Tse	Kenneth	36	M	279	33:58	Feild	Tom	24	M
220	22:56	Ray	Susan	22	F	280	33:59	Bukowski	Mike	27	M

## Fun Run Team Scoring October 14, 1987

Place	Team No.	Score
1	6	89.16
2	3	126.08
3	5	129.77
4	9	141.28
5	1	190.98
6	11	289.10
7	2	289.10
8	8	371.77
9	4	660.87
10	7	811.18

Team Name
Speed & Snooze (Code 511)
Flight Dynamics
Building 2 Bullets
Red Team Soccer
Fleet of Feet (Mostly CSC)
Tons of Speed
Mike-Ro Waves and Dishes
Flight Software on the Run
The Mission Support Team
Lil Pierce & the Pips (Code 205)

## The Ironman

Ed Boggess

The Ironman this year took place on October 10 in Kona, Hawaii. The race, consisting of a 2.4 mile swim in the Pacific Ocean, 112 mile bike ride, and 26.2 mile marathon, is the world championship of long distance triathlons. The following is an account of my experience of this race.

Kona is on the west (leeward) side of the big island of Hawaii. This side of the island has the advantage of being drier than most of Hawaii, which implies greater heat, along with the sometimes brutal trade winds. A traveler arriving in Kona sometime in the two weeks prior to the Ironman may get the impression that the purpose of Kona's existence is to stage the Ironman. All of the locals seem excited and supportive of the event, though one gets the impression that the perpetual friction between motorist and cyclist is alive and well here.

Even though this was my third attempt at this race, my nervousness/excitement of the morning of October 10 implied that I was still a novice. The race started at 7:00 a.m. and for 2/3 of the entire field, would continue until after dark. For me, the swim usually represents the segment of the race that I do most poorly at, so I am just as pleased that it is the least important of the three events. The start is a scene of chaos: 1500 people crammed into a 100 yard start, sprinting for the turn around boat at 1.2 miles out. After 58 minutes, I was in the swim to bike transition, doing all the of the necessary transition things seemingly slower than everyone else.

The bike, representing the longest of the three segments started out O.K. At 30 miles, a spoke broke on my front wheel, causing the wheel to be very out of true, rubbing both brake pads. As luck would have it, a Shimano truck (a bike repair vehicle) soon passed and a quick mechanic released my brakes and I was on my way, losing a total of about 5 minutes. The fact that I had no brakes was not as bad as it may seem; there is no real need for them, barring emergencies. Soon, a second spoke broke and I was wondering if my wheel would hold up. The winds of the day were not too bad for Kona - still far windier than any other race, though, the bike times were slow for everyone because the headwinds going out switched to become headwinds coming back. Needless to say, I was happy to finish the bike in a time of 5 hrs. 13 min. - not bad considering.

The run was miserable - the combination of injuries and lack of conditioning due to the injuries caused my already useless legs to be more useless. The heat was high - mid 90's, completely cloudless running through jet black lava fields, make the effective temperature over 100. If not for the tremendous support (over 4000 volunteers), few would have completed and those who did would be much slower. I struggled just to finish, frequently needing to stretch numerous cramps out. Even though my marathon time of 3 hr. 37 min. sounds slow, there were only about 50 with faster marathon times. My final time of 9 hr. 52 min. placed me 62nd, not bad, but not great either.

Hopefully, I'll be back again; I should get it right some time!

---

\*New research has shown shellfish to be rather low in cholesterol. What was once thought to be cholesterol in mollusks (clams, oysters, mussels, scallops) is actually a composite of several different sterols which may even inhibit cholesterol absorption.

Tufts University  
*Diet and Nutrition Letter*

---



---

\*Consumption of fresh broccoli went up 767% from 1965 to 1985.

\*Kissing burns off 10 calories a minute.  
Recommended diet: Reach for your mate instead of your plate!

Tufts University  
*Diet and Nutrition Letter*

---

## What a Pain in the Sterno-cleido-mastoid

Mark Wilhelm

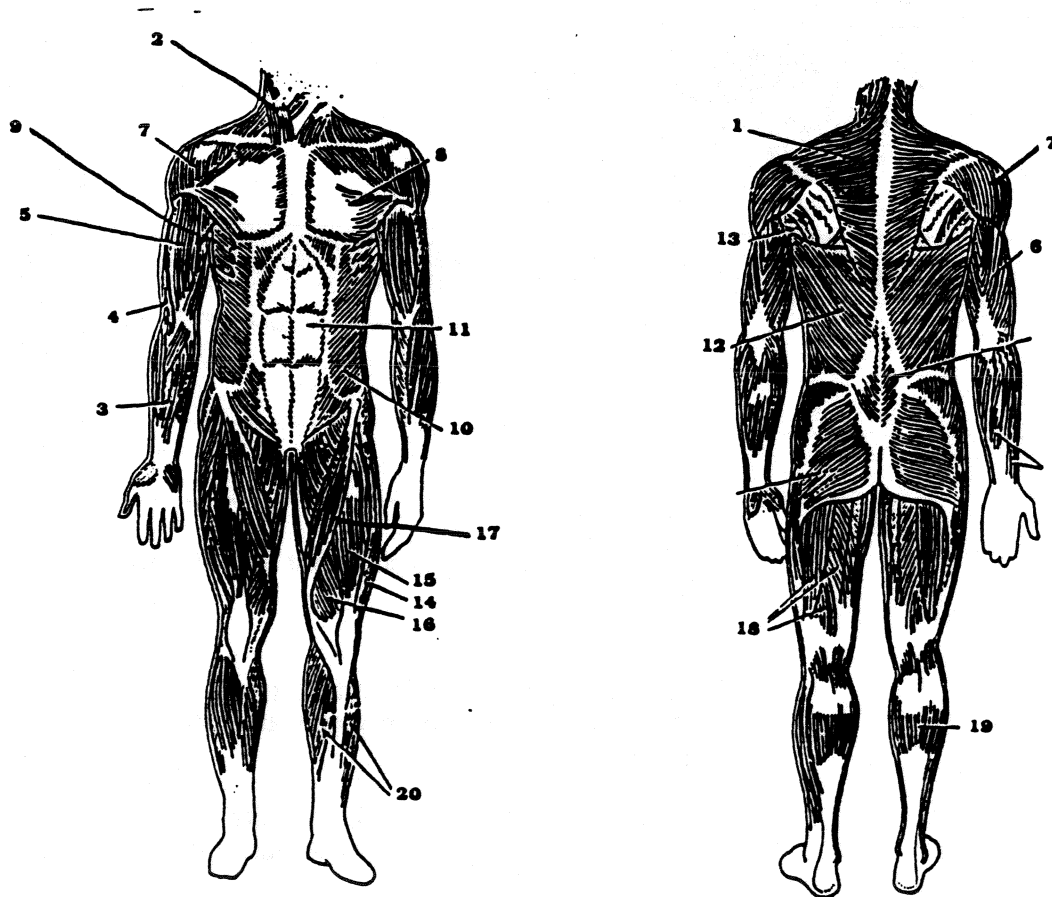
One of the most enjoyable segments of physical training is reaching the point when you decide to start getting "scientific". You go beyond the 3 times a week lifting program. You add hills and intervals to your running. This is the time when you learn the real names of the muscles you have been abusing for so long.

This is the point where your voice deepens and you start working your gastrocnemius, latissimus dorsi and infraspinatus instead of your calfs, lats and back. You no longer have "love handles"; they are now overworked external obliques. And the fellas are overheard saying, "Look at those pectoralis majors", when a busty woman walks by.

Welcome to Lockerroom Anatomy 101. The following is a list of the major muscles, along with their common name, and a brief explanation of their action.\* Study hard. There will be a quiz.

\*Source: J. Weiders, Weights for Sports Training

### MAJOR MUSCLES OF THE BODY





	<b>Muscle</b>	<b>Common Name</b>	<b>Action of the Muscle</b>
<b>1.</b>	Trapezius	Traps	Raises and lowers shoulder girdle; moves shoulder blades; moves head backwards and to the side.
<b>2.</b>	Sterno-cleido-mastoid	Neck	Bends head and neck to the side; rotates head and neck; draws head forward.
<b>3.</b>	Forearm Group: Brachioradialis, of Radialis Longus, Flexors and Extensors Radialis Brevis, Carpi Ulnaris, Pollicis Longus and Brevis.	Forearm	Bends and straightens the wrist; bends and straightens the fingers and thumb.
<b>4.</b>	Brachialis Anticus	Brachialis	Bends the forearm to the upper arm.
<b>5.</b>	Biceps	Biceps	Bends the forearm to the upper arm; turns the forearm.
<b>6.</b>	Triceps	Triceps	Straightens the arm and draws it backward.
<b>7.</b>	Deltoid Group: Anterior Head, Lateral Head, Posterior Head.	Delt	Raises arm to horizontal position; each head lifts arm in particular direction . . . Anterior (front), Lateral (side), Posterior (rear).
<b>8.</b>	Pectoralis Major	Pecs	Draws the arms inward, forward and downward; rotates the arms inward; assists in the expansion of the chest.
<b>9.</b>	Serratus Magnus	Serratus	Rotates the shoulder-blade downward; draws shoulder-blades apart; assists in the expansion of the chest.
<b>10.</b>	External Obliques	Obliques	Bends the spine forward and to the side.
<b>11.</b>	Rectus Abdominus	Abs	Bends the spine forward; depresses the ribs.
<b>12.</b>	Latissimus Dorsi	Lats	Draws the arm downward and backward; depresses the shoulder girdle; assists in forced inhalation; bends the trunk sideways.
<b>13.</b>	Back Group: Teres Major, Teres Minor, Rhomboideus, Infraspinatus	Back	Rotates the arm inward and outward; assists in swinging arm backward; rotates, raises and draws the shoulder-blades together.
<b>14.</b> <b>15.</b> <b>16.</b> <b>17.</b>	Vastus Externus Rectus Femoris Vastus Internus Sartorius	Thigh	Straightens the leg. Straightens the leg; flexes the hip joint. Straightens the leg. Bends the leg; flexes the hip joint; rotates the leg inward and outward.
<b>18.</b>	Biceps Femoris	Thigh Biceps	Bends the leg; rotates the leg inward.
<b>19.</b>	Gastrocnemius	Calf	Extends the foot; assists in flexing the knee.
<b>20.</b>	Frontal Calf Group: Soleus, Tibialis Anticus, Peroneus Longus.	Frontal Calf	Extends, flexes and turns over the foot.

## **An Amercian Jogger in Tokyo**

**Jean Swank**

Just before I left for Japan, I joined GROC. I also enrolled my jogging buddy. And now, he has persuaded me to write about running in Tokyo.

There are about 12 million people in Tokyo. I don't know how many Japanese jog, since I haven't encountered many. In the few months since my arrival, I've observed that most joggers are foreign (i.e. Caucasian), although once I did see a class of school girls running down the road in Navy bloomers.

In my opinion, the best time for running here is early in the morning during the summer. There is no daylight savings time here and people work until it's late and dark. In the morning there is at least a whiff of coolness to the air while the sun is still hanging on the trees. In the east - it really does that in the summer - the air is so hazy that one feels like looking directly at the sun.

The tour book suggests jogging around the imperial palace in the center of Tokyo. I live on the literal edge of the city limit and run around the local neighborhood and the river bed that divides Tokyo from the city next door. During my first few days here, I ran around an undergraduate campus of the University of Tokyo. There is supposed to be a 5K run around the Institute for Space and Astronautical Science. Maybe I should run there in the evening, not shower and my sweaty smell would be a shell of space around me in the subway.

A young secretary who speaks English lamented the fad of wearing clothes with English writing on them. She thinks that people who wear them don't know English. I did see a couple jogging with shirts saying "sex instructor", but it was near the University and I suspect they understood.

Many things in Japan are small, but there are some exceptions. Most notable is the number of people per square mile. Two others are crows and cicadas. The crows or ravens are huge and sound huge, cawking at me in the morning. In Tokyo the cicadas are brown and are about three inches long and a half inch across. They sit where you can easily see them. They have a long warm-up effort, a cross between a violin and a lawn mower and then they sing away for awhile with a strange different from American cicadas. Instead of individually making a small sound which is magnified by thousands of others, each makes a huge sound by itself. I watched one close-up and could hardly detect anything moving.

There are some people out between 5 and 7 a.m. One sees elderly ladies, usually very short and stooped, sweeping up leaves and dust from around their houses. One also sees men walking dogs (1-2 feet high, reddish brown, with foxy faces and ears and curled up tails), doing some deep knee bends in pajamas, or young men on bikes delivering papers. In the well-to-do neighborhood where I live, one sees chauffers in business shirts giving a final polish to a car. Because commercial life starts late here, I have the opportunity to investigate the streets with relatively few cars and can get a quiet look at local life.

I should have more to say upon the conclusion of my stay in Tokyo.

Editor's Note: Jean is spending six months as a visiting scientist at the Institute of Space & Astronautical Science in Tokyo. This article was written in September.

## Soles to Seoul Update { as of October 30, 1987 (60 days)}

<u>Team</u>	<u>Mileage</u>	<u>Now In</u>
Easy Striders	2145.25	Butte
Limping Lizards	1762.75	Minnesota
Mostly 7	1730.75	Minnesota
Seoul Searchers	1546.75	Minnesota
Team International	1501	Minnesota
Nite Crawlers	1330.4	Minnesota
Tokyo Rose and Thorns	1177	Minnesota
Fleet of Feet	1153	Minnesota
Dare Devils (8 runners)	578	Cleveland
Spacer Walkers	434.8	Pittsburgh

### Editor's Column

Grace Lee

**Fun Run Volunteers** - A hearty thanks to all volunteers who made the Fun Run successful as well as enjoyable. Therese Madden has done an excellent job in her first try as volunteer coordinator.

**Newsletter Contributors** - Thanks to everyone who contributes to our newsletter - *Jane, Ed, Jean, Mark, and John Croft*, our official cartoonist. Just about everything was late for this month's issue. The editor's round the clock work at Thermal-vac early in November didn't help the situation either. However, the quality of the articles and cartoons should more than make-up for the delay.

**December Issue** - Deadline for everything is Monday, November 30. Please don't be late this time. Have a nice Thanksgiving and think of something to write about. Supply the source if you quote or paraphrase. Articles, poems, art work, letters to the editors, comments on past articles are all welcome. Especially wanted: articles from participants and/or observers of the Marine Corps Marathon.

**January issue** - Since no one has come forward to volunteer as editor for the January issue, we will have a combined January/February issue to inaugurate 1988, with deadline for submission of all material sometime around the middle of January. (The editor needs a break! Just think - 11 issues this year! - more than many of the large clubs!) Enjoy the holidays, keep running, and plan to become part of our illustrious group of newsletter contributors.

\*\*\*\*\*

### GROC Executive Board 1987-1988

Fitness Lab Director (ex-officio).....	Gincy Stezar	286-6666
President.....	George Griffin	286-5877
Vice president.....	Therese Madden	286-5971
Treasurer.....	Edwin Fung	286-7347
Secretary.....	Jean Lane	286-3063
Historian.....	Joan Unger	286-7243
Past President.....	Richie Weiss	286-7493
Newsletter Editor.....	Grace Lee	286-5762
Membership Coordinator.....	Jane Jellison	286-8563
Race Director.....	Fred Shuman	286-9080

\*\*\*\*\*

Thomas Winkert  
735.4