



**GODDARD
RUNNING & ORIENTEERING
CLUB**

NEWSLETTER

September 1987



President's Corner

Richie Weiss

Soles to Seoul - The Fitness Lab is forming non-competitive teams of up to 10 runners in an effort to run the "distance" from GSFC to Seoul before the start of the 1988 Summer Olympic Games. Refer to the information sheet in this newsletter for details.

GROC Goals for the Coming Year - As my presidential term ends, I would like to leave my successor with some goals (or my own personal wish list). So here it goes.

1. To have GROC develop a cadre of experienced race volunteers. As a first step GROC could conduct a benefit race. To do this one we need one experienced race organizer/director who is willing to come forward and train others.
2. To field a 10-person relay team for the 24-hour relays at Fort Meade in August, 1988.
3. More GSFC GROC races - e.g. a Thanksgivings week prediction race (otherwise known as a Turkey Trot).
4. To appoint an activist subcommittee within GROC to work toward improvement and expansion of the Fitness Lab.
5. To keep the Fitness Lab open an extra hour from 6:30 p.m. to 7:30 p.m. so that none at GSFC can use "not enough time" as an excuse for not exercising. I also would like to see at least 20 people use the facilities during the last hour. (Note: This summer the Fitness Lab has been kept open till 7:30 p.m. and has been used, but unless we express a strong interest to the Health and Safety people it will close at 6:30 p.m. in the fall.)

New Treadmill - For those of you who haven't been to the Fitness Lab lately, there is a beautiful new treadmill of which Gincy is very proud. You Fitness Lab members, give Gincy a chance to show it off.

Annual Meeting

September 10, 1987

4:45 p.m.

Building 6, S221

(Please be prompt)

There are 6,500 health clubs nationwide and 117,600 fast food restaurants.

Hippocrates, Sept/Oct 1987

Fun Run & Club Bureaucracy

Grace Lee

Since bureaucracy is part our daily work, it would be nice if GROC could be free from administrative hassles. Unfortunately, our club, carefree as we are, also has its share of bureaucratic headaches. The fun runs, newsletters or even picnics would be chaotic without , you got it, paperwork! To complicate the situation, we are simultaneously a GEWA club, a RRCA member and organizer of the Intercenter fun runs for GSFC, with each at times having conflicting requirements. The purpose of this article is to illustrate the influences and demands of each superstructure and how GROC tries to wear these three hats at the same time.

GROC is first and foremost a GEWA employee club. Without GEWA recognition we would likely have to increase dues or raise race entry fees in order to maintain our current level of activities and have other bureaucratic hassles. As an employee club, we must abide by the GEWA constitution & bylaws and its regulations. (The new constitution was approved by Center Director Dr. Hiners in March of this year.) The most important elements affecting our club are membership eligibility and reporting requirements. Article III Sec 3 of the GEWA Bylaws limits club membership to the following, in order of priority:

1. GEWA members (i.e. GSFC-Greenbelt civil service employees)
2. retired GSFC-Greenbelt civil service employees
3. immediate families (household members) of the above two groups
4. on-site contract employees who are assigned workspace at GSFC-Greenbelt, as verified by LISTS, and their immediate families
5. Other contract, grant or affiliated employees performing services for GSFC-Greenbelt under a current valid contract as verified by LISTS, and their immediate families

The bylaws also requires the club president, treasurer and property administrator to be GEWA members. Guests (those who do not satisfy criteria for membership) are allowed to observe or participate in activities at the pleasure of the club as long as they have no vote in establishment of club policy or decisions and do not displace club members . Each year the club is to submit to the GEWA Clubs Chairperson our membership roster (including membership category and qualification for each member), our constitution and bylaws and proposed budget. In light of these requirements, our club constitution and membership application forms would need some modification. Keep your eyes open on more information in this and future newsletters.

Our association with the RRCA requires us only to conduct races at least once a year, which we must do anyway. GEWA's restricted membership criteria does not conflict with the RRCA constitution. And we need only to modify our race entry waiver statement to conform with RRCA standards.

The fun runs which GROC conducts - the 2-miler, the 10K and the make-ups each April and October - are part of the semi-annual NASA Intercenter runs. There are strict regulations, however, for scoring in the competition - only civil service employees, on-site contractors, and coop students on duty are eligible. For the competition, Wallops participants are counted together with the Greenbelt GSFC runners. The distances must be completed in the months of April and October. Other the observing these rules, each individual center is free to conduct its own runs or run in outside bona fide races. All GROC needs to do here is to add an item to our race entry form and dBase III.

So what does all this mean? I think the following conclusions are appropriate:

1. GROC membership is limited to those of us who belong to one the membership categories as stated in the GEWA bylaws.
2. The Intercenter runs will be opened to all who are eligible for membership and guests of GROC.
3. Only times from GSFC (Greenbelt & Wallops) civil service employees, on-site contractors and coop students on duty are to be reported to Lewis for scoring. All others will get their ribbons and have a good time. Guests cannot belong to a team.

GROC is only a small bureaucracy. Thank goodness.

Time Is On Your Side

Mark Wilhelm

"If I just had more time." I hear this all the time. How many times have you had to cut your workout short because you ran out of time? A simple solution to this problem is the Split Routine.

The Split Routine is a 4-day workout that divides your body into synergist muscle groups that you work in a push-pull system. A typical Split Routine, the one I almost always prescribe, is set up as follows:

<u>Monday/Thursday</u> (Pushing Movements)	<u>Tuesday/Friday</u> (Pulling Movements)	<u>Wednesday</u> - off
Chest	Back	
Shoulders	Biceps	
Triceps	Legs	
Forearms	Calves	
Abdominals	Aerobics afterwards	
Aerobics afterwards		

By cutting a full body workout into a split routine, it gives you many benefits. First of all, you have more energy to put into your workout because you are not doing as many body parts. Secondly, you have a chance to apply the overload principle (see August newsletter) by adding either more sets or more exercises because you now have the time to complete a full workout. Lastly, you have more time to rest in between sets. (When lifting heavy you should be taking 2-3 minutes between sets.)

So if you need more time to get in those last sets, give the split routine a try. If you have any questions about this principle, stop by and see me anytime.

Happy training.

Early results in an ongoing study of 800 (over the age of 50) participants equally divided into long distance runners and primarily non-runners find runners visiting the doctor less often, having lower heart rates and blood pressures, having less physical disability and rating themselves as more healthy than non-runners. More importantly, however, it is that osteo-arthritis does not appear to be developing more rapidly among the runners.

Executive Health Report, Aug 1987

Upcoming Events

Crofton 5 miles	Sep 12	639-8707
Team Challenge 7 miles	Sep 13	949-9227
Congressional Staff Club 10K	Sep 19	226-3250
Bottle and Cork 10 miles	Sep 19	-----
BWI 10K	Sep 20	765-5503
Footlocker Partners 8K	Sep 26	223-5400
Federation 10K	Sep 26	249-9222
Severn River 15K	Sep 27	224-2385
Cuisine Course 10K	Sep 27	780-3037
NIH Health's Angels 10 miles	Sep 27	977-2942

Editor's Column

Grace Lee

Annual Meeting - Our Annual Meeting is scheduled for Thursday, September 10 at 4:45 p.m. in Building 6, Room S221 (Richie's office). Important items will be discussed and elections of next year's officers will be held. Please make every effort to attend or convey your opinion via the out-going officers.

The tentative agenda: President's Report - R. Weiss
Treasurer's Report - E. Fung
Vice-President's Report - G. Lee
-Constitution
-Race Entry forms
RRCA State Rep's Report - J. Sissala
Fun Run update
Elections - J. Laudadio
New Business

The **slate** recommended by the Nominating Committee is as follows:

for ***President: George Griffin***
Vice-President: Terez Madden
Secretary: Jean Lane
Treasurer: Edwin Fung

Club Constitution - GEWA's new constitution was approved by Dr. Hinners in March of this year. Since GROC is a GEWA employee club, we must abide by the parent organization's requirements. Accordingly, a reworded and slightly modified GROC constitution will be submitted at the Annual Meeting for approval. Copies of both the current and proposed versions are available (by Tuesday, September 8) at Gincy's or my office (Bldg 11, E208B, 65762). If you have any comments or suggestions, please contact me **before** the Annual Meeting.

Highlights of the proposed changes are:

- restate eligibility for membership as defined in the GEWA Bylaws
- legitimize the Historian and honorary members
- define the functions of the standing committees
- include orienteering in our statement of purpose
(the current constitution does not!)
- require the vice-president to be civil service employee
- expand the Executive Board to include standing committee members

New Race Entry Form - As explained in my article on club bureaucracy, the race entry form has been revised. The only additional information requested, however, is that contract employees must provide their (company) contract number and their company name. The waiver statement has been changed to conform to the format of the RRCA.

October issue - Please observe the deadline! September 25 for all items not in MacWrite.
September 28 for everything else!

Saturday Morning Training Runs - Call **Jean Lane (63063)** for schedule and details.

Potassium protects you against high blood pressure and is crucial to muscle contraction. Your target intake, from sources such as orange juice, bananas and peaches, should be 2000 milligrams a day.

Runners World, May 1987

**WALKERS!
JOGGERS!
RUNNERS!**

**PLEASE REMEMBER
TO TAKE YOUR
D BADGE
WITH YOU IF/WHEN
YOU JOG, RUN,
OR WALK
OFF CENTER**

August 17, 1987

TO: ALL JOGGER
FROM: 205.1/Head, Security Branch
SUBJECT: Badges and Joggers/Walkers

The security and access control of the Center has required us to take a closer look at and modify our past policies with regard to joggers who run both off and on the GSFC. We have recently rebadged all civil servant employees and will do the same for contractors in the future. Guards are looking more closely at pedestrians, cyclists, and generally everyone coming onto the Center, including joggers and walkers. In order for us to more closely control access onto the base it will be necessary for ALL persons coming on board to display a valid badge each time they enter the Center, unless they are driving in a vehicle with a proper decal or pass.

Please remember to bring and wear your GSFC ID badge when you jog onto the Center. Beginning on August 24, 1987 joggers, and other pedestrians, who are not properly badged will be required to go around to the Main Gate on Greenbelt Road to sign in and obtain a temporary badge.

Sewell R. Marsh
Sewell R. Marsh



24th NASA Intercenter Runs

Mark your calendar! It's that time of the year again. Tune up your legs and get ready for the 24th NASA Intercenter runs. The schedule for this fall is:

2-mile fun run: October 14, noon, Building 2

make-up: October 16, noon, DuVal High School track

10K run: October 21, noon, Greenbelt Lake

make-up: October 23, noon, Greenbelt Lake

The official entry form is included in this newsletter. Extra copies will be available later at the Health Unit Fitness Lab and GEWA.

**Curious about the real distance around your block?
Wondering about how far it is around the inside of the mall?
Well, you can find out! GROC has a measuring wheel which
you can borrow. See Gincy or Mark at the Fitness Lab for
further information.**

Renew Your GROC Membership & Sign-up for the Races

as Soon as Possible

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.....	Edwin Fung	286-7347
Secretary & Training Run Coordinator.....	Jean Lane	286-3063
Membership & Race Results Coordinator.....	Jane Jellison	286-8563
Race Director.....		Vacant
Historian.....		Vacant



Runner's No. _____

Goddard Running and Orienteering Club (GROC)

Membership Application & Race Entry Form

Please complete:

Last Name: _____ First Name: _____
Gender: Male Birthday ____ / ____ / ____ (Work) Phone: _____
 Female year mo day

GROC Membership Application

Complete or check appropriate category:

- a) GSFC-Greenbelt civil service employee _____
- b) GSFC-Greenbelt retiree _____
- c) immediate (household) family member of a) or b) _____
- d) on-site contract employee _____ or his/her immediate family member _____
contractor & contract number _____
- e) other contract, grant, or affiliated employee _____ or immediate family member _____
contractor & contract no. _____

Mail Code (required for all on-center personnel): _____
or Mailing address: _____

Membership application status: new (have never been a member)
 renew (currently or have been a member)

Interested in orienteering? yes; no

Membership year is from October 01 to September 30 @ \$3.00 a year.

over

Race Entry Application

Race entry: _____ 2-mile fun run; _____ 10K run

Race entry fee: free to GROC members, \$2.00 for non-GROC members for the 2-miler
no fee for the 10K run

Currently a member or have completed membership form? _____ yes; _____ no

Check appropriate line:

- Civil service employee, on-site contract employee, or c.s. coop student
 other GROC member or eligible to be GROC member
 guest

Waiver statement

I know that running a road race is a potentially hazardous activity. 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 complete the run safely. 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 acting on my behalf, waive and release the Goddard Running & Orienteering Club, the Goddard Space Flight Center, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Date _____
(parent's signature if under 18 years)

Enclosed with this application: \$3.00 (GROC membership: new or renew)
 \$2.00 (Race only: non-GROC member)
 nothing (Race only: GROC member)

Please return this form to **Gincy Stezar** at the Fitness Lab or **Jane Jellison** at Code 313.

 *Spirit
of the
Games*

SOLES TO SEOUL

7496 MILE OLYMPIC RUN

- Who: All members of the Fitness Lab and The Goddard Running and Orienteering Club.
- What: Non-competitive teams of up to 10 runners or walkers (Or combo) logging their mileage together in an effort to run the distance from Goddard Space Flight Center to Seoul, South Korea before the start of the 1988 Summer Olympic Games.
- Why: Why not, you get a great T-shirt out of it and you will be getting into the Olympic Spirit that takes over this country every four years. Be Social!!!
- When: The counting begins September 1, 1987 and ends September 1, 1988. You do not have to start on this date, but that is the earliest you can. A wall display will show the progress of the individual teams during the year.
- Where Do I Sign Up: Right here. Get your team together and come up with a team name. Write down the name and the names of your teammates and hand this form into Gincy or Mark.
- It Doesn't Cost Anything: This event is being funded by your government agency, GSFC, as a means of promoting good health and fitness at the workplace.

Team Name

Grace Lee
711.3