

GODDARD
RUNNING & ORIENTEERING
CLUB

NEWSLETTER

April 1988



25th NASA Intercenter Postal Competition

2-mile Fun Run: April 13 noon, Building 2

Make-up: April 15 noon, DuVal High School

10K Fun Run: April 20 noon, Greenbelt Lake

Make-up: April 22 noon, Greenbelt Lake

Team registration to Gincy due by 1p.m. on Tuesday, April 12

AWARDS to the following for the April 13 Fun Run:

First place open, male - trophy

First place open, female - trophy

First place masters, male - trophy

First place masters, female - trophy

First place, team (see scoring rules) - rotating trophy

Team with most finishers - rotating trophy

All finishers - ribbons (for all races)

Walkers welcome!!

NASA Intercenter Competition Rules

1. Only Civil Service employees, C.S. NASA retirees, C.S. coop student on duty, and on-site contractors are eligible to score for the center.
2. Participants may run (walk, stroll, wheelchair) in center-sponsored races or other legitimate races with certified courses during the month of April.

GROC notes:

1. Anyone eligible to be GEWA member (see entry form) and GROC guests may participate in the Fun Runs. But only those who meet the Intercenter Competition requirements can score for GSFC.
2. If you run in outside races, be sure to report your time to Gincy (Fitness Lab or x6666) or Jane Jellison (Code 313 or x8563) by May 2.
3. You may run in as many official and certified 2-milers and 10K's as you want during the month of April. Just submit your best times!
4. Urge a non-running colleague to walk the 2-mile Fun Run! GSFC is defending both titles this time.

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 designate 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 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.

Calcaneus apophysitis or Sever's disease is a condition in which the epiphysis (growth plate) of the calcaneus (heel bone) in children becomes irritated, inflamed and painful.

Calcaneal apophysitis occurs most frequently in children between the ages of 10 and 14, at a time when the heels are still ossifying and becoming mature. The child who is affected with this ailment will complain of a dull aching in one or both heels. The pain will become more intense during and after physical activities that involve pounding of the feet and will subside with rest. Swelling, warmth, and tenderness of the heel may be noted as well as limping.

Several years ago it was thought that calcaneal apophysitis was rare in females, but with the increased participation of girls in sports, the condition is found almost equally among boys and girls.

Causes

The epiphyseal plate of the calcaneus is the weakest point of the developing heel and is much softer than the mature bone at either end. When the heel is placed under the repeated stresses of running, soccer, or basketball, it is believed to cause stress or micro-trauma to the epiphysis which can cause inflammation.

Several factors have been shown to be associated with calcaneal apophysitis, including the use of two or three cleated heels on soccer shoes, faulty foot mechanics, and a tight gastrocnemius - soleus (calf) muscle complex, excessive training, poorly constructed shoes and repeated jumping.

Treatment

Elimination, modification, or correction of one or more of the above mentioned factors may treat the calcaneal apophysitis. Some simple measures that can be employed are:

- 1) wearing multi-cleated shoes - not those with 2 or 3 cleats at the heel
- 2) correcting faulty foot mechanics with orthotic type wear
- 3) stretching of the gastro-soleus muscle
- 4) decreasing the child's training schedule or eliminating it totally
- 5) purchasing better footwear for the child
- 6) stopping any kind of jumping or downhill running
- 7) using heel cushions or heel cups
- 8) decreasing activity by 50%

Once the calcaneal apophysitis develops, activity must be reduced until the pain diminishes. If the pain does not diminish by decreasing activity and trying some of the treatments mentioned above, sometimes the child needs to be placed in a cast to relieve totally the stress from the epiphyseal plate until the inflammation is resolved.

If the heel pain is severe enough to cause the child to limp, or if swelling is evident, investigation by trained personnel is highly recommended to help rule out any possibility of bone tumor, infection or other pathology.

Unlike many other medical conditions, calcaneus apophysitis is basically harmless and self limiting. It resolves by itself by the ages of 14 to 16 when the growth plates have totally ossified and the child at that time can return to his or her athletic endeavors.

Editor's Note: Dr. Furman is a practicing podiatrist in Alexandria, VA, a member of the RRCA Sportsmedicine Committee and Vice President of the American Association of Women Podiatrists. This article is provided by the RRCA as a service to the running community.

*****Gincy's Spring Picnic*****

Thursday April 28, 1988 noon Fitness Lab "lawn"

FOOD

Awards Ceremony

\$3/person if signed-up and paid by April 27 noon (see details in Fitness Lab)
\$4/person after April 27 noon and up until picnic time

Don't miss this one!

*****Fritzbe's 10K Volunteers Wanted*****

Anyone interested in volunteering for the Fritzbe's 10K please contact Gincy (Fitness Lab or X6666) as soon as possible, but no later than April 11. Volunteer fringe benefits: T-shirt, post-race brunch, volunteers' party a week after!!!

***** Future Issues of our Newsletter*****

I thought you might want to know in advance the publication schedule for the rest of the year. Here's the plan:

<u>Issue</u>	<u>Deadline</u>
May 1988	April 25
June 1988	May 25
July/August 1988	July 6
September 1988	August 24
October 1988	September 23
Nov/Dec 1988	November 7

Oh yes, we plan to publish *only* nine issues this year. (Very productive, given our meager resources.) With the difficulty getting the December issue out last year (contributors, labels, turn-around time, etc.), another effort like that would not be worthwhile. So let's concentrate on a great Nov/Dec issue instead. With many people taking their use-or-loses in December, putting out a January issue would also entail extreme hardship. Hence, we'll keep the "bi-monthly" format for January and February. The editor would also like to combine the July and August issues, although we were very successful with our summer productions last year. (She needs a break!) So now you have the timetable, what's your excuse for not contributing?! Writers - please submit your articles in MacWrite. If you have a PC, call Jane Jellison (x8563) to have your file transfer to MacWrite.

*****Healthy Choices Runners*****

Don't forget - the Healthy Choices races (10K, 5K, 1M) is scheduled for Sunday May 15, 8 am, at the Spencerville Adventist Church. **GROC will get a \$1 discount per entry if we enter as a group of of at least 25 before the deadline.** Don't delay. Sign up now at the Fitness Lab! By April 18, at the latest. Once the feasibility of group entry is determined, you will be notified. By the way, the Race Director said that the post-race brunch will be brought back to standard (i.e. the first two years) this time!

*******Fitness Lab Seminars*******

Gincy has announced that she will be holding the following seminars in the near future":

Walking Seminar (scheduled for May)
Body Fat Measurement Seminar

Contact Gincy at the Fitness Lab or X6666 or further information.

******* Race Clock Operators Wanted*******

Are you aware that the digital clock used in our 2-mile fun runs is purchased by GROC? GEWA loaned us the money several years ago and we are in the process of repaying the loan. So far, we have been able to make the payments without emptying the club treasury primarily because of the dedications of the two people who know how to operate the clock - John Sissala and Rex Elliott. John and Rex have been the clock operators each time GROC loan the clock to other clubs for their races, for which GROC receives \$50 and operators \$25 a race. We need more people who are capable of operating the clock. If you are interested, please contact Gincy. Training will be provided.

*******Shamrock Marathon*******

The following GSFC participants completed the 16th Annual Shamrock Marathon on March 19 (along with their approximate finishing times):

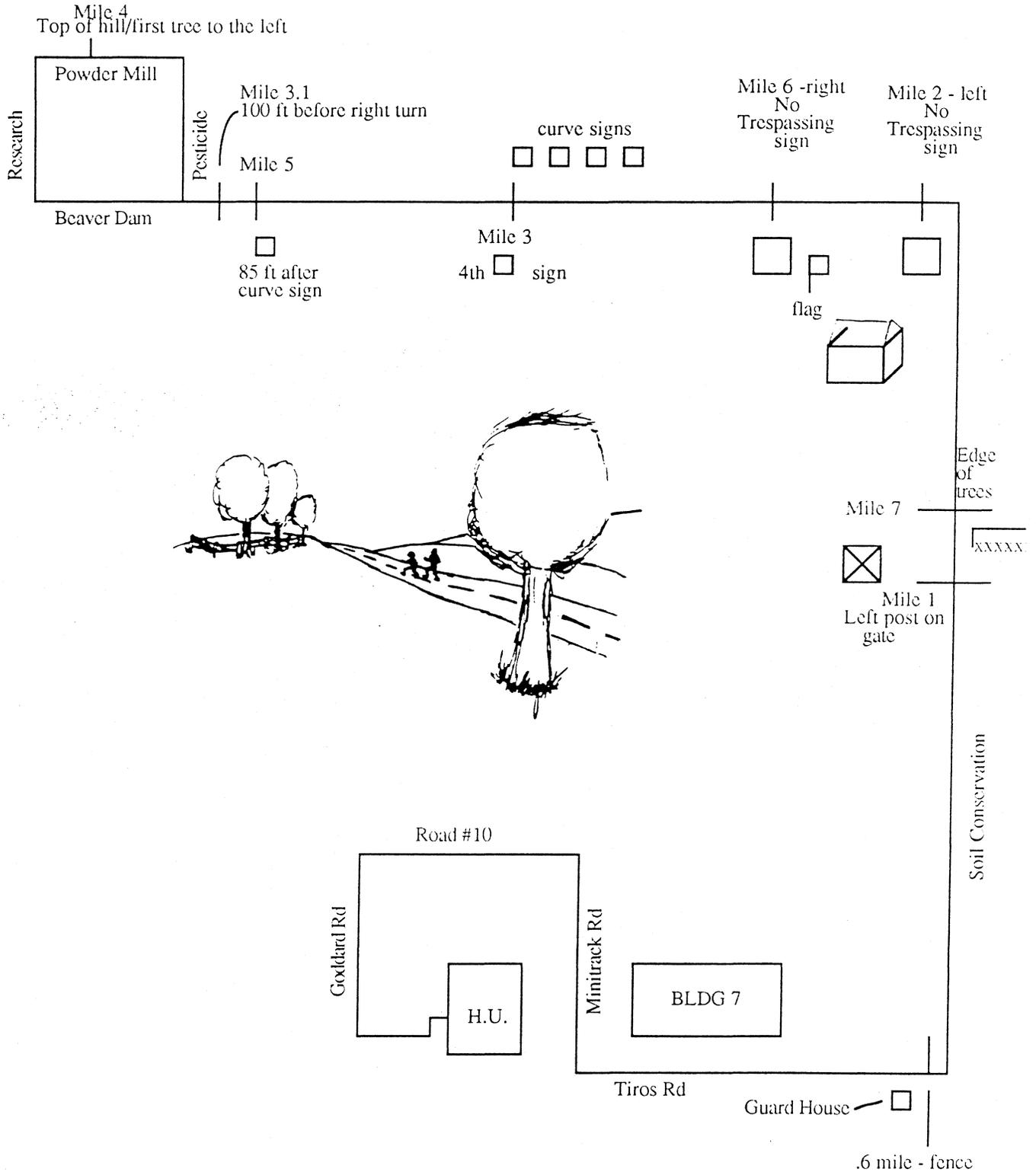
Dan Mandl	3:09
Claude Bell	3:23
Jack Koslosky	3:54
Howard Dew	4:45

Soles to Seoul Update (as of February 29, 1988)

compiled by **Mark Wilhelm**

<u>Team</u>	<u>Miles</u>	<u>Miles to Go</u>	<u>+/-half point</u>	<u>Ave/day to finish</u>
Easy striders	5696.50	1799.5	+1948.5	9.83
Mostly Seven	4261.80	3234.2	+513.8	17.67
Limping Lizards	4180.30	3315.7	+432.3	18.12
Seoul Searchers	4163.35	3332.65	+415.35	18.21
Fleet of Feet	4036.50	3459.50	+288.50	18.90
Team International	3610.50	3885.50	-137.5	21.23
Team Wallops	3582.00	3914	-166.00	21.38
Nite Crawlers	3494.95	4001.05	-253.05	21.86
Tokyo Rose & Thorns	2891.70	4604.3	-856.3	25.16
Safety Saves	2856.50	4639.5	-891.5	25.35
Feet First	2529.90	4966.1	-1218.1	25.35
Pea Swipers	2152.00	5344	-1596	29.20
Dare Devils	1267.50	6228.5	-2480.5	34.04
Space Walkers	931.30	6564.7	-2816.7	35.87

8-mile Course



Attention: Course is not drawn to scale!

Editor's note: Mark Baugh, our sub-10min 2-miler, measured the course using the Fitness Lab's bicycle wheel. To perform this feat, Mark had to move at a snail's pace (10 min/mile) - what a sacrifice! Many thanks, Mark!

A Bit of History ...

Joan Rattigan

Well, here it is... Fun Run time again! Are you ready to run that 2-mile? If you're like me, you're trying to get in shape - that's less than 2 weeks to go! So, to give you a little incentive, here are the best (and slowest) finishing times for the 2-mile in each age category.

	Best Men's Times	Best Women's Times
29 and under	09:33	12:10
30-34	10:15	12:35
35-39	10:15	13:08
40-44	10:27	14:28
45-49	11:31	17:12
50-54	11:37	17:37
55-59	12:09	21:46
60 and over	14:29	23:25

	Slowest Men's Times	Slowest Women's Times
29 and under	36:46	40:48
30-34	36:46	40:48
35-39	38:41	41:12
40-44	36:11	37:13
45-49	40:48	37:04
50-54	40:01	37:14
55-59	38:00	41:25
60 and over	40:05	38:45

Now we all have something to shoot for. Good luck in the Fun Run. Don't forget the 10K on April 20 - every Body counts!!!!

Joan is the GROC Historian.

GROC Executive Board 1987-1988

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