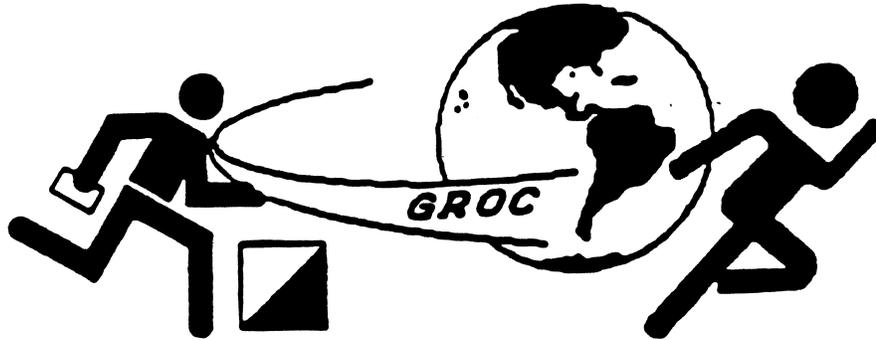


Thomas Winkert
735.4



GODDARD
RUNNING & ORIENTEERING
CLUB

NEWSLETTER

January/February 1988



Goddard Wins Fall '87 Intercenter Competition

Jane Jellison

GSFC swept the field in the Fall NASA Intercenter races, finishing first in the 2-mile with 1207.64 points, ahead of JSC (968.76) and Ames (779.94), and first also in the 10K event--378.46 points, JSC second with 314.68 and JPL third with 301.85. Congratulations to all participants!

Two-Mile Highlights: In the 2-mile, we had an impressive number of place points (earned by runners in the top 10 of each age/gender category), outscoring JSC 296 to 164, although they outnumbered us in total number of runners 364 to 334. That doesn't mean you walkers and joggers can quit, because we also did very well in the "center bonus" category, where points are given according to the percentage of the Center's population participating in the event. In this category we edged Ames 252 to 228 (they had 248 runners).

We placed three people in the top ten NASA-wide: 1. Mark Baugh, the overall winner in 9:54; 3. Frank Tai, 10:15, and 10. Richard Fulton, 10:31. Nice going, guys. The first woman finisher was Lelia Vann of MSFC in a time of 12:26. Our Amy Kekeisen was the 6th woman at 13:39, and Claire Parkinson finished 8th with 13:57. There were 1411 finishers altogether (1410 people and 1 dog).

Here is a breakdown of those scoring place points by category (those with a * are dependents, and cannot earn points):

<i>Men 24 and under</i>		<i>Women 24 and under</i>	
*2 Todd Matthiesen	10:41	1. Amy Kekeisen	13:39
2. David McComas	10:53	2. Julie Deutschmann	14:29
3. Thomas Winkert	10:55	3. Sylvie Altman	14:48
9. James Reardon	11:50		
10. Jeffrey Monroe	11:57		
<i>Men 25-29</i>		<i>Women 25-29</i>	
1. Mark Baugh	9:54	7. Carolyn Dent	14:16
4. Richard Fulton	10:31	9. Lisa Kane	14:32
6. Charles Foss	10:58		
7. Mark Nicholson	10:59		
8. Bruce Trout	11:01		
<i>Men 30-34</i>		<i>Women 30-34</i>	
1. Frank Tai	10:15	7. Mary Ann Esfandiari	15:28
8. Eric Nielsen	11:04		
10. Tom Nolan	11:09		
<i>Men 35-39</i>		<i>Women 35-39</i>	
3. Mark Brenneman	11:40	1. Claire Parkinson	13:57
4. Fred Shuman	11:45	2. Patti Merritt	14:44
6. Kevin Bennett	11:56	5. Paulette Ziobron	17:13
8. John McKim	12:06	6. Charleen Perry	17:37
8. Tom Stine	12:06	9. Pamela Brown	18:06
<i>Men 40-44</i>		<i>Women 40-44</i>	
6. Ron Bowles	11:59	1. Kathy McMillin	16:56
		2. Pilar Martin	17:53
		5. Grace Lee	20:14
		6. Jan Owings	20:55
		*8 Ann Houser	21:57

Men 45-49

- 1. Richie Weiss 11:31
- 5. Dick Strafella 12:04
- 9. Claude Bell 12:37

Women 45-49

- 2. Jean Swank 17:21
- 3. Ann Merwath 17:37
- 5. Nancy Maynard 18:17

Men 50-54

- 5. Bob Phillips 12:08
- 7. Ray Hartenstein 12:29

Women 50-54

none

Men 55-59

- 2. Emil Kirwan 13:19
- 3. George Griffin 13:21

Women 55-59

- 2. Jane Jellison 22:16
- 3. Lorraine Lust 24:48

Men 60 and over

- 6. James Lonergan 14:29

Women 60 and over

- 2. Elaine Montgonery 26:22
- 5. Kitty Ackerman 37:30



10K Highlights: The race was won by Jim Ulvestad of JPL in a time of 32:55. First female finisher was Lelia Vann, MSFC, in 43:01. Mark Baugh of GSFC placed 8th (36:38) and our top female finisher, Amy Kekeisen (46:26) was the 11th woman. There were 429 competitors all told. JSC and JPL are able to motivate casual runners/joggers/walkers with great success, claiming between them all but two of the 35 finishers with times greater than 80 minutes. Wonder how they do that? Finish times ranged up to 164:20.

GSFC had 79 runners compared to JSC's 97 and JPL's 77. We again did well with place points (GSFC 166, JSC 120, JPL 153) and Center Bonus (GSFC 59:71, JSC 52.43, JPL 32.35), and also quartile points (GSFC 113.25, JSC 93.75, JPL 78.00) Quartile points are awarded according to which quarter of the finishers in each category a runner is in: 3 points to each runner in the top 25%, 1.5 points to each in the 25-50% range, 0.75 points to those in the 50-75% group and none to those finishing in the last 25%.

GSFC's top people in the 10K:

Men 24 and under

- 4. David McComas 37:24
- *8 John Way 40:53

Women 24 and under

- 2. Amy Kekeisen 46:26

<i>Men 25-29</i>		<i>Women 25-29</i>	
3. Mark Baugh	36:38	none	
5. Charles Foss	37:22		
<i>Men 30-34</i>		<i>Women 30-34</i>	
4. Tom Nolan	37:15	2. Mary Ann Esfandiari	52:07
		5. Gincy Stezar	53:00
		6. Deborah Sharpe	53:45
<i>Men 35-39</i>		<i>Women 35-39</i>	
3. Fred Shuman	39:30	2. Claire Parkinson	46:52
6. Tom Stine	40:54	4. Paulette Ziobron	55:53
<i>Men 40-44</i>		<i>Women 40-44</i>	
none		2. Kathy McMillin	55:30
		3. Pilar Martin	61:39
		4. Karen Miller	69:00
<i>Men 45-49</i>		<i>Women 45-49</i>	
3. Dick Strafella	39:44	none	
5. Richie Weiss	40:09		
6. Claude Bell	41:47		
10. Harry Trexel	44:18		
<i>Men 50-54</i>		<i>Women 50-54</i>	
2. Ray Hartenstein	40:06	none	
6. Bob Phillips	42:25		
<i>Men 55-59</i>		<i>Women 55-59</i>	
2. George Griffin	43:59	2. Jane Jellison	82:07
5. Walt Allison	46:55		
<i>Men 60 and over</i>		<i>Women 60 and over</i>	
none		none	

FALL 1987 2-MILE INTERCENTER COMPETITION TRIVIA QUIZ:

1. What percentage of the runners are female?
2. What age group, for both men and women, has the largest representation?
3. What are the ages of the oldest M & F participants?
4. What are the ages of the youngest M & F participants?
5. What percentage of male finishers are over the age of 40?
6. What percentage of female finishers are over the age of 40?
7. How many finishers took 30 minutes or longer to complete two miles?
8. How many finishers spent less than 12 minutes doing those same two miles?
9. What was the median finish time (half faster, half slower)?
10. How did our dog do?

Answers to the quiz may be found on page 9.

Some Numbers for the Two-Mile:

<u>Cate- gory</u>	<u>No. Runners</u>	<u>Win Time</u>	<u>Beg. 2nd Quartile</u>	<u>Beg. 3rd Quartile</u>	<u>Beg. 4th Quartile</u>	<u>Last Place Time</u>
M<=24	86	10:23	13:09	14:46	16:56	38:41
M25-29	202	9:54	12:56	14:42	17:25	40:15
M30-34	162	10:15	12:47	14:56	16:59	37:45
M35-39	117	10:23	14:05	15:40	21:23	38:51
M40-45	127	11:36	13:59	16:12	22:12	47:37
M45-49	141	11:31	14:09	16:25	19:51	75:00
M50-54	121	11:47	14:45	17:23	24:48	42:30
M55-59	83	12:39	15:48	18:10	28:33	39:30
M>=60	36	13:25	15:22	18:55	28:00	43:00
Total 1074 Male						
F<=24	44	13:39	19:12	24:05	32:26	56:24
F25-29	82	12:26	17:11	20:18	29:36	57:23
F30-34	55	12:58	16:21	23:29	31:36	40:00
F35-39	61	13:57	20:03	27:33	34:16	44:33
F40-44	37	16:56	24:18	30:00	34:20	44:35
F45-49	23	15:23	19:59	29:00	35:56	37:31
F50-54	16	17:07	27:20	33:59	36:15	37:29
F55-59	14	21:01	29:32	33:00	35:43	37:00
F>=60	5	25:34	26:22	34:44	37:30	37:30
Total 337 Female						
Grand Total 1411 Finishers						

Jane is the GROC Membership Coordinator and compiler of fun run results.

A Bit of History ...

Joan Unger

Did you know that our first NASA Intercenter Postal Run took place on June 9, 1976 ... in 94 degree weather! Goddard's contribution included 11 runners - all male. Of those first 11 runners, 4 ran the fall '87 2-mile - Ken Brown, Charles Campbell, Emil Kirwin and Hal Levy!!! Now that's dedication for ya! The second NASA fun run was held in October of that same year. Goddard had 11 participants in that race as well, but this time one runner was female. In April '77 a longer race was run in addition to the 2-mile -- a 4-mile. The 4 mile lasted for three intercenter runs until it was increased to a 10 Kilometer race.

The Goddard Running and Jogging Club has grown into the Goddard Running and Orienteering Club and participation in the bi-annual races has also grown - from 11 in spring '76 to 280 in fall '87, topping out in spring '87 with 475 participants in the 2 mile race!! And, Goddard runners seem to get faster and faster all the time. The current record for the 2 mile is 9:32 set by Tim Minor in spring '84 (Ned Poffenberger held it before that with a 9:33 in spring '82), and the women's record was set in fall '84 by Nelda Casper with a time of 12:10. Ned Poffenberger holds the men's 10K record with a time of 31:07 set in fall '81. The women's 10K record was set by Barbie Beckford in spring '84 with a time of 41:36. At the other end of the spectrum, the slowest times to complete the 2 mile course for males and females are 40:48 set in fall '84 and 41:25 set in fall '81, and those times for the 10K are 86:56 set in fall '87 for men and 94:40 set in fall '83 for women.

Well, that's it for now, but more GROC stats and facts will be coming up in future issues of the newsletter. If you have any questions you'd like answered or any crazy GROC records you're interested in knowing, give me or Gincy a call and I'll let you know what we come up with.

As for the past history of GROC, we have excellent records regarding race results (Thanks Jane!), but the club history records are a little fuzzy. Any old newsletters, minutes from meetings, team histories, race results or any other club info would be greatly appreciated (Any info would be promptly returned!). Thanks and happy running!

Joan is our current GROC Historian.

Are you ready for another race? There is no need to wait for spring. The Washington Birthday Marathon will begin at 10:30 a.m. on Valentine's Day, Sunday, February 14, 1988. The race will start and finish at the Goddard Recreation Center and the course is one you know every well on the rolling country asphalt roads through the Beltsville Agricultural Research Center. Maybe you will want to run only part of the race or would like to help out or to cheer the runners on, and we will enjoy seeing you. If you wish to volunteer, please give me a call on 65877.

Weight Training for Runners

Mark Wilhelm

It used to be that football players were the only athletes who used weight training to improve their play. But in today's sports-minded society, there is not one competitive sport whose play cannot be improved through proper weight training.

The following is a weight training program designed to supplement your running, whether you are a beginner or advanced runner. The purpose of weights in a runner's program is to increase both muscular strength and endurance, improve flexibility, and supply explosive strength for those hills and finish line sprints. A runner's weight program is designed much different from a bodybuilder's. The main goal of a runner is to perform a large number of repetitions at a submaximal weight to develop the white muscle fibers that are used in endurance sports. Whereas a body builder would use heavy weights for a smaller number of repetitions to develop the red muscle fibers. So you do not have to worry about getting big, bulky muscles, you won't. However, you must perform the exercises correctly and through the full range of motion to be effective and improve flexibility. The main cause of "muscle boundness" is not that the muscles are too large, but from doing the exercises improperly.

Before starting this program, you should ask yourself the following questions:

1. When is my next important race?

If you have been training for a specific race to set a PR or just plain win, and it is within two weeks, wait until after the race to start the weights. You already have enough to worry about and you do not need the extra stress so close to racetime. If you are "just entering" the race and you are not worried about your time then go ahead and start now.

2. What kind of anaerobic shape am I in presently?

If you have no history of lifting weights or have not lifted in a while, then you may want to subtract a set from each exercise at the beginning and then add them back when you become comfortable with weight training.

3. How much weight should I use?

This is a personal thing and it is up to you to decide. A good way to determine a weight is to start low and keeping adding until you find an appropriate amount. An appropriate amount means you should start to sweat with 5 reps to go. Do not be afraid to add 5 or 10 pounds each workout. You hurt a little, but let that pain be your guide.

4. If I have any questions, no matter how simple, how stupid, or how emabarrassing, whom should I ask?

See me (Mark), anytime between 2:30 and 7:30 on workdays, or call x6666 and leave a message.

Weight training is used to supplement your running, not hinder it. So do it correctly from the start.

Weight training program for runners - 3 days per week.

<u>Exercise</u>	<u>Reps</u>	<u>Sets</u>	<u>Rest Between Sets</u>
-bench press	12-20	(5) 1 warm-up 3 same weight 1 wide grip	90 sec
-uprite rowing	12-20	(4) 1 warm-up 3 same weight	90 sec
-seated row	12-20	(4) 1 warm-up 3 same weight	90 sec (Vary grip)
-military press	10-16	(4) 1 warm-up 3 same weight	90 sec
-leg curls	15-25	(4) 1 warm up 3 same weight	90 sec walk around
-leg extensions	15-25	(4) 1 warm-up 3 same weight	90 sec walk around
-one arm tricep extensions	8-12	(4) light to heavy set	90 sec
-bicep curls		(3) light sets	wiggle around
-leg press	30-30	(3)	90 sec
-triceps pushdowns	8-12	(3)	no rest
-abdonimals	25-30	(3)	
-hyperextensions	15-20	(3)	90 sec
-calf raises	30-40	(2)	

References:

Dave Scott, Triathlon Training

Runner's World, July 1987 p.50

Grete Waitz, World Class

Common knowledge acquired from experience and the University of Maryland

Mark is our afternoon Fitness Lab technician.

Soles to Seoul Update (as of 01 January 1988)

compiled by **Mark Wilhelm**

<u>Team</u>	<u>Mileage</u>
Easy Striders	3643.45
Mostly 7	3245.80
Seoul Searchers	2955.45
Limping Lizards	2803.75
Fleet of Feet	2794.1
Team International	2600
Nite Crawlers	2162.45
Tokyo Rose and Thorns	1973.30
Dare Devils	956.5
Space Walkers	733.4
Orient Express	237.5
Pea Swipers	231

Total 24336.7

That's 3.25 times to Seoul and 565 miles less than the circumference of the Earth at the equator.

Chilly Tips

Gincy Stezar

The frigid days of winter are upon us and thoughts are turning to how to cope mentally and physically with exercising outdoors. By now, most people realize it's much wiser to dress in layers that can be pulled off as the body temperature begins to rise. Listed below are a few additional tips on surviving the cold.

1. Avoid consuming alcohol. It expands the surface blood vessels causing an increase in loss of body heat.
2. Stop smoking. A good idea for many reasons but especially during the cold because smoking decreases the blood supply to the extremities.
3. Make sure hands, feet, and head are not exposed. As much as 70% of body heat can be lost through the extremities.
4. Keep moving. Running at 0 degree can keep you as warm as walking briskly at 40 degrees or standing still at 65 degrees.
5. Warm-up before going outdoors. Getting the blood flowing not only improves the function of the muscles but also warms the body.

Gincy is our Fitness Lab Director.

Picking Fabrics for Winter Exercise

When you go to buy clothing for your winter workouts, you might be confused about which fabrics are best. Although no fabric is perfect, you can choose the best one for your needs if you know the advantages of each material.

Lycra protects your skin from wind and allows you to store body heat. And since it breathes well, lycra passes heat to the surface of your clothes if you get too hot.

Polypropylene is lightweight, durable, and effective at wicking sweat away from your body, which keeps you from getting chilled. Like lycra, polypropylene allows you to accumulate body heat, and it also passes heat to the surface.

Nylon is strong, light, wind resistant, and dries quickly, but it doesn't allow moisture to escape from inside your clothes. Because of this factor, it won't protect you from getting chilled by your own sweat.

Cotton breathes and feels comfortable unless it gets wet. If it gets wet, cotton tends to wick heat away from the skin, and therefore is not ideal for cold-weather exercise.

Gore-tex is a great insulator, is water repellent, and allows your sweat to escape, but it usually is very expensive.

While you probably are familiar with the above fabrics, there are some on the market that you might not know.

Thermax, a relatively new fabric from DuPont, keeps you warm by dispelling moisture and retaining heat. Thermax is available primarily in thermal underwear, gloves, hats, and socks. It is rather expensive.

Supplex nylon is lightweight, inexpensive, and wind-resistant in some garments. It is available in shorts, running suits, and cycling apparel.

Although it may seem difficult to choose which fabric is best for your winter workouts, it will be easier if you keep in mind what you need from the fabric and how much you are willing to spend.

Reprint from the January 1988 issue of *Running & Fitness*, with the permission of the American Running and Fitness Association, 9310 Old Georgetown Road, Bethesda MD 20814. (301)897-0197

Upcoming Events for February

compiled by Mark Wilhelm

06	Winter Flower Runs (6,3,1 miles), Rockville	353-0200
07	All Comers Track & Field Meet, University of Maryland	454-3124
07	8-Mile Relay, Westminster	848-5852
13	George Washington 10K, Alexandria	838-4200
14	Washington Birthday Marathon, Greenbelt	474-9361
14	Valentine's Couples Race (1.75,4.25 miles), Greenbelt	474-6878
14	Valentine's Twosome Relay, Annapolis	268-1165
21	MD/DC RRCA 10-mile Team Championship, Columbia	353-0200
27	GW Birthday 5K, Arnold, MD	268-1165

***Do not forget to check the bulletin board in the Fitness Lab for updates and entry forms.

Orienteering News

Jane Jellison

The next meet close by will be held February 7 at Ford's Gold Mine, in Great Falls Park (MD). A neat little area with a very fine 5-color map at 1:15,000. Beginners are welcome; instructions and compass rental will be available. Registration and start times between noon and 2:00 p.m., courses will close at 4:00 and controls will be picked up at that time. Competition is against the clock, with individuals (or groups) starting at staggered intervals. You may strive for a fast time, or stroll along enjoying the scenery as you complete this navigational challenge cross country through this most interesting piece of our national park system. From the Capital Beltway, take MD Exit 41, George Washington Memorial Highway. Follow the signs (square or rectangular, divided along the diagonal, with one half painted red and one half painted white) to Great Falls Park, and park at the far northern end of the parking lot. George Griffin, this means you.

There will be a meet on March 6 at Greenbelt Park. You all know where that is, don't you? Same registration/start times.

For more information, call Jane Jellison x8563 or Joanne Uber x8469.

Answers to 2-mile Intercenter Trivia Quiz:

1. 24%
2. 25-29. Both Male and Female winners were in this age group.
3. 62 (M), 62 (F)
4. 14 (M), 4 (F). I had intended this to be a trick question (the dog is 4) but there were girls aged 4, 8, and 10 who ran for LaRC.
5. 47%
6. 28%
7. 231. Last place time was 75:00.
8. 87.
9. 16:56
10. Fine. Tied for 1114th place, with Karen Hoover, who was at the other end of the leash. Owner Bob Sanchez was one second slower.

March issue - Thanks to all newsletter contributors, especially to Jane Jellison for her semi-annual Herculean effort in compiling and reporting our Fun Run results. Now that the holiday blues are over we will attempt to return to our normal monthly format. Deadline for the March issue is Friday, *February 19*. Please submit your articles in MacWrite if possible. If you are using a PC or equivalent, please call Jane Jellison on x8563 and she will help you transfer the information to MacWrite. (Give the editor a break, won't you?) If you are submitting a hand-written item, please do so before the deadline.

RRCA 10-mile Team Championship - This annual race is scheduled for Sunday, February 21 at 9 a.m., at the Howard Community College in Columbia. GROC would like to field a team if there is sufficient interest - 15 males and 3 females minimum. If you would to participate as GROC member, please sign-up in the Fitness Lab. You may also run as individuals if we are unable to form a team.

Attention. Healthy Choices runners - It's not too early to plan for this race! The race director has promised a \$1 discount on the entry fee if we register as a group of at least 25 runners. Let's try. Further information will be available at the Fitness Lab in the near future.

Maryland RRCA Special License Plates - Page 11 of this newsletter contains a reprint of RRCA's Maryland State Rep John Sissala's letter to all Maryland clubs. As you can see only three GROC members have participated in the Maryland RRCA license tag program. But it's not too late to join in if you are now interested. Just complete the form on page 12 and follow the instructions.

Newsletter Survey - Thus far only three surveys from the December issue have been returned. I would like more feedback, especially from the ones who don't patronize the Fitness Lab. Please take a few minutes to complete the survey. Many thanks.

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

8 November 1987

To: MD RRCA Clubs

From: John Sissala

Subject: Update on Maryland RRCA License Tags Program

Bob Gehret of the Westminster RRC has done a great job on the MD tags program in the past year - getting it organized and then following up on all the paper work for each of us who has participated in the program. We owe him a lot of thanks for following through on his very good and fun idea.

I asked Bob for an up-to-date diskette. I received it this week and generated the list of current plate holders in each club. The list for your club is in your packet. You may wish to put the list in your newsletter so your members can keep track of each other as they move down the highway.

Eleven of the 12 clubs in the state have participated. Only the Queen City Striders have not - and they didn't know about the program until this week. 276 members have RRCA plates and another 46 are in the pending stage. A break down by club is as follows:

3	Frederick Steeplechasers
3	Goddard Running and Orienteering Club
5	RASAC
5	Howard County Striders
6	Prince George's Running Club
6	Sea Gull RRC
8	DCRRC
8	Westminster RRC
25	Annapolis Striders
92	Baltimore RRC
115	Montgomery County RRC

Maryland RRCA Special License Plates
Receive Maryland License Plates As Shown Below

Here's How:

1. Fill out form
2. Return form and \$5.00 per car to:
Bob Gehret
4303 Royal Ave
Hampstead, Md 21074
Phone: (310) 374-2344 (H) (301) 628-3449 (W)
3. Wait for follow up paper work

Member Name: _____

Street: _____

City, State, Zip: _____

Registered Owner: _____

Relationship to Member: _____

Club: _____ Current Tag Number: _____

Day Phone: _____ Eve Phone: _____

