



GODDARD

RUNNING & ORIENTEERING

CLUB

NEWSLETTER

July/August 1988



26th NASA Intercenter Postal Competition

2-mile Fun Run: October 12 noon, Building 2
(Subject to Center Director's approval)

Make-up: October 14 noon, DuVal High School

10K Fun Run: October 19 noon, Greenbelt Lake

Make-up: October 21 noon, Greenbelt Lake

Team registration to Gincy due by 1p.m. on Tuesday, October 12
See Team Registration Rules in October issue - read them carefully!

AWARDS to the following for the October 12 Fun Run (tentative):

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!!

Put this on your calendar:

GROC Annual Meeting

Thursday, September 15, 1988

5 p.m.

Building 6, W126 (Richie Weiss's office)

INTERCENTER RESULTS

Jane Jellison

Thanks to all you runners, joggers and walkers, Goddard has won the Spring Intercenter 2-Mile Competition once again, by a handsome margin over JPL (which had more runners than we did) and JSC. The point totals were 1472.72, 1028.91 and 995.05 respectively. We placed four people in the top ten overall (Mark Baugh, Ed Boggess, Richard Fulton and David McComas), and claimed four places in the first ten woman finishers (Karen Zanni, Julie Deutschmann, Arlene Bigel and Gincy Stezar). Mark (9:40) and Karen (12:19) won the men's and women's titles. There were 1299 male and 509 female finishers. Mark was the overall winner, beating out Ed Boggess by 12 seconds, and Karen's time was good enough to place her 92nd out of the 1808 total finishers. Impressive. But don't forget that we wouldn't have finished in first place if it hadn't been for us 419 also-rans!

Actually, many of the "also-rans" placed well in their respective divisions. Those placing in the top ten earn place points for us. They are:

Men 24 and under: 1. David McComas; (4) Todd Matthiesen [dependent, does not earn points (but he runs fast, maybe we should hire him)] 5. James Reardon; 7. Mark Wilhelm

Men 25-29: 1. Mark Baugh; 4. Richard Fulton; 6. Charles Foss; 6. Mark Nicholson; 10. Neal Barthelme

Men 30-34: 1. Ed Boggess; 6. Eric Nielsen; 10. Larry Camper

Men 35-39: none

Men 40-44: 4. Fred Shuman; 6. Ron Bowles; 10. John Gerlach

Men 45-49: 4. Richard Strafella; 6. Richard Weiss; 9. Claude Bell

Men 50-54: 5. Bob Phillips; 9. Frank Birsa; 10. Dave Orbock

Men 55-59: 1. Emil Kirwan; 4. George Griffin; 6. Bill Lord

Men 60 and over: 8. John Michalik; 10. Bernard Chovitz

Women 24 and under: 1. Karen Zanni; 3. Julie Deutschmann; 5. Amy Kekeisen

Women 25-29: 4. Carolyn Dent; 6. Jill Prettyman

Women 30-34: 1. Arlene Bigel; 7. Mary Ann Esfandiari; 9. Deborah Sharpe

Women 35-39: 1. Gincy Stezar; 2. Jody Garay; 9. Jan Hodges

Women 40-44: 3. Claire Parkinson; 5. Kathy McMillin; 6. Grace Lee; 9. Pilar Martin

Women 45-49: 3. Jean Swank; 5. Ann Merwarth; 8. Nancy Maynard; 9. Marjorie Barnard

Women 50-54: none

Women 55-59: 1. Jane Jellison; 3. Jaylee Mead

Women 60 and over: 1. Jay Hines; 2. Elaine Montgomery; 8. Shirley Masiee; 10. Kitty Ackerman

In addition to place points, (10 for first, 9 for second, etc.,) each runner finishing in the top 25% (first quartile) earns 3 extra points; 1.5 points are awarded to each runner in the second quartile, and 0.75 each for finishing in the third quartile. All finishers earn 0.5 point for crossing the finish line. Thus, if you win your division, you could earn 10 points for being first, 3 points for being in the first quartile, 0.5 points for finishing, plus you contribute to the "Center Bonus" which reflects the

percentage of the center's population participating in the Fun Run. Typically this is another half point or so.

You might be surprised to find out how many points you contributed to our win this past spring. The following table lists the breakdown by category of the times required to finish in the various quartiles:

MEN:	Total # Fin.	Winning Time	End of 1st Q.	End of 2nd Q.	End of 3rd Q.
<25	77	10:50	13:24	15:26	21:20
25-29	247	9:40	13:21	15:41	18:31
30-34	194	9:52	13:40	16:22	21:20
35-39	158	10:55	14:23	16:30	23:37
40-44	169	11:08	14:46	17:50	23:28
45-49	168	11:28	14:32	17:05	24:01
50-54	136	11:31	15:11	17:57	26:08
55-59	92	12:57	15:00	18:38	28:16
60+	58	13:00	16:44	22:12	30:11

WOMEN:	Total # Fin.	Winning Time	End of 1st Q.	End of 2nd Q.	End of 3rd Q.
<25	67	12:19	18:56	29:21	33:26
25-29	134	12:58	18:07	25:10	30:08
30-34	87	13:22	17:31	24:13	30:57
35-39	84	13:55	23:22	30:01	34:25
40-44	60	13:32	22:45	30:14	33:54
45-49	32	14:43	20:18	30:06	34:05
50-54	24	17:30	20:58	31:32	37:01
55-59	10	26:11	28:09	32:03	34:58
60+	11	24:04	28:33	30:00	32:37

We have a little work to do in the 10 kilometer event, although second place is not to be sneezed at. Mostly we need more people. The winner was JPL, with 128 runners and 501.02 points. We placed next with 86 runners and 388.75 points. Not so bad if you consider the points per runner: 3.91 for JPL and 4.51 for us. However, as we should all have drummed into our heads (feet?) by now, it is not only quality but quantity which counts in these Intercenter events. Given another fifty finishers who finished dead last (50 people tied for last place?--We can do that!) we could have won, by picking up the finish points and the center bonus. So, never mind that you can't run 10 kilometers--you don't have to. All you have to do is get a bunch of folks together and walk around Greenbelt Lake until you are sick of the place, which equates to less than 5 times around. Would you believe 4-3/4? It really is a scenic, lovely spot, and worthy of close scrutiny for a couple of hours. Think of this in October, when GROG will be exhorting you to participate.

On with the highlights.

Men 24 and under: 1. David McComas; 2. Carl Palladino

Men 25-29: 1. Mark Baugh; 4. Richard Fulton

Men 30-34: 1. Ed Bogges

Men 35-39: 8. Jim Etchison

Men 40-44: 2. Fred Shuman; 3. Ron Bowles

Men 45-49: 3. Richard Strafella; 4. Richard Weiss; 8. Claude Bell

Men 50-54: 5. Bob Phillips; 8. Paul Christopher; 10. Ken Brown

Men 55-59: 3. George Griffin; 10. Lo I Yin

Men 60 and over: 9. Ray Melcher

Women 24 and under: none

Women 25-29: 8. Carolyn Dent

Women 30-34: 7. Mary Ann Esfandiari; 9. Deborah Harris

Women 35-39: none

Women 40-44: 3. Claire Parkinson; 5. Kathy McMillin; 6. Grace Lee

Women 45-49: none

Women 50-54: none

Women 55-59: 1. Jane Jellison

Women 60 and over: none

In the Women's 45-49, 50-54, and 60 and over categories, that means none like nobody even entered, and your trusty columnist was the only entry in the 55-59 category. If I had known that beforehand, I would have saved myself some effort and taken about 2 hours to complete the course. The message is, if I can do it, so can you. I would like to walk around with 50 of you.

The statistics:

MEN:	Total # Fin.	Winning Time	End of 1st Q.	End of 2nd Q.	End of 3rd Q.
<25	21	36:40	41:53	48:55	62:00
25-29	64	32:30	42:12	45:44	50:15
30-34	59	32:24	38:25	47:30	54:37
35-39	51	38:26	44:28	50:17	58:45
40-44	51	38:38	43:30	48:07	54:17
45-49	66	37:34	45:49	49:12	52:16
50-54	57	39:33	46:18	50:47	59:29
55-59	40	44:47	48:28	52:18	58:23
60+	10	44:27	46:51	53:05	55:35

WOMEN:	Total # Fin.	Winning Time	End of 1st Q.	End of 2nd Q.	End of 3rd Q.
<25	2	46:29	--	103:00	--
25-29	26	43:12	50:40	60:04	82:34
30-34	13	45:37	47:43	53:42	69:00
35-39	13	52:31	57:16	65:05	85:30
40-44	9	44:25	44:50	54:43	66:15
45-49	2	50:59	--	52:06	--
50-54	4	56:13	56:13	59:01	64:29
55-59	1	86:48	--	--	--
60+	1	103:20	--	--	--

On the whole, of the 1808 2-mile finishers, half of them finished in 18:32 or less. The number for the 10k is 49:41.

There now, are you all inspired to come out in the beautiful cool October weather for the next Fun Run?

News/Announcements

Hilary Cane Goes Home

Where's home? Australia! Hilary Cane, one of Goddard's top Intercenter Run runners and an avid orienteer, returned to her native Australia in early July. She and her husband will make their home in Tasmania. A farewell party was held for her in the Fitness Lab on June 30. Hilary would like GROC folks to remember her most important contribution - making orienteering a part of the club, hence the name GROC. (Remember when the club was called the Goddard Running and Jogging Club?) Hilary does plan to return to the States from time to time to pursue her work in Astrophysics and we hope to see her when she visits. GROC wishes her the best of luck, success, and enjoyment.

Upcoming Newsletter Schedule

Barring unforeseen circumstances the following is the newsletter schedule for the remainder of the year:

<u>Issue</u>	<u>Deadline</u>
September 1988	August 24
October 1988	September 23
Nov/Dec 1988	November 10

Please observe the deadline! Depending on the nature of the contributing items, it takes two to seven days to prepare the newsletter for publication (remember, we all have full-time jobs) and a minimum of four days for printing and distribution. By the time you receive a newsletter, some of the time-sensitive announcements may be obsolete. So, all contributors please cooperate with the editor's schedule. Remember, if you have a computer and can type, submit your items in MacWrite. If you use a PC store your files in ASCII and call Jane Jellison (68563) for help in transferring your PC files to MacWrite. Above all, **contribute!** We can't have a newsletter without membership inputs.

Fall Fun Runs

It's never too early to get ready. Tune up your legs and prepare for the Fall Intercenter runs. The 2-Mile race date will become official once the Center Director approves.

"Business Swim" at Greenbelt Municipal Pool

The Greenbelt Municipal Pool is offering "Business Swim" hours this *summer* for those who work during the day. The hours are Monday thru Friday 7-8 a.m. and 12 noon-1 p.m. and M-W-F 8-9 p.m. The price of admission is \$1/hour. Season pass is also available for \$35. The pool is located across the street from the post office in "old" Greenbelt.

Important: Annual Meeting & Elections

GROC's Annual Meeting is scheduled for Thursday, September 15, at 5 p.m. in Richie Weiss' office (Building 6, S131). The primary item on the agenda will be the election of next year's officers. The Nominating Committee (chaired by out-going President George Griffin) will submit a slate of candidates for the Meeting and is now accepting suggestions. Please send in all recommendations (yourself or other enthusiastic members) to the Committee via Gincy by August 24 (the same deadline as the next newsletter). The elected offices are: President, Vice-President, Treasurer, Secretary, and Historian. The Standing Committee Coordinators (Membership, Newsletter Editor, and Race Director) could always use more help and, especially the Membership Committee, need apprentices. Show your enthusiasm by volunteering to serve on any of these committees.

Soles to Seoul Update (as of July 31)

<u>Team</u>	<u>Mileage</u>	<u>Miles to Go</u>
Easy Striders	7496	arrived
Fleet of Feet	7496	arrived
Seoul Searchers	7496	arrived
Mostly Seven	7496	arrived
Pea Swipers	7496	arrived
Limping Lizards	7496	arrived
Nite Crawlers	7496	arrived (08-07)
Team International	6878.65	617.35
Team Wallops	6769	727
Tokyo Rose & Thorns	6216.8	1279.2
Feet First	5810.7	1685.3
Safety Souls	4480	3016 (as of 05-30)
Dare Devils	4019.85	3476.15
Space Walkers	1709.4	5786.6

Remember: The competition ends on September 17, the opening day of the Summer Olympics. Be sure to report all your mileage - running, jogging, walking...- (yes, walking counts) and tell Gincy your T-shirt size!

GROC Executive Board 1987-1988

Fitness Lab Director (ex-officio).....	Gincy Stezar	286-6666
President.....	George Griffin	286-5877
Vice president.....	Therese Madden	286-4212
Treasurer.....	Edwin Fung	286-7347
Secretary.....	Jean Lane	286-3063
Historian.....	Joan Unger Rattigan	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