

**GODDARD**  
**RUNNING & ORIENTEERING**  
**CLUB**

NEWSLETTER

May 1988



## **FUN RUN SPRING 88, or, We Done Good Again!**

**Jane Jellison**

We don't know if it's good enough to take the Intercenter Competition again until we see what the other field centers did, but if history is any guide, we will be hard to beat. We were particularly glad to see the large number of walkers who swell our total numbers and consequently our point total. Of course, we always have some super fast runners to garner place points, but the heart of this event is participation, and, as I said, we done good.

As usual, GROC weather prevailed--we have not been rained upon (and only snowed upon a little bit) in the 25 semi-annual competitions. Why, we don't know, except that our hearts are pure (maybe our legs) and we are extremely lucky. It was a bit brisk, but the sun shone and the rain was nowhere to be seen or felt.

There were 349 finishers in our big race, ranging in age from 8 to 67, and in time from 9:52 to 42:07--GROC loves you all! Ed Boggess, Code 401, finished first, followed by Rich Fulton (Code 612) at 10:27 and Mark Baugh (Code 727.3) in 10:45. The first woman finisher was newcomer Karen Zanni in 12:19--welcome Karen! Second woman was Julie Deutschmann (Code 554.1) closely followed by Arlene Bigel (Code 733.3), with times of 13:29 and 13:22 respectively. The wheelchair division was captured by Charlie Gray (562.6) in 27:10. A complete breakdown of age division winners is too lengthy for this publication, but let us just express our congratulations to David McComas, Ed Boggess, John Will, Rich Fulton, Richie Weiss, Fred Shuman, Wayne Hembree, Bob Phillips, John Michalek, Carolyn Dent, Karen Zanni, Shirley Masiee, Claire Parkinson, Jody Garay, Arlene Bigel, Jean Swank, Jaylee Mead, and Shirley Ponder (listed in no particular age order) for leading their compatriots in their respective age and gender divisions.

None of this could have been accomplished without the expert help of the volunteer crew recruited and directed by Terez Madden. She did a truly outstanding job again of coordinating the refreshments, security, start/finish crew, registration, water stop, time callers, cleanup, and all the little details which make for a well-organized event.

As of April 25, we have a total of 372 2-mile participants (including people who ran other races or the make-up at the DuVal HS track). Complete Intercenter results should be available by the end of May, at which point we will know whether Goddard has successfully defended the NASA title.

### **TEAM RESULTS - 2-MILE FUN RUN**

One of the things that makes the Fun Run so much fun is the variety of teams that participate. Two trophies are at stake: one for the team with the most finishers, and one for the team with the best score, defined as the lowest sum of place points earned by the first five finishers on each team. Rules for scoring teams were presented in the last newsletter, and include means for normalizing the scores of male and female finishers so that the first man and the first woman finisher have equal place points, as do the last man and the last woman.

Demon organizer Tom Mathiessen put together a Fleet-Of-Feet team which won both categories, with a total of 68 finishers and a score for the top 5 finishers of 95.48 points. For speed, the second and third places were very close-- 129 points for the SAR/STX Quasars and 129.77 for Out to Launch. In terms of participants, Out to Launch finished second with 28 and the Quasars were third with 21. A total of 11 teams with 189 members took part.

# TWO-MILE RUN RUN RESULTS - APRIL 13, 1988

1 09:52 Boggess, Ed	75 14:20 Henderson, Donald	149 16:23 Mitchum, Dan	223 19:56 Basappa, Shivanand	297 28:51 Derrick, Deborah
2 10:27 Fulton, Richard	76 14:21 Martin, David	150 16:24 Humphrey, Gene	223 19:56 Tillison, Judy	298 28:53 Bellamy, Phyllis
3 10:45 Baugh, Mark	77 14:22 Boyle, Robert	151 16:25 Lewis, Andrew	225 19:59 Moore, Daniel	299 28:54 Stubbs, Veronica
4 10:50 McComas, David	78 14:23 Klein, Larry	152 16:27 Spence, Bailey	226 20:05 Campbell, Charlie	299 28:54 So, Maria
5 10:57 Foss, Charles	79 14:24 Kekeisen, Amy	153 16:29 Graham, Randolph	227 20:06 Chinnapongse, Ron	301 29:04 Shultz, Dale
5 10:57 Nicholson, Mark	80 14:26 Samuelson, Robert	154 16:30 Ridall, Melanie	228 20:09 Wall, James	302 29:22 Borig, Richard
7 11:08 Nielsen, Eric	81 14:30 Koslosky, Jack	155 16:31 Dayish, Frank	229 20:14 Stack, Jeannette	302 29:22 O'Leary, Ron
8 11:19 Camper, Larry	82 14:31 Justice, Chris	156 16:34 Clement, Tom	230 20:18 Maynard, Nancy	304 29:23 LaVigna, Ann
9 11:25 Barthelme, Neal	82 14:31 Skillman, David	157 16:35 Walker, Greg	231 20:19 Piterski, Norman	305 29:24 Morris, Chris
10 11:32 Bingham, Richard	84 14:33 Nelson, Ross	157 16:35 Jones, Elmer	232 20:30 Zimmerman, Robert	305 29:24 Stevens, Jennie
11 11:45 Watt, Jeff	85 14:35 Cahalan, Bob	159 16:36 McMillin, Kathy	233 20:32 Owings, Jan	307 29:25 Felzer, Ben
12 11:48 Trout, Bruce	86 14:38 Tominovich, John	159 16:36 Lengenfelder, Franz	234 20:33 Stallings, Greg	308 29:26 Summerfield, Mark
13 11:52 Shuman, Fred	87 14:40 Hembree, Wayne	161 16:40 Lee, Grace	235 20:35 Shehadi, Sr., Paul	308 29:26 Richardson, Lori
14 11:54 Straffella, Richard	88 14:45 Solomon, Carl	162 16:41 Unger, Glenn	236 20:41 Staples, Ernie	308 29:26 Brooks, Steven
15 11:58 Hughes, Peter	88 14:45 Dent, Carolyn	237 20:48 Comiso, Joey	237 20:48 Comiso, Joey	311 29:27 Bellantoni, Linda
16 12:00 Miller, Kevin	90 14:46 Plummer, Thomas	238 21:06 Pandelides, John	238 21:06 Pandelides, John	312 29:29 Scopin, Margarita
17 12:01 Weiss, Richard	91 14:47 Backe, Richard	239 21:08 Matysiak, Conrad	239 21:08 Matysiak, Conrad	313 29:39 Susskind, Joel
18 12:02 Coyle, Steven	92 14:48 Hawley, Eldon	240 21:15 Flynn, Karen	240 21:15 Flynn, Karen	314 29:53 Bryson, Bobbie
19 12:05 Matthiesen, Todd	92 14:48 Yin, Lo I	241 21:16 Pelissier, Elouise	241 21:16 Pelissier, Elouise	314 29:53 Bryson, Bobbie
20 12:06 Herman, Paul	92 14:48 Padilla, Patrick	242 21:24 Silverman, Joseph	242 21:24 Silverman, Joseph	316 29:54 Swope, Janice
21 12:07 Reardon, James	95 14:49 Weng, Chi	243 21:33 Lee, Rebecca	243 21:33 Lee, Rebecca	316 29:54 Gray, Robin
22 12:08 Mandl, Daniel	95 14:49 Pulkkinen, Ken	243 21:33 Ryan, Joe	243 21:33 Ryan, Joe	318 30:08 Hayner, Jeanne
23 12:10 Russell, Randy	97 14:50 Allegrino, Americo	245 21:44 Liu, Antony	245 21:44 Liu, Antony	319 30:10 Davis, Carmen
24 12:13 Bowles, Ron	98 14:51 Allison, Walt	246 21:55 Matthiesen, Tom	246 21:55 Matthiesen, Tom	320 30:14 Slavinski, Patricia
25 12:19 Zanni, Karen	99 14:55 McClellan, Michael	247 22:11 Houser, Anne	247 22:11 Houser, Anne	320 30:14 Das, Nora
26 12:23 Cox, Lucien	99 14:55 Linstrom, Loren	248 22:23 Kund, Donna	248 22:23 Kund, Donna	320 30:14 Powell, Belinda
27 12:26 Will, John	101 14:57 Gwynn, Tom	249 22:32 James, Mary	249 22:32 James, Mary	323 30:22 Kallenbaugh, Susan
28 12:28 Bell, Claude	102 14:58 Dolan, Ken	250 22:37 Wilson, Mark	250 22:37 Wilson, Mark	324 30:40 Blodget, Herb
29 12:29 Etchison, Jim	103 14:59 Prettyman, Jill	251 22:39 Clark, Jim	251 22:39 Clark, Jim	325 30:57 Briggs, Wendie
30 12:32 Bengston, Charles	104 15:01 Greatorex, Scott	252 22:45 Miller, Karen	252 22:45 Miller, Karen	326 31:11 Lekebusch, Doli
31 12:35 Allen, Dale	105 15:02 Marquez, Antonio	253 23:00 Ueber, Joanne	253 23:00 Ueber, Joanne	326 31:11 Turkiewicz, Jan M.
32 12:36 Austin, Phil	106 15:03 Weiss, Mike	254 23:08 Barnard, Marjorie	254 23:08 Barnard, Marjorie	328 31:25 Pearl, John
33 12:41 Hund, Michael	107 15:06 Gire, Carey	255 23:09 McMillin, Mark	255 23:09 McMillin, Mark	328 31:25 Prado, Helen
33 12:41 Lutz, Bob	107 15:06 McQueen, Jeffery	256 23:29 Ross, Joyce	256 23:29 Ross, Joyce	328 31:25 Staub, Carolyn
35 12:44 Phillips, Bob	109 15:08 Moe, Rud	257 23:44 Johns, Alan	257 23:44 Johns, Alan	328 31:25 Zibron, Paulette
36 12:51 O'Malley, Jim	110 15:10 McCullough, Kent	258 24:01 Centa, Alan	258 24:01 Centa, Alan	332 31:26 Kunde, Virgil
36 12:51 Bukowski, Mike	111 15:11 Bertsch, David	259 24:13 Johnson, Pat	259 24:13 Johnson, Pat	333 31:29 Shoe, Mary Ellen
38 12:54 McKim, John	112 15:14 Esfandiari, Pashang	260 24:24 Snyder, Karen	260 24:24 Snyder, Karen	334 31:32 Ponder, Shirley
39 12:59 Volz, Stephen	112 15:14 Esfandiari, Mary Ann	261 24:25 Watson, Stan	261 24:25 Watson, Stan	335 32:05 Read, Shirley
40 13:00 Glubke, Scott	114 15:15 Durback, Gerard	262 24:29 Ferlazzo, Kevin	262 24:29 Ferlazzo, Kevin	336 32:06 Namkung, Cookie
41 13:01 Fink, Dale	114 15:15 King, Joe	263 24:42 Penc, Richard	263 24:42 Penc, Richard	337 32:08 Chu, Huai-Pu
42 13:06 Dube, Maury	114 15:15 McClanahan, Timothy	264 24:47 Goodman, Nancy	264 24:47 Goodman, Nancy	338 32:09 Cronkite, Sandee
43 13:09 Jeletic, James	117 15:18 Newlon, Doug	265 25:09 Dolby, Milena	265 25:09 Dolby, Milena	338 32:09 Bonas, Sherry
44 13:12 Feild, Tom	117 15:18 Michalik, John	266 25:10 Orme, Patricia	266 25:10 Orme, Patricia	340 32:10 Smith, Joel
45 13:14 Harder, Eric	119 15:19 Woodward, Robert	267 25:31 Wimbush, Debra	267 25:31 Wimbush, Debra	341 32:11 Predmore, Roamer
46 13:15 Healy, Mark	120 15:20 Jones, Phil	268 25:34 White, Jodi	268 25:34 White, Jodi	342 32:37 Masiec, Shirley
46 13:15 Strang, Robert	121 15:24 Skillman, William	269 25:40 Abresh, Debra	269 25:40 Abresh, Debra	343 33:43 Pumphrey, Karen
48 13:16 Ward, Douglas	122 15:26 Gatto, Joe	270 25:43 Jackson, Donna	270 25:43 Jackson, Donna	344 34:42 Ishizuka, Daisy
48 13:16 Birsa, Frank	122 15:26 Davis, George	271 25:44 Afram, Lan	271 25:44 Afram, Lan	344 34:42 Bloemker, Christine
50 13:19 Deutschmann, Julie	124 15:30 Negri, Andrew	272 26:04 Chase, Greg	272 26:04 Chase, Greg	346 38:20 Siry, Joe
51 13:22 Bigel, Arlene	125 15:32 Chovitz, Bernard	273 26:21 Sarada, Chintala	273 26:21 Sarada, Chintala	346 38:20 Gloersen, Per
51 13:22 Orbock, David	125 15:32 Chabot, Richard	274 26:28 Tingley, James S.	274 26:28 Tingley, James S.	348 42:07 Dehne, Kimberly
53 13:26 Schwabe, John	127 15:35 Garay, Jody	274 26:28 Smith, Rosanne	274 26:28 Smith, Rosanne	348 42:07 Knott, Cheryl
54 13:29 McClanahan, Richard	128 15:42 Cleveland, David	276 26:40 Mason, Carolyn	276 26:40 Mason, Carolyn	
55 13:33 Mahaffy, Paul	129 15:49 Loiacono, John	277 26:47 Burton, Bill	277 26:47 Burton, Bill	
56 13:36 Perkins, Mike	130 15:50 Lowman, Paul	278 26:58 Lee, S. Yen	278 26:58 Lee, S. Yen	
57 13:37 Kozu, Toshiaki	131 15:53 Sharpe, Deborah	279 27:01 Farmer, Robert	279 27:01 Farmer, Robert	
58 13:40 Viens, Michael	132 15:56 Devlin, Dick	280 27:03 Nelson, Elaine	280 27:03 Nelson, Elaine	
59 13:42 Trexel, Harry	133 15:57 Seivold, Alired	281 27:10 Buchanan, Cheryl	281 27:10 Buchanan, Cheryl	
60 13:45 Watterson, Michael	134 15:58 Garvis, Michael	281 27:10 Gray, Charlie	281 27:10 Gray, Charlie	
61 13:48 Schatten, Kenneth	134 15:58 McDonnell, Robert	283 27:13 Pierce, Fred	283 27:13 Pierce, Fred	
62 13:50 Vogenitz, Bill	134 15:58 Hasler, Fritz	284 27:20 Jones, Cheryl	284 27:20 Jones, Cheryl	
63 13:53 Voellmer, George	137 15:59 Thieman, James	285 27:47 Johnson, Barbara	285 27:47 Johnson, Barbara	
63 13:53 Spiess, Bob	138 16:01 Andrews, Daniel	285 27:47 Mazar, Raymond	285 27:47 Mazar, Raymond	
65 13:55 Jones, Jeffrey	139 16:02 Kirwan, Emil	287 27:53 Matthews, Iredell	287 27:53 Matthews, Iredell	
66 14:00 Fung, Edwin	140 16:03 Hui, Peter S. P.	288 27:58 Sheridan, Joanne	288 27:58 Sheridan, Joanne	
67 14:08 Parkinson, Claire	141 16:04 Kitchelt, Karl	288 27:58 Colony, Joe	288 27:58 Colony, Joe	
68 14:11 Heymsfield, Gerald	142 16:06 Omidvar, Kazem	290 28:09 Mead, Jaylee	290 28:09 Mead, Jaylee	
69 14:15 Talcott, Russ	143 16:10 Bierbower, Bill	291 28:24 Bogert, John	291 28:24 Bogert, John	
70 14:16 Tucker, Compton	144 16:12 Fairfield, Donald	291 28:24 Endres, Daniel	291 28:24 Endres, Daniel	
71 14:17 Mack, Donald	145 16:15 Bowser, Jeff	293 28:34 Hilsenrath, Ernest	293 28:34 Hilsenrath, Ernest	
72 14:18 Bichell, John	145 16:15 Dugan, Thomas	294 28:41 Forrester, Judy	294 28:41 Forrester, Judy	
73 14:19 Higgins, R. Wayne	147 16:17 Lehair, William	295 28:44 Bartley, Deborah	295 28:44 Bartley, Deborah	
73 14:19 Espenak, Fred	148 16:18 Krise, James	296 28:50 Spinolo, Chris	296 28:50 Spinolo, Chris	

## Team Results - April 13, 1988 Fun Run

Rank	Score	Team Name	Team Captain
1	95.48	Fleet-Of-Feet	Tom Matthiesen
2	129.00	SAR/STX Quasars	Bob Lutz
3	129.77	Out to Launch	Joan Rattigan
4	136.27	Multi-Sat Bldg. 14	
5	150.00	Flight Dynamics (Code 550)	Dick Strafella
6	225.54	Building 2 Bullets	Mary Esfandiari
7	341.00	Tons of Speed	
8	437.47	Flight Software on the Run	David McComas
9	654.24	The Exotic Materials (Code 313)	Kitty Ackerman
10	732.04	Oceans and Ice Branch (671)	Nancy Maynard
11	765.43	Communicators (Mostly 543)	Emil Kirwan
12	816.90	UARS Fun Team	Fred Kallmeyer

## TEN KILOMETER RESULTS

So far we have a total of 73 participants in this somewhat less "fun" event--at least as defined by those who seldom jog more than 2 miles. Rich Fulton is the leader at 34:26; David McComas second at 36:40, and Eric Nielsen third at 37:46. Claire Parkinson leads the female side with 47:12, followed by Mary Ann Esfandiari at 53:42 and Kathy McMillin at 54:43.

Complete results for the two-mile, ten-km, and team competitions are posted in the Fitness Lab. Intercenter results will be posted there and reported in this newsletter when they are available. The deadline for submitting our results to the central computer is May 15, and it usually takes a few weeks after that to get the combined results.

## GSFC 10KM RESULTS

1 34:26 Fulton	Richard M	26 47:10 Espenak	Fred	51 54:15 Davis	George
2 36:40 McComas	David	27 47:12 Parkinson	Claire	52 54:27 Walker	Greg
3 37:46 Nielsen	Eric	28 47:35 Schatten	Kenneth	53 54:43 McMillin	Kathy
4 38:25 Camper	Larry	29 47:44 Henderson	Donald	54 55:14 Skillman	William
5 39:13 Hughes	Peter	30 48:00 Schmidt	Bruce	55 56:39 Hasler	Fritz
6 39:34 Strafella	Richard	31 48:03 Talcott	Russ	56 56:48 Garvis	Michael
7 39:55 Bowles	Ron	32 48:33 Higgins	R. Wayne	57 57:55 Mitchum	Dan
8 40:00 Weiss	Richard	33 48:45 Kraemer	Bob	58 58:20 Garay	Bill
9 40:05 Mandl	Daniel	34 48:55 LaBel	Kenneth	59 58:34 Johnson	Bert
10 41:27 Phillips	Bob	35 49:12 McClanahan	Richard	60 58:45 Samoviski	Daniel
11 41:53 Bell	Claude	36 49:13 Allison	Walt	61 58:54 Melcher	Raymond
12 42:12 Allen	Dale	37 49:31 Ming	James	62 59:36 Humphrey	Gene
13 42:27 Etchison	Jim	38 49:34 Samuelson	Robert	63 60:04 Ridall	Melanie
14 43:12 Bengston	Charles	39 50:41 Elliott	Rex	64 61:12 Lengenfelder	Franz
15 43:27 Dube	Mauray	40 50:45 Weng	Chi Yuan	65 61:18 Griffin	John
16 43:32 Christopher	Paul	41 50:47 Backe	Richard	66 62:32 Lee	Grace
17 44:15 Strang	Robert	42 50:57 McClellan	Michael	67 63:49 Wall	James
18 44:20 Hund	Michael	42 50:57 Tomimovich	John	68 64:20 Harris	Deborah
19 44:35 Brown	Ken	44 51:06 Dolan	Ken	69 77:23 Walch	Carl
20 44:37 Schwabe	John	45 51:24 Linstrom	Loren	70 77:23 Kolos	Diane
21 44:38 Orbock	David	46 52:55 Laudadio	John	70 83:35 Smith	Philip T.
22 45:30 Glubke	Scott	46 52:55 Hui	Peter S. P.	71 85:13 Uber	Joanne
23 45:44 Griffin	George	48 53:42 Esfandiari	Mary Ann	72 86:48 Jellison	Jane
24 45:54 McCumber	Michael	49 53:49 Chabot	Richard	73 100:40 Goodman	Nancy
25 47:01 Fung	Edwin	50 54:09 Maloney	Michael	73 100:40 Cesta	Alan

## RESULTS - ORIENTEERING MEET AT GREENBELT PARK, MARCH 6

A number of GROC members took part in the Orienteering Meet held at Greenbelt Park by the Quantico Orienteering Club (National Capital Orienteers) in March. A beautiful early spring day tempted over 100 people to come try the various courses designed by GROC member Hilary Cane. Notable among the finishers was the GROC team of Voellmer and Winterfeld who finished second on the Orange course out of 27 starters.

The standard orienteering courses cover a range of lengths and difficulties, ranging from White, for beginners, through Yellow and Orange, for intermediate level orienteers, to Red (long) and Green (short) difficult courses for advanced navigators.

The next meet will be Sunday, May 8 at Wheaton Regional Park, under the direction of Joanne Uber (6-8649). Beginners are welcome, instruction and compass rental will be available. Give it a shot!

### O-Meet Results - Greenbelt, March 6, 1988

#### WHITE 1.9km 7 controls

David Hendrickson 23:07  
(Explorer Post 250)  
Jorn Daub (EP 250) 24:00  
Clint Schueler (EP 250) 27:57  
Kathy McAllister 36:55  
Rav & Jan Pratt 38:00  
Keep family 39:00  
Susan Komoroske & fam. 39:54  
Melanie & Denise Worley 41:55  
John Hatlelid 45:30  
Bridget Bobowiec (USNA) 50:47  
Maria Rubalcaba &  
Jessica Huggins 52:35  
Brian Jones & group 55:29  
Sandra Farkas &  
Kathleen Stoll 58:00  
Dale Allen (GROC) 58:11  
Lee Andring 72:50  
Charles Buettler 79:48  
George & Marykae Clayton 96:00  
Don & Jan Nerkowski 117:19  
Heather Crawley, Staci  
Burns & group 6 controls

#### YELLOW 3.0km 7 controls

Clint Schueler 52:41  
Jorn Daub 70:14  
Kathy & Ron Mowbry 85:35  
Meg Prior 89:20  
Daniel Hadley 90:50  
David Hunter 102:20  
Margaret Eggers &  
Russell Stewart 112:00  
David Hendrickson 115:49  
Jane Mandelbaum 119:50  
Fred Huegel (GROC)  
& Cub Pack 758 122:50  
Tom Yusko (CP 758) 123:00  
Bryan & Keith Cleveland  
(GROC) 131:35  
John Raeder 159:42  
John P. Raeder 161:42  
Laurence Thayer 5 controls  
David Samson 4 controls  
Rick & Eddie Gutierrez 3 controls  
Theresa McCracken

#### GREEN 4.4 KM 11 controls

Jane Jellison (QOC/GROC) 127:03  
Kathleen Weber 137:05  
Sid Sachs 144:30  
Sue Izzo 9 controls  
Keg Good 8 controls

#### ORANGE 5.2 km 9 controls

John Studach 59:54  
Voellmer & Winterfeld(GROC) 61:27  
Matt Scott (DVOA) 66:05  
Scott Kiefer (JMUOC) 67:59  
Steve Kurtz (JMUOC) 76:59  
Don Velsey 80:14  
W. Goodwin & R. Holstein 81:34  
Bill Johnson 83:41  
Bob Eaheart 88:30  
Richard Leonard 106:30  
Olivia Pickett 107:42  
Michael Viens (GROC) 110:17  
William Cooney 110:55  
Martha Strauss &  
Nasser Abboam 117:45  
Bob Luersen 119:10  
Marit Beecroft (jr) &  
Sandy Fenton 123:32  
Linda Ferguson (GAOC) 126:37  
Mitchell & Elaine Davis 131:20  
Kalshoven & Giffen(GROC)131:25  
Barb & Dale Brown 134:05  
Michael Swanson &  
Robert Jones 159:00  
Victoria Velsey 6 controls  
Alex McAllister 5 controls  
Steve McAllister 4 controls  
Phil McAllister 4 controls  
Bert & Carol Johnson (GROC)  
4 controls  
Paul Worley 4 controls

#### RED 6.5 Km 14 controls

Eric Weyman (DVOA) 61:21  
Johan Ivarsson (Sweden) 62:07  
Stephen White 71:17  
Tom Delaney 75:12  
Peggy Dickison (OK) 76:27  
Don Davis 78:21  
Jan-Olof Eriksson (Sweden) 80:21  
Charles Ferguson (GAOC) 111:52  
Kris Harrison 117:28  
Jeff Scott (DVOA) 120:27  
John Ceccherelli 130:45  
Ted Good 149:20  
Graeme Ackland (DVOA) 152:09  
Kenneth Harshbarger  
& Dean Cerny 153:25  
Clare Durand 155:57  
Roger Schoessel &  
Richard Painter 172:15  
Tim Cunningham 222:20  
James Cricks 13 controls  
Christy Huddle 9 controls  
Marit Beecroft 9 controls  
John Vierow 8 controls  
Stuart Parker 6 controls  
Mark McLinden 3 controls  
Clay Williams 3 controls

## A BIT OF HISTORY...

Joan Rattigan

We had another great turnout for this spring's fun run. 349 runners ranging in age from 8 years to 67 years completed the 2-mile course, and a number of GROC best times were set. Winning for the men, for the 7th time out of 9 tries, was Ed Boggess with a time of 9:52. This broke the record in the men's 30 - 34 year category by 22 seconds! How does he do it?! Winning for the women was newcomer Karen Zanni with an impressive 12:19 - just 9 seconds off the fastest Goddard women's 2-mile time! We'll be looking to Karen for more great times in future runs. As for the other end of the spectrum, a new women's best was set for time to complete the course in 42:07 - that's 42 seconds past the previous mark. The men's time was 38:20 - not even close to the slowest time of 40:48 set in fall 1984.

In the team competition, CSC's Fleet of Feet came up a winner on two accounts. They had 68 runners finish the course with the top five totalling 95.48 points (I don't know if 68 finishers for one team is a record, but it must come close!). SAR/STX Quasars came in second with 125.00 points and 22 finishers, with 'that other CSC team', Out To Launch, coming in a close third with 125.77 points and 27 finishers. What fun! Congrats to all finishers!!

We'll have more fun facts and figures next time. If you have any questions you'd like answered or any GROC records you'd like more info on, give me or Gincy a call and I'll let you know what I come up with. And remember, any GROC memorabilia you may have would be greatly appreciated and promptly returned. Thanks and happy running !

## Soles to Seoul Update (as of May 01, 1988)

compiled by Mark Wilhelm

<u>Team</u>	<u>Miles</u>
Easy striders	7726.25
Mostly 7	5592.30
Seoul Searchers	5569.85
Limping Lizards	5507.10
Fleet of Feet	5485.10
Team International	4834.00
Nite Crawlers	4644.85
Pea Swipers	4304.00
Team Wallops	3973.00*
Tokyo Rose & Thorns	3899.90
Feet First	3210.20
Safety Saves	2856.50*
Dare Devils	1661.35
Space Walkers	1260.30
Orient Express	388.00*
BZCQ's	278.00*

\*No mileage reported for March and/or April

Editor's comment: All of you who have been running/jogging but have not been reporting your mileage please do so as soon as possible. Turn in your records to Mark!

## NEWS/ANNOUNCEMENTS

### Upcoming Newsletter Schedule

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

<u>Issue</u>	<u>Deadline</u>
June 1988	May 25
July/August 1988	July 5 (note change)
September 1988	August 24
October 1988	September 23
Nov/Dec 1988	November 7

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 or call Jane Jellison (68563) for help in transferring your PC files to MacWrite.

### HELP WANTED

Jane Jellison

Are there any dBaseIII+ programmers among you who would like to help to organize the Club's databases and programs so that somebody other than me can do some of the data entry, label printing, and report production? I started out some five years ago in dBaseII, and wrote a few programs and tried to generate a menu-driven application, but I did not try too hard (I know next to nothing about programming), and before I was halfway done it was time to convert to dBaseIII+. Some of the programs converted o.k., and some did not. I work mostly from that cute little dot prompt, and have to rediscover how to process race results every six months. If you have any suggestions or would like to help, call me on 6-8563.

### Boston Marathon

Mark Baugh, GROC's sole representative at Boston (as far as we know), completed the historic course in 2:37:54, placed 236th in a field of around 8000 registered runners. Congratulations.

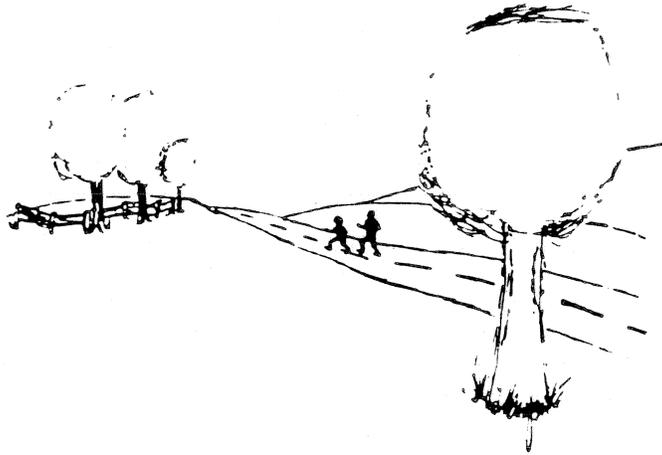
### Thanks to all Fun Run Volunteers!

A hearty thanks from GROC and Therese Madden, Fun Run Volunteer Coordinator, to all the Spring '88 volunteers:

Race Day Registration - Jane Jellison, Joanne Uber, Paul Guy  
Water Stop - Kitty Ackerman, Ben Seidenberg  
Refreshments - Cindy Thornberry, Carl Wagenfuerher, Barbara Vargo  
Finish Line - John Sissala  
Select Timers - Mike Lodomirak, Donna Fortunat  
Tape Recorder Timer - Cindy Stoltz  
Packer - Joel Jermakian, Tim Carnahan  
Order of finish - Perry Collins, Bernie Pagliaro  
Cards - Tammie Johnson, Sharon Bland, Claire Grasso  
Ribbons - Susan Holweck, Kim Wilson  
Chronomix Timer - Bernie Gonciarz  
Mile Splits - Mike Loera, Jack Van Zant  
Emergency Medical Technicians - Jack Van Zant, Larry Pratt, Mike McNeill

**Attention all runners:**

Please let Therese Madden (Fun Run Volunteer Coordinator, Code 287) know your thoughts concerning the Fun Run, i.e. comments, helpful suggestions, for the Fall Run. She really does take your input seriously. Thanks.



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**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
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Newsletter Editor.....	Grace Lee	286-5762
Membership Coordinator.....	Jane Jellison	286-8563
Race Director.....	Fred Shuman	286-9080

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!!! KEEP THIS FLYER -- GOOD FOR REDUCED ENTRY FEE !!!



## WHAT IS ORIENTEERING?



ORIENTEERING is an aerobic sport -- very popular in Europe -- but little known in the United States.

ORIENTEERING is finding your way over all kinds of terrain (roads, trails, woods, fields) using a map (and sometimes a compass) to guide you.

ORIENTEERING gets you close to nature -- see birds, wildlife, trees, wildflowers while you get an aerobic workout.

ORIENTEERING can be pursued at all levels of aerobic intensity: walking, jogging, running.

ORIENTEERING takes place at skill levels ranging from beginner (following trails) to expert (using a compass to find your way through the woods).

ORIENTEERING uses your head as well as your legs and heart -- that's why we call it "Cunning Running."

ORIENTEERING features small fields. A good effort puts you in the top ten instead of the top 500.

ORIENTEERING is an ideal family sport. Because of the variety of skill and intensity levels, ORIENTEERING is enjoyed by people from 3 to 83. Yet, superbly-conditioned ORIENTEERING athletes gather regularly for national and world competitions (including elite Washington orienteers).



## UPCOMING ORIENTEERING EVENTS



We hope you will join us this spring at ORIENTEERING events which feature beginner courses:

April 23 and 24 -- Riverbend Park, VA (Exit 13 from I-495. Go west 4.5 miles. Pass turn for Great Falls Park. Turn right on River Bend Road. Go 2 miles and follow red and white signs to parking area.)

May 8 -- Wheaton Regional Park, MD (Exit I-495 at Georgia Ave. North on Georgia. Turn right on Arcola Ave. Keep in right lane and follow red and white signs to start area.)

May 22 -- Fountainhead Regional Park, VA (Exit I-95 at Exit 53, 10 miles south of Beltway. West on Rt. 123 past Occoquan, VA for 5 miles. Turn left onto Hampton Rd. for 4 miles and follow red and white signs to parking area).

No preregistration for any event. Register and start anytime between 12 and 2 p.m. Experienced orienteers will be available to answer your questions. For further information call Marit Beecroft (703) 471-5854, Hilary Cane (301) 937-5268, Kathy Weber (202) 832-3918, or Francis Hogle (301) 323-2491 (Baltimore area).

THIS FLYER IS GOOD FOR \$1.00 ENTRY FEE AT ANY ORIENTEERING EVENT LISTED ABOVE!  
(USUAL ENTRY FEE FOR NON-CLUB MEMBERS -- \$3.00)

Thomas Winkert  
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