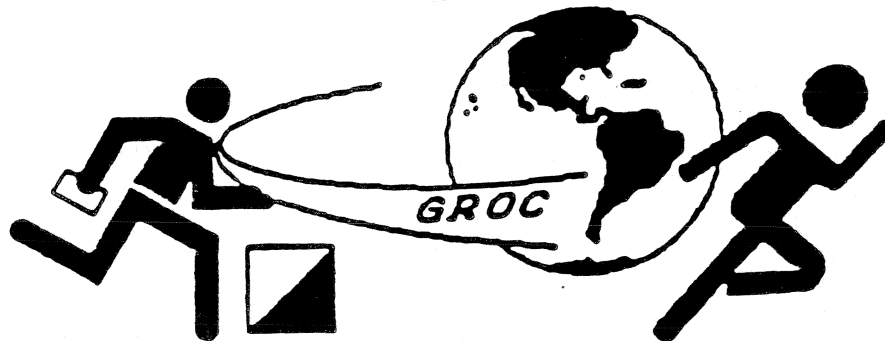


Thomas Winkert  
735.4



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

NEWSLETTER

Nov/Dec 1988



## Thanks, Fun Run Volunteers

Many thanks to those who helped with the Autumn Fun Run:

Publicity: Diane Kolos & Jean Lane

Race Course Prep: John Laudadio, Frank Stocklin, and Harry Trexle

Timers: Bernie Gonciarz, Val Burr, Glenn Stewart and Cindy Stoltz

Finish Line: Joel Jermakian, Tim Carnahan, Harry Trexle, Tammie Johnson, Sharon Bland, Perry Collins, Jo Anne Uber

Water Stop: Mike Roberts

Announcer: Don Haxton

CPR: Jack Van Zant & Rick Stern

1/4 mile split: John Croft

Race Day Registration: Jane Jellison, Jo Anne Uber and Paul Guy

Refreshments: Arlie Long, Colleen Quinn-House, Carl Wagenfuerher, Cindy Thornberry, and Mark Brumfield

Make-ups: Doug Vitagliano, Dick Strafella, and Rex Elliott

Special thanks to Harry Trexle who surprised me by not running in order to "pull the finish line together" for me; Diane Kolos and Jean Lane - the art work and publicity was great!!!; Linda Kelley who faithfully loaned her tape recorder; Mike Roberts who singlehandedly worked the water stop; John Croft who gave accurate splits after much confusion over the walkie-talkie; Jane Jellison for calculating the finishes; Edwin Fung who helped me with several last minute miscellaneous jobs; Richie Weiss for coordinating Security; and Gincy Stezar for her never ending words of wisdom and advice.

Thanks, the Autumn Fun Run was a success because of your efforts!!!

Therese (Terez) Madden  
Race Director

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From the Fitness Lab Files:

The American Cancer Society has found that the physiological symptoms of withdrawal from smoking last only a week but the psychological are much more complicated and lengthy - lasting from weeks to years with the critical period during the first 2 -3 months. (The Fitness Lab has the ACS Guide to Quitting.)

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## 2-Mile Fun Run Results October 12, 1988

1	09:39	Boggess, Ed	61	13:48	LaBel, Kenneth	121	15:22	Schatten, Kenneth
2	09:42	Baugh, Mark	62	13:49	Ray, Michael	122	15:23	Bierbower, Bill
3	10:59	McComas, David	63	13:52	Comberiate, Mike	123	15:25	Samuelson, Robert
4	11:09	Nicholson, Mark	64	13:54	Tiska, Dale	123	15:25	Durback, Gerard
5	11:16	Nielsen, Eric	65	13:55	Jones, Jeffrey	125	15:27	Sims, Douglas
6	11:25	Trout, Bruce	65	13:55	Talcott, Russ	126	15:30	Parkinson, Claire
7	11:32	Potter, Ned	67	13:58	Jones, Phil	127	15:36	Jones, Leon
8	11:37	Palladino, Carl	67	13:58	Helfrich, Daniel	128	15:39	Quinn, David
9	11:39	Mandl, Daniel	69	13:59	Kelly, John	129	15:40	Dayish, Frank
10	11:45	Lundquist, Ray	70	14:04	Welch, John	130	15:41	Russell, Tom
11	11:50	Watt, Jeff	70	14:04	Boyle, Robert	131	15:42	McQueen, Jeffery
12	11:51	Nelson, Paul	72	14:05	Fung, Edwin	132	15:44	Johnson, Winslow
13	11:52	Weiss, Richard	73	14:15	Henderson, Donald	133	15:45	Skillman, William
14	11:56	Reardon, James	73	14:15	Yin, Lo I	134	15:46	Elliot, Rex
15	12:06	Foss, Charles	75	14:17	Perkins, Mike	135	15:49	Matthiesen, Tracy
16	12:12	Shuman, Fred	76	14:25	Krise, James	136	15:51	Drew, Amy
17	12:14	Winkert, Thomas	77	14:26	Hudson, Bill	137	15:54	Grunby, Eugene
18	12:16	Adam, Ramsis	77	14:26	Linstrom, Loren	138	16:01	Dolan, Ken
19	12:18	Etchison, Jim	77	14:26	Bukowski, Michael	138	16:01	Rackley, Mike
20	12:20	Quindlen, Brian	80	14:27	Espenak, Fred	140	16:05	Felice, Ronald
21	12:22	Monroe, Jeffrey	80	14:27	Hembree, Wayne	141	16:07	Greatorex, Scott
22	12:24	Phillips, Bob	80	14:27	Smith, Carl	142	16:09	Samoviski, Daniel
23	12:26	Glubke, Scott	83	14:30	Esfandiari, Pashang	142	16:09	McCullough, Kent
24	12:30	Rodriguez, Edward	84	14:31	Fischer, Brian	144	16:10	Andrews, Daniel
25	12:31	Herman, Paul	85	14:32	Moore, Donald	144	16:10	Bowser, Jeff
26	12:32	Spieess, Bob	86	14:33	Hawley, Eldon	144	16:10	Gietl, Daniel
27	12:33	Bowles, Ron	87	14:34	McPeters, Richard	147	16:13	Kekeisen, Amy
28	12:34	Lutz, Bob	88	14:36	Tomlinovich, John	148	16:17	Clermont, Brenda
29	12:37	Strafella, Richard	89	14:37	Paul, Sunil	149	16:19	Swanhart, Robert
29	12:37	Harvie, Edwin	90	14:39	Pulkkinen, Ken	150	16:20	Michalek, Ted
31	12:38	Coyle, Steven	90	14:39	Jones, Melanie	151	16:23	Poland, Jim
32	12:40	Zanni, Karen	92	14:40	Weiss, Mike	152	16:24	Boon, David
32	12:40	Allen, Dale	92	14:40	Conrad, Tom	153	16:28	Thomas, Charles
34	12:45	Bindschadler, Robert	94	14:42	Esfandiari, Mary Ann	154	16:30	Lane, Jean
35	12:50	McKim, John	94	14:42	Kappler, Jon	155	16:31	Fairfield, Donald
36	12:53	Waterbury, Steve	96	14:44	Paras, Arthur	156	16:34	Davis, George
37	12:55	Tompkins, Steven	97	14:47	Thomas, Walt	157	16:35	Clement, Tom
38	13:00	Bengston, Charles	98	14:48	Watterson, Michael	158	16:37	Hasler, Fritz
39	13:09	Schwabe, John	99	14:49	Holliday, Bill	159	16:40	Devlin, Dick
40	13:10	Arnold, G. Thomas	100	14:50	Plummer, Thomas	160	16:41	Omidvar, Kazem
41	13:14	Schmidt, Bruce	101	14:51	Garay, Bill	161	16:42	Esmacher, Stephen
42	13:15	Birsa, Frank	102	14:52	Allison, Walt	161	16:42	Paradis, Tom
43	13:18	Bell, Claude	103	14:54	Hund, Michael	163	16:44	King, Joseph S.
44	13:19	Camper, Larry	103	14:54	Mondy, Tim	164	16:45	Brown, Kimberly D.
44	13:19	Williams, Lani	105	14:55	King, Richard	165	16:46	Evans, Karen
46	13:23	Wesler, Wayne	106	14:56	Bundas, David	166	16:47	Derro, Rebecca
46	13:23	Hughes, Peter	106	14:56	Koslosky, Jack	167	16:49	Venator, Tom
48	13:24	Dube, Maury	108	14:58	Dew, Howard	168	16:51	Chabot, Richard
49	13:27	Parker, Bradford	108	14:58	Heany, James	169	16:52	Iannuzzi, Rene
50	13:30	Deutschmann, Julie	110	15:01	Nakatsuka, Roy	170	16:54	Kallmeyer, Fred
51	13:32	Jeletic, James	110	15:01	Dell, Greg	171	16:55	Welsh, Jr., Ralph
52	13:33	Stochaj, Steve	112	15:03	Moe, Rud	172	16:56	Cooley, James L.
53	13:35	Brown, Stephen	113	15:06	Jackman, Charles	173	16:57	Stolarski, Richard
54	13:36	Higgins, R. Wayne	113	15:06	Garvis, Michael	174	17:01	Roberts, Mark
55	13:37	Barthelme, Neal	115	15:07	Michalik, John	175	17:06	Peterson, Ralph
56	13:38	Kirwan, Emil	116	15:08	McClellan, Michael	176	17:10	Newlon, Doug
56	13:38	Vogenitz, Bill	117	15:15	Brown, Richard	177	17:12	Sabelhaus, Phil
58	13:41	Griffin, George	117	15:15	Mentall, James	178	17:16	Morrell, Douglas
59	13:42	Eisenmann, Allen	119	15:17	Dent, Carolyn	179	17:18	Schwegmann, Michael
60	13:46	Summa, Robert	120	15:18	Foley, Glenn	180	17:19	McMillin, Kathy

181 17:20	Jacobs, George	247 21:03	Cornell, Cathy	313 28:57	Seidenspinner, Kay
182 17:23	Kennedy, Herbert	248 21:14	Flynn, Karen	314 29:00	Grasso, Clare
183 17:25	Iascone, Dominick	249 21:21	Redd, Annamarie	315 29:10	Slavinski, Patricia
184 17:26	Jung, Song	249 21:21	Kurzmilller, Louis	316 29:12	Odom, Victoria
185 17:31	Walker, Greg	251 21:22	Steinberg, Sandee	317 29:25	Schmidt, Rosemary
186 17:38	Hibbard, Bill	252 21:24	Penc, Richard	317 29:25	Boquist, Carol
186 17:38	Swank, Jean	253 21:25	Stallings, Gregory	317 29:25	Chu, Huai-Pu
188 17:42	Hinton, Devon	254 21:26	Guit, Bill	320 29:37	Reardon, Kathy
189 17:50	Deily, John	255 21:27	Shehadi, Sr., Paul	321 29:38	Smith, Joanne
190 17:56	Lewis, Ruthan	256 21:29	Righter, Don	321 29:38	Bishop, Mary
191 17:57	Kilroy, Patrick	257 21:30	Miller, Debra	323 29:41	Robinson, Wayne
192 17:59	Courttillet, Deanna	258 21:38	Solomon, Carl	324 29:49	Schmitt, Mark
193 18:02	Rosenberg, Jean	259 21:59	Orme, Patricia	325 29:51	Das, Nora
193 18:02	Thomas, Louis	260 22:00	Cohen, Mike	325 29:51	Lennon, Matt
195 18:03	Cleveland, David	261 22:12	Centa, Alan	327 30:03	Perry, Paula
196 18:11	Gutierrez, Ana	262 22:26	Kardatske, Owen	327 30:03	Powell, Belinda
197 18:12	Simmons, Ted	263 22:33	Woodyear, Billy	327 30:03	Bauernschub, John
197 18:12	Oberright, John	264 22:35	Lesko, John	330 30:05	Mannion, James
199 18:16	Bourne, Joseph	265 22:43	Clark, James	331 30:08	Fitzkee, Archie
200 18:22	Humphrey, Gene	266 22:51	Burton, Bill	332 30:09	Salvi, Paula
201 18:23	Butts, Bradford	267 22:52	O'Malley, Jim	332 30:09	Sen, Ellen
202 18:25	Malloy, Sophia	268 22:58	McMahon, John	334 30:14	McMurtry, Evelyn D.
203 18:27	Benas, Sherry	269 23:15	Chase, Greg	335 30:37	Thompson, William
204 18:42	Peters, Frank	270 23:23	Ross, Joyce	336 30:38	Gownley, Barbara
205 18:46	Frederickson, Robert	271 23:39	Hinkal, Sanford	336 30:38	Pierce, Lillian
206 18:50	Squibb, Darlene	272 24:23	Studwell, Aaron	338 30:52	Buena, Lettie
207 18:55	Wise, Spence	273 24:34	Walch, Carl	339 30:56	Bryson, Bobbie
208 18:57	Broadus, Susan	274 24:39	McGuinness, Elizabeth	339 30:56	Mansell, Iva
209 19:01	Lee, Grace	275 24:57	Drezek, Erica	341 31:06	Oliversen, Ron
210 19:04	Roberts, Carl	275 24:57	Emmel, Mary	341 31:06	Vollmer, Margo
210 19:04	Pingitore, Nelson	277 24:59	Eakins, Lorrie	343 31:14	Douds, Dave
212 19:05	Matysiak, Conrad	278 25:04	Bryan, Robin	343 31:14	Scott, Barbara
213 19:06	Marcet, Felix	279 25:12	Marcus, Charles	345 31:23	Svendson, Barbara
214 19:23	Silverman, Joseph	280 25:22	Dolby, Milena	346 31:41	Drexler, Mona
215 19:27	Martin, Pilar	281 25:29	Rollins, Everdean	347 31:42	Mead, Jaylee
215 19:27	Farmer, Rodney	282 25:35	Pumphrey, Karen	348 31:50	Salmon, Ellen
217 19:29	Johns, Alan	283 25:36	Mazur, Raymond	348 31:50	de Fainchtein, Rosalinda
217 19:29	Matthiesen, Tom	284 25:50	Matthews, Iredell	350 32:15	Scopin, Margarita
219 19:35	Eiserike, Elodie	285 26:41	Doria, Cristina	351 32:25	Rich, Patricia
219 19:35	Eiserike, Howard	286 26:42	Watson, Stan	351 32:25	Reid, Pamela
221 19:39	Melcher, Raymond	287 26:57	Bloemker, Christine	353 33:03	Lambert, Barbara
222 19:45	Alexander, Briggitt	288 27:03	Blodget, Herb	354 33:04	Blom, Barbara
223 19:49	Middleton, Henry	289 27:19	Carter, Mary	354 33:04	Ford, Floyd
223 19:49	Brooks, Steven	290 27:21	Endres, Daniel	356 33:05	Browning, Ron
225 19:51	Wilheit, Tom	290 27:21	Bogert, John	357 33:40	Painter, Cathy
226 19:59	Kolos, Diane	292 27:22	Chintala, Sarada	357 33:40	Chernof, Darlene
227 20:01	Kotecki, Carl	293 27:49	Bartley, Deborah	359 34:09	Mason, Carolyn
228 20:08	Crowley, Anne	294 27:51	Miller, Ron	359 34:09	Briggs, Wendie
229 20:09	Chinnapongse, Ron	295 27:52	Lekebusch, Dolf	361 34:19	Archer, Kyle
230 20:15	Daugherty, John	296 28:05	So, Maria	362 34:26	Vignali, Angela
230 20:15	Glogover, Roberta	297 28:14	Colony, Joe	362 34:26	Wrathall, Barbara
232 20:16	Houck, Stan	298 28:16	Hubanks, Janine	362 34:26	Bird, Donna
233 20:20	Owings, Jan	299 28:25	Earl, LaDonna	362 34:26	Grady, Kevin
233 20:20	Meetre, Cathie	300 28:26	Rhodes, Robert	362 34:26	Adkins, Carla
235 20:31	Smith, Philip T.	301 28:28	Handley, Kelly	367 34:42	Kraemer, Bob
236 20:39	Martin, Neil	302 28:31	Handley, Kathi	367 34:42	Suddeth, David
237 20:41	Ryan, Joe	303 28:34	O'Leary, Ron	369 34:52	Windsor, Mary L.
238 20:43	Rapp, Colleen	303 28:34	Pendergrass, Vicki	370 35:32	Casey, Carolyn
239 20:44	Disharoon, Maureen	305 28:35	Shaffer, Jr., Fred B.	371 35:33	Ridgeway, Jr., Roland
240 20:46	Dobson, Dorothy	305 28:35	Jones, Cheryl	372 35:39	Hilley, Winifred
241 20:48	Starr, Cindy	307 28:36	Afram, Lan	373 35:44	Newby, Joan
242 20:50	Wall, James	308 28:40	Cole, Frank	374 36:45	Doe, Jane
243 20:52	Staples, Ernie	309 28:44	Franklin, Joann	374 36:45	Cheek, Antoinette
244 20:56	O'Donnell, Hugh	310 28:47	Bellamy, Phyllis	376 37:12	Swope, Janice
245 20:59	Fulcher, Robert	311 28:55	Jackson, Donna	377 37:14	Coffey, Beatrice
246 21:02	Campbell, Charles E.	312 28:56	Mako, Lori	378 37:19	Frost, Joseph M.

During the oppressive summer heat wave the local swimming pool was a popular rendezvous for many, runners included. But what about now that winter is on the horizon? Believe it or not, swimming has more to offer to the runner than just cooling off. It could be said that swimming is an escape from the daily boredom of running, but for sheer excitement these two rank closely together - at the bottom of the spectrum. Also many runners cherish the daily boredom afforded with running. What swimming can do is decrease the occurrence of a major running injury and improve running through improved biomechanics.

A common cause of running injury is pronation. This problem is alleviated somewhat by new and expensive running shoes and their more expensive counterpart, the orthotic. Now almost three-quarter of pronation problems are caused by lack of upperbody flexibility. For a brief explanation follow this short chain of events:

Upperbody torque is caused by inflexibility in the shoulders, which causes the tightness in the chest muscles. This causes the arms to crossover the midline causing the legs to compensate and do the same. The crossover of the legs is responsible for pronation problems.

What does swimming have to do with this? Swimming is a very effective means for increasing the flexibility in the shoulders and chest.

Through the increased flexibility of the upperbody, injuries can be prevented and an improvement in running can also be obtained. Biomechanics, though somewhat individualized, hold the key to running efficiency. Having the legs crossover the midline makes the running stride less efficient. In doing so, the runner has to work harder and with more effort to get from point A to point B. If more convincing is needed, swimming has the added benefits of improving breathing muscles and improving upperbody strength. For most runners, the improved upperbody strength should be reason enough to take a swim.

Taking a swim should be the same as going for a run. Some stretching should be done before taking the plunge. Swim slowly, feeling the stretch in the shoulders and chest. Don't beat the water, but try to feel the hand move through the water. Do whatever stroke desired, as long as it is under control. Elementary backstroke is perfect for stretching the shoulders and breathing muscles. Take breaks at the end of the pool, leave the watch at home, and remember, the objective is to improve running, not swimming.

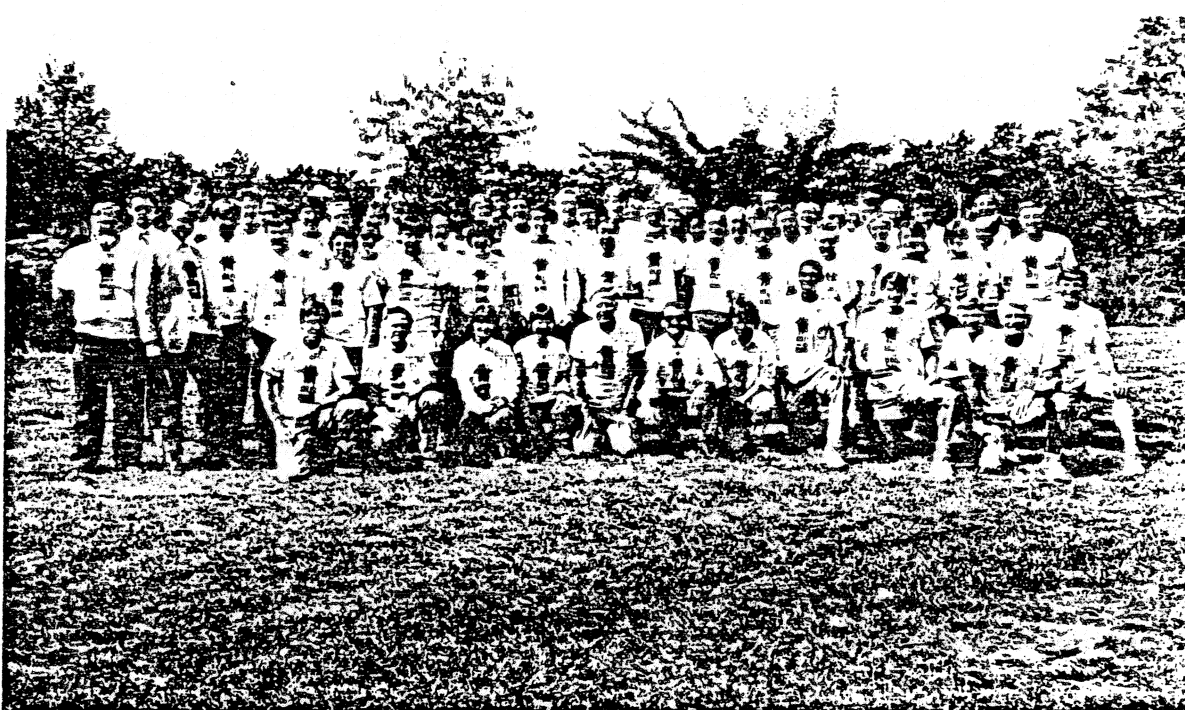
Editor's Note: The author, who wishes to remain anonymous, is a former competitive swimmer and self-proclaimed cynic of running.

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From the Fitness Lab Files:

According to a West German seismologist, DeKarl Holting, if the entire population of China jumped up and down at the same time, the shock would start an earthquake that would level San Francisco and Los Angeles.

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## News/Announcements

### Soles to Seoul Group Picture

Don't you want a copy of the picture to frame? Gincy is placing the order with Goddard News and hoping we will get the pictures before the holidays. The cost is \$1.10 each for those who have signed up and \$1.25 for latecomers (still a great bargain). Only 50 will be ordered, since we have less than 40 on the list now and we need 50 to purchase at \$1.10 a piece (vs. \$3.25 each)! Sign-up now or you might regret later!

### Upcoming Newsletter Schedule

Barring unforeseen circumstances the following is the newsletter schedule for the next several months:

<u>Issue</u>	<u>Deadline</u>
Jan/Feb 1989	January 12
March 1989	February 24
April 1989	March 24

Please observe the deadline! 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. Writers, poets, artists... Are you out there?

### Do you know...

Emil Kirwan, current GROG President, has logged more than 15000 miles within Goddard ever since he began recording in 1975. The 15000 milestone was achieved on July 01 of this year. Congratulations.

## Marine Corps Marathon

The following GROC members completed the Marine Corps Marathon on November 6:

Mark Baugh  
Mary Ann Esfandiari  
Ken LaBel  
Loren Lindstrom  
Mike McCumber  
Jim Mentall  
Kevin Miller  
Fred Shuman  
John Sissala  
Richie Weiss  
Lani Williams  
Lo I Yin

Mark Baugh was the first GROC finisher with a sub-2:40 time, 50th overall. Congratulations.

## New York Marathon

The following GROC runners decided to forego the local race and ran in the NY Marathon instead:

Ramsis Adam  
Claude Bell  
Dan Mandell  
Carl Palladino

## Editor's Column

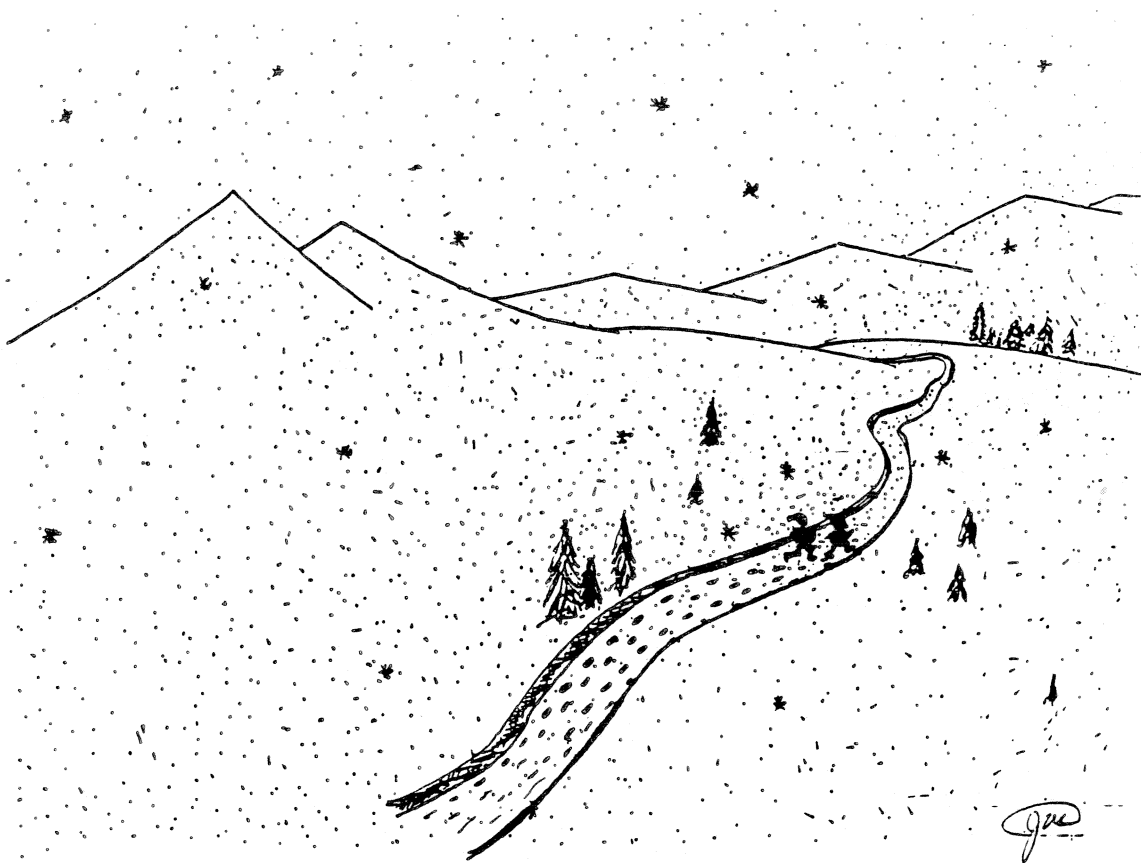
Grace Lee

With this issue we concluded another successful year for our newsletter. We published nine times this year, compared to eleven in 1987. Current plans call for no more than nine issues for 1989, unless there is a resurgence in the enthusiasm so evident last year. Come on folks, are we running out of gas (breath)? Writers, poets, artists...you're all needed!

Once more, we will enter our newsletter for the RRCA Journalism Award - Outstanding Newsletter for Small Clubs competition. In the past only one issue out of the entire year's effort was considered for the award. Assuming everything else being equal, clubs which published quarterly or semi-annually would have an undue advantage over clubs which published more frequently (such as GROC). This year six other issues are to be submitted along with the primary issue, to assure the awards committee that the one being considered is not designed solely for the competition. (See the Fall 1988 issue of *Footnotes*, page 11, for requirements and judgment criteria.) Oh yes, our competition will probably include well-financed, professionally prepared newsletters, such as the winner last year, and clubs which rely on the newsletter as the sole source of communication (more announcements, more points). Regardless, we are proud to present what we have done given all the constraints (funds, manpower) and uniqueness (Fitness Lab, GEWA newsletter, Dateline Goddard, etc.)

We have made some format rearrangement this past year, but I do not contemplate major changes in the newsletter format this coming year. However, I would like to reprint some black and white pictures from ancient times and start a members profile column. Any more suggestions?? Reporters are desperately needed for the expansion. If you have a flair for writing, please volunteer!

# DON'T FORGET TO TRAIN THIS WINTER FOR THE SPRING FUN RUN!



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## GROC Executive Board 1988-1989

Fitness Lab Director (ex-officio) -----	Gincy Stezar	286-6666
President -----	Emil Kirwan	286-8960
Vice President -----	Walt Allison	286-7091
Treasurer -----	Edwin Fung	286-7347
Secretary -----	Jean Lane	286-3063
Historian -----	Joan Unger Rattigan	286-7243
Past President -----	George Griffin	286-5877
Newsletter Editor -----	Grace Lee	286-5762
Membership Coordinator -----	Jane Jellison	286-8563
Race Director -----	Therese Madden	286-4212

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