



GODDARD

RUNNING & ORIENTEERING

CLUB

NEWSLETTER

October 1988



26th NASA Intercenter Postal Competition

2-mile Fun Run: October 12 noon, Building 2

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 11 (the sooner the better, of course; preferably by Friday, October 7) *Please try to register early and register the entire team together!!!*

AWARDS to the following for the October 12 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!!

Put this on your calendar:

Fall Awards Celebration and Picnic

October 20

12 noon

Fitness Lab lawn

Details forthcoming - call Gincy or come to the Fitness Lab

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 designated 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**. Examples: organizational unit, corporation, specific program or project, social or recreational group. **Only runners eligible to score for Goddard in the NASA Intercenter competition are counted toward team scoring: GSFC-Greenbelt civil service employees and retirees, CO-OP students on duty, and on-site contractors.**
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 have a placement point of one and the last female finisher will have a placement point exactly equal to that of the last male finisher.
5. The team score is the sum of the five lowest placement points of the team.

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.

Congratulations to the following teams who endured the freezing chill of winter and one of the hottest summers on record to reach Seoul in time for the opening of the 1988 Summer Games of the XXIV Olympiad (in order of finish):



- Easy Striders
- Fleet of Feet
- Seoul Searchers
- Mostly Seven Wrangling Wrecks
- The Lesser Tang-Tipped Yellow-Legged Pea Swipers
- Limping Lizards
- Nite Crawlers
- Team International
- Tokyo Rose and the Thorns
- Safety Souls
- Team Wallops*
- Feet First*

(*from Wallops. No, they did not have to go the extra distance. They carpooled to Goddard for the start.)

Twelve of the fifteen non-competitive teams successfully ran/walked the 7,496 miles from Goddard to Seoul. Many skeptics felt you were over-reaching to attempt a year-long "stick to it" exercise endeavor, but, you persevered. Once again you proved you have the "right stuff"! The Fitness Lab is still posting monthly mileage charts. (Many of us just cannot afford that stiff airfare to fly back home to Goddard.)

I wondered what those Lesser Tang-Tipped Yellow-Legged Pea Swipers will be doing next... They were such a rowdy bunch of birds, but also a benevolent bunch. They collected \$1196.02 for the Special Olympics along the way to Seoul. (Any one want to help them round that figure off??? Call Debbie Derrick 937-0760 or Gincy on X6666.)

For those of you who did not get your exclusive, professionally designed T-shirt at our Soles to Seoul celebration (Bernie, Jack, Kirk, Peter, and Ralph), you can pick them up in the gym from Gincy or Dave.

A special thanks goes to all who made this event such a success and to the design firm, *Dual Impressions* of Washington, DC, for donating their time and talents to design a shirt befitting our efforts.

(A few stats: First team arrived in Seoul on April 19 - just 7 1/2 months.
The last two teams to arrive in Seoul had a one-month late start.)

From the Fitness Lab files:

Eating OATS to lower your cholesterol level?
Just 2/3's of a cup a day can significantly reduce the "bad" LDL cholesterol. However, beware of oat products that also contain highly saturated coconut oil and egg yolks.

GROC Annual Meeting Minutes

Jean Lane

The 1988 GROC Annual Meeting was held on September 15 from 5:00 to 6:15 p.m.

1) President Report

George Griffin reviewed the GROC successes of the past year and thanked many of the key people for their outstanding contributions. Two great fun runs and GROC finish line clock rentals were among the year's highlights. In addition, George suggested possible new activities for GROC involvement including finish place computational services and an active role in managing the George Washington's Birthday Marathon.

2) Treasurer's Report

Edwin Fung presented the financial report for the time period from September 1, 1987 to August 31, 1988, which was published in the September issue of the Newsletter. Clock rentals has brought in \$140 to the club after operation expenses. This helped to offset this year's \$225 loan repayment to GEWA for the clock.

3) RRCA

John Sissala announced the formation of a new RRCA club in Maryland. The Bowie Road Runners' Club is the twelfth RRCA club in the state. Grace Lee reminded everyone that we have been sending the GROC newsletter to other RRCA clubs in the area and the national officers, and that newsletters from other clubs are available in the Fitness Lab. Members at the meeting generally agree with John Sissala that the advantage of sending our newsletter to RRCA clubs and officers outweigh the cost of mailing.

4) Shower/Restroom Facilities at the Goddard Tennis Courts

Edwin Fung read a letter from the Goddard Tennis Club (GTC) president and fellow GROC member Ken Label. The letter described the Tennis Club's plans for a new shower/restroom facility located near the Goddard tennis courts. The GTC has applied to GEWA for a grant to build the facilities and has requested GROC support. It was agreed by all present that this facility would be useful to runners and may be especially attractive to contractors who do not have access to the Health Unit. However, there was some concern expressed over the security of this building which would be open in the evening and on weekends.

5) 2-Mile Fun Run

The Fall '88 Fun Run will be held on Wednesday, October 12. Therese Madden has volunteered to coordinate the multitude of tasks required to conduct the 2-Mile run.

6) Elections

The nominated slate of officers was announced and unanimously approved. The GROC officers for the upcoming year are:

President	Emil Kirwan
Vice President	Walt Allison
Treasurer	Edwin Fung
Secretary	Jean Lane
Historian	Joan Rattigan

In addition, two new appointed positions are created. Gincy will be the property coordinator and John Laudadio will be the GROC team coordinator.

7) New Race Ideas

Newly elected president Emil Kirwan asked for new ideas for this Fall's fun run. Videotaping of the finish line and employing the center director Dr. Townsend to start the race were suggested and will be pursued.

News/Announcements

Upcoming Newsletter Schedule

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

<u>Issue</u>	<u>Deadline</u>
Nov/Dec 1988	November 10
Jan/Feb 1989	January 12
March 1989	February 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. Obviously, the frequency of newsletter publication and the size of our newsletter are directed related to the volume of contributing items.

Marine Corps Marathon

Runners, please check the Fitness Lab for further information on the hospitality room and refreshment.

Upcoming "Local" Races

The Fitness Lab has the following registration forms:

Oct 16	Pride of Baltimore 5M, Baltimore
Oct 23	Atheletic Express 10K, Gaithersburg
Oct 30	Key School 10K, Hillsmere Shores, Annapolis
Oct 30	Rockville 10K, Montgomery College Rockville Campus
Nov 06	Marine Corps Marathon, Arlington, VA (postmark deadline Oct 13)
Dec 04 (Dec 18)	I-370 Metro 5000 Road Race (this time or never!), Shady Grove Metro Station

Soles to Seoul Group Picture

The group picture taken by Goddard News is now available. Come to the Fitness Lab and take a look! Order your copy now via Gincy. The cost is \$1.10 each for 50 copies or more, \$3.25 each for 49 copies or less. Come on! We had more than fifty participants. Don't you want at least a copy for yourself???

Fun Run Registration

Registration forms have been mail to all members. If you have not received yours, pick one up at the Fitness Lab or GEWA - register and **renew your membership** as soon as possible.

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

Grace Lee
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