



## *The GROC Newsletter*

A Publication of the Goddard Running & Orienteering Club

November/December 1989

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### 2-Mile Fun Run: Team Scoring by Participation

<u>Rank</u>	<u>Finishers</u>	<u>Team Name</u>	<u>Team Captain</u>
1	81	FED UPS	Karen Flynn
2	60	CTA	Virg Cleveland
3	40	Out to Launch	Joan Rattigan
4	28	Procurement Flashes	Frank Dayish
5	27	Speed & Snooze	Mandl/Koslosky
5	27	Space Station	Jean Lane
7	22	Run CSC	Lettie Buena
8	21	Bear Hunters	
9	18	Supersoles	Brenda Clermont
9	18	STX	
11	10	Communicators (mostly 543)	Emil Kirwan
12	9	LTP	
13	8	Read Team Soccer	Kim Brown
14	5	Exotic Materials (Code 313)	Kitty Ackerman
0	3	UARS-(Unconcerned Amateur Run. Soc.)	
Total	377		

## A Little Color on The FUN RUN

Jane Jellison

What color would you like? Probably black and blue for Dan Mandl--do you recall seeing a man with a box on his shoulder crossing the finish line in the neighborhood of 18 minutes? A heavy box? Well, it seems that Dan, a runner of note, got involved in a bet with his Branch Head that he, Dan, could beat the boss, Larry Zeigenfuss, while suitably handicapped. The handicap ended up as Dan carrying six DC phone books around the course while Larry ran unimpeded. Nice try, Dan, but Larry won by 41 seconds and collected a free lunch by doing so. A reliable source says that Dan's problem was not with the extra weight but with its distribution--his arms were killing him. Will we see a man with a backpack next spring trying to get even? Stay tuned. P.S. Dan ran an 11:09 two mile in the makeup, probably not even carrying a little black book.

There were other innovative folks out there that day too. Doug Newlon and Dave Ripley zipped around on roller skates, with Doug taking the honors at 14:07 over Dave's 16:18. Rex and Rachel Elliot strolled off with an undisputed first place finish in the father-pushing-daughter competition with the remarkable time of 15:12. Rachel, age 1, appeared to be enjoying herself as she blew across the finish line about 3 feet ahead of Rex, who was supplying her motive power via a high-tech stroller.

For the record, Dan's time from the Fun Run Day was counted in the team competition, his makeup time will be used in the Inter-center competition, the skaters were disqualified from both on the grounds of unfair advantage, Rex's time is perfectly legitimate, and Rachel's was not counted in team competition but will be entered as a dependent participant (time listed but not counted in final standings) in the Intercenter race. I make these points just in case the same folks who objected a year or so ago to a dog on a leash, wearing a runner's number, being counted in the team standings, are still out there watching us. We here at GROC Central like to play fair! (Though there is nothing on the entry form that asks what species the entrant is.)

While we are on the subject, here are some guidelines for Fun Run and Fun Run Team scoring: a) a competitor must complete the course on his/her own feet with no powered assistance from anyone. The "powered" is put in there specifically to allow such assistance as a sighted person (or dog) guiding a blind person, and to disallow such things as strollers, skates, and whatever else a creative runner might come up with (I had a sudden vision of some team member carrying a bowl of guppies around the course and claiming a team membership of several hundred); b) team competition will be based on Fun Run Day times only--makeups do not count. The idea here is to have conditions equal for all competitors and to encourage maximum turnout on Fun Run Day; c) dependents will be counted for the Fun Run and Team Competition, if they meet the other rules, but are not eligible for Intercenter purposes; d) non-human participants will not count for any scoring purpose but may be listed as dependents in the Intercenter competition. (That should take care of the guppies, guide dogs, and whatever else you Funnners can come up with--go ahead, make my day!)

### 2-Mile Fun Run: Team Scoring by Speed

<u>Rank</u>	<u>Score</u>	<u>Team Name</u>	<u>Team Captain</u>
1	65.54	Out to Launch	Joan Rattigan
2	95.97	Speed & Snooze	Mandl/Koslosky
3	108.00	STX	
4	116.73	Bear Hunters	
5	157.54	Red Team Soccer	Kim Brown
6	179.38	FED UPS	Karen Flynn
7	268.18	Space Station	Jean Lane
8	303.85	Run CSC	Lettie Buena
9	316.34	LTP	
10	329.76	Supersoles	Brenda Clermont
11	367.92	Procurement Flashes	Frank Dayish
12	630.69	Communicators (Mostly 543)	Emil Kirwan
13	801.22	Exotic Materials (Code 313)	Kitty Ackerman
14	916.22	CTA	Virg Cleveland

## 2-Mile Fun Run Results - October 11, 1989

Place	Time	Lastname	Firstname	Place	Time	Lastname	Firstname
1	09:50	Baugh	Mark	73	14:26	Currin	Joseph
2	10:38	Nicholson	Mark	74	14:28	Luquette	Rich
3	11:04	McComas	David	75	14:30	Thieman	James
4	11:18	Bingham	Richard	76	14:31	Nakatsuka	Roy
5	11:38	Barnes	Alexander	77	14:33	Griffin	George
6	11:42	Nolan	Tom	77	14:33	Parker	Phillip
7	11:55	Quindlen	Brian	79	14:36	Dilling	Roger
8	11:58	Hughes	Peter	80	14:38	Spruill	Darian
9	12:03	Main	Earl	81	14:39	Jackman	Charles
10	12:05	Tompkins	Steven	81	14:39	Moore	Donald
11	12:08	Monroe	Jeffrey	83	14:40	Dent	Carolyn
12	12:09	McKim	John	83	14:40	Schmidt	Bruce
13	12:13	Srivastava	Samir	85	14:41	Hembree	Wayne
14	12:18	Glubke	Scott	85	14:41	King	Joe
15	12:24	Richardson	Ian	85	14:41	Schubert	Siegfried
16	12:27	Nelson	Paul	88	14:44	Assaraf	Maurice
17	12:28	Arnold	G. Thomas	89	14:45	Farley	Steve
18	12:31	Seiler	Edward	90	14:47	Esfandiari	Pashang
19	12:37	Meatheringham	Stephen	91	14:48	Hawley	Eldon
20	12:41	Shuman	Fred	91	14:48	Hatfield	Richard
21	12:43	Lutz	Bob	93	14:49	McPeters	Richard
22	12:44	Miko	Joseph	93	14:49	Heller	Trevor
23	12:49	Zanni	Karen	95	14:51	Moe	Rud
24	12:52	Coyle	Steven	95	14:51	Underwood	Stanley
25	12:54	Adam	Ramsis	95	14:51	Jones	Peggy
26	12:55	Spiess	Bob	98	14:52	Tominovich	John
27	12:56	Gross	Brian	98	14:52	Chelluri	Sriram
27	12:56	Rohrbaugh	Dave	100	14:53	Galal	Ken
27	12:56	Bur	Michael	101	14:54	Esfandiari	Mary Ann
30	12:58	Higgins	R. Wayne	101	14:54	Solomon	Carl
31	13:01	Finlayson	Mark	103	14:56	Espenak	Fred
32	13:04	Allen	Dale	104	14:57	Bierbower	Bill
32	13:04	Mantel	Simon	104	14:57	Campanella	Pietro
34	13:05	Deutschmann	Julie	106	14:58	Koslosky	Jack
35	13:06	Roberts	Steve	107	14:59	Chu	Donald
36	13:09	Summa	Robert	108	15:01	McCann	Mary
37	13:10	Burris	John	109	15:03	Hicks	Richard
38	13:15	Kirwan	Emil	110	15:05	Grubb	Thomas
39	13:16	Krise	James	111	15:08	Garvey	Sean
39	13:16	Reeves	Frank	112	15:10	Mentall	James
41	13:20	Renbaum	Jay	113	15:11	Oweis	Majed
42	13:21	Williams	Lani	113	15:11	Plotnick	Gregory
43	13:23	Birsa	Frank	115	15:12	Elliott	Rex
44	13:24	McCumber	Michael	115	15:12	Pickering	Rick
45	13:31	Brown	Stephen	117	15:15	Jones	Antonio
46	13:35	Comberiate	Mike	118	15:16	Savaryn	Linda
47	13:37	Hoffman	Craig	118	15:16	Schnurr	Richard
48	13:39	Gvozdas	Joe	120	15:19	Black	Marcella
49	13:42	Holz	Brian	121	15:21	Busch	Jim
50	13:43	Martin	Todd	122	15:25	Waterbury	Steve
51	13:45	Stevens	Ian	123	15:29	Schweickart	Rusty
52	13:47	Taylor	Thomas	123	15:29	Stolarski	Richard
52	13:47	Weikel	Craig	125	15:30	Chovitz	Bernard
54	13:49	Katsarelis	Stephen	126	15:31	Robinson	John
55	13:50	Orbock	David	127	15:33	DeCampo	Joe
56	13:52	Pulkkinen	Ken	128	15:35	Michalik	John
57	13:53	Dayish	Frank	128	15:35	Groner	Heidi
58	13:57	Welch	John	130	15:36	Thurber	John
59	14:05	Leibee	Jack	131	15:37	Plummer	Thomas
60	14:15	Eisenberg	Dave	131	15:37	Weiss	Mike
61	14:17	Boyle	Robert	131	15:37	Pagano	Stephen
62	14:18	McClanahan	Richard	134	15:39	Saatchi	Sasan
62	14:18	Jones	Leon	135	15:40	Griffin	Tom
64	14:19	VanLandingham	Glenn	135	15:40	Johnson	Curtis
64	14:19	Kinna Cuddahee	Robin	137	15:44	Robeson	Bridget
64	14:19	Walther	Mark	138	15:45	Schmidt	Gregory
67	14:20	Conrad	Tony	139	15:47	Johnson	Winslow
67	14:20	Gustafson	Wayne	139	15:47	Roark	Jim
67	14:20	Carney	Joanne	141	15:51	Andrews	Daniel
70	14:21	Yin	Lo I	142	15:53	Grunby	Eugene
71	14:22	Fischer	Brian	143	15:54	Fadler	Don
72	14:25	Hudson	Bill	144	15:55	Drew	Amy

## 2-Mile Fun Run Results - October 11, 1989

Place	Time	Lastname	Firstname	Place	Time	Lastname	Firstname
145	15:56	Lassiter	Ronald	216	17:44	Wheeler	Michelle
146	15:57	Kelly	John	218	17:46	Obler	Henry
147	15:58	Winterfeld	Doriar	219	17:47	Lorenz	Blake
148	16:01	Derro	Rebecca	220	17:49	O'Donnell	Hugh
149	16:02	Schatten	Kenneth	220	17:49	Butts	Bradford
149	16:02	Mauser	John	222	17:53	Cornell	Cathy
151	16:03	Skillman	William	223	17:54	Staples	Ernie
152	16:04	Blackwell	Gerald	224	17:56	Anderson	Willis
153	16:05	Swank	Jean	225	17:58	Jacobs	George
153	16:05	Thomas	Charles	226	18:00	Mandl	Daniel
155	16:07	Lambertson	Michael	226	18:00	Kramer	Steve
156	16:10	Gitelman	Joe	228	18:05	James	Dennis
157	16:11	Twigg	Larry	229	18:06	Roberts	Debbie
157	16:11	Aschwandi	Markus	230	18:11	Iascone	Dominick
159	16:13	Bruns	Michael	231	18:14	Russell	Carol
160	16:14	Lanasa	Joseph	231	18:14	Hughes	Michele
161	16:16	Rohrbaugh	Richard	233	18:15	Lowman	Paul
162	16:17	Donnelly	Laurie	233	18:15	Ebinger	Cindy
163	16:25	McCullough	Kent	235	18:16	Johnson	Bert
164	16:29	Molinet	Michael	235	18:16	Bulkley	Mary
165	16:30	Durback	Gerard	237	18:21	Donnelly	Michael
165	16:30	Tram	Tuan	237	18:21	Westbrook	Michael
167	16:32	Paradis	Tom	239	18:24	Romani	Paul
167	16:32	Robinson	Gregory	240	18:38	Price	Rosalee
169	16:34	Coccia	Mitchell	241	18:40	Larko	C. Meg
170	16:35	Turner	Chris	242	18:42	Enser	Christopher
171	16:40	Hui	Peter S. P.	243	18:43	Won	Gary
171	16:40	Douglass	Anne	244	18:45	Dowdy	Maurice
173	16:41	Sigman	Clayton	245	18:48	Galia	R. Jeff
173	16:41	Rood	Richard	245	18:48	Lin	David
175	16:42	McCoy	Matt	247	18:54	Meetre	Cathie
176	16:44	Dew	Howard	248	18:56	Kilroy	Patrick
177	16:46	Lengenfelder	Franz	249	19:06	Tetrick	Roger
178	16:47	Merwarth	Phillip	250	19:10	Lawrence	John
178	16:47	Golder	Jim	251	19:11	Walker	Greg
180	16:48	Brown	Kimberly D.	251	19:11	Guerrero	Alfred
180	16:48	Graham	Randolph	253	19:14	Harrison	Joe
180	16:48	McMillin	Kathy	254	19:16	Burzynski	Michael
183	16:49	Steinfurth	Jean-Marie	255	19:17	Wilheit	Tom
184	16:52	Skrabak	Rosalie	256	19:20	Batchelor	David
185	16:53	Nishihama	Mash	257	19:30	Hamilton	Robert
186	16:55	Graf	Charles	257	19:30	Hall	Lisa
186	16:55	Hall	Ben	259	19:31	Lamich	David
188	16:56	Omidvar	Kazem	260	19:32	Thomas	Louis
189	17:03	Grady	Kevin	261	19:33	McCluer	Frank
190	17:07	Dantzler	Andrew	262	19:35	Fulcher	Robert
191	17:08	Schwer	Ken	263	19:37	Parmenter	Mike
192	17:09	Tzeng	T. Nigel	264	19:38	Cleveland	Virg
193	17:11	Bourne	Joseph	265	19:43	Bhathal	Diwan
193	17:11	Clermont	Brenda	266	19:47	Newman-Pape	Nancy
195	17:13	Bowser	Jeff	267	19:49	Green	Barry
196	17:16	Rackley	Mike	268	19:52	Gallun	Joel
197	17:19	Zeigenfuss	Larry	269	19:53	Courtillet	Deanna
198	17:20	Lecourt	Cindy	269	19:53	Westbrook	Robert
198	17:20	Michalek	Ted	271	19:54	Mahmot	Ron
200	17:21	Grillo	Anthony	272	20:02	Haxton	Donovan
201	17:22	Swanhart	Robert	273	20:13	Wharton	Lawrence
201	17:22	Helfrich	Daniel	273	20:13	Frederickson	Robert
203	17:23	Hasler	Fritz	275	20:15	Olsen	Lola
203	17:23	Lane	Jean	276	20:16	Chapman	Paul
205	17:25	Parr	Amalia	276	20:16	Roberts	Jacqueline
206	17:26	Heirtzler	Jim	278	20:20	Eiserike	Howard
207	17:27	Young	Joe	278	20:20	Eiserike	Elodie
208	17:28	Rowton	Shelley	280	20:21	Antonopulos	Beth
209	17:29	Kryszak	Petey	281	20:23	Smith	Philip T.
210	17:31	Miller	Bill	282	20:26	Hwang	Paul
211	17:33	Garay	Bill	283	20:35	Barnes	Keith
211	17:33	Garay	Jody	284	20:41	Roberts	Carl
213	17:35	Ridall	Melanie	285	20:43	Pandelides	John
213	17:35	Long	Arlie	286	20:44	Jones	Kim
215	17:37	Welsh, Jr.	Ralph	287	20:45	Brittian	d. Scott
216	17:44	Vogenitz	Bill	288	20:46	Kardatske	Owen

## 2-Mile Fun Run Results - October 11, 1989

Place	Time	Lastname	Firstname	Place	Time	Lastname	Firstname
289	20:49	Folmer	Wade	358	28:02	Grieve	Susan
290	20:54	Freeman	Clyde	360	28:03	Gormley	Cathy
291	21:00	Davis	George	360	28:03	Gormley	Buddy
292	21:06	Starr	Cindy	362	28:22	Harman	David
293	21:16	Roberts	Nita	362	28:22	McInerny	Pamela
294	21:17	Ryan	Joe	364	28:23	Bauernschub	John
295	21:18	Tatwadhia	Sukhdev (Dave)	365	28:25	Metcalfe	Steve
296	21:19	Contractor	Abbas	366	28:26	Marcus	Charles
297	21:21	Love	Bruce	367	28:28	Hodge	Jack
298	21:35	Gupta	Darshan K.	368	28:29	Clark	Joann
299	21:40	Cover	Chris	369	28:38	Pendergrass	Vicki
300	21:41	Hartman	Susie	369	28:38	Shaffer, Jr.	Fred B.
301	21:56	Garufi	Linda	371	28:41	Taylor	Dave
302	21:57	Kaese	Ronald	372	28:55	Chinnapongse	Ron
303	21:58	Mendoza	Emma	373	29:24	Montgomery	Elaine
304	21:59	Ringer	David	374	29:32	Gownley	Barbara
305	22:02	Righter	Donald	375	29:35	Levy	Cecelia
306	22:03	Dankewicz	Cathy	375	29:35	Drury	Geno
307	22:24	Yeh	Eueng-nan	377	29:36	Hudson	Kenny
308	22:32	Floyd	Beth	378	29:37	Jenkins	Anita
309	22:35	Flynn	Karen	379	29:38	Jarva	Kathie
309	22:35	Tapper	Philip	379	29:38	Maslona	Daniel
311	22:44	Silverman	Joseph	381	29:39	Shippey	Edwin
312	22:46	Movahhed	Fateme	382	29:40	Mead	Jaylee
313	23:05	Crowley	Anne	383	29:56	Wilson	Robert
314	23:13	Adams	Cindi	384	29:57	Goodman	Gloria
315	23:18	Closs	Jim	385	29:58	Goodman	Larry
315	23:18	Thomsen	Rebne	386	30:07	Swanson	Darla
315	23:18	Kovalik	Tamara	387	30:24	Dolan	Ken
318	24:01	Smith	Evan	388	30:26	Douds	Dave
319	24:14	Arrison	Jack	389	30:30	Herring	Ellen
320	24:18	Lewis	Lynn	389	30:30	Flora	Jacquelyn
320	24:18	O'Carroll	Cynthia	391	30:34	Earl	LaDonna
322	24:40	Levy	Harold	392	30:37	Durbeck	Herbert
323	24:45	Quinn-House	Colleen	393	30:39	Kramer	Dorene
324	24:47	Blodget	Herb	394	30:40	Cole	Peggy
325	24:49	Lekebusch	Dolf	395	30:46	Shoe	Mary Ellen
326	24:50	Johns	Alan	396	31:04	Scott	Barbara
327	24:52	Vargo	Barbara	397	31:06	Rouzer	Larry
328	25:08	McMahon	Joe	397	31:06	Farnan	Nancy
329	25:32	Robinson	Fred	399	31:17	Hinkal	Sanford
330	25:54	Wong	Byron	400	31:18	Hinkal	Kathy
331	26:01	Bordeaux	Judi	401	31:19	Richardson	Lori
332	26:05	Centa	Alan	401	31:19	Scagliarini	Tracy
333	26:16	Rotella	Mariela	403	31:26	Saul	Eric
334	26:23	Rivas	Martin	404	31:30	Brown	Mitchell
335	26:30	Johnson	Barbara	404	31:30	De Minco	Paul
336	26:31	Endres	Daniel	406	31:31	Drexler	Mona
336	26:31	Bogert	John	406	31:31	Evans	Larry
338	26:39	McNair	Rita	408	31:36	Guglielmi	Daniela
339	26:43	Johnson	Pat	409	31:37	Davis	Martin
340	26:44	Rattigan	Joan	409	31:37	Burton	Grettchen
341	26:49	Roberts	Joan	409	31:37	Perez	Shirley
341	26:49	Takara	Lois	409	31:37	Butler	Sherrie
343	26:54	Smith	William	413	31:38	Eakin	Lorrie
344	26:55	Arsenovic	Petar	413	31:38	Metzger	James
345	26:57	Goodman	Nancy	415	31:42	McGaha	Ray
346	26:58	Bartley	Deborah	415	31:42	Norris	Gary
346	26:58	Joyner Jr.	Joseph	417	31:43	Russell	George
348	27:13	Bennett	Mary	417	31:43	Lopez	Carlos
349	27:21	Rawley	Gayle	419	31:47	Larsen	David
349	27:21	Higgs	Pat	420	31:48	Ramsey	Mary Ellen
351	27:22	Turkiewicz	Tan M.	421	31:50	Jones	Phil
352	27:23	Latzko	Albert	421	31:50	Jeansonne	Tim
352	27:23	Snow	Tom	423	32:44	Trapps	Hayward
354	27:24	McCain	Tim	423	32:44	Josephson	Philomin Dory
355	27:44	Collins	Cindy	425	33:25	Chu	Huai-Pu
356	27:56	O'Leary	Ron	426	33:27	Lightfoot	Patricia
357	27:59	Martinez	Lourdes				
358	28:02	Downs	Darlene				

## 2-Mile Fun Run Results - October 11, 1989

Place	Time	Lastname	Firstname	Place	Time	Lastname	Firstname
427	33:36	McNeill	Mike	462	35:45	Citrin	Liz
427	33:36	Frey	John	462	35:45	Raugh	Anne
427	33:36	Weisenfeld	Janet	462	35:45	Panitz	Aliza
430	33:38	Arnwine	Lori	465	35:46	Barlett	Tom
430	33:38	White	Lynn	465	35:46	Shell	Elaine
432	33:43	Slade	Milton	467	35:59	Casey	Carolyn
433	34:01	Eichler	Lisa	468	36:00	Buena	Lettie
433	34:01	Muck	Linda	469	36:06	Albert	Cheryl
433	34:01	Gustafson	Marjorie	470	36:15	Phillips	June
433	34:01	Ireland	Robin Ward	470	36:15	Lytle	Marv
437	34:10	Afram	Lan	472	36:53	Woodson	Natalie
437	34:10	Marechek	Mary	473	36:54	Sen	Ellen
439	34:11	McGhee	Sam	474	37:05	King	Dorenda
439	34:11	Waybright	Russell	475	37:06	Long	Ingrid
441	34:17	Tomasello	Joan	476	37:09	Johnson	Tammy
442	34:18	Schemm	Jae-Kyung	476	37:09	Bentley	Brenda
442	34:18	Rosenberg	Jean	478	37:11	Schmidt	Rosemary
444	34:30	Winkert	Thomas	479	37:12	Fitzkee	Archie
444	34:30	Aleman	Roberto	480	37:50	Cleveland	David
444	34:30	Jensen	Gina	480	37:50	Cleveland	Linda
447	34:31	LaBel	Kenneth	482	40:24	Lanning	Joseph
448	34:32	Broderick	Donna	482	40:24	Spohr	Cheryl
448	34:32	Wolff	John	482	40:24	Begenwald	Lisa
450	34:35	Clayborne	Dena	485	40:40	Boquist	Carol
450	34:35	Brinker	Ed	486	40:41	Eaton	Margaret
452	34:48	Dearth	Kenny	487	41:01	Masiee	Shirley
453	34:51	Ford	Eusan	487	41:01	Chintala	Sarada
454	35:15	Hughes	Art	487	41:01	Alexander	Steven
454	35:15	Scaffidi	Charles	490	41:28	Salmon	Ellen
456	35:16	Lerch	Victoria	490	41:28	DeFainchtein	Rosalinda
457	35:26	Swick	Gail	492	42:19	Hostetler	Julie
457	35:26	Barbour	Mary Ann	493	42:20	Sasser	Elizabeth
459	35:41	Koenig	Tammy	494	48:37	Lingerfelt	Kathy
460	35:42	Chandler	Charley	495	48:38	Arthur	Lexine
460	35:42	Pleasant-Bey	Fatima	496	48:39	Ragusa	Becky

## 10K Results

Time	Lastname	Firstname	Time	Lastname	Firstname
31:25	Baugh	Mark	50:17	Esfandiari	Mary Ann
39:27	Nolan	Tom	50:20	Hawley	Eldon
39:38	Mandl	Daniel	51:05	Moore	Donald
39:42	Dunham	Larry	51:14	Dent	Carolyn
40:52	Hughes	Peter	52:40	Schmidt	Gregory
41:10	Shuman	Fred	53:08	McCann	Mary
41:11	Glubke	Scott	54:09	Watterson	Michael
41:53	McKim	John	54:54	Maloy	James
43:40	Arnold	G. Thomas	55:21	Lengenfelder	Franz
44:20	Siegel	Gary	56:34	Davis	Robert
44:26	Bell	Claude	56:45	Dew	Howard
44:36	Allen	Dale	57:00	Johnson	Winslow
44:37	Tompkins	Steven	57:00	Graf	Charles
44:54	Kirwan	Emil	57:33	Johnson	Curtis
45:00	Lassiter	Ronald	57:38	Posey	Malcolm
45:08	Taylor	Thomas	57:41	Schatten	Kenneth
45:37	Williams	Lani	61:36	McMillin	Kathy
47:50	Comberiate	Mike	65:10	Long	Arlie
48:05	Griffin	George	66:08	Butz	Bradford
48:10	Orbock	David	66:24	Clermont	Brenda
48:21	Hudson	Bill	69:43	Roberts	Carl
48:27	Brown	Ken	69:55	Smith	Philip T
49:27	Koslosky	Jack			

## A Note of Thanks

**Diane Kolos**

This Fall's Fun Run was quite a success with over 490 finishers on the day of the race. The 2-mile race and subsequent 10K and makeup races went smoothly thanks to the cooperation of several volunteers. The following list of volunteers is as complete as we could make it--several volunteers showed up on race day or were "drafted" at the start and their names are not known--the Running Club thanks all of you who made the races possible for the participants.

### **Volunteers**

Pre-Race Registration - Melinda Shaver and John Gilligan

Race Course and Chute Set-Up - John Laudadio

Race Day Registration - Jane Jellison, Melinda Shaver, Joanne Uber

Video Cameraman - Tim VanSant

Water Stop - Kitty Ackerman

Refreshments - Chuck Powers, Mark Woodard, Pat Friedberg, Jim Wall

Finish Line - Ken Brown, Tony Corporale, Brandi Easch, Pat Friedberg, Edwin Fung, Jane Jellison, Grace Lee, Terese Madden, Bernie Pagliaro, John Sissala, Joanne Uber, Jim Wall, Mary Walsh, Richie Weiss

Computer Data Entry - Edwin Fung, Jane Jellison, Joanne Uber

Two Mile Make Up Race - Mary Anne Esfandiari, Herb Blodget, Rob Boyle, Jim Wall, Pat Friedberg

10K Volunteers - Becky Derro, Jim Wall, Doug Vitagliano

10K Make Up Race - Brenda Clermont, Jim Wall

Looking at the list its clear that several people did double duty at the races, hopefully, next Spring we'll have more volunteers so this won't be necessary. Again, thanks for all the great help! Thanks to the Safety and Security Branches who provided a great deal of support on race day, with patrols along the race route and security guards at street intersections. Thanks to the cafeteria for providing us with the oranges, the papaer cups and ice.

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## **Tom Page Wins Senior Olympic Medals**

**Grace Lee**

The Maryland State Senior Olympics, held on October 12-14 at Towson State University, drew about 1200 competitors from the state. GROC member Tom Page participated in the games and came home with four medals.

Tom, a sprinter in his younger days, took first place in the 200m (28.8s) & 400m (70.7s) and won silver medals in the 100m (13.3s) & the 1500m Race-Walk (10:27) in his age group. (Don't ask which one.)

Not satisfied, Tom journeyed to St. George, Utah in late October to compete in the World Senior Games, where he came home with three bornze medals: 100m (13.2s), 200m (28.4), & 400m (65.0s).

Biking and swimming were Tom's means of staying fit until a few years ago when he decided to return to running in preparation for the competition in the Senior Olympics. His training program includes both strength and aerobic exercises.

Tom is the Prince Georges County representative to the Maryland Senior Olympic Commitee. His duties are to recruit people to participate in the games and to support the Maryland Senior Olympics in all capacity. He also serves as the point of contact for the county (and at Goddard).

Tom is considering using the following slogan in his recruitment drive :

A Mile a Day Keeps the Doctor Away!

## A Novice's Guide to Pain and Torture: Or Running a 50-Miler by the Slightly Insane

*Ken LaBel*

Running 10K's started being a big kick. Soon half-marathons and marathons followed. Then, they too became passe'. So, triathlons were given a shot. Okay, now what? How about an untramarathon?

Why? Well, why not? If you're fast, it'll take you about twice as long as marathon. If you're slow, just finishing has its own rewards. My friend Joel Gallun and I fall into the latter category (definitely mediocre runners), while Ed Boggess and Rich Fulton keep the "fast" company.

I've got to blame Joel for this whole thing. He really had to twist my arm to convince me to do it. "Ken," he said, "how about doing the JFK 50-miler?" "Sure," I replied. And thus, our joint insanity was born.

The John F. Kennedy 50-Mile is America's oldest ultramarathon. This year's running was the 27th annual. According to Joel, the race got its start from a challenge by President John F. Kennedy to the Marines that they should be able to complete 50 miles within a set time. It wasn't until several years later that the JFK became more than a hike and number of people ran for portions (if not all) of it. In fact, in 1973, 1724 runners and hikers, the largest field of any US race that year, started the JFK.

The course for the JFK starts in the small town of Boonsboro, MD, climbs 3 miles to South Mt., follows the Appalachian trail for about 13 hilly miles, eases a flat marathon (26.2 miles) along the scenic C&O Canal (through Antietam and Snyder's Landing), then finishes on the rolling roads heading into Williamsport, MD. Nice way to spend a day, eh?

The race organizers supply medium support to the runners. Water stations (no gatorades, etc...) every 7 to 10 miles. Support crews thus become pretty mandatory especially for us slower runners. Cindy Collins (Joel's wife), GROC-member (and Marine Corps Marathoner) Arlie Ling, and my friend Paul all supported us with food (bananas, fig newtons, power bars), drink (gatorade and pepsi), changes of clothing, and, most importantly, company! That's not to imply that Joel and I got sick of each other, but there's only so much two people can talk about while running 50 miles together after several hundred miles of training together. I really don't think we could have made it without all their help.

Both Joel and I have been nursing injuries this year: Joel with a sore calf, me with back and ankle injuries, plus a sore knee from the Marine Corps Marathon (our longest training run).

Race day (Saturday, Nov 18) was cold (temperature near freezing) and breezy at times. In 1987, the weather was snow, 45 mph wind with a minus 15-degree windchill at the start. We did have a few snow flurries, but we were lucky compared to 1987.

Ed, after complaining of injuries and lack of training, ran his typical fine race, placing 2nd overall of the near 400 starters! Rich also finished highly, placing 35th. Joel and I finished together near the middle of the pack, beating our time goal by nearly a half hour.

Cindy's now talking about doing the JFK. Joel, too, is talking of doing it again. I'm not so convinced... Well, maybe with better training and little luck, I could do it again to qualify for the Western states 100-Mile. Nah!



## **The Sights of Chicago**

**Lani Willilams**

Starting about Wednesday, the question of weekend weather blossomed. Not many forecasting changes: all the experts said "Sun and 70 Saturday. Sun and 70 Sunday, 8-16 mile winds. Rain Sunday night or Monday." That's Chicago weather. For the Old Style Marathon on Sunday, October 29. And they were right.

It was a brilliant, mild morning for the thousands in Daly Plaza when the gun snapped us into action. Under shading skyscrapers, then along Lake Michigan past some of Chicago's big sights: Art Institute, Buckingham Fountain, Soldier Field. Into the wind and into homey ethnic areas -- China, Greece, Italy -- where shouting bystanders are more sure than we that "You can do it!" By this time, it's over 70. We've been running in full sunlight for 10 miles. Part of the water goes to cool headtops.

A few hardy clouds wrestle the temperature down for the last few miles. Meanwhile, below the clouds, we're running in Old Town and banking onto Lake Shore Drive. Down the freeway, into Lincoln Park (isn't this the Land of Lincoln?) and -- thank goodness! -- the balloons point out the finish line.

Lisa Weidenbach (USA) defended her 1988 victory and ran a personal best 2:28:15. Paul Davies-Hale (England) ran his first marathon to win for the men in 2:11:25. Masters runners Goran Hogberg (Sweden), 2:23:08, and Cesarina Taroni (Italy), 2:44:04, took their division awards.

This reporter ran merely to collect material for this article, of course (and to finish in 3:41:07). It's a grand way to meet a famous city.

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## **Orienteering Information**

**Jane Jellison**

Our nearest orienteering club, Quantico, otherwise known as National Capital Orienteers, invites all GROC members to participate in their events. Mention "GROC" and you will get the QOC member discount price on meet fees and items (compasses, orienteering clothing, books) from the Quantico store. GROC members George Voellmer and Tom Nolan have recently distinguished themselves by finishing high in competitions at the advanced level at recent meets--ask them how much fun it is!

Orienteering is a sport of many dimensions--it may be approached as a family stroll through the woods, a fitness walk, a navigational challenge, or a full up athletic competition. The message is that there is something for everybody, and everybody is welcome. And ask me, who routinely finishes in the bottom half because of lack of fitness and lack of skill, how much fun it is. My answer is that it is the only sport/outdoor activity that I have ever found that can be done on any level of skill or fitness that is completely satisfying in terms of pitting yourself against yourself, while knowing your physical limitations, and coming away happy if you complete the course with a minimum of mistakes, and even if you make mistakes, you still have had a pleasant afternoon venturing about in the forest. Besides, every once in a while you make an error-free run (walk) and beat some of those fast young people who went charging off in the wrong direction. You can even bring your dog if you obey park regulations concerning leashes, etc. Instruction is cheerfully provided for beginners at all meets, and no special gear is necessary. Some meets have special courses designed for young children between the ages of whenever you can walk up to about five or six or so. You can show up any time between 12:00 and 2:00 for most meets. For further information and directions to the meet sites, call Jane Jellison on 6-8563. See you there!

## News/Announcements

### Upcoming Newsletter Schedule

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

#### Issue Deadline

Jan/Feb 1990

Jan 12

Mar/Apr 1990

Mar 02

Please observe the deadline! Remember, if you have a computer and can type, submit your items in MacIntosh. If you use a PC store your files in ASCII and call Jane Jellison (68563) for help in transferring your PC files to a Mac format. But please, do not send your disks through the mail! Leave Mac disks with Melinda (Fitness Lab) or Grace (Bldg 11, E208B). Leave your PC floppies with Jane or, better yet, send her your articles via the phone. But above all, **contribute!** We can't have a newsletter without membership inputs. The following talents are especially in demand: **Writers, poets, artists (natural or computer).**

### "Doctor's Column"

Dr. Smith is researching the question submitted by one of our members. Have patience. If you have a question, sent to our President Diane Kolos (Code 313) who will coordinate all inquiries.

### Great Job, Edwin!

Many thanks to Edwin Fung for writing the program for compiling the Intercenter Run data. Goddard is now the headquarter for the semi-annual Intercenter competition results.

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### GROC Executive Board 1989-1990

Fitness Lab Director ( <i>ex-officio</i> )	-----Melinda Shaver	286-6666
President	-----Diane Kolos	286-3880
Vice President	-----Walt Allison	286-7091
Treasurer	-----Edwin Fung	286-7347
Secretary	-----Lani Williams	286-9493
Historian	-----Joan Rattigan	286-7243
Past President	-----Emil Kirwan	286-8960
Newsletter Editor	-----Grace Lee	286-5762
Membership Coordinator	-----Jane Jellison	286-8563
Race Director	-----vacant	

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