



The GROC Newsletter

A Publication of the Goddard Running & Orienteering Club

July/August 1990

Events to Remember:

Annual Meeting

September 17, 1990
11:30 am
Building 22, Room 271

(Nomination deadline: September 7
see announcements)

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30th NASA Intercenter Postal Competition

2-mile Fun Run: October 10 noon, Building 2
Make-up: October 12 noon, DuVal High School
10K Fun Run: October 17 noon, Greenbelt Lake
Make-up: October 19 noon, Greenbelt Lake

NASA Intercenter Results - Spring 1990

Jane Jellison

GSFC triumphed again in the two-mile run, winning by a wide margin over Ames in second place, Johnson in third, and JPL in fourth. GROC produced a fantastic turnout (611 finishers) which included a number of very speedy folks. This combination resulted in a total of 1622 points for GSFC, compared to 1044, 878, and 869 for the next three centers. A total of 1960 runners and walkers joined in NASA-wide. Thanks to all Goddard participants, including volunteers, Fitness Lab personnel, Security, and Center Management for making our on-center fun run possible. Without this event we would be down in the middle of the pack somewhere!

A record 100 Goddard people finished the 10K race, boosting GSFC into second place with a score of 323 points, behind JPL (144 finishers, 456 points) and ahead of LaRC (51 people, 279 points) and Ames (65 people, 252 points). In addition to the "regular" runners, a fine group broke into the Century Club--not doddering oldsters but those boasting finish times greater than 100 minutes. Until now, this has been the exclusive territory of JPL, with 29 members this spring compared to Goddard's nine newcomers. We now have an on-center walker's 10K course, starting and finishing at the Fitness Lab. Maps and directions are available, and you may complete the course any time during the month of October to be eligible for the Fall competition. Try it--we need the points.

Goddard placed 10 men among the first 25 to finish in the two-mile run, and 9 women of the first 25 female finishers. For the men: 1) Mark Baugh 9:58; 3) Tom Wilson 10:18; 5) Neal Barthelme 10:27; 8) Scott Greene 10:54; 11) David McComas 11:12; 13) Tom Winkert 11:21; 18) Steve Bailey 11:33; 23) Brian Quindlen and Larry Dunham tied at 11:37; 25) Tom Nolan 11:40. Our top women: 3) Anita Sutton 12:56 (her placement had she been eligible to score for GSFC); 4) Robin Kinna Cuddahee 13:29; 8) Carolyn Dent 14:17; 12) Dawn Holdren 14:48; 13) Shui-Ay Tseng 14:58; 16) Karen Stewart 15:08; 18) Mary Ann Esfandiari 15:14; 19) Lara Aist-Sagara 15:24; 25) Robin Conklin 15:39. The fastest woman was Heather Nguyen of JSC in 11:45.

The anchor people were from JPL, who posted a 14-way tie at 158:45. Their idea of a fun run is to walk out one mile, sit down and have a picnic and then walk back. The best we could do was a 6-way tie at 41:20, but then we only have one water stop for refreshment and amusement en route.

The age range for the two mile run was from 1 to 77. The masters don't slow down much. The first man and woman over 40 to finish had times of 11:19 and 15:25 respectively; over 50, 11:48 and 16:38; over 60, 12:50 and 27:22. Gives you something to shoot for.

More detail on age and gender groups will appear in the next newsletter. Complete results will be available for examination at the Fitness Lab within the next couple of weeks.

If You Can't Run Through It, Walk It

Ken Brown

Go out and run a thirty-nine minute "ten K" (10 kilometer race, a standard running event.) Then turn around and do it again. Easy? Now try walking it at that speed. Impossible? Not for Ernesto Canto of Mexico who hammered the 12.4 mile distance in 78:39.9 minutes at a 6:12 pace for the international record set in 1984. The women's speed is just as awesome. Illeana Salvador of Italy set the 10K record in Rome last year in 42:39.2, at a boiling pace of 6:48 minutes per mile.

But race statistics are like the hole in the bagel. Nice to look at but not the real tasty part. The substance of racewalking is that it is truly a people's sport. It's for the young, the old, the fast, the slow, and the individual who has never exercised before.

As an event that is synonymous with road and track it should be supported by your running club. This was the view of the racewalking session speaker at the last RRCA convention in Miami.

The speaker advised clubs consider the similarity of running and walking. Racewalking, like running, is an aerobic exercise. What's more, it is an overall body toner. Imagine the advantage of being able to walk to upper body fitness, aerobic conditioning, and lower body circulatory fitness. It's like using a portable weight machine on the walking path. And walking is now as trendy as *perestroika* in the US or jeans in the Soviet Union, surpassing running in popularity.

As pointed out by the convention speaker, it benefits the club, the runners and the walkers. Slow runners know that there are a bunch of even slower people behind them for a change. Injured runners have a chance to get off that boring stationary bike, pull that wet body out of the yucky water, hop off that mind-numbing stair-climber and get back on the road where the people are. Unlike running, it will not abuse the body. It won't inflict the three times shock to the back, knees, hamstrings, or feet so it will not cause overcompensating or reinjury. And the sport can truly be worked into a family activity since we can all stumble, crawl, shuffle, or coast at a walking pace.

In New Orleans, when a walking club merged with a running club the membership saw results immediately. The injured stayed in the club, family membership climbed, and a new group of volunteers sprang up.

As a club activity, the speaker insisted that racewalking should be given the same serious attention as running. Races should be judged (see sidebar on racewalking form.) This is the fairest way to assure that racers use the proper technique. Promoting a new walking race takes little added effort when combined with a major running race. To add support for the walking event, a professional could give a two day series of seminars before the race. On the day of the race the instructor will give demonstrations. If several clubs plan simultaneous seminars, the costs, about \$600, can be shared. This program can prove to be an effective start for those who want to learn walking and a help for club members who need to change to walking. Like race walking itself, a club program for walking may get off the ground just by doing it a step at a time.

Racewalking Form

There are other names for the activity such as power walking, aerobic walking, dance-walking, etc. It doesn't matter what you call it, the important thing is to use the proper race walk form so that the heart rate is elevated. Proper race walk technique is a matter of pace and form. There are two rules:

- 1. The support phase leg must be straight when moving through the center of gravity.*
- 2. One foot in touch with the ground at all times.*

Think of these as walking style as well as race rules. The style is needed for high speed walking at a rate that will push the heart rate up and develop aerobic conditioning and tone. Racewalking form is really very logical. To be fast the whole body must move. As you step, the support, leg under the body center of gravity, propels the body ahead when the leg becomes straight. The arm on the other side, held bent near the body, balances the motion by moving in the same direction. As both go to the rear the opposing leg and arm whip forward. As one step ends the other foot is starting its support phase. Fast leg stride and arm swing creates hip rotation as energy is translated from the arms to the legs. The lower arms are held approximately parallel to the ground as the move to punch out the pace. The arm position helps reduce blood pooling, numbness and chilled hands commonly associated with running.

The rules must be adhered to at all times in a race. The walkers should start five minutes after the runners and be judged. When the judge spots a person not holding a straight kneeline as the leg swings to support the body weight the person is disqualified. The judge signals the person with a ">" sign representing bent leg. If a walker does not have one foot on the ground, or "lifts", the sign is a "^". Usually a course is several miles long with judges at the start/finish, the turn-around, and one other inconspicuous location.

The Maryland State Games Torch Run Lani Williams

Fifteen heat-resistant souls - that's 30 hot soles - braved the 80-degree Maryland humidity to carry a torch through Prince Georges County on one leg of its journey from the State capital in the east to western Frostburg. On July 20th, this same torch kindled the flame at the opening ceremonies at Frostburg State College of the Maryland Sports Festival. Between July 11 and 20th, more than 200 runners carried the torch through all areas of the State.

The festival, the Sixth Annual Maryland State Games, allows Marylanders to compete in 30 sports, from archery to water polo. Most competitions welcome any amateur athlete 12 years of age or older who has lived in Maryland for a year. Participants wear matching State Games shorts and shirts to vie with others in age-groups or weight- and skill-classifications. All may live in the Olympic-style Village during the 3-day festival.

It began July 11 in Annapolis at the State House. Louis Goldstein, Controller of the Treasury, and Adele Wilzack, Secretary for Health and Mental Hygiene, lit the torch. They passed it to the Annapolis Striders running club, who carried it south and west to Bowie. By early Thursday morning, Annapolis runners were ready to hand off to the Goddard Running and Orienteering Club (GROC in the tradition of government acronyms).

At White Marsh Park in Bowie, Mayor pro tempore Bill Robinson took the first Prince Georges County leg of the relay, then handed the flame to GROC runners for its trip to Goddard Space Flight Center. The torch made the rounds of the Center in the hands of workers from many directorates and filmed by intrepid Materials Branch enthusiasts. After a tour that encompassed most of Goddard, GROC handed off to the Prince Georges running team, who eventually relayed the light to members of the Montgomery County Road Runners Club.

At Goddard, 18 civil servants and contractors took time from daytime duties to mingle sweaty palms and carry the torch:

Mark Baugh, Claude Bell, Peter Hui, Ven Kat, Emil Kirwan, Jack Koslasky, Grace Lee, Loren Linstrom, Tom Page, Bob Phillips, Valary Quimby, Jim Wall, Richie Weiss, Lani Williams, Lo Yin

Diane Kolos and John Sissala contributed time and trouble to set up GROC's participation in this event. Bill Braun and the Goddard security force helped plan the on-site course and provided safe conduct across busy intersections. The Office of Public Affairs were on hand to photograph. And the Ad Hoc (Honorary) GROC video crew preceded torch runners to create a video record of the 1990 Torch Run at Goddard.

Ask The Doctor

Dear Doc,

I've been hearing a lot about the need to use a sunblock to protect my skin (especially my face) from cancer and aging, however, when I use such products and exercise I encounter problems with them running into my eyes. Even the "waterproof" sunblocks tend to run during strenuous exercise like running and tennis. Another problem I have with these lotions is a possible allergic type of reaction to the PABA in them. This results in a burning and itching sensation, especially on my face, when I use most suntan lotions and sunblocks. Any suggestions?

A Red Faced Jogger

Dear Red Faced Jogger,

Sun blocks are definitely helpful to protect your skin when you are running, or playing tennis or otherwise exposed to the sun's rays. Many of the OTC preparations have PABA (para-amino benzoic acid) in them and very often this agent causes allergic skin reactions. One of the companies which make a PABA-free sunblock is Clinique. There are Clinique counters in most large department stores. Your doctor may also write you a prescription for RVP ointment to use as a sunscreen. It is PABA and lanolin free.

Probably the best way to avoid sweat over the face is to wear a cotton sweatband around the head.

Keep doing some exercise!

Doc

Running Safely

In light of the recent rash of violence against women runners, it is (unfortunately) time that we rethink our running or walking habits. While it is one of the pleasures of running to be alone on a wooded path, such a situation is no longer a safe one. Areas which were previously safe are not longer such; one example being the shocking murder of Margaret Perkins. The path on which she was running was considered a "safe" one until she was murdered on it.

Look at your running habits and consider that all areas are now potentially dangerous. Run with a friend or pick a time when others will be around or both. (According to the Maryland Park Police, most of their simple assaults on hiker/biker trails occur on weekdays during the hours of 4-5:30 p.m.; this is a time when many people are still commuting and it's not as safe a time as one would think.) Now, more than ever, avoid the densely wooded or other desolate places. Be aware of the people around you, note any strange behavior and don't wait around to find out if it's real or not. Allow yourself time to finish your run before darkness becomes a problem. The park police consider headphones particularly dangerous for runners, this allows the the runner to be approached from the rear without being aware of the approach.

I have been in touch with RunHers, a local running club for women and am trying to get a copy of their recommendations on safe running. Hopefully, this information will appear in the next issue of our GROC newsletter.

Please use caution when you run, the running club wouldn't be the same without you !!

Diane Kolos

News/Announcements

New Format - The editor would like feedback on this issue's two column format. Please address your comments to Grace Lee (65762, Code 711.3).

Annual Meeting/Elections - The Nominating Committee is seeking candidates for next year's GROC elective offices (President, Vice-President, Treasurer, Secretary, Historian). If you are interested or know of someone who is, please contact Emil Kirwan (Chairman, 68960) or Grace Lee (65762). Nomination deadline: September 7.

New Fitness Lab Staff - In case you haven't heard, Melinda Shaver will be returning to teaching in the Fall. GROC wishes her success and happiness. John Gilligan, who has been with the Fitness Lab for over a year, has assumed the position of the Fitness Lab Director. Jim Welsh is John's assistant.

Upcoming Newsletter Schedule - Barring unforeseen circumstances the following is the newsletter schedule for the next several issues:

Issue	Deadline
Sep/Oct 1990	Sep 05
Nov/Dec 1990	Nov 09

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). The newsletter will appear in greater frequency if there's more contribution.

Revised Race Rules - From the ideas generated during a meeting of GROC's Executive Board and team captains, current team rules will be modified for the October Fun Run. Watch for them in the next newsletter.

Orienteering - GROC members and friends are welcome to participate in Orienteering meets. Call Jane Jellison (x8563) for more information and directions.

In-between newsletter announcements - Please visit the Fitness Lab for announcement, notices, and race entry forms. The newsletter cannot possibly publish all time-sensitive items.

Maryland Senior Olympics

Towson State University
October 4-6, 1990

Track & Field, Swimming, Cycling, Golf,
Bowling, Billiards, Archery, Basketball (shooting)
Badminton, Tennis, Racquetball, Table Tennis,
Horseshoes
Team sports: Volleyball, Softball

Age Group Competition:

M55-59, M60-64, M65-69, M70-74, M75-79, M80+
W55-59, W60-64, W65-69, W70-74, W75-79, W80+

All those who are eligible are encouraged to
participate

For further information and application, contact:
Agnes Taylor, Office on Aging in Baltimore, 301-
225-1094

or

GROC's own Senior Olympian

Tom Page, 68172, Code 440, Bldg 29, Rm 103

Don't forget"

**Annual Meeting
September 17**

**Nomination deadline
September 7**

GROC Executive Board 1989-1990

Fitness Lab Director (<i>ex-officio</i>)	-----John Gilligan	286-6666
President	-----Diane Kolos	286-3880
Vice President	-----Walt Allison	286-7091
Treasurer	-----Edwin Fung	286-7347
Secretary	-----Lani Williams	498-8200
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	
