



The GROC Newsletter

A Publication of the Goddard Running & Orienteering Club

March/April 1990

29th NASA Intercenter Postal Competition

2-mile Fun Run: April 18 noon, Building 2

Make-up: April 20 noon, DuVal High School

10K Fun Run: April 25 noon, Greenbelt Lake

Make-up: April 27 noon, Greenbelt Lake

AWARDS to the following for the April 18 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

Award to the following for the 10K runs:

10K Team with most finishers (combined total)- rotating trophy

All finishers - ribbons (for all races)

Walkers and chair-wheelers welcome!!

Race Rules for Teams

Team captains be forewarned!! As a result of several disputes, problems, and difficulties in the past few races, we are going to adhere (strictly) to the posted team rules in the April 1990 races. The rules will simplify matters for the drastically overworked data entry crew and will prevent the recurrence of disputes over the recognition of team members. It will also prevent the last minute registration (conscription?) of members; a practice which many felt was unfair to the teams which were registered in advance. **Be aware, there are some additions to the rules that you are familiar with; read the rules carefully in the next couple of pages so that all of your team members will be counted towards the team score and to prevent disqualification of your team.**

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 civil service employees and retirees, CO-OP students on duty, and GSFC contract employees.** In order for a member to be counted on a team, his name must appear on the team list. These lists are to be submitted to the Fitness Lab Director no later than **6:00 p.m.** on the day before the Fun Run. The team list shall be written **LEGIBLY** on a sheet of paper (or on sheets of paper) no smaller than 8.5" x 11". Team affiliation on registration forms is not sufficient.
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. Roller skaters will not be allowed to participate in the 2-mile Fun Run, for reasons of safety. The speeds which are achieved on skates create a hazard for the runners and walkers in the near vicinity and complicate traffic control. Skates also provide an unfair advantage over the other competitors. The only participants who are not on foot who will be counted are chair-wheelers, who as always are welcome to participate. Stroller pushers will also be counted in the results while the occupants of the strollers will not.
5. 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.
6. 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:

$$n = \beta(m-1) + 1, \text{ where}$$
$$m = \text{your finishing order among female competitors}$$
$$\beta = \frac{(\text{total number of male finisher} - 1)}{(\text{total number of female finishers} - 1)}$$

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.

NASA Intercenter 10K Team Competition Rules

1. Each team shall have 1 member designated as captain and 1 backup captain. The captain shall be responsible for submitting a team list to the Fitness Lab Director no later than 6:00 p.m. on the day before the race. For example, team members wishing to run on Wednesday must be on the team list by 6 p.m. Tuesday. Team members wishing to run on Friday must be on the team list by 6 p.m. Thursday.
2. Team lists shall be LEGIBLY written on a piece (or pieces) of paper 8.5" x 11" or larger. Any members not on the team list will not be counted towards the team score.
3. The team members shall all have one common theme which shall be stated on the team list. Examples are: organizational unit, corporation, specific program or project, social or recreational group. Only team members eligible to score in the NASA Intercenter competition are counted towards team scoring: GSFC civil servants and retirees, co-op students on duty, and GSFC contract employees.
4. For the 10K race only: team participation will be based on the 10K race and the make-up. Each team member can only be counted for one of these 2 events.
5. The rotating 10k team trophy will be awarded on number of participants per team ONLY. Speed is not a factor in this competition.

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Spring Fun Run and 10K - Volunteers Wanted

Anyone interested in volunteering for these races or the make-ups please contact Diane on x3880. Also anyone interested in the job of race director or anyone with possible nominees for this position please let Diane know.

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GROC MEETING NOTES: 15 February 1990

Lani Williams

It appears necessary for GROC to purchase liability insurance. Blanket coverage of GSFC clubs is no longer available. Without such insurance and if there were a contested accident, GROC's assets and the personal assets of GROC officers would be at risk. All officers polled (well, at least those with assets) agreed they didn't want their homes and firstborn children confiscated.

Road Runners Club of America (RRCA) offers a policy for member clubs. Premium is calculated according to the number of members. GROC's cost this year will be \$711. Because no option is readily available, we decided to purchase RRCA liability insurance this year. All will be well for April's Intercenter Fun Run and 10K. For the long term, Richie Weiss volunteered to study our liability situation thoroughly, examine insurance options and funding possibilities, and let us all know before the next premium is due.

The cost of insurance might necessitate raising dues next year. To fend this off, several fund raising ideas arose:

1. Two new races: Summer Swelter (July or August) and Mid-Winter Nose Freezer. Both on weekends, these 5K races could involve the Visitors Center to attract area runners. Or we could challenge the PC County Running Club, running once from each club's bellwether. Jim Wall is looking into these races. He'd welcome ideas and help.
2. Resurrect the idea of Running Event of the Month. Things like predicting how many training miles you'll run, seeing who can run the most miles along the back fence, morning run-and-coffee meets, race walking tips...the possibilities are endless among all us creative runners.
3. Making Intercenter Run fees a bit more costly for non-GROC participants and using the funds to subsidize insurance payment. Let me scurry to point out this wasn't a popular choice: the goal of Intercenter Runs is participation. Most folks believe low entry fees help.

4. Cooperative mailing list participation. Names would be released for running activities only. John Sissala is keeping track of the details; that means we can depend upon good taste (writer's opinion).

Another change in the GEWA club environment is that GROC is no longer tax exempt. GROC will have to file taxes, too. Edwin Fung is looking into several possibilities, using John Sissala as a resource (advice only, not \$\$): incorporating the club, obtaining a tax identification number and getting State tax exempt certification (to be used for club purchases).

Fall Intercenter Race results were a bit chaotic. Diane Kolos, Edwin Fung, Jane Jellison and others are scanning and hand-correcting some of the other guys' data. Goddard's results were fine (Thanks, Edwin), as long as you don't count finish-line anomalies.

We spent some time trying to figure out how to keep finishing runners in order in the chutes to keep results neat. There were several ideas, non foolproof but all helpful. The spring run will use a couple of these ideas.

Diane will reprint and arrange to distribute a reminder of team rules for GROC races. She'll attach pointers for people unaccustomed to running in races to help make life easier at the finish line.

Jane unveiled the new, improved race entry form. So fill yours out and turn it in!

Ken Brown was appointed GROC representative to RRCA annual meeting. Look for an original and clever article from him.

GROC needs some volunteers:

Race Director (Fall Intercenter Fun Run and Fall 10K).

Step forward now and build confidence as you work with the Spring run directors.

Volunteer Dictator (I mean "coordinator").

Practice phoning and strong arm tactics to unearth a few good men and women to work the runs and picnic.

Dates of note:

18 April	Spring Intercenter 2-Mile Fun Run
20 April	Makeup: Spring Intercenter 2-Mile Fun Run
25 April	Spring Intercenter 10K
27 April	Makeup: Spring Intercenter 10K
02 May	GROC Picnic

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The RRCA National Convention

Ken Brown

Ask most people what the connection is between Colombia and Miami, and chances are they will say "cocaine and money laundering." But for those attending the RRCA National Convention the link was music. Not the humming of killer bees invading from the South. Not the beat of wings of the bird migrants on their way to Canada. Not the drumming of sails above the boats that ply the Gulf Stream waters along Miami's sandy beaches. The beat is the Lambada, the Caribbean melody of Carnival. And the connection is between the Cartagena Music Festival and Miami's Calle Ocho which this year have traded Colombia's Joe Arroyo for the Talking Head's David Byrne.

The Cartagena festival takes place on the steamy shores where Spanish explorers first set foot on mainland America. The oldest port in the New World hosts a music festival at the same time the Calle Ocho Open House is being celebrated in Miami. Calle Ocho is a street in downtown Miami's Little Havana district (Eighth Street), but it is also the name of the festival (sometimes called Carnival Miami.) Carnival Miami covers six blocks which includes sixteen stages of nonstop

performances and sidewalks teeming with vendor's carts. Dominating the area are the cooking fragrances of a continent. From the extremely hot Hispanola islands of the pirate fleets down to the frigid harsh barren Cape Horn plateau that menaced early explorers comes dishes like Caribbean hot spiced coconut chicken and rice, Pampas bloody charred beef and fat Patagonian sheep sausages. Accompanying these treats is the music that gets the crowd dancing all night. Conga groups form and unite to twist like DNA thru the park and spill into the streets.

During the day the streets are given over to the races. In the early afternoon there is a national bike race. And for the runners and RRCA National Convention attendees, the National Championship Carnival Miami 8K at 5 o'clock begins on Calle Ocho and runs through Little Havana finishing in the park.

The new national masters record was set there amid the musical beat. Bill Rogers broked it in 23:55. He was sixth overall and 32 seconds ahead of the second master Dom Tibaduiza of Reno. First place went to Aaron Ramirez in 22:57. Ruth Partridge of England won the women's event in 26:26. Gab Anderson of Sun Valley beat Priscilla Welch of Cleveland by 3 seconds with a 27:58 in the women's masters. Each winner received \$3,000 of the \$25,000 prize money. Those of us in the back won the cheers and heard more of the street music.

The Road Runners Club of America National Convention sessions were held in the Clarion Castle Hotel on Miami Beach. At times the rain and clouds kept the runners from making the tourist discoveries that add excitement to the meeting day. A major rumor along the beach running path was the topless and thong trunks beach section. Running on the compacted sand and the wood boardwalk just an eight minute run from the convention site was inspiring for the visitors. Most sessions charted paths to better running club newsletters, organization, events, and volunteer participation.

The newsletter session was given by the St. Louis and Champaign-Urbana clubs, winners of the newsletter awards. St. Louis focuses on a theme for each issue. The cover picture and several articles are devoted to a race or social event. A profile of a volunteer and an "ask the experts" column add to the information and pictures to make it a top newsletter. A quarter of their cost is obtained from ads. The Champaign-Urbana publication maintains a highly motivated staff. They ask for articles by calling up individuals in the club. If a member attends an out-of-town event he is asked for an article. Usually the third or fourth time the people are called, they are more proficient and confident of their literary ability. These writers get their names included as part of the staff as they write more. The staff is now seventeen strong. That's high considering there are less than two hundred members. This group gets together to check the newsletter before publication at a "proof party." Newsletters are clearly a reflection of the club staff. Through the articles and features comes the message that the club is helpful and enjoying the effort to produce information for its members.

The volunteer session was presented by Kari Schnyer of the Montgomery County Road Runners Club (MCRRC). Her task as volunteer coordinator is to locate the 10 to 15 volunteers to put on each of MCRRC's club races. Her biggest task though is to find 350 volunteers for the Fritzbe's 10K, 250 for the Twiligher, and 125 for the Rockville Run. It takes organization, coordination, follow-up, awards, and recognition to achieve this lofty goal.

The Goddard club voted with the other four hundred and sixty local clubs to elect a new slate of national officers. The president-elect is Jane Dolley from the Portland ME Track Club who was the Eastern Regional Director last year. Taking her old job is John Sissala of GROC (and MCRRC). Replacing John as the Maryland State Rep is Carole Rivera of MCRRC. Congratulations John, GROC appreciates the selfless support you have given and knows that you will be successful in this national office.

When the sun broke out and the wind diminished, Miami Beach was wall-to-wall skin. Many people who enjoyed the sun and ocean dreaded the thought of returning North (they lived further North than D.C. which was warmer than Miami that week-end). Next year the delegates will meet in Kansas City. I doubt if they will hear "surf's up" but then again people sunning themselves in Miami seldom hear "Cows coming." See ya there sport.

How to Run A Marathon Without Really Training

Howard Dew

On March 17, I ran the Virginia Beach Shamrock Marathon with two of my friends, Claude Bell and Jack Koslosky. Claude was trying to qualify for the Boston Marathon, while Jack was running another in his marathon season series (Marine Corps/89 and Washington's Birthday/90). I ran just to see if I could finish a marathon without training for one.

My story begins with MCM (4:55). Then there was Shamrock Marathon in March, 1988. I finished in 4 hours and 45 minutes, having trained all fall and winter. When I finished Shamrock I solemnly promised not to run another one: the training program took too much time. Jack coached me through both, though he usually finished about an hour ahead. Jack and Claude continued to run marathons while I went back to 8Ks and 10Ks.

Finally, it came time to register for a Shamrock race, either the 8K or the marathon. Claude and Jack had trained extensively for the 26.2. I decided that after running the 8K I would have a good three hours to wait for them, so I signed up for the marathon. No one, they told me, signs up for a marathon without training for it. "Let's see what happens," I replied, knowing full well that my only training was 6 miles 2 or three times per week in December, January and February.

Friend Jack started a pool to determine whether I would finish and, if so, what my time would be. Friend Claude predicted I wouldn't even finish. Later, his bet became my primary incentive to finish.

The marathon started. I soon lost sight of both Jack and Claude. Running by myself, I tried to keep about an 11-minute-mile pace. The day was warm (65-72) and gusty -- winds to 40 knots.

From miles 9 to 14, I slowed up every mile, even with the wind at my back. Surprisingly, I passed the halfway mark at 2 hours and 9 minutes, 2 minutes faster than the 1988 Shamrock Marathon. Must have been the wind. Well, the hard part was ahead. The turn-around was at 14 miles. Then the wind was from the front, gusting sand and wreaking havoc with your balance. Just about all the field of runners had passed me by now.

I proceeded to walk the next 4 miles. After regaining a little strength, I did the old run one mile, walk one mile routine. I passed the 20 mile mark at 3 hours and 43 minutes. I knew the course would be open for 6 hours, so I knew I could finish, even if I walked the remainder. At 21 miles, I noticed Jack's family at trailside and figured they were there to cheer me along. Who should I see but Jack, sitting there in his car. Figured he must already have finished and was waiting to see how far I would go.

He called, "Are you going to finish?" I answered, "I'll finish if I have to crawl in."

The next thing I knew, he was jogging alongside. It was then I found out about his 45-minute nap after dropping out. I guess the idea of watching me go by, as slow and determined as I was, made him reconsider. We finished together in 5 hours and 17 minutes. We even have a photo to prove it. I do believe we helped each other finish the race. For me, this 5:17 was only 35 minutes slower than my trained-for marathon.

The moral of the story is that you can finish a marathon without training for it as long as you don't mind the time it takes and the sore legs for days after. I still wonder if the pain and time is worth the trouble when you can wrap it all together in one race.

Signed - SLOW BUT DETERMINED

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GROC SPRING PICNIC

Wednesday, May 2, 12 noon

Fitness Lab Lawn

\$4 or bring a side dish: Sign-up at the Fitness Lab

They were falling like sandflies on St. Paddy's day in Virginia Beach. Whump! Another exhausted runner!

But not our hero, Jack Kosloski. By gum, he trained for a marathon and he ran one. Don't look at his PW 5:17. It hasn't been adjusted for what we'll call Special Circumstances.

Jack started, like the other 1200 runners, in sunny, 71 degree weather. Just a jaunt to the oceanfront to meet those 40-mile-an-hour winds and their cousins, the real gusts. The wind pushed everyone north along Virginia Beach's famed boardwalk, past brunchers in ritzy restaurants, past diggers with buckets and trowels. It sprinkled sand everywhere. It kited styrofoam cups from water stops into the ocean. It turned chewing gum into true grit.

The bad news was that these would be miles 20-26 later on. Into the wind that time.

It felt a lot better amid the trees when the course left the city. Jack welcomed the windbreak during miles 8 to 12. The shade helped a little -- not much -- with the rising temperature. It was nearly midday and certainly hot.

Turning again toward Fort Story, Jack's path ran between rows of dunes. Sandblasted from both sides in the crosswinds and gusts, he saw lesser beings stumble. Didn't feel too good by the 13th mile, but he had a few more miles in him. Jack hung on steadfastly.

Out through the fort, turn around, back through the dunes. Trees again at last! How he managed he doesn't quite know, but Jack reached 21 miles and his wife-and-daughter support team.

"That's it," he said when he saw his wife's car. "I quit." He crumpled his shirt, race bib and all, with the fury of a real runner bested by the elements. Jack climbed into the car, savored the rest and shelter. Our intrepid GROC-er nodded off.

Sometime later, much renewed, Jack woke to the announcement, "Here comes Howard!". Son of a gun, Howard Dew was still on his feet! Only one thing to do: up and at 'em. Run those final into-the-wind miles. Show 'em he can eat dust and make it. So Jack did.

I mean to say, this guy is so good, he has time for a mid-marathon nap.

News/Announcements

Bob Phillips Made All-American - Bob Phillips, our senior outstanding triathlete, has been named on the *Triathlon Today's* 1989 50-54 Men's All-American Team. Bob had a great 1989 season, despite injuries preventing him from competing more. Congratulations, Bob, and stay away from injuries.

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

Issue/Deadline

May/June 1990 May 07

July/August 1990 July 09

Sep/Oct 1990 Sep 07

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).**

Intercenter Race Results - Many thanks to Edwin Fung for completing the program to process Intercenter results. GSFC is now the Intercenter run "headquarter". If you are interested in having the summary of the results printed in the newsletter, please volunteer to write an article. (GROC did win both 2-milers.)

Nearby Races - Entry forms for the following races are now available in the Fitness Lab:

21 April FSK 10K Run, 8 am, Frederick MD
21 April American's Clean Water Run, 8 am, West Potomac Park
22 April Fritzbe's 10K, 8 am, Rockville, MD
22 April Amish Country Half-Marathon, 12 noon, Lancaster, PA
29 April Clyde's American 10K, Columbia, MD
05 May 4-leaf 10K, 9:30 am, Frederick, MD
12 May Byran 15K, 9 am, Emmitsburg, MD
19 May Twilight Run 5K, 7 pm, Frederick, MD

Please do not take the only copies of some of these races.

Orienteering Schedule for Spring 1990 - The following is a list of meets that will be held by the Quantico Orienteering Club. GROC members and friends are welcome. Call Jane Jellison (x8563) for more information and directions.

April 22 Chopawamsic Creek, Quantico, VA
May 5 Wheaton Regional Park, Wheaton MD
May 20 North 18 (Ft. Belvoir area)
June 3 Mt. Alto, PA
June 10 Beer Chase and Annual Meeting (Rock Creek Park area)
July 14 Bike-O (Location TBD)

Please note that the meet originally announced for Sunday, May 6 has been changed to Saturday, May 5. This meet will be run as part of Montgomery County's 9-day first annual Outdoor Event to spotlight its 27,000 acres of parks. The meet will emphasize beginner through intermediate levels and will offer a lot of tutorial opportunities. Information and registration will be available from 10:00 - 3:00.

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.

GROC Executive Board 1989-1990

Fitness Lab Director (*ex-officio*) -----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
