



# The GROC Newsletter

October 1992

## FROM THE PREZ

*Annual MD/DC RRCA Club Meeting* -- At the end of this past February, GROC participated in the Columbia Challenge conducted by the Howard County Striders. This race is a hilly 10-mile run in which the various MD/DC RRCA clubs compete for individual and team prizes.

Following the race was the annual MD/DC RRCA club meeting. At this meeting, the various clubs reported on different events and programs that they've conducted over the past year. The MCRRC reported on one very successful training program they had last Summer. In this program the MCRRC worked with "first" time runners to train for a race, and then to complete the race. Representatives of a sub-committee from the PVA of TAC/USA also attended the meeting. This sub-committee was working to help solve some of the problems encountered by physically challenged (wheel-chair) athletes. The sub-committee and members of the RRCA clubs exchanged a lot of constructive ideas on wheel-chair participants in club races. This meeting was also a good way for me to meet some of the other club presidents.

*Fun Run* -- As president of the running club, I would like to thank all the volunteers and participants in this Spring's Fun Run and 10km race who made these events so successful. In particular, I would like to thank Diane Kolos for all her hard work and dedication in making these events enjoyable for everyone. I'd also like to thank John Sissala for his colorful play-by-play at the finish line.

Did you know that Maryland runners outscored runners from all other states at the US Olympic Trials. So let's keep up this Maryland tradition by

outscored all other NASA centers in the Fall Intercenter Competition.

*Miscellany* -- Lani Johnson, our dedicated newsletter editor for the last two years, has resigned. Herb Blodgett, who has been our VP since I can remember, will be retiring at the end of this year. We will greatly miss their dedication and the support they gave our club.

If anyone has thought of getting more involved with GROC, **now is the time!** It doesn't require a full-time commitment, occasionally write an article for the newsletter, help plan or volunteer for a race, whatever you want to give will be appreciated.

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## GROC DIRT ROAD DERBY

GROC will be conducting regular monthly training runs on the third Wednesday of every month, except during April and October (Fun Run months). These low-key races will be about 2 miles in length, and will start in front of the Health Unit at 12:00 noon. We hope to use a variety of courses for these runs. If anyone has an idea for the format of these races (like a race walk one month), please contact Chuck Powers or John Sissala.

Even though it was cold, windy, and snowing - the first Dirt Road Derby of 1992 was held as planned on March 11, 1992. The first race had five diehard ironmen (& woman) runners participating in the two-mile race. The results of the race were as follows:

Name	Time
Mark Cerniglia	12:29
Tom Nolan	12:58
David Orbock	14:15
Pat Friedberg	15:22
Edwin Vaughan	21:14

The weather was a little nicer for the second Dirt Road Derby. This race was held on April 1st, and had ten participants. This is how they did:

Name	Time
Mark Cerniglia	12:02
Eric Nielsen	12:43
Joe Miko	12:57
Tom Venator	13:11
Bill Mitchell	14:32
John Tota	14:43
George Griffin	15:08
Fran Lengenfelder	18:23
John Laudadio	19:03
Loc V. Nguyen	19:52

The 3rd Dirt Road Derby was held on August 19th, and had just four runners. This is how they did:

Name	Time
Mark Cerniglia	11:58
Tony Martino	12:35
Dale Allen	13:11
Dennis Morrow	13:50

The 4th Dirt Road Derby was held on September 16th, and had five runners. This is how they did:

Name	Time
Mark Cerniglia	12:11 (Mark was injured)
Tony Martino	13:02
Dale Allen	13:04
Tom Winkert	15:25
Barbara Pfarr	16:58

Mark is getting faster with each race, and is still waiting for someone to give him a good work-out. The next race is November 18th. GROC appreciates the help of John Sissala and Becky Derro in conducting these races.

## HAPPY TRAILS AT GSFC

Enclosed in this newsletter is a map showing some measured distances for various trails and roads around GSFC. GROC intends to continue measuring others trails and roads around GSFC. If anyone has other measured courses, we would be glad to publish them in the newsletter.

## UP & COMING

Oct. 14	GROC 2-Mile Fun Run
Oct. 16	2-Mile Make-up at Du Val HS
Oct. 19	10 km Race (for walkers)
Oct. 21	GROC 10 km Race
Oct. 22	GROC pre-marathon luncheon
Oct. 23	10 km Make-up
Oct. 25	Marine Corps Marathon
Oct. 29	GROC Fall Picnic (tentative)
Nov. 17	November Meeting
Dec. 15	December Meeting

### Orienteering Events

Oct. 4 -- Chopawamsic Creek, Quantico, Va. Cross-country orienteering. String-O. Directions: Take I-95 south from the beltway to exit 150, Quantico. Go east to the Main Gate of Marine base, tell the guard that you're there for the orienteering meet, and follow the red and white O-signs to the start area.

Oct. 18 -- Little Bennett Regional Park, Md. Score-O.

For more info on these and other orienteering events, contact Jane Jellison at x8563.

## **THE FUN-RUN FUND RAISING CAMPAIGN**

Two times each year, the GROC Fun-Run provides Goddard employees with an opportunity to enjoy the fun and health benefits of physical activity. The second Wednesday of October is this Fall's opportunity to win the intercenter competition, promote the benefits of running and walking, and enjoy the companionship of our fellow employees. This year, a new twist will be added to the Fun-Run agenda.

In 1980, heart disease was responsible for 54% of the deaths in the U.S. By 1990, that total was reduced to 32%. This reduction is largely due to the research, assistance, and education programs supported by the American Heart Association.

The American Heart Association is America's leading health promotion organization, and has been at the forefront of the battle against heart disease for many decades. Now is Goddard's chance to show support for the significant efforts performed by this important organization.

The A.H.A. is sponsoring a Walkathon this October 3rd. We have been asked to become involved as a leader in Prince George's County. Obviously, we do not want to participate in the October 3rd event when we could use our Fall Fun-Run as our own personal fund raiser.

Each one of us has been touched by heart disease. No one is immune, as many of our family, friends, and even ourselves have suffered from its effects. What we hope to accomplish is to make Goddard a leading corporate fund raiser in Prince George's County. Your efforts are crucial to this campaign's success, and our your role can be very simple.

By dedicating your participation in the Fun-Run to the A.H.A., you can have a significant impact in the fight against our nations #1 killer. Simply encourage your family, friends, co-workers, and acquaintances to donate as little or as much as they wish to go towards your efforts in the Fun-Run. By raising these funds you not only help the cause, but you become eligible for prizes ranging from T-shirts to color TV's. In addition, there will be team and individual awards for the highest fund raising totals.

Sponsor sheets will be attached to the Fun-Run race application that will be mailed to you. Join Goddard's fight against heart disease. If you have any questions regarding this important campaign, call John Gilligan at x-6668.

## **A NEW GROC RUNNING TEAM**

Last newsletter, I inquired about interest in forming a GROC running team to participate local team events. Well, I didn't get much response to that inquiry. More recently, I've talked to some Goddard runners and discovered that there's enough interest to form a new GROC running team. So, once more I'm calling for interested GROC members to sign up for the team! Please contact me if you're interested.

During this coming February and March, there will be three team events which may interest GROC members. The first is the GW Marathon and relay. The relay has three legs (8, 9, and 9.2 miles). The second event is a 10-mile race called the Columbia Challenge, which is a competition among the MD/DC RRCA Clubs. Each club is required to have a minimum of 12 males and 3 females on their team. Teams with less may compete for individual prizes.

The third event is the Hinte-Anderson Trail Run, which is a 50 km race and relay. The relay consists of three legs, each 10.3 miles. If you've never done a trail run before, you should consider giving this race/relay a try. I ran on a relay team at this event last year, and really enjoyed it as a change from road racing.

If these races are too long, and/or if someone knows of other fun team events, please let me know. I remember running in a track relay event which GROC entered back in 1985, which was a lot of fun. It's time for a new GROC running team!

## **PRE-MARATHON LUNCHEON**

GROC is planning to have a luncheon on Thursday, October 22nd for our runners who will be participating in the Marine Corps Marathon. If you are interested, contact Chuck Powers or Diane Kolos. The location for this luncheon has not yet been decided, so if you have a preference let us know.

## **GROC WANTS YOUR ARTICLES**

GROC is looking for articles for the newsletter. You can write about anything you want -- your experiences with racing, your own training techniques, an orienteering event you enjoyed, whatever. Contact Chuck Powers if you have an article or any questions about writing one.

**DON'T MISS THE NEXT  
GROC MEETINGS**

Tuesday, November 17

Tuesday, December 15

at 12:00 Noon  
in Building 22, Room 271

*MARK YOUR CALENDAR*

**MEETING NOTES**

August 18, 1992

1. We discussed purchasing the Run Score software program. Looking into whether GEWA will buy it for GROC.
2. We may be using the Fun Run as a fund raiser for the American Heart Association. John Gilligan has asked if we can support the American Heart Association (AHA) in the fight against heart disease. The AHA is holding a 10km walkathon on Oct 3rd, which relies on runners getting sponsors to donate money. John would like to use the 2 mile Fun Run as a liaison to the walkathon and have Fun Run runners get sponsors. Several comments were made by meeting attendees concerning any legal problems with sponsoring the AHA. John will call legal counsel and GEWA to discuss the idea.
3. Fun Run -- Time to round up volunteers, send a letter to the Center Director asking permission, and to call Du Val High School to schedule make-up run.
4. Other Races -- Chuck is checking into GROC runners using the Montgomery County RRC hospitality room for the Marine Corps Marathon. GROC will try to field a team at the Columbia Challenge in Feb. 1993. This will be announced in newsletter to identify those interested. GROC may try to send a relay team to the GW Marathon.

September 15, 1992

1. Fun Run -- Dates were decided upon and are to be posted in the Newsletter. Need to order numbers and pins.

2. Other Dates -- Oct 29th, GROC Picnic (tentative). Next two meetings are November 17th and December 15th.
3. Miscellaneous -- We discussed reversing the direction of the Fun Run. A decision was not made at this meeting. We also discussed how we could make the club more active, and came up with having more races and talks. A race was proposed for first day back to work after New Years-a sort of "resolution" run where the winner would be the one who guesses closest to their finishing time.

**A SAD FAREWELL**

After nearly two years as newsletter editor, Lani (Williams) Johnson is leaving us. Her job will no longer keep her in close contact with Goddard so she will not be as closely associated with the club as before. During her term as newsletter editor Lani worked diligently at producing a professional looking product and was very talented at getting the most unwilling writers to produce interesting articles. Her enthusiasm will be sorely missed. We all wish her well with her new activities.

**GROC Executive Board 1991-1992**

President	Chuck Powers	286-8061
VP	Herb Blodgett	286-5554
Treasurer	Edwin Fung	286-7347
Secretary	Becky Derro	286-8426
Past Prez	Diane Kolos	286-3880
Membership Coordinator	Jane Jellison	286-8563
Race Director	Diane Kolos	286-3880
Fitness Lab Director	John Gilligan	286-6666
Newsletter Editor	Chuck Powers (temporary)	

**Special Sidelines Coordinators**

Orienteering	Jane Jellison	286-8563
Ultrarunning	Mike McCumber	286-9134
Race Walking	Renny Greenstone	513-1610
Triathlon	Bob Phillips	344-4911

**Reach the Editor:**

3+Mail address: Cpowers:313

The GROC Newsletter is a publication of the Goddard Running & Orienteering Club. Submit articles and items of interest to the editor.

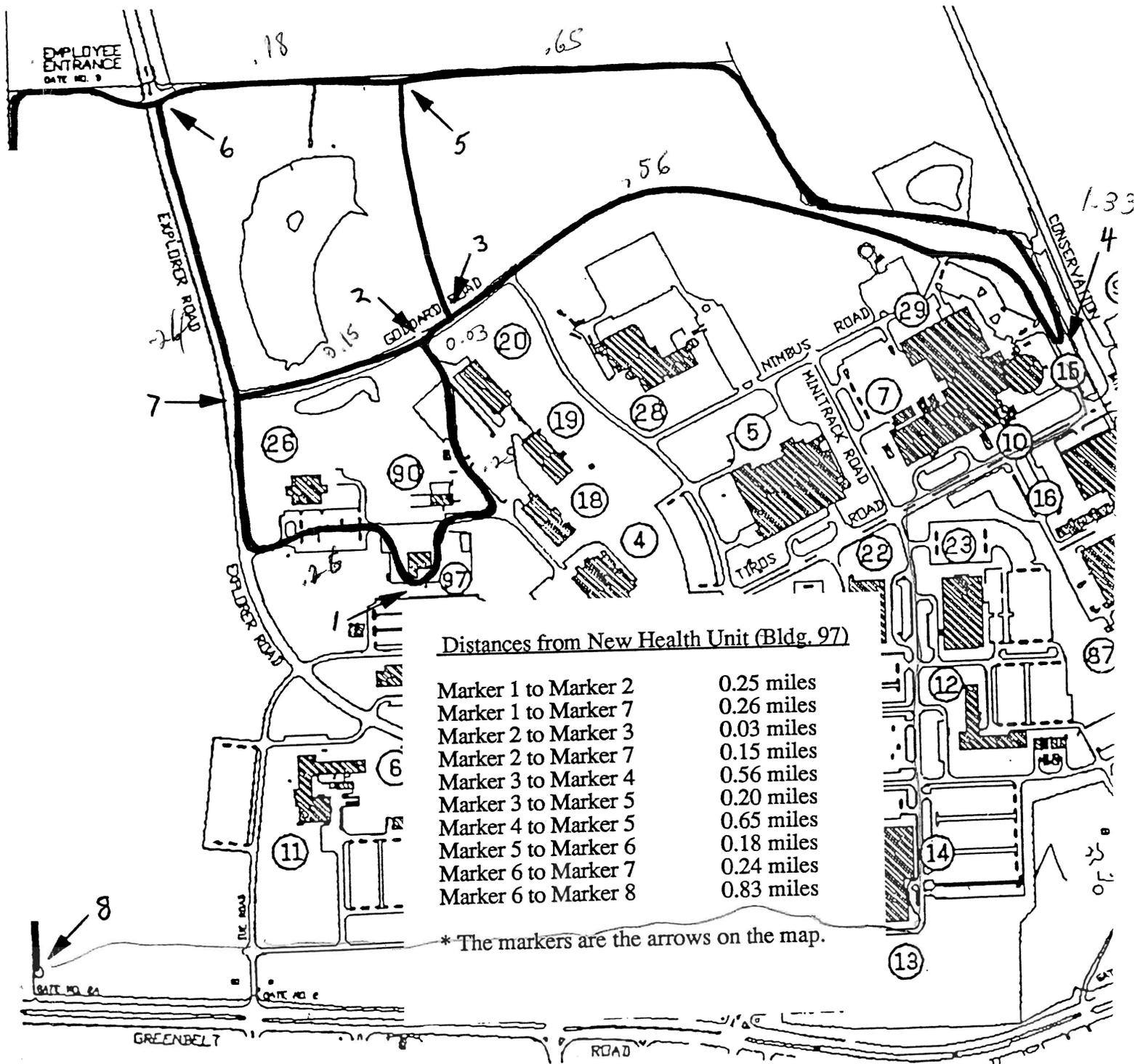
# SPECIAL SIDELINES

Special Sidelines highlights other fun and fitness activities. For some, what we call a Sideline is the main event, things like orienteering, ultrarunning, triathlons, racewalking, and weight training.

GROC members are willing to field your questions about their Special Sidelines.

Jane Jellison  
 Bob Phillips  
 Renny Greenstone  
 Mike McCumber

Orienteering  
 Triathlon  
 Racewalking  
 Ultrarunning



## SPRING FUN RUN RESULTS

The weather for the 34th NASA Intercenter 2-Miler was perfect. Nearly 700 runners and walkers turned out for the event. A new course record was set by Jim Gibson with a time of 9:23. The first woman to cross the finish line was Jackie Hogle with a time of 13:49. The men's masters winner was Bob Bindschadler with a time of 12:23, and the women's masters winner was Claire Parkinson with a time of 14:56.

The team participation contest once again went to the *Communicators*, followed by *Catch-22*. The speediest team was also the *Communicators*, followed by *Speed N Snooze*.

1 09:23 Jim Gibson  
2 10:06 Ed Boggess  
3 10:49 Frank Tai  
4 10:54 Neal Barthelme  
5 11:14 Mark Baugh  
6 11:25 Mark Cerniglia  
7 11:36 Mark Nicholson  
8 11:47 Larry Dunham  
9 11:51 Charles Lofton  
10 11:52 Curtis Johnson  
11 11:54 Tony Martino  
12 11:55 Paul Nelson  
13 11:59 David McComas  
14 12:05 Ned Potter  
15 12:11 Ray Lundquist  
15 12:11 Brent Robertson  
17 12:14 Christopher Brennan  
18 12:16 Eric Nielsen  
19 12:21 Robert Plastine  
20 12:22 Milind Kulkarni  
21 12:23 Robert Bindschadler  
22 12:26 Steven Tompkins  
23 12:28 Bruce Bills  
24 12:40 Charles Powers  
25 12:45 Fred Shuman  
26 12:47 Joseph Miko  
27 12:49 Carlos Cumberbatch  
28 12:51 Bob Lutz  
29 12:53 Terence Sabaka  
30 12:55 Richard Conte  
31 12:56 Bruce Trout  
32 13:01 Stanley Underwood  
33 13:02 James Chernega  
34 13:03 Jorgen Jensen  
35 13:07 Bob Phillips  
36 13:15 Scott Glubke  
37 13:24 Jairo Santana  
38 13:25 Scott Carter  
39 13:26 Todd Martin  
40 13:31 Mark Walther  
41 13:33 Robert Schweiss  
42 13:36 David Orbock  
43 13:37 Larry Ronk

44 13:38 Andrew Negri  
45 13:41 Gerald Heymsfield  
46 13:42 Doug Fineberg  
47 13:43 Frank Birsas  
48 13:45 Dale Fink  
49 13:46 Timothy Ludwig  
50 13:47 Stephen Brown  
50 13:47 Richard Fitzgerald  
52 13:48 Timothy Wilcox  
53 13:49 Jackie Hogle  
54 13:50 Jeff Steele  
55 13:53 Maurice Dube  
55 13:53 Warren Miller  
55 13:53 David Heimann  
58 13:54 Michael Bur  
59 13:55 Rich Luquette  
60 13:56 Jerome Hengemihle  
61 13:57 Pat Friedberg  
62 14:00 K. Palaniappan  
63 14:03 Eric Beach  
64 14:06 Deanna Bentz  
65 14:07 William Mitchell  
66 14:08 John Tota  
67 14:10 Juan Gutierrez  
68 14:11 Steve Waterbury  
68 14:11 Mark Hubbard  
70 14:13 Rud Moe  
70 14:13 Lisa Rexrode  
72 14:14 Bob Cornett  
72 14:14 Chuck Naegeli  
74 14:15 Charles Divine  
75 14:17 Robert Summa  
75 14:17 Ed Joyce  
75 14:17 Vishal Desai  
78 14:20 Michael Brewer  
79 14:29 Carolyn Dent  
80 14:30 George Voellmer  
81 14:34 George Griffin  
81 14:34 Ronald Lassiter  
83 14:35 Americo Allegrino  
84 14:36 Mark Latzko  
84 14:36 John Bont  
86 14:37 Gordon Miller  
87 14:41 Emil Kirwan  
88 14:42 David Iacona  
88 14:42 Kelly Hendra  
90 14:45 Tom Berry  
90 14:45 Gregory Goucher  
92 14:46 James Jones  
93 14:48 William Kovalik  
94 14:52 Joe Gvozdaz  
95 14:53 Mary Anne Gallagher  
96 14:54 Benjamin Hall  
96 14:54 John Bichell  
98 14:56 Claire Parkinson  
99 14:57 Donald Finnegan  
100 14:58 James Robinson  
100 14:58 George Simons  
102 14:59 Norman Whitehead  
103 15:00 Jack Koslosky  
103 15:00 Donald Moore  
103 15:00 Dennis Morrow  
106 15:01 James Thieman  
106 15:01 Gregory Dvornicky

108 15:06 Donald Henderson  
109 15:07 Charles Jackman  
110 15:09 Rick Pickering  
111 15:10 Brett Weeks  
112 15:12 Roger Dilling  
113 15:13 Jamie Harper  
114 15:14 David Hanger  
114 15:14 Brant Brockdorff  
116 15:21 Tara Mitchell  
117 15:23 Jeff Larson  
118 15:24 Robert Kearney  
119 15:28 Anthony Rogers  
120 15:30 Chris Greenwell  
120 15:30 Jim Corbo  
122 15:32 James Heany  
123 15:33 Harry Trexel  
123 15:33 Richard Barry  
125 15:34 Bill Guit  
125 15:34 Paul Herman  
127 15:36 Robert Lucchesi  
128 15:37 Frank Wright, Jr.  
129 15:38 William Skillman  
130 15:39 Mark Allen  
131 15:40 Gerard Durback  
131 15:40 Jeff Love  
133 15:41 Louis Habersham  
134 15:42 Tobin Anthony  
135 15:43 Daniel Hopf  
136 15:44 Mitch Mahoney  
137 15:45 Mona Williamson  
138 15:46 Karen Castell  
139 15:48 Arturo Pinnock  
140 15:52 Michael Molinet  
141 15:53 Rosalie Skrabak  
141 15:53 Richard Rood  
141 15:53 Joseph Fasula  
144 15:54 James Earnesty  
145 15:55 David Boon  
146 15:56 Timothy Kelly  
147 15:59 Bernard Chovitz  
148 16:03 Leon Jones  
148 16:03 John Webb  
150 16:06 David Skillman  
151 16:07 J. Patrick Haas  
152 16:08 Jerry Brothers  
153 16:10 Howard Dew  
154 16:13 Joseph Currin  
154 16:13 Jon Conte  
156 16:14 Chi Le  
157 16:15 C. Meg Larko  
158 16:16 Scott Adams  
159 16:17 Mash Nishihama  
160 16:18 Lara Aist-Sagara  
161 16:19 Ralph Welsh, Jr.  
161 16:19 Gregory Ross  
163 16:20 Leonard Newman  
164 16:21 Luan Luu  
165 16:23 Stephanie Thliveris-Harsn  
166 16:24 Daniel Helfrich  
166 16:24 Ryan Simmons  
168 16:26 Daniel Andrews  
168 16:26 Kathy Strong  
170 16:27 Russell Harrison  
171 16:28 David Quinn

171 16:28 Charles Graf	236 18:39 Lena Hester	300 21:39 Nita Roberts
173 16:30 Mike Comberiate	237 18:43 Suzanne Carroll	301 21:41 Jay Zwally
174 16:33 Joanne Monks	237 18:43 Myron Bradshaw	302 21:42 Nita Curry
175 16:34 John Michalik	237 18:43 Charles Long	303 21:43 Nilo Gonzales
175 16:34 Debora Adams	240 18:45 Bradford Butts	304 21:45 Jan Owings
177 16:38 Don Burt	241 18:47 John "Lightning" Mauser	304 21:45 Jody Dubman
178 16:39 Bret Foxson	242 18:48 Carl Taylor	306 21:49 Carl Roberts
179 16:40 Jean Swank	243 18:50 Thomas Fitzgerald	307 21:50 Pam Cochran
179 16:40 Adam Chornesky	244 18:51 Cathy Tabor	308 21:53 Linda Rioux
181 16:42 Roger Stone	245 18:53 Larry Zeigenfuss	309 21:57 Janine Harrison
182 16:43 Justin Cassidy	246 18:54 Chance Ebel	310 21:58 Mary Walsh
183 16:45 James Mentall	247 19:00 Laurence Twigg	311 22:00 Brendon Clark
184 16:50 Chuck Kropp	247 19:00 Anne Douglass	312 22:01 Tracy Pepin
184 16:50 Raghuram Srinivasa	247 19:00 John Mattox	313 22:09 Darlene Walter
186 16:51 Lou Mayo	250 19:03 Andrew Gravatt	314 22:20 Don Manthey
187 16:53 Dennis James	251 19:04 Karen Flynn	315 22:23 Marjorie Barnard
187 16:53 Robert Kilgore	251 19:04 Mary Bulkley	316 22:24 Phil Smith
189 16:55 Barbara Pfarr	253 19:05 Jeremy Licata	317 22:37 James Smith
190 16:59 Greg Walker	254 19:08 Walter Rook	318 22:38 Liz Goswick
191 17:00 Ezra Jalleta	255 19:10 Robert Swanhart	319 22:39 Bruce Kelly
192 17:01 Curtis Emerson	255 19:10 Nancy Lombardo	320 22:41 Manuel Florez
193 17:15 Thomas Plummer	257 19:13 Joan Rattigan	321 22:42 James A. Bass
194 17:17 Joel Mitchell	257 19:13 Porfy Beltran	322 22:47 Travis Knoll
195 17:19 Franz Lengenfelder	259 19:16 Kenneth Caldwell	323 22:48 Tami Kovalik
195 17:19 Randall Beckman	259 19:16 Todd Daugherty	324 22:49 Robert Duggins
197 17:24 Fritz Hasler	259 19:16 Charles Gray	324 22:49 Felicia Grice
197 17:24 Bert Johnson	262 19:22 Robert Frederickson	326 22:50 Richard Walker
199 17:26 Jill P. Lukoschek	263 19:25 Carl Lazerow	327 22:53 Jeffrey D'Agostino
200 17:28 Bill Garay	264 19:27 Michelle Navarra	328 23:01 Karen Moe
200 17:28 Craig Hoffman	265 19:31 Diane Dobak	329 23:02 Judi Bordeaux
202 17:29 Randal Koster	266 19:32 Tony Santillo	330 23:04 Pamela Brown
203 17:30 Jeff Bowser	267 19:43 James Reeves	331 23:06 Richard Deutschmann
204 17:31 Edward Kemper	268 19:46 Omar Quinones	332 23:11 Stephen Ungar
205 17:32 Jeff Hudec	269 19:55 Anne Crowley	333 23:19 Jackie Clewis
206 17:33 Donald Fairfield	270 19:56 Craig Weikel	334 23:27 Walter Kiefer
207 17:35 Gregg Bluth	270 19:56 Chandra Burrows	335 23:35 Kenneth Anderson
208 17:36 Patricia Berry	272 19:59 Kimberly D. Brown	336 23:36 Kamana Mathur
209 17:40 Stan Houck	273 20:03 Rajani Cuddapah	337 23:38 Douglas Solomon
210 17:42 Michael Westbrook	273 20:03 Shawn Belton	338 23:44 Emma Mendoza
211 17:44 Malcolm Posey	275 20:09 Deane Charlson	339 23:56 Ruth Kennard
212 17:49 Stanley Corwin	276 20:11 Tom Page	340 24:03 Patrick McClain
212 17:49 Richard Devlin	276 20:11 Timothy Belet	341 24:04 Willard Wilson
214 17:53 Greg Sanderson	278 20:13 William Wells	342 24:05 Renny Greenstone
214 17:53 Sid Jones	279 20:15 Chip Palumbo	342 24:05 Chris Cobb
216 17:59 Hugh O'Donnell	279 20:15 Mark Ambrose	344 24:11 Donald Righter
217 18:01 Michael Purucker	281 20:17 Michael Robbins	345 24:14 Harry Schenk
217 18:01 Walter Thomas	282 20:22 Stuart Lowry	346 24:24 Russell Waybright
219 18:02 Steven Graham	283 20:26 Frank Kirchner	347 24:29 Doris Jallice
220 18:04 John Brady	284 20:27 John Soltis	348 24:32 Ann Williams
221 18:05 Tim Newman	285 20:28 Judy Petty	349 24:42 Bob Haines
222 18:06 Paul Lowman	286 20:31 Amar Suri	350 24:51 Tom Fusting
223 18:08 Eric Christian	287 20:34 Teresa Larson	351 24:54 Robert Montgomery
224 18:09 James Rose II	288 20:39 Frank McCluer	351 24:54 Robert Payton
224 18:09 Linda Copley	289 20:43 Joanna Joiner-Noll	353 24:59 Frank Cole
226 18:11 Peter S. P. Hui	290 20:49 R. Renee Smith	354 25:00 Melanie Taylor
226 18:11 Brenda Van Der Loo	291 21:04 Karen Lolio	355 25:01 Fraser Barnes
228 18:13 Locke Stuart	292 21:05 Bruno Munoz	356 25:16 Eileen Batson
229 18:17 Don Fadler	293 21:11 Dash Gupta	357 25:18 Ralph Mollerick
230 18:20 Stephen Walter	294 21:18 Stephen Holder	358 25:22 Margaret Harrington
231 18:22 John Laudadio	295 21:20 Ron Chinnapongse	359 25:32 Susan Kaltenbaugh
232 18:24 Michael McClellan	296 21:23 Richard Rohrbaugh	359 25:32 Patrick McCaslin
233 18:25 Bob Knox	297 21:24 Eueng-nan Yeh	361 25:36 Marcos Alvarez
234 18:30 William Lawrence	298 21:31 Michael Flitcraft	362 25:42 Ted Unite
235 18:36 Michael Buzynski	299 21:38 Richard Washabau	362 25:42 Eric Scanlan

364 25:44 Chris Ridenour  
 364 25:44 Kevin Jones  
 366 25:48 Timothy Dole  
 367 25:49 Laurie Via  
 367 25:49 Patricia Brasure  
 369 25:50 Gene Traynham  
 370 25:52 Christy Spector  
 371 25:54 Edward Muncie  
 372 25:59 Herb Blodget  
 373 26:02 Martha Schaefer  
 374 26:06 Cindy Kirchner  
 375 26:18 Linda Hartman  
 376 26:30 Thomas Gitlin  
 377 26:31 Ted Sobchak  
 378 26:35 Richard Jeffers  
 379 26:46 Tom Underwood  
 380 26:47 B. J. Hayden  
 381 26:49 Rose Marie Damiano  
 382 26:50 Fred Robinson  
 382 26:50 Leonard Blasso  
 384 26:53 Trisha Weir  
 385 26:58 Raymond Mazur  
 385 26:58 Philomin Josephson  
 387 27:09 Elaine Shell  
 388 27:10 Elizabeth Citrin  
 389 27:12 Cathy Penafiel  
 389 27:12 Henry Hartley  
 389 27:12 Daniel Nguyen  
 392 27:18 Darlene Hawkins  
 393 27:19 Kimberly Butler  
 394 27:34 Nancy Goodman  
 395 27:36 Carol Russell  
 396 27:37 Albert Latzko  
 396 27:37 Kenneth Hudson  
 396 27:37 Charles Scaffidi  
 399 27:38 Loretta Battle  
 400 27:39 Paul Garza  
 401 27:43 Kim Blackwell  
 401 27:43 Mike Garner  
 401 27:43 Nicki Fritz  
 404 27:44 Jodi White  
 405 27:56 Gloria Goodman  
 405 27:56 Barbara Conboy  
 407 27:57 Larry Goodman  
 408 27:59 David Harding  
 408 27:59 Anna Marie Montoro  
 408 27:59 Patrick Agbu  
 411 28:01 Robert Candey  
 412 28:07 Hong-Yee Chiu  
 413 28:08 Mary Carter  
 414 28:10 Daniel Endres  
 414 28:10 John Bogert  
 416 28:14 Lois Ryno  
 417 28:20 John Bauernschub  
 418 28:21 Brent Warner  
 418 28:21 John Hurd  
 420 28:32 Paul Borghese  
 421 28:41 LaDonna Earl  
 421 28:41 Herbert Frankel  
 423 28:43 Marian Humphrey  
 424 28:44 Nelson Cheung  
 425 28:46 Vicki Pendergrass  
 425 28:46 Fred B. Shaffer, Jr.  
 427 28:47 Mark Brown  
 427 28:47 Keisha Tigner  
 427 28:47 Harry Hill  
 430 28:48 Phyllis Knight  
 431 28:51 Vicki Simpson  
 432 28:52 Michele Jacintho  
 432 28:52 Tim Jacintho  
 434 28:53 Cheryl Lee  
 434 28:53 Randy Amonick  
 436 28:57 William Struthers  
 436 28:57 Robert Hermann  
 438 28:58 Lester Wentz, Jr.  
 439 28:59 Susan Adams  
 439 28:59 Leslie Payne  
 441 29:01 Kristina Lew  
 442 29:07 Rex Bowling  
 442 29:07 Tom Conover  
 444 29:12 Natalie Anderson  
 445 29:14 Grace Payne  
 445 29:14 Steve Peregoy  
 447 29:15 Steven Horowitz  
 448 29:17 Candace Carlisle  
 448 29:17 Kay Scoville  
 450 29:18 Naseema Maroof  
 450 29:18 Liz Kennedy  
 452 29:19 Edwin Vaughan  
 452 29:19 Vijayasree Sonti  
 452 29:19 Dominique Dinh  
 452 29:19 Carla Cohen  
 456 29:20 Kelli Underwood  
 456 29:20 James Firestone  
 456 29:20 Christine Estacion  
 459 29:21 Evette Blackwell  
 460 29:24 Emory Kopf  
 461 29:27 Deborah Derrick  
 462 29:29 Fred Meader  
 463 29:31 Lorrel Popp  
 464 29:32 Dolores Shaut  
 464 29:32 Nicholas Shur  
 466 29:34 Jenny Meade  
 467 29:38 Jo Kim  
 468 29:39 Abram Irby  
 469 29:44 Patrick Kilroy  
 470 29:46 Arthur Hughes  
 471 29:47 Mike Parmenter  
 472 29:50 Betty Brocki  
 473 29:51 Leroy Scriba  
 474 29:54 Linda Bolden  
 475 29:55 David Heggland  
 476 29:56 Carol Cox  
 477 29:57 Susan Nalley  
 478 30:00 Jean Walters  
 479 30:18 Mary Abresh  
 479 30:18 Barbara Putney  
 481 30:27 Ray McGaha  
 481 30:27 Paul Mills  
 483 30:30 Dale Brigham  
 484 30:31 Amri I. Hernandez-Plmo  
 485 30:33 Michael Snyder  
 486 30:35 Cathy Gormley  
 487 30:36 Susan Trelease  
 487 30:36 James Mich  
 489 30:44 Linda Carter  
 489 30:44 Donna Bird  
 491 30:47 Scott Alberghini  
 492 30:48 Joan Tarkington  
 493 31:02 Mary Stevens  
 494 31:03 Lisa Hall  
 495 31:04 Karleen Helton  
 495 31:04 Edward Duncan  
 497 31:06 Paul Brumberg  
 498 31:09 Charles Karnes  
 499 31:10 Rosalind Dorsey  
 499 31:10 Jeff Sealover  
 501 31:11 Jack Hodge  
 501 31:11 Bill Koch  
 503 31:12 Mitchell Brown  
 504 31:15 Winthrop Johnson  
 505 31:24 George Huffman  
 505 31:24 Pete Keehn  
 507 31:25 Dolf Lekebusch  
 507 31:25 Chiang Chen  
 509 31:30 Sabrina Cook  
 510 31:40 Thelma Swigert  
 511 31:43 Shiv Chopra  
 512 31:44 John Lyons  
 513 31:45 Elaine Fry  
 514 31:46 Ron O'Leary  
 515 31:47 John Harry  
 516 31:48 Kevin Parker  
 516 31:48 Elvira Shieh  
 518 31:52 Cathy Mahoney  
 519 31:57 Denise Gilliland  
 519 31:57 Sushma Singhal  
 521 31:58 Julie Janus  
 522 32:01 Charles Duignan  
 523 32:02 Rick Bingham  
 523 32:02 Kathie Jarva  
 523 32:02 Renee Hatcher  
 526 32:03 Albert Jahnigen  
 526 32:03 Angelo Polesel  
 528 32:04 Sam Chuppetta  
 528 32:04 David Larsen  
 528 32:04 Daniel Duffy  
 531 32:05 Angela Hess  
 531 32:05 Anita Wellen  
 531 32:05 Barbara Hunt  
 534 32:06 Barbara Haskell  
 535 32:12 Bill Freeman  
 535 32:12 Cary Hendrix  
 537 32:14 Cindy Merrow  
 538 32:15 Ann Jenkins  
 539 32:17 Dinah Daughtridge  
 539 32:17 Leslie Ambrose  
 541 32:20 Margaret Russell  
 541 32:20 Eunice Eng  
 543 32:28 Shirley Read  
 544 32:29 Steven Alexander  
 545 32:32 Catherine Niemczuk  
 546 32:33 John Stewart  
 547 32:34 William E. McGunigal  
 547 32:34 David McKain  
 549 32:35 Lou Etta Milstead  
 550 32:36 Anne Larson  
 550 32:36 James Fate  
 552 32:37 Shirley Burns  
 553 32:40 Becky Worthen  
 553 32:40 Kim Toufectis  
 555 32:41 Thomas Bascom

556 32:44 John Durning  
 556 32:44 John Van Blarcom  
 558 32:45 Lynne Slater  
 559 32:50 Priscilla Struthers  
 559 32:50 Paula Webber  
 561 32:51 Denise Dunn  
 562 32:52 Alejandra Potter  
 562 32:52 Catherine Potter  
 564 32:53 Colleen Howard  
 564 32:53 Brenda Howard  
 564 32:53 Renee Whalen  
 564 32:53 Harry Born  
 568 32:56 Monique Wellman-Dixon  
 568 32:56 Ronnie Cohen  
 570 32:57 Gail Schneider  
 571 33:00 Dorothy Hall  
 571 33:00 Jim Ormsby  
 573 33:02 Barbara Machtey  
 573 33:02 Edgars Ulis  
 573 33:02 Castello  
 576 33:03 Gwen Bynum  
 576 33:03 Tracey Jones  
 578 33:06 Devora Johnson  
 579 33:08 Susan Swartz  
 580 33:09 Steve Farley  
 581 33:13 Mary Caraker  
 582 33:14 William Smith  
 582 33:14 Keith Lowe  
 584 33:15 Debra Carra  
 584 33:15 Christy George  
 586 33:16 Tracy Scagliarini  
 587 33:17 Keith Chapman  
 588 33:19 Alfonso Eaton  
 589 33:26 Carol Sappington  
 590 33:34 Jay Garvin  
 591 33:35 Susie Hartman  
 591 33:35 Steven Scott  
 593 33:40 Ernie Staples  
 593 33:40 Shahid Khan  
 593 33:40 Jose Endara  
 596 34:02 Barbara Pope  
 596 34:02 Barbara Thomas  
 598 34:03 Martha Szczur  
 599 34:06 Todd Sanders  
 600 34:08 Mike McNeill  
 600 34:08 Jeff Galia  
 600 34:08 Phillip Tapper  
 603 34:09 Jane Silva  
 604 34:11 Tony Caporale  
 604 34:11 Merri Benjamin  
 604 34:11 Barbara Enoch  
 607 34:13 Robert Westbrook  
 608 34:17 John Gauthier  
 608 34:17 Juliet Taylor  
 608 34:17 Barbara Barton  
 611 34:18 Barbara Gownley  
 611 34:18 Margarita Scopin  
 611 34:18 Helen Prado  
 614 34:20 Patricia Bavis  
 614 34:20 Glen Coombs  
 616 34:21 Daisy Ishizuka  
 617 34:25 Ellie Gianni  
 617 34:25 Rodney Coleman  
 617 34:25 Linda Fatahi-Yar

620 34:27 Harshna Sampat  
 621 34:31 Betty Pyles  
 621 34:31 Debra Gaines-Spicer  
 623 34:32 Sherri Hall  
 623 34:32 Virginia Herrensperger  
 625 34:33 Fay-Lu Wu  
 626 34:34 Veronica Stubbs  
 627 34:35 Beverly Wildoner  
 627 34:35 Joan Neely  
 629 34:36 Paul Clohan  
 630 34:48 Sandra Camacho  
 631 34:49 Donna Mudd  
 632 34:50 Donald Wilson  
 632 34:50 Patricia Stone  
 634 35:02 Robert Chalmers  
 635 35:03 Ted Michalek  
 635 35:03 Greg Greer  
 635 35:03 Scott Sidel  
 635 35:03 Keith Parrish  
 639 35:09 Alex Dicks  
 640 35:11 Jeanette Black  
 641 35:27 Denise Fay-Dombrowski  
 641 35:27 Tom Snow  
 643 35:50 Shirley Masiee  
 644 35:51 Angela Ahearn  
 645 36:00 Susie Scott  
 646 36:07 Stephanie Gorman  
 646 36:07 Raeann Lowman  
 648 36:08 Eva Doyle  
 648 36:08 Carol Blank  
 650 36:09 Unregistered  
 650 36:09 John White  
 650 36:09 Darrel Williams  
 653 36:11 Jon Ranson  
 654 36:13 Brenda Clermont  
 654 36:13 Guoqing Sun  
 656 36:14 Rosalinda Fainchtein  
 656 36:14 Cindy Starr  
 658 36:15 Marjorie Gustafson  
 658 36:15 Vicky Van Duyl  
 660 36:27 Sandra D'Orazio  
 660 36:27 Mary Lapelosa  
 662 36:30 Von Whitaker  
 662 36:30 Paula Homburg  
 664 36:36 Susie Zoerner  
 664 36:36 Teresa Sheets  
 666 36:50 Sam McGhee  
 666 36:50 Susan Poulouse  
 668 36:54 Jorge Reynolds  
 669 37:14 Eduardo Zayas-Quinones  
 669 37:14 John Stein  
 669 37:14 Janet McLeod  
 672 37:30 Satish Ingale  
 672 37:30 Lou Cook  
 674 37:31 Lee Dumais  
 674 37:31 Russell Wick  
 674 37:31 Robert Stewart  
 677 37:32 George Wilson  
 678 37:36 Don Seidenspinner  
 678 37:36 Deborah Zarate  
 680 37:38 Kay Seidenspinner  
 681 37:40 Lynne Morgan  
 682 37:42 Nancy Bock  
 683 37:44 Jane Sanders

684 37:48 Dedra Gunning  
 685 37:51 Marcia Smith  
 686 38:00 Mary Ellen Shoe  
 687 38:29 Chiquita Sorrels  
 688 38:31 Jimmie Elswick  
 689 38:33 Joan Hulbert  
 690 41:10 Sharon Sinkfield  
 690 41:10 Roberta Harvey  
 692 41:12 Sharon Garrison  
 692 41:12 Deborah Walls  
 694 42:12 Sheila Kapoor

## TEAM RESULTS

For Participation:

<i>Team</i>	<i>Finishers</i>
Communicators	135
Catch-22	88
Fed Ups	73
Speed 'N Snooze	35
Out to Launch	25
FPDMSS	18
Power Misers	15
Quasars	13
Pro Ambulators	10
Next to Last	9
Hot to Trot	5
EOS Project	5
Bustling Bitheads	3
Red Team Soccer	3

For Speed:

<i>Team</i>	<i>Points</i>
Communicators	27.00
Speed 'N Snooze	71.89
Catch-22	92.42
Out to Launch	101.00
Fed Ups	172.36
FPDMSS	232.05
Power Misers	325.74
Quasars	369.49
Next to Last	548.26
Pro Ambulators	1126.04
Hot to Trot	1471.00
EOS Project	1658.81

## FUN RUN INFORMATION

For the first time in as long as we can remember, GSFC is not the Intercenter Race 2-Mile Champ. We need more people at the races to take back this position from JSC. Help us out, bring a friend-- better yet bring several. Speed is not the issue, participation is.

As the race date approaches, a few reminders are in order. These will help us with the race registration so that we can produce the data from the race as quickly and painlessly as possible. It takes many volunteers to make the races a success. If you know of someone who can help, or if you can help, please contact Carol Russell at x9416. Please turn in your registration form as early as possible so that we can log this information into the computer before the last minute. If you are a team captain this becomes especially important; we will be happy to accept individual sheets prior to the submission of your team roster. Please remember that the only way we have of accurately computing your finish time is by taking the tear tag off your runner number at the end of the chute. If you leave the line or change position with others this accuracy is gone. Please stay in the chute which you are sent to and keep your place in line accurately. We are also heavily dependent on your runner number to keep our records straight--please make sure it is on the front of your shirt at the finish line so our video group can record it accurately.

Good luck and have a good time at the GROC Fall Races!

## FALL 1992 NASA INTERCENTER 2-MILE & 10 km COMPETITION

**GROC 2-MILE FUN RUN**  
October 14th at 12:00 Noon

**2-MILE MAKE-UP RUN**  
October 16th at 12:00 Noon  
at Du Val High School Track

**10 km RACE for WALKERS**  
October 19th at 12:00 Noon  
starts at the Fitness Lab

**GROC 10 km RACE**  
October 21th at 12:00 Noon  
at Greenbelt Lake

**10 km MAKE-UP RACE**  
October 23rd at 12:00 Noon  
at Greenbelt Lake

## SPRING 10km RESULTS

Included in this list are all of Goddard's 10 km participants for the NASA Intercenter Competition. This includes runners and walkers from the 10 km race, the 10 km walk, and the 10 km make-up. Goddard had 85 10K'ers this Spring.

- 1 32:14 Ed Bogges
- 2 37:33 Frank Tai
- 3 38:15 Mark Baugh
- 4 39:48 Charles Powers
- 5 39:53 David McComas
- 6 40:07 Curtis Johnson
- 7 40:34 Milind Kulkarni
- 8 40:41 Fred Shuman
- 9 41:24 Steven Tompkins
- 10 41:26 Tom Nolan
- 11 42:18 Robert Bindschadler
- 12 42:38 Charles Lofton
- 13 43:11 Tony Martino
- 14 44:41 David Orbock
- 15 45:01 Maurice Dube
- 16 45:15 Daniel Mandl
- 17 45:57 Dale Allen
- 17 45:57 Ian Richardson
- 19 46:27 Ron Bowles
- 20 47:09 Frank Birsa
- 21 47:12 Ken Brown
- 22 47:18 Andrew Negri
- 23 47:29 Jackie Hoglund
- 24 48:21 Charles Divine

- 25 48:26 Oscar Rosario-Villfne
- 26 48:31 George Griffin
- 27 48:37 Rud Moe
- 28 48:39 Rich Luquette
- 29 48:43 Doug Fineberg
- 30 48:45 Donald Henderson
- 31 49:02 Michael McCumber
- 32 49:06 Carolyn Dent
- 33 49:18 Emil Kirwan
- 34 49:34 Deanna Bentz
- 35 49:51 Pat Friedberg
- 36 49:54 Phillip Adams
- 37 49:55 Gordon Miller
- 38 50:05 Doug Hanson
- 39 50:06 Jeff Steele
- 40 50:20 Joseph Fasula
- 41 50:47 Ronald Lassiter
- 42 50:54 Jack Koslosky
- 43 51:32 George Simons
- 44 51:52 Jerome Hengemihle
- 45 52:09 Steven Graham
- 46 52:25 John Tota
- 47 52:46 Charles Graf
- 48 52:48 William Skillman
- 49 54:07 Kenneth LaBel
- 50 54:13 Debora Adams
- 51 54:14 Karen Castell
- 52 54:41 Gabe Morrow
- 53 54:42 Dennis Morrow
- 54 56:26 Bill Guit
- 55 56:27 Mark Latzko
- 56 56:41 John Ramsey
- 57 57:04 Malcolm Posey
- 58 57:08 Barbara Pfarr
- 59 58:03 Franz Lengenfelder
- 60 60:00 Richard Backe
- 61 63:30 John Laudadio
- 62 64:28 Joan Rattigan
- 63 64:45 Juan Gutierrez
- 64 64:46 Heather Lynch
- 65 64:47 Mark Allen
- 66 64:58 Kathy McMillin
- 67 67:56 Karen Flynn
- 68 68:26 Peter S. P. Hui
- 69 74:54 Nita Roberts
- 70 76:00 Donald Henry
- 71 76:04 Nina Smellowski
- 72 76:05 Carl Roberts
- 73 85:40 Bradford Butts
- 74 87:10 Herb Blodget
- 74 87:10 Patrick McClain
- 76 88:35 Kristina Lew
- 77 97:14 Diane Kolos
- 77 97:14 Joanne Uber
- 79 99:00 Domenica Williams
- 79 99:00 Donald B. Williams
- 81 103:20 Jane Jellison
- 82 105:00 Laurie Via
- 82 105:00 Margaret Pavlinic
- 82 105:00 Wayne Hurlock
- 85 110:00 Larry Hull



Mark Baugh  
727.3