



# The GROC Newsletter

A Publication of the Goddard Running and Orienteering Club

Summer 1995

## Editor's Column

Grace Lee

Despite the heat, the April Fun Run welcomed 565 finishers to the finish line. The several 10K races motivated 51 participants to brave various meteorological challenges to score a few more points for Goddard. The number of participants is low by spring standards. Let us all try to recruit a few more colleagues to run, walk, or volunteer for the fall races.

### Volunteers

Speaking of volunteers, GROC is in desperate need of volunteers for future races and for energetic folks to help keep the club going. If we don't have more people willing to share the burden of conducting the races, the future of the Fun Run may be in jeopardy. This is not a threat. *Races cannot be held if there aren't volunteers available when the necessity arises, both prior to and on race day.* If you could help or know of someone who would, Diane Kolos (x3880) will be glad to talk to you.

### Fall Fun Run

In the meantime, prepare for the Fall races! Those of you not attached to any team can start new teams by recruiting at least four more colleagues. All (especially established) teams should (be required to) assign at least one member to volunteer prior to the race and one for the race, thereby helping to insure we will have enough workers for the races. This is not too much to ask. Besides, volunteers count for team participation.

## Maryland RRCA Championship Series

Once again, the RRCA clubs around Maryland will be conducting a road race series. This is a competition among individuals as well as the clubs. If you are interested in signing up (no cost except for the races), contact Chuck Powers at x8061. The remaining races in the series are:

- 15 July Rockville Rotary 8K (MCRRC)
- 27 Aug Annapolis Run 10M (AS)
- 03 Sep Greenbelt 15K (DCRRC)
- 17 Sep Union Mills 8K (WRRRC)
- 07 Oct Great Allegheny Run 15K (QCS)
- 19 Nov Metric Marathon (HCS)

### Fitness Lab

The Fitness Lab has information on other races, fitness, and strength training, as well as running magazines on loan. Stop by and share the fitness camaraderie.

### Fall newsletter deadline: Sep 26

If possible, please submit written material stored in ASCII, in a Mac or PC HD disk, along with a hard copy to Grace Lee, Bldg 11 E208B, or c/o Mike Miller at the Fitness Lab. Writers, poets, artists... are all welcome. Share your talents and contribute to our GROC newsletter! (Eventually, the editor will get E-mail. Until then, please have patience and cooperate.)

**Mark Baugh**, Communications Subsystem Manager for TRMM and ISTP, has been a GROC member for nine years. He runs and bikes at least three times a week at a minimum of 80% effort. He also has at least three basketball workouts a week. Mark would like to see an outdoor basketball court next to the fitness lab for a possible basketball tournament.

Mark has participated in every Fun Run since 1986. For observers with long memory, the competition between Mark and Ironman triathlete Ed Boggess must have been among the most exciting moments in Fun Run history. Mark has taken several first place trophies in both the 2-mile and 10K competitions.

Competition is nothing new to Mark, since he had competed in track and field and cross country for high school and college teams. During the past twenty one years, he has run seven marathons, including New York and Boston, and over 300 other racing events.

Besides running and basketball, Mark is also active in Goddard's Black History Club and Auto Club. His other hobbies include housing construction, automotive, audio systems and all sports.

At present, Mark only trains to keep in shape. However, he is seriously thinking about returning to competition next year.

**Diane Dobak**, on site contractor supporting Code 734 in CAD circuit board design, has been the captain of the Code 734 Power Misers Fun Run team for the past several years. Although she occasionally takes some breaks from running, she considers running to be her favorite way to stay active so she could eat more pizza!

Diane has been participating in the Fun Run for five years, and has brought her time down to a respectable 16:27. Recently she has added the 10K of the GROC fall and spring series to her running menu, after an exhilarating time in the Bay Bridge Run in 1994.

Besides running, Diane also likes to bike, though not so much for the workout. She likes to backpack a picnic, pick a nice path - like the Canal tow path - and enjoy the scenery. She also rollerblades and goes camping once a while. In the winter, she occasionally goes skiing and ice skating.

Besides physical activities Diane also likes to read, especially fiction adventure thrillers. She draws and makes crafts, or spends hours at art and craft shows and art exhibits. Furthermore, she likes to travel and go to beaches.

Recently, Diane discovered America On Line, so she is having fun exploring those CHAT rooms - just talking to other runners of course! She may be reached at DMDobak@AOL.com.

## Spring 2-Mile Fun Run

### Teams Scored by Participation

Rank	Particip'ts	Team Name
1	65	The SEIMSS Team
2	63	Facility MDs
3	58	Infomaniacs
4	37	Out to Launch
5	28	Communicators
5	28	Pacers
7	15	Procurement Pacers
8	12	Lockheed-Martin Shooting Stars
8	12	Like the Wind
10	11	Run CSC
10	11	Speed N Snooze
12	10	The Control Freaks
13	9	The Power Misers
14	5	Tunnelers
0	3	Hot to Trot

### Team Scoring by Speed

Rank	Score	Team Name
1	37.70	Speed N Snooze
2	73.51	Out to Launch
3	81.13	Like the Wind
4	87.13	Pacers
5	94.61	The SEIMSS Team
6	148.00	Facility MDs
7	257.88	Communicators
8	270.54	Lockheed-Martin Shooting Stars
9	291.52	Infomaniacs
10	456.00	The Control Freaks
11	508.31	The Power Misers
12	535.28	Run CSC
13	635.97	Procurement Pacers
14	684.39	Tunnelers

## NASA Presidential Sports Challenge

There is still time to participate before the deadline of August 31. However, your choices of sports may be limited at this point. Stop by at the Fitness Lab for further information.

Better late than never!? There may still be one activity that turns you on!

# Spring 1995

## 2-Mile Fun Run Results

1 11:33 Mark Cemiglia	53 14:05 Angelo Alvarez	108 16:14 Julie Siegrist
2 11:42 Steven Tompkins	54 14:10 Dennis Morrow	108 16:14 Amy Ruck
3 11:57 Thomas Winkert	55 14:11 John Hagopian	110 16:16 Harry Solomon
4 12:03 David McComas	56 14:16 Donald Moore	111 16:19 Russell Harrison
5 12:11 Mark Baugh	57 14:20 Richard Deutschmann	112 16:21 David Boon
6 12:17 Rick Bingham	58 14:26 Bob De Carlo	113 16:22 Matthew Kirichok
7 12:25 Tony Martino	59 14:27 Frank Birsas	114 16:31 Mash Nishihama
8 12:27 Brian Rehm	60 14:30 Andrew Negri	114 16:31 Diane Dobak
9 12:33 Robert Bindschadler	61 14:33 Jim Keat	116 16:34 Bruce Wagner
9 12:33 Tom Venator	62 14:34 Darian Spruill	116 16:34 Balati Soundararat
11 12:34 Fred Shuman	63 14:35 Jeff Steele	118 16:39 Mark Latzko
11 12:34 Ray Lundquist	64 14:39 Michael Hoffman	119 16:42 Mike Lin
13 12:35 Art Morey	65 14:44 Dan Krieger	120 16:43 Christa Thorpe
14 12:37 G. Thomas Arnold	66 14:47 John Walker	121 16:44 Jim Bandy
15 12:43 Chris Brennan	66 14:47 Daniel Walker	121 16:44 Stephen Andrews
15 12:43 Jay Sturdevant	68 14:48 Timo Saha	123 16:48 Timothy Kelly
17 12:49 Carlos Cumberbatch	69 14:50 Timothy Ludwig	124 16:52 Mona Williamson
17 12:49 Mark Woodard	70 14:52 Dan Genovese	125 16:53 Richard McPeters
19 12:50 Warren Miller	71 14:53 John Ujhazy	126 16:54 Laurence Twigg
20 12:51 James Chernega	71 14:53 Paul Budnichuk	127 16:58 Brenda Wishnefsky
21 12:55 Milind Kulkarni	73 14:55 Robert Summa	127 16:58 Art Pinnock
22 12:56 Thomas Fornoff	74 14:59 Carolyn Dent	129 16:59 Steve Duran
22 12:56 Jeanne Grillo	75 15:00 Doug Fineberg	130 17:01 Randal Koster
24 12:58 Clark Weaver	76 15:06 Steven Messori	131 17:03 Daniel Andrews
25 13:00 Mark Beckman	77 15:07 Kevin Milligan	132 17:04 David Content
26 13:04 John Gyax	78 15:10 Mark Hubbard	133 17:08 Jack Koslosky
27 13:08 Richard Weiss	79 15:11 Robert Boyle	134 17:11 Jim Fate
28 13:12 Rich Luquette	80 15:13 Robert Schweiss	135 17:13 Robert Rossi
29 13:15 Mike Hagopian	81 15:15 Emil Kirwan	136 17:18 Mary Jean Grillo
30 13:16 Allen Murrell	81 15:15 K. G. Woltz	137 17:23 Andrew Dessler
31 13:17 Daniel Mandl	83 15:18 Norman Rioux	138 17:27 Stephen Brown
32 13:22 Randall Sites	84 15:22 Rud Moe	138 17:27 Louis Habersham
33 13:23 Lloyd Rawley	85 15:24 Woodson Bercaw	140 17:31 Curtis Emerson
34 13:24 Charles Divine	86 15:29 James Thieman	141 17:36 Barbara Pfarr
35 13:27 James Corbo	87 15:32 Jim O'Donnell	142 17:38 Cathy Trout
36 13:28 John Sissala	88 15:33 Arthur Kyle	143 17:39 Carmel Conaty
36 13:28 Siri Jodha Khalsa	88 15:33 Matthew Conway	144 17:45 George Roach
38 13:29 Julie Deutschmann	90 15:36 Jamie Harper	145 17:48 Dick Fisher
39 13:30 Mark Hilliard	91 15:42 Mary Anne Gallagher	146 17:51 Gerald Stark
40 13:31 Dave Rohrbaugh	92 15:44 Charles Jackman	147 17:53 Andrew Gravatt
41 13:37 Mark Walther	93 15:46 Tim Rivenbark	147 17:53 Charles Goldberg
42 13:38 Dale Allen	94 15:49 Howard Dew	147 17:53 Dwayne Henderson
43 13:42 Robert Rapp	95 15:52 David Iacona	150 17:55 Kirsten Jorgensen
43 13:42 Scott Boardsen	96 15:54 Douglas Ward	151 17:57 Sharon Richardson
45 13:44 Antonio Jones	97 15:55 Adam Lewis	152 17:58 Chuck Kropp
46 13:46 Kent McCullough	98 15:57 Todd Martin	153 17:59 John Crassidis
47 13:49 Mark Ballantyne	99 16:01 Mark DeBord	154 18:06 Eric Lazur
48 13:51 Paul Kucera	100 16:02 Peter S. P. Hui	155 18:07 Michael Burzynski
49 13:52 Timothy Wilcox	101 16:04 Brant Brackdorff	156 18:08 James Mentall
50 13:54 Hamit Coskun	102 16:07 Joshua Goldman	156 18:08 Bill Garay, Jr.
51 13:55 C. Megan Larko	103 16:09 Tony Arrigo	158 18:09 Ed Burgess
52 13:58 Kirk Rhee	104 16:10 Frank Wright, Jr.	159 18:10 R. L. Williams
	105 16:11 Mark Baratz	159 18:10 Rudy Saucillo
	105 16:11 Mark Daly	161 18:11 Renee Steinwand
	107 16:12 Richard Hicks	162 18:16 Mark Schoeberl

(Spring 1995 Fun Run Results, Cont.)

327 28:53 Karen Latham	381 31:13 Grettchen Burton	436 33:37 Brendon Clark
328 28:54 Arthur Hughes	382 31:17 Daniela Guglielmi	436 33:37 Sherman Eaddy
329 28:55 Chad Coene	382 31:17 Mary Pittkoff	436 33:37 Trish Ryan
330 29:06 Patricia Fitzgerald	382 31:17 Sherry Pollock	439 33:39 Cathy Mahoney
330 29:06 Rosalie Daelemans	385 31:23 Teresa Brooks	439 33:39 Amy Yates
330 29:06 Natalie Daelemans	386 31:26 Chuck Duignan	441 33:41 Rosalind Dorsey
333 29:07 Neil Gehrels	386 31:26 Albert Jahnigen	441 33:41 Debra Gaines-Spicer
334 29:14 Charles Glasser	388 31:34 Farzad Kazeminezhad	443 33:42 Diep Nguyen
335 29:15 Donald Righter	389 31:40 Peter Baltzell	443 33:42 Pamela Snook
336 29:20 Cleu Chua	390 31:43 E. Jean Walters	445 33:44 Kathie Jarva
337 29:28 Tracey Taylor	391 31:51 James Shiue	445 33:44 Cheri Carroll
338 29:29 Sandra Gorham	392 32:06 Tom Bagg	445 33:44 Terence Doiran
338 29:29 Yvonne Morrison	393 32:07 Bill Guion	448 34:00 Tracey Mackel
338 29:29 Rupert Fox	394 32:08 Barbara Gownley	449 34:01 Vivian Patrick
341 29:41 Theresa West	395 32:09 Owen Kardatske	449 34:01 Barbara Shapter
342 29:46 Mikhail Shams	395 32:09 Doug Rose	451 34:02 Cynthia Spivey
343 29:47 William Mitchell	397 32:24 Christopher Johnson	451 34:02 Bonnie Burns
344 30:00 Daniel Endres	398 32:28 Frank Haskell	453 34:03 Ray McGaha
344 30:00 John Bogert	399 32:31 Tom Snow	454 34:06 Walter Daly
346 30:01 Karen Flynn-Newlon	400 32:32 Bill Koch	455 34:07 Karen Carroll
347 30:02 Luann Bindschadler	401 32:37 Bill Webber	456 34:09 Kurt Smith
348 30:03 Kim Toufectis	402 32:40 Quang Nguyen	457 34:10 Lan Cao
349 30:07 Jenny Whelan	403 32:42 David Larsen	458 34:11 Susan Wirth
350 30:18 Maria Spezio	403 32:42 Mark Dylewski	459 34:13 Bob Freitas
350 30:18 Darlene Riddle	405 32:44 Wendy Morgenstern	459 34:13 James Abell
352 30:19 Karen Richon	406 32:46 Debra Henrethy	461 34:15 Shelly Greer
353 30:22 Mary Wood	407 32:47 Penny Newsome	462 34:17 Mark Hagerty
354 30:23 William Struthers	408 32:48 Darlene West	462 34:17 Greg Becker
355 30:24 Haseen Uddin	408 32:48 Maria So	462 34:17 Philip Bender
356 30:25 Thomas Zuby	410 32:49 George Gorsuch	462 34:17 Cappy Phillips
356 30:25 Bob Kiwak	410 32:49 James Boner	466 34:26 Linda Hirshman
358 30:26 Cynthia Zaklan	412 32:50 Bill Paradis	466 34:26 Rebecca Hirshman
359 30:27 Karen Smith	413 32:51 Mark Halbig	468 34:28 Sheila Fry
360 30:30 Alfonso Eaton	413 32:51 Marisa Achee	469 34:29 Lloyd Bass
361 30:33 Thomas Rozanski	415 33:02 Sharon De Lauter	469 34:29 Steve Kraft
362 30:37 Betty Pyles	415 33:02 Joseph De Lauter	471 34:30 Jackie Mattson
362 30:37 Kenneth Davidson	417 33:03 Tracy Scagliarini	471 34:30 Corinne Hardy
364 30:39 Lisa Peckham	418 33:04 Marcia Smith	473 34:31 Michael Parvis
365 30:41 Debbi McLean	419 33:09 Darlene Ahalt	473 34:31 Michael Shapiro
365 30:41 Mary Pat Hrybyk-Keith	419 33:09 Rebecca Allen	475 34:37 Leslie Brooks
367 30:42 Dwaine Kronser	421 33:11 Walter Rook	475 34:37 Shannell Cardwell
368 30:44 Suzanne Gallagher	422 33:12 Jorge Reynold	477 34:45 Tony Opeka
369 30:45 John Durning	423 33:13 Dolf Lekebusch	478 34:46 Richard Long
370 30:46 Wm. Oran	423 33:13 Jay Garvin	478 34:46 Ronald Brandon
371 30:48 Perry Dalal	425 33:16 Butch Kelley	480 34:47 Niloo Rasolee
372 30:55 Teri Brooks	426 33:17 Ravindra Khetan	481 34:53 Anna Meisheid
373 30:56 Toni Turner	427 33:18 Mike Parmenter	482 35:01 Susie Smith
374 30:59 Anthony Grillo	427 33:18 Boris Shambat	482 35:01 Patricia Johnson
375 31:07 Vu Tran	429 33:20 Michael Westbrook	484 35:03 John Stewart
376 31:09 John Oerbright	430 33:27 Tomi Cox	485 35:04 William E. McGunigal
376 31:09 Carl Taylor	430 33:27 Sharon Foster	486 35:06 Bernard Fridovich
376 31:09 Anita Wellen	432 33:28 Alan Reth	487 35:07 Lisa Kelly
379 31:10 Rod Zaleski	432 33:28 Paul Mills	487 35:07 Robin Morton
380 31:12 Joan Davis	434 33:35 Bruce Bromberg	489 35:08 Desiree Taminelli
	435 33:36 Olga Del Rio	490 35:13 Jean Perry