



The GROC Newsletter

A Publication of the Goddard Running and Orienteering Club

Autumn 1997

From the Prez Chuck Powers

It's been six years since I ran the Marine Corps Marathon, my one and only marathon to date. Prior to running the MCM, my training had been sporadic at best. This meant that my legs were in relatively good shape for training for the MCM. When I trained for the marathon in 1991, I took six months to build up to it. I started at 20 miles per week and finished at over 40 miles per week for the last two months of my training. I also competed in lots of races during the last three months before the marathon. In total, I ran about 900 miles in the six months leading up to the MCM.

Since May of this year, I've been training for the MCM again. My circumstances this time are a little different from when I ran this race six years ago. My life is some what busier, both at work and at home. My job is more demanding (which is probably true for everyone at Goddard) as well as my family life (two kids in elementary school and one in preschool). I've been running consistently for the last six years, which has both helped and hurt me at times. Six years of running has taught me a lot about myself and training. Over this time I've experienced great moments and satisfaction with my training and racing, and have had rough times when I was close to quitting altogether. This six years of running has also put some wear and tear on my body.

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The Great GROC Fall Classic Returns!

Oct. 22	2-mile Fun Run noon, Building 2
Oct. 27	Walkers' 10K 11 a.m., Fitness Lab
Oct. 29	10K Run noon, Buddy Attick Park (Greenbelt Lake)
Oct. 31	10K Make up/Rain Date noon, Fitness Lab
TBD	Picnic/Award Ceremony

Mark your calendar and don't miss the fun and excitement. Don't wait until the last minute. Registration forms are now available at the Fitness Lab. Recruit another colleague to join the fun, along with both our Center Director and Associate Director. Remember: October is also our membership renewal month. Dues are still only \$5 /year.

Winter newsletter deadline: Nov 21

Submit your contribution to Grace Lee via e-mail, or c/o Mike Miller at the Fitness Lab. Hey, folks, other than the regular articles from Mike Miller and the obligatory essay from the Prez, we don't have too many contributions. Come on now. Talents in writing, poetry, and art are especially wanted!

Fuel to Run By Or Can't Run Now, Gotta Eat!

By
Mike Miller

There is a vast amount of information out there that relates to food, nutrition, diet, energy for activity, and even how & when to eat. Some of that information is useful, accurate & valid. Some of that information is made up, anecdotal, & just plain hooie. Here is some information that is current and as far as we know at this time, accurate. Realize that each person will respond to a certain stimulus, food, or plan in their own unique way. What works for one person MAY work for you in an entirely different way, if at all. Here are some hints & tips to help you fuel your running/exercise program most efficiently.

1. Drink more water. And forget about that 8 glasses a day stuff. You NEED to drink enough water so that your urine comes out clear. Crystal clear. All day long, not just once during the day. So, drink more. After all, you spend too much time in the office anyway.

2. Eat your veggies. Harvard Medical School recently published the results of a study on 48,000 male health professionals that showed that having tomatoes, tomato sauce, or pizza twice a week or more, reduced the chances of prostate cancer by 21 to 34 percent. There have been numerous studies that linked tomato consumption to reduced risks of other cancers as well. Tomatoes are high in lycopene, an antioxidant more potent than beta carotene.

3. If you get ill or injured, eat less. Imagine you are training for your big race, racking up the miles, logging in runs & workouts rain or shine, day or night, and are on track for a PR, and then WHAMMO! you get injured or sick. You now need to reduce your food intake as well as curtail your training. Common sense, right? Well, it needed to be said. You can't eat like a marathoner if you aren't training like a marathoner.

4. Speaking of weight loss...If you are, or know someone who is taking Fen- Fen, STOP! This diet drug has been taken from the market due to the possibility of causing heart valve disease. That is a bad thing. Much worse than being overweight. It is not worth the risk to continue taking such a medication just to lose weight.

5. So, what am I supposed to do? One way to lose weight is to increase your output by 250 calories per day and reduce your food intake by 250 calories per day. That is the equivalent of adding a 2 1/2 mile run or walk.

Gardening for an hour. Swimming for 45 minutes. Jumping rope for 35 minutes. Shoveling snow for 35 minutes. Daily. That is also the equivalent of deleting the small french fries from your McDonald's lunch. Skipping one small candy bar. Not having a donut. Not eating 4 chewy Chips Ahoy cookies. Per day. You get the idea. Create a 500 calorie per day deficit and by the end of the week you have "burned" up 3500 calories. Coincidentally, 3500 calories equal one pound of unsightly fat. Pass the tomato, please!

6. Despite what the 40/30/30 & Zone advocates would have you believe, there is much evidence that a diet low in fat is the way to go. Not only is a low fat (less than 30% of the daily calories from fat) diet strongly associated with decreased risk of heart disease and cancer, it can also be beneficial in lowering blood pressure. To find the percentage of calories for a given food from fat or carbohydrate or protein, turn to the label. Multiply the grams of fat per serving times 9 (9 calories per gram). Do the same for the carbohydrate & protein, only multiply the grams by 4 (4 calories per gram). Then you can divide into the total calories for the serving size to figure the percentage. Adjust it according to YOUR serving size.

7. What about that Zone, or the 40/30/30 Plan? Currently, the theories proposed under those two plans are just that--theories. There is a gaping lack of studies that back up the claims put forth by the adherents of Zone & 40/30/30. They use anecdotal evidence almost exclusively. That, and silver-tongued, marketing, sales-pitch-speak. In weight loss scenarios, it is the calorie balance that is the key to success, not some magic mixture of carbo/protein/fat. And there is no way to control what fuel your body uses by adjusting your dietary proportions. You burn mostly carbohydrate for fuel at about 70% of your aerobic capacity. Exercise DOES help you burn calories during the exercise and it raises the levels of hormones that help you burn fat more efficiently. The bottom line is that ALL the professional health groups in the country STILL recommend a diet of 55 to 60 % calories from carbohydrate, 10 to 15 % from protein, and 25 to 35 % from fat. For people trying to lose weight as well as elite athletes.

8. So, the secret to nutrition to fuel your body through this life is to eat a variety of fresh fruits and veggies, get about 15 % of your calories from protein, less than 30 % from fat, and eat so that you get about 6 meals a day. Not huge, Thanksgiving gorge-fests. But small, easily assimilated meals. That way you are not putting in too many calories at one time, which causes fat to be deposited. Eat meals that don't make you feel stuffed. It will help your performance as well as aid in weight control.

From the Prez (Continued from p. 1)

These days I generally train at a slower pace and have to do more stretching. The other activities in my life have also forced me to run less mileage. I will be only running about 700 to 750 miles this time, compared to 900 miles last time.

With all these differences between then and now, you would expect my time for the MCM to be slower. The crazy thing is that I expect to run a better time. Not because I'm in better shape now, but because I'm smarter about training and racing. Six years ago I should have ran the marathon quicker than I did. But because I overtrained and did not taper during the last month before the race, I did not run well the day of the marathon. That lesson and many others over the past six years will be the reason I PR at the MCM this year.

In training for a race, it is important to be smart about it. Listen to your body, listen to other runners' advice, and read as much as you can about training and running. This will allow you to train for years to come and make your running more rewarding and enjoyable. Happy trails.

Ten Years Ago...

2-Mile Fun Run October 14, 1987

The first three finishers were:

Mark Baugh	09:54	Amy Kekeisen	13:39
Frank Tai	10:15	Carolyn Dent	14:16
Richard Fulton	10:31	Julie Deutschmann	14:29

Top three 10K finishers:

Mark Baugh	36:38	Amy Kekeisen	46:26
Tom Nolan	37:15	Claire Parkinson	46:52
Charles Foss	37:22	Mary Ann Esfandiari	52:07

And team standing by speed:

- 1 Speed & Snooze (Code 511)
- 2 Flight Dynamics
- 3 Building 2 Bullets
- 4 Red Team Soccer
- 5 Fleet of Feet (most CSC)
- 6 Tons of Speed
- 7 Mike-Ro Waves and Dishes
- 8 Flight Software on the Run
- 9 The Mission Support Team
- 10 Lil Pierce & the Pips (Code 205)

A Bit of History...

The First 2-Mile Fun Run - Spring 1981

Prior to Spring 1981, the intercenter 2-mile runs were held on the tracks of Eleanor Roosevelt High School during the lunch hour or after work over several days, very much like the make-up runs we used to have at DuVal High School. At best, we would draw sixty to seventy runners total. The 2-mile Fun Run on center changed the entire dynamics of the intercenter competition. Our first Fun Run around Goddard drew over 200 people. The semi-annual Fun Run has been a Center highlight ever since. The formation of teams further encourage participation and foster organizational spirit. Many thanks to then Goddard Running and Jogging Club (predecessor of GROC) president Chuck Naegeli for his vision.

The top three finishers for the First Fun Run were:

Ned Poffenberger	09:37
Bill Wooden	10:32
Richard Strafella	10:50

Nelda Casper	12:50
Gincy Lockhart	13:46
Veronica Kell	13:57

First Masters:

Tom Buckler	11:10
Jane Jellison	16:57

Wanted: Old race results

The editor would like to compile and archive the Goddard portion of the intercenter runs. Periods between 1976 to 1986 and 1991-1993 are especially wanted. Please dig into your files and see if you contribute to the GROC collection.

GROC Executive Board 1996-1997

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