



GODDARD RUNNING AND ORIENTEERING CLUB

NEWSLETTER



November 1983

If your first thought is "Whatever happened to the September and October Newsletters?" the answer is, well, they never happened. What with the Fun Run, and earning a living and all, things just sort of slipped. But, the Executive Council of GROC, which consists of anybody who comes to one of our meetings, has resolved to get organized, put out a regular newsletter, and even format it and have regular columns and features. I for one will believe that when I see more than one newsletter in a row that looks like anything. (The editorial "we" sounded too strange to say "we for one...") We will start with a message from our new President.

PRESIDENT'S MESSAGE: The ideal running weather is here. The muggy, hot, unbearable summer is behind us and the cold, snowy winter is looming ahead. Autumn leaves us short of excuses for not exercising!

I'd like to welcome our new members and congratulate all members on the tremendous showing for the 16th Intercenter Fun Run. The following week we celebrated the run with a picnic outside the Fitness Lab. About 85 people braved the wind and enjoyed great food and company. The trophies were presented as well as two-mile certificates and ribbons. The challenge next spring is to win the team trophy away from this year's number one team--GE. Congrats to the GE team members. Thanks to Gincy for a successful picnic.

Looking ahead, I'd like to invite everyone to join in on our winter activities. We anticipate several events such as a winter olympics and monthly fun runs. These events should assist in making winter more enjoyable. Our first monthly run is the Turkey Trot on Tuesday, November 22 at 12 noon. This informal 2-1/2 mile run will start at the Fitness Lab. Runners must predict their completion time at registration and then run sans watch. The runner finishing closest to his/her prediction wins a pumpkin pie.

If you want to contribute to your club's newsletter, please submit any articles to me or the editor, Jane Jellison. We're looking forward to a more regular publication and hope you'll help keep it interesting and informative.

See you at the Turkey Trot on Tuesday. (Never too early to train for the Spring run!)

--Dawn M. Elliott

WINTER OLYMPICS: An idea has been born that now requires creative thinking. It has been suggested that a Winter Olympics at Goddard would help break up the bleakness of mid-winter. The idea is to have Goddard folks competing on equipment at the Health Unit Fitness Lab in late February. There could be events on the stationary bicycles, rowing machines, and universal equipment as well as doing sit-ups, push-ups, etc.

Peter Hui
725

If you have any ideas about how to make this event become a reality, call Janice Bellucci at 344-9278. Let's go for the gold!

SPECIAL ACHIEVEMENT AWARDS: New this year is the special achievement award. The trophies were presented at the Fall Fun Run Celebration Picnic last month to Emil Kirwan and Gincy Stezar. Emil was recognized for his genuine interest and support of fellow runners. His words of encouragement are welcomed by those of us not so dedicated as Emil. His running keeps him in good shape and also helps charitable causes. Emil has always been a top contributor for the American Heart Association, and this year raised over \$500 in pledges by running the Blake Heart Run. He has been involved in organizing the jogathon to raise money for the local American Heart Association, a predecessor event to today's Blake Heart Run. Also, Emil Kirwan achieved a personal record this year of running 10,000 miles. Congratulations!

Another recipient of the special achievement award is Gincy Stezar. She is to be recognized for inspiring many a runner from the first time plodder to the multi-marathoner. Gincy goes beyond what her job requires in supporting the fitness campaign here at Goddard. She is patient and interested in our individual achievements and setbacks as she plays the roles of counselor, injury advisor, and consultant. Her dedication and hard work contributed to the realization of the new Fitness Lab. Thank you, Gincy!

MARINE CORPS MARATHON: Congratulations to the 17 Goddard runners who completed the Marine Corps Marathon on November 6. Those accomplishing the 26.2 mile feat are Arlene Bigel*, Ken Brown, Don Henderson, Eldon Hawley*, Dave Herseiser, Peter Hui, Gene Humphrey*, Manny Karageorge, Bob Kraemer*, John Laudadio*, Blake Lorenz, Bob Phillips, Tom Plummer, Gincy Stezar*, Frank Stocklin*, Tom Taylor, and Lo I Yin. These people were recognized Monday morning when walking down the stairs--they had both hands on the railings. Again, congratulations! Thanks to all the Goddard fans who cheered our runners on. [* = first marathon]

A FIRST MARATHON by John Laudadio

I started running in the fall of 1981. I hated it for the first three months but stuck it out because I felt better. By the fall of 1982 I got excited listening and watching as the Goddard runners got ready for the fall marathons. Then when I went to the carbohydrate loading luncheon for the 1982 Marine Corps Marathon I got the bug and thought that maybe I could run it in 1983.

I started thinking seriously about the 83 MCM last spring as I was recovering from tendonitis. I thought that I would be able to increase my mileage base sufficiently by race day to at least finish. As I trained through the summer my tendonitis got no worse, if no better. I generally only ran during the week and not at all on vacation. By September I realized that I would not make my weekly mileage goal but thought that if I got some long mileage in I would at least be able to finish. Several of us trained together, especially for the long runs, which helped a lot.

Throughout the training I had no injuries other than normal runner's aches, pains, and occasional terminal exhaustion. One injury that didn't keep me from running was incredible blisters the whole time I was increasing my mileage. By marathon time I had discovered how to get rid of them and ran the marathon blister free. [Ed. note: OK, John, what's your secret remedy?]

GODDARD RUNNING AND ORIENTEERING CLUB

President:

Dawn M. Elliott, Code 140, 344-8188

Vice-President:

John Laudadio, Code 742, 344-5746

Secretary:

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Treasurer/Membership:

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Gincy Stezar, Code 205.2, 344-6666

Newsletter Editor:

Jane Jellison, Code 313, 344-8563

Orienteering Chairman:

Jane Jellison, Code 313, 344-8563

ORIENTEERING NEWS: Dave Whiteman, Joanne Uber, and Jane Jellison recently participated in the Quantico Orienteering Club's annual Major Ray Velasquez Memorial two-day class A meet at Quantico, VA. A Class A meet is one that is sanctioned by the United States Orienteering Federation, and results from it will be used in establishing the national ranking of the participants. None of GROC's orienteers is ranked nationally because it is necessary to have a total of 6 days competition at the A meet level, and most of these good meets are too far away for most of us to attend. The times for both days are added together, and the lowest combined total time wins for a given age group and course difficulty level. Dave and Joanne moved up to more difficult courses at this meet and succeeded in finishing well on both days. Your editor picked up a first place in the Women 50-56 group on the Green course, which is the top level difficulty but somewhat shorter than the Red course run by younger people. (5 km instead of 7; 200 meters climb one day and 180 the other.)

As you know, orienteering is a sport which can be enjoyed by people of all ages and physical conditions, either on a competitive or a recreational basis. You are given a very detailed, large-scale topographic map, a compass, and a set of points (controls) marked on the map which must be visited in sequence. The challenge is to find the most efficient route from one control to the next--a fast runner might prefer the long way round by way of a runnable trail, while a slower person might make better time on a beeline cross country. People may do a course individually or in groups.

If you would like to try orienteering, Quantico Orienteering Club invites you to come to their local meets, which are generally held every other Sunday afternoon from September through June at relatively nearby locations. They have several good maps of areas in Prince William Forest (near Quantico), Manassas Battlefield Park, Patapsco State Park (Avalon), Great Falls, and even good old Greenbelt Park.

The next local meets will be December 4 and December 18. We'll let you know where as soon as the QOC Newsletter comes out.

For information on QOC meets or orienteering in general, call Jane Jellison on x8563 or Joanne Uber, x8469.

UPCOMING RACES:

Turkey Trot Five-Miler. Nov. 24 at 10:15 at Cora Kelly School in Alexandria. Call DCRRC 445-5400.

Footlocker 10k. Nov. 24 at 9 at Tysons Corner. 356-2829.

B-CC Rotary Two-Miler. Nov. 24 at 8:30 at B-CC YMCA. 580-3725.

Montgomery RRC Triple. Nov. 26 at 12:30 at Seneca Creek Park in Germantown; two-miler, five-miler & 10-miler. 840-2293 or 840-1389.

Full Tummy Five-Miler. Nov. 26 at 9 with Westminster Road Runners at Pleasant Valley. 301/848-3752

Cold Turkey 20-k. Nov. 27 at 10 (regist. 8:30) at South River High, Edgewater, MD. Entry limit 500. Call Annapolis Striders, 301/263-9549.

By October I was occasionally postponing a long run because I felt it would be too much for my tendonitis. Fortunately, each time, the rest paid off and I was able to make the long runs I considered necessary. After one of the long runs though I overdid it and ended up with both legs sore. I felt ridiculous running around with both legs wrapped, but I was afraid to change anything before the race. As the race got closer, I was even more a slave to routine even when necessity called for a deviation. By race day all I wanted to do was to get going. I was as anxious as an expectant father not knowing exactly what he was going to produce. I only hoped to finish around my predicted time of 4:30. We had planned our run and stops to meet that time.

Boom! The gun went off and I jogged about three steps right into the guy ahead of me. By the time I got across the starting line my heart was beating as fast as it would all day. I calmed down during the first mile and enjoyed the company [Ed. note: all 17,000]. Running down the middle of the road with no traffic and a herd of fellow nuts is a pleasant way to spend a day. As we ran past the Lincoln Memorial I thought about last year, standing as a spectator and waiting for people I knew to come by. It sure felt different! [Pres. note: a marathoner-turned-sideliner agrees.] As I went by my wife and friends, I knew how much I appreciated their support. Then we went onto Hains Point and farther than I had ever run before. I felt good, though, and was glad to still have the other guys to talk to. After twenty miles I started to tire and my legs cramped when I stopped for water. Fortunately my mouth never got tired and I was able to chatter with friends. One friend joined me for the last six miles which really picked me up. That 14th Street Bridge was at least ten miles long! It never seemed to end, and when I did get to the other side my legs were exhausted. My only thought was to put one foot in front of the other while chatting away to distract my attention. Once we made it up the steep hill before the Iwo Jima monument I knew I would make it still running (well almost). One of my cohorts found a reserve of strength and pulled me along as he kicked away around the monument. I was finished! Boy was I relieved and glad to be done.

I had made it within 11 seconds of prediction. I've already had questions about next year---too soon to think about it.

FALL FUN RUN A SUCCESS: A record 300 people completed two miles for Goddard's part of the 16th Intercenter Running Competition. Of these, two were "just visiting", and eight did not get their times in in time to be eligible for the competition. But we count them all in our Fun Run. Our major run was held on Center October 19, and 258 people showed up, despite low temperatures and a cold wind. Center Director Noel Hinners led the group, in spirit at least, in his third Fun Run appearance. Tim Minor led the field in 10:34 (subsequently improved to 9:39 in one of the makeup runs), and former employee Nelda Casper was the first female finisher at 12:25. Barbie Beckford, 13:19, was the first woman to finish who was eligible for the Intercenter Competition. Those finishing in the top 10 of their age group were:

Men 29 & Under

Name	Time	Code
Tim Minor	9:39	923
Dave Hershisier	10:38	252
Eric Nielsen	11:13	964
Michael Bukowski	11:29	733.2

Women 29 & Under

Name	Time	Code
Nelda Casper	12:25	
Barbie Beckford	13:19	872.2
Vicki Moll	14:00	782.1
Arlene Bigel	14:07	734.2

Neal Barthelme	11:50	742.2
Brian Schmidt	12:06	914
Scott Lambros	12:08	742
Lawrence Hilliard	12:15	311.1
Piers Sellers	12:22	924
Brian Quindlen	12:28	872.2

Men 30 - 34

Tor Lokrheim	10:24	400.1
Tom Nolan	10:54	664
Glenn Stewart	11:11	284.3
Bob Lutz	12:12	913
Donald Fadler	12:19	923
Bob Rosenberg	12:42	911
John Parker	12:43	291.2
David Cleveland	12:46	311.2
David Abbott	13:21	435.9
Paul Mahaffy	13:35	962

Men 35 - 39

Bob Cornett	11:57	687
Maurice Dube	12:38	750
Mike Comeriate	13:16	407
Thomas Plummer	13:18	683
Larry Klein	13:32	692
John Schwabe	13:45	310.1
Michael Blackstone	13:47	841.2
Len Olson	13:57	581.2
Kenneth Schatten	14:13	961
John Hodge	14:14	901

Men 40 - 44

Bill Conroy	10:35	435.9
Dick Strafella	11:20	581.3
John Sissala	11:33	435.9
Richard Weiss	11:39	405
Joe Gallegos	11:59	680
Steve Brown	12:02	663
Harry Trexel	12:37	663.2
Eldon Hawley	12:55	151
Roger Dilling	13:53	980
Joseph King	14:11	601

Men 45 - 49

Ray Hartenstein	11:43	730
Bob Phillips	11:57	284.3
Jon Busse	12:05	700
Ken Brown	12:15	972
Don Henderson	12:23	405
Thomas Taylor	12:25	430
Bill Alford	13:39	933
Richard Hicks	13:43	435.9
John Tominovich	13:51	287
James Mentall	14:19	962

Linda Brennan	14:39	435.8
Kimberly Donnelly	14:53	691
Dawn Elliott	15:20	140
Mary Esfandiari	15:53	691
Marcella Black	15:59	872.2
Nancy Stafford	16:25	741.1

Women 30 - 34

Gincy Stezar	15:00	205.2
Diane Kugelman	15:21	902
Janice Bellucci	16:17	140
Vicki Pendergrass	16:46	603.2
Cherie Zieschang	21:02	205
Carolyn Casey	27:00	224
Debbie Bartley	27:18	408
Maxine Hodges	28:21	241
Veronica Stubbs	35:28	247.1

Women 35 - 39

Claire Parkinson	13:28	912
B. J. King	13:44	100
Leslie Bindschadler	18:44	
Cathy Meetre	18:50	696
Jan Owings	22:00	933
Bibian Onotola	22:58	872.2
Kathy McMillan	26:39	696
Joann Clark	27:20	200
Gwendolyn Little	30:58	247.1
Cheryl Jones	36:23	408

Women 40 - 44

Marie Smoes	20:03	911
Eugenia Kalnay	21:33	911
Marla Moore	21:47	963.2
Pat Mattia	23:01	205.1
Elizabeth Beyer	25:19	470
Natalie McMurdy	26:07	200

Women 45 - 49

Lauria Carey	32:59	289
Doris Watkins	35:37	247.1

Women 50 - 54

Jane Jellison	18:46	313.1
Shirley Gildersleeve	29:12	915
Elaine Montgomery	29:15	900
Dorothy Reid	33:48	120

Women 55 - 59

Jay Hines	26:41	400
Kitty Ackerman	37:45	313

Men 50 - 54

Emil Kirwan	12:05	823
Lo I Yin	12:20	684
George Griffin	12:32	754.1
Peter Hui	13:08	725
Walter Allison	13:30	730
Chuck Harris	14:27	754.1
William Skillman	14:41	914
Franz Lengenfelder	15:00	841
Paul Lowman	15:16	922
David Stern	15:21	695

Men 55 - 59

Ralph Peterson	13:07	435.9
Doug Vitagliano	14:14	683
G. C. Dowdy	14:20	303
Winston Womack	14:54	300
Raymond Melcher	15:47	683

Women 60 & over

Anne B. Underhill	24:05	680
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Men 60 & over

Ronald Surgen	14:43	853.3
Paul Nakada	15:52	682.2
Robert Krider	19:33	406
Milton Sing	22:17	430
Leonard Arnowitz	27:06	740

10 KM RESULTS: Sixty-eight men and 11 women participated in the 10-km event of the Intercenter competition. Tim Minor had a fine time of 31:18 to win, and Barbie Beckford's 42:43 was nothing to sneeze at either. Leaders in the various categories were: Men 29 & under: Tim Minor, 31:18, Code 923, and Eric Nielsen, 37:49, Code 964; Men 30-34, Tor Lokrheim, 35:50, Code 400.1 and Tom Nolan, 36:06, Code 664; Men 35-39, Bob Cornett, 40:35, Code 681 and Maurice Dube, 40:41, Code 750; Men 40-44, Bill Conroy, 35:37, Code 435.9 and Joe Gallegos, 38:10, Code 680; Men 45-49, Ken Brown, 41:24, Code 972 and Tom Taylor, 41:38, Code 430; Men 50-54, George Griffin, 41:37, Code 754.1 and Emil Kirwan, 43:38, Code 823; Men 55-59, Bob Kraemer, 46:49, Code 100 and Doug Vitagliano, 48:03, Code 683; Men 60 & over, Ron Surgen, 50:16, Code 853.3 and Paul Nakada, 53:50, Code 682. Women 29 & under, Barbie Beckford, 42:43, Code 872.2 and Kimberly Donnelly, 50:55, code 691; Women 30-34, Gincy Stezar, 53:00, Code 205 and Diane Kugelman, 53:42, Code 902; Women 35-39, B. J. King, 46:29, Code 100; Women 40-44, none; Women 45-49, none; Women 50-54, Jane Jellison, 72:00, Code 313; Women 55-59, none; Women 60 & over, Anne B. Underhill, 94:40, Code 680.

INTERCENTER RESULTS JUST IN: GSFC is #1 again in the 2-mile NASA competition, and again 3rd in the 10-km, behind Langley and Ames. But thanks to increased participation, we are gaining on them, 30 points out of first place this fall, 58 points behind last spring. If we could get a half dozed or so mature Groccettes to saunter around Greenbelt Lake 4-3/4 times, we could easily pick up enough place points to come out on top. Perhaps we can arrange a combined social event and 10-km stroll this spring for those (male or female) wishing to help us out but not keen on actually running the durned thing. Maybe John Laudadio could trot alongside, chatting marathon-style to distract us. Maybe we could get some strolling minstrels to go along. Maybe we could serve hors d'oeuvres and champagne cocktails every lap. Maybe.....Well, think about it. We are open to suggestion for ways to increase our numbers in this event.

Space and tired fingers do not permit listing all the medalists and other top finishers. but the full lists are posted in the Fitness Lab for all to admire.