

NASA Intercenter Results - Spring 1990

Jane Jellison

GSFC triumphed again in the two-mile run, winning by a wide margin over Ames in second place, Johnson in third, and JPL in fourth. GROC produced a fantastic turnout (611 finishers) which included a number of very speedy folks. This combination resulted in a total of 1622 points for GSFC, compared to 1044, 878, and 869 for the next three centers. A total of 1960 runners and walkers joined in NASA-wide. Thanks to all Goddard participants, including volunteers, Fitness Lab personnel, Security, and Center Management for making our on-center fun run possible. Without this event we would be down in the middle of the pack somewhere!

A record 100 Goddard people finished the 10K race, boosting GSFC into second place with a score of 323 points, behind JPL (144 finishers, 456 points) and ahead of LaRC (51 people, 279 points) and Ames (65 people, 252 points). In addition to the "regular" runners, a fine group broke into the Century Club--not doddering oldsters but those boasting finish times greater than 100 minutes. Until now, this has been the exclusive territory of JPL, with 29 members this spring compared to Goddard's nine newcomers. We now have an on-center walker's 10K course, starting and finishing at the Fitness Lab. Maps and directions are available, and you may complete the course any time during the month of October to be eligible for the Fall competition. Try it--we need the points.

Goddard placed 10 men among the first 25 to finish in the two-mile run, and 9 women of the first 25 female finishers. For the men: 1) Mark Baugh 9:58; 3) Tom Wilson 10:18; 5) Neal Barthelme 10:27; 8) Scott Greene 10:54; 11) David McComas 11:12; 13) Tom Winkert 11:21; 18) Steve Bailey 11:33; 23) Brian Quindlen and Larry Dunham tied at 11:37; 25) Tom Nolan 11:40. Our top women: 3) Anita Sutton 12:56 (her placement had she been eligible to score for GSFC); 4) Robin Kinna Cuddahee 13:29; 8) Carolyn Dent 14:17; 12) Dawn Holdren 14:48; 13) Shui-Ay Tseng 14:58; 16) Karen Stewart 15:08; 18) Mary Ann Esfandiari 15:14; 19) Lara Aist-Sagara 15:24; 25) Robin Conklin 15:39. The fastest woman was Heather Nguyen of JSC in 11:45.

The anchor people were from JPL, who posted a 14-way tie at 158:45. Their idea of a fun run is to walk out one mile, sit down and have a picnic and then walk back. The best we could do was a 6-way tie at 41:20, but then we only have one water stop for refreshment and amusement en route.

The age range for the two mile run was from 1 to 77. The masters don't slow down much. The first man and woman over 40 to finish had times of 11:19 and 15:25 respectively; over 50, 11:48 and 16:38; over 60, 12:50 and 27:22. Gives you something to shoot for.

More detail on age and gender groups will appear in the next newsletter. Complete results will be available for examination at the Fitness Lab within the next couple of weeks.

If You Can't Run Through It, Walk It

Ken Brown

Go out and run a thirty-nine minute "ten K" (10 kilometer race, a standard running event.) Then turn around and do it again. Easy? Now try walking it at that speed. Impossible? Not for Ernesto Canto of Mexico who hammered the 12.4 mile distance in 78:39.9 minutes at a 6:12 pace for the international record set in 1984. The women's speed is just as awesome. Ileana Salvador of Italy set the 10K record in Rome last year in 42:39.2, at a boiling pace of 6:48 minutes per mile.

But race statistics are like the hole in the bagel. Nice to look at but not the real tasty part. The substance of racewalking is that it is truly a people's sport. It's for the young, the old, the fast, the slow, and the individual who has never exercised before.

As an event that is synonymous with road and track it should be supported by your running club. This was the view of the racewalking session speaker at the last RRCA convention in Miami.