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January 1979
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FEBRUARY 1979



FT. WAYNE TRACK CLUB

As a track club, we have in my opinion, done a good job in bringing top quality running events to Fort Wayne. The Three Rivers Marathon and the Lincoln 10,000 are two nationally recognized events which have been originated and directed by the Fort Wayne Track Club and its members. The Three Rivers Marathon was created by Bobi Widmann and Larry Lee. The Lincoln 10,000 was conceived by Gary Dexheimer and myself. Both races, however, have become successful because of the participation of many of our track club members.

It is always difficult to mention some people without forgetting somebody who also deserves mention. At this point, however, I would like to thank some people who have spent an extraordinary amount of time helping our club and its races.

Don Lindley has devoted so much time and energy to our organization it would be impossible to itemize all of his efforts. Nobody tries or works harder than Don in promoting our sport. When you cross the finish line somebody has to record your number and place and more times than not, that person is Janice Shank. It is not necessarily a pleasant job to stand for hours in the freezing cold or in 95° heat and record accurately and quickly your results. She also handles all our membership rosters and is responsible for sending out membership cards and packages.

Harry Koontz and Cindy Caldwell have worked very hard to produce our monthly newsletter which requires much of their time. They have done their job well and are to be congratulated. Bill Sohaski has done two very important things for our club. First, he has handled our press releases for each of our races and he has made some very important contacts for our club. It was Bill who secured the donation from Eastman Kodak of their services for printing our newsletter completely free.

Our club is now a corporation which has significant legal ramifications for its officers and members and this was done free of charge by Debbie Gerring. Each race we produce is measured and certified by Phil Suelzer. This has meant that Phil has to ride his bicycle over each of our courses several times but thanks to his efforts we are running the exact distance stipulated. Phil also has been our club statistician with regards to our age group championships.

The Fort Wayne Police Department has done a fantastic job in controlling traffic at many of our races. It is no small coincidence that George Letz works for the FWP Traffic Department. Bobi Widmann has done as much as anybody in Fort Wayne to promote track and road running before it became the "In Thing" to do. She and Harry Koontz were basically responsible for getting the FWTC organized and on its way.

1990 2/17

This list could go on and on but there is one group of unsung heroes in all of our lives that deserves special mention. They are wives and husbands who have allowed us to partake in our very special love, which is running. Running involves our families because it requires time. Time spent running is time spent away from families. Much has been written about the wonderful things experienced by runners, but little has been said about those people that have to live with runners. We should give all our spouses a very special thanks for their understanding, patience, and willingness to let us be what we are (runners).

Gary Dexheimer has planned and announced our first age group championship awards banquet. This will be strictly a social event. There will be no speeches or track club business discussed. You can dress casually and come and leave when ever is convenient between the hours of 6:30 p.m. and 10:00 p.m. I would be very disappointed if each of you did not make every effort to stop by and enjoy this party.

Charlie Brandt

Charlie Brandt, President

FT. WAYNE RUNNING IN 1979

Ft. Wayne running is continuing to mature. Several events are repeating themselves like the TV 33/Hook's Three Rivers Marathon, Myron Meyer's Auld Lang Syne Race, Don Lindley's 13.1 Mile Prediction, and the Didier Turkey Trot. Last year several new races were available. Some of these were the Lincoln 10,000, John Kline's One Hour Run, Charlie and Gary's 4 Miler, and several others. Hopefully we will see these races repeat themselves and new ones join the scene.

Running in 1978 was good, but 1979 will be much better. The FWTC exists to help meet that end. The 1979 officers were recently elected. They are as follows:

President: Charlie Brandt
5334 Moonrock Court
Ft. Wayne, IN 46804
432-9110

Secretary: Harry Koontz
P.O. Box 307
Middlebury, IN 46540
(219)-825-9849

Vice-President: Gary Dexheimer
9614 Wolf River Place
Ft. Wayne, IN 46804
432-1439

Treasurer: Don Lindley
6015 Landsdowne Drive
Ft. Wayne, IN 46816
456-8739

Several other people have been appointed to key positions. They are:

Membership Chairman:	Janice Shank 4033 Hampton Avenue Ft. Wayne, IN 46808	483-6240
Measuring Chairman:	Phil Suelzer 2507 Forest Valley Drive Ft. Wayne, IN 46815	493-2783
Publicity Chairman:	Bill Sohaski 1931 Kendawa Drive Ft. Wayne, IN 46815	749-5081
Scheduling Chairman:	Gary Dexheimer 9614 Wolf River Place Ft. Wayne, IN 46804	432-1439

All of these people are donating time and effort to create a better running environment in Ft. Wayne. Let them know you appreciate their efforts by helping a little. Become involved in the FWTC by directing a race, locating a race sponsor, adding information to the newsletter, etc. You can expect a little more from the FWTC, if each of us share in the work.

Finally to all those in 1978 that directed a race, passed out water, read a stop watch, marked a course, typed a page, attached a label, wrote an article, contacted a sponsor, licked a stamp, did some research, spent some money, or donated some time T H A N K Y O U !

JANUARY 20th - ABOITE HOUSE 8 MILER

Aboite House Restaurant is sponsoring the First Annual 8 Mile Run starting at Homestead High School. The course will be and out and back and hilly. Trophies will be awarded to the age division winners plus an overall winners trophy. Second place will receive a gift certificate to the Aboite House. Registration will be held at 2:00 pm with a One Mile Fun Run beginning at 2:45 pm. The 8 Mile Run will start at 3:00 pm. The entry fee will be \$1.50 for non-members and \$1.00 for FWTC members. Participant ribbons will be given to all 8 Mile finishers. For further information call Dick Shenfeld at 432-4832.

SHORTS

A GOOD WORD ABOUT SNOW: Have you noticed how much easier it is to see the ground (pavement, sidewalk) at night with a covering of snow on it?? From Elkhart Y-Running Club Newsletter.

WINTER RUNNING TIP from Toledo Roadrunner's Club Newsletter: Gary "Polyunsaturated" Bryan was observed applying a thin coat of Wesson Oil to the exposed parts of his body before running and winning handily the recent 9 Mile Club Championship. He mentioned that he picked this tip up while running for his school from runners in Minnesota.

As a runner are you tired of belonging to a group that is constantly being examined by experts that want to determine why we do what we do? This is Bill Moor's answer, South Bend Tribune Sportswriter, "I don't want to be analyzed to discover why I run or told when, where or how to. You move your feet faster than a walk and avoid holes, right?"

Dan Bossard from the FWTC is wintering in Sarasota, Florida this year and is willing to provide race information for the West Coast Area. If you are interested you can write Dan at: Dan Bossard, Box 6063, St. Armands Sta., Sarasota, Florida 33578.

Do you realize how the Short Column could help you? Maybe this is the answer: Did you ever buy a pair of shoes and find out after your first training run that they didn't fit? Do you have too many tee shirts? Need a ride to the next out-of-town running event? If you answered yes to any of these questions, use this section of YOUR newsletter. Send me your information or requests you want placed before better than 200 local runners. Anything reasonable, track club related, and non-obscene will be printed space permitting. Send your inserts to Harry Koontz prior to the last week of each month. See page 1 for address.

NEW RUNNING PUBLICATION - "The Runner's Daily Diary": I recently received a copy of this runner's aid, and I feel it may be of interest to many of you. I have used many types of calendars, books, and logs to keep track of my mileage. This publication goes beyond that. It's a personal diary designed to help you understand yourself and your running. It is a compendium of features such as: Quoteable Quotes, Running Tips, Diet Tips, Challenges For Change, Your Personal Running Biography, Seasonal Summaries and Projections, Medical/Injury Records, Pace/Calorie Charts, and much more! If you are interested, pick up a flyer at one of our upcoming races or seek out an advertisement in one of the national periodicals.

Anyone having information about races, please send it to me so I can get it in the Race Calendar. If you can help rate any of these races, please feed that information to me as well.

FIRST ANNUAL PIZZA PARTY AND AWARDS BANQUET

As club members I'm sure we all wonder from time to time where are money from membership fees and entry fees goes. Of course a large portion of that money goes toward putting out the newsletter, but the club does enjoy operating well in the black. Therefore it's time to celebrate. The club is sponsoring a pizza, beer, and soda pop party at Zoli's Chalet 4114 Covington Rd, Thursday February 22nd at 6:30 PM. The cost for this gala affair will be a modest \$3.50/person for all the pizza you can eat. The club will pick up the tab for the room rental, refreshments, and any other additional expense. Come and socialize with the rats who keep beating you to the finish line by sprinting the last 100 yds. Also find out if wild beer drinking does really improve your performance. There will be many special awards and gifts to the point race champions in each age group. We do need to RSVP this, so please send an acknowledgment to Gary Dexheimer 9614 Wolf River Pl. Ft. Wayne 46804 (432-1439) indicating the number of people planning on attending. We need this information as soon as possible. Remember get in shape and start training for this event now!

Gary Dexheimer

45 FWTC

FWTC LONG DISTANCE POINT TOTALS

Following is the final point listing for 1978, including the top 5 or 10 runners from each division depending on the size of the division. In case you're not familiar with the rating system, and would like to compute your own rating, here is how it works: We count only top placings for a person's rating (top 10 for all divisions), thus, a woman who places 11th in a race is not counted for our rating purposes. Only FWTC members count in the scoring, thus, if a non-member wins a race, the first FWTC finisher will count for 'first' in the rating. Our system is a blend of quality and quantity, which will become apparent when the list of results is scanned. To determine a person's rating, we take the average place (using only finishes in a 'countable' position) and divide that by the number of races. For example: a runner finishes 1st, 2nd, and 4th in three races and has a computed rating of (1+2+4)/3/3...average place divided by number of races run...or 7/9=0.778. Simple, huh?

The closest race for division honors occurred in the 40-49 bracket where Joe Barile scored a narrow victory on the strength of having run 2 more races than Bill Schmidt. That will teach you to be so picky about those point races Bill..... The same thing occurred in several other age divisions where the winners were not the fastest, but simply ran more races. Myron Meyers, Dean Nygard, and Tom Shank left no doubt as to who is best in their respective division as they ran away with top honors.

Race directors are reminded that if they are directing a points race that they must use the same age divisions as those listed below and must have finishers in the FWTC marked in some manner and age division summaries. Needless to say it wasn't much fun to go through the over 1100 finishers in the Lincoln 10 or 500 in Three-Rivers Marathon and figure out who was a member and what their age was. A list of point races follows the point ratings.

WOMENS DIVISION

Runner(Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Place Aver.	Rating
2500 1. Cindy Caldwell	4	1	2	1							2.00	.250
2. Michelle Bickel	2	2	1		1						2.33	.389
3. Cindy Goller ✓	2	1									1.33	.444
4. Lora Cartwright	2										1.00	.500
5. Carol Jolliff	1			1							2.50	1.250

14 UNDER

Runner(Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Place Aver.	Rating
2500 1. Tom Shank ✓	3										1.00	.333
2. David Milner ✓		3									2.00	.667
3. Tim Bickel	1	1									1.50	.750
4. Mark Davis ✓	1										1.00	1.000
5. Charlie Brandt Jr. ✓			1								3.00	3.000

15-19

Runner(Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver.	Rating
25 1. Dean Nygard ✓	5										1.00	.200
2. Rick Harkenrider	1	1									1.50	.750
3. Greg Orman (2½)	1	2									2.00	.800
4. Gary Bird		1	2								2.67	.889
✓5. Tom Lindley ✓		2									2.00	1.000
6. Ken Sohaski	1										1.00	1.000

20-29

25 1. Phil Suelzer ✓	2	4	1	1							2.13	.266
2. Dan Cleoter	3										1.00	.333
3. Doug Osborne	2	1									1.33	.444
4. Rick Reitzug (5½)	1	2	2	1							2.73	.496
5. Gary Dexheimer (6)	2		1	1	2						3.17	.528
6. Jerry Mazock ✓		1		2		1				2	5.67	.944
7. Dave Buls			1	1		1					4.33	1.444
8. Tim Bowman			1		1		1				5.00	1.667
9. Alex Kyle			1	1							3.50	1.750
10. Tom Donelson				1		1	1				5.67	1.899

30-39

Runner(Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver.	Rating
25 1. Charlie Brandt (7) ✓	4		3								1.86	.265
2. John McMillen	2	3									1.60	.320
3. Max Blank	2	1									1.33	.444
4. Don Lindley (9) ✓	2		1	1	1	2		2			4.67	.519
5. John Scharze		3			4					1	4.50	.563
6. Bill Whitcomb		1	1	1		1					3.75	.938
7. Fred Ross ✓	1			1	1				1		4.75	1.189
8. Tom Clagg				1	1		1	2			6.40	1.280
9. Larry Lee (4)	1					1	1	1			5.50	1.375
10. Jim Berghoff		1		1							3.00	1.500

40-49

25 1. Joe Barile	3	2	1								1.67	.278
2. Bill Schmidt	3	1									1.25	.313
3. Jack Morris ✓		4	1	2	1						3.14	.449
4. Eugene Striggle	2	1	1		1						2.40	.480
5. Chris Stauffer	1		1	1	1	1	1				4.33	.722
6. Lynn Milner ✓				4	1				1	1	5.57	.796
7. Mike Kast		1	1		1						3.33	1.111
8. Don Goldner ✓				1		1	1	2	1		7.00	1.167
9. Joe Ziegler					1	2	1		1	1	7.17	1.194
10. Glenn Moore	1		1				1				3.67	1.222

**FWTC * 10,000 meters run
& One Mile Fun Run**

Sunday, December 10, 1978, 2:00 p.m. - Foster Park - Temp. 19° - Windchill -1°

Women - Open

- * 1. Cindy Caldwell 46:14
- 2. Wilma Kyle 52:00
- * 3. Carolyn Babcock 53:43
- * 4. Linnea Mazock 53:59
- * 5. Adelma Waltenberg 54:09
- * 6. Deb Hockemeyer 56:16
- * 7. Julie Rohleder 56:48
- * 8. Pauline Augsburg 58:28
- * 9. Mary Rosemond 71:33

13 & Under - Men

- * 1. Mark Davis 50:04
- * 2. David Milner 60:39

14 - 19 - Men

- 1. Craig Schwartz 35:31
- * 2. Dean Nygard 35:51
- 3. Tim Hilterbrand 36:30
- 4. Mark Herndon 36:49
- 5. Steve Marlow 38:20
- 6. Larry Wilson 41:54
- * 7. Tom Loucks 42:23
- 8. Jeff Brunson 44:43

20 - 24 - Men

- * 1. Dave Buls 36:12
- 2. Paul Misner 36:27
- * 3. Bryan Gross 36:41
- * 4. Randy Misner 36:57
- 5. Don Cahill 38:49
- 6. Brian Crosley 40:01
- * 7. Brett Davis 41:24

25 - 29 - Men

- * 1. Rick Reitzug 34:26
- * 2. Gary Dexheimer 34:40
- * 3. Phil Suelzer 35:49
- * 4. Jerry Mazock 38:22
- * 5. Don Manger 44:08
- 6. Scott Kingdon 45:23
- * 7. Tim Bolin 45:41
- 8. Bill Moore 46:54
- * 9. Gary Graham 47:54
- 10. Kenny Mowan 50:07
- 11. Rick Panning 56:34

30 - 34 - Men

- * 1. Robert Bruckner 39:28
- 2. Doug Williams 40:29
- * 3. Walt Green 41:10
- 4. Ken Yahne 41:54
- * 5. Tom Mather 42:06
- * 6. Dan Hannaford 42:28
- 7. David Waldrop 44:37
- * 8. Roger Looyenga 44:56
- 9. Ronald Lester 45:52
- * 10. Harry Miller 45:53
- 11. Russell Grose 47:08
- * 12. Ronald Motycka 47:22
- * 13. Don Hoover 49:17

35 - 39 - Men

- * 1. Charles Brandt 39:52
- * 2. Tom Clagg 42:56
- * 3. Bob Lovell 43:12
- * 4. Ed Perkins 43:59
- * 5. Charlie Hall 47:01
- 6. R.J. Hoffman 48:12
- * 7. Terry Parker 48:31
- * 8. John Rasmussen 50:09
- * 9. Steve Takacs 50:34
- * 10. Mike Hill 53:38

40 - 44 - Men

- * 1. Joe Barile 39:31
- * 2. Herb Chandler 43:30
- * 3. Don Goldner 43:33
- * 4. Joe Ziegler 44:40
- 5. Doug Curtis 45:05
- * 6. Lynn Milner 45:45
- 7. Robert McCuan 47:22
- 8. Ed Jenkins 48:05

45 & Over - Men

- * 1. Eugene Striggle 40:10
- * 2. Mike Kast 42:24
- * 3. Chris Stauffer 43:52
- * 4. Wendell Adams 43:54
- * 5. Herbert Trier 45:02
- * 6. Bernie Huesing 47:14
- * 7. Dick Augsburg 48:24
- * 8. Curtis Nold 49:00
- * 9. Chet Fleetwood 49:21
- 10. Charles Gilbert 50:32
- * 11. Bob Habig 50:48
- * 12. Roger Phillips 53:50
- * 13. Robt. Waltenburg 66:41

Mile Fun Run

- 1. Jerry Williams(18) 5:51
- 2. Kenny Williams(14) 6:10
- 3. Ryan Hill (10) 7:11
- 4. David Milner (12) 7:34
- 5. Gregg Milner (9) 7:53
- 6. Ronda Johnson (19) 7:56
- 7. Brent Jackson (8) 8:41
- 8. Sara Hill (6) 9:12
- 9. Jeremy Jackson (12) 9:39
- 10. Linda Hill (32) 9:42
- 11. Nancy Dausman (27) 13:40
- 12. Sandra Grogg(30) 13:41
- 13. Joe Farrell (31) 13:43

Race Director -
Don Lindley

* FWTC Members

50 AND UP

Runner	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver.	Rating
25 1. Myron Meyer ✓	7										1.00	.143
2. Wendell Adams ✓		2	3								2.60	.520
3. Chet Fleetwood ✓	1	1		3							3.00	.600
4. Giles Tomlinson		2									2.00	1.000
5. Herb Trier		1	1								2.50	1.250

The following are the nine (9) races that were included in the point totals. If you have a number behind your name that means that you directed a race and were given a first place in your age division along with the actual FWTC member who finished first in your age division. If you co-directed a race then you were given a first place and a $\frac{1}{2}$ race credit for dividing purposes. All those people who directed races were helped significantly in their rating by receiving the extra first place, so if you would like to direct a race....

1. 10 Kilo	Jan.	6. 3 mile	Aug.
2. 1 hr. run	April	7. Lincoln 10	Sept.
3. 10 mile	May	8. Bluffton $\frac{1}{2}$ mar	Oct.
4. 3 Rivers Mar.	July	9. Heritage $\frac{1}{2}$ mar	Nov.
5. Berne 10 mile	July		

After discussion with committee members in the FWTC it was decided that a person will be eligible for points in the point races if they are a member of the track club at that time. Otherwise, it would entail going back over results of previous races to include someone who, for example, wouldn't join the club until later in the year. This would mean that everybody who finished after that person would have his or her position altered and this simply involves too much paperwork. This is a subtle reminder to get your membership dues in so that you can be a member when we conduct the first points race of 1979, probably sometime in January.

BALL STATE UNIVERSITY - 10 MILE

December 3, 1978

Tom Shank	61:37
Myron Meyer	62:17
Eugene Striggle	67:33
Clyde Shank	70:18

HONOLULU MARATHON

December 10, 1978

Myron Meyer	2:57:37
187th Overall - 4th Age Division	

FORT WAYNE TRACK CLUB
CHAMPIONSHIP RACE SCHEDULE

January	20th	Aboite House 8 Miler (Hilly, out and back) \$1.00 FWTC Members Director: Dick Shenfeld 432-4832	Location: Homestead High School 3:00pm, \$1.50 Non-members,
February	18th	6 Miler Director: Jack Morris 747-7946	Location:
March	18th	4 Miler Directors: Charlie Brandt 432-9110 Gary Dexheimer 432-1439	Location: Homestead High School
April	22nd	One Hour Run Director: John Kline 482-1956	Location: Snyder High School
May	6th	Not Decided Yet: Directors & Sponsors: Big Brothers - Big Sisters	Location: Franke Park?
June	9th	5 Miler Director: John Kline In conjunction with the High School "Midwest Meet of Champions"	Location:
July	15th	Marathon Director: Larry Lee 673-3065 Sponsors: TV-33 & Hook's	Location: Memorial Coliseum 7:00am
August	12th	3 Miler Directors: Don Goldner 747-4359 Don Lindley Cindy Caldwell	Location: "Media Race"
September	16th	8 Mile - Two Man Relay (Alternate two mile legs) Location: Foster Park Director: John McMillen 432-7311	
October	21st	10 KM Directors: Charlie Brandt & Gary Dexheimer Sponsors: Lincoln National Bank - Lincoln 10,000	Location: Friemann Square 2:00pm
November	11th	Half-Marathon & Six Mile Director: Dwayne Garrett 483-1909	Location: Heritage High School
December	31st	5 Miler Director: Myron Meyer 456-6041	Location: Tennis, ETC. (Racquet Drive)

This serves as our Championship/Point Race Schedule for 1979. This listing does not include scheduled "Fun Runs" which compliment our schedule and will be listed in the newsletter. For any scheduling information please contact Gary Dexheimer, or for more specific information please consult the race director.

RACE CALENDAR

<u>Date</u>	<u>Time</u>	<u>Rating</u>	<u>Event</u>	<u>Location</u>	<u>Contact</u>
Jan 13	10:00am		4 Mile	Lansing, Mi.	1
	10:00am		8.4 & 3.6 Mile	Chicago, Il.	7
	10:00am		7.5 & 5 Mile	Chicago, Il.	8
Jan 14	1:00pm	E	Frigid Run	Gurnee, Il.	2
	2:00pm		25 KM	Mallard Lake (Toledo)	3
Jan 20	10:00am	E	3.8 Mile	Lansing, Mi.	1
	10:30am		5, 4, & 3 Mile	Bay City, Mi.	4
	Noon		3 Mile	Danville, Il.	5
	1:00pm		10 & 5 KM	Urbana, Il.	6
	2:00pm		Aboite House 8 Miler	Ft. Wayne, In.	31
Jan 21	9:30am	E	Frostbite 5 KM	Des Plaines, Il.	9
	10:00am		9.6 & 4.8 Mile	Chicago, Il.	7
	10:00am		15 & 5 KM	Chicago, Il.	8
	2:00pm		7.5 Mile	Franklin, Oh.	10
	2:00pm		Dave's Running Shop 10 Mile	Delta, Oh.	11
Jan 27	10:00am		3 Mile	Lansing, Mi.	1
	?		Jacobson 6 Mile	Lexington, Ky.	12
Jan 28	1:00am	G to E	Annual Blizzard Breakfast		
			2.85 & 5.7 Mile Prediction	Oregon, Oh.	13
	10:00am		12 & 6 Mile	Chicago, Il.	7
	10:00am		10 & 5 Mile	Chicago, Il.	8
	10:00am		7 Mile	Detroit, Mi.	14
Feb 4	10:00am	E	8.4 & 3.6 Mile	Chicago, Il.	7
	10:00am		7.5 & 5 Mile	Chicago, Il.	8
	10:00am		4 Mile	Holt, Mi.	1
	1:00pm		4 Mile	Joliet, Il.	15
	2:00pm		7th Annual Swanton 13 & 3 Mile	Swanton, Oh.	16
	2:00pm		Frostbite 5 Mile	Monroe, Oh.	10
Feb 10	10:00am		4 Mile	Holt, Mi.	1
Feb 11	9:30am	G to E	Abe Lincoln 10 KM	Des Plaines, Il.	9
	10:00am		6 Mile	Chicago, Il.	7
	10:00am		20, 10, & 5 KM	Chicago, Il.	8
	2:00pm		Valentine Sweetheart Special		
			3 Mile & Mixed Couple Pred. Relay	Toledo, Oh.	17
Feb 17	10:00am		4 Mile	Lansing, Mi.	1
	10:30am		6, 4.5, & 3 Mile	Bay City, Mi.	4
Feb 18	10:00am	G to E	3 Person 18 Mile Relay	Chicago, Il.	7
	10:00am		10 & 5 Mile	Chicago, Il.	8
	2:00pm		6 Mile	Clifton, Oh.	10
	2:00pm		15 KM Open & 5 KM Masters	Toledo, Oh.	20
	?		6 Mile	Ft. Wayne, In.	32

<u>Date</u>	<u>Time</u>	<u>Rating</u>	<u>Event</u>	<u>Location</u>	<u>Contact</u>
Feb 24	10:00am		15 & 5 KM	Chicago, Il.	8
	10:00am		Tombstone 10 Mile	Lansing, Mi.	1
Feb 25	8:00am		Olympiad Memorial Marathon	St. Louis, Mo.	22
	Noon		Frostbite 9 Mile	Kirkapoo S.P., Il.	5
	2:00pm	G to E	Get It In Glass 20 KM Pred.	Toledo, Oh.	21
Mar 3	10:00am		3.75 Mile	Lansing, Mi.	1
Mar 4	1:00pm		6 Mile	Joliet, Il.	15
Mar 4	2:00pm		7 Mile	Germantown, Oh.	10
Mar 4	2:00pm	E	12th Annual Churchill's ½ Marath.	Perrysburg, Oh.	23
Mar 10	10:00am		3 Mile	Lansing, Mi.	1
Mar 11	1:00pm		Half-Marathon	Cary, Il.	24
	1:00pm		Frostbite Half-Marathon	Delavan, Il.	25
	1:00pm		Windy Marathon	Carmel, In.	26
	2:15pm		7 Mile	Carmel, In.	26
	2:00pm		Annual Cookie Classic 15 KM Pred.	Carmel, In.	27
Mar 17	10:00am		3 Mile	Lansing, Mi.	1
	Noon		Vic Tanny's 1st Annual 5 KM for Women Only	Toledo, Oh.	28
	Noon		5 & 3 Mile	Kennekuk Cove, Il.	5
	1:00pm		10 & 3 Mile	Jacksonville, Il.	18
Mar 18	9:00am		10 KM	Chesterton, In.	19
	9:30am		10 & 5 KM	Des Plaines, Il.	9
	1:15pm		5 Mile	Bay City, Mi.	4
	2:00pm		8 or 6 Mile	Arcarrum, Oh.	10
	2:00pm		4th Annual River East 10 KM	Toledo, Oh.	29
	?	E	Homestead High School 4 Mile	Ft. Wayne, In.	33
Mar 24	9:00am		Heartwatcher's Marathon/Physical Fitness Testing 2pm Symposium	Toledo, Oh.	30
	10:00am		20 & 3 Mile	Lansing, Mi.	1
Mar 25	8:00am		7th Annual Heartwatcher's Marat. & 3 or 6 Person Relay Teams	Toledo, Oh.	30
Mar 31	10:00am		4 Mile	Lansing, Mi.	1

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Reprinted from the *Physician and Sportsmedicine*, November, 1978.

George Sheehan, MD

Water: Runners' Magic Fluid



Once asked a researcher who was working on a commercial replacement fluid for hot weather training if there was a "best drink" for runners. "If we could market water," he answered, "we would." Why water? Because the primary aim of any replacement fluid is to maintain blood volume, and only water can do that. Anything else that is added has to do with performance, not survival. Unlike any additives, if you don't get enough water to drink you can die.

The recommended minimum water intake is 10 oz at the start of a run and 10 oz every 20 minutes thereafter. The average individual can absorb up to 1 oz a minute, and at that rate you can take about 2 qt an hour without difficulty. Learn to establish your fluid needs during your training runs. You can do this by weighing yourself before and after runs in which you consume a quart an hour. Since 1 qt of fluid weighs 2.2 oz, your weight loss will establish any extra need for fluid.

For my training runs, I have prearranged pit stops. My first drink is at home, of course, then I use a friend's house, the caddy house on a golf course, a gas station or two, and then there is the obliging bridge tender with some ice water in his refrigerator. In a race I have learned to use the water stations where it is worth coming to a full stop to take the prescribed amount of fluid.

If water is so good, you may ask, is

there any way to make it better? Any number of substances have been added to water in the hope of creating a better replacement solution. Some drinks have been mixed specifically to combat heat syndromes. They are called ades, and they have both good and bad features.

Their advantages are that they are mainly water, and they contain varying amounts of sugar, salt, and potassium. The disadvantages are that some have too much sugar or too much salt. The best practice when using these solutions, it seems to me, is to use them at one-half strength. When you come to a water station, take one cup of water and mix it with one cup of ade.

The ades are generally a 5% sugar solution, which slows the absorption of water, hence my recommendation.

Added salt also slows water absorption and increases the need for potassium. Studies done on eight marathon runners who collapsed in the heat at Boston showed that the blood levels of both salt and potassium were actually increased rather than decreased. I suspect, however, that potassium should be increased in the diet. One convenient way of doing this is to use a salt substitute because they are usually very low in salt and high in potassium.

Also, helpful or not, caffeine drinks have always been popular with athletes. Caffeine is said to spare muscle glycogen and increase the utilization

of fats (see page 24). Frank Shorter leans toward defizzed cola, the old-timers preferred tea and honey, skiers traditionally use chocolate, and coffee is another prerace favorite. Tea suits me best. It contains theophylline, which improves the coronary circulation and opens up the bronchial tubes. I almost always use tea and honey as my prerace drink on a cold day. On a hot day I take water, tea, half-strength ade, or beer, depending on what is available.

As to the matter of which is best, I am reminded of Dr. Elliott P. Joslin's answer to the question, "Which insulin is the best insulin?" His reply was, "All insulins are good insulins if you know how to use them."

My personal experience favors a replacement drink that has caffeine and sugar. I drink water for the first 45 minutes of the run, and from there on in I prefer something that provides water and quick energy.

That adds up to tea at the start, water in the middle, and tea and honey, coke, half-strength ade, or beer to get me to the finish. What I drink, however, usually depends on the water stations and the crowd. I drink the drink at hand, and at some point, the best drink becomes whatever is available. ■

Columnist Sheehan is a practicing cardiologist in Red Bank, New Jersey.

commentary

Reprinted from the *Physician and Sportsmedicine*, November, 1978.

Karl K. Klein, CCT

Beware of Unbalanced Shoes

Dr. George Sheehan has stated that about 85% of all runners and joggers are forced to stop their joyous activity due to stress and/or pain. Though the causes vary, injuries surely lessen the joy of the activity.

Proper shoe selection is of utmost importance in preventing these injuries, because complete correction of the runner's problem depends on a totally balanced shoe. While the runner may have biomechanical problems such as pronation or muscular or postural imbalance that can be treated by special exercises, correct body mechanics, rest periods, and reduced mileage, continued use of unbalanced shoes can only lessen the positive effects of these treatments. Putting pronated heels into pronated shoes significantly decreases the effectiveness of any corrective program the runner undertakes.

To solve this, a simple test can be performed by the runner or shoe salesman to determine if the shoe meets these balance criteria: a perpendicular heel, no pronation, and no lateral or anterior wobble. Press down on the ball of the foot and rotate the shoe from side to side (figure 1). Repeat the procedure at the heel, forcing the forepart of the shoe to lift off the ground (figure 2).

If the shoe is not in complete balance, as determined by the above procedures, another pair should be tested. Both shoes must meet the balance criteria before an attempt is made to use any prosthetic device. To overlook shoe alignment and use a prosthetic device to correct pronation may negate the efforts of a specialist.

In conclusion, I strongly recom-

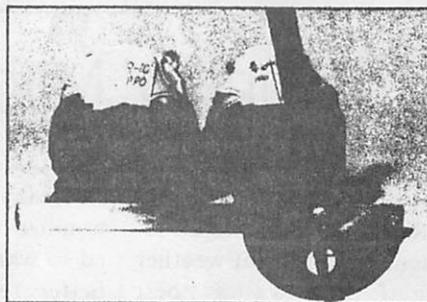


Figure 1. This shoe is 9° to 10° off balance to the inside and pronated. The heel counter should be perpendicular to the floor.



Figure 2. This shoe is off balance to the inside. As the front portion of the shoe lifts upward, it pronates at the heel. The shoe should come straight up with no medial or lateral movement.

mend that shoe producers, in their effort to capture the expanding market of runners, become more aware of their responsibilities and spend more time on product control. Shoes not in balance should not be released. This effort would be a major contribution to keeping more runners and joggers active and injury free. ■

Karl K. Klein is a Certified Corrective Therapist in the Department of Physical and Health Education Rehabilitation Laboratory, University of Texas, Austin. He is a fellow of the American College of Sportsmedicine.

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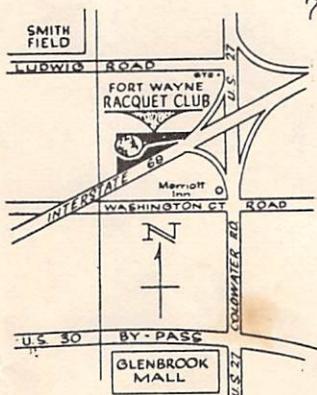
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