



**FORT WAYNE  
TRACK CLUB**

DEC. 1983 - JAN. 1984

# the inside track

*NEWSLETTER OF THE FORT WAYNE TRACK CLUB*





Mike Robbins works his way through the many interesting trails at the Cross Country 9K at Bluffton.

# How to predict race time

by MIKE ROBBINS

Predicting race times is less prognostication and more a process of awareness. Beginning runners especially have a difficult task knowing what to expect from races and, therefore, often select a less than ideal pace to run. Experienced runners often confuse expectation and desire with a reasonable interim goal with the resulting performance being unsatisfactory and surprising. These situations do not have to exist.

We have all often heard runners indicate after a race that they expected to run much faster than they actually did. This is not necessarily a backhand way of seeking a consoling pat on the back and a stroke for a wounded ego but may well be the result of inaccurate expectation. We have all "hoped" to perform at some particular level. This is much different than actually "expecting" to on a given day.

Race results are almost entirely the product of specific training, general physical and mental condition and the particular environmental considerations of a given course on a given day. There will always remain a small part attributable to psychic, spiritual or "luck" (either good or ill) elements undefinable by mere mortals. The former considerations are far more significant to the outcome and are the ones which can be controlled to a greater extent.

Without sufficient training, particular race results are not possible and should not be expected. Just because a runner once ran a 36 minute 10K doesn't mean he or she will run it again the next race if the training has not remained constant or progressed. If training varies all over the place, so will race results. This consistency and pattern of training should be acknowledged when

predicting certain results. Expecting the same time every race (of the same distance) does not necessarily reflect a complete assessment of the variables in conditions. Thus, any prediction should be the specific conclusion of all the conditions and elements of the particular race rather than the result of any general theory of expectation.

Even more difficult to assess than too little training is the result of too much training. Increasing your weekly mileage from 40 to 60 in search of an extended goal may result in a feeling of superior conditioning and consequently an expectation of greater performance. The actual, immediate results are often less than spectacular and can result in a loss of confidence. The effects of increased mileage and the general fatigue which results until the body can fully adjust can play havoc with race expectations. During a runner's marathon training, 10K results may not be at PR levels. The particular training involved may not leave the runner in specific enough shape to meet increased expectations at all race distances at the same time. In predicting results this should be considered.

Experience allows a runner to become much more adept at prediction, though the experience often has to be relied on to harness excess enthusiasm. Beginning runners may be advised to monitor their training more closely and use experienced runners as a gauge in meeting expectations. As a beginner, if you believe your training points to a particular result, try to run with an experienced runner who you know is likely to produce a similar result. This will tend to modify early pace while providing the best possible learning experience. Of course, those runners who run "as they feel" and are more attuned to participation than prognostication in any form, should feel completely free to just continue to enjoy all the personal and social benefits of running without being burdened with any of the intricacies of training and "race" results.

# Marathon Clinic

The challenge of the 26.2 mile distance of the Marathon is classic to all racing enthusiasts. The race tests the physical and mental limits of all. For this reason proper training and education is vital to the new or novice participant and so the Fort Wayne YMCA is pleased to offer the first Marathon Clinic. Mike Kast will be the instructor; he is a veteran of 17 Marathons, including Boston, New York and Grandma's where he ran a PR of 3:07; Mike is one of the areas outstanding masters runners, and also is cross-country coach at IU-PU.

The class will begin on Saturday, February 4th at 9:00 a.m. at the Central Branch YMCA and will meet each succeeding Saturday for a "long run" workout. In addition, classes on training regiments, distance running physiology, stretching, diet, etc. will be conducted. Guest speakers and films will complement the instruction. The class will culminate on May 6th with the running of the TV-33/Hooks Marathon.

The clinic is geared to first time or novice Marathoners, but a running mileage base of 25 miles per week at class start-up time is suggested. This clinic is given by the Central Branch YMCA in co-operation with the Fort Wayne Track Club and TV-33/Hooks.

## MARATHON CLINIC

Saturdays, February 4 thru May  
5 9:00 a.m.

Central Branch YMCA  
226 E. Washington Blvd.  
422-6486

Register after January 1st at the  
YMCA

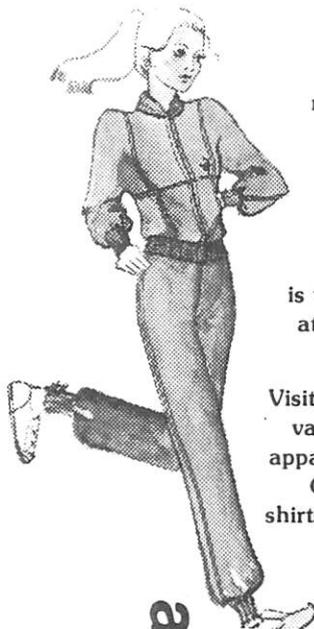
\$15.00 for YMCA Members  
\$25.00 for Non-YMCA Members

Includes all materials, training log,  
recipes, hand outs and a special  
class T-shirt.



# For women on the run!

from the athletic annex.



It's no news that women are built differently from men. So why should you have to wear a man's running clothes?

Moving Comfort was designed by women — for women. Each piece is tailored to be functional, attractive and — above all — comfortable.

Visit the athletic annex for a variety of Moving Comfort apparel including: warmups, Gore-Tex™ suits, shorts, shirts and accessories. All in many colors and styles.

**GIFT CERTIFICATES  
AVAILABLE**

**athletic  
annex**

**Glenbrook Square  
484-4322**

# FREE \$50 gift certificate

from the athletic annex.



Here's how: Just purchase a Gore-Tex™ suit from the athletic annex and we'll give you a \$50 Gift Certificate! How's that for an early Christmas present?

The athletic annex has both Bill Rodgers and Moving Comfort Gore-Tex outfits. These suits are unique designed of "breathable" fabric that's perfect for runners, skaters, skiers and cyclists.

Absolute Comfort. Superior Quality.  
**AND a FREE \$50 Gift Certificate!**

You'll get it all with a Gore-Tex suit from the athletic annex. (In men's and women's sizes.)

**HURRY! Offer expires Dec. 15!**

## Club News

WATCH "RUNNER'S WEEK"

With Jerry Mazock as Host

Cox Cable on Channel 10 - 8:00 p.m.

Citizens Cable on Channel 10 -  
6:30 p.m.

Friday, November 25

Cross Country 9K Run at Bluffton

December 2

25K at Homestead

December 9

25K at Homestead (replay)

December 16

Lindley's 10K

December 23

Lindley's 10K

Plus a Christmas Carol  
Party!

December 30

Equipment Show and 1984  
Preview

(Please direct any training  
questions to Jerry Mazock  
6135 Orchard Lane, F.W.  
46809)

CHRISTMAS CAROL PARTY

6:00 pm

December 14

In conjunction with the Wednesday  
night Fun Run at Foster Park.

Party afterwards.

# Follow the Footsteps . . .



to Northern Indiana this fall for the Athletic Annex-Rink Riverside Fall Running Series. The six runs will be produced by Dean Reinke and the Athletic Annex, directors of the South Bend Sportsmed 10K, Pepsi Challenge, and numerous other Michiana area running events.

The runs will present many of the fun and exciting extras that have made Michiana the "Running Capital of the Midwest." Each event will feature a post race party with free Pepsi, refreshments, music and a videotaped replay of the run. There will also be plentiful awards in 18 age divisions and each participant will receive a ribbon and shirt, singlet or sportcap.

The entry fee is only \$6 per run and each course is pending certification with The Athletics Congress (TAC). You can enter in person at any Athletic Annex location in South Bend: University Commons, Scottsdale Mall, University Park (Annex, Jr.), Goshen Linway Plaza, Elkhart Easy Shopping Place or Lafayette Chauncey Hill Mall.

It's a great series for a great cause, so follow the footsteps and join us this fall.



**RINK RIVERSIDE PRINTING, INC.**

209 EAST CULFAX AVENUE / SOUTH BEND / INDIANA 46617

Phone: 232-7935



MOVING COMFORT RATHSKELLER PEPSITA  
 KEONE VIDEO WXMG GURLEY LEEP CON  
 RSE UNIVERSITY PARK MALL G.L. PERRY SHA  
 KEY'S PIZZA BROOKS ELKHART YMCASCOT  
 TSDALE MALL TEACHER'S CREDIT UNION WT  
 RCSAUCONY TSHIRTS + PIZZAINNWZ SMI  
 LLRODGERS GATES CHEVROLET SUB 4  
 ASQ102 WSB-TV WAOR

### OFFICIAL ENTRY

LAST NAME										FIRST NAME										AGE		BIRTHDATE													
MAILING ADDRESS																				INCLUDE APT. NO. OTHER										AC PHONE					
CITY										STATE				ZIP																					

MAIL ENTRY TO:  
 Dean Reinke, Fall Series  
 Athletic Annex  
 University Commons  
 South Bend, Indiana 46635  
 2191 272-7565

OR DELIVER TO:  
 Athletic Annex  
 University Commons, Scottsdale Mall,  
 University Park Mall (Annex, Jr.),  
 Goshen Elkhart Lafayette

- October 23 Moving Comfort 4 Mile \_\_\_\_\_ \$8
- October 29 Halloween 5K/ 1M \_\_\_\_\_ \$8
- November 13 G.L. Perry 5K/ 1M \_\_\_\_\_ \$8
- December 3 Santa Shuffle 5K/ 1M \_\_\_\_\_ \$8
- December 11 Frozen Frolic 5K/ 1M \_\_\_\_\_ \$8
- December 18 Christmas Classic 4M / 1.2M \_\_\_\_\_ \$8

Make Check or Money Order payable to:  
 Fall Running Series  
 (No refunds or exchanges)

**WAIVER MUST BE SIGNED:**  
 I hereby release and agree to indemnify and hold the organizers harmless from and all rights and claims for damages, losses, expenses, attorney's fees and all other costs and expenses, including reasonable attorney's fees, arising as a result of my participation in this event, whether such damages, losses, expenses, attorney's fees and costs are caused in whole or in part by the negligence of the organizers, myself, or any other participant in this event. I have been certified by a fitness professional to participate in this event.

For further details and entry forms for each run, please send self-addressed stamped envelope to:  
 Dean Reinke, Fall Series, Athletic Annex, University Commons, South Bend, Indiana 46635

# A Lite-er note

by BUD LIGHT

I received my November issue of the INSIDE TRACK and turned to page one. I couldn't believe my eyes. Our President of the Track Club was pouring out his last keg of Blue Ribbon Thistle and vowed to go on the wagon for one year. As of this date, October 23, 6:00 p.m., four hours after the start of the Home Loan, which he directed, I observed our beloved President, Dandy Don, sipping an Old Crown Light from within an Athletic Annex Sack.

Well, Don, I got just a few gripes to air about the Home Loan 10K.

1. The course was gently rolling with steep upgrades.
2. Rain threatened my time.
3. The new Home Loan shirts don't match my old outfits.
4. My first mile was too fast. (short course)
5. My last mile took forever. (long course)
6. The cocktail party on Forest Park Blvd. had only imported wine.
7. Treleven was ahead of me again.

8. You brought in 79 people from Athletes West to beat me.
9. The pavement on Edgewater was rough. (The only street Moses didn't pave)
10. At the finish chute again they rushed me through.
11. None of the bands played "Proud Mary"
12. Too many people on Main Street. (Widen street for next year's race)
13. Start race at 2:00 a.m. to cut down on participants.
14. More awards. At least 100 every age group. (no, make that 200)
15. At 500,000 to 600,000 more spectators to cheer us on.

Tim Fleming

## The Inside Track

Dear Jim:

My daughter, Beth, and I ran our first Marathon together in NYC on October 23. It was a wet afternoon but we had fun. Results were as follows:

Beth Huesing (Age 21)  
Purdue Senior  
4:26:18  
11,998 out of 17,000

Bernie Huesing (age 50)  
3:19:20  
3,458 out of 17,000  
Qualified for 84 Boston

Regards,

Bernie Huesing

NO TIME FOR EXERCISE?  
TOO BUSY?  
SCHEDULING PROBLEMS?

Well join the EYE-OPENERS.  
Daily walks from 4 to 5 miles and runs from 6 to 10 miles.

Every morning at 5:00 a.m. sharp a group of people get together to meet their needs or addiction of daily exercise. Please join us.

Contact:

Patti or Tim Fleming  
3120 Country Park  
749-8027

Or

Sally Bork  
3434 Montana Drive  
749-4985

(Georgetown Area)

(A 4 a.m. wake up call is available)



# Dear Santa Claus



Of all the interests in my life, heaven knows why I seek betterment continually in that of running, but I again forward a modest list of possible presents for the upcoming season of good tides.

This year, if you give me another pair of racing flats, make sure the claims of the advertisement for the shoe - like, "I helped break all kinds of world records last year" - still are applicable for the next year. Last year's racing flats didn't seem to perform up to the expectations their ad had implied.

Also, a faster pair of training shoes would be nice. The extra speed the shoes would provide doesn't have to be anything spectacular, like world or national class speed, just a minute - give or take several seconds - off my usual pace. If you can't deliver the extra speed in the shoes, then - you know the dust you use on the reindeer to make them fly - sprinkle a little of that dust in some socks.

If you are all out of shoes and socks, I could use an extra set of knees; I think the warranty on the last pair I got has run out. And, a new pair of shins would be nice, kind of in the design format of a Monroe shock absorber.

While you're at it, how about a set of muscles which provides me with optimum use of slow-twitch muscle fibers for 90% of a race and then can switch to explosive fast-twitch muscle fibers during the last quarter mile of a race. That would surely impress a few friends, especially those who count on my lack of a kick at the end of a competitive race.

If you don't have any more fast twitch or slow twitch muscle fibers to stuff my stocking with, then perhaps you can leave a set of muscles that are pre-stretched, pre-loosened, pre-warmed up, and ready to go run. Such muscles would give me an extra ten minutes or so to sleep and would eliminate the unnecessary anxiety after having arrived fifteen minutes before the start of a race.

If nothing else, a nice present would be a body to run in which is already warm for those cold, winter days and, for the Hoosier summer days, a matching body which is light and well air-conditioned.

How about padding my oxygen debt capacity this year to make it a little larger? Come on Santa, haven't you heard of compound daily interest on savings accounts or the latest money market figures; why can't a runner have the same on his or her oxygen account? You know, it sure would be nice to be able to run a 4:30 opening mile split without worrying about Nature deciding to collect on my oxygen expenditure until the race was over.

But, if I must, I'd settle for a 70-80 mile per week base, free of strains, injuries, colds, and other annoying, self-inflicted calamities. And, if possible, bring me a couple dozen days of calm, mild sunshine that I can use on days I have scheduled interval or long distance workouts.

This is just a thought, but a 400M all-weather track of my own would be nice. However, if you can't swing the track, I would be content with a sauna and weight room.

If you think I've been really good this past year - in character, not necessarily in running, then a first place trophy would be nice. I'm not picky: any ol' race would do - like Home Loan, Blueberry Stomp, Denim Express, TV-33/Hook's Marathon. There's no need to deliver the trophy on Christmas Day; I'll let you surprise me during the upcoming year.

If nothing else, at least once during the next year, present me with one good picture from Marathon Foto. I don't understand how those photographers can continually fail to capture on film my impeccable, Bill Rogers' "feet-never-on-the-ground" stride as I glide along through a race. I always seem to have one foot firmly planted on the ground, my body posture tortuously angled and thrust toward that foot, my arms straining against nothing but air, and my face contorted in the worst profile possible. If I can't have a first place trophy from Home Loan or TV-33/Hook's Marathon to show my grandkids, at least give me a classy photo.

Sincerely,

Doug Sundling

P.S., I hope you can leave something of more substance than last year's benediction as you flew away: "Be good and work harder. Ho! Ho! Ho!"



7th Annual

FWTC 10K and 3K

December 10

Saturday

2:00 p.m.

## Winter Fun Run

At Foster Park and Hartman Road

Register on the day of the race

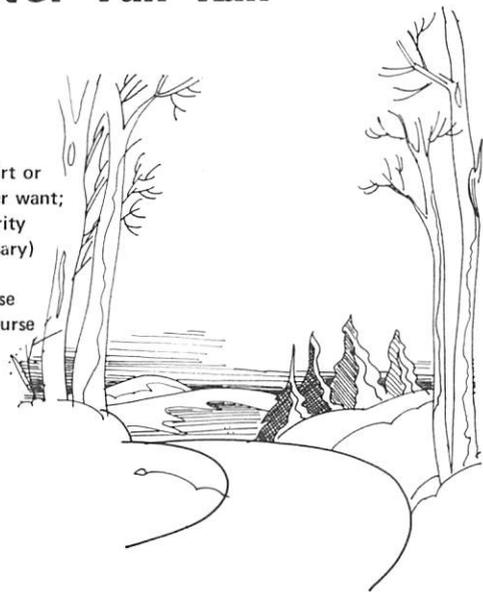
No entry fee

Bring a gift wrapped T-shirt or T-shirts that you no longer want; to be given to a local charity (Optional - but not necessary)

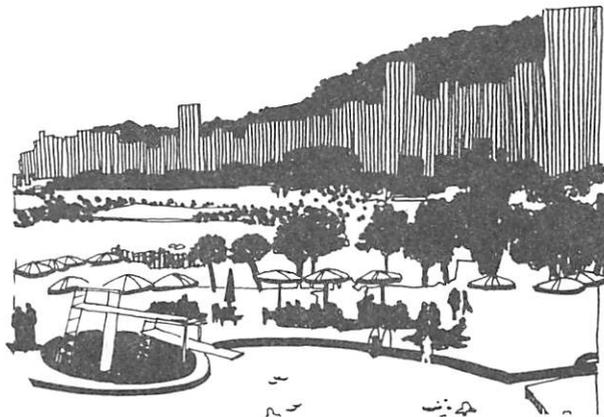
Course is 3K Hoop around golf course  
10K 3 loops around golf course

Awards: None

Race Director: Don Lindley  
456-8739 Home  
422-5541 Work



# Running Around



## NEW YORK SPECTACULAR: CENTRAL PARK

by TERRY GAUTSCH

A runner's visit to New York City has to include running Central Park, one of the premier running spots to be found anywhere! Running Central Park is a unique way to experience NYC - surrounded by skyscrapers on four sides but green, wooded, and "almost" peaceful within. Central Park dominates the center of Manhattan and draws runners from all directions.

A common concern of visitors (and locals!) is "how safe is Central Park"? No doubt that Foster Park is a lot less imposing but after running Central Park 8 to 10 times in the past three years, I feel quite comfortable by observing two simple rules: daylight hours and main paths. There are literally hundreds of runners in the Park at all times from early dawn to late dusk and even many braver (or perhaps faster) runners after dark.

My favorite Central Park route is the "Full Circuit" which follows alongside the main road within the park. This route is nearly a perfect 10K - about 6.1 miles - and circles the entire park from within.

Your Central Park run can begin anywhere but a convenient starting point is at the Columbus Circle entrance at 59th Street. Runners go in either direction in equal numbers and at peak times they are so numerous that it almost appears to be a road race.

The running path going north from Columbus Circle is an eight foot wide asphalt trail which extends to 72nd Street. A highlight of this one mile stretch is passing the famous Tavern on the Green Restaurant - the finish point of the New York Marathon. You may recall that the final three miles of the New York Marathon are in Central Park - following the "blue stripe" during your run prompts some easy daydreaming!

Above 72nd Street, the four lane automobile road has the inner lane reserved for runners, cyclists, and pedestrians in general. Despite the well deserved New York reputation for ignoring traffic laws, I have yet to see a car violating the special lane.

Between 86th and 96th Street, still on the west side, you will pass along a large lake called simply the Reservoir. There is a well used 1½ mile cinder running trail around the Reservoir for runners wanting a shorter or different workout.

The going is surprisingly hilly above 96th Street all the way to the turn at 110th Street (well into Harlem) with huge granite rocks, waterfalls, and thick wooded areas in this stretch.

The road levels again at about 100th Street heading south and parallel to 5th Avenue. This is the most spectacular stretch of the run. To the left will be easily spotted the unique spiral shape of the Guggenheim Museum along 5th Avenue, a little further is the Egyptian Obelisk landmark and soon you are passing directly behind the Metropolitan Museum of Art at 80th Street.

Crossing 72nd Street again takes you off the special road lane and back onto the asphalt path for the remaining 1½ miles to the starting point. The Plaza Hotel plus dozens of other skyscrapers poke above the trees. Runners become more numerous not to mention cyclists, skaters, Hanson horse cabs, and other people traffic. The run is soon over with maybe a temptation to go around again if the day is just right. And you know that Foster Park will never be the same!



You are cordially invited to attend the  
Fourth Annual Ft. Wayne  
F.W.T.C. Awards Banquet

# Award Banquet

Saturday, February 11, 1984

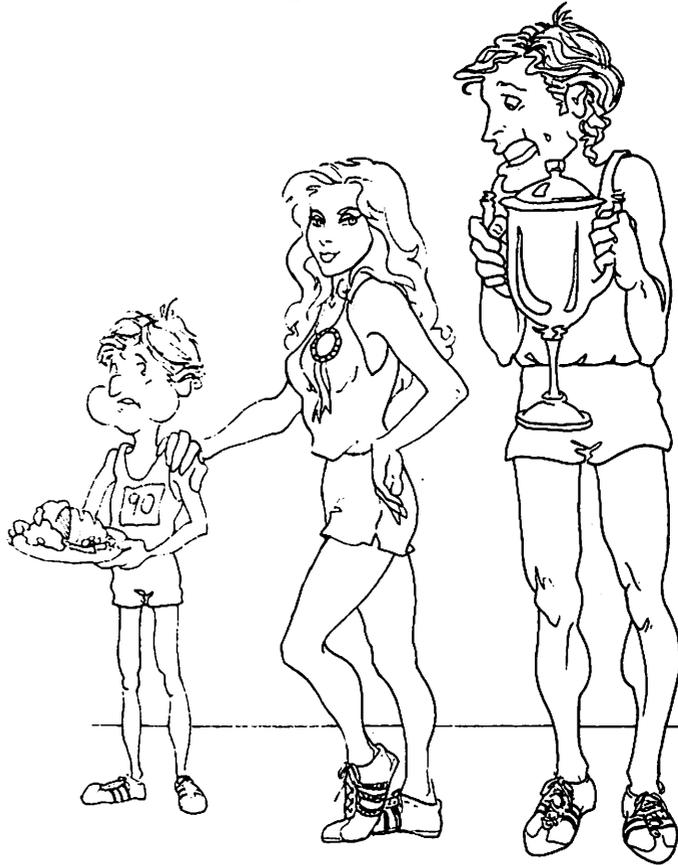
at the Oaks

1336 Ryan Rd. N.H. In.

6-7 Social Hour

7-? Banquet

Awards after banquet



Each family needs to bring: 1 Meat dish and  
vegetable dish or  
dessert + table service  
Beverages will be provided.

Take st. rd. 14 East out of New Haven  
to Ryan Rd. then north to the Oaks.  
Will be on left hand side.

R.S.V.P. by (Feb1) to; Bob Pauley, 2720 Marcy Lane, Ft. Wayne, In. 46806

Name \_\_\_\_\_

[ ] Yes I will be attending the Awards Banquet.

[ ] Number in family attending.



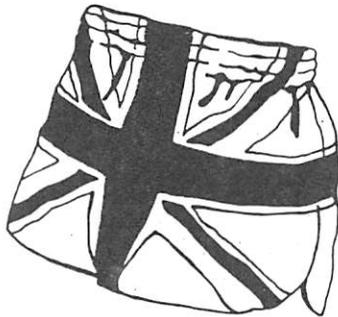
# More fun than games!

## Leisure Wear from the athletic annex.

Not every sport needs a field or court. And those "after-hours" diversions can be even more fun.

So don't play around with your choice of leisure apparel. Come to the athletic annex for:

- Twill Pants — **\$19.95**
- Knit Polo-style Shirts
- International Shorts (a real novelty!)
- Hawaiian-print T's in long & short-sleeve styles
- "Muscle" Shirts



Apparel for your more unconventional "sporting" activities.  
All at the athletic annex.

**athletic**  
**annex.**

**Glenbrook Square  
484-4322**

## 8 MILER

JANUARY 21, 1983

at 2:00 p.m.

At Homestead High School

Contact John Treleven  
432-5315



## WOMEN ENTHUSIASTS

December 28, 1983

6:45 p.m.

Supper and Serendipity Celebration

At Sharon Pauley's  
2720 Marcy (turn off McKinnie  
on MeMillen Park Drive. Marcy  
is the first street on left)

RSVP by DECEMBER 26 please

745-0925

# The ultra race

by DON LINDLEY

The 5th Annual American Joggers Association Ultramarathon (AMJA) of 50 miles and 100K will be something I will remember for a long time. I survived the heat wave of the summer of 1983, but who would have ever thought on October 2 that the temperature of 89° would prevail along Lake Michigan on a cloudless sky and unyielding sun during my third longest race in my life.

It was a get away weekend in Chicago during my son's birthday. The day before, we celebrated by taking a 2½ hour tour of the Chicago Historical Museum. What a convenient way to warm up. In any case, I was not at my upmost best because of a slight knee injury. I was very reluctant about the 100K and I thought only about finishing the 50 miler. I added heel cushions to my shoes hoping the slight elevation and comfort would solve some of the problems. I even applied ice packs to my knees to ease any pain.

After studying the official list of 289 entries, I discovered I was in several of their statistics of facts and figures. There were 119 (53%) of the men planning to run 100K and 72 men have had sub-three hour marathons and 61% of the entrants were from outside of Illinois. This truly made it a Road Runners Club of America (RRCA) National Championship.

Even though I was registered as alias David J. Lindley, I knew it had to be me because the other runner had the same age, date of birth and he came from Fort Wayne. I should have registered as Tom Osler (ultra world record holder) and then I would have opened some eyes. Tom was the one that really inspired and educated me to run ultras. I learned a lot from him when he stayed with me two years ago during the FWTC first ultra.

The course was a five mile out and back along Chicago's lakefront on a mostly flat and concrete bike path with aid stations every mile. There were 52 of the 289 entrants running their first ultra, also, there were 102 men runners in my age division of 30-39.

The heat was a very big battle. A lot of the runners had reasons to be unhappy with their results. There were those who finished and those who did not. There were those who withdrew from the race early rather than pushing

to the limit. My knees were fine during the whole race. The walking helped a lot and I consumed at least two glasses of water or ERG every mile. I almost became water intoxicated. The crowds along the path were a tremendous help and occasionally you would jog with another runner's training for the Chicago Marathon two weeks away.

It was at 50.2 miles I decided to quit. After 30 miles, those five mile loops were taking me almost one hour and I was getting tired. I made the 50 miles OK but as I continued along the path to the boathouse along the beach I could see the 1 and 9 mile aid station along the curvature of the lake. Then I said to myself, there was no way I was going to make it to that aid station and finish another 11 miles. After I informed the officials I was withdrawing, I felt a sense of jubilation and an ultimate victory for finishing 50 miles.

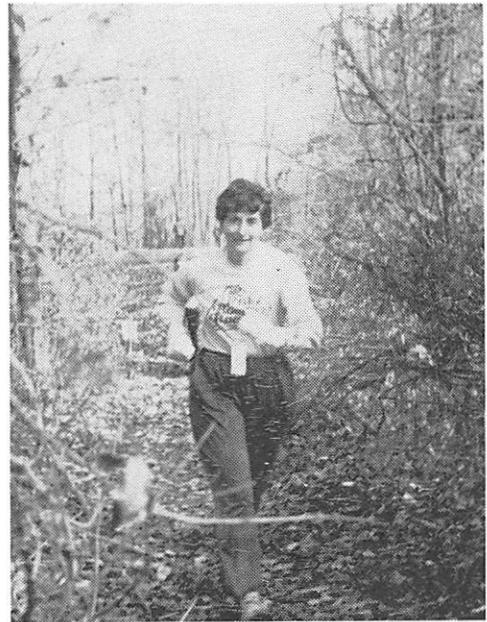
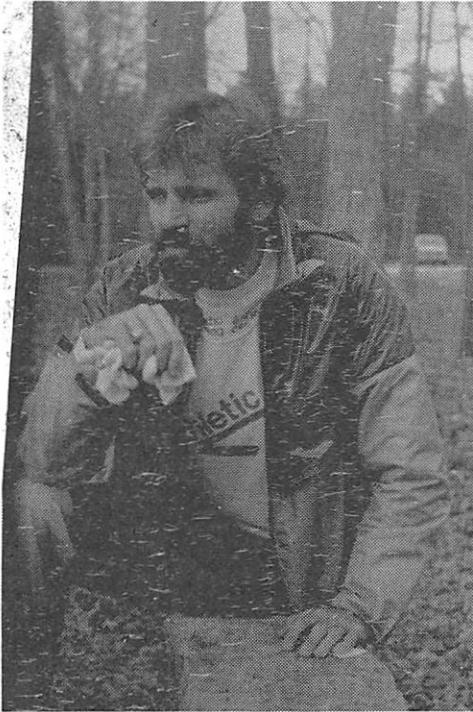
It was an excellent organized race with many enthusiastic volunteers, who undoubtedly were also runners themselves. It was good to know that every medical station had medical people present. The 6th AMJA Ultras will again be a RRCA National Championship race next year. The date is tentatively, October 14th. I would recommend this race for anyone attempting their first ultra.



FACTS AND RESULTS: 187 finish 50 miles (164 men, 23 women) 18 finished 100K (15 Men, 3 Women); temp.-66° - highest - 89° at 4:00 p.m.

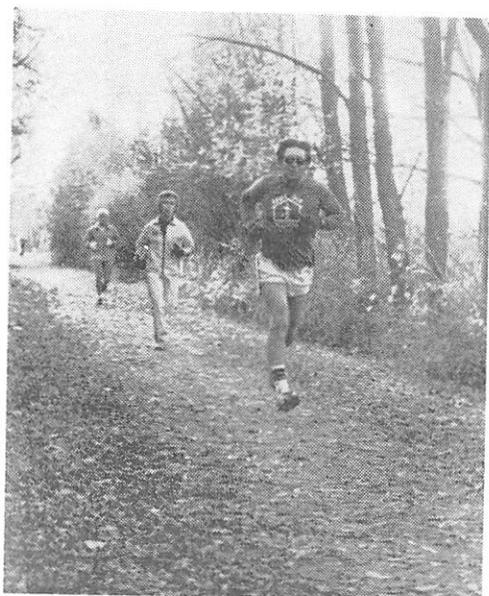
Dist.	Cindy Goller	Norm Spitzig	Don Lindley	Bud Stiffler	Gloria Nycum	Curt Nold
5	37:47	n/a	37:16	49:00	56:50	56:50
10	1:15:54	1:14:05	1:14:26	1:39:47	1:55:54	1:55:46
15	1:56:32	1:51:53	1:53:50	2:27:44	3:00:22	3:00:22
20	2:42:00	2:30:47	2:33:49	3:14:49	4:04:19	4:04:19
25	3:30:35	3:09:50	3:16:40	4:04:58	5:11:13	5:11:56
30	4:23:51	3:49:36	4:02:55	4:55:56	6:19:08	6:19:10
35	-	4:35:15	4:56:47	5:51:02	7:34:51	7:34:08
40	-	5:36:43	5:52:41	6:48:59	8:47:42	8:47:45
45	-	-	6:50:59	7:51:21	10:12:56	10:12:56
50	-	-	7:43:44	8:45:39	11:34:15	11:34:16
Age Division			28th	28th	5th	16th
			30-39	40-49	40-49	50-59
Overall			55th	104th	174th	175th

# Special Feature



## EUROPEAN 9 K, Bluffton, Indiana, November 13, 1983

Open winner, Chuck Koeppen (top left). Runners run into a park shelter at the finish line where they receive refreshments and a nice warm fire in the fire place (Middle left). Other pictures show runners on the various trails that twist through the scenic park.



Dear Jim,

In my article in the November newsletter, I forgot to mention two people and would like to correct my error of omission. Without Mike Robbins' help the race quality would not have been near what it was. His suggestions and support were invaluable. Don Lindley provided the water and Gaterlode, along with plenty of suggestions, which relieved me of a race day worry. I thank them both for everything.

I would also like to comment on your article on "Post Race Manners". Although I agree with your first and third points, I take exception to your second.

I have been running for almost three years and for the first two years, my primary goal was just to finish the race. Then, and now, I have bad races, ones where I just want to finish and during those races I would sometimes see runners warming down and it frustrated me. I was tired and hurting and here would come those "front runners", looking fresh and relaxed - "gloating" at me. I also remember that I felt the same way about spectators. I didn't feel good, in fact I felt terrible and I didn't want anyone to see me.

Now, after running for nearly three years, I've found that a warmdown after a race helps me recover quicker. At first, I would go home and warmdown because I didn't want others to think I was "gloating" at them. I would usually do my warmdown with friends and they would invariably go out

on the course  
out on the course. I was confronted with a conflict. Did I risk "gloating" at runners in order to warmdown with friends? I thought about this and realized that the "gloating" was perceived by the runner finishing the race and was not necessarily the intention of the runner warming down.

In addition, there are benefits to warming down on the course. It is traffic controlled, which is a help to me since I'm usually mentally fatigued



after a race and my concentration isn't always good. I also had the opportunity to see friends finishing the race and could yell words of encouragement. I also like the fact that it's measured so I know how far I've run. This last reason is a little weak but I like to know how far I've run.

I don't forget how I feel on my "bad" days and try to be very conscious of not appearing to be "gloating".

Thanks for providing me with the opportunity to respond and hope that you will think of this if we should ever pass during a race on the course.

Sincerely,

Michael Glasper

**Editor's Comment:** If we do pass on the course sometimes just don't yell things like, "Give it up turkey!" or "Nice day for a walk."

**Dear Editor:**

In your last column, you stated that you go "ice fishing in the winter". Two thoughts came to mind:

1) Why go fishing for ice? Most modern refrigerators have the capabilities to freeze water and you can make ice at home.

2) If you insist on ice fishing, why not do it in the summer? Wouldn't that be more of a challenge?

Thank you for taking the time to read my letter. I know that being editor is a time consuming job.

Sincerely,  
Phil Shafer

JOY

**Letter to the Editor:**

I am writing this editorial in protest of the "Chug-a-lug" party held this past summer.

I feel that this type of activity should be done privately and NOT sponsored by the FWTC. If several people want to get together and do this sort of activity that's one thing, but to advertise it and then follow it up with articles and even pictures in two newsletters that is a bit much.

If I recollect there were about 40 people at this "party". That is about 5% or less of the FWTC's membership. However, due to the publicity that this party received, it sounded like it was backed by the majority of the members.

We, the American public, are having enough trouble with the drinking of alcohol and I feel the FWTC made a big mistake in sponsoring this affair. The FWTC does many, many worthwhile activities. Why spoil its good reputation by sponsoring this one "booze party"????

Again I'd like to say that if a private individual wants to have a party of this type that is his business. But when it is sponsored by the FWTC and that includes ALL its members then I think its wrong! I feel so strongly that if this type of party is sponsored again by the FWTC then I will have to forfeit my membership in a very worthwhile organization.

Sincerely,

Jack Morris

**Editors Comment:** This was not a FWTC sponsored event, a fact that both the Track Club and Organizers were careful to point out.

The columns in the newsletter were submitted by FWTC members who have put in a great many volunteer hours this year in presenting this and many other fine and well written articles. These articles were about other non-FWTC sponsored events such as the Love Run for muscular dystrophy, Kent Davis Run for Daybreak, St. Joe Hospital and YMCA, to name a few.

To date, The Inside Track has not refused to print any article submitted by any member.

# Merry Christmas



## President's Message

by DON GOLDNER,

This is the last newsletter you will receive under the editorship of Jim Dupont. Over the years, the Fort Wayne Track Club has been blessed with excellent editors and Jim has definitely fit that mold. We have enjoyed his thought-provoking editorials, his photos, captions, cartoons, his attempts to incite some healthy controversies and certainly his sense of humor.

Jim's involvement with the newsletter has been much more than being editor this past year. I have just re-read the January, 1980 issue of the newsletter and found a letter to the editor from Jim. It stated that he was a new member of the Fort Wayne Track Club and offered the services of his printing classes at Harding High School to print and prepare the newsletter. For the past four years Jim and his students have printed and published our newsletter, working under a deadline each month to see that members receive a quality publication on schedule.

When you consider that we have approximately 750 members in the Fort Wayne Track Club and approximately 150 are regulars at most local races with a high of 400 members in the Home Loan, it becomes apparent that to much of the membership, the only connection to the club is through the newsletter. I feel this is a tribute to the quality of the publication and the quality of those responsible.

In my involvement with the workings of the club, I am convinced that the position of editor is the most demanding of all the offices and positions. Jim has served not only as editor but had a four year stint as publisher. He certainly is entitled to a well-deserved rest.

Thanks, Jim, for everything and by the way, give our thanks to Dewey Slough.



REMINDER - - - - This issue of the Inside Track is a combined December-January issue. You will not receive an Inside Track until February. Have a nice Holiday Season.

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# Last and least

By JIM DUPONT, Editor

## Yes, Virginia, there really is a Dewey Slough

*Few people in the FWTC really know or appreciate Dewey Slough due to his mysterious nature. As my final act as Editor, I want to let the Club members learn more about this great dedicated work horse of the Fort Wayne Track Club. Here is an interview that I had with Dewey recently.*

Dupont: Dewey, you have spent countless hours carrying out many thankless tasks to help me with the publishing of this newsletter and I want you to know I appreciate it, but tell me, is Dewey Slough your real name?

Slough: No. It's my pen name. Dewey is my high school nickname and Slough is the way I run. My long time friend, Larry Yant, came up with the name.

Dupont: Why do you need a pen name?

Slough: People are constantly bugging me for copies of pictures. You know, they want one to send to their son in the Air Force in Biloxi or an Aunt in Joplin. It gets to be a real hassle. If they don't know who I am, they can't bug me

Dupont: What do you do for a living?

Slough: Besides photography, there is my "electric running shoe" business.

Dupont: Come on now, Dewey, you don't expect me to buy that.

Slough: Why not? Doug Sundling has seven pair in his collection.

Dupont: How many miles do you run a week?

Slough: Do what a week?

Dupont: You know, run. How many miles do you run?

Slough: I've never run in my life.

Dupont: You aren't a runner?

Slough: Heavens no! Look at me. 260 pounds, six feet tall and 50 years old. Do you think that you could run if you were inside a frame like this?

Dupont: No. But I understand you jog a little.

Slough: Jog, maybe. Run, no. Next to me Curt Nold looks like a sprinter.

Dupont: Then why did you join the Fort Wayne Track Club?

Slough: I like to take pictures.

Dupont: But I understand that you have your own racing team.

Slough: That's right. The Dewey Slough "Taper Down" Race Team.

Dupont: What kind of runners do you have on your team?

Slough: We subscribe to the philosophy of psychologist Sidney Friedman who says, "Take down your pants and slide on the ice."

Dupont: What does that mean?

Slough: It means that you can improve the quality of life by doing crazy and unusual things. For example, we are considering challenging the South Bend Road Lobsters to a quarter mile run.

Dupont: A quarter mile! That's not much distance.

Slough: It is when you are running upstream in a river.

Dupont: What other kinds of runs do you have?

Slough: There's our poker run. We start at the Four Aces and run to the Three Kings. Our only aid station will be at Maples. This is the mid-point through the 10 mile course. Runners start the race when they are ready and not necessarily at the same time and no times are kept. Your finish position is not important.

Dupont: Who is the winner then?

Slough: The person with the best poker hand. Each runner is given 5 cards and he may draw or discard at each mile marker. The person who has the best hand when he arrives at the Three Kings is the winner.

Dupont: How are your Track Club members chosen?

Slough: State of mind is much more important than running ability. We are looking for good "fun runners". Those who competed in Mazock's Chug-a-lug 10K would all qualify.

Dupont: These things seem kind of crazy.

Slough: Definately, but then the first triathlon was conceived by three guys who did it as a lark over a \$1.00 bet. Ten years ago this seemed crazy and weird but look at the number of people running triathlons today.

Dupont: You are looking for party runners then. You have to be a good beer drinker.

Slough: Heavens, No! You don't have to be a drinker to be a fun runner. Our people love living and place a high value on friendship and companionship. We all appreciate the fact that we have strong bodies and we take the time to enjoy life and are greatfull to our maker for our good fortune.

Dupont: Is there anyone who you would not let join the Dewey Slough Race Team.

Slough: Big egos are out! Also, the first guy who suggests that we should have a newsletter would automatically have his running shirt taken away.

Dupont: I see. Well, Dewey, once again I want to thank you for your help this year. By the way, we are looking for an editor for next year. Would you be interested?

Slough: Are you kidding? Why would the Track Club want an overweight old slow poke like me to serve in that position. Runners want someone who can relate to running. It just wouldn't work out.

Dupont: Oh, come on, Dewey, I really think you could do a good job.

Slough: Sorry, Jim. Nothing personal, but that's a really stupid idea.

Dupont: Well, could you recommend someone.

Slough: Why don't you ask Mazock?

Dupont: And you said my idea was stupid!

# Race Calendar

By TOM LOUCKS

Information in the race calendar reflects the latest received by the INSIDE TRACK. Double check with race directors or other sources before traveling.

Send announcements or changes to Tom Loucks, Route 1, Ossian, IN 46777. (219)622-7108

## December

- 3 FROZEN FROLIC 5K (& 1.5 mi jog), Scottsdale Mall, South Bend 8:30 a.m. - Athletic Annex 219-272-7565
- 3 SNOWFLAKE DERBY (4 km road race - 10:00 a.m.; 8 km European style cross country - 10:30) Indiana State University, Evansville 812-464-1701
- 3 TINY TIM 2 or 10, charity run for Dunes Running Club 219-769-7474
- 4 KRIS KRINGLE 15K, Chrysler HS, New Castle, 1:00 p.m. Raintree Striders, Box 211 New Castle 47362
- 4 FROSTY FIVE (5 mile, 1 mile jog) Mitchell HS, 2:00 p.m. Larry Moffatt, Route 2, Mitchell 47446 812-849-2157
- 4 ST. LOUIS MARATHON, Marriott Pavilion Hotel, St. Louis 8:00 a.m.; St. Louis Track Club, Box 2956, St. Louis 63130
- 10 KENTUCKY 50-MILER (Louisville to Frankfort) 7:00 a.m. EST Renita Bernat, 8712 Whipps Mail Road, Louisville 40222 502-426-8712

- 11 SANTA SHUFFLE (5 km, 1 mile jog) Linway Plaza, Goshen 1:00 p.m.; Athletic Annex 219-534-2863
- 18 CHRISTMAS CLASSIC (4 mile, 1 mile jog) University Park Mall, Mishawaka; 9:00 a.m. Athletic Annex 219-272-7565
- 18 KRIS KRINGLE KROSS KOUNTRY KRUISE, Stone Lake, LaPorte, 2:00 p.m.; Dunes Running Club Box 42, Michigan City 46360
- 31 FRIGID 5K, Plymouth, 11:45 p.m. Athletic Annex 219-272-7565
- 31 CLUB KOKOMO 5K, Markland Mall, 11:45 p.m.; Ricke Stucker 317-457-0352
- 31 AULD LANG SYNE 5 MILE RUN, North American Van Lines, Fort Wayne; 11:45 p.m. Myron Meyer 219-456-6041
- 31 RESOLUTION RUN (5km) Century Mall, Merrillville, 11:45 p.m.; Athletic Annex 219-769-7474

## January 1984

- 1 NEW YEAR'S DAY ALOHA 10K & 2.8 mile, Dowagiac, MI 10:00 a.m.; Ron Gunn 616-782-5113
- 15 SNOWFLAKE BIOTHLON (6 mile run, 4 mile cross country ski) Dowagiac, MI; 10:00 a.m. Ron Gunn 616-782-5113
- 21 DUNES RUNNING CLUB FROZEN FROLIC, Notre Dame School, Michigan City; Dunes Running Club, Box 42, Michigan City 46360

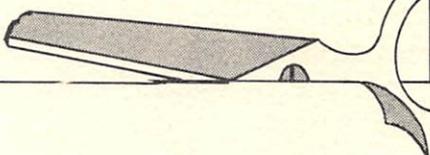


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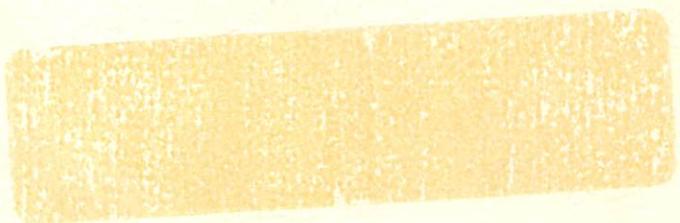
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