

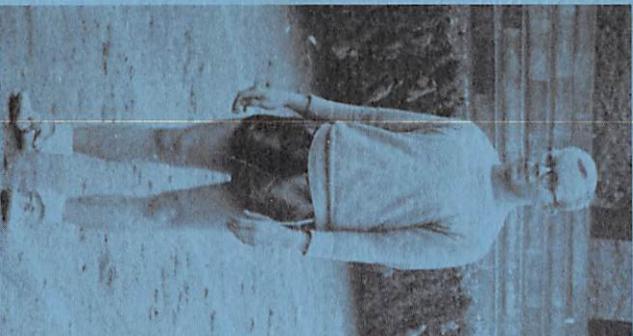
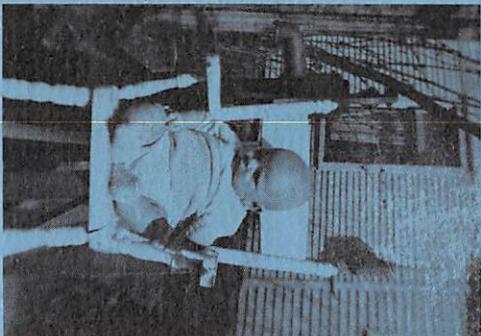


**FORT WAYNE
TRACK CLUB**

MARCH, 1984

the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



DON LINDLEY TURNS 40

**FORT WAYNE TRACK CLUB
OFFICERS AND BOARD MEMBERS**

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Terry Shipley Vice President
In charge of race
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Mike Robbins Board Member 485-3068
Tom Loucks Out-of-town-race schedule
622-7108
Dan Kaufman Board Member 485-5241

**FOR ADVERTISING RATES
CALL TOM LOUCKS AT 622-7108**

REMEMBER: Every Wed. nite
there is a 5 mile fun run at Foster Park
near the golf club house. Run starts
at 6:00PM

AND:

Long runs every Sat. morning at
9:00AM(NEW TIME) at Homestead
High School. Every pace allowed!

ON THE COVER

A word of congratulations to Don Lindley
who turned 40 on Jan. 15, 1984. Now a
word of warning to all Masters runners!

EVENTS FOR MARCH

CORRECTIONS
ERRORS
AND PHONEY LAND
DEALS
DEPT.

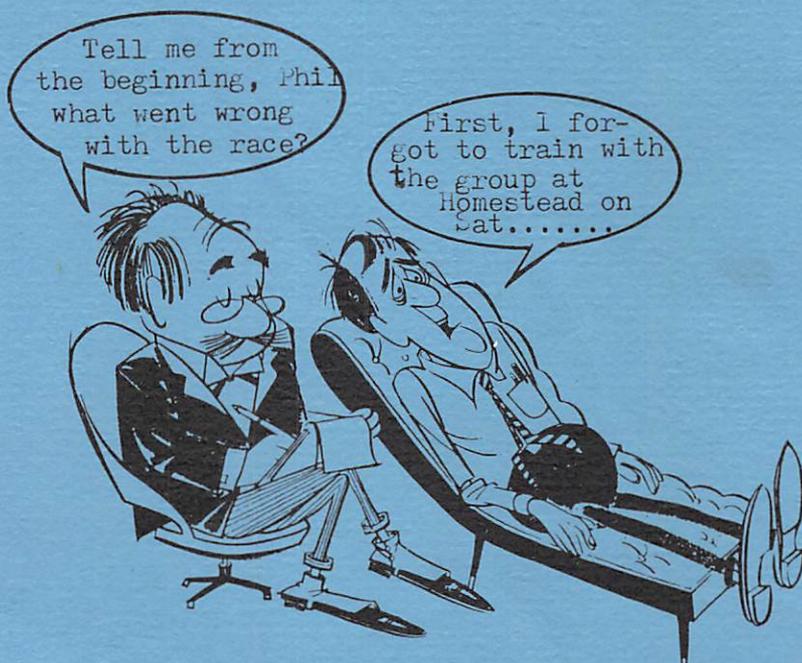
20K at Homestead, March 17th,
2:00PM, FWTC Points race
If you want this race to count
for your points please mail
your points
application to Russ
Suever immediately.

IMPORTANT RACE SCHEDULE
CHANGE

Application
is on inside back cover.

THE HILLY 4 RACE IS NOW
SCHEDULED FOR JUNE
16TH

TURTLE DAYS 10K IS NOW
SCHEDULED FOR SATURDAY
JUNE 30th



INSIDE THE INSIDE TRACK THIS MONTH

by
JERRY MAZOCK

Inside this issue.....Doug Sundling chills us to the bone with his fine article entitled: "Is Summer Just Around The Corner?" Being cornered by the press is an occupational hazard at many megamarathons. Dean Reinke provides a different view of the New York and Chicago races. If you always have wanted to be in a 'mega', you should have traveled to Europe with Jim Anderson and tried to ski one there. "Try" should be in every runners vocabulary according to Mike Robbins encouraging expose. And the Lord Knows that Dennis Hudson tried his best to train for The Columbus Bank One Marathon but everything imaginable went wrong for him. However, if he gets himself back in shape, there will be a lot of good races to choose from on Tom Loucks race schedule. One of our club's recent races was the CRAZY 8 MILE WINTER RUN at Homestead. Pictures and results are in here. Our club's next race is the 20K also at Homestead. Info about the race is here too and if you want to know what's in store for you at the race, read Monsieur Gene Bullshallitt's Horoscope for March. For the newsletter Gene has been a movie reviewer and event reviewer to some degree and now returns for soupy soothsaying hallucinations for all. And soupy is about all Jerry Mazock is eating as he tries to get back into shape sometime this decade. He probably should read Susan Lacey/Judy Tillapaugh's timely article concerning proper weight loss techniques. Speaking of what is proper and what may only seem to be, President Goldner informs us that the Mayor's request to put the City Parks Dept. into the realm of the political system may be an item to be avoided. AND speaking of items! Have we got a few ITEMS in our Gossip column this month. There's a preview of next month's newsletter and the TV show for runners' (Runners Week). It is good that RUNNERS WEEK did not do a show about the race Dave Waldrop describes in his letter to the editor. He also pays a compliment concerning one of our races and it's director. The newsletter's director of photography, Gary Lane, has turned in more excellent camera work. We got some other camera ready ads this month that you should read concerning various races. And as far as the FWTC race schedule is concerned, YES THERE HAVE BEEN A COUPLE CHANGES—Please find this section and put the entire race schedule on your refrigerator door! Hope you enjoy this stuff.



Editor's Run

by JERRY MAZOCK

This is probably one of the most difficult times of the year for me. It is during the short, freezing days of late January and early February that I have to decide if I'm going to attempt a spring marathon. I know since the marathon last May, I have deteriorated into what is lousy shape for me. However, I enjoy taking a long break from the running routine. Running 5 miles a day at any old pace is wonderful and refreshing. It gives the body a rest too. I don't even worry about my weight either (as many of you have probably noticed). It's so nice to eat anything you want during the holidays without having to worry about the extra tonnage you're putting on and how it will slow you down for next week's race!

I've been running for almost 12 years and during this time I've learned that I can't competitively race 8 marathons a year or even 4. The biofeedback I've acquired after 28,100 miles of running has informed me that I can stay in top shape for only 3 to 4 months a year. And probably run only 1 marathon. Maybe I'm just getting old, and burned out.

Yet, approximately every January 15th, a slow metamorphosis begins. My attitude towards our sport changes from the carefree fun-running 5 mile a day runner, into a hungry athlete once again. Why do I start this change every year on the 15th? I believe many years ago, I discovered it took me from January 15th to the 1st week of May to fully condition myself and fully crawl out of the hole I joyously dug the preceding months.

The pit I'm crawling out from this year is the deepest and darkest ever. (CONT NEXT PAGE)

My racing weight is 147lbs. During these 3 or 4 months, I try to acquire a 80 mile-per-week level. (This really keeps the weight off too). However, during a typical off-season, I balloon up to 162--168 lbs and my mileage usually averaged 40 to 50 miles per week. On January 15th 1984, I stepped on the scales (With buildings falling over in China) and almost had a coronary when the scale read 172. I've not been that obtuse in over a decade!

Yes, folks, it was the end of my beloved off-season. The love I have for doing my best in a marathon was once again born. On the 16th I changed my eating habits to a lower calorie 'spartan' diet. 25lbs is a lot to lose.

As of this writing, I've dropped 10½ pounds, and I don't dare watch "Dinner At Julia's" on TV anymore. However, when I run I'm beginning to feel quite a bit faster than 3 weeks ago. This is wonderful!

Yet, with all the dieting, mental commitment, and mileage increases, perhaps the most 'almost' disturbing aspect of my training awaits me. For in March, I hope to have regained a level of conditioning from where I can do a series of DIFFICULT workouts which literally shock my body into sub 2:35 marathon shape. Oh! How I hate these runs, Oh! How I love these runs! Regardless, for me they are necessary.

And when the eve of TV/33 Hooks arrives--When the terror/enjoyment/anticipation of the next day keeps me from sleeping that night--I know that no matter how the race goes tomorrow, I will have succeeded in preparation.

Currently, on Feb. 5th, I am constantly hungry--But once again, I am in the quest for something far grander than anything a chocolate chip cookie ever offered me.

The word from North Poe, Indiana,

THE PRESIDENT'S EIGHTH OF A PAGE

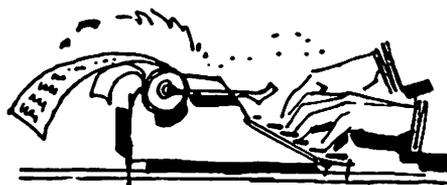
by Don Goldner

Through the local media, we have learned that Mayor Moses has proposed a restructuring and reorganization of city management. Included in the proposal is the placing of the Parks And Recreation Department into the political system. It is this portion of the proposal that should concern us as park users.

The co-operation the FWTC has received from the current park board has been excellent. Our 1984 race schedule calls for nine events to take place in part or totally in city parks, And, many of our members use the parks for their fun runs and training. Although I am not suggesting that under the political system we would lose the use of the parks, I fail to see the advantage of political management for the parks rather than continued management by a bi-partisan Board that has worked independent of any mayor for 80 years. This system has provided Fort Wayne with one of the top park systems in the country.

I am not averse to changes and improvements in any system but without knowing the real reasons for the changes, I suggest not tampering with success.

Hopefully, the City Council will study the issue CAREFULLY.



HEAR YE, HEAR YE

THIS IS WHAT'S

COMING IN NEXT MONTH'S
ISSUE:

Dr. George Branum, a practicing medical doctor from Muncie will begin his monthly column dealing with running medicine. His column is greatly appreciated as he will begin to impart some of his findings he has acquired while running over 60,000+ miles. He wants you to write your questions for his column to Jerry Mazock
6135 Orchard
lane
Ft Wayne, In
46809

Later in April, Dr. Branum will be available for ½ running consultations at the Athletic Annex in Glenbrook for \$15 (By appointment only) Dr. Branum owns the Glenbrook store along with the Annex stores in Muncie and Bloomington.

Also next month, As the TV/33 Hooks Marathon nears many of our writers will be gearing their work to that end. Should be some timely reading!

Also, there will be race ads, and the regular info you usually find and MORE.

TRY, TRY AGAIN

by

MIKE ROBBINS

The February, 1984 issue of 'The Runner' contains an interview with Bill Rodgers. In the article, Rodgers says that he is training for the Olympic Trials Marathon. It is Bill's hope, albeit a small one, of making the U.S. team. He becomes upset when people accuse him of being 'too old' for such a goal. The words he would rather hear, words which are apt for all runners are 'good Try.'

As Rodgers response indicates 'trying' is what running is all about. It doesn't matter what an individual's running goals are, trying is at the heart of accomplishing them.

Most runners begin by 'trying' to run a continuous mile. Later, many decide to 'try' a race, then a longer race, then gradually 'trying' to run ever faster or longer. From the efforts to get in a few miles during periods of heavy work schedules or inclement weather to adding that little bit of extra intensity during a heavy training period, trying is what makes the difference.

Too often runners grouse about not setting a PR or getting results which are less than those expected as though he or she somehow failed. Dwelling on these misses the essential part of competition-- the joy and exhilaration of trying your hardest. That effort marks the soul of the runner regardless of the particular day's results.

We should all realize that as runners the thing we have most in common is the desire to always 'try.' As diverse and disparate as individual goals may be, we should applaud the efforts made to accomplish them. 'Good try!' applies

to every runner and should be recognized as applicable to each name from the beginning to the end of any finish list. The best 'try' may be had by all even when the best 'time' may not.

GOSSIP!! GOSSIP!! WHO'S GOT THE GOSSIP????



Vince and Carol Garcia became parents of their 3rd son, Andrew, on January 5th. Mom said, "Oh no! Not another Boy!" Dad said: "Great! One more and I'll have my own relay team!"

Linn and Jerry Mazock are going to be '2 deep' in the child department come late June or early July

On May 6th, Don Goldner will attempt a 'marathon day' by breaking 3:20 at TV/33--Hooks, Charter a plane to Bloomington for his son's graduation, And return the same day to tape the traditional TV show with Hilliard Gates.

'RUNNERS WEEK' TV SCHEDULE FOR MARCH

**MARCH 2nd, 9th and 16th
MARCH 23rd and 30th**

**FRANKE PARK WINTERFEST 5MILE
CHILLY 20K AT HOMESTEAD**

Runners Week is NOW on Saturdays at 2:30 PM Channel 10 (Cox Cable) in addition to its regular airing on Friday evenings at 8:00PM (Cox Cable) and 6:30 PM Channel 10 (Citizen's Cable)

Any questions you have about training, etc. that you would like us to try and answer on the show please drop me a line at:

**JERRY MAZOCK
6135 Orchard Lane
Ft. Wayne, In. 46809**

Also, any questions you would like to direct to any members on the Inside Track staff you may also write to the above address and I will forward it to the correct person. Thankyou!

GOSSIP

The next time you see Jim Dupont you won't recognize him! He's on a great diet and has already lost a great amount of tonnage. He looks great! Lookout Masters Runners!

Congratulations to Jack Morris for finishing 4th place in the city bowling tourney last month. I wonder if he'd trade his trophy for a 2:08:12

engaged

HEADLINER!!!!!! Phil Shafer is getting married in May sometime. Her name is Mary. Tough Luck FWTC gals: THE BIG FISH GOT AWAY!

Mike Kast reports he swamped with 35 enthusiastic runners for his YMCA Marathon Clinic. Serves you right for being such a nice guy and for knowing so much!

A DIARY OF A EUROPEAN SKI TOUR

by

JIM ANDERSON



1-31-84—I'm going to spend 12 hours in the air going home today, and this is the first chance I've had to make any notes about my trip!

1-18-84—"THE BEGINNING"

Good weather when I left home, but in Chicago, I find out that our Swiss Air flight is stuck in Boston. No problem. Our group of 8 jump on a Lufthansa

flight direct to Munich. We meet our tour director there, who was checking out the site of the '85 World Masters Championship. I turn 30 this December, so—I think I have next year's trip already planned out! You can expect to see me training on roller skis all next summer in preparation for the race next February in Munich.

Today really lasted about two days as we flew all night to Munich, crossing

6 time zones. Then we road a bus 6 hours to Leinz, Austria to check in at our hotel. First things first, We have Schnapps while listening to an Austrian Polka Band. Then, we put on our ski outfits and hurry down for dinner while our tour director is off entering us all in a 5K night race that is poorly lit and very fast and icy. Good thing it was flat and on a short course—13:00 is a 'little' too fast for me to believe. I've been up for 30 hours and after a few schnapps, the blood rushing through my veins at 2K was a real cheap thrill. TIME FOR BED!!!!

1-20-84—Checked out the ski shops and the town in the morning. We took a few pictures and planned a ski outing over lunch. During the ski outing, we checked over the race course to find it very flat and VERY ICY!

1-21-84—Thankfully, the day before the race, we get 4 inches of snow. This slows things down and fills in some rough spots on the course.

1-22-84—The race begins at 8A.M. We go 60K along the valley through its many villages with the towering Alps always in the background.

There are 3,000 starters, but the group divides up quickly. I ski well for 50K, then I fade badly. Still, I'm happy being 177th overall and only an hour behind the winner. Next week, we'll be in Italy. I know I'll be able to carbo-load better there for sure!

1-23-84—Today everyone is stiff so we decide to just go sightseeing and do some shopping. We take the cable car far up to the high snow fields above our village for lunch and watch the downhill skiers.

For dinner, we go to an Inn where we meet a friend of our tour guide. There we enter another 5K night race with a half dozen of the elite racers from the marathon. Of course, after the race we have more Schnapps and Polka music. I've had more beer, schnapps and polka music than I'm used to. So I refrain from the booze a bit. I tell everyone it's against my religion!

1-24-84—We did the usual snooping around town after breakfast. Then, at noon we are on a bus for a trip high in the mountains. I watch everyone drink more schnapps and head out for a 32K ski on a beautiful 4K trail. (4 trips in each direction.) Some of the group went downhill skiing.

We stop for dinner at the village ski lodge, where we find a super treat—An Austrian version of a barber shop quartet is there on holiday together to practice singing and skiing.

1-25-84—We travel to Cavalese, Italy. We can't take the Groglockner Pass because of high winds so its not very scenic.

1-26-84—We're on the bus again for a short ride up to a beautiful touring spot at 5,000 feet for a 25K race. About 400 people enter it as a tuneup for the marathon. I finish in 1:34 and less than half an hour behind the winner. This was my favorite race on the whole trip! There were long tough uphill at high altitude. I skied easy without going into oxygen debt. I found the secret to high altitude racing—Just go nice and steady after a slow start.

1-27-84—we're off on another bus ride to see the starting area of the marathon. It defies description. There is a flat area just large enough to hold the 5,000 starters. Then they funnel down to a 5 meter wide trail in about 200 meters. Then, the racers would climb 150 meters to the top a hill where a village is.

That night we pressured the race director for better starting positions.

This was a great carbo-day.....Cereal for breakfast, 2 pasta dishes for lunch, and a three pasta course dinner for supper. I didn't expect to hit any 'walls' in this marathon.

1-28-84—Today we're up early to test wax at different points where we expect to be during the race Sunday. It's good!

We got 5 inches of new snow Friday night and it should settle into the base by Sunday. Most of the course will be shaded from the sun. The cold air in the morning should follow us down the valley because its heavier than warmer air. The last 8K will be tough: We'll cross the river and climb over 200 meters on a south facing slope at about noon.

1-29-84—I've gotten a starting position in the second group. And the entire group was up early to claim a good spot. I'm behind about 500 skiers.

At the start, I decide to stay to the left and wait my turn to climb the narrow trail 200 meters after the start. I've got

a good view of the rest of the skiers as they skate through the village streets below to skip the bottleneck. 8K later we stop for another bottleneck as all 5,000 skiers have to pass through a control point to get their bib stamped. It takes a full 15K before things open up enough to start passing skiers.

From there we cross the valley and ski downstream for 45K. It's just nice and easy skating and double poling. Then I stop for a waxing station to climb the last 8K. The wax works enough and I feel good until the final 5K at the top. It's way too warm for any wax that I have with me. The last 5K I have to get by with just my arms going uphill. At the finish, I thought I'd never stop sucking air. The first 15K took 2:20 and the



last 15K in 1:40. I finished the 70K race in 534th place, in 5:25 which was a little under two hours behind the winner.

The longest stretch between villages was 9K. The entire course was lined with Italians banging pots and pans yelling—BRAVO—BRAVO—FOXZA FOXZA—

1-30-84—We took the bus to Munich for some late afternoon sightseeing and shopping. Then we flew home.

If anyone's interested, I picked up an entry form for the Munich Marathon to be run 5-6-84.

GETTING READY FOR A MARATHON

by

DENNIS HUDSON

1983 was a very interesting year for me.....To say the least! Having run one marathon each year in 1981 and 1982, I decided to try and improve my PR of 3:36:47 by running some longer distances and actually simulate race conditions to within 30 seconds a mile.

My Freedom Trainers were wore out, so I purchased a pair of Nike Terras because I heard it said they would serve as a lightweight training shoe and a racing shoe.

After weeks of coaxing, Jerry Mazock, agreed to help me work out a schedule (*EDITOR'S NOTE—Aw come on! It couldn't have been more than ten days of coaxing!*)



that would hopefully prepare me for the 1983 Columbus Marathon on Oct 16th.

The training plan consisted of building from 40 to 60 miles a week, with three workouts of 10 x ¼ mile in 85 seconds each, three workouts of 3 x 2 miles in 13:00 each, and 4 20 milers run 30 to 40 seconds slower than race pace. One of those 20's (ideally the third one) should be run only 15 to 20 seconds per mile slower

than race pace.

I ran the intervals using the Terras and they felt great! I have never owned a shoe as light as these. I decided to use these shoes on my 20 milers also. Once again they were incredibly light. But they encouraged me to run on my toes.

After my third 20 miler, I began experiencing soreness on my right shin. The extra stress of 60 mile weeks, intervals and 20 milers were beginning to take their toll. Nevertheless, I vowed to myself that I would run Columbus even if I had to crawl!

Meanwhile, My Dad is admitted for emergency surgery on Oct 10th. And just a few hours before we are scheduled to leave for Columbus, I recieved a call from the hospital---

my Dad's condition is critical—unstable. At this point, I decide that Columbus is out of the question.

My father required surgery a second time in an attempt to improve circulation in his right leg. However, even this didn't work: The leg had to be amputated between the knee and the hip. Thankfully, he is doing quite well now.

I am sure now that a trip to Columbus would have been a disaster. As it was, I developed the worst case of shinsplints of my life. (The three month variety!)

But.....It's a new year. I'm a little wiser now. However, I got a few winter pounds to shed, and yet, with some patience on my part, and the help of the training sessions every Saturday morning at Homestead High School, hopefully I can run the TV/33—Hooks Marathon. And who know's.....maybe if everything goes right.....I can break 3:10..... and qualify for—
—What's it's name in 1985;

IS SUMMER JUST AROUND THE CORNER?

by

DOUG SUNDLING



After several weeks of sub-zero cold, bountiful snow, and wind chills which rattled the bones just below my thin layer of skin and fat, any training base I had laid down during the fall months had eroded away to the thin legs of my yearning for an open road and the hope of somewhere down that road a warmer, sunnier time awaits to embrace my half-frozen, half-hibernating soul. Whether I liked it or not, I had to take a break, which probably will prove to have been more beneficial than a forced training routine.

Other than the impossibility of running intervals on a 400 meter track during this weather, such winter weather has done other things to my running routine.

I found I could survive 11 city blocks, or about one mile, into a wild, west, winter wind that calibrated to a minus 50 below wind chill factor. I could handle it as long as my body was bundled up top to bottom with just enough of an opening for my eyes and even they would begin to frost up by the end of that brutal mile. But, if I headed east with that sub-zero wind chill--west wind at my back--the run became quite enjoyable; As long as someone was waiting with a warm car at the end of the run.

In these weather conditions, how could you possibly attune any workout to a desired time for a distance or the ability to hold a pace? Mere survival for a handful of miles provided the workout challenge. I began to find daily runs becoming a chore when the time I took to run equaled the time I took to dress for the run, to stretch out, and to undress and arrange my running gear to dry out. Instead of debating the number of miles to run, some days I had to debate the number of layers to wear. I longed for the simplicity of fairer weather when the only question is: "T-Shirt or no T-Shirt"

I found that before 6:30AM in this winter chill I am usually the only moving object on the roads. During these runs, I constantly remind myself of the warm shower that awaits my return.

The sub-zero temperatures eliminated a traditional pet peeve of runners: Not a dog would bother me. A few would watch me shuffle by with an expression that said, "You're Crazy."

Though I may be perhaps a little crazy, a forest trail nestled beneath a three to four inch blanket of snow entices both the hardy outdoorsman and the carefree child in me. But, have you ever run on a trail where



Do you remember the old beer commercial depicting a smiling, robust, blond Swede male bounding through knee-high snow and the announcer saying that winter in Sweden isn't made for running but that's where the men from Sweden train? The commercial blatantly suggested that one becomes a 'man' by challenging adversity, like training for long-distance running through knee-high snow drifts while ignoring the obvious traditional preference of skiing in such conditions. The person responsible for that commercial probably never ran in a Midwest winter like the one which has settled upon us this season.

Perhaps the snow and sub-zero temperatures will have retreated farther north by the time this issue of the INSIDE TRACK has been published. But, how do you maintain any sort of semblance of a training schedule when week after week you are buffeted with sub-zero temperatures, six inch snowfalls, ---50° F plus biting winter wind chill factors, and roads which when cleared leave enough room for two vehicles and one paper-thin runner?

Anyone who was able to run everyday since mid-December is either of Nordic Descent or fool-hardy. Justifying my daily runs I claim my Swedish ancestry, though some of my friends have labeled me the latter.

Anyone who allowed himself to run 45 miles a week-- or more--deserves a National Medal of Bravery in the face of life threatening conditions. Or, as the old proverb states: "Only fools rush in where angels dare not tread." Fools and die-hard runners!

cross country skiers have already imprinted their dual-laned mini road in the snow? You discover lateral stabilizing muscles that you never know existed in the inside and outside of your thighs. I'm sure a few skiers probably have mumbled a choice phrase about some clod whose running tracks ruined a perfectly good cross country ski trail.

After a recent six inch snowfall during the day, I decided to beat the cross country skiers to the trails of the

nearby State Park. Sure enough, during that afternoon I had the quiet pleasure of plodding and bounding through the virgin fluff smuggled within the peaceful forest. Usually there are numerous trails of animal tracks darting over and criss-crossing like stitching through the thick snow quilt blanketing the ground. But, not on that day; Most of the animals had holed up till the weather became more amiable.

Only an idiotic runner would be foolhardy enough to be out plodding around in this stuff--and a robust, blond Swede training where he's not supposed to be training.

FOURTH ANNUAL

20 KM. (12.4 MI.) ROAD RACE

PLUS 1 MILE FUN RUN

SATURDAY, MARCH 17, 1984

PLACE: Homestead High School - start and finish
Homestead at Aboite Center Roads
Restrooms - water - no showers - come prepared to run

TIME: 2:00 p.m. - 20 km.
2:15 p.m. - 1 mi. run

REGISTRATION: After 1:00 p.m. day of race only - NO PRE-REGISTRATION

AWARDS: Same as last year (unless I get a bright new idea before race date).

<u>Men</u>	<u>Women</u>	<u>1 MILE RUN</u>
14 and under - 1	19 and under - 3	First 10 finishers men and women
15-19 - 3	20-29 - 5	
20-24 - 5	30-39 - 5	
25-29 - 5	40-49 - 3	
30-24 - 5	50 and over - 1	
35-39 - 5		
40-44 - 5		
45-49 - 5		
50-59 - 3		
60 and over - 1		

FEEES: Members - 0; non-members - \$2.00

RACE DIRECTOR: Mike Kast

ASSISTANTS: Welcomed



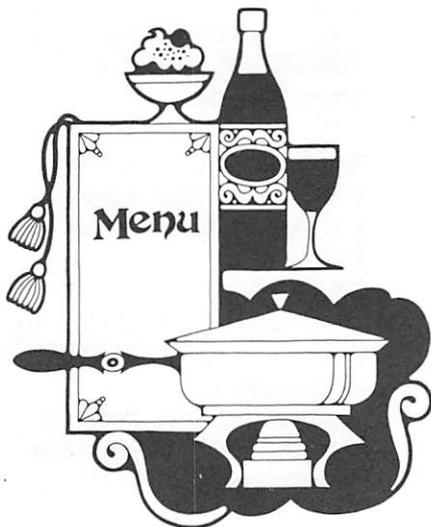
Coming This Spring To A Town Near You:

- Indianapolis (March 24)
- Merrillville
- South Bend
- Muncie
- Lafayette
- Fort Wayne
- Bloomington
- Terre Haute

And The First Ever:
Governor's Cup Run

Indianapolis
AUIL

For further details and entry forms for each run, please send self-addressed stamped envelope to: Dean Reinke, Heartbeats Festival Run Series, Athletic Annex, Scottsdale Mall, South Bend, Indiana 46612 (219) 291-7565 / 291-7602 / 272-7565



EATING FOR THE HEALTH OF IT

by

SUSAN LACEY R.D. and JUDY
TILLAPAUGH R.D.

It is important to determine a daily calorie intake appropriate for body size and activity needs so that an athlete does not inappropriately lose or gain weight-- Because both will alter performance. A person's calorie or energy requirement is the sum of the basal energy expenditures and the energy expended in physical activity.

Changes in body weight result from altering energy balance; Weight is lost by expending more energy than energy taken in. Weight is maintained by balancing energy intake (eating) with energy output (activity). Weight gain occurs when energy intake is greater than energy expenditure.

Participants in many sports, such as wrestling and gymnastics attempt to reduce body weight to achieve a maximum ratio of muscle strength to body weight. Such weight reduction should result only from reduction in excess body fat. In most instances, weight reduction should be achieved at a rate no more than 1 kilogram (2½ lbs.) a week, through a modest reduction in diet and a moderate

increase in exercise. More rapid weight reduction by starvation and dehydration alters strength and endurance.

Before considering specific programs for weight reduction, these essential elements of an athlete's weight control program should be emphasized:

1) Losing weight requires a significant time period. Weight loss at a rate of 1 kilogram (2½lbs.) a week is desirable, and even in the most demanding circumstances, the loss should rarely, if ever, be more than 2 kilograms a week.

2) Regardless of whether one needs to gain, maintain or lose weight, it is advisable to select from a variety of foods to assure adequate intake of all nutrients. Emphasis is on food selections from the Basic Four Food Groups.

3) There is no need for vitamin, mineral, or protein supplements, which will only be expensive and useless. Approximately 15 to 20% of women athletes are iron depleted and may need an iron supplement. The recommended Dietary Allowance of Iron for females is 18mg. per day.

WEIGHT REDUCTION/ACHIEVING IDEAL BODY WEIGHT

Daily energy needs of an athlete are largely determined by the individual's body weight, need to gain, maintain or lose weight and the energy demands of the specific activity. To lose one pound of body weight in one week, a person needs to consume 3,500 less calories during that week. Training in a specific sport will alter energy requirements depending on the energy demands of the sport and the frequency, intensity and duration of time spent daily in training. Daily calorie requirements for individuals involved in long distance running may increase nearly 40% above pre-training caloric requirements. If pre-training dietary habits are maintained throughout the training period, weight loss is likely to result.

Reference: Huse, Diane MS, RD:
Dietary Guidelines for
Athletes, The Physician and
Sports Medicine, 1982

DAILY CALORIC INTAKE NECESSARY TO MAINTAIN DESIRABLE BODY WEIGHT

AGE	MALES	FEMALES
	(Calories/lb. body weight)	
11--14	29	25
15--18	22	18
19--22	20	16
Adult	17	15

Reference: Food In Training. Nutrition
Dept. General Mills, Inc.

CALCULATING TOTAL ENERGY NEEDS

A. Subject: Male

Formula: Basal metabolism= 1
calorie/kilogram of
body weight/per hour

Example: Weight is 60 kg.
= 1 calorie x (60kg) x
24 hours
= 1440 calories
(Basal activity level)

Subject: Female

Formula: Basal metabolism= .9
calorie x (50 kg.) x 24
= 1080 calories

(For Basal Activity Level)

B. Activity Level

Sedentary	= 30% of basal
light	= 50% of basal
moderate	= 75% of basal
strenuous	= 100% of basal
	additional calorie requirements

C. HOW TO CALCULATE YOUR TOTAL ENERGY NEEDS

Determine your activity level. Add percentage of basal needs indicated to the figure you calculated in part A. The end result is an estimation of your total energy needs. This is only one of numerous formulas used to calculate total energy needs of the athlete!

RECIPE OF THE MONTH

EDITOR'S NOTE: Everyone get your car warmed up so you can rush out to the grocery store!

APPLE-CARROT SALAD

- 1 apple, diced
- 1 carrot grated
- 1 stalk celery, diced
- 1/2 cup raisins
- 1/4 cup yogurt, mayonnaise or a combination
- 1 Tbsp. orange juice
- a dash of cinnamon

- OPTIONAL:
- 1/4 cup sunflower seeds
 - 1/4 cup walnuts, chopped
 - 1 Tbsp. Honey or sugar

1. In a large bowl, mix yogurt mayonnaise, orange juice, and cinnamon
2. Add fruits and vegetables
3. Gently mix; chill

YIELD: 4 servings

reference: Clark, Nancy, MS, RD. The Athlete's Kitchen CBI Publishing Co., Inc. 1981

ATTENTION

RACE CALENDAR

by

TOM LOUCKS

March

3rd...On The Corridor Marathon 26.2 mile and 10K 10:30 AM. Dayton, Ohio 513/223-1000

4th...Sam Costa Half Marathon 13.1 mile. 1PM Carmel, In. Clay Jr. High. Bob Stiehl 317/844-8295 or Home 317/846-6578

17th...FWTC 20K Homestead H.S. 2:00PM Mike Kast (FWTC POINTS RACE!!)

17th... McCormicks Creek 10,000, 000 millimeters (10K) 11:00AM McCormick's Creek State Park. Donald Carr 317/244-0154 or 317/2324128

17th...Dooley O'tooles St. Pat's Day Run. 10K 10:00AM Indianapolis Garry Peterson 317/357-2677

18th... Cincinnati Heart Mini Marathon. 15K Cinn. Ohio

24th...Heartbeats Festival Run 8K Indianapolis (PART of statewide running series.

Tentative Ft. Wayne date April 29th. For more info S.A.S.E. to: Heartbeats Festival Running Series c/o Athletic Annex 1250 Scottsdale Mall South Bend, In. 46612

APRIL

21st...North American Van Lines 15K and 5K. At NAVL Terry Shipley

21st...Purdue Health Run 10K 8:30AM Purdue University Kevin Gartenhouse 317/453 1824

29th...Heartbeats Festival Run 8K Fort Wayne, Foster Park (Tentative)

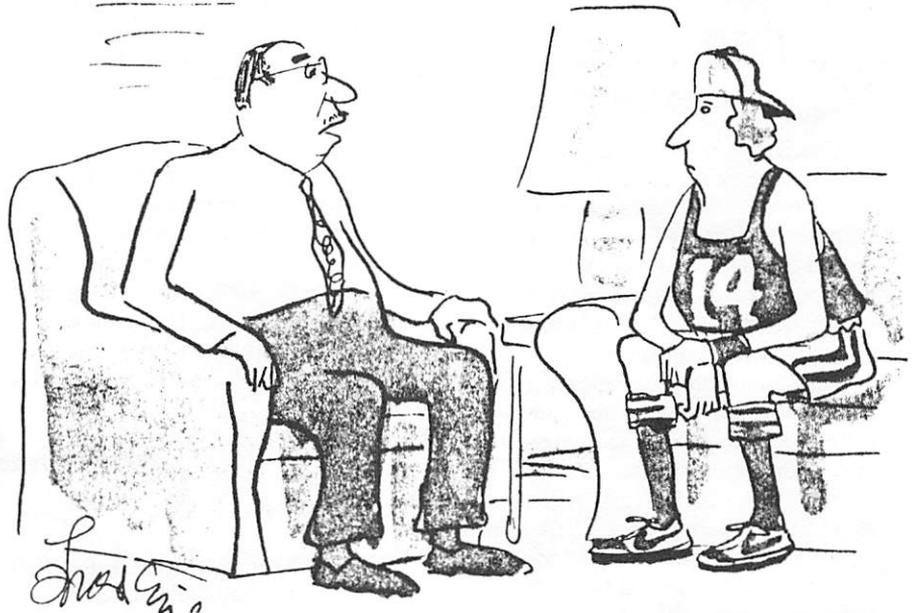
29th...ISO Metric Run 10K and 1 mile. 1PM. I.U. T&F Stadium Indianapolis (Large race--1,000+ last year!)

MAY

6th... TV/33--Hooks Marathon Coliseum, Ft Wayne 8AM

12th...Old Kent River Bank Run 25K Grand Rapids, Mi.

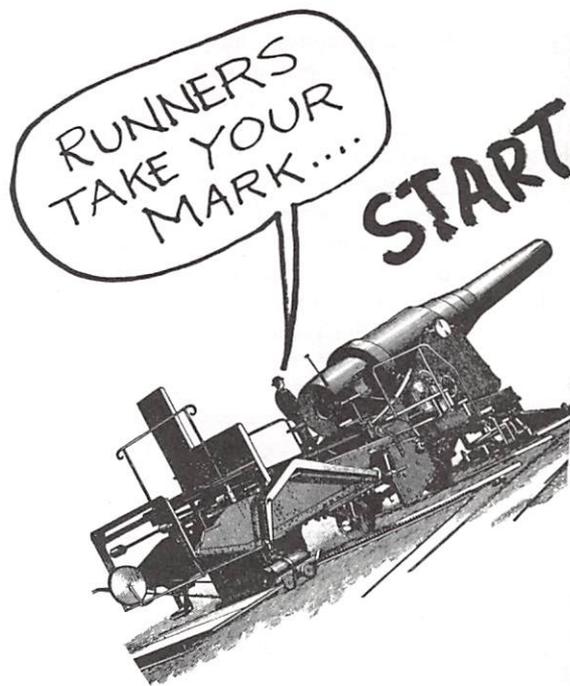
25th...500 Festival Mini Marathon 13.1 mile. 9AM Indianapolis "500" Festival Associates. 317/636-4556 Deadline April 2nd (Largest race in the state--5,000)



"I've nothing against physical fitness, Rosemary, but you're turning into a jock."

**FINISH RESULTS OF THE
"CRAZY WINTER 8 MILE"
AT HOMESTEAD**

NAME	AGE	TIME
1 Phil Suelzer	32	45:09
2 Jerry Williams Jr.	23	45:20
3 Brent Munro	23	45:40
4 Gary Dexheimer	34	46:57
5 Gary Williams	23	48:07
6 Rock Reitzug	31	48:38
7 Larry Averbeck	43	49:44
8 Tim Bowman	25	50:28
9 Bob Bruckner	38	50:32
10 Nobody from Nowhere		
11 Dennis Kroells	34	51:41
12 Fred Ross	42	52:59
13 John Schwarze	36	53:21
14 Don Lindley	40	53:59
15 Charlie Brandt	44	54:23
16 Ray Sibrel	46	54:41
17 Stan Florea	13	55:40
18 Mary T. Connolly	28	56:11
(FEMALE)		
19 Failed to comprehend the Track Club's scoring proce- dures.		
20 Dave Winters	34	56:50
21 Steve Adkison	39	57:00
22 Kris McCain	25	57:02
(FEMALE)		
23 Jerry Rickard	40	58:07
24 Phyliss Suelzer	30	59:13
(FEMALE)		
25 Ann Jamison	40	59:14
(FEMALE)		
26 Tom Hayhurst	41	61:48
27 Michael Callahan	31	61:48
28 Doon Goldner	49	61:50
29 John Schwarze	14	63:36
30 Terry Shipley	36	64:15
(Race director was not sure of participant's sex)		
31 Deb Kukelhan	31	64:38
(Mike Glasper is sure of her sex)		
32 Joe Brooks	45	65:14
33 J.P. Jones	55	65:45
34 B. Migliore	31	66:15
35 Tim Bolin	33	66:16
36 Mike Novosad	37	66:16
37 Bill Latz	36	72:41
38 F.W. Payne	34	73:53
39 Russell Shook	45	74:32
40 Gloria Nycum	48	75:11
41 Curt Nold	53	75:11
42 Sharon Pauley	43	2:15:46
43 Jennifer Schwarze	12	2:15:47



**4
MILE
TURN BACK**



**SUELZER
WINS**



**A COLD
DEXHEIMER**



FROM DEAN REINKE

(Dean Reinke is the President and owner of 6 Athletic Annex stores in South Bend, Indiana and director of the Sportsmed 10K. He is also a Road Race consultant, TV-Radio race commentator-announcer. He's a running columnist, Indiana TAC Long Distance Running Chairman, and a 4:02 miler/2:24 marathoner. Dean holds a Masters Degree in Exercise Physiology from Indiana University and has served as the National Promotion Director for Brooks shoes and Director of Sports Medicine at St. Joseph's Medical Center in South Bend and is a fitness consultant to United States Senator Richard Lugar and Governor Robert Orr)

Vying for Number 1:

Runners in attendance at major marathons around the world during the last year likely ran into Bob Bright and Fred Lebow, directors of two of the classiest events in the world: The Chicago's America's and New York City Marathons. Working for race founder Lee Flaherty of Flair Merchandising, Bob commuted regularly between his home in New York and Chicago and around the world with the express purpose of putting the second city up a notch next to the Big Apple and Boston Marathons.

Also transversing the globe was Fred Lebow, the creative and shrewd president of the world's largest (26,000) running club. Besides recruiting athletes, Fred reportedly ran 55 marathons during the last 28 months. Both men are interesting personalities with a style each his own and who both accomplished their respective tasks.

Both more than pleased their sponsors who put a combined 2.5 million and a reported \$135,000 (Chicago) and \$200,000 (New York)

in prize money, not to mention the generous appearance, travel and housing allowances. Grasping for last minute exposure, Bright brought in perennial Boston/New York champion Bill Rodgers while Lebow paraded New Zealander Rod Dixon before the massive New York press a month before the marathon to brashly predict a victory.

Both runs more than pleased television viewers with exciting duels literally down to the wire which should have ramifications for the sport of running in the media and on the roads. It can clearly be said, however, that New York was unsurpassed in media coverage although Chicago improved drastically from a year ago. In discussing the 2 events, Bob and Fred's comments appropriately summarized each director's style and thought. Bright ranked the marathons by saying: "Boston may have the tradition and New York the media, but Chicago will have the best race." Without mentioning Bright nor Chicago by name, Lebow simply stated that: "New York is magic."

ON THE TUBE

While New York had national live TV coverage of the marathon through ABC, Chicago became the first market in my experience to have two major network affiliates providing live 3 hour coverage. Curt Gowdy and Tony Reavis of Boston provided the play by play for CBS while Larry Rawson, Joan Benoit, Dick Beardsley and myself worked as the ABC broadcast team. Beardsley is one of the most refreshing talents to come along since Bill Rodgers exploded on the marathon scene. The Minnesotan provided the liveliest color with his down home Rush City manner (pop. 1000 when Dick and his wife Mary are in town) and enthusiasm. Although the 1982 Boston eunnerup has been injured off and on since New York a year ago, he is still confident he is not out of it for a spot on the olympic team. He has been

bicycling, lifting weights and jogging a little, fueled by his wife's home made cooking. In fact, in Chicago, Mary was seen accompanying Dick carrying a box of her cookies and brownies to keep Dick going. If enthusiasm alone were the sole criteria for making the Olympic team, then Beardsley would capture all three slots on the American team for 1984.

KISS THE PAVEMENT

There are few athletes outside of Rod Dixon that could get away with kissing the pavement after winning a race without being considered a hot dog. The likable and mischievous "Dixie" predicted not only a victory but a world record as well. Boston champion Greg Meyer labelled "Dixon as a talker" only two weeks earlier. However, at New York, Dixon had his competitors and the media in the palm of his hand, not unlike most of the other events the charming Dixon enters.

With an entourage that would make a prizefighter's handlers pale in comparison, Dixon strode into New York with his people from Saucony, Pan Am, Pepsi, The Bay To Breakers Run, along with numerous other Dixon well-wishers from around the country. The shoving crowds fighting for an autograph at Rod's appearance at the Saucony Booth were a far cry from a year ago when few stopped to see the then injured Kiwi.

The dramatics of his classic come from behind 2:08:59 victory over a brave Geoff Smith were only a prelude to the articulate Dixon's press conference. In spite of Grete Waitz, Ron Tabb and Smith's presence, the press was there to see "Ron" as one ignorant television reporter called him. And although late in getting to the press room because of the pressing crowds, Rod did not disappoint as he matched wits with the press and even Mayor Koch

After a few brief comments from the top 2 men and women representing New Zealand, England, Norway and Italy, Koch referred to the foursome as "just some New Yorkers who talk funny."

Asked what the toughest part of the marathon was, Dixon characteristically replied: "Getting to the bloody start. I got caught in the back and had to crawl through bushes and bramble and almost didn't make it." Although Rod certainly has the gift of gab like many of his countrymen, he had the last word in New York.

NEW YORK CLEANUP

Regardless of its ranking in the marathon spectrum, New York is and always will be a gathering place for serious runners. 17,000 runners and hundreds of others converged on the New York Sheraton Centre for 4 days of packet pickup at registration and the equipment expo, and a number of interesting topics came up during the weekend. 1980 U.S. Olympic Trials Marathon Champion Tony Sandoval may have been low profile the last 3 years but don't forget about him as he finished in the 18th position at New York in 2:13:21.....Phil Stewart and the Running Times Magazine crew should be congratulated for their efforts on Road Race Management Newsletter fast becoming the "Bible" of race directing for its 600 subscribers.....Jeff Darmen, formerly of the publication and now a consultant, is coordinating the first "Corporate Running Series" to 8 cities across the country and are attracting excellent crowds to add to the 10,000 who participated in the 3 event circuit in Central Park this past summer.....Great job done by the Ohio Runner's Mike Collins and Michigan's Runner's Art McCafferty for helping organize "regional Magazine publishers" to meet regularly to assist each other's efforts with grass root running. Both report an excellent response to the group and more cooperative ventures are planned especially in the area of advertising... Liz Elliott, director of the American Running and Fitness Association (formerly the National Jogging Association) has been planning and plugging along promoting running around the country the last several years from the nations capital. ARFA's annual "National Running and Fitness Day" was again a huge success in October.....There are numerous other

people in the sport who make things happen in a very unassuming manner and one outstanding example is 1984 Olympic Trials course coordinator Dick Kendall of Buffalo. In marked contrast to the high-profile, problem plagued women's trials in Washington, the Buffalo folks have not only promised but will deliver a first class affair worthy of their selection as hosts.

Marathons are still coming at us strongly as Huntsville, Alabama's Rocket City Marathon is on tap for December as is Dallas' White Rock and Honolulu events. D.C.'s Marine Corps Marathon kicked off the month of November while Philadelphia's Independence Marathon shares Thanksgiving weekend with the Atlanta Track Club sponsored 26 miler. Also look for Baton Rouge to improve in quality this December now that Mike Andrews of New Orleans is on board. January brings Houston, Miami, Bermuda, Charlotte and New Orleans to world class marathoning featuring even more opportunities to qualify for next spring's Trials. I'll be in D.C. at the RRM seminar and then Indy for the TAC National Convention.

RUNNING EVENTS CALENDAR

by DEAN REINKE

"Running Columnist, Commentator, Race Director, 4:02 Miler"



- Running Tips
- Pacing Chart
- Training Log
- Race photos including Dixon, Benoit, Salazar, Roe
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- Over 150 Top Runs focusing on Michiana and the Midwest

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Annex Stores

COMING UP

CHOOSING RACES

by

DAVE WALDROP

If you prefer well organized races, properly measured courses, accurate splits, good aid stations, post race refreshments, and expedient award presentations, then run in any Fort Wayne Track Club race and you will find all of the aforementioned.

However, in some non-FWTC races and races in the surrounding area, this may not be the case and often is the exception. Just recently, myself and a friend, Randy Williams, ventured approximately 50 miles south of Fort Wayne on a Saturday morning to run a 10K race. Our purpose was two-fold in that we wanted to break 40 minutes and, since we're both porkers, see how well we could do in the 180-195 weight class. This race was being run in conjunction with a marathon, and that, coupled with the advertised \$7.00 entry fee, we felt gave credence to the race.

On race day, when we approached the registration table, we found one person taking money and giving out numbers. This person did not know anything about where or what time the race started and knew nothing about how they were going to handle the weight class divisions. After paying the \$7.00 registration fee we were informed that T-shirts were not available, but we MIGHT be sent one in the mail. Finally, while we were still hanging around the registration area wondering about the weight class divisions, a scale was dug across the floor and placed at the end of the registration table. We were told to weigh ourselves and tell the person at the registration table to write out weight on our numbers. Having some misgivings about the weigh-in honor system, and not being sure about what to do following the race concerning our weight class, we left the gym, prepared ourselves for the race and headed to the starting line.

By this time the rain had stopped and the skies were clear and with the conditions being fairly favorable for a good race we both felt confident about breaking 40 minutes. The race started at approximately 9:30 and we were off, headed for the first mile split. Our pace seemed comfortable and we anticipated a 6:20 to 6:25 first mile. We immediately became suspect when we arrived at the mile marker in under 6:10. We proceeded, thinking it was probably mis-marked and we would see where we were at mile 2. Well, there was not a split or a mile marker at 2, nor 3, nor 4. Finally at 5 there was a marker and someone calling splits. With the five mile time that was given to us, we knew we had no chance of breaking 40 minutes. Again, this didn't seem possible and we hoped that the 5 mile mark was wrong and that by race end it would all average out. We picked up our pace in anticipation of still being able to get in under 40 minutes. We even spotted what looked like another heavyweight in front of us and passed him. However, all hope of breaking 40 minutes diminished with about a ¼ of a mile to go, when Randy's watch, which beeps every ten minutes, went BEEP. However, we still had hopes of finishing first and second in our weight division. Having not seen anyone who looked like a heavyweight ahead of us, we felt confident that we had at least accomplished that goal.

At the finish line we were given a placement card which needed to be filled out and returned to the registration desk. When we got there, the same person, again, all alone, was taking all of the placement cards, putting them in ONE stack, regardless of sex, age, or weight class. While filling out the placement card, there was no designated space to indicate weight division or weight. Of course we wondered how they would know who the heavyweight people were and what weight

class they were running in. When we asked the person behind the desk what we were to do, they suggested we just write it at the bottom, which we did and turned it in.

The finishing cards remained in a stack with no one sorting them for over an hour. Finally, the race director came in from watching the marathon and began to hurriedly sort them. He finally managed to sort them out (not without error as we found out later) and the awards ceremony finally began. The prizes were not available that day, so each recipient had to fill out a form indicating name, address, size of shirt, hat, or whatever was pertinent and the prize was to be mailed to us. That would have been okay, however, half the people receiving awards were not there, and those who were, were scrambling around trying to find a pencil to fill out their form. Naturally, the weight prizes were awarded last and were being rushed because the first-place runner in the marathon was about to finish.

Well, you may have already guessed it, when they announced the first place finisher of the 180-195 weight class division, it was not Randy or myself. It was some guy who couldn't have weighed over 170 pounds with his sweats dripping weight! He was also unofficial because he didn't have his weight written on his number. And, to add insult to injury, he was 6 years older and completed the course in 37:00.

A fitting conclusion is that we have not yet received our 2nd and 3rd place awards (hats) and the \$7.00 EXTRA LARGE t-shirt that arrived in the mail was a small. Needless to say, the only thing that Randy and I enjoyed that day was each others company while traveling to and from the race.

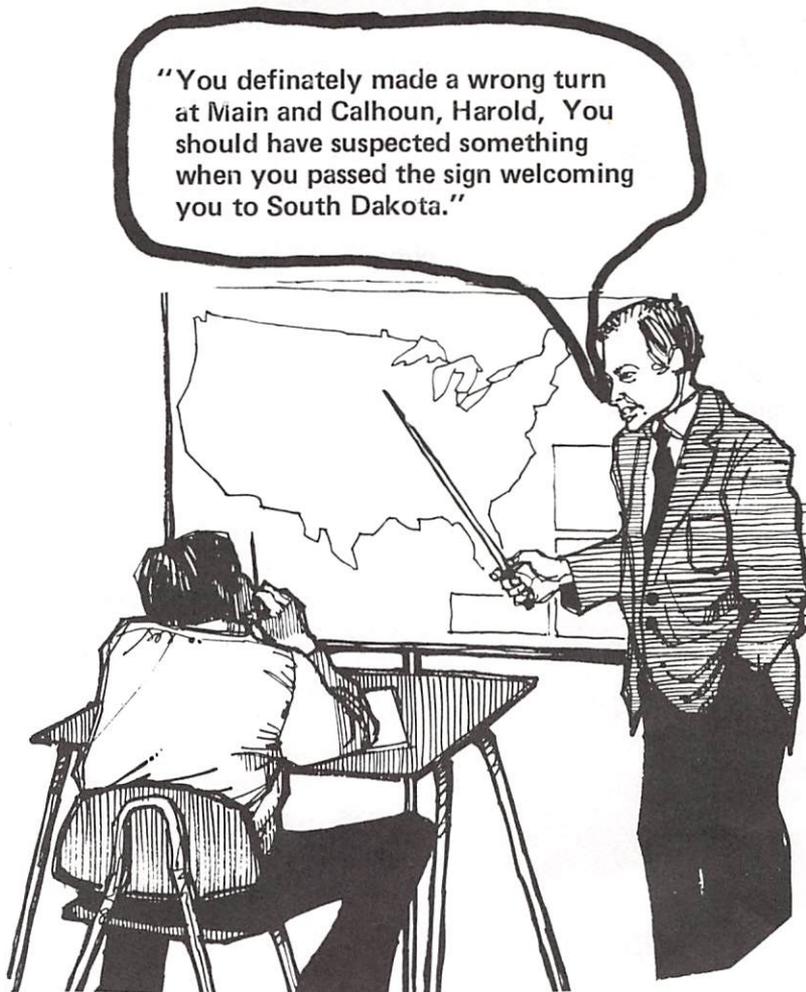
In all seriousness, more often than not, races should be fun

with all the PR'S, goals, prizes, etc., set aside. However, when you are planning a race with some specific goals and objectives in mind be very careful about which races you choose to try and achieve those goals and objectives. My advice, which I will certainly adhere to in the future, is to fun run wherever and reserve some of the FWTC events for the more serious efforts.

LETTER TO THE EDITOR

I feel that each Fort Wayne Track Club race event is somewhat unique in that each has its own feeling and flavor. This generally is a result of race distance, time of year, time of day, sponsor, race director, etc. The beauty of it, is that it provides the majority with opportunities to participate and at the same time meet most of the needs.

One race I particularly enjoy is Don Lindley's December 10K. It is run at a good time of the day, 2:00PM, so that on a Saturday you can sleep in, run the race, and still get home in time for the 5:00 college basketball game. And if it's run on Sunday, you can still go to church and sneak in a short nap before the race. The time of year is interesting because you can't be certain what December weather may bring. The temperature may be mild or could be extremely cold. The road surfaces could be dry, wet, or snow-covered, icy, or as was the case over the past two years, most of the course dry, with a portion being icy or slushy. The race location, Foster Park, is always good and I personally like 3 loop 10K's, because after 2 times around, hopefully, I'm smart enough to know where I'm at on the course and how far it is to the finish line.



Also, this race is our Christmas race which should provide a special fellowship among our members and afford us the opportunity to extend a holiday greeting to those who we normally would not see.

In past years, this Christmas spirit was not evident. This year, however, Don requested that the race fee, which was optional, be a gift-wrapped old running T-shirt to be given to a local charity. From a lock in the back of Don's truck, It appeared as though the response was good. To add to this feeling of sharing, Don and helpers also provided coffee, both regular and decaffeinated, hot cider, water and vegetable soup. I would like to commend Don, his family and those who helped him, for a well managed race and for providing a feeling of warmth and friendship for those

who did attend. There is always something special about a Don Lindley directed race!

For whatever reason this race was not well attended. I hope that it was not because it was a non-points race, or that it was advertised as a fun run with no prizes or that the optional entry fee was a gift wrapped T-shirt. I feel those who avoided the race for any of these reasons really need to examine their running priorities and evaluate what being a member of the FWTC and being a runner really mean to them.

FWTC 1984 POINTS RACES

(PROPOSED)

(Always check Inside Track for later schedule changes)

DATE	DAY	LENGTH	RACE LOCATION & DIRECTOR
March 17	Sat	20K	Homestead High School--Mike Kast
April 21	Sat	15K	North American Van Lines-- Terry Shipley
May 6	Sun	26.2 mi.	TV/33 Hooks Marathon--Coliseum-- Larry Lee
May 19	Sat	10K	Diet Pepsi--Homestead High School-- Charles Brandt
June 10	Sun	5K	Circular 5K--Mike Glasper
June 16	Sat	4 mi.	Hilly Four-- Homestead High School
June 30	Sat	10K	Turtle Days--Churubusco--Larry Shively
July 21	Sat	10K	Old Settlers-- Columbia City
August 3	Fri	1 hour	One Hour Run With Music--Northrop High School--Jerry Mazock
August 25	Sat	5 mi.	Arby's Big Brothers/Big Sisters--Foster Park--Fred Sheets
September 1		8K	Canterberry Run--Canterberry Green Tom Mather
September 22	Sat	13.1 mi.	Parlor City Trot--Bluffton--Phil Lockwood
October 28	Sun	10K	Home Loan 10K--Downtown Ft. Wayne-- Don Goldner
November 17	Sat	25K	Challenging 25K--Homestead High School--Jim Anderson

PROPOSED FWTC NON-POINT RACES

DATE	DAY	LENGTH	RACE LOCATION & DIRECTOR
April 29	Sun	13.1mi.	Don Lindley 1/2 Marathon Prediction run at 8:00AM
July ???	????	??????	Orienteering Race--Mike Glasper (Anybody who knows anything about Orienteering should contact Glasper immediately!)
August 18	Sat	5K	Kent Davis Run--Georgetown SQUARE Bill Schmidt
September 9	Sun	8mile relay	2 man/8 mile relay--Foster Park--John McMillen
Oct 20 or Nov 3	Sat	6K	Halloween Race--Foster Park--Wear Costumes
Nov. 11	Sun	9K	Cross Country-- Bluffton Oubache Park--Phil Lockwood or Jeff Gangloff
December 8	Sat	3K&10K	Fun Run--Foster Park-- Don Lindley
December 31	Mon	5mile	New Year's Eve Race--North American Van Lines--Myron Meyer

RUNNERS' HOROSCOPE

by

Monsieur Gene Bullshallitt

ARIES.....Stick to your regular training. A 75 mile training run will not prove profitable. And that bright idea about holding your breath during 440 repeats should only be done when Mars crashes into the sun.

Taurus.....Focus on paying your track club dues. An 8 minute phone conversation with our treasurer should temper his ire. A bright spot in your running will soon appear.

Gemini.....Make sure you start Kast's 20K in right direction. Under no circumstances make love the night before.

Cancer.....Planets are aligned now giving you strength without unnecessary foresight. Forget about running 70 miles a week in prep for your marathon. Maintain your 10 mile a week base. Unforgettable experience awaits you on race day!

Leo.....Be wary of friends who are secretly trying to run you into the ground. However, you must abandon plans to run 2:08:12 at TV/33 Hooks.

Virgo.....At the 20K race, sell auto, life and home insurance to anyone in the group you are running with. Your intellectual strength should wear any runner down by the 15K mark.

Scorpio.....Spend ALL your income this week on running gear. Put up a poster of Grete Waitz in your bedroom.

Libra..... Make sure you use the bathroom before the start of the 20K at Homestead. Only use the middle stall!

CLIP AND SAVE

484-4322

athletic
annex

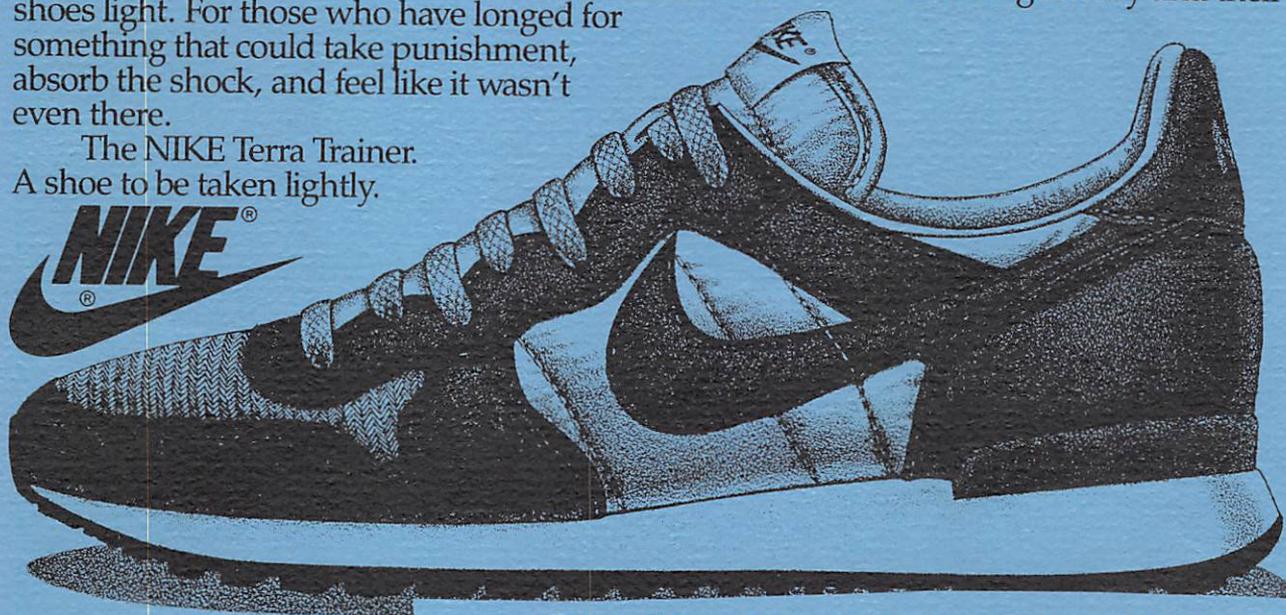
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POINTS AND MEMBERSHIP APPLICATION

Sagittarius.....The planets are not in your favor. Maintain a low profile. Run the 20K hiding behind Charlie Brandt all the way.

Capricorn.....Keep your 18 day fast alive. However, 3 quarts of black coffee before the 20K should keep you running properly.

Aquarius.....Tell Race director, Mike Kast, that you plan on running 4:35 a mile. Be positive. Add variety to your life. Carry a phone during the race and give a call to Kast every mile about your progress.

Pisces.....Be careful who you run the 20K with because a meaningful relationship is likely to develop.

Name _____ Birthdate _____ Sex _____

Address _____ Phone _____

City _____ State _____ Zip _____

DO YOU WISH TO BE INCLUDED IN THE POINTS STANDINGS? _____

List name, sex, age, birthdate, and either 'yes' or 'no' for being included in the points standings—for each member.

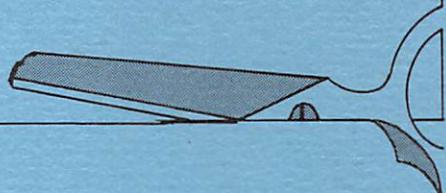
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Mail reg. membership app to Phil Shafer

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City _____ State _____ Zip _____

Occupation/Employer _____ Phone _____

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Ea. add'l. family mbr, \$5 ea. _____ = \$ _____

(\$20.00 max. per family) Total \$ _____

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(list name, age, and birthdates of each member)



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