

CHAD PERKINS AND TROY NOLL IN LAST
SUMMER'S STROH 5K



the inside track
NEWSLETTER OF THE FORT WAYNE TRACK CLUB

APRIL, 1984

FORT WAYNE TRACK CLUB

**FORT WAYNE TRACK CLUB
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**FOR ADVERTISING RATES
CALL TOM LOUCKS AT 622-7108**

ON THE COVER

*These two young men push themselves to the limit in last summers' Stroh Lion's Club 5K. Nice picture taking by Kevin Heller
See related article in THE PRESIDENTS TENTH OF A PAGE*

Corrections, Errors, and
Phoney Land Deals
Department

**IMPORTANT RACE SCHEDULE
CHANGE**

Pepsi Challenge 10K is now
May 12th at 10:00

FWTC EVENTS FOR APRIL

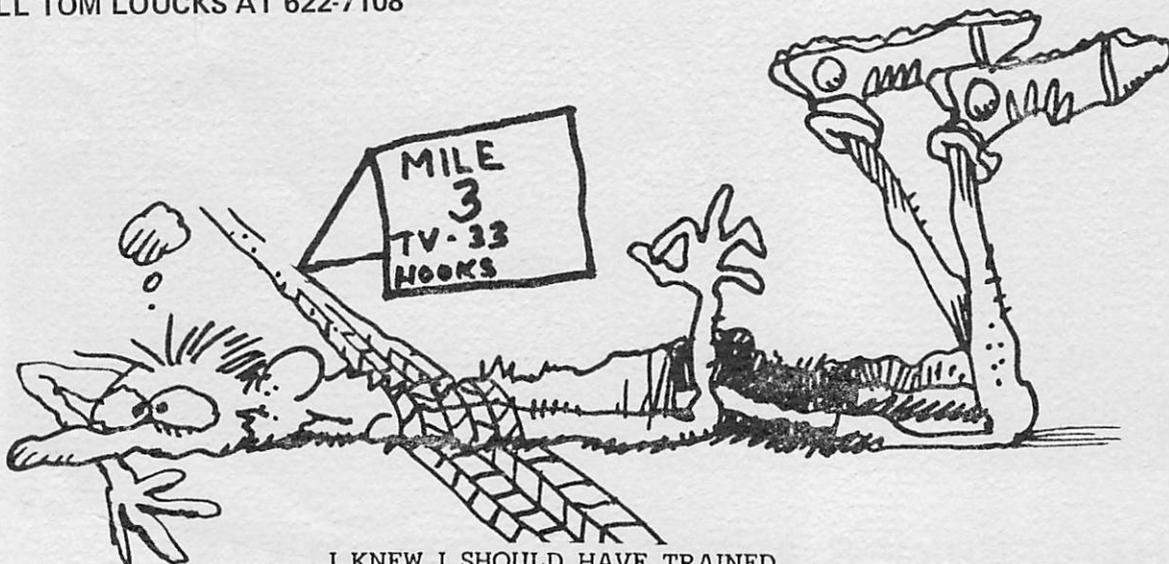
North American Van Lines 15K and 5K on Sat. April 21st at North American. 5K fee is \$ 4 15K is \$ 5. After the 16th the fee is \$ 8. So...Get the lead out and mail in your entry fee today-Along with your name and age etc'

also.....Don't forget Don Lindley's Annual 1/2 Marathon Prediction Run on April, 29th at the Pavillion at Foster Park. 8:00AM

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!



**I KNEW I SHOULD HAVE TRAINED
WITH THE GROUP AT HOMESTEAD
SATURDAYS AT 9:00AM !**

INSIDE THE 'INSIDE TRACK'.....*We are full to the gills this month with all kinds of great info....Race announcements (Including Tom Loucks race schedule and his involvement with the Heartbeats Run-Plus Tom Wants to know if anyone is interested in an organized transcontinental relay. Other race announcements include: The Canterbury Run-The Kendallville Run-The Tri Kappa Race-The Muscular Dystrophy Love Run-The Muncie Symphony Run-And some info about a triathlon in June.) Mike Kast thinks he's found the best rub down in town, and Dean Reinke wants you to purchase his training log....We also got in this issue Goldner's Tenth of a page and Lindley's Board Meeting Minutes....There's a fine article submitted by Jerry Perkins as a first time race director at the Stroh 5K....And then there's Melendrez's Winterfest Race Results....Chuck Devault says he needs timers for our May 6th event and Judy T. will tell you how to eat properly for that race. And Sundling has an unusual training program for you to consider. Dr. Branum considered Erick Soderquist's Medical question and answered it, along with an interesting story about himself in his new column. And unfortunately, Bullshallitt continues his Horoscope column for the month of April. However, make it a point to check Ken Miller's and Russ Suever's points scoring system. Also check out John Treleaven's picture taking this month...Thanks for filling in, John. And in her story about her European trip, Ann Mize, creates a beautiful mental picture of their encounters with the European countryside And thanks to Dave Waldrop who created 3 Good Letters To The Editor. We welcome the Fitness Connection Health Club to our advertising ranks. And of course there's our Athletic Annex ads--Great as always.*

HOPE YOU ENJOY THIS STUFF!!



Editor's Run

by **JERRY MAZOCK**

Soon our local Marathon will be history. Yet when Monday morning, May 7th dawns, what events of significance do we have to look forward to. Aside from the many excellent FWTC events and some local races, I know I will focus my on the Olympic Trials Marathon and, of course, later in the summer, The Olympic Marathon itself.

I was in the YMCA'S Men's Health Club the other day for a rub from Mike Zurzolo, when the topic of who might qualify for our American team, and then who may win a medal at L.A. later on.

About 20 names were dropped for the American team and the same number for an Olympic Medal. My pick to make the American Team is Salazar, Meyer, and Rodgers (My sentimental favorite) I pick Seko to win the gold, Salazar the silver and DeCastella the Bronze. And for a absolutely marvelous Massage you should contact Mike Zurzolo at the Y. He charges only \$ 12 for a hour's work. I wish I could feel so loose all the time.

ALL THE WAY FROM MULDOON ROAD

THE PRESIDENT'S TENTH OF A PAGE

by **Don Goldner**

Did you read the recent article in the Journal Gazette on competitive running by very young children?

The article cited several examples of what has become known as "Little League Syndrome". It's chief symptom is over-aggressiveness on the part of parents and coaches. These aggressive adults are placing the importance

of winning and setting records above the fun and enjoyment of running. This attitude will more than likely sour these youngsters on recreational and fitness running as adults. These are the joys and benefits that we have derived from the sport.

I have not noticed "Little League Syndrome" to be a serious problem in most of the Fort Wayne Track Club's races. However, it has occurred

Do you think we should set a minimum age requirement for FWTC races.

Let's hear your opinions in **LETTERS TO THE EDITOR.**

RACE CALENDAR

April 1--Pokagon State Park 1,000,000 millimeter Road Race, 12 noon. Main Beach Shelter Milt Grissom . 219/833/2012

1--WKAM Parkside Pant 10K Goshen, In. Linway Plaza 1PM 219/534/2863

8--Pepsi Challenge 10K South Bend. 1PM Athletic Annex 219/272/7565

8--Giha's Petersburg 1/2 Marathon Summerfield H.S. Petersburg, Ohio. 9:40AM 419/865/2805

14--Walk-Run-Jog and Bike For Heart. Indianapolis ;Motor Speedway. 12 noon. 635/2104

15--Legg's/YMCA 10,000. Lincoln Park, Chicago. 9AM. 312/372/6600

15--Lion Store Zoo Run 10K Southwyck Mall, Toledo 9AM Pat Nowak. 419/535/9500

15--West Bloomfield (Mich) 1/2 Marathon. West Bloomfield H.S. 12:30. Sally Slater Pierce. 313/334/5600

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

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

28--Lima Memorial Hospital Sports Med Clinic 5/10K. OSU/LTC Branch. Lima Ohio

28--Caylor-Nickel 10K. Bluffton. 1PM and 1&2 mile fun runs Held at a Southeast Jr. High (Editor's Note: Sorry about this scant info but it came late and not directly to me. It is a good race!)

28--Tri Kappa Ten Kilometer Run. Race starts at 9:00 at Court House Square in Columbia City (See ad in this issue)

29--Lindley's Pre-Marathon Half Marathon Prediction Run. Foster Park Pavillion. 8:00AM

29--Heartbeats Festival 8K. Ft. Wayne Foster Park. 1PM. Tom Loucks 622/7108.

29--ISO Metric Run 10K. I'U' T&F Stadium. 1PM. Indianapolis.

29--Bluffton Buckeye 10K. Bluffton, Ohio. Elementary School.

MAY

***6--TV/33/Hooks Marathon. Memorial Coliseum. 8AM'

***12--Pepsi Challenge 10K Homestead H.S.

12--Chalos Distance Classic. 20K & 5K. Terre Haute In. 9AM Pat Madison 317/466/3677

20--Revco Cleveland Marathon and 10K

25--Indianapolis Mini Marathon 13.1 mi. 9AM Deadline 4/1

26--N.A.A. Bluffton College Fund Run. Bluffton, Ohio College Campus. 4 mile.

26--Olympic Marathon Trials. For Men. Buffalo N.Y.

26--Elby's Distance Race 20K. Wheeling W. Virginia 9AM Hugh Stobbs. 304/233/2100 Deadline 5/11.

RUNNERS WEEK TV SCHEDULE

With Jerry Mazock will be on Channel 10 at the following times:

Cox Cable

Citizens Cable

YMCA SHOW 8:00 PM.
FRIDAYS April 6th and 13th
And Saturdays April 7th and 14th
at 2:30PM

--6:30PM, same date but not
&20 2:30 Sat
&21st

NAVL SHOW-- Tim Fleming

as guest race commentator

8:00PM -----6:30Pm, same date but not
on the 20th and 27th; And Sat, 2:30 Sat.
2:30PM, on the 21st and 28th

AMERICAN UNITED LIFE GOVERNOR'S CUP RUNNING SERIES ANNOUNCED

submitted by
Tom Loucks

Indiana Governor Robert Orr and American United Life Chairman Jack Reich recently announced the new AUL Governor's cup Running Series to be held this spring in Indiana. 9 regional runs in major Indiana cities will be held with the inaugural run slated for March 24 at Butler University in Indianapolis. The events are part of the Heartbeats Festivals program, which will be held around the state and in over The 9 sites and dates include:

March 24 Indianapolis, Butler U. 8:00AM Doug Schmidt Race Director.

April 1 West Lafayette, Purdue U. 8:00AM Mark Kinsey RD

April 14 Muncie, Ball State U. 9:00 AM, Doug Osborn RD.

April 28 Terre Haute, St Mary's Of The Woods, 9:00AM, Mike Robbins RD(==Race Director)

APRIL 29 FT WAYNE, FOSTER PARK, 1:00PM, TOM LOUCKS. RD.

May 5 Merrillville, Methodist Hospital, 9:00AM Jill Mumm. RD.

May 12 Bloomington, Indiana U. 8:00AM, Terry Quigley, RD.

May 20 South Bend, Rum Village Park, 8:00AM, Tom Lower.RD.

June 30 Evansville, Bill Stegemoller RD.

The runs will be 8K in distance (4.97 miles) and there will also be a one mile fun run/walk.

FWTC BOARD MINUTES
FEBRUARY 26, 1984
SUNDAY, 7:00PM.

Don Goldner opened the meeting. The minutes of the previous meeting were approved. \$3644.10 in the checking account and \$1415.00 in the cash equivalent fund. The total cost of the FWTC banquet was \$975.00--Which was the largest expense during the month.

Membership reported that there were 634 members on the mailing list and a total of 700 newsletters were needed from the printer according to Jerry Mazock.

There will be some advertising income from The Athletic Annex next month. Also, Dean Reinke will be advertising an American United Life Governor's Cup Series, in which included a total of 9 races with one of them scheduled April 29th, at 1PM. It is an 8K. Tom Loucks will direct the race at Foster Park. Included on the same day will be Don Lindley's 13.1 mile Prediction Run at 8:00Am. which is a good preparation for the TV-33/Hooks Marathon participants.

Media coverage of the FWTC races and results were discussed. Bill Sohaski still needs volunteers to report and compile results for the news media, please contact him if you would like to help.

Russ Suever reported that there were 46 FWTC members that have applied for the point system. Jerry Mazock informed us that the membership and points application will be printed in a different manner so members will not send dues to Russ and points applications to the treasurer. Also, it was suggested that a separate table be set up at Mike Kast's 20K for those that still want to enter the points system.

John Treleven reported purchases of some new stopwatches. It was also discussed that we soon should start a new and separate fund for the purchase of new rental time equipment. The rental equipment has always been a large source of income for the FWTC. Michael Glasper discussed the necessity of medical facilities at points races.

The board concluded that it was the responsibility of every race director to make arrangements for emergency situations.

Don Goodner reported that the TV--33/Hooks Marathon has a lot of outside entries already. There has been much advertising in the MICHIGAN RUNNER, INDIANA RUNNER and OHIO RUNNER. Also applications are in all the Hooks stores in the state of Indiana.

OLD BUSINESS

Certification of race courses was discussed. Mike Kast's and Joan Goldner's YMCA Marathon class is a great success. The 25 students can be identified by the blue and white t-shirts they wear and they answer to the name of 'gopher.'

The marathon course will probably go through the mall down Calhoun Street this year. The post-race hospitality room at the Coliseum and the location of the spaghetti dinner was also discussed.

Those that were present: Don Goldner, Jerry Mazock, Dan Kaufman, Mike Robbins, Ken Miller, Mike Glasper, Deb Kukelhan, John Treleven, Russ Suever, Don Lindley

Respectively submitted,

Don Lindley



" Lindley--Are you sure you know the course? "

COMING IN NEXT MONTH'S ISSUE.....

As May 6th nears, you can bet your bottom dollar we will have some more articles about the marathon.....We hope to have our April Race results too..Dr. Branum will continue his question and answer column..... AND Mike Hill said he would write an expose about what he's been doing the last 2 years in the Lone Star State. (Remember everyone the deadline is April 5th for the May issue)

GOSSIP GOSSIP WHO'S GOT THE GOSSIP?

It's been found out that JOHN TRELEAVEN and TERRY SHIPLEY performed ballet in a performance downtown--In fact, you may still be able to catch their performances.

I bet they look smashing in their TU TU'S

Casa D'Angelo's will cater the pre-marathon spaghetti dinner at Lincoln National Life cafeteria. May 5th - 5 p.m. to 8 p.m. "1983 New York City Marathon" will be shown. More information next month.

The editor received a long distance phone call from former FWTC President, Mike Hill. He said he still gets his newsletter and he may just find the time to come up to Ft. Wayne and Run the Marathon on May 6th. The Hills now live at: 25511 Tuckahoe Lane, Spring, Texas, 77373. For more info: See: COMING NEXT MONTH

Many have not picked up their award from the FWTC Banquet yet. They are at The Athletic Annex, Glenbrook. If you don't pick them up, Mazock will give them away at his Chug-A-Lug this summer!

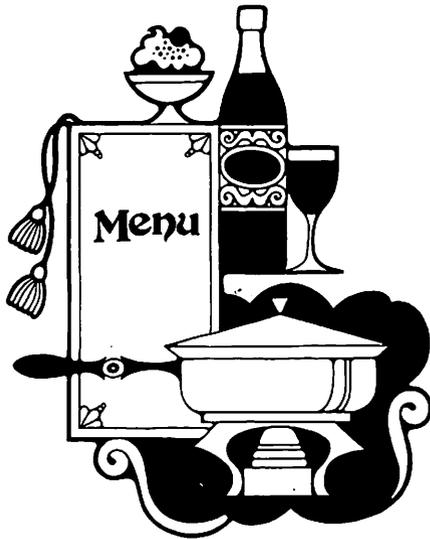
EATING FOR THE HEALTH OF IT

by

JUDY TILLAPAUGH RD

TOPIC: ENERGY TO RUN

The TV/33/Hooks Marathon is fast approaching. In a matter of a few weeks hundreds of physically fit bodies will line up on Parnell Ave. awaiting the 26 miles that lie ahead. Race performance is not solely dependent on physical



condition and mental attitude. To maintain marathon pace, athletes need to stack their bodies with the right nutrient fuels. Without adequate glycogen and fat energy reserves muscle fatigue will surely set in before the race ends.

Glycogen and fat stores are the fuels for athletic performance. The intensity and duration of work in relation to an athlete's aerobic power affects what proportion of energy is derived from glycogen and/or food stores.

What a mouth full! Please let me explain further.

First let's have some definitions.

Glucose----Simple sugar, the type of sugar in the blood

Glycogen--Long chain of glucose molecules; The form of sugar stored in liver and muscle cells for energy, another word for glycogen stores is carbohydrate stores

Fatty acids--Breakdown products of fat used by muscles and other tissues for energy.

Aerobic--Muscles are getting enough oxygen through the respiratory and circulatory systems

Anaerobic--Intense exercise where respiratory and circulatory systems can't supply enough oxygen to working muscles.

During high intensity/short duration exercises(EX. sprinting or weight lifting) glycogen stores are used for energy. The more strenuous and anaerobic an exercise is the more glycogen than fat is used for energy. As an exercise increases in length and decreases in intensity more fat is used. During low to moderate exercise fat can supply 50-60% of muscle energy. In prolonged aerobic exercise fat may contribute up to 70% of the energy.

Initially, during exercise, blood glucose and glycogen provide energy. It takes about 20-30 minutes of exercise to convert fat into fatty acids.

There's a limited amount of glycogen in one's body for energy. However, fat stores are more abundant. Ideally, an endurance athlete would like to rely on fat for a greater per cent of the race so as to spare glycogen stores and delay exhaustion.

The more trained an athlete is the better they're able to perform aerobically at high levels of exercise. Therefore, they're using a greater proportion of fatty acids for energy than glycogen.

The more trained an athlete, the more glycogen that can be stored and the slower it depletes from muscle cells. An athlete's performance is dependent on their muscle glycogen stores. Glycogen muscle content is dependent on the athlete's diet before their endurance activity.

Carbohydrate (CHO) loading is a training and diet regimen used by many endurance athletes to build up glycogen stores to 2-3 times their normal capacity. It will only benefit athletes who perform in events lasting more than 60-90 minutes; Like running 15-30 miles; cycling 50 to 70 miles, or swimming 2-4 miles.

CHO loading begins 1 week prior to an endurance race. Remember it's the food eaten 2-3 days before competition that supplies the muscles with glycogen.

Training Regimen

Day 7---Long, hard exhaustive run to deplete glycogen stores-- must exercise those muscles used in competition.

Days 6,5,4--Moderate to low training to keep muscles glycogen levels low.

Days 3,2,1--Rest completely or very minimal training --This allows muscles to store glycogen.

Day 0--RACE YOUR HEART OUT!

CON'T NEXT PAGE

DIET REGIMEN

Day 7,6,5,4--Normal diet, carbohydrate to supply 45-50% of the calories.

Day 3,2,1--High carbohydrate diet. Carbohydrate to supply 70-75% of the calories.

Day 0--Pre-race meal, something easy to digest. Eat 3-4 hours before the race--Just enough to prevent hunger during the race.

Originally, researchers felt the diet during days 7 to 4 should be high protein, high fat, low carbohydrate diet(15% of total calories) but this extreme low calorie-carbohydrate intake is not necessary to achieve good glycogen loading.

Although the benefits of CHO loading seem great--Athletes



should be aware of some negative side effects. It's recommended that it be used 2-3 times a year. CHO loading can result in a 2-7 pound water weight gain. As 1 gram of glycogen is stored, 3 grams of water are also stored. Initially, during a race, extra water weight can make one feel heavy or sluggish but later on may help to prevent dehydration.

Some athletes may experience diarrhea due to the excess use of high fiber foods or simple sugars. If you are prone to diarrhea choose carbohydrates that are low in fiber (EX. refined white flour products or clear juices).

A simplified version of CHO loading is called 'loaf-load'.

What's involved is eating a high CHO diet 3 days before competition. Training is moderate to low the first 2 days and no training is recommended the day before competition. If you have never consumed large quantities--try the 'loaf-load' version before a 15 to 20 mile training run.

So that's CHO loading in a nutshell. If you like pasta, bread, potatoes, cereal, fruit, and vegetables, the diet can be pure heaven. If you're a meat eater the final load days may be a struggle. Don't get stuck on just eating spaghetti and bread. Treat yourself to a variety of wholesome foods: Apple pancakes, pumpkin muffins, fruit bars, banana-nut bread, wheat bagels, spinach, lasagna, vegetable-rice casserole, granola, road runner pizza, zucchini-carrot bread, raisin-oat cookies, lentil soup, fruit shake etc. EDITOR'S NOTE: Please add Twinkies, King Dons, Ho Ho's and Hostess cup cakes to the list-- Just for me, please.....

It's time again for

THE RECIPE OF THE MONTH

Energy Fruit Bars

Ingredients: 1 cup raisins
¼ cup chopped dates or apricots
½ cup honey
½ cup instant dry milk
½ cup wheat germ
one-third cup soy or wheat flavor
¼ cup bran
2 cups chopped nuts, sunflower seeds, sesame seeds, almonds, filberts, or dried

apples, (Use whatever combination of fruit/nuts you desire.

2 Tbsp corn oil
1 tsp vanilla
3 Tbsp fruit juice

Combine all ingredients, batter should be thick. Spread in greased 8-inch square pan and bake at 300 for 30-40 minutes, until firm. Cut into 12 squares to allow to cool, then remove.

Yield: 12 squares
Calories per serving=262
CHO= 39 gms
Pro= 6 gms
Fat= 9 gms

(Reference: Ithaca Journal, Ithaca N.Y.)

ALSO

Here's an example of a 3000 calorie diet.

70% Carbohydrate
15% Protein
15% Fat

Breakfast: 1 cup skim milk-1½ cups dry cereal-1 English muffin-1 cup orange juice-1 banana.

Snack: 1 oz. low-fat cheese- 10 Triscuits

Lunch: 2oz. lean meat-or cheese-or fish- 2 slices of wheat bread- 6 pretzel rings- 10 wheat thins- 2 slices banana bread-large apple-salad with raw vegetables optional.

Snack: 2 Tbsp peanut butter- 6 graham cracker squares- 1 cup fruited yogurt.

Dinner: 2 oz. lean meat, cheese, or fish- 1½ cups cooked pasta or large potato- 1 cup tomato sauce or cup of peas- 1 dinner roll- 1 cup fruit salad- ½ cup cooked carrots.

Snack: 2-3 fruit muffins--1 cup

fruit juice OR large piece of carrot zucchini bread or fresh or dried fruit- OR 4-6 cups of popcorn and ¼ cup of raisins.

EDITOR'S QUESTION: Judy,

I was wondering if I could substitute the latter with 4-6 cups of ice cream with a ¼ cup chocolate syrup?

Here is a chart of how the Points system will work this year. To qualify you will have to run a minimum of 8 races. 10 races will be totaled to determine the final place of each runner in the standings. If you run more than 10 points races, your 10 best finishes will be totaled.

If you have any questions about the point system or any suggestions please drop us a line!

Thankyou! Ken Miller
Russ Suever

SOME 'POINTS'



CANTERBURY GREEN
RED LOBSTER
AMERICAN CANCER SOCIETY

"WE ARE WINNING RUN"

WHAT: First Annual 5K
 WHERE: Canterbury Green Apartments
 Fort Wayne, Indiana
 WHEN: Saturday, May 19, 1984
 At 9:00 am
 WHO: Sponsored by Canterbury Green and
 Red Lobster with proceeds to benefit
 the American Cancer Society
 AWARDS: 3/4 length sleeve shirt to all
 entrants
 Trophies to top male and female
 in each age group:
 19 and under 40 - 49
 20 - 29 50 and over
 30 39
 Awards ceremonies immediately
 following the race.

FEES: \$ 7.00 pre-registration received by Friday, May 11, 1984. Late entries will be accepted thereafter at \$ 9.00, including day of race. Sorry, no refunds.

REGISTRATION: Tax deductible check payable to:

AMERICAN CANCER SOCIETY
 1301 East State Boulevard
 Fort Wayne, Indiana 46805

Race packets may be picked up Friday, May 18, 1984, from 7 pm to 9 pm or day of the race after 7 am at Canterbury Club House.
 For additional information, call the ACS office at (219) 482-9181.

Male Place	Points	Fem. Pl.
1	60	1
2	54	2
3	50	3
4	47	4
5	46	5
6	45	6
7	44	7
8	43	8
9	42	9
10	41	10
11	40	11
12	39	12
13	38	13
14	37	14
15	36	15
16	35	
17	34	
18	33	
19	32	
20	31	
21	30	
22	29	
23	28	
24	27	
25	26	

AMERICAN CANCER SOCIETY
 WE ARE WINNING RUN

NAME _____ AGE _____ SEX _____
 ADDRESS _____ CITY/STATE/ZIP _____
 T-SHIRT SIZE: Small Medium Large X-Large

In consideration of your accepting my entry, I do hereby for myself, my heirs, executors, administrators and assignees, release and discharge Canterbury Green, Red Lobster, the American Cancer Society and all other race sponsors and representatives for any and all damages which may be sustained by me in connection with my association with or entry or participation in the "We Are Winning Run". I attest that I have full knowledge of the risks involved and am physically fit to compete.

SIGNATURE _____ DATE _____
 (Parent or guardian if under 18)

THE ULTIMATE RUNNING EXPERIENCE

The city of Muncie is supporting and sponsoring a team of runners in the "SEA TO SHINING SEA MARATHON", a cross country trek commencing from Atlantic City, NJ. on Sept. 3rd and concluding on Nov. 2nd in Pasadena, California.

The race is divided up into several categories,--Individual male and female; open and state teams; youngest and oldest finishers. A total purse of 3 million is being offered.

The only interest from the Hoosier state has come from Mayor James Carey of Muncie. Currently, the City of Muncie is full bore behing this unique athletic endeavor. Paul 'Sonny' Johnson has been appointed as director and is

in the process of putting together the team of runners. The relay team will consist of eight runners each running a leg consisting of approximately 50-60 miles a day for 6-to8 days.

Anyone wishing to inquire about a place on the team or wanting to help in any way, contact either Paul Johnson in Muncie at 2115 South Gharkey St., 47302 (317-282-9255) or Tom Loucks, Rt 1, Ossian, In. (219-622-7108).



Coming This Spring To A Town Near You:

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

And The First Ever:
Governor's Cup Run

Indianapolis
AUL

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

RUNNING EVENTS CALENDAR

by DEAN REINKE

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



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

Send \$2.95 + .75 Handling To:

"Running Calendar"
c/o Athletic Annex
Scottsdale Mall
South Bend, IN 46612
(219) 291-7565 / 291-7602

Or available in Indiana Athletic Annex Stores

NEED A GOOD MASSAGE?

THIS COUPON GOOD FOR 2 TREATMENTS AT
\$10 EACH (50% OFF NORMAL CHARGE OF \$20)
BY
JOAN NULL, REGISTERED MASSAGE THERAPIST
133 WEST COLUMBIA (THE LANDING)
AT RAINBOW BOOKSTORE
CALL 422-7913 FOR APPOINTMENT

FROM:

THE ONE' THE ONLY'

Charles DeVault

ATTENTION RUNNERS

Anyone not running TV--33/Hooks Marathon who would like to work as spotters or timers PLEASE contact: Chuck DeVault, Home Phone: 482-2272 or Work 424-1432 8-5 PM



J. Mazock & M. Melendrez
begging anyone to take their
picture

RUNNING (BUT MOSTLY WALKING) THROUGH EUROPE

by ANN MIZE

Jim and I have been planning this vacation for almost a year. Our plans include Germany, Austria and Switzerland. The trip is supposed to be homespun, kinda of athletic, with me planning the itenery, and each of us carrying our own bag. We have a Eurail Pass and can get off and on of any train in Europe anytime.

Since this was not intended to be a running vacation, I tried to run in moderation. I chose time of least inconvenience usually at 6:00AM'. I would try to scout out the town or area we were to explore that day. I started the trip with a 10 miler under my belt knowing it would be a long night flight. The first few days we filled by visiting friends near Trier, Germany. We went castle stumping and toured the Rhineland. By Sunday morning I needed a run. I had maps of some general routes in my hand, but it didn't matter. I took a wrong turn. However, it turned out to be great! During this early morning run, I found myself on a narrow, winding,

A.8 mile Race

country road. The road followed the Prun River. This river was on one side with mountain slopes on the other. The weather was typical of what the following two weeks would be: Sunny--Clear and about 35 degrees. Dawn was breaking and everyone was stirring in their homes. Falcons were perched on white fence posts, and white Egrots flew overhead with their long-necks sticking out. The homeowners were opening their outdoor wooden shades to let the bright sunshine in. Farmers and their wives were carrying buckets to the barn. I ran out, mesmerized, about 4½ miles until reality struck with a sign reading: Luxembourg border--6Km. I headed back for a great 9 mile run.

By Tuesday and Munich, I needed another run. I found a nearby city park whose perimeter was ½ mile. In 40 minutes I was back at the hotel and feeling much better. By Wednesday and Thursday I had my 40 minute routine down pact.--I explored Munich early in the morning when the shop-keepers were out front washing the storefronts and steps. It was a great adventure! I would bring back fruit and rolls from the outdoor shops. One morning I overbought and had to walk with my cone shaped sack of tangerines, 2 pears, 2 apples, and 2 bananas. I looked like a walking fruit stand walking back to the hotel. (Can I count that last ½ mile in my log?)

The next few days we were sightseeing in Vienna. I just couldn't get out of bed at 6:00AM. We walked everywhere--Except when we got on the train to go to a new place. The trains are fast, clean, comfortable and come by often.

By Innsbrook, I was jeeling the doom of the Vienese pastry. My run was only 2½ miles this AM. I kept stopping and staring at the beautiful snow-covered Alps that surround the city.

The next day we were in Lucerne and Switzerland. I vowed I would get a long run in. After 4 miles, I was huffing and Puffing--I wasn't sure why--Maybe it was all the bratwurst and pastry or maybe the higher altitude, or because I was gradually climbing uphill. I decided it was ALL of the above. I ran past city farms that had milk cans set out to be picked up. And by the time I turned around and came back down the hill they were gone. The 4 mi back--all down the hill--were wonderful.

After a breathtaking cable car ride up to Mt. Pitilus, we headed for Guyeres. It is a castle village. And as all castles thus far have been perched on a mountain top this was no exception. It was about a 10 minute climb from the train station. We did pass a little old Swiss lady, BUT, she caught up with us at the top. Our hotel was built in the 1600's but the castle was built 400 years earlier. It is in this village where the famous Guyere Cheese is made. We toured the small cheese factory and had fondue for supper.

The following day, we walked and trained through Berne and Basle. Both are historical and are full of neat buildings, palaces, fountains and clocks.

By Wednesday, we were deep in the Black Forest of Germany. My early morning run turned into a 50 minute walk. (Just what I needed--MORE WALKING) Actually, the hill was so steep to the town of Triberg that I had to walk it. It reminded me of a mile-long soap-box-derby hill. It had snowed just enough overnight to flock the forest pines. It's the kind of snow you only get to see once in a while. Everything was lightly covered in a white

mist of snow. We hiked to their Wasserfall and climbed a few mountains. For every mountain we climbed we ate a piece of Black Forest cake!

I ran as much on vacation as I had expected. But the unexpected occurred for both Jim and I during our all-day walks and hikes which were enjoyable. Instead of arriving home tired and draggy, we were in relatively good shape. Back to our Salads! Auf Viedserenn.

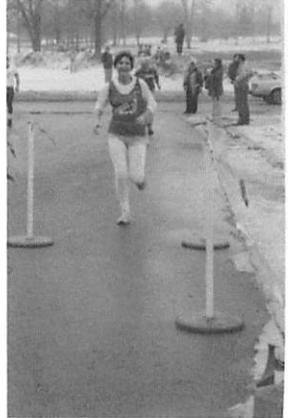
EDITOR'S NOTE:

I recieved a phone call from John DePira, who lives in Cromwell(?) AND who is having a State YMCA Mixed Team Triathlon on June 24th. The distances to be covered are 10K run--3/4 mile swim--25 mile bike ride.

There will be food available and the profits from this race will send handicapped children to camp. Various businesses will provide dinners.

- Caps to all entrants
- Team prizes
- Individual prizes

and 1 boy....This info MAY changeWatch for info in next month's newsletter.



Joan Goldner finished 2nd place at the Winterfest

According to my notes, this event may be only open to boys and girls--2boys and 1 girl on a team OR 2 girls

MOTHER'S DAY CROSS COUNTRY RUN KENDALLVILLE, INDIANA

5 MILE (Thru Bixler Lake Park & Nature Area) & 1 MILE (Street Fun Run)

SUNDAY, MAY 13

2:00 P.M.

KENDALLVILLE YOUTH CENTER

1:00 P.M.

LATE REGISTRATION

\$4.00 ENTRY **COME PREPARED TO RUN**
RESTROOMS AVAILABLE
MEDALS AWARDED TO THE FOLLOWING
5 MILE EVENT FINISHERS:

WOMEN		MEN		3 MEMBER TEAM
Under 14	1-3	Under 14	1-3	All Finishers Count
15-19	1-3	15-19	1-3	
20-24	1-3	20-24	1-5	Junior - 19 - Under 1-3
25-29	1-3	25-29	1-5	Mens Open 1-3
30-34	1-3	30-34	1-5	Master's Men - 40 up 1-3
35-39	1-3	35-39	1-5	Women 1-3
40-49	1-3	40-44	1-5	
50-Over	1-3	45-50	1-3	
		51-54	1-3	
		55-59	1-3	
		60-Over	1-3	

YOUR RUNNING HOROSCOPE
by
MONSIEUR GENE BULLSHALLITT

ARIES...Your cycle is high this month. You have the advantage over others. At North American Van Lines 15K start the race ½ mile behind the pack.

TAURUS...Your cycle is also high. Strength is on your side. Run all month wearing cement boots. Insist on charging your race fee on your Visa Card.

GEMINI...Spiritual values are important this month. The mantra you must repeat over and over just after the start of the 15K is: "Only 9 lousy miles to go....Only nine lousy miles to go..." Wear sunglasses.

CANCER...If it's raining at the 15K, suggest to the race director, Terry Shipley, that he switch the start to his office inside North American.

You need sympathy today. At the mile mark, grab for your heart as if in cardiac arrest.

LEO...Race the 15K while walking on your hands. (Don't forget to wear 'Hand-Goo') However, make sure you reverse your shirt and shorts. You may cry at the finish line.

Virgo...During this month, ask a gemini runner for a date. Play golf with her husband and insists he cheats

LIBRA...Wear nothing other than 'Moving Comfort' running garments this month. All Libras should register at the 15K as Toshihiko Seko.

SCORPIO... Make certain funeral arrangements are settled. Run 15K REAL hard.

SAGITTARIUS...Enter your pet alligator in a race if you want to win your age group.

CAPRICORN...Tell Shipley you have misgivings about the course's safety. Tell everyone about the dream you had last night when savages charged from the woods and scalped Dave Fairchild.

Also, insist Shipley re-measure the course on race day to avoid inaccuracies due to overnight ground movement. Don't be overly paranoid, however.

AQUARIUS...Throw away those 40 old pair of running shoes. Run the 15K barefoot

PISCES...Write an article for the **INSIDE TRACK** entitled: "Cannibalism for a Faster 15K"

*Tri Kappa and
the Citizens National Bank of Whitley County present*

TRI KAPPA TEN KILOMETER RUN

TK²

TIME

8:00 a.m. Pick up packets
Late registration
8:30 a.m. Mile FUN RUN (all ages)
9:00 a.m. 10 Kilometer RUN

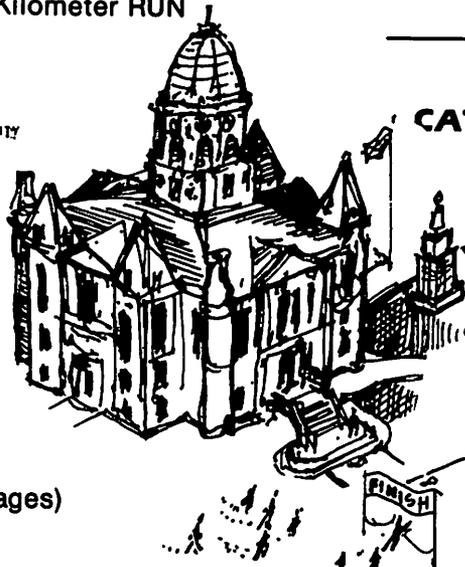
Saturday, April 28, 1984



**ENTRY
FEE**

DISTANCE

One Mile FUN RUN (all ages)
Ten Kilometer RUN



**AGE
CATEGORIES**

MALE	FEMALE
14 and under	14 and under
15-18	15-18
19-29	19-29
30-39	30-39
40-49	40 and over
50 and over	

**Race start at the Court House
Square in Columbia City, IN**

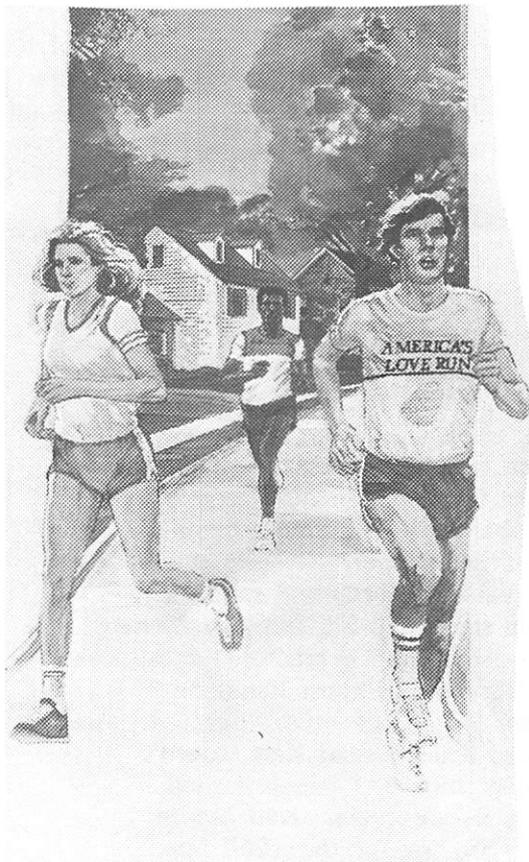


TIMING WILL BE BY CHRONOMIX TIMER AND ZETACHREN DIGITAL CLOCK.

Everybody's running in 'America's Love Run.'

You don't have to be an Olympic champion to join. Set a reasonable goal...then ask friends, neighbors, and business associates to pledge \$4 or more to the Muscular Dystrophy Association for every mile you run during May. Run in your neighborhood, on a track, at a local park—anywhere you'd like—and at any time.

Send in the registration form below along with your \$5.00 tax deductible entry fee (check payable to MDA), and we'll send you an official T-Shirt, Sponsorship Form, Runner's Log, and complete instructions.



Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Running Club Affiliation (if any) _____

T-Shirt Size (circle one) S M L XL

**AMERICA'S
LOVE RUN**

Return Registration with your
\$5.00 tax deductible entry fee
(check payable to MDA) to:

2250 LAKE AVENUE
SUITE 100
FT. WAYNE, INDIANA 46805

Prize structure to be offered through Saucony will include:

- \$1000 pledge money returned - a running suit
- \$500 pledge money returned - a pair of running shoes
- \$200 pledge money returned - shorts and a singlet
- \$100 pledge money returned - a pair of shorts

Be Our Guest

FULL PRIVILEGES GUEST PASS

The following facilities and services are all included in the regular membership . . .

- Nautilus Equipment
- Free Weights
- Coed Facilities - Open 7 Days A Week
- Individual Programming with Complete Supervision
- Finnish Rock Sauna Rooms
- Private Showers
- Vanity Areas
- Coed Whirlpool
- Pro Shop

GOOD FOR ONE FREE TRIAL PROGRAM PLUS FIGURE OR FITNESS ANALYSIS.

Actually go through an entire program including use of Whirlpool, Sauna, and much, much more.

NON-MEMBERS are allowed one Free Trial visit ONLY

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International
Physical Fitness
Association



**The Fitness
Connection**

Riviera Plaza
3233 St. Joe Center Road
Fort Wayne, IN 46815
486-4233

Hours

Mon. thru Fri. 6:00 a.m. - 9:00 p.m.

Saturday 9:00 a.m. - 5:00 p.m.

Sunday 1:00 p.m. - 5:00 p.m.

Name _____

(Please Print)

MAR 7 5 1984

Expiration Date _____

Guest of _____

Auth. by _____

TO BE VALID, Guest using this pass must be under the complete and continuous supervision of an instructor. NOT VALID for persons under age 16, male or female. NO EXCEPTIONS.

This Pass
Good For
One
Complete
Guest
Treatment

SOMETHING DIFFERENT : A 9 DAY TRAINING SCHEDULE

by

DOUG SUNDLING

Admist all the hype that pushes forward running attire or shoes, or whiz-giz diets or exercises, or new fangled whatevers as ways to become a better runner, the one source which attracts almost every runner for ideas on how to improve is probably the training schedule of another runner. Despite the wide variety of training schedules I have seen in print, most of them share a common characteristic: A hard/easy day pattern based on a weekly 7--day schedule. Because of this, when I read Ken Moore's training routine, I was intrigued by his 9--day cycle. Ken Moore, of Oregon, ran at the 1968 Mexico City Olympics, placed 4th in the 1972 Munich Olympic Marathon, and owns a 2:16:29 time in the New York Marathon. The gist of his 9--day cycle is as follows:

--A hard day of long distance to develop the aerobic system, or the energy system used for endurance performance;

--Two easy days to allow recovery

--A hard day of short intervals to develop the anaerobic system, or the energy system used for speed performance;

--Two easy days;

--A hard day of long intervals to develop both the anaerobic and aerobic systems by pushing the anaerobic threshold (or point of near exhaustion of that energy system) into the aerobic process;

--Two easy days;

--Repeat pattern.

The following 18 day pattern of Ken Moore's training was drawn from information in How Road Racers Train, edited by Greg Brock; and Long Distances, edited by Jess Jarver.

DAY	AM'	PM'
1	3½ miles	28 miles
2	3½ miles	4 miles
3	3½ miles	4 miles
4	3½ miles	16 x 330 in 45 sec. 6--8 miles
5	3½ miles	4 miles
6	3½ miles	4 miles
7	3½ miles	6 x 1 mile (4:45)
8	3½ miles	4 miles
9	3½ miles	4 miles
10	3½ miles	35 miles
11	3½ miles	4 miles
12	3½ miles	4 miles
13	3½ miles	3 x 660 440, 330, 220, 110, 10 miles
DAY	AM.	PM.
14	3½ miles	4 miles
15	3½ miles	4 miles
16	3½ miles	6 x 1mile (4:40)
17	3½ miles	4 miles
18	3½ miles	4 miles

To adapt this training method verbatim would probable result in several immediate effects. The two easy days for recovery would likely have to become two months of imposed layoff. Try to find someone ? who is amicable to a 30 mile jaunt. Try to find an interesting running route for 30 miles. Since this is a 9 day cycle, relations with the normal world adhering to a die-hard weekly 7 day routine you will probably have a difficult time receiving sympathy--this training

routine would undoubtedly cement their perceptions that runners are possessed and/or crazy.

But, the purpose of sharing the gist of Ken Moore's 9-day training cycle is not to dictate a mile by mile, day by day routine; It is to offer a different perspective on training. The first different concept which emerges from this training program is the 9-day cycle which will play havov with any absolute weekly 7 day schedule life style. Somewhat free from an absolute weekly 7-day schedule, I did try this 9 day cycle last fall before the brutal, cold blast of winter settled in. The first rule for the inspired athlete desiring to emulate any such training schedule of a world-class athlete is that you do not run world class training workouts till you are world class. Therefore, I cut in half the workouts of the three hard days: 13--17 miles for a long run; 8--12 x 300M or 400M for short intervals; and 3 x 1600M at 5:00 for long intervals.

After several times through the cycle, I found my body very receptive to the training routine. I felt stronger for each hard workout than if I had run only a hard/easy daily cycle. I found I could handle a long run 10 days after a previous long run, whereas on a 7-day cycle I usually waited 14 days between two long runs. The same was true for the interval workouts.' I found planning for weekend road races or long runs with fellow runners becoming a schedule problem that required planning far in advance of the usual 7 day training schedule.

CON'T NEXT PAGE

Also, the 9 day cycle became somewhat boring as it regimented the workout routine. Physically, I could feel the strength I was gaining, but mentally, I began to realize the regimented repetition of the routine.

So, what is the value of such a workout cycle? Despite the obvious conflict the 9-day cycle had with the 'real world's' 7-- day cycle and despite the mental tedium which can result from repeating this cycle, I did discover some beneficial factors which seemed to help me as a runner. Such a training cycle of two easy days between hard workouts did allow me to run a hard workout more frequently. Moreover, after those two days of easy running, I found myself itchy to run the harder workouts. This type of training schedule did serve as a very effective means to build both physical and mental strength 4-5 weeks before a 'big' race.

There are principles in Ken Moore's 9-day cycle that can be applied to a 7-day cycle. If one's long run or the big, hard workout is limited to the weekend, then one might find it difficult justifying a 'mega' mile run on a week day. Although the basis of Moore's training hinged on two days of rest after every exhaustive workout, one could alter the cycle to a 7 day one while still maintaining the hard/easy pattern:

- Sat; Long mileage run
- Sun; easy
- Mon: easy
- Tues; Interval Workout
- Wed; Easy
- Thur; Moderate to hard workout as desired
- Fri; Easy
- Repeat.

The distances and types of intervals are relative; Each runner

must discover what type of speed workout and distances he or she is comfortable with and can derive the greatest benefit from.

After overhearing me talking about Moore's training routine, Dewey Slough insisted I get him a copy of Moore's program. I would bet my TV/33Hooks Marathon 'T' shirt that two-thirds of Moore's 9-day cycle perfectly fits the training philosophy of the Dewey Slough 'Taper Down' Race Team.

Last Christmas, I received one of the many fine books which are published by the "Track and Field News Press" based in Los Altos, California. In the introduction of the book, "How Road Racers Train," Greg Brock, the editor, justifies the book as a way to "create a forum of ideas about training and the road running lifestyle and to be a catalyst for new ideas from the elite to the novice runner."

What follows in the book fulfills Brock's justification for the publication.

Synopses of 27 male and 13 female runners comprise the forum for different ideas on training, notable the variety of training workouts.

There is Craig Virgins's 11

month training program. There is Frank Shorter's 'usual' workouts, like the 15 x 440's in 62-65 seconds with a 50 yard recovery jog between intervals. There is Tom Flemings weekly routine of 10 miles twice a day, 6 days-a-week, except for 14 milers on Tuesday and Friday PM and a longer run on Sunday. There are also training routines of several West Coast runners who are not big-name runners.

Besides the weekly training schedules, each synopsis includes

information on age, occupation, best times, and comments by each runner on his or her philosophy of running. The comments range from serious, reflective thoughts like Carl Hatfield's, "There is something that is pure, strong about running." Then there's the idiosyncratic replies like Don Kardong's:

TRAINING: Basically, twice a day, year round, at virtually any time of day or night, sometimes only once a day, sometimes not at all, but always (usually) 15 miles a day, except when there is something more tempting to do, like watching the Flintstones or something.

The book is not presented as a serious, scientific collection of data which establishes or refutes any serious training routines. It didn't intend to do so--presenting instead a readable and understandable forum of different perspectives on road running. The book is just as useful for what editor Brock calls the 'fitness runner' as it is for the addicted road racer. And Brock perceptively notes in his introduction the significance of the difference between the two:

"There is a major difference between running for fitness and running for the ultimate performance. Training roughly 5 miles per day, with the heart rate elevated to 75-80% of its maximum capacity, a person can achieve 90% of his racing capability. At this stage a person is very fit. But, if an athlete wants to achieve the last 5-10% in terms of competitive perfor-

CONT BOTTOM NEXT

**MUNCIE SYMPHONY RUN
HRRC POINTS RACE 7 MI
SUNDAY, APRIL 8th, 1984**

5th annual

RACE DAY

TIME: 8:00-9:30 a.m. Registration & Race Packet Pick-Up (Nautilus Fitness Center)
9:30 a.m. 1 Mile FUN RUN
10:00 a.m. 5 K Race & 7 mi Race
12:00 p.m. Awards (Nautilus) or earlier

LOCATION & FACILITIES: Nautilus Fitness Center, 3500 Chadam Lane, Muncie, IN. 317-282-7474 (see map) will be the site for start, finish, & awards. Nautilus will provide facilities for dressing, showers, lockers (bring your own lock & towel), sauna & whirlpool. There is adequate parking. Babysitting available.

COURSE: Certified, flat, blacktop. Aid station on the course & at finish, courtesy Kammer Bottled Water, Muncie.

ENTRY FEES: 5K & 7 mi \$6.00 Pre-Registered \$7.00 Race Day 1 Mile \$4.00

Commemorative mug to all entrants (5K, 7 mi, 1 mi)

To help eliminate race day congestion, race packets will be available for pick-up one week prior to the race at the Muncie athletic annex, (address below).

AWARDS: Pair of shoes to male & female winners of the 7M and 5K races. 7M winners names will be engraved on a permanent trophy & they will also receive a trophy to take home. First 10 males & first 5 females overall (both races) will receive merchandise awards or gift certificates from the Athletic Annex. First place in each age group (after the overall winners have been awarded) and 15% of pre-registered runners in each division will receive prizes.

DIVISIONS: 7M & 5K, Male & Female. 14 & under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70 & over.

REGISTRATION: Tax deductible check payable to: MUNCIE SYMPHONY LEAGUE

MAIL OR BRING TO:
athletic annex
409 N. Martin
Muncie, IN 47303
317-289-3387

QUESTIONS:
Linda & George Branam
Race Directors
1138 Warwick Rd.
Muncie, IN 47304
317-288-3168



REGISTRATION FORM
ON NEXT PAGE



3500 Chadam Lane/In the Muncie Tennis Club • 282-7474



CON'T FROM 'BOOK'
mance, the quality and quantity are greatly increased and so is the chance of injury.

A person can be a racer and a fitness runner. Each individual must decide on the level of excellence in racing he wishes to attain."

CLIP HERE ✂ CLIP HERE ✂ CLIP HERE ✂

RACE 7 Mi. _____ 5K _____ 1 Mile _____

NAME _____ Male _____ Female _____ Age (on 4-8-84) _____

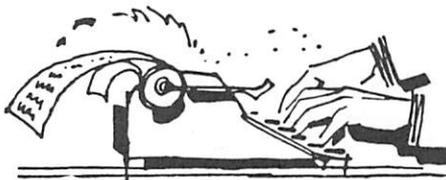
ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____

Waiver of Responsibility: In consideration of the acceptance of this entry to the Symphony Run, I waive all claims for myself, my heirs, and assigns against The Race sponsor or promoters for injury or illness which may result from my participation. I further state I am in proper physical condition to compete in this race, and I am an amateur runner.

SIGNATURE _____ DATE _____ Parent's signature _____
if under 18 yrs. old.

LETTER TO THE EDITOR:



Dear Jerry,

I enjoyed very much the photos of fellow FWTC members that appear in the Inside Track (re: cover of February newsletter). However, I don't always know who these people are and have trouble associating faces with names. Would it be possible, depending on the photo, to put a descriptive caption saying what and who?

JOHN SCHWARZE
AT WINTERFEST

Just a thought,

I would like to comment on two contrasting articles which appeared in the February Newsletter concerning winter running.



DOUG SUNDLING
1/2 WAY

Mike Robbins in his article "Ice Dancing" readily admitted to the cold, hard realities associated with running in the winter. He went on to suggest various exercise alternatives when one cannot run. To the contrary, Doug Sundling in his article "Winter Running" completely ignored the difficulties of running in the winter. While skirting the issue of running on ice (The very reason that a "thinking" FWTC cancelled the New Year's Eve Race and altered the Winterfest race course) he went on to poetically describe the other aspects of winter running as though they were heavenly experiences. Come on, Doug, put your sweat pants back on and join the rest of us in the real world of winter running.

Another aspect of winter running that has not been mentioned is the short days we encounter in December and January which force many daytime working people to move indoors or not run at all. Running on slick, icy and rutted road surfaces is difficult and dangerous in daylight and in the dark is almost impossible. Let's face it gang, winter running is not conducive to consistent enjoyable running.

Think spring!

Dave Waldrop

Dear Jerry,

Having helped Race Director, Mike Melendrez with the past three Winterfest races and seeing first hand what an excellent job he does with advance and race day preparations, I feel that some special thanks and recognition are due him, especially from those who assist him with the race.

Helping Mike is not really helping. By race day, he has made all the necessary arrangements and has seen to every detail. On race day, he knows exactly what has to happen and when. Well in advance of the race start, the course is marked, the finish chute and clock have been placed, registration tables set up and, in the case of this year's race, last minute changes were made to the race course due to the icy conditions. All the helpers need to do in a Mike Melendrez directed race is show up and receive their assignments.

Thanks, Mike, for a job well-done and making my helping you easy and a pleasure.

FROM GEORGE BRANUM MD.
(ALSO OWNER OF THE
ATHLETIC ANNEX
STORES IN FT WAYNE'
MUNCIE AND BLOOMINGTON)

David J. Waldrop

LETTER TO THE EDITOR

Health Notes

Jerry,
Congratulations: You're doing a fine job as an editor for THE INSIDE TRACK. I really enjoyed the Feb. and March issues. I hope you're having a good time doing it, 'cause you sure make it fun to read. See ya at the 'Chug-A-Lug'

*Good Luck
Erick Soderquist*

*EDITOR'S NOTE: Thankyou
Erick.*

I am grateful to Jerry Mazock for this opportunity to impose my own version of Health Tips for runners upon you. On the other hand, if you don't like what you read, it is I whom you must blame. As a matter of fact, those who pretend to write are often guilty of writing only for themselves in riddles only they can understand. If I have any virtue, it might be in realizing this fact and appealing to you, the reader, for assistance in setting the rudder and sail so that the trip may eventually be worthwhile for all of us. As many of you know, a famous basketball coach has been to say, when referring to journalists: 'That soon after learning to write most people go on to something worthwhile.'

It has always been my belief that many writers, bias and prejudices might be more clearly interpreted if we knew more about them as persons. For this reason, allow me a little indulgence as I outline for you my perspective.

I am a native Hoosier from Bloomington; Went to Bloomington High School and then Indiana U. My father was an avid sports fan and, as

a result, I tried nearly every sport. My only athletic talent was discovered in April, 1947, when I ran my first high school one mile time trial in 4:56. As a sophomore, junior, and senior, I subsequently finished 7th, 5th and then 3rd in the State Finals, then held at Technical High School in Indianapolis. Having only 2 years cross-country eligibility, I managed 5th and 3rd place at the State Finals. As a result, I received an athletic scholarship to Indiana University. I needed this to go to college, where I ran cross-country and indoor track and outdoor track for IU from 1949-53. My major achievements were six medals in Big Ten championship meets with high finishes of 10th in cross-country and 4th in the two-mile run. My best high school times in 1949 were 4:26 and 9:49 for the one and two mile. I did not run the mile often in college but had a $\frac{3}{4}$ equivalent of 4:14 in the mile and a 9:22 for the two mile and 20:10 for the 4-mile in 1952. I generally ran first through third for our cross country team. My greatest disappointment was running 7th for our team in the NCAA in 1952--The year we were 2nd to Michigan State by only a few points for the National Championship.

I went to medical school at IU in Indianapolis and then served in the USAF for nine years at

Denver, San Francisco, San Antonio, and Wright-Patterson. During this time I completed my training pathology and practiced my profession at some really great military hospitals. It was an enviable experience but I wanted to return to Indiana. In 1966 I returned to become Chief of Pathology at Ball Memorial Hospital in Muncie and continue to have my practice there, although our group of 7 physicians have offices in Warsaw and Ft. Wayne.

In 1968 or 1969, I began to be serious about returning to running and took up road racing. Since then I have run about 50 marathons, including a best of 2:43 at the Terre Haute Marathon Marathon, and a 2:45 at Boston in 1972 and 1973. I have run Boston 7 times. My very best performance was on a day in July, 1973, at 43 years of age.

At 7:00AM that morning I finished 22nd in the Panther Pant at Eastern Illinois, averaging 5:39 per mile for the 20K, returned to Anderson and finished high in a 15K averaging 5:41 that afternoon. Since 1975 I have performed rather poorly, partly for personal reasons and partly because of a series of injuries. Typical of most runners, I did not listen to my own body and my own coaching. Over the years, since high school, I have managed to inflict practically every injury upon myself. Being a physician has given me great insight to these injuries and contributed to my understanding of my favorite avocations--Running, Health, and Sports Medicine.

Between college and 1966, there were several times when I returned for spells of road racing. During this time there was a period of 1958-1962 when I ran a lot in San Francisco, including the famous Dipsea Run, from Mill Valley on the bay, over Mountain Tamalpai's to the Pacific Ocean. I did not do very well in that race, but it was a lot of fun. At age 30 I won the Statute 4-mile in 19:51 in San Francisco in 1959.

It was not long after that, that I began to have some knee problems which finally beat so much that I

mostly gave up running from 1962-1965, and, in 1964, my right knee was operated upon and I lost the medial cartilage to a surgeon. Of particular significance was his comment that he hardly found anything wrong with it. Not until 1974-75, when I met Dr. Robert Barnes, a podiatrist in Burbank, California, did the real meaning of this become clear. It was becoming evident by then that biomechanical problems with the feet might cause considerable pain and injury to the knees and Dr. Barnes fit me with my first pair of orthotics. Since then, I have been able to run with only minimal discomfort to my knees.

Because of this discovery, I have continued to extend my knowledge and experience in the areas of sports medicine--particularly for runners, and in the biomechanics of our sport. Incidental to this I have become very interested in the role of strength training for all athletics and especially for runners.

There you have it. I hope that you are not too disappointed in what I have written now or in future issues.

Please let me hear from you! Ask me some questions about your running. If I don't have ready answers--I will get them for you!

EDITOR'S NOTE: Okay, club members--Let's give the good doctor some business. Write your questions to Dr. Branum in care of: Jerry Mazock, 6135 Orchard lane, Ft WAYNE, IN 46809

LETTERS TO DR. GEORGE BRANUM

Dr. Branum,

I am by description a moderate runner at best. I start training about April and by October I have shin-splints so bad that I'm unable to run through the pain

The last pair of shoes I have tried were Etonic Stabilizers. My training schedule starts with 2-3 miles a day and by August I can run 7-10 miles a day.

Yet, by October, I would be willing to trade my legs with just about anyone. How can I control and eliminate this problem?

REPLY: *Sincerely,
Erick Soderquist*

Erick, it is very clear to the runner, when he or she has shin splints. The complexity of the problem and its multiple causes do not make it equally clear to the physician upon an initial investigation. However, recent years of study have produced the answers in our knowledge about the various causes of shin splints. I recommend a very thorough history be done, a physical exam, get a gait analysis along with a shoe evaluation.

For your immediate problem, I would suggest to the sufferer that they adhere to these fundamentals:

1. Do not 'run' through shin Splints.
2. Try to avoid cement and asphalt for the time being.
3. Shoes should be in good condition--Especially at the midsole to absorb the terrific force of impact during each running stride. Perhaps, Erick you should purchase another model of Etonic shoes that are softer in the midsole to absorb more of the shock.

Thankyou for your good question! Various other aspects of shin splints will be discussed later.

George Branum
MD.

Winterfest 5 Mile Results

Once again my thanks go out to the many volunteers that contributed their time and talents to make this a successful run.....My wife, Pat, Dave and Diane Waldrop, Larry and Irene Lee, Mike Novasad, A special word of appreciation also goes out to the Emergency Radio Network. Their teams not only acted as directional people, but were instrumental in helping design this years course. 2 hours before race time over 50% of our regular course was under a sheet of hard ice. Rather than call off the race, We climbed into a van, set its odometer to zero and went to work on mapping out a new course. It wasn't a full 5 miles (4.3)? but I'm sure most were happy to see the finish line. Don Lindley was twice as happy!

All necessary coordination between our event and the other Winterfest activities, was once again expertly handled by Barb Kelly and the Fort Wayne Parks and Recreation Dept.

Thanks again to all for a job well done.

Mike Melendrez

RESULTS WINTERFEST 5 MILE 2-11-84

MEN

14 and Under

1.	Stan Florea	16
2.	John Schwarze Jr.	38
3.	Jim Schwarze	95
4.	Ricky Squires	104
5.	Brent Klender	110

15--19

1.	Randy Houser	1
2.	Jeff Beam	2
3.	Roger Hawks	6
4.	Brett Pontoni	7
5.	Jeff Petersen	8
6.	Steve Lengaither	15

OVERALL

7.	Mike Meeks	21
8.	Matt Mullins	28
9.	Jude Roeger	32
10.	Del Campbell	33
11.	Pat Delaney	45
12.	Brian Klender	54
13.	Steve Woods	57
14.	Rob Slusser	78

20--24

1.	Mark Sanderson	3
2.	Jerry Williams Jr.	4
3.	Brent Munro	5
4.	John Weining	9
5.	Chuck Deford	14
6.	Ken Schlemmer	19
7.	Dan Puckett	24
8.	Gary Beam	31
9.	Steve Cameron	35
10.	William Laupan	53
11.	Alexander Kyle	69
12.	A. Bacino	82

25--29

1.	Doug Sundling	10
2.	Terry Diller	12
3.	Tim Bowman	18
4.	Dennis Zech	27
5.	Joe Nycum	47
6.	Clifford DeWells	66
7.	Gary Chandler	71
8.	Dennis Klopfenstein	80
9.	Pat Beuchel	81
10.	Fred Tassitino	88

30--34

1.	Steve Brown	13
2.	Steve Caswell	20
3.	Jeffrey Goris	23
4.	Dave Winters	26
5.	John McPherson	30
6.	Michael Callahan	42
7.	Bill Halte	52
8.	Dennis Conner	55
9.	Robert Harris	89
10.	Fred Payne	90
11.	Rick Longworth	106

35--39

1.	John Schwarze	17
2.	Bruce Koeneman	29
3.	Ivan Painter	36
4.	Puckett	40
5.	Dan Belschner	59
6.	Michael Lykins	62
7.	Dave Eckert	65

40--44

1.	Jerry Perkins	11
2.	Don Lindley	25 and 13
3.	Dave Wolff	37
4.	Tom Felger	39

5.	Gary Mullendore	41
6.	T. Hayhurst	46
7.	Steve Varner	58
8.	James Widmeyer	67
9.	Charles Stephany	75

45--49

1.	Bob Harter	34
2.	Clem Getty	43
3.	Doon Goldner	44
4.	Tom Laird	51
5.	Russ Shook	70
6.	Joseph Brooks	83

50--59

1.	Vern Chovan	49
2.	Rudi Florreich	61
3.	Curt Nold	76
4.	Al Moore	98
5.	Ross Moyer	100
6.	J.P. Jones	101

Cruiserweight

1.	Larry Getts	50
2.	DON Nottingham	56
3.	Joe Hilger	63
4.	Chuck DeVault	84
5.	James Wells	91
6.	Ken Votaw	92
7.	Gene Kelly	96
8.	Willis Mitchell	105
9.	Jim Dupont	107
10.	The 'old-bigger-DuPont' soon	

WOMEN 19 and under

1.	Lisa Daniels	79
2.	Jennifer Schwarze	111

20--29

1.	Mary Theresa Connolly	22
2.	Melody Perrin	60
3.	Julie Nycum Bossard	72
4.	Betty Jackson	73
5.	Sabine Florreich	77
6.	Sue Sipes	86
7.	Effie Sheson	93
8.	Lalene Kay	102
9.	Julie Campbell	103
10.	Anne Connolly	108

30--39

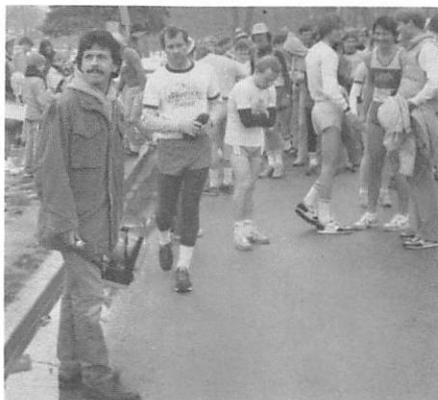
1.	Deb Kukelhanovichsky	64
2.	Sue West	85
3.	Linda Adams	94
4.	Cherie Belschner	

CON'T NEXT PAGE

40--And Way Over

- | | | |
|----|-----------------|-----|
| 1. | Joan Goldner | 48 |
| 2. | Roseann Simmons | 68 |
| 3. | Willie Kyle | 74 |
| 4. | Gloria Nycum | 87 |
| 5. | Judy Hollander | 109 |
| 6. | Sharon Pauley | 113 |

**There were no finish tickets for numbers 97 and 112--Maybe they got confused and perished on the original ice-covered course !



THE STROH DOUBLE DIP
10K

by Jerry Perkins

The Stroh Lions Club has for years sponsored a Labor Day Festival held the Sat. before Labor Day. At the planning session last May, the suggestion was made that a road race would add some variety to the day. The real brainstorm was the suggestion that someone with some road race experience should be in charge of this endeavor. As the only 'runner' in the club, yours truly received this honor. The next three months would give me a better appreciation of races that are well organized and conducted. Having a surveyor in the club made laying out the course and verifying the distance the easiest part. The sponsors (bless them) were easy to find and glad to sponsor next year also. The course used--a 5K loop that twice nearly touches Big Turkey Lake, making the name 'Stroh Double Dip' a natural. The T-shirt design was not very difficult; a blue lake on a red background. The original intent was to provide a quality race for local people but anyone interested was welcome. Then starts the frustration!--how many runners? How many T-shirts? What sizes? How many age divisions? How many trophies in each division? And a suitable memento for every runner? Finally, with all these things decided we began to advertise--Spread around pre-registration forms and We Were On Our Way!

Since this was the first year, I had figured a total of 50 runners for both the fun run and the 5K, right?...Wrong! The first week brought in 22 pre-registrations. Increase the t-shirt count order to 100, oh boy! Now I started down my check list: Aid station people lined up, CHECK!; 100 T-shirts printed and ready, CHECK; Timers for splits, CHECK; Mile and K markers made, and painted, CHECK; Registration people lined up, CHECK; FWTC timer equipment ready, CHECK; Fruit and drinks for the finish line, CHECK; Ribbons for all finishers, CHECK; I had nightmares no one would show up! OH BOY!!

September 3rd 'race day' dawns



START OF WINTERFEST



HOUSER NIPS BEAM AT THE FINISH



MARY CONNOLLY

WINS

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 12	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

CLIP AND PUT ON YOUR REFRIGERATOR DOOR

clear and hot and I am glad the course is mostly tree-lined. The race is scheduled for 10AM, so the help is to be there at 8:30. As fast as the help arrives--So do the runners! The locals were there and so are people from New Carlisle, New Albany, Ft. Wayne, South Bend, Elkhart, Decatur, Roanoke, Washington, D.C., Hunter town, New Haven, Columbia City, Churubusco, etc...We definitely need more registration help next year. The fun run starts with 48 joggers toeing the line. An out and back course using the using the starting line and finishing chute of the 5K gave the officials a 'practice run' too. Chad Perkins and Troy Noll were friends before, during, and after the race; But you wouldn't know it by their concentration as they approached the finish line(Front cover picture) They are 8 years old and they ran a 7:36 mile. It was their first race, but you can bet it won't be their last!

Now for the main event. Fred Moreno, the pace setter(our local pride and joy), is bashful and embarrassed as we brag about his NJCAA Marathon Championship in his first marathon ever--a super 2:30:29! Finally with instructions over we get the race underway with our 3 wheelchair entrants and their bike escorts off one-minute early. Now the 98 5K runners start with a 3-wheeler leading the way. What an empty feeling! There they go! And here I stand! Now I recheck the timing equipment, make sure the aid station people are ready, check to make sure the finish chute is ready for the runners and **HERE THEY COME ALREADY!** Fred's in front and running easy. Man, is he great!. Super times for as hot as it is---'Flat and fast as you want it to be was right. Now to get started on the results....The awards are to be within 15 minutes of the last finisher, right? Well, we almost made it. Runners sure are great people. The local people made sure the visitors got their T-shirts first. Theirs could be delivered later. The festival committee comments that the runners were the most considerate group of the day. Sure makes me proud of my friends! Please come back next year on Sept. 1st 1984! Let's see maybe--ah---ah--- 200 T-shirts!!!! OH BOY!!!!!!



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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.

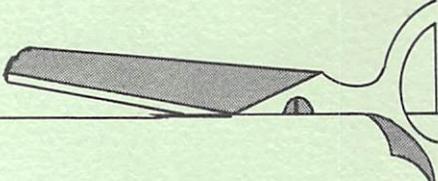
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Mail reg. membership app to Phil Shafer

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