

DAN KAUFMAN'S COLLECTION OF  
 TV-33/HOOK'S MARATHON "T" SHIRTS.  
 WILL YOU EARN THE 1984 EDITION?



**the inside track**  
 NEWSLETTER OF THE FORT WAYNE TRACK CLUB



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**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**

Corrections, Errors, and  
Phoney Land Deals  
Department

**IMPORTANT RACE SCHEDULE  
CHANGE**

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

ON THE COVER: This is Dan Kaufman's collection of  
TV/33--Hooks Marathon T-Shirts

**INSIDE THE INSIDE TRACK....**This is our "Pre-TV--  
33/Hooks Marathon edition of the Newsletter.  
We've tried to fill it's pages with as much  
information concerning our event as possible.  
For instance....Don Goldner wrote a very en-  
couraging article and our busy Doug Sundling  
who wrote two articles--One very technical  
(And fascinating to me) and the other one  
humorous about the poor pictures taken of him  
at the finish line of past races by various  
marathon film companies. Judy Tillapaugh tells  
us about all the benefits of proper hydration  
before, during and after the event, while Dr.  
George Branum gives us some hints for completeing  
the marathon successfully. Mazock mentions his  
feelings about the great group who trained at  
Homestead on Saturdays, while Dan Kaufman  
entertains with a series of drawings and defini-  
tions. **THERE'S IMPORTANT INFORMATION ABOUT  
THE PRE-RACE DINNER AT LINCOLN LIFE, ALONG WITH...**  
our race calendar and other events submitted by  
Tom Loucks....Please note all the race ads this  
month...AUL, LIME CITY, TURTLE DAYS, MOTHER'S  
DAY RUN, SUPERRUN, ETC. There's even a schedule  
for all 8 of you who watch "Runner's Week" on  
the tube.

On the happy side is the 'gossip' column..  
On the ridiculous side is Bullshallitt's Horo-  
scope. On the serious side is the race results  
from Mike Kast's Chilly 20K Race. We also have  
the results of an event that is right up there  
with the Masters Golf Tournament--The Dewey Slough  
Invite 10 Miler. There may be even more hiding  
between the lines. Hope you enjoy this stuff!

## **LATE NEWS**

Marion Marathon--Jonah 10K  
UPDATE

Due to lack of funding by the  
principle sponsor, awards other  
than for first place will not be  
given for the above races. Though  
this decision was ultimately reached  
by the Marion YMCA board, no  
announcement has been sent to  
any runner. I obtained the sad  
facts through repeated phone calls.

If you are an award winner and  
feel you should not be penalized

for a sponsor's lack of promised  
support, you may obtain a refund  
of your entry fee by writing to:  
Mr. Curt Meschke, Program Dir.,  
Marion YMCA, 418 W. Third  
St., Marion, In. 46952.

If anyone has any questions  
regarding this situation, I will  
supply whatever additional  
information I can.--Mike Robbins

from the hills of Muldoon Rd. comes

## THE PRESIDENT'S TWELTH OF A PAGE

by Don Goldner

Jerry Mazock has assured me that this issue will be in our hands before May 6th. Therefore, we will be reading this a few days prior to standing at the starting line of the TV--33/Hooks Marathon. (Editor's NOTE: As I type this at Harding, I'm starting to sweat!.....)

Training for the last three months has not been easy. A cold, snowy, lingering winter has been a nemesis for consistent running. But we've made it here. We've been through our weekly mileage buildup. Hopefully, we've done sufficient long runs...Getting in one or more 20 milers. We've learned the necessity for 'hard-easy' days. 'Hard' to condition the body for the rigors of the 26 + miles and 'easy' to allow the weary muscles to rest and rebuild.

Those with more ambitious goals have pushed their bodies through intervals, fartleks, hills, races and race pace 20 milers. Others have stuck to LSD training to reach the finish line comfortably and in good condition.

Some have followed training schedules found in running magazines and others have listened to the advice of experienced friends. A wise group of 35 at Mike Kast's Marathon Clinic have learned from an excellent teacher. Many used their past experiences to plan their schedules. Some used no plan at all, but just ran as time and conditions allowed.

The past few days we have fueled our bodies with carbohydrates to see us through the final grueling miles.

Whatever we've done or not done, it's too late to do anything about it now.

We know that the people at TV--33 and Hooks are ready for us. Race Director, Larry Lee and crew are ready to assist the mass of runners with accurate splits, well marked miles and an organized finish line. Of course, we've learned to expect Don Lindley's crews of aid station personnel to meet our on-course needs as well as at any race in the nation. The stage is set! The countdown has begun. Our bodies are primed. We must now prepare our heads and our wills. Run smart, run relaxed and run determined to meet your goal.

HAVE A GREAT RUN!

### EDITOR'S APOLOGY

Sorry about so many of you getting your Newsletter so late last month. But in the process of moving to his new home, Phil Shafer, misplaced the cable of the computer which prints our labels. A special thanks to Phil Shafer for all the extra hard work and also to the club membership for using discretion in not ringing my phone off the wall. This minor snag has a silver lining however: Many people panicked and paid their membership dues immediately upon not receiving this month's Inside Track!

### RUNNERS WEEK RUNNING SHOW

with Jerry Mazock

NAVL Show--With Tim Fleming as guest host--May 4th & 11th at 8:00 pm. (Cox) and 6:30 pm. (Citizens) also...5th & 12th at 2:30pm. (Cox)

PEPSI CHALLENGE 10K  
May 18th & 25th at 8:00pm (Cox) and 6:30 pm. (Citizens) also...  
Sat the 19th and 26th at 2:30pm. (Cox).



## Editor's Run

by JERRY MAZOCK

As the Tv--33/Hooks marathon season draws to a close, I have to admit that I'm going to miss training with 'the group' every Saturday morning at Homestead High School. I've come to the conclusion that I love to train and training with this group was many times the highlight of my week-- Especially going to McDonald's after our 11-20 milers.

The very fast came out to run along with the not so fast. Yet we were all the same--All preparing ourselves to do the very best come May 6th 1984. Some will and some won't, but in the whole scheme of things that doesn't matter at all. What mattered is that the group at Homestead (And every one else who got ready for May 6th) tried the best through all the blasted wind, cold and my pointless chatter. Regardless, of how May 6th ends--feel proud of yourself and we'll see you at Homestead at 9:00 1/26/85

# Race Calendar

## NEWS

by  
TOM LOUCKS

**DON'T FORGET "CANTERBURY RUN" MAY 19th Check April Edition for more info and entry form**

May

5. AUL Governors Cup Race. 8 K Merrillville In. 9 am Jill Mumm 769-7474
5. Sertoma May Day Madness 10K. Carmel, In. (Clay Jr Hi) 8:30 am Craig Kaiser, 317/877-5112 or 2112
- \*6 TV-33/Hooks Marathon. Memorial Coliseum 8am.
- 6 Mansfield Spring Days 10K. Mansfield, In., 1pm. 317/344-1120
- \*12 Pepsi Challenge 10K. Ft Wayne (Homestead) Charlie Brandt, 432-9110
- 12 Sunrisers Kiwanis Spring Run 15K. Noblesville, In. (High School) 317/773-1073 OR 317/776-0180
- 12 Run for Life 10K. Anderson, In., 4:30 PM. Randy Yust, Comm. Hospital 1515 N. Madison Ave. Anderson, In. 46012.
12. Chalos Distance Classic 20K & 5K. 9 am. (Both) Terre Haute, In. (Honey Creek Jr. Hi.) Russ Martin. 872/466-1387.
12. AUL Governor's Cup Run 8am. Bloomington, In. 8 am. Terry Quigley 812/333-1221.
- 12 Old Kent River Bank 25K. Grand Rapids, Mi.
- 12 Welborn River city Run. 5K & 10K 8:15 am. 812/426-8235.
13. Blood Run. 10 mile, 5K. South Bend (Pinhook Park) 8:30 am. Athletic Annex. 272-7565
13. Mother's Day XC Run. 5 mile & 1 mile. Kendallville, In. 2 pm. Jim Goodwin. 219/347--1064 days.
18. Spring Sprint. 4 mile. Chesterton, In. 7 pm. 769-7474.
18. 18--20th of the month.....RRCA National Convention. Michigan City, In.
20. Michigan City 15K (National Championship) 9am.
19. Warsaw 10,000. 10 am. Athletic Annex.
- 19--25 Runners Forum Running Camp Vacation, Spencer, In. 317/882-1800.
20. AUL Governor's Cup Race 8K. South Bend (Rum Village Park) 8 am. Tom Lower 291--7602
20. Revco-Cleveland Marathon & 10K 8 am.
- 25 "500" Festival Mini-Marathon. 13.1 mile 9 am No entry accepted.
28. Great Race 10K & 20K. Elkhart, In. 8 am Ron Schmanske. 2941661. (Also 20K & 40K Bike races) (Also a 1/2 mile swim) AND a Triathlon-(1/4 mi. swim, 20K Bike, 10K
28. Run For Hope. 10K & 5K. Martinsville, In. 8:30am. Dennis Lind. 317/831-5514.
- May 29th Hickory Groves Lakes Campground 10K XC Portland, In. 10:30 am. 219/637-3524 After 5pm OR 219/335-2639 after April 21 on weekends.

2.Meis Mini-Marathon 13.1 mile. Terre Haute, In. (Fairbanks Park) 7:30 am. Rick Mathews. 812/232-6311. Ext. 2572.

3. Fourth Annual International Oxford Triathlon. Oxford MD. 2.4 swim 20 mile run, 50 mile bike 301/226-5494.

9. 7th Annual White River Run 15K. Anderson In. 9 am. Frederick P. Gonot. 317/646-8408. Includes 5 K. Guest--George Sheehan.

9. Heart And Sole Classic 10K & 5K. 8 am. Muncie, In. Tim Kuzma. 317/8730 OR 284-9899.

10.\*\* Circular 5K Shoaff Park. Mike Glasper. 432-8134

16. Lime City 5 Mile. Huntington In., 10 am. Steve Hacker. 356-3040. John Decker 356-7710. Changed from 10K. Runners first unit of Heritage Days Parade.

16. Strawberry Stroll 10K. Crawfordsville, In (Lane Place) John Walker. 317/339-7947.

## FROM THE GRAPEVINE

GOSSIP GOSSIP WHO'S GOT THE GOSSIP!



MILESTONE! Congratulations to Bob Lovell, FWTC member (40--44) who, on March 2nd, completed his 10,000th mile at Vance and Reed Road. He was running with Ken Miller, FWTC member, and has been running since 1978. He has a 3:17 Marathon to his credit!

T.A.C. Membership Cards. Anyone who wishes to get or need a T.A.C. card can get one from Ken Miller (749--5847) OR, Pick one up at the Athletic Annex at Glenbrook. There are certain TAC sponsored races such as the Boston Marathon and White River Park Games that one is needed.

Congratulations to Dan and Sue Kaufman who are the proud parents of an 8 lb. 11oz. baby boy named Brian.

**BULLETIN: Spring Fever 5 Mile Huntington, In June 2, 10am. Huntington Memorial Hospital Holly Sale 356-3000 \$ 5.00 1 mile fun run at 9:30am.**

JUNE...  
2. 1st Annual Grabill Countryside 10,000. Grabill, In. (Sheller-Globe Parking Lot) 9 am 627-3621

COMING IN NEXT MONTH'S  
ISSUE:

DON'T MISS  
THE  
PRE-MARATHON  
SPAGHETTI DINNER



Your favorite Italian Restaurant

CASA D'ANGELO'S

will cater the event at Lincoln National Life Cafeteria

(Free parking is available)

Dinner price is 4.50 adults, 3.00 children 11 and under

Spaghetti (Vegetarian if you like) dinner includes salad, bread, dessert and beverage

TO HIGHLIGHT THE EVENING A SPECIAL SHOWING OF ONE OF THE  
MOST EXCITING RACES EVER: "1983 NEW YORK CITY MARATHON."

See you there!

May 5th, 5:00PM -- 8:00PM

NOTE: I need 10 volunteers to help that evening. Please call me if you  
can assist. (672--3894)

Sincerely

Deborah Blume, Chairman

We plan loads of TV--33  
Hooks Marathon coverage--  
Everyone please feel free to  
write an article--We'll use as  
much as space permits.....  
Mike Hill has PROMISED  
to write us his recent history  
soon(Come on, Mike, we all  
want to hear from ya!) We'll  
have a ton of info about our  
summer races plus the usual  
fine columns from our con-

tributors. And Gene Bull-  
shallitt is pondering the  
possibility of producing  
and directing his 5th "Death  
In The Afternoon" fictitious  
runner's movie. Pay your club  
dues anyway!

**SPRING**

# MICHIANA TRIATHLON TRIPLE CROWN

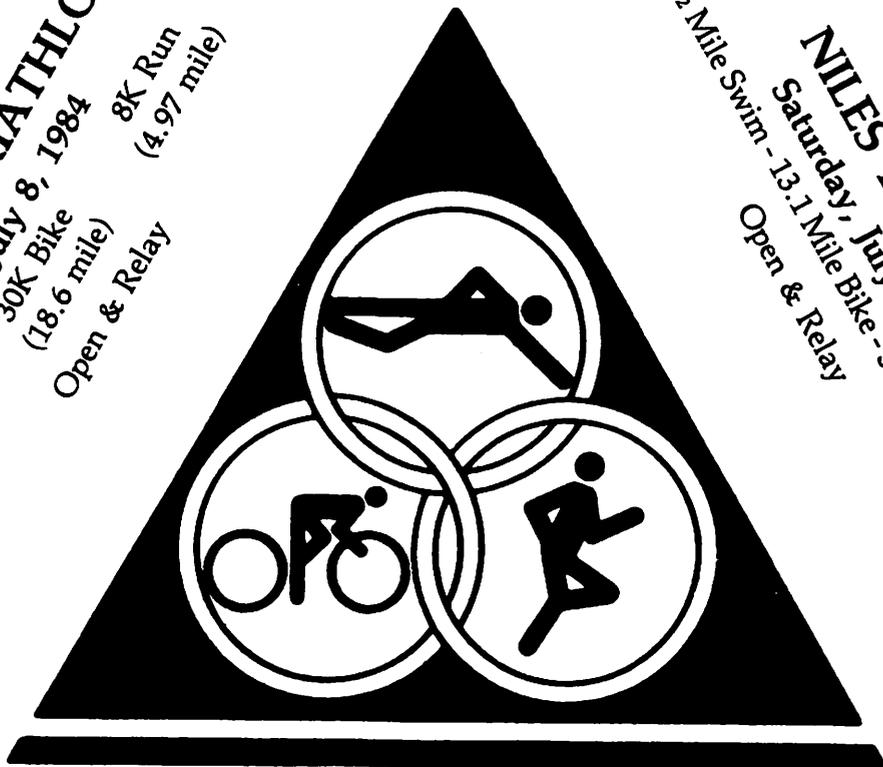
**SOUTH BEND TRIATHLON**  
Sunday, July 8, 1984

1K Swim  
(.6 mile)

30K Bike  
(18.6 mile)

Open & Relay

8K Run  
(4.97 mile)



**NILES TRIATHLON**  
Saturday, July 28, 1984

Open & Relay

1/2 Mile Swim - 13.1 Mile Bike - 5K (3.1 mile) Run

## ELKHART TRIATHLON

September, 1984

To Be Announced

(Similar to Niles and South Bend)

Open & Relay

Sponsored by:



Produced by:



Sanctioned by:

**TRIATHLON FEDERATION - USA**  
(FORMERLY THE UNITED STATES TRIATHLON ASSOCIATION)



For entry form and Triathlon information, send a SASE (self-addressed, stamped envelope) to:  
MICHIANA TRIATHLON TRIPLE CROWN, athletic annex, Scottsdale Mall, South Bend, Indiana 46612

(219) 291-7602



LOOKING GOOD  
by  
DOUG SUNDLING

If you have run in enough races of consequence, then, like me, you probably have a fistful of wallet-sized proofs from Marathon Photo. (Foto). With the May 6th TV 33/ Hooks Marathon just around the corner, dreams of a picture-perfect performance often conjure up eccentricities prior to the marathon, little quirks off the norm in an attempt to add some final finishing touches that will help polish all the preparation for the ensuing personal performance. Let the contenders for the top spots and the inexperienced dicker with that last special interval workout as a tuneup or that last twenty mile plus run or that special carbo-loading diet or that whatever. For me, I ask: Wouldn't it be nice to achieve that elusive picture of myself photographically frozen in a moment of the perfect expression of running? Let the young renegades and momentary thrill seekers be sucked into the vortex of the TV and newspaper cameras at the start of the marathon. The Marathon Foto camera lens that will isolate each runner onto a 35mm frame of color film waits miles farther along.

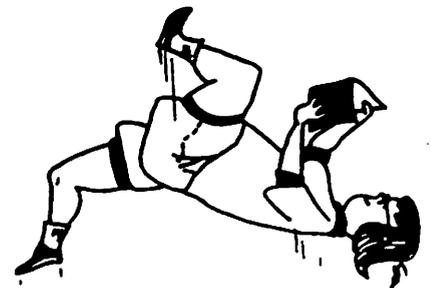
The miles farther along may be one of the reasons, in all those proofs of me, I always seem to have this drained, strained look clothed over my tortured looking body, my running form never seemingly captured in a floating, "feet never touching the ground" stride. Why can't those cameras photograph the surprised, yet elated and still strong and energetic look at mile one when I have discovered I have just run that first mile thirty to ninety seconds under my intended pace? Or, why not a camera at mile two or three when the realization of the remaining miles of the race has yet to settle upon me?



Instead, somewhere out on the course, after my body starts demanding retributions for those earlier quick miles, then the camera can isolate me and capture that bemuddled look of internal struggle, of basically being pooped out. Naturally most of those proofs depict the runners in the last remaining meters of a race, and an energetic, hearty sprint to the finish line has rarely been my forte.

Thus, proff after proff from Marathon Foto has revealed this tortured human figure, identifiable only by a race number, frozen in a struggling moment of road racing. How can I possibly claim such an image as a tangible piece of evidence which portrays the benefits running brings me? Most people would judge my persistent dedication to running as evidence of being crazy: Just look at those proofs!

Rather than the smooth, effortless glide of a Bill Rodgers, those proofs often freeze me with one foot firmly planted on the pavement with a distorted line of strained stress torturously angling from my jaws through my arms and legs thrusting toward that foot. Rather than the spirited fire of determination in the eyes and style of a Frank Shorter, the proofs often frame me in an annoyed expression of agony, my jaws drooping or my eyes cast to the side as I try to spy that good-looking bystander. Rather than the cool, aloof demeanor of confidence of a Alberto Salazar, the proofs often depict



me in what seems to be a befuddled look of 'what am I doing out here racing at this pace?'

So, perhaps a few finishing touches may help polish off the potential for that picture-perfect proof, touches such as a handful of intervals or the last mile or 7

two at the end of a run where I can work on my stride.

"Do you have something in the back of your shorts?" a fellow runner asked.

"No, I'm just practicing a new stride which glides with an effortless smoothness. I want to float—you know—have the appearance of never having a foot on the ground.

"Fine, just quit floating over to the side and bumping into me."

Or, perhaps towards the end of a long workout, I can practice carrying the look of controlled confidence.

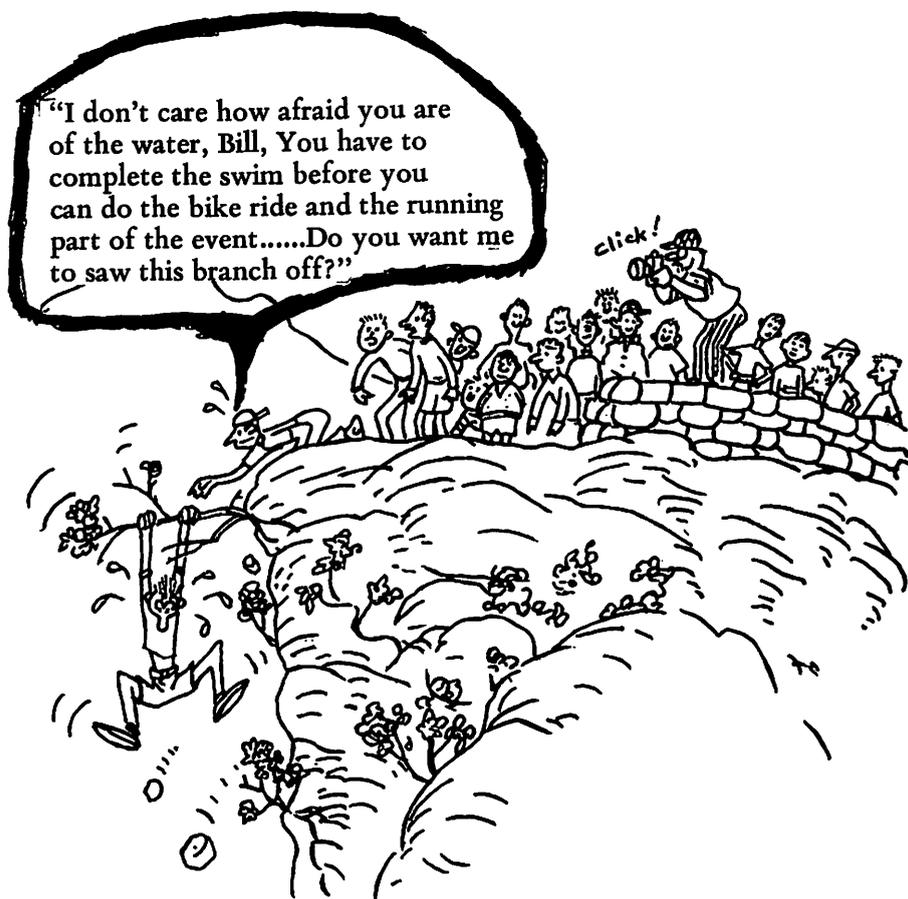
But, somebody else observed: "Why the look of grimace on your face?"

"It's supposed to be a grin of confidence and determination."

"Phedippedes after running the first marathon to deliver the news of an Athenian victory was said to have had the look of confidence and determination before he died. So WHAT!"

"Yea, but Marathon Foto wasn't there at the end of his run."

Somehow, though, I have this nagging feeling that as I wind down the last few miles of the TV-33/Hooks Marathon I just won't be too concerned about my desire for that picture-perfect moment of running when I pass the Marathon Foto lens.



## ESTIMATING WHAT YOU LOSE AND USE IN A MARATHON

by

DOUG SUNDLING

What runner is not curious about how running effects his or her complex bio-mechanical system? With the TV--33/Hooks Marathon shortly waiting to start Sunday morning, May 6th, I wanted to figure out a couple basic processes my body will perform during those 26.2 miles. Digging through books and notes from college, I used some basic figures and equations to estimate what my body would be using and losing to cover 26.2 miles.

### I. ENERGY EXPENDITURE

Energy equals the application of a force through a distance, or in the case of running, the amount of work required to move one's weight through a distance. Energy releases heat, and the K-cal measures this energy. A K-cal equals the amount of energy needed to raise 1 kilogram (2.2 lbs) of water up one degree centigrade.

In running, the following equation estimates energy use:

$$\text{ENERGY} = (.9 \text{ K-cal/kg-km}) \times \text{weight of runner in kg} \times (\text{Distance run in km})$$

$$\text{OR} = (.66 \text{ K-cal/Lbs-mile}) \times (\text{weight in pounds}) \times (\text{Distance in miles}).$$

For me, energy spent =  
 (.66 K-cal/lbs -mile) (145lbs)  
 (26.2 miles) = 2507 k-cal,  
 OR 2507 Kcal/26.2 miles = 95.7  
 K-cal/mile

3500 K-cal burns about 1  
 lb. of fat. So I can expect to lose  
 .72 lbs. ( 11.5 oz.).

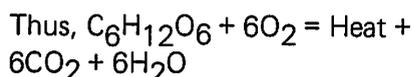
But, I will lose 'weight' else-  
 where. Simplified, energy is pro-  
 duced thusly:

Fuel + Oxygen = Energy + waste  
 Fuel = Glucose, chemically repre-  
 sented by  $C_6H_{12}O_6$

Oxygen =  $O_2$

Energy = Heat

Waste = Carbon Dioxide,  $CO_2$ , and  
 water,  $H_2O$



The glucose will be provided  
 by (1) glycogen---A carbohydrate  
 stored in minute quantities in the  
 muscles, and (2) Fatty Acids---



Fats stored in the fat cells. As  
 figured earlier, I can expect to  
 burn off .72 lbs of these stored  
 fuels.

But, I will lose weight else-  
 where due to the need to rid my  
 body of the heat produced by  
 energy. The greatest loss of heat  
 will occur through sweating.

## II. Water Loss

Tests under David Costill at  
 Ball State University's Human  
 Performance Laboratory have  
 estimated fluid loss during a  
 marathon at 3.7 lbs. (56.85 oz.)  
 of water.

Such a figure does fluctuate  
 with the weather and the condition  
 of the athlete.

If I dream of running a 6:00  
 per mile pace, then I can expect  
 to lose:

$$\frac{3.7 \text{ lbs./hour}}{10 \text{ miles/hour}} =$$

.37 lbs./mile (5.7 oz./ mile)

OR: (.37 lbs./mile)(26.2 miles) =  
 9.7 lbs. of water lost through  
 sweating.

## III. Water Gain

Water can be gained in two ways:

(A) Through drinking and (B) As  
 a by-product of energy production.

(A) Again, laboratory testing  
 and my own painful experiences  
 have indicated that a runner can  
 absorb from drinking only about  
 1.8 lbs (27.65 oz.) of fluids per  
 hour. If you like to keep things  
 simple, a 12 oz. cold one every  
 half hour should do the trick.

At a 6:00 mile pace, I can  
 expect to absorb:

$$\frac{1.8 \text{ lbs./hour}}{10 \text{ miles/hour}} = .18 \text{ lbs./mile or } 2.7 \text{ oz./mile}$$

OR: (.18lbs/mile)(26.2 miles)=  
 4.7 lbs of water gained from  
 drinking.

(B) I will gain additional water  
 from my internal combustion pro-  
 cess. Depending on the type of  
 athlete and other environmental  
 factors, a runner during a marathon  
 produces between 1.76 lbs. to 2.86  
 lbs. (800mg. to 1300mg.) of water  
 from energy conversion.

Thus, I will estimate I will pro-  
 duce 2.2 lbs. (1kg) of water during  
 a marathon, OR:  
 2.2 lbs./26.2 miles = .084 lbs./mile  
 or (1.34 oz./mile).

IV: A breakdown of what I can  
 expect of my body is summarized  
 as follows:

(1) Energy Expenditure=  
 (.66K-cal/lbs-mile)(145 lbs)  
 (26.2 miles) = 2507 K-cal  
 2507 K-cal/26.2 miles = 95.7  
 K-cal/mile  
 2507 K-cal = .72 lbs. burnt  
 fuel

(2) Water loss through sweating=  
 $\frac{3.7 \text{ lbs./hour}}{10 \text{ miles/hour}} = .37 \text{ lbs./mile}$   
 (.37 lbs/mile) (26.2 miles)=9.7 lbs.

(3) Water gained from drinking =  
 $\frac{1.8 \text{ lbs./hour}}{10 \text{ miles/hour}} = .18 \text{ lbs./mile}$   
 OR: (.18lbs/mile)(26.2 miles) =  
 4.7 lbs.

(4) Water gained from energy pro-  
 duction = 2.2 lbs.  
 (2.2lbs.)/(26.2 miles)=  
 .08 lb/mile

Losses= .72 lbs (Burnt Fuels) + 9.7  
lbs. (Water loss)= 10.42 lbs.

Gains=4.7 lbs. (Drinking) + 2.2 lbs.  
(Energy Production)=6.9 lbs.

Therefore: 10.42 minus  
6.9 lbs =  
3.52 lbs. of  
net weight loss

Thus, I can expect to lose 3.52 lbs.,  
give or take a few pounds.

Now, after all that figuring, I  
wonder if as I struggle along on  
the last remaining miles,  
I will hear some wisecrack asking  
if my figures are still holding up!

#### FROM DR. GEORGE BRANUM

According to the editor's schedule, it will be Ft  
Wayne Marathon time when you receive this issue.  
Because of that we chose to go with an article on  
'Post-marathon recovering.' We'll continue with  
'Shin Splints' later. This is probably best since so  
many of you participate in this great event. This  
subject encompasses so many very complex and  
interesting topics that I had better just give you an  
outline of suggestions in a rough order of importance.

- 1) Run a race for which you are prepared; Don't  
try to be a hero.
- 2) Don't change anything; Don't try anything new;  
i.e. shoes, jocks, bras, singlets, inserts, etc.
- 3) Drink abundant water during the preceding week.
- 4) Eat your normal diet-Carbo load if you know how.
- 5) Drink a 8-16 oz. cup of water 30 min. before the  
race. Drink it slowly
- 6) Avoid simple sugars within 2 hours of the race
- 7) Drink water at every opportunity-16oz' for every  
30 min running. Avoid sugary fluids. The faster you  
run, the slower water is absorbed
- 8) After the race, continue to take fluid as you feel  
comfortable with it. If it is your CUSTOM, other  
fluids are okay at this time. If you have severe  
unrestrained gut problems or excessive blood in your  
urine please let me know.

- 9) Eat your normal diet as soon as possible. ½gm of  
Vitamin C per day is recommended by some
- 10) Avoid all speedwork and high mileage for 7-10  
days. No pre-race levels for 2-4 weeks.
- 11) All injuries should be treated with R'I'C'E: Rest,  
Ice, Compression, and elevation, for 15 min every 3 to 4  
hours for 2 to 4 days will do wonders for your body.  
Avoid heat applications for at least a week
- 12) Any unopened blisters should be carefully opened

by putting a small hole at the edge of the blister  
and drain the fluid under sterile conditions.  
Don't remove any loose blister skin.

- 13) Remove blood under the toenail by making  
a hole in the nail and gently express as much  
fluid as possible. If you are careful you will  
not cut your nail bed. The nail may fill up with  
blood again. You may repeat this process before  
you go to bed. It may heal overnight.
- 14) Saunas, whirlpools, massages, and swimming  
are recommended for a good recovery.

In conclusion: The Editor and I would be  
elated, if not ecstatic, to have you send us your  
ideas on how best to recover. There are many  
ways to enhance this process that seem to be  
very personal but, eventually, have a wide  
acceptance.

#### FOR THE RACE I HAVE SOME HELPFUL HINTS FOR THE FIRST TIMER

- 1) Avoid high fiber diets for two to three days  
prior to the competition.
- 2) Ideally, four-six hours should elapse between  
the last meal and the beginning of competition.  
A longer fast may be detrimental.
- 3) Start out slowly; Your system will preferen-  
tially use muscle glycogen the faster you run.  
By starting slowly, muscle and fats will be used  
for energy, preserving your glycogen stores and  
avoiding or postponing hitting the wall.

## FWTC ELECTIONS-'A RECOMMENDATION'

The election of new officers is probably the least item on any current FWTC board agenda. Unfortunately, as the election draws nearer, the situation often remains the same. With that in mind, I offer for consideration the following:

1. That the slate of nominees for FWTC office be published in the August issue of the "Inside Track" to allow sufficient time for member consideration.
2. That the slate of nominees be offered over the names of the nominating committee so that all members may fully realize the complete election process.



3. That a minimum of two nominees be submitted for each office by the nominating committee. Additional names may be submitted by FWTC members at any time prior to the actual election.

4. A list of the open board positions for the upcoming year also be published so that any interested member may indicate such interest to the current officers.

It is hoped that submission of this recommendation at this time will permit timely discussion of all alternatives and allow maximum preparation for future elections

Mike Robbins

## 8K Regional Runs

### INDIANAPOLIS - March 24

Butler University  
Hinkle Fieldhouse  
8:00 am

Doug Schmidt (317) 255-4878

### LAFAYETTE - April 1

McCutcheon High School  
8:00 am

Mark Kinsey (317) 743-9992

### MUNCIE - April 21

Ball State University  
9:00 am

Doug Osborn (317) 348-4739

### TERRE HAUTE - April 28

St. Mary's of the Woods College  
10:30 am

Mike Robins (812) 234-9262

### FORT WAYNE - April 29

Foster Park  
1:00 pm

Tom Loucks (219) 484-4322

### MERRILLVILLE - May 5

Methodist Hospital  
9:00 am

Jill Mumm (219) 769-7474

### BLOOMINGTON - May 12

Indiana University  
Athletic Annex  
8:00 am

Terry Quigley (812) 333-1221

### SOUTH BEND - May 20

Rum Village Park  
8:00 am

Tom Lower (219) 291-7602

### EVANSVILLE - June 30

Indiana State University - Evansville Campus  
8:00 am

Bill Stegemoller (812) 425-8484

Entry forms available at Hook's Drug Stores, running stores and AUL agents throughout Indiana. For further details and entry forms for each run, please send self-addressed, stamped envelope to: Dean Reinke, challenge, inc., athletic annex, Scottsdale Mall, South Bend, IN 46612, (219) 291-7602 or (317) 849-7600

*And The First Ever . . .*

# AUL GOVERNOR'S CUP RUN

*Sponsored by*

American United Life Insurance Company



Home Office • Indianapolis, Indiana 46206

## September 29, 1984

### 8K - Indianapolis

*Featuring*

**BILL RODGERS**





## EATING FOR THE HEALTH OF IT by

Judy Tillapaugh

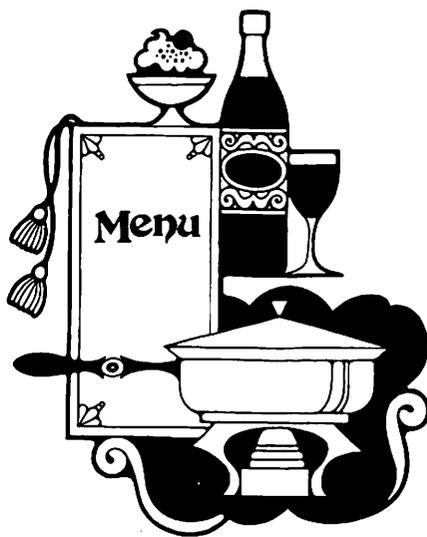
Of the six food nutrients--carbohydrates, fats, proteins, vitamins, minerals, + water--Water tends to be the one most neglected--Yet it is so essential to every body function. People worry about getting enough protein, taking in the right amount of calories, or meeting their RDA for vitamins and minerals but few think about drinking 6 to 8 glasses of water each day. An athlete's fluid intake can determine whether their performance will be poor or outstanding. Water is a precious resource. Let's give it some respect.

### A FEW FACTS ABOUT WATER:

- (A) 80 % of body cell liquid is water.
- (B) 40% to 60% of body weight is water.
- (C) About 70% of muscle tissue is water.
- (D) Plasma volume of blood is mainly water. Blood is the main vehicle for transporting nutrients (Glucose) to cells and eliminating body wastes (Lactic acid from muscles).

(E) Water is essential to sweat and saliva production.

As an athlete's calorie and carbohydrate requirements increase during exercise so does their need for fluid. Fluid requirement depends on how intense the exercise is and also on the day's temperature and humidity. The more vigorous the activity or the hotter the day the greater the need for fluids. During a strenuous exercise one can sweat off 2 to 4 % of their body weight. Marathoners may lose 6 to 8 % of their weight and 13 to 20% of plasma blood volume. For a 150 lb. man a 4% loss of body water is a loss of 6 lbs.--Or about



3 quarts of water. Excessive fluid loss through sweating can hurt an athlete's ability to perform by 20 to 30 %.

Sweating is the body's mechanism to cool itself. Without adequate hydration an athlete's sweat production is impaired. Dehydration can lead to fatigue, decrease in circulatory function, lower blood volume, lower blood pressure, or heat exhaustion. Beware of the following symptoms: Chills, nausea, thirst, dizziness, shortness of breath or dry skin, high body temperature, or increased heart rate.



An athlete can avoid these symptoms by taking precautions against dehydration. Don't play super runner by striding by those water stations in an endurance run. Take the time to get the liquid refreshment. It's common for an athlete not to feel thirsty when their body is depleted of fluids. Thirst response may be absent during exercise. A conscious effort must be made by the athlete to drink water periodically before and after a race.

Each day, prior to an endurance run, be well hydrated by drinking 8 glasses of fluids. If you don't drink 8 glasses of water try drinking 3 to 4 and get the rest of your fluids at meals and snacks with juices, milk, yogurt, soups, shakes, or decaffeinated coffee/tea.

Fluid replacement during a race is accomplished best by taking cool, plain water at frequent intervals throughout the event. It's recommended that a runner drink 4 to 10 ounces of fluid every 10 to 20 minutes. Small volume intake is better tolerated than large volumes. Too much fluid can cause cramps or bloating. So don't get carried away at the water fountain--You'll pay for it!

Cold water leaves the stomach faster than warm water and helps an overheated athlete cool down. Exercise physiologist, David Costill, gave 14 ounces of water to subjects at two temperatures. His results showed that:

At 40 degrees F.--50% of the water was absorbed in 15 minutes--  
At 95 degrees F.--27% of the water was absorbed in 15 minutes

The lower the sugar content of the liquid the faster it will leave the stomach. Gastric emptying time increases as the sugar concentration increases. One study showed that 15 minutes after an athlete drank 12 ounces of water, 30% was absorbed. If the drink was a 12 oz. soda, 100% would have been left in the stomach.

Sport drinks should not contain more than 2 to 2.5 gms. of sugar per 100ml. Or 1/2 tsp. per 1/2 cup. Most sport drinks need to be diluted 50% (One cup drink to two cups water). Plain, cool, water is the best fluid--Sport drinks may not be needed,

Many marathoners try drinking soft drinks or juices to enhance their endurance at the end of a race. Keep in mind that sugary fluids may stay in the stomach awhile and cause distress. If drinking de-fizzed soda or juices helps your race performance, do it! But if you have a weak stomach, it might be best to stick with plain water. A product called poly-cose (Glucose polymer) from Ross Laboratories, has been tested by some endurance athletes. They claimed it helped delay fatigue by slowing the depletion of muscle glycogen. A poly-cose drink may be our future race drink.

Sweat is not just water. It does contain some small amounts of sodium, potassium, and magnesium minerals. The body loss of these is usually minimal. They can be replaced at the next day's balanced meals. Because of this, salt tablets are not recommended for athletes. In fact, it can be harmful by enhancing dehydration.

After the race, if there happens to be a scale around, weigh yourself. For each pound of weight lost drink 2 cups of water. Don't attempt to replace all lost fluids at once-- Unless you want to float away like a Hippo!

Take in fluids over the next several hours.

Now what about beer? Is it safe for the athlete? Who cares drink it anyway--Right! But alcohol depresses the nervous system. It will also promote dehydration. If you want to take sprints to the rest room, drink more beer. Go ahead and enjoy a cold beer, you earned it! But before you pop the can, drink a few glasses of water for your thirsty cells.

Here's a comparison:

12 oz. Beer	12 gms CHO	160	cal.
8 oz. Orange Juice	20 gms CHO		
AND 110 calories!			

Well, that's all on water. Remember to race up to par you must drink your fluids. Dehydration symptoms can sneak up on you and effect that final race time. Happy Eating!



### RECIPE OF THE MONTH

#### Fruit shakes

It's good for breakfast, snack time, or any time! Whip up your own shake with whatever tempts you.

#### Ingredients:

1 cup milk or yogurt  
Fresh fruit--banana, strawberries, peaches, blueberries, whatever you like.

1 egg optional  
1/4 cup cottage cheese or one-third cup instant milk (optional)  
1/2 cup ice cream or sherbet (optional)  
1 tsp. vanilla or almond extract  
1/4 tsp cinnamon, optional

Blend together all ingredients till smooth and pour in a nice tall chilled glass--ENJOY!

### LIME CITY 5 MILE RACE

SATURDAY, JUNE 16th 1984  
IN HUNTINGTON, IN  
AT 10:00a.m.  
REPORT TO  
KREIGBAUM FIELD  
\$ 5.00 entry fee  
Deadline is June 9th  
Mail your entry to  
7 Parkmoor Drive,  
Huntington, In 46750

Black and white TV's will be awarded to each men's and womens's OVERALL winner. There will be a drawing to give away another TV. Age groups winners will receive equipment and possibly shoes from Adidas. For more info see Tom Louck's race calendar.

#### Race entry form

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
AGE \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

Please sign below to waive all claims of liability you may have against anyone or any organization associated with this event.

SIGNATURE \_\_\_\_\_

YOUR RUNNING HOROSCOPE by  
Monsieur Gene Bullshallitt

## January

Try your best not to tie your shoes together before you start the marathon.

## February

Buy those \$ 100 pair of shoes. Re-Mortgage the house.

## March

During Marathon week be practical-Don't run in your neighbors woodchip flower garden

## April

Follow through on hunch. Don't drink any water because you know it has been poisoned.

## May

During the marathon take a tour of the new Museum Of Art.

## June

Go to bed at 3:00a.m. get up at 3:30a.m. on May 6th. Eat a sausage and green pepper sandwich for strength.

## July

After the race, tell Hilliard Gates that "He has one of the best races in town"

## August

To increase your popularity throw wads of \$100 bills at each aid station

## September

Good lunar qualities- Eat green cheese at the pre-race banquet.

## October

Don't let your body guards trail you in the race

## November

After the marathon starts, insist that Hilliard Gates restart the race for a better family picture

## December

Hire a Priest to run the distance with you who knows "Last Rights"

HOLIDAY INN \* AMERICAN EXPRESS



INDIANAPOLIS

June 2 - 8am

Send a SASE (self addressed, stamped envelope) to:

SUPERUN 84' challenge, inc.  
Scottsdale Mall  
South Bend, IN 46612  
(219) 291-7602

HOLIDAY INN<sup>®</sup> HOTELS & AMERICAN EXPRESS PRESENT THE LARGEST SIMULTANEOUS RUNNING EVENT IN THE COUNTRY. SUPERUN... FOR AMERICA'S PARKS

# CHURUBUSCO TURTLE DAYS

Sixth Annual 10K Race And 1 Mile Fun Run

## SATURDAY, JUNE 30, 1984



**WHEN** 10K Race - 8:30 a.m.  
1 Mile Race - 8:00 a.m.

**WHERE** Churubusco High School - 1/4 mile west of the intersection of S.R. 205 & U.S. 33. School is located off S.R. 205.

**START & FINISH** West parking lot of high school. Parking on east lot of school.

**REGISTRATION** West lot of high school.  
1 mile race 7:00 - 7:45  
10K race 7:00 - 8:00

**Course** Loop out to Blue Lake & back with a few moderate hills.

Splits every mile and 3 aid stations on course. Large digital clock and Chronomix timer at finish. Restrooms will be available in school - no showers or lockers. Race results mailed ONLY upon request on day of the race. Race results will be published IN THE FWTC NEWSLETTER. Spectator refreshment available by the Churubusco Adult Booster Club. This race is sponsored by the Churubusco Super Valu and the Hooks Drug Store of Churubusco.

We of the Turtle Days Race Committee Will attempt to give each runner an accurate race distance, accurate finish time, equitable age group award, adequate aid and prompt race results. In return, we hope that each runner would conduct themselves in an exemplary manner.

FOR ADDITIONAL RACE INFORMATION CALL: 219 693-2761

MAIL ENTRY FORMS TO: TURTLE DAYS 10K  
c/o Larry Shively  
RR 3 375 North  
Churubusco, Ind. 46723

-----  
**BEFORE JUNE 23, 1984**

\$2.00 for 1 Mile (NO T-SHIRT)

3.00 for 10K (NO T-SHIRT)

\$5.00 for 10K (With T-SHIRT)

T-SHIRT SIZE: 10K only - S M L XL (circle one)  
(adult sizes)

**AWARDS** Plaques will be awarded in both the mens and womens Divisions

10K - MEN

AGE CATEGORIES	AWARDS
14 & under	3
15 - 19	5
20 - 24	5
25 - 29	5
30 - 34	5
35 - 39	5
40 - 44	5
45 - 49	3
50 - 59	3
60 & over	3
Cruiserweight 190 lb. & over (must weigh in race day)	

10K - WOMEN

AGE CATEGORIES	AWARDS
14 & under	3
15 - 19	3
20 - 25	3
26 - 31	3
32 - 39	3
40 & over	3

1 Mile Fun Run	Male	Female
8 & under	3	3
9 - 11	3	3
12 - 14	3	3
15 - 19	3	3
20 & over	3	3

-----  
**AFTER JUNE 23, 1984**

\$3.00 for 1 Mile (NO SHIRT)

\$5.00 for 10K (NO SHIRT)

PLEASE MAKE CHECKS PAYABLE TO: TURTLE 10K

FEE MUST ACCOMPANY REGISTRATION

WAIVER: I hereby fully understand that the sponsors, race directors, Turtle Days Committee, Smith-Green Community Schools, and any other officials are not responsible for any injury, loss of personal property or death as a result of this race. I waive all rights with this agreement. PARENTS AND/ OR GUARDIANS MUST SIGN FOR RUNNER IF HE OR SHE IS UNDER 18 YEARS OF AGE.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

DATE \_\_\_\_\_ I'M RUNNING 10K \_\_\_\_\_ 1 Mile \_\_\_\_\_

SIGNATURE \_\_\_\_\_

- Ultra-Marathon-- A race timed with a calendar
- Marathon-- A race that is 6.2 miles too long
- Half-Marathon--One half the distance of a marathon, but always the first half.
- Mini-Marathon-- A contradiction of terms--A race that does not exist.
- Oxygen debt-- What your spouse goes into when you announce that you just purchased another \$80 pair of running shoes.
- P.R.-- A fast time on a short course.
- Flat Course-- A course where any point on the course is at the same or lower elevation than any preceding point, or starting line.
- Downhill-- A course that doubles as a downhill ski run in the winter.
- Hilly course-- Any course that is not flat or downhill.

- 10K & 5K-- Apparently some sort of runner's code indicating that 10 letters precede and 15 letters follow the letter 'K' in the alphabet.
- Runner's High-- Drinking 2 beers after a 10 mile race.
- Running Gear-- The gear used by the pace car.
- Race Pace-- The pace at which runners race about so they are sure to arrive at least one hour prior to the start of a race.
- Fartlek-- A Swedish term for being chased by a dog.
- Running Diet--Anything non-runners eat-only more.
- Carbohydrate Loading-- A scientifically acceptable binge or an good excuse to eat six Snickers Bars.

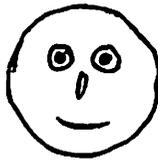
- The Wall-- An experience which begins one mile farther than you're trained to run.
- Speed work-- Training at apace that seems more like work.
- Interval-- That long period of time since your last speed workout.
- Cross Country-- Where any runner will travel to get a great T-Shirt
- Runner's Illness-- Any excuse for not setting aPR
- Muscle Memory-- What a under-trained marathoner depends upon to match last years time with this years mileage
- Positive addiction-- A term used to describe the type of dedication that if applied to any other activity would be termed dependency.
- Vitamin-- A type of positive addiction.

## The Faces of a Marathon

by DAN KAUFMAN



2 miles  
"Keyed up"



6 miles  
"Less Keyed up"



8 miles  
"BORED"



10 miles  
"MUST PICK UP PACE!"



12 miles  
"ALMOST HALF WAY -LET'S GO!"



14 miles  
"MORE 'BORED'"



16 miles  
"Apprehension"



18 miles  
"PAIN"



20 miles  
"Should I Quit?"



22 miles  
"I WANT TO QUIT!"



24 miles  
"I'm going! to make it."



26.2 miles  
"Where Am I?"



Dear Jerry:

CHILLY 20 K RESULTS

The first points race is now history (results enclosed). It was the usual . . . buster. Times were a little slower than last year, but Greg O. and Tom L. didn't compete. A 20 MPH east wind didn't help either.

I want to thank the following people for volunteering their time and efforts:

- Don Lindley and Jim Anderson - finish line
- Terry Shipley and John Treleavon - equipment
- Joan Goldner, DeDe Benschneider and Sylvia Whitacre - water stations
- Debbie Caswell, Karen Perrin, Sharon and Bobby Pauley - results and awards (also hot soup)
- One Young Lady (I didn't get her name) that provided the only splits
- Roseann Lindley, Brian, Michael and Tom Hoffman - registration and road signs

This small but efficient crew really did the job. Thanks to each of you for making this another FWTC successful race.

Also, special thanks to Rogers Markets for their participation in the beautiful fruit baskets.

Chilly 20K Race Results

WOMEN	
19 and under	
Lisa Daniels	1:56:05
20-29	
Theresa Yankowiak	1:27:35
Judy Tillapaugh	1:31:28
Sharon Getty	1:38:17
Susan Peterson	1:45:59
Sabine Florreich	1:54:58
30-39	
Betty Nelson (Winner)	1:25:29
Deb Kukulhan	1:30:58
Phyllis Suelzer	1:32:08
Patti Fleming	1:42:00
Kathy Widan	1:46:21
Carolyn Williams	1:47:33
Ann Mize	1:52:11
Liz Rickner	1:52:42
Mercedes Cox	1:52:49
Angie Suevers	2:02:45
40-49	
Ann Jamison	1:34:44
Roseann Simmons	1:44:01
Jo Ashton	1:58:59
Gwen Fry	2:06:20
MEN	
15-19	
John Schwarze	1:35:50
15-19	
Randy House (Winner)	1:09:03
Fred Moreno (Winner)	1:09:03
Chuck Clendenon	1:15:04
Tom Hoffman	1:15:19
Steve Lengacher	1:20:14

20-24	
Mike McManus	1:10:41
C. Edington	1:21:28
David Geiger	1:26:10
K. Schannen	1:30:28
Randy Johnson	1:35:23
Ken Votaw	1:56:55
Jeff Belknap	2:03:05
25-29	
Vineat Garcia	1:13:54
Marlin Howe	1:15:24
Doug Sundling	1:15:28
Chuck DeFord	1:17:05
Hal Pearson	1:18:30
Mike Schlemmer	1:19:51
Terry Diller	1:21:38
Tony Gatten	1:23:18
Larry Ellis	1:30:43
Bob Schendel	1:30:47
Ken Kling	1:34:32
Mark Brattoli	1:37:39
Mike Avila	1:47:37
Cliff Dewells	2:01:24
Jonathon Olsen	2:06:15
30-34	
Phil Suelzer	1:10:42
Gary Dexheimer	1:12:50
Jerry Junezock	1:14:18
Mike Gasper	1:15:05
Rock Reltzug	1:17:36
David Ruetsch	1:18:16
Miguel Mendez	1:18:45
John Boy Treleaven	1:20:11
Steve Caswell	1:23:26
Dennis Kroells	1:24:03
Dan Mlnnich	1:24:23
Jim Garner	1:24:36
Youles	1:25:51
Roger Wilson	1:26:24
Dave Winters	1:27:14

*Mike*  
**Mike Kast**  
 20 K Director

Denny Zech	1:27:31
Larry Shively	1:29:53
Tom Archbold	1:31:39
M Callahan	1:35:08
Fred Truden	1:35:27
Dennis Conner	1:39:13
Tom Fisher	1:39:57
Tim Bolin	1:40:04
Rick Hullinger	1:42:01
Greg Fahl	1:43:16
Phil Kenneck	1:44:03
George Kirby	1:45:26
Brian Migliore	1:50:35
James Solon	1:52:26
Robert Harris	2:13:16
35-39	
Todd Rigelman	1:23:13
John Schwarze	1:24:24
Tom Dendinger	1:24:25
Ed Kerr	1:26:30
Dave Smith	1:26:36
W. Schaltenbrand	1:30:06
Russ Suever	1:30:26
Steve Adkison	1:31:06
Mike Byerly	1:31:13
Dive Fairchild	1:31:25
Bruce Kueheman	1:31:27
Ivan Painter	1:34:38
Dave Reichwage	1:34:46
Lee Pearson	1:34:56
Phil Wisniewski	1:35:52
Dennis Henry Hudson	1:36:41
Steve Houser	1:38:04
Robert Wiersma	1:38:26
Tom Mather	1:38:30

Jim Sellar	1:38:36
R. Motycka	1:39:33
Steve Butler	1:40:22
Jim Lipkey	1:44:08
D. Nottingham	1:44:47
Mike Murphy	1:46:04
Phillip Luttmann	1:47:19
Ken Ivan	1:49:49
James Lantz	1:50:10
T. Humbrecht	1:50:13
Tom Theard	1:50:31
Jay Jamison	1:52:13
Lawrence Lee	1:55:11
40-44	
Larry Averbeck	1:19:09
Jerry Perkins	1:20:25
Bernie Motycka	1:27:46
Jerry Rickard	1:34:05
David Boylin	1:34:26
Tom Felger	1:34:55
Ken Miller	1:36:08
Tom Clagg	1:36:21
Don Noland	1:36:36
Rodger Puckett	1:38:07
Jim McGowin	1:38:32
Duane Volroi	1:38:42
Don Ashton	1:39:15
Dave Wolff	1:40:05
Jim Martin	1:41:01
Joe Vachon	1:43:50
John Rogers	1:46:23
Charles Hall	1:47:19
R. Kleinknight	1:47:22
Larry Yant	1:53:51
45-49	
Jack Morris	1:24:14
Ray Sibrel	1:25:24
Craig Miller	1:29:07
Ken Clark	1:32:39
Clem Getty	1:34:32
Tom Liebrich	1:36:29
Doon Goldner	1:37:12

Tom Laird	1:39:02
Don Jantz	1:44:43
Lowell Krاندell	1:47:25
Joe Brooks	1:51:55
50-59	
Myron Meyer	1:24:38
Herb Chandler	1:32:12
Norm Whisler	1:35:33
Vern Chovan	1:38:16
Ian Rolland	1:42:45
John Hliker	1:44:02
Rudi Florreich	1:45:12
Curt Noid	1:48:35
J.P. Jones	1:49:04
Paul Snyder	1:57:52
Alfred Moore	1:58:16
Opger Phillips	2:00:29
Chucky DeVault	2:05:35
Gene Haines	2:08:24
Russ Moyer	2:13:15
60+	
Phil Burns	1:58:06
Chet Fleetwood	1:59:28
1 MILE FUN RUN	
Ricky Squires	
Jim Schwarze	
Jennifer Schwarze (Woman)	
Karen Perrin (Woman)	
Brian Lindley	
Sharon Pauley (Woman)	
Bobby Pauley	

MOTHER' DAY RUN AT  
KENDALLVILLE

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

You may want to consider traveling to Kendallville this Mother's Day, Sunday May 13, if you're looking for something different.

Again this year, a five mile cross country run in the European tradition will be conducted through Kendallville's Bixler Lake Park. The course will run through the park's wetland nature area trails including hilly woodlines, songbird nesting areas and marsh managed for Canadian Geese. The run continues through the municipal park's lightly traveled roadway encompassing picnic and campgrounds, all in a natural spring setting.

Emphasis on the event is to provide fun at a low cost run that is efficiently conducted. T-shirts, splits and comfort stations are not provided along the route due to the race length and time of year, but restrooms are available at the start/finish. A wide range of award categories are available including team entries and one mile fun run is also available for those wishing a shorted distance challenge. Late registration takes place at the Park Departments youth center, 211 Idling Street at 1:00PM and the race begins at 2:00PM.

This race may not appeal to every roadrunner, but if you're up for some good old cross-country adventure over moderately difficult terrain, you'll enjoy the race. 65 runners ran the first year. The men's record is 28:09 and the women's record is 42:21. Cost is \$ 4

CLIP AND PUT ON YOUR REFRIGERATOR DOOR

# SUB 4

## Ready for the Road



### Shorts & Singlets

GLENBROOK SQUARE  
10% Discount to FWTC Members

484-4322

**athletic**  
**annex**

REMINDER: Please  
mail all 'inside  
track' info to  
Jerry Mazock  
6135 Orchard Lane  
Ft. Wayne, In 46809

OTHER RUNS IN THE AREA.....

"DEWEY SLOUGH INVITE".....

10 mile run

OVERALL: Tom King 1:31:21; 45-50: Jim  
Dupont; 40-44: Larry Yant; 26-30:  
Jeff Burnett; 20-25: (Tie) Brad  
Stevens and Mike Bultemeier

5 Mile fun Run

TIE Brad Jacobson and Tom Meadows

Race Calendar con't

June 16 St. Patricks Summer Run 10K

South Bend, St. Patricks Park 10am.

June 17 Carmel Classic 5K & 15K. Carmel

In. 8:30 AM. Nelson Steele

June 23. Redmens 4 mile run. Decatur, In

Belmont High. Rudy Kleinknight 724-3272

June 23. Monument City C lassic 10K &

2 mile. Angola, In. 8:30am. Jim Scott

665-5582

June 23. Human Race 10K South Bend

Broadway Church 9 am.

June 29 Turtle Days 10K Churubusco In.

Larry Shively 693-2761

June 30 AUL Governor's Cup 8K Evansville

In. ISU Campus. Bill Stegemoller

812/425-8484

### POINTS AND MEMBERSHIP APPLICATION

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.

\_\_\_\_\_  
\_\_\_\_\_

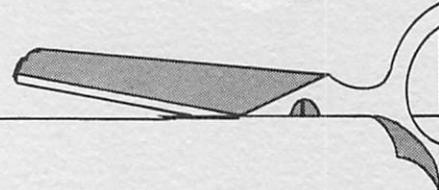
Mail to: Russ Suever, 1924 Montgomery  
Court, Ft. Wayne, In 46815

Mail reg. membership app to Phil Shafer

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P O  
N

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Sex \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Occupation/Employer \_\_\_\_\_ Phone \_\_\_\_\_  
 Annual Mbshp. \$10.00 = \$ \_\_\_\_\_  
 Ea. add'l. family mbr, \$5 ea. \_\_\_\_\_ = \$ \_\_\_\_\_  
 (\$20.00 max. per family) Total \$ \_\_\_\_\_

TRACK CLUB USE:

Make checks payable to Fort Wayne Track Club and mail to:  
Fort Wayne Track Club, P.O. Box 11703, Ft. Wayne, IN 46860

New \_\_\_\_\_ Renewal \_\_\_\_\_

FORT WAYNE TRACK CLUB APPLICATION:  
(list name, age, and birthdates of each member)

\_\_\_\_\_  
 \_\_\_\_\_  
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 \_\_\_\_\_



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