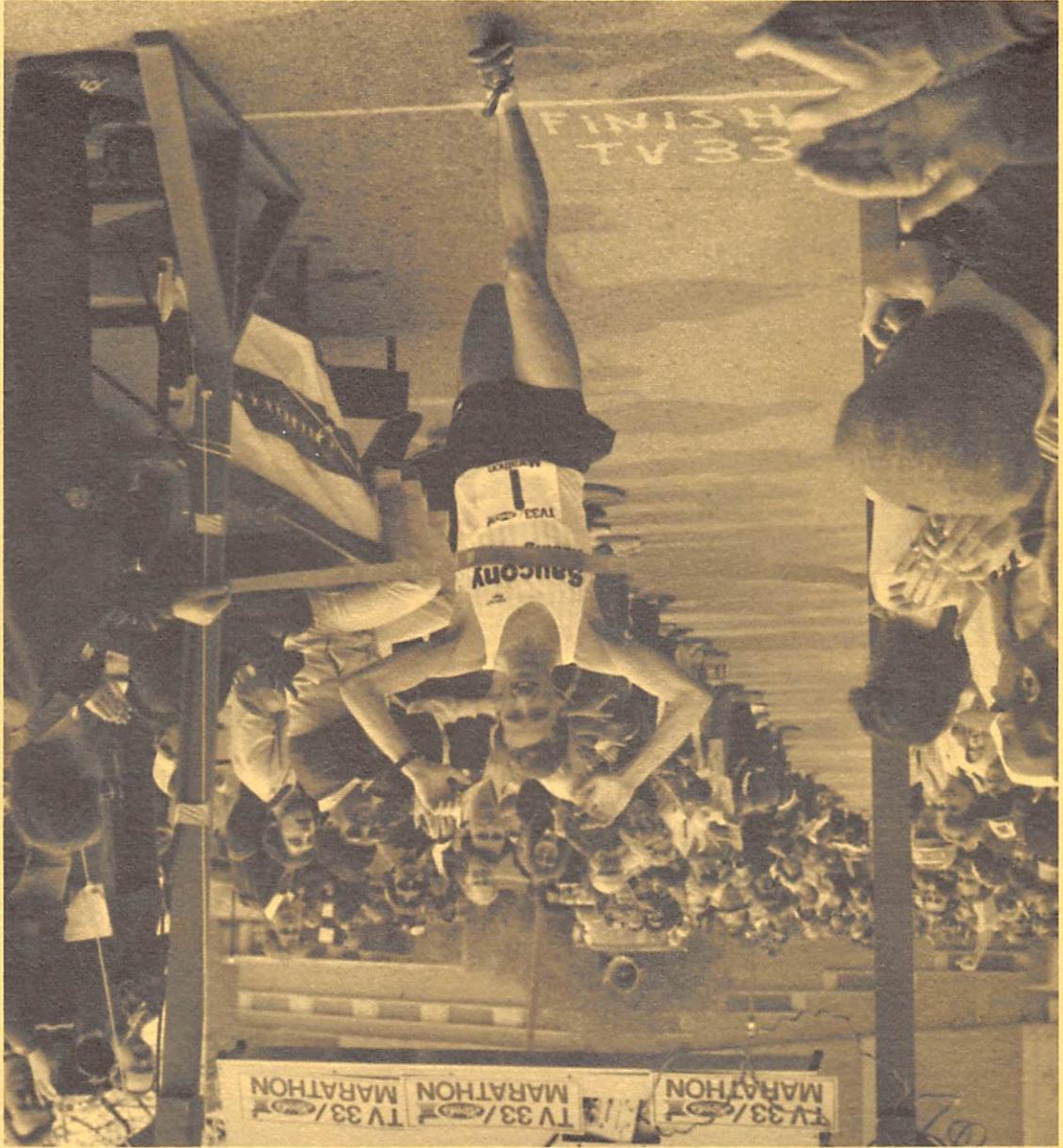


TOM LOUCKS WINS HIS 2ND TV-33/HOOKS MARATHON



the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

JUNE, 1984

**FORT WAYNE
TRACK CLUB**



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

FWTC 1984 POINTS RACES (PROPOSED)

(Always check Inside Track for later schedule changes)

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Tom Loucks Out-of-town-race schedule
622-7108

Dan Kaufman Board Member 485-5241

Jim Anderson Course Measurement

FOR ADVERTISING RATES
CALL TOM LOUCKS AT 622-7108

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

July ???	????	??????	Orienteering Race--Mike Glasper (Anybody who knows anything about Orienteering should contact Glasper immediately!)
August 18	Sat	5K	Kent Davis Run--Georgetown SQ UAR 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

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

Dear Race Director,

I would like to introduce you to our free photographic services available for road races. We endeavor to serve both the race directors and the runners themselves.

Having been a race director myself, I understand how difficult it is to put a race together, both financially and mentally. If necessary we are willing to furnish you with race numbers in order to help offset your race expenses. All we need from you is a complete mailing list of runners entered in the race. In some cases,

we will work with you after the race compiling the lists, and we will of course pay for any costs incurred. As soon as the processing is returned from our custom lab, we mail out a free contact proof of each runner photographed.

Being a runner myself, I have always enjoyed receiving free proofs from past races. So often runners don't have anyone at the race to capture that special feeling they've experienced. There is no obligation to buy anything. We believe our photos will sell themselves.

I am now organizing our 1984-85 work schedule. I would appreciate a list of races you would be interested in having photographed. Please include approximate number of runners, date, and time of race.

Sincerely,

Dan Bossard

SPORTS PHOTOS UNLIMITED
7404 E. State Road No. 46
Bloomington, In 47401
812/333-2406

SIDE THE INSIDE TRACK..... This is our TV--33/Hooks Marathon issue and we have some great pictures of that race from Dan Bossard, Mike Robbins and others. Robbins also contributed an article about our president and another one about a Book Review. Doug Sundling wrote an "Mosts and Leasts" article along with a reply concerning his winter running habits. Dan K's article may result in all of us taking our training easier next year. Judy Newman (New Nutrition column co-writer) tells us how easy it is to eat the right amount of vitamins. Larry Lee thanks everyone involved in the marathon and so does Don Goldner and Karen Perrin. Erick Soderquist tells us what motivates him. And Don Goldner tells us about his successful prediction run. Suever and Miller have done the points findings. Mazock's deep into the off-season, and Bud Strouse submitted a nice letter. Joan Goldner sent me a comic(Thanks) and Loucks sent me his Race Calendar. Hilly 4, Circular K and Turtle days info is in here too. Plus a zillion informative ads and more. Hope you enjoy this stuff!

OW.....FROM THE HILLS OF MULDOON COMES.....

THE PRESIDENT'S SIXTEENTH OF A PAGE

by DON GOLDNER

The finishing times ranged from Tom's 2Hrs and 27 minutes to slightly over 5 hours. It seems to be a relatively short period of time spent performing the event in comparison to the amount of time spent preparing for those brief hours.

If we could ask each runner at the starting line how many hours and miles they spent preparing for the race and arrive at that total, I'm sure the sum would be a staggering figure. Some runners put in over a thousand miles during the three months of preparation.

But I'm sure most of the finishers will tell you it was time well spent. We know the results are rewarding.

Speaking for the runners, I would like to thank all those who put in long hours preparing and organizing the event. The effort of our sponsors, aid stations, and tent personnel, and all involved make the TV--33/Hooks Marathon a great community project. A special thanks to the many spectators who are growing each year in numbers and enthusiasm. I hope they realize how much they are appreciated by the tired runners.

We as members of the FWTC should be proud to be associated with this event!

DON GOLDNER: A SUCCESS STORY

by:

MIKE ROBBINS

Every marathon begets stories of achievement and stories of goals left unattained. All the stories of achievement, though, are not ones of goals or particular times accomplished. Many runners train long and hard for a marathon just to see their watches away the long-sought goal. Many of these runners reach deeper, however, and continue forward. They are the people who define pride and courage in running. Don Goldner is one of the runners.

Don began to train last October for the TV --33/Hooks Marathon. He trained diligently and hard. He dieted gently and sacrificed many little pleasures in order to be ready to run his best. His goal was to run Boston

with his wife, Joan. But Don did not qualify; Nor did he quit. One can only imagine the pain he felt as months of purpose slip away minute by minute. Lesser men might have cursed it all and walked away. Don did not quit.

Don planned for months to fly to Bloomington after the race to watch his son graduate. It was something he had looked forward to for a long time—a pleasure greatly anticipated. But Don's plane did not leave the ground. Though the sun was shining in both Fort Wayne and Bloomington, the pilot determined the inclement weather between made the trip unsafe. Don did not quit.

The night of May 6 Don helped Hilliard Gates present the marathon review show. His assistance was knowledgeable and professional. His concern was for the performance of others. No mention of personal struggle was made.

Courage in the face of continued adversity is a far greater success than any particular time for a particular race. It is this type of achievement, especially by its president, that demonstrates all that running can be in the FWTC. Don, we're all proud of you!



Editor's Run

by JERRY MAZOCK

This year my competitive running season lasted a little over 3 ½ months. On January 15th, I was eager to start the long training journey which hopefully would culminate in a sub 2:35 marathon.

On Parnell Street at the 25th mile mark, in the midst of marathon euphoria/agony, I knew there was only a tad over a mile left in my season.

That helped me to push hard (In this case....to hold pace). I passed a couple of people and finished in 4th place with a time of 2:34:32. I was satisfied with achieving a good marathon once again. I have run 5 marathons between 2:33:18 and 2:34:45. I've come to the realization that I will probably never break 2:30. (Unless I go to a big city race, get swept away in a large pack AND have the race of my life!)

Yet, I don't feel one bit sorry for myself, because I did my best on May 6th and in prep for that date.

However, I learned that I love to train for that elusive sub-2:30 and moments after the 'season was over', I felt that I had just said good-bye to a good friend that I wouldn't see again for many months.—Probably not until next January at least. At that time we will once again stride through Foster Park in quest of the impossible. But, for now I eagerly await 'fun running' and the joys it brings. Linn and I also eagerly await the birth of our 2nd child, in the midst of a wonderful off-season

TV-33/HOOKS MARATHON

10TH ANNUAL

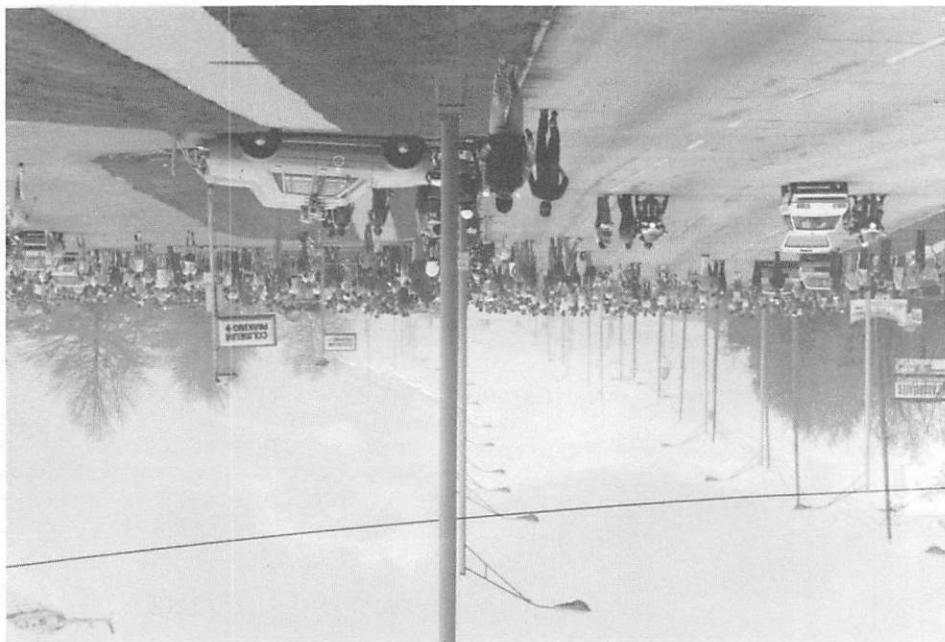
MAY 6, 1984



It's 7:30 AM. May 6th, 1984. Hilliard Gates awaits the start of the 10th Annual TV-33/Hooks Marathon



The starting gun is fired. The runners begin the odyssey of one of man's most demanding sports.....THE MARATHON.



At 7:45, the runners are called to the starting area. Tension and excitement abound.



About 100 yards into the race, we heard jokes, saw smiles, and some felt concerned about the huge task remaining ahead.

At 10 3/4 miles in Foster Park entrance at Old Mill Rd, the eventual winner begins to close in on the early leader or two still ahead.



Foster Park

...nt Nold and Gloria Nycum , having completed Saginaw's Marathon the day before, attempt a double feat.



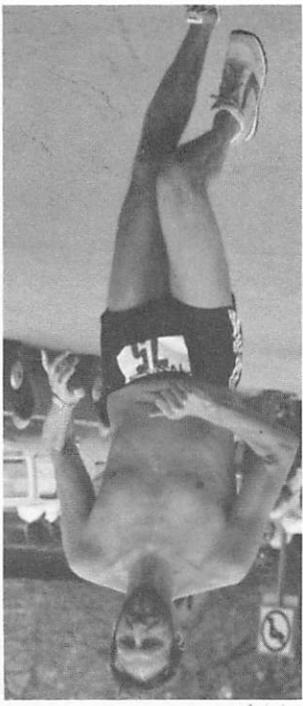
Loucks, Beam, Mazock, and Munro just past the 3 mile point in 17:15.



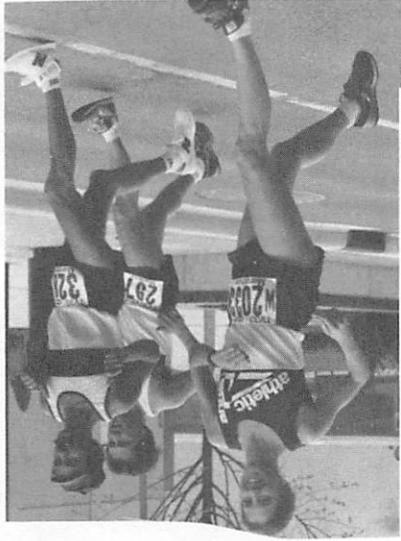
Dexheimer follows closely



Mazock, 200 yards behind the pack in 12th place.



Deb Kukulian at 3/4 miles is running her 2nd marathon.



Chuck Deford in his first marathon and Rock Reitzug in downtown Ft. Wayne. Reitzug had a severe cold but still gave it a shot!



Charlie Brandt at 10 3/4 miles.

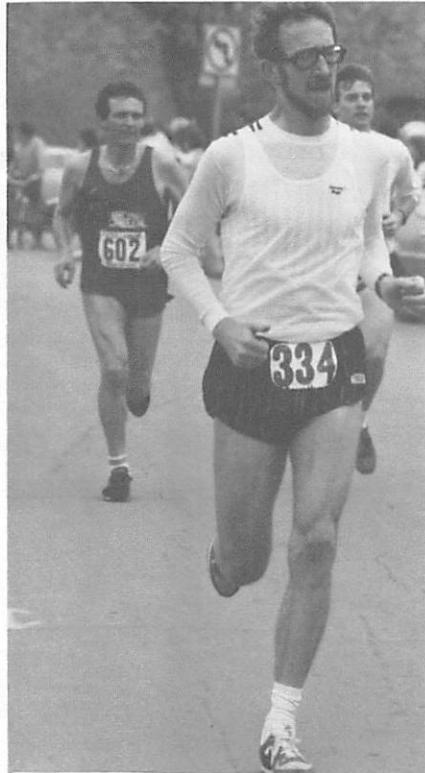
TV-33/Hook's Marathon



Roger Wilson, and Mary Hanudel of Toledo, Ohio, the current 2nd place woman runner behind Mary Connolly. By the end of the race, Roger would experience some severe leg problems.



NOW HERE'S A GROUP!!! Some are in a state of limbo, some are deep within their emotional selves, and one is having the time of her life! From right to left Theresa Yankowiak, then number 2002, Then Judy Tillapaugh and Ann Jamison.



Dave Fairchild in conference with the gods who remind him of the severe illness which developed during last year's marathon, when he was forced to drop out at 23 miles in downtown to be rushed to the hospital. Will he make it this year? Wayne Schaltenbrand is in the background.

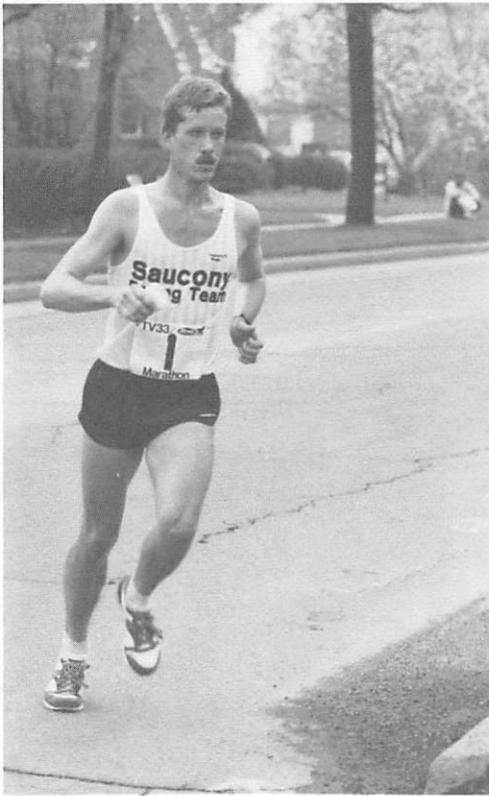
marathon



Larry Ellis (Number 75) and Dennis Hudson (far right), pass the huge cheering crowd of spectators at 10 ¾ miles

Minutes of the Race

RUNNING ON EMPTY



HOWEVER, IT LOOKS LIKE
LOUCKS STILL HAS
PLENTY OF GAS
IN HIS TANK

For Tom Loucks (and everyone else) the serious part of the race is beginning here at 15 1/4 miles at the Old Mill Rd. entrance to Foster on the way back

Loucks on the Columbia St. Bridge, running by himself in the lead by 3 minutes with 2 1/2 miles to that 'Far Pavillion'.... The Memorial Coliseum.



TOM LOUCKS WINS IN 2:27:53



The first woman, Mary Hanudel of Toledo, Ohio crosses the finish line.

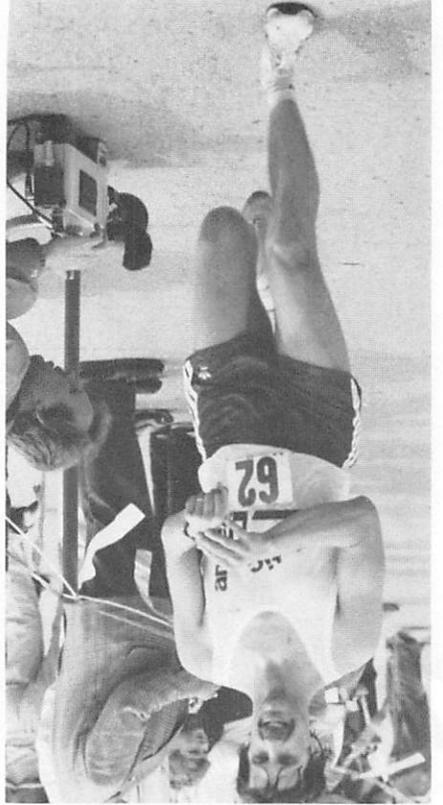
26.2 miles OR BUST



Jerry Mazock, one stride away from his 'off season', finishes fourth in 2:34:32



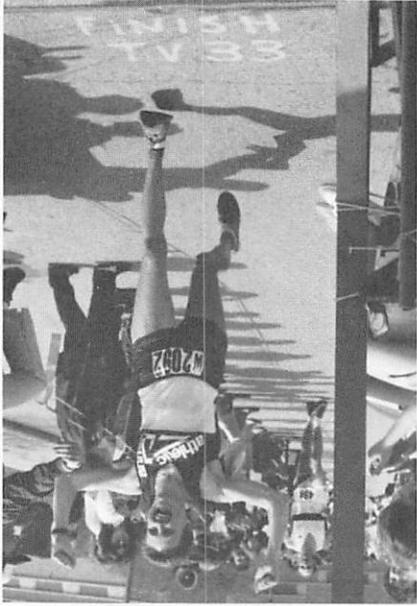
Mary Theresa Connolly ran a great race in Fort Wayne. She finished second. Not bad considering she just ran 'Boston'.



John Treleven cruises to the line in well under 2:55



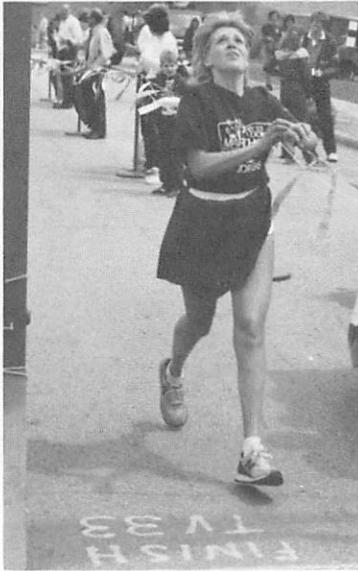
Dave Fairchild absolutely whipped the TV-33/Hooks Marathon this year!



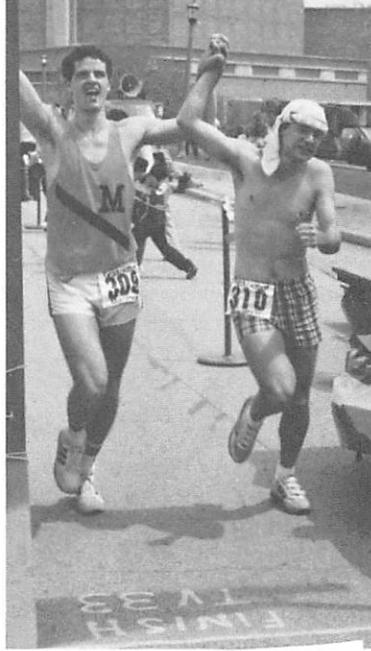
Ann Jamison finishes strongly!

so far

Fun RUNNING



Ann Mize looks heavenward: OR Ann Mize checks her time at the finish.



The finish line of a marathon is a triumph for everybody!!!!



Tom L. with a proud Mama.

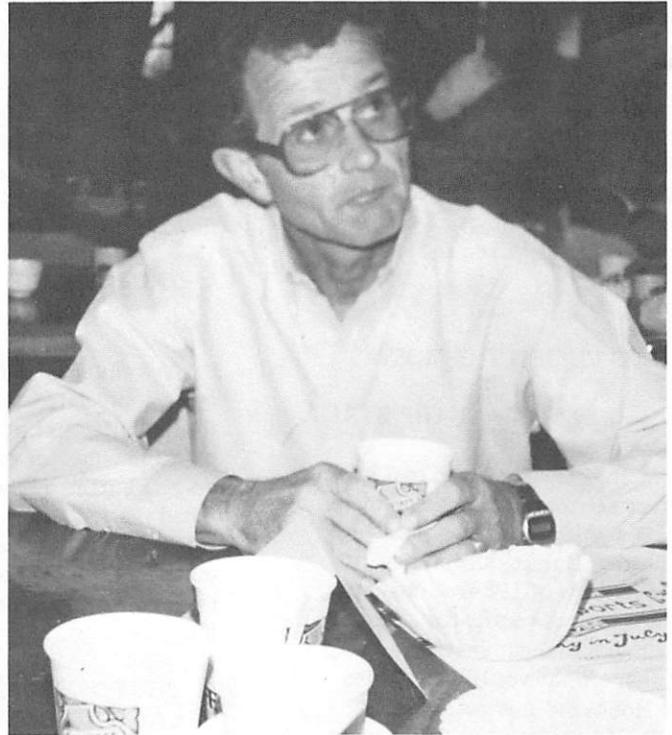
A class act



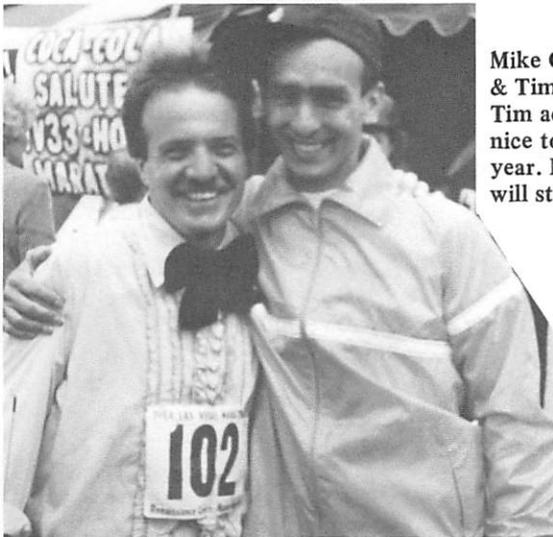
Jamison, Tillapaugh, and Yankowiak compete during the race, and are still friends after. Other sports should see this picture!



Joan Goldner tries to hold Mazock up at the finish.



The strong warrior, bruised today but not beaten, eyes the next tree-covered road leading up into the mountain.....



Mike Glasper & Tim Fleming. Tim added a nice touch this year. Maybe it will start a fad!



MAY 6, 1984 AND 26.2 MILES

Sometime after I had finished the TV--33/Hooks Marathon, as I was shuffling around to make sure all my muscles were still compatible with existence, I crossed editor Jerry Mazock's path. Jerry beamed that wide grin of his and told me, "Well, time for the off-season for me. Now, you take a couple of days off and then start writing. Just write, write, write and get me your impressions of the marathon by the 15th.

Right. (Editor's Note:) I'm a slave driver, I am I am. Oh, I'm a slave driver, yeah, yeah, yeah.....

Anyways, I left with two kinds of impressions: Things I liked the most and things I liked the least.

THINGS I LIKED THE MOST

1. THE WEATHER AT THE START.

Overcast. 49 degrees. An east breeze. Perfect weather for fungi and marathoners. After the cruel onslaught by Mother Nature during the first three months of 1984, Sunday, May 6 was a gem of respite for all those gruelling training miles run in lousy weather. Whatever Hilliard Gates and Hooks did this year to coax Mother Nature, I hope they can do the same for next year.

2. THE SUN AT NOON.

If Mother Nature had provided perfect running weather, her timing at 12 o'clock noon was exquisite. Perhaps the back of the pack didn't appreciate the sun that broke through the clouds around noon, but the golden sunshine bathed a lot of weary bodies with welcomed warmth.

3. THE ORGANIZATION.

How many marathons give splits at every mile? Have the aid stations and help available on the course? Are both free and this well-organized? (How many marathons?) The races are few where I can cross the finish line and not have to worry about anything like filling out a finish card or keeping track of a finish number and time or seeking out liquids.

Just to get out of the finish chute I had to pass by three tables of coke, gatorade and water, buckets of sponges, an enthusiastic crowd of supporters, Sharon Pauley and the rest of her fellow helpers at the end, and a massage tent. I wonder if Mazock can get the same set-up for his Chug-A-Lug?

(Editor's Note: Those are good ideas Doug! Let's see...On August 17th, in the finish chute....After 7 beers... you'll have to pass by three tables of Strohs, Pabst, and Bud Light.... Buckets of beer-soaked sponges.... A rowdy crowd of pretend alcoholics... Bob Pauley, champagne in hand, waiting for Sharon to finish her last loop.....Plus a beer tent to relax and unwind in after this grueling event.)

4. THE MESSAGE TENT AT THE END.

As a runner, I can't imagine a more appreciated way to leave the finish chute after a marathon than off to the massage table. "Where do you hurt?" the lady massagist asked me. "The usual," I replied, "All over! But, if you want to, you can work over the back of my legs and my lower back." That felt nice.

5. THE FOSTER PARK AND CALHOUN STREET CROWDS.

The first time down Calhoun

and through Foster Park I can joke with and acknowledge the crowd



Doug Sundling at 9 miles 100 yards, running sub-6:00 pace and 'kinda' enjoying himself.

of spectators. But, on the return trip through the park and up Calhoun, I gain as much refueling from those crowds as I do from water. Maybe I didn't look it, but the words of encouragement of "Lookin' good" and "Lookin' strong" help keep a lonely pace going.

6. TIM FLEMING'S LAS VEGAS MARATHON FORMAL RUNNING ATTIRE.

The ruffled light blue shirt, tuxedo black bow tie, and black shorts provided a nice diversion both out and back. Tim needs to guest host a Runner's Week Running Show dressed like that, say the Memorial Day Hickory Groves Lakes Camp-ground 10KM Cross Country run?

7. TOM LOUCKS WINNING THE MARATHON.

Isn't it appropriate that such a good-natured, well organized marathon was won by such a nice guy? The competitor in me would love to beat Tom one of these days (Say the White River Games, eh?), but it's great to have that type of person representing the winner of the TV--33/Hooks Marathon.

8. THE FIRST 22 MILES.

I had begun my training with the goal of a 6:00/mile pace for the marathon. Do you realize that

there was no one near me in the race who ran at or just under 6 minutes for every mile the first 22 miles? I figured there would be a few runners who would try to maintain that magical 6:00 pace, but I ran those first 22 miles all by myself. Other than the lack of a running companion, those first 22 miles went pretty smoothly, save for some short-lived side stitches and leg muscle discomforts. The first 20 miles disappeared 30 seconds under 2 hours and mile 22 still found me just under a 6:00 pace. But, there were 4.2 miles yet to go. C'est la vie!!

9. NO BLISTERS.

A first for me: No blisters anywhere on my feet after a marathon. And no apparent strains or injuries to muscles or tendons. You get smarter as you get older, eh?

10. THE FEELING OF HAVING ACCOMPLISHED SOMETHING.

Although I came up just short of attaining my two goals of a sub-2:40 marathon and a top ten finish, I certainly felt a sense of having accomplished something considering the weather conditions and all the other factors I had to contend with in order to prepare for this marathon. A person has to run one of these marathons to appreciate (Let alone understand) what that sense of accomplishment means.

THE THINGS I LIKED THE LEAST.

1. THE FEELING AFTER THE FEELING OF HAVING ACCOMPLISHED SOMETHING.

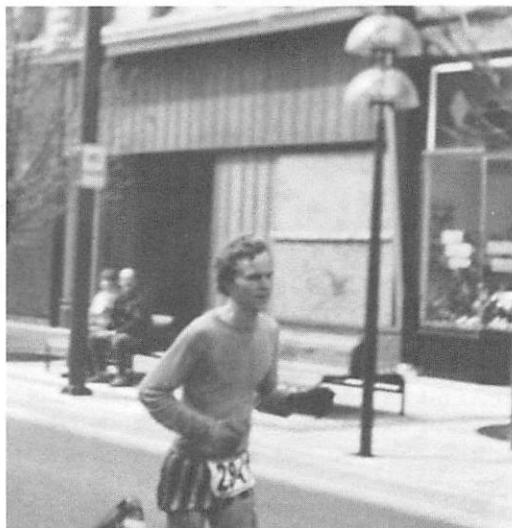
The time a marathoner finds out what he or she is made of is not necessarily during the last few miles, but in the next few hours, days, weeks or months after crossing the finish line. And for some crazy reason, most of us focus our blurred visions on the next marathon to improve our performance. A person has to run one of these marathons to comprehend that desire.

2. THE LAST 4.2 MILES

After cruising along at just under

6:00 per mile for 22 miles, I took over 31 minutes to plod through those last 4.2 miles.

"You've got to want to run those last few miles," Loucks said afterwards. But what I wanted to do and what my body was willing to do and tolerate were two different things. I haven't felt a more helpless feeling than the one at the end of a marathon when there are no more energy reserves, mush for muscles, and a realization that I cannot do anything but a survival shuffle.



Sundling at 23 miles in downtown. The work for the finish line has begun.

3. NO CROWDS BETWEEN MILES 22 AND 26.

The miles are usually the 'trenches' that a marathoner has to run through, and some of those Foster Park and Calhoun Street spectators and their enthusiasm would have been welcomed. I had an incredibly lonely feeling around mile 25: A lone timer stood at the mile marker with only the rigid, rectangular outlines of the closely stacked houses and paved streets and sidewalks posing a formidable path for what I sensed would be a very barren last mile to the finish line.

4. MY HAMSTRINGS AFTER 26.2.

As a coach, I emphasize to all my runners that they walk down if not jog after a hard run so as to help the body cleanse out the lactic acid waste in the muscles. That is tough advice to

follow after 26.2 miles: My hamstrings weren't really in the mood to do anything save collapse to the prone position.

5. SAME FOR MY LOWER BACK

6. RUNNING ON NEAR EMPTY

When Friday evening's carb-loading meal came running out me Saturday morning, I knew I didn't want that problem Sunday morning. So that meant I would run the marathon on a tank of papaya juice. I like to run road races on an empty, well rested digestive tract. But I wasn't too sure about having that empty of a tank for a marathon. Other than maybe fatigue after mile 22, I felt pretty good energy-wise during the marathon. And, my lasagne dinner that night disappeared in mass quantities.

7. THE LOCATION OF THE AWARDS AREA

The location of the awards area adjacent to the very busy and boisterous main entrance to the Coliseum was an unnecessary distraction to this otherwise well-organized and finely presented marathon. With people moving in and out of the Coliseum and gathering around the T-shirt table as a natural niche for



Doug hits the finish line in 11th place

congregating, the awards area had too much to compete with for attention.

All in all, May 6 1984 and 26.2 miles later proved to be a very gratifying experience for me as a runner.

EDITOR'S NOTE: I really appreciate this super article Doug.....Now remember the deadline for the July issue is June 5th.....Take a couple of days off now and then.....WRITE, WRITE, WRITE!)

From the MARATHON

EASY DOES IT!

by

Dan Kaufman

Although I've run several faster marathons, the 1984 TV--/Hooks Marathon was one of my most rewarding. It was the first marathon I felt in command the entire race. It convinced me once and for all the benefits of a moderate approach to running. Prior to the race (8 weeks prior) my training was not what I would have liked it to be. My weekly mileage was relatively low--45 miles per week (Although backed up by ten years of running). But I did manage much quality during those miles. I also did not race much prior to the marathon, in fact, only twice; 2 weeks and 1 week before (a 15K and a 8K). So entering the race, I didn't know what to expect. I decided to start very easy and take whatever I could. As it turned out it was great strategy. My slow, easy



Dan Kaufman and Dave Ruetschilling at 3 1/4 miles. It's hard to believe that Kaufman is just warming up....But look at that smile!

start enabled me to run the second half faster than the first and the last 10K faster than the first 10K. This is the first time I've accomplished it. Several other factors were at work also, before and during the race. Before the start, I was much more relaxed, since my training investment wasn't very great and I didn't have any great expectations. During the race, my slow start also contributed to a much more relaxed feeling. I had a "nothing to lose" attitude.

From this and past experiences, I would like to offer some new concepts on training. Some which may seem radical or even senseless, and on which there is no guarantee. These apply to runners of at least 4 years, at which time it probably makes the most sense to run your first marathon.

Let's begin by listing the DON'TS

- DON'T train more than 60 miles per week.
- DON'T run all LSD.
- DON'T run everyday.
- DON'T train hard 2 weeks prior to the race.
- DON'T CARBOHYDRATE LOAD!
- DON'T change your running routine.
- DON'T start the race fast.
- DON'T pay any attention to other runner's before or during the race.
- DON'T worry about the race, weather, etc., there is always tomorrow.

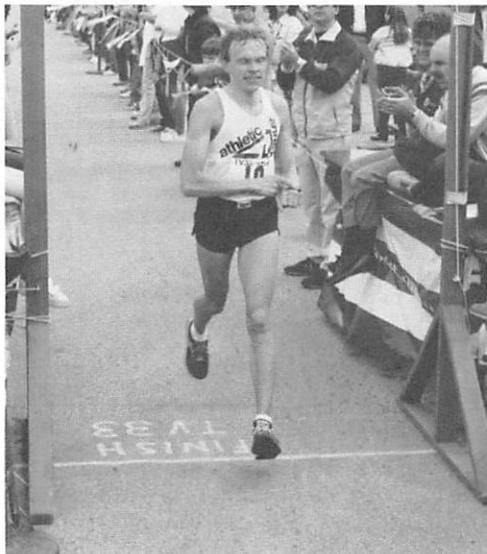
Some of these Don'ts may be hard to buy, but try looking at the marathon like this: A warmup 10K followed by a 20 mile

race. Move the wall back to the finish line. Everybody seems to want to race the first 20 and hang on for the final 10K. I say this is backwards. Train to run a 20 miler and ease into it with a slow 10K. Use moderation in your weekly mileage but get something out of each run. Run at least one 10 miler and one seven miler per week at a 'race like' pace (This is about one-third of your weekly mileage). Run another one-third (that following the hard runs) at a relaxed pace. And the final third should be run at between race and relaxed pace. But more important, work at your training. Call them workouts--Not fun runs. Always take one day off each week and



At the 13 mile turnaround at Pasadena and South Wayne, Dan K. starts to get into the pace and race.

whenever you are the least bit tired, back off! You will not lose anything. Occasionally run a week skipping that hard third of your training schedule. In my opinion runs over 15 miles can probably be avoided. If you must run between 15-20 miles, do them every other week and not within 2 weeks of the marathon. If you want to go to the track occasionally, that's fine also. It's so tempting to assume in running that more is better. But I disagree. I believe a 7 day 70 mile week is less beneficial than a 6 day 60 mile week.



Dan Kaufman, feeling strong, after 6 miles of warmup and 20 miles of racing.

I'd also like to ask why we prepare so differently on race day for a 10K or a 15K than we do for a marathon? Many of us warmup for a 10K with a 2 mile jog (or one-third the distance). It seems to work fine, so why not use the same approach for the marathon. Use the first 10K of the race (less than 1/4 of the distance.) as a warmup. Then race your 20 miler.

The body also thrives on regularity, so don't change your habits. Run the week before as usual only in moderation (pace and distance).

Most runners are continuously carbohydrate loading, so why eat differently before a race. If you've been running a number of years, your body has adapted to running and the diet. Don't change it several days before the race.

Of course, many of these ideas may not coincide with everyone's objectives. They are primarily for the 2:37 - 3:00 marathoners. Yet it is still an approach most anyone could modify to suit their needs. Runners are all individuals and we need to run the way in which we feel most comfortable mentally and physically. And perhaps, it doesn't even make any difference. We may all have a predetermined best "programmed" inside us. Some of us are 2:38 marathoners, some 2:45, and others 3:00 marathoners. Maybe after all, there is not much we can do to change it. Just think though, maybe we will discover we need only run once every 48 hours. (or every other day)!

ARE YOU GIVING BACK?

by

KAREN PERRIN

Have you given back to our sport of running even a small percent of what you have received? Don Lindley continually gives to the sport in many ways, one as aid station director for our Ft. Wayne TV--33 Hooks Marathon. Each year he must drum up some of his aid station chairpersons. He should never be faced with this problem. If all our Fort Wayne Track Club members

believed in the idea, "For every 10 races I run I will give my time to help in one!" That is giving only 10 % back. Not all of us members of the Track Club are marathon material and some can't take on an early season marathon. Why not give rather than be a spectator or a no-show? Every aid station could have a runner who knows how it feels and what the participants really need.

I ran my first marathon in Louisville, Kentucky on November 13, 1983. I kidingly told Ian Rolland (Chief Executive Officer of Lincoln National Corp.) I completed the marathon for research to provide a better Lincoln Life aid station for the TV--33/Hooks Marathon. Even though it was a joke, what I experienced last November (With a time of 5:28:50) made our station better. In Louisville, I was handed orange sections at some aid stations. What an upper, natural energy! I convinced

Lincoln our station should supply some orange sections.

This was my third year as chairperson for the Lincoln National Life Station. I thank my husband, Jim, and daughters, Chris and Kathie, for helping at the station and putting up with me during weeks of pre-occupation with planning for providing the marathoner's needs. Just when I felt we had all the bases covered, upon arrival at the corner of Rudisill and Calhoun (One hour before the start) we discovered Hooks outside water line was frozen during the winter and was turned off. We had no water!! But we didn't let this get us down. (After a few moments of sheer panic), we began carrying water from inside the Hooks store, filled our cups, mixed gatorade and filled the container with sponges. I'm so proud that most of my workers are the original group I started with in 1982. Many of them are non-runners and have not been to any of our areas other races. They really cared for each and every participant that ran or wheeled through our 5/21 mile station. Lincoln employee, Mike Snyder, and members of "Spy Run" musical group provided the marathoners with live music. Our station provided the music, orange section, pom pom girls, experienced workers (including some runners), The usual water, gatorade, defizzed Coke and sponges, but most of all the tender loving care.

Just as marathoners have their casualties, my aid station encountered some... While cuttin goranges into sections, Keith Hedges and I gave our blood for your finish. He sliced into his finger and I attacked the end of my thumb. Greg Allen attempted to remove an orange slice from the road (so none of you runners would fall,) in doing so, twisted "his" ankle. Mike Snyder's casualty (while providing some great "live" country/rock music) was blowing the main speaker for his keyboard. This forced his band "Spy Run" to stop playing sooner than they had planned. We hope you all enjoyed them. All the workers woke on Monday with parts of their bodies hurting that they didn't even know existed!

I could go on forever bragging about "Abe's People", but, my main purpose for writing this article was to make all Fort Wayne Track Club members take a good look at themselves. Are you giving at least 10% back to your favorite sport of running? If we all keep taking and

rely on a small group to always do the giving, our GREAT races, we participate in now, may no longer exist. The Fort Wayne Marathon may not always see my face helping at an aid station, but you can always be sure if I don't help at that race I will substitute it by helping at another. I'm so grateful to all who help me when I run, helping at some of the races is my way of saying "Thank-you!"

I joined Bonnie Taylor after she came through Lincoln's 21 mile station for her 5+ miles to the finish. As she went for the finish I recalled my feelings in Louisville last November. Completing a marathon is a victory! To each and every marathon finisher, my aid station and I give you the same comment we have the last two years: "Your victory was ours!"

HILLY 4 POOP

DATE: JUNE 16TH
TIME 8:00AM
PLACE HOMESTEAD HIGH SCHOOL
REGISTRATION: RACE DAY ONLY
BETWEEN 7:00 & 7:45
QUESTIONS ...CONTACT JOHN
BOY TRELEAVEN 432-5315
COST...FN TC=FREE. NON
MEMBERS.....\$ 2.00

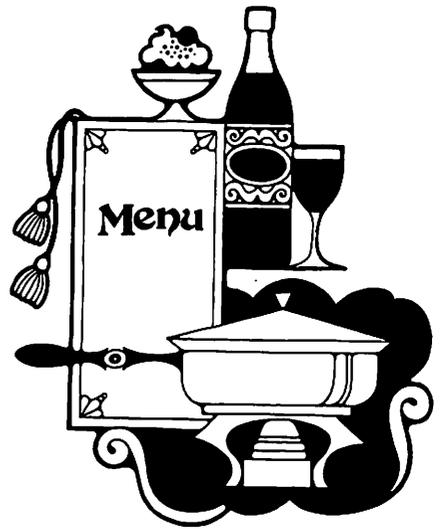
THIS IS A FWTC POINTS RACE
WITH REGULAR FWTC AGE GROUPS

EATING FOR THE HEALTH OF IT by JUDY NEWMAN, R.D.

Vitamin Facts.....

Vitamins are essential to life and health, but their true role in the body and nutrition is often misunderstood and misrepresented. Vitamins are organic compounds necessary in small amounts for normal growth and maintenance. Vitamins do not provide energy but they are used for transforming food energy and body maintenance.

Vitamins are present in foods in very small amounts. Some vitamins are measured in I.U.'s (International Units) which is a measure of biological activity. Others are measured in micrograms or milligrams. Let's use a comparison to show the small amounts needed by the body:



an ounce= 28.3 grams
a milligram is 1/1000 of a gram
a microgram is 1/1000 of a milligram

The U.S. Recommended Daily Allowance (U.S. RDA) for an adult of vitamin B₁₂ is 6 micrograms a day. One ounce of this vitamin would supply 4,724,921 people with the needed amount for a day.

Although getting enough vitamins is essential, excess amounts may be hazardous. Vitamins are divided into two classes: water soluble and fat soluble vitamins. The water-soluble vitamins cannot be stored for long in our bodies. If they are consumed in excess of body needs, they result in vitamin-rich urine. However since they cannot be stored, it's important to get enough each day in the food we eat. Fat-soluble vitamins; A, D, E, and K can be stored in our fat tissues and the liver. An excess of fat soluble vitamins can result in toxicity as they cannot be readily excreted.

A well-balanced diet usually meets all the body's vitamin needs. Vitamin deficiency diseases are rare in the U.S. population. Only people known to have diets deficient in one or more total food groups should contact their physician or dietician for an evaluation of their vitamin intake. For instance, vegetarians who eliminate meat, milk and eggs from their diet might require supplementing their diet with vitamin B₁₂, calcium and possibly iron and zinc.

An athlete interested in nutri-

tion and good health can use the U.S. RDA values adopted by the FDA for use in nutrition labeling. The U.S. RDA values are the highest amounts of vitamins, minerals and proteins needed by most people each day. The following table shows the U.S. RDA for vitamins for adults and children over 4 years of age, and good food sources for them.



VITAMIN US RDA SIGNIFICANT SOURCES
FAT SOLUBLE VITAMINS

A	5000 IU	Liver, butter, whole milk, cheese, egg yolk, carrots, leafy green vegetables, sweet potatoes, pumpkin, winter squash, apricots, cantaloupe, fortified margarine
D	400 IU	Vitamin D fortified dairy products, fortified margarine, fish oils, egg yolk, Synthesized sunlight on skin.
E	30 IU	Vegetable oil, margarine, shortening, green and leafy vegetables, wheat germ, whole grain products, egg yolk, butter, liver.
K	Undetermined.	Green leafy vegetables, fruit, cereal, dairy products, meat.

WATER SOLUBLE VITAMINS

	US. RDA	SOURCES
C	60 mg.	Broccoli, sweet and hot peppers, collards, brussels sprouts, strawberries, orange, kale, grapefruit, potato, spinach, tomato.
Thiamin B₁	1.5 mg.	Pork, liver, meat, whole grains, fortified grain products, legumes, nuts.
Riboflavin B₂	1.7 mg.	Liver, milk, yogurt, cottage cheese, meat
Niacin	20 mg.	Liver, meat, poultry, fish, peanuts, fortified grain products.
Folacin	.4 mg.	Liver, legumes, green leafy vegetables, fruit and yeast.
Vitamin B₆	2 mg.	Meat, poultry, fish, shellfish, green and leafy vegetables, whole grains, legumes.
Vitamin B₁₂	6 mcg.	Meat poultry, fish, shellfish, eggs, milk and milk products.
Biotin	.3 mg.	Kidney, liver, milk, egg yolk, fresh vegetables.
Pantothenic Acid	10 mg.	Liver, kidney, meats, milk, egg yolk, whole grains and legumes.

How can an athlete be sure they are getting enough vitamins? A good way to check is to keep track of what you eat for your diet over three typical days and compare the foods eaten to foods listed as significant sources of vitamins. Most people will find they consume something included in every list. To be sure, try the following recipe for Broccoli/Rice Quiche in a whole grain crust and serve it with a sliced orange salad for a meal that contains a food source for each of the vitamins.

BROCCOLI/RICE QUICHE

Ingredients: 1½ cups cooked rice, 3 eggs slightly beaten (divided), 3 oz. grated hard cheese, 10 Oz. chopped broccoli (cooked and drained), 4oz. mushrooms, sliced, 3oz. evaporated or skim milk, salt and pepper to taste.

Method: Mix ½ the cheese with 1 egg, rice, salt and pepper. Place in the bottom of a 9" whole grain crust. Mix milk with remaining ingredients. Spoon over items in crust. Bake 350 degrees for 1 hour until crust is golden and quiche is set.

What about the articles and advertisements that say vitamin supplements will cure diseases, increase energy and help fight the aging process?

Fallacy: Vitamins give you more energy and improve your performance level.

Fact: Vitamins do not yield calories and it has not been shown that they improve energy or performance of a well-nourished athlete.

Fallacy: Vitamin E supplements will improve physical performance, stimulate libido, improve complexion, and prevent aging.

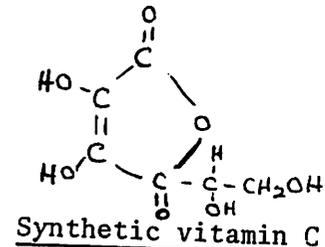
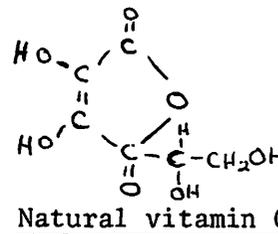
Fact: It has been shown in animal studies that vitamin E-deficient animals show some of these problems, but there is no evidence that extra vitamin E in normal humans will have any of these effects. Only patients with malabsorptive diseases who cannot absorb fat are helped by vitamin E supplements.

Fallacy: It's a good idea to take extra vitamins, "Just in case".

Fact: Large doses of some fat-soluble vitamins (A and D) are known to be toxic, but the ingestion of high levels of vitamins is a relatively new practice and we simply do not know the long-term effects of taking mega-doses of all vitamins.

Fallacy: Natural vitamins are better than synthetic vitamins.

Fact: You decide. This is the structure of vitamin C in the natural form and the synthetic form-



That's right they're the same. Vitamin C broken down to its molecular form in the body "looks" the same to the body. If the molecular structure were different, it wouldn't be a molecule of vitamin C.

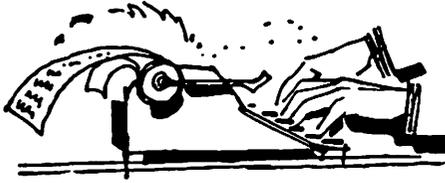
Fallacy: Aren't the needs for vitamins greater in the endurance athlete?

Fact: If the diet of an endurance is well balanced, the athlete's increased intake will more than cover

any increased vitamin needs.

Fallacy: The performance of an athlete is improved with supplementation of B complex vitamins, vitamin C and vitamin E.

Fact: There are studies that may show supplementation improves performance and just as many that show supplementation has no influence on performance.



LETTER TO THE EDITOR

Jerry,

May I offer a response to Dave Waldrop's letter in the April newsletter. Now to understand the time perspective of these responses, Dave's letter was in response to a February newsletter article I wrote and submitted before the prolonged blasts of winter weather encumbered the Midwest, and--I assume--Dave mailed his response before reading my follow-up March newsletter article which I submitted after a month and a half of this past winter's weather. And, I am submitting this letter in time for the June newsletter which means summer weather--hopefully--will be upon us, and who is going to remember the winter?

I wrote the February newsletter article before the brunt of this past winter's weather had hit, and winter running for me has most often been freedom from serious training. So, I agree with Dave: The perils of winter conditions warrant caution; I toss aside serious training schedules and enjoy the freedom of running with no other purpose but to run. Child-like yes, but also cautious.

Don Kardong, fourth place finisher in 1976 Montreal Olympic Marathon, says of winter: "In winter, I run LSD, because the streets are icy and the process of natural selection has eliminated runners who tend to do interval work on icy roads."

Like most runners, I respect the dangers of an icy road, but as I wrote in both articles, I do not let all the winter weather conditions intimidate my running, although when those icicles were forming

above my eyes on the opening of my face mask I did start to contemplate the sanity of jogging those less than a handful of miles.

Dave also pointed out the shortness of daylight as a problem. I have found in the streets inside Bluffton before 7AM, the almost nonexistent traffic and the street lights with their reflection off the snow provide one of the safest times to run during the winter. There is little traffic to compete with; the winter air is usually the calmest before dawn; and the body is warmed up for the rest of the morning.

As for sweat pants in winter--I bought a pair of those Hind Lycrawear leg bottoms and those things are incredible. I think my days of running barelegged are over. But, for now, I will gladly trade the snowflakes of a winter wonderland for some golden, energizing rays of the summer sun.

Temporarily marathon-exhausted yours,

Doug Sundling

LETTER TO THE EDITOR

Dear Jerry,

At the risk of being redundant I want to again this year express my thanks to the FWTC members that put so much time and effort into this year's marathon. I think most of the runners would agree that the major effort of the race is not training or participating we do, but rather it's the outstanding organization and excellent provisions the sponsors and the club provide for us. The hospitality room is the finest thing I've ever seen at a race, I must admit we were tempted to just pin our numbers on and spend the day there.

May I use a few more lines for a personal very special thanks to the 2 little girls standing on the right side of the road at about 24 or 25 miles that smiled and handed me a dandelion as I shuffled by. Although I said "Thankyou" I wish they could know that somehow, I'm not sure why, but that little flower crushed in my sweaty palm made that last remaining distance to the finish chute a lot easier.

Thanks Again.

Sincerely,
Bud Strouse,
FWTC member

CIRCULAR 5K
SHOAF PARK
8 AM JUNE 10TH
NO PRE-REGISTRATION
FREE TO FWTC MEMBERS
\$ 2.00 TO OTHERS

OVERALL AWARDS

1	\$ 50 GIFT CERTIFICATE	
2	\$ 35	
3	\$ 25	AGE GROUPS
4	\$ 20	1 \$ 15
5	\$ 15	2 \$ 10

AWARDS PROVIDED BY THE ATHLETIC ANNEX

DON'T FORGET.....
WOODBURN DAYS 10K

THURSDAY, JUNE 21 ST
ENTRY FEE \$ 5
6:30 PM RACE STARTS
T-SHIRTS TO FIRST 200
STU HIRSCH 632-5439
after 4:30 PM.

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THIS COUPON GOOD FOR 2 TREATMENTS AT \$10 EACH (50% OFF NORMAL CHARGE OF \$20) BY
JOAN NULL, REGISTERED MASSAGE THERAPIST
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AT RAINBOW BOOKSTORE
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AREA RACE SCHEDULE

by
TOM LOUCKS

JUNE

- 2. Grabill 10,000
- 2. Meis Half- Marathon. Terre Haute, In. (Fairbanks Park). 7:30 AM. Rick Matthews. 812/232-6311 Ext. 2512.
- 2. Super Run for America's Parks 10K. Indianapolis. 8AM. Challenge Inc. 317/849-7600 or 219/291-7602.
- 2. New Paris 10K--Sunnyside Park. 10:30 AM. Athletic Annex. 219/272-7565.
- 2. Stoney Run 10K--LeRoy, In. 9AM. 219/769-7275.
- 3. Riley Run For Children 10K-Indy. Also 5K.
- 9. White River Run 15K. Anderson, In. 9AM. 317/649-2511.
- 9. Warsaw Run For MS 10K. 219/267-3883.
- 9. Sun Burst '84 Marathon. 6 AM. 10K at 7 AM. South Bend, In. 219/233-6161.
- 9. American Cancer Society 10K--Indy (Eagle Creek Park) 9AM. 317/872-0503.
- 9. Department of Parks & Recreation Cross Country Run. 5K For women. 10K for men. Brookside Park, Indianapolis. 317/924-9151.
- 9. Emily Midas Run 10K- Detroit Michigan. 10AM.
- ****10.****Circular 5K-Shoaff Park. Mike Glasper 432-8134.
- 10. Canal Days 10K- New Haven Plaza 7:30. Roger Catazano. 219/622-7539.
- ****16****Hilly 4 mile.
- 16. Lime City 5 Mile. Huntington. 10 AM.
- 16 Hog Jog 10K- Flora, In. (Town Park). 8AM. Joe Moss. 967-3280-after 5PM.
- 16. St. Patrick's Summer Run 10K-South Bend. (St. Pat's Park). 10AM.
- 16. Run For Christ 5K & 10K. Speedway, In. 9:30 AM. Eric Johnson. 317/247-0647.
- 16. Ludington Lakestride Half Marathon-Ludington, Michigan. 9:30 AM. 616/845-5144-Includes 10K.
- 16. Grandma's Marathon. Duluth, Minn.
- 17. Carmel Classic 15K & 5K- Carmel, In. Carmel Clay Jr. High School. 8:30AM. Steve Lewark. 317/872-0000.
- 20. TAC All-Comers Meet. I.U. Track Stadium. Indianapolis.
- 23. Redmen's 4 mile Run- Decatur, In. (Bellmont High School). Rudy Klein-knight. 724-3272.
- 23. Monument City Classic 10K & 2 Mile. Angola, In. 8:30 AM. Jim Scott. 665-5582.
- 23. Human Race 10K. South Bend. 9AM.
- 23. Dick Lugar 10K & 5 K. Butler University. 9AM 317/632-8703.
- 23. Miles Centennial 10K. Elkhart, In. 291-7565.
- 27. TAC All-Comers Meet. I.U. Track Stadium, Indianapolis.
- 30. A.U.L. Governor's Cup Run. Evansville, In. Bill Stegemoller. 812/425-8484.
- 30. Turtle Days 10K. Churubusco, In. Larry Shively. 693-2761.
- 30. White River Park State Games Qualifying Meets. Ft. Wayne North Side High School
- 30. Liberty 8K.-Hartford City.

July

- 1. Festival 5 mile-South Bend, In. (Howard Park). 219/291-7565.
- ****21**** Old Settlers 10K- Columbia City, In. Carl Fields. 244/5500 or 244/7726
- 15. Run To The Moon 10K. Wapakoneta, Ohio.
- 28. Celina Lake Run 10K. Celina, Ohio.
- 28. Auburn Classic. 10K & 5K 8:30 AM. 1 mile at 8:00AM. Auburn, In. Rick Houser. 219/925-4112.

August

- 11. Butler Days Road Races 5K & 10K at 8:30AM. 1 mile at 8:00AM. Rick Houser. 219/925-4112.
- 17. Chug-A-Lug 10K +++ A private family party/picnic/race for everyone. Jerry & Linn Mazock. 6135 Orchard Lane, Ft. Wayne, In. 219/747-1064. Please call to let us know you're coming.

JERRY,

Until we get the membership list and a list of those requesting to be in the standings, we thought it would be fairest to include everyone. Russ Suever

FWTC POINTS STANDINGS

MEN OVERALL

Jerry Mazock	94	(Watch this name quickly disappear from the leader board!)
Tom Hoffman	87	
Doug Sundling	79	
Mike Glasper		77
Chuck Deford	76	
John Treleaven	67	
Hal Pearson	65	
David Ruetschi.....	65	
Larry Averbeck	60	
Randy Houser	60	
Tom Loucks	60	
Chris Edington	59	
Fred Moreno	54	
Brian Sponseller	54	
Mike McManus	50	
Phil (Tri) Suelzer	47	
Gary Dexheimer	46	
Vince Garcia	45	
Dan Kaufman	45	
Roland Perez	44	
Chuck Clendenon	43	
Marlin Howe	40	
Rock Reitzug	37	
Miguel Mendez	34	
Mike Schlemmer	32	

WOMEN OVERALL

Betty Nelson	110
Theresa Yankow...	108
Deb Kukelhan	95
Judy Tillapaugh	93
Ann Jamison	92
Sharon Getty	87
RoseAnn Simmons	82
Kathy Windau	79
Susan Peterson	77
Betty Jackson	71
Liz Rickner	71
Ann Mize	69
Mercedes Cox	68
Sabine Florreich	68
Phyllis Suelzer	46

AGE GROUPS

WOMEN

19 and under		RACES
Clay, Amy	60	1
Daniels, Lisa	60	1
Vachon,	54	1
Clay, Bobbie	46	1

"ONCE A RUNNER"

BY MIKE ROBBINS

After saddling me with the task of reviewing "Running With Your Head" earlier this year, Don Goldner has sought to redeem himself. He has. He asked me to review two books by John L. Parker, Jr. These books, "Once A Runner", a novel, and "Runners and other ghosts on the trail," a collection of short 'stories', were extremely refreshing to read.

Once a runner is the story of Quenton Cassidy, a runner for the fictitious Southeastern University track team. Through the story, we follow Cassidy as he relates and interacts with his teammates and associates moving from one caper to another. Cassidy is a good runner, a team captain and a real 'character'. Though he runs hard and trains seriously, he has approached running with the type of dedication that will permit him to become the best he can be. Through an unusual set of circumstances and the encouragement of Southeastern's truly exceptional runner, Bruce Denton, Cassidy gets the opportunity to become a top-flight runner. The story culminates with Cassidy's win over the world's best miler, an event by which he will mark the rest of his life.

During the story many characters, both real and imagined, interact. Frank Shorter is there and John Walker and John Bachelor and the runners who formed the original Florida Track Club. Their very real stories and experiences are combined with runner's daydreams to form an enjoyable and readable tale all runners can relate to.

In describing Cassidy's thought, the author accurately capsulizes the type of approach which all runners of all abilities can understand:

"He sought no euphoric interludes; they came, when they did, quite naturally and he was content to enjoy them privately. He ran not for crypto-religious reasons, but to win races, to cover ground fast. Not only to be better than his fellows, but better than himself. To be faster by a tenth of a second, by an inch, by two feet or two yards than he had been the week or year before. He sought to conquer the physical limitations placed upon him by a three-dimensional world (And if Time is the fourth dimension, that too was his province.) If he could conquer the weakness, the cowardice in himself, he would

not worry about the rest; that would come. Training was rite of purification; from it came speed, strength! Racing was the rite of death; from it came knowledge. Such a rite demands, if it is to be meaning at all, a certain amount of time spent precisely on the Red Line, where you can lean over the manicured putting green at the edge of the precipice and see exactly nothing.....Running to him was real, the way he did it the realest thing he knew. It was all joy and woe, hard as diamond; it made him weary beyond comprehension. But it also made him free."

The story is also filled with humorous incidents and conversations. Again, some of these situations are encountered by all runners. Cassidy's thoughts at a cocktail party will seem familiar:

"And he quickly tired of this standard party fare which goes: "You run 20 miles? Without stopping? I couldn't run 20 feet, har har har..." He would have to bite his tongue from saying that it had been real humorous the first four thousand times around."

These books speak to the experiences of runners, regardless of ability or circumstances. They are well-written and breezy reading. Aside from a handful of typos, I would find fault only with the repeated use of the word 'serendipity'. More direct, functional words could often be put in its place. But, for an intermingling of thoughts, observations, experiences and daydreams, better running reading will be difficult to find.

MOTIVATION

BY

ERICK O. SODERQUIST III

I was sitting in computer class wearing my new MacGregor jogging suit (a present from my sister) when my instructor said: "Oh, that's right. You're a runner." I looked around the class at the ten other students, all of whom were glancing around the room at anything but me. I felt kind of like the kid caught throwing a spitball or something!

"Who me?" I retorted innocently. *The teachers eyes locked onto me like a fire-control radar on target. "You know," he said, "I have concluded that you runners are either extremely intelligent, self-disciplined and motivated.....Or totally crazy!"* Now I smiled. *I knew I had him.*

You see this was our last day of class and to celebrate I had bought a dozen assorted doughnuts and rolls. Placing my hand protectively over the box, my smile became shark-like. "Yes?" I quired.

"You're smart enough," he grinned. "Would you care for a doughnut?" I asked.

Here, in the small town of 2,000 that I live in, his is the prevailing attitude. Of course, everyone knows who you are. Especially when you are one of the handful of joggers around. The nice thing about living here is that it doesn't matter whether the folks believe you're motivated or crazy. The folks always dig up a smile and wave.

Still, it's a pertinent question when someone asks: "Why do you run?" I give them a myriad of reasons that by themselves are meaningful. "It's healthy....It helped me stop smoking.....It helps me to control my weight, etc.....My girlfriend who accompanies me to many races, stated that: "I know why you run. You just like all the attention you get.....besides, you're a masochist!" I must acknowledge in all fairness that I enjoy the excitement and camaraderie of the races. As for the other, well, let's not get kinky. The plain truth is that I like to run. It makes me feel good.

The reasons that cause me to train and try to improve, or to run with shinsplints are personal, and deal mainly with personality traits of EGO and plain stubbornness.

The bottom line is that I run because I like it. But, tell that to the average person on the street and you will inevitably get, "that leak". The motivation behind running is probably the most personal and important factor there is in being a runner. I'm not about to pretend to be any expert on the matter, but, it seems to me that it doesn't matter if you just run a mile a day, or if you're a world-class marathoner, for all of us, the bottom line is usually the same if we bother to think about it.

You see, I know I won't be the only overweight, and undertrained runner on the starting line. Being out there with Greg, Tom and Betty helps me to try a little harder. Be seeing you at the races!

Sports Orthotics

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Very often its' primary purpose is to prevent the foot from pronating excessively, or the arch from flattening too much. This is true because over-pronation may be the primary cause for several biomechanically induced injuries. Chief among these are patellofemoral chondromalacia (runners' knee), plantar fasciitis (heel-spur), posterior tibial tendonitis (a form of posterior shin splints), and less often Achilles tendonitis. An examination of the lower extremity anatomy, several pairs of wornout shoes, and an injury history are required to make an accurate diagnosis.

We offer the Peterson Laboratory Orthotic. It is semirigid and for athletic purposes we believe it is best, primarily because it will permit more normal articulation of foot and ankle joints. It is important to remember that pronation is a normal shock absorbing articulating function of the foot. A semirigid device restricts overpronation but does not completely stop it as a more rigid device may, and still it is firm enough to provide excellent foot and arch support for many miles and many hours of activity. Because of these features our orthotics are also more comfortable.



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**Tom Loucks wins
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The secret behind AVIA's superior technology is our unique cantilever sole. When an AVIA shoe contacts the surface, the concave sole flares outward, compressing around the outside first so that the middle of the foot is cushioned from direct impact. This flaring action creates a "trampoline effect", in which the foot pushes down into the middle of the sole, allowing the sole to absorb more shock. Conventional flat soles tend to "bottom out" and transmit the shock of surface contact back up your ankles, knees, and legs, leading to fatigue and possibly injury.

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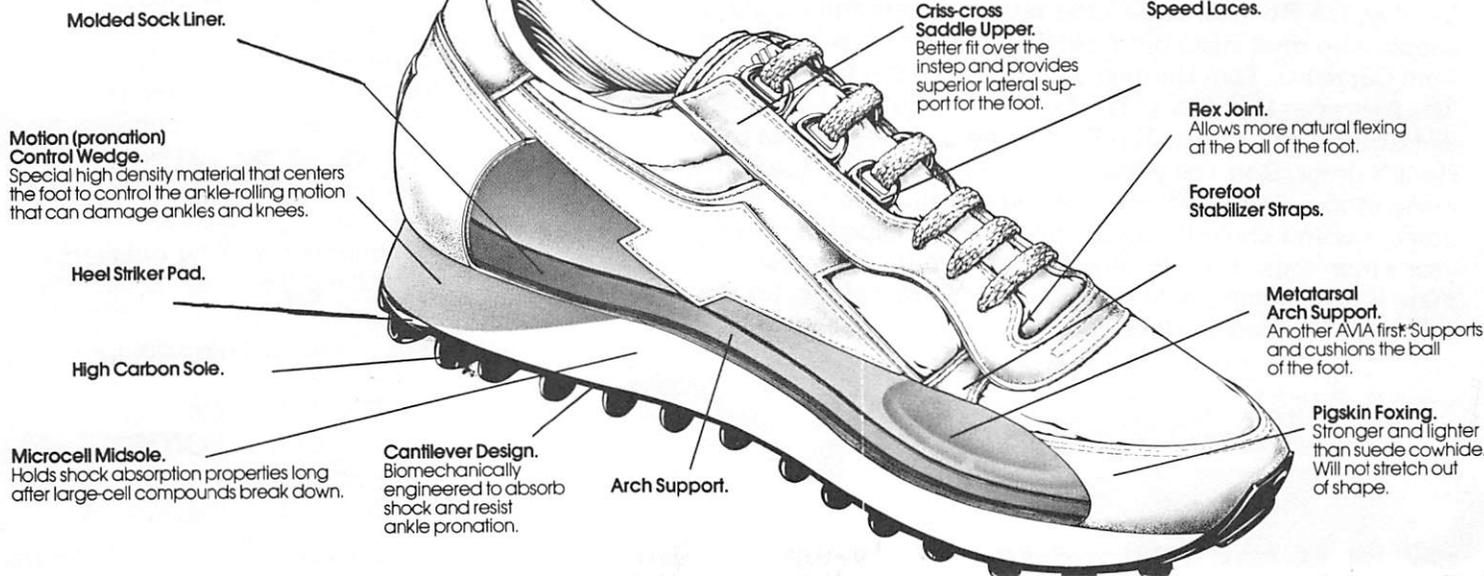
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FROM LARRY LEE--TV--33/Hooks
race director.....

The TV--33/Hooks Marathon for 1984 is history, and the tenth running of this local classic once again showcased the FWTC at its finest. Dozens of members and friends of the FWTC teamed with Hilliard Gates, Bill Nichols, Cheryl DeFay and the TV--33/Hooks staff to put on as well organized and well-run a marathon as any in the country--And likely our best ever!

Thanks to FWTC workers who made 1984 TV--33/Hooks Marathon the best one ever! These FWTC members deserve special thanks:

Don Goldner, Club President, who went beyond the call of duty in helping me out this year. He also did a super job for the FWTC on TV--33's same day filmed highlights show.

Dan Widmann, Co- race director--For the tenth straight year in charge of setting up the finishing chute and finish line timers; Again, Thanks to all official timers, who handled the hectic finish line details virtually flawlessly.

Don Lindley, For the 6th straight year, Don was in charge of the on-course aid stations. It is Don's diligence and thorough attention to detail regarding the aid stations that perhaps distinguish our marathon from other excellent ones.

Chuck DeVault, Responsible now for three years for the on-course timing, mile markers and spotters. Another perfectionist who performed perfection!

Debby Blume, Responsible for the most successful pre-race spaghetti dinner we've hosted. Co-ordinated efforts with Lincoln Life and Casa D'Angelos singlehandedly for the FWTC.

Mary Sohaski, Responsible for organizing the very popular hospitality room after the race. Excellent job!

How do you list names without including Bobbi Widmann, Bill Wilson, Bob and Sharon Pauley, Delbert Lindley, Roseann Lindley, Ian Rolland, and all the veteran timers and aid station people who once again did their thing without fuss or fanfare! Tom Casaburo, Tom Herman and the Parkview Hospital Staff, The American Red Cross, The Fort Wayne Police Department and Street Department, Jim Rogers and the good people from Hook's drugs, Bob Ten Barge from the Coliseum--These and so many others are to be complimented and thanked for a job well done. I wish I could list all the people who helped out on this year's marathon; they deserve the recognition. Unfortunately there is not enough space even to credit those helping for the first time. Thanks to all of you!

This is the last publication of the 'Inside Track' that will be typed at Harding High School. Thanks again to Jim Dupont in training me for this task. I will now be typing during the off- hours in Mike Kast's law office atop the Lincoln Bank Building.

Runner's Week will have all new Shows after the middle of June. The Circular 5K, The Hilly 4, and Turtle Days will soon be on the Tube.

Gene Bullshallitt informed me that "Death In The Afternoon V" (Fictitious Running Movie) is delayed because of a lack of funds. But he insists it will be found on these pages soon as soon as he can find some poor fool to fund the flick. Look Out, Indiana Jones!

FWTC 13.1 MILE PREDICTION
RUN
SUNDAY' APRIL 29, 1984
WEATHER--CLOUDY--COOL
50's

It's great to see so many runners making their final preparations for the marathon. Also, it was so great to see some runners finish in the top 10 that usually do not. I think this was Phil Wisniewski's first win ever. As usual, Jerry Mazock duplicated his feat. Marathon running must drive Jerry crazy-- He thought it was marathon Day and he was ready to have a super super run! He forgot he was running Lindley's $\frac{1}{2}$ Marathon prediction run and NOT Lindley's Full Marathon Prediction (AS Usual, he forgot).

Everyone ran with my old running race numbers.

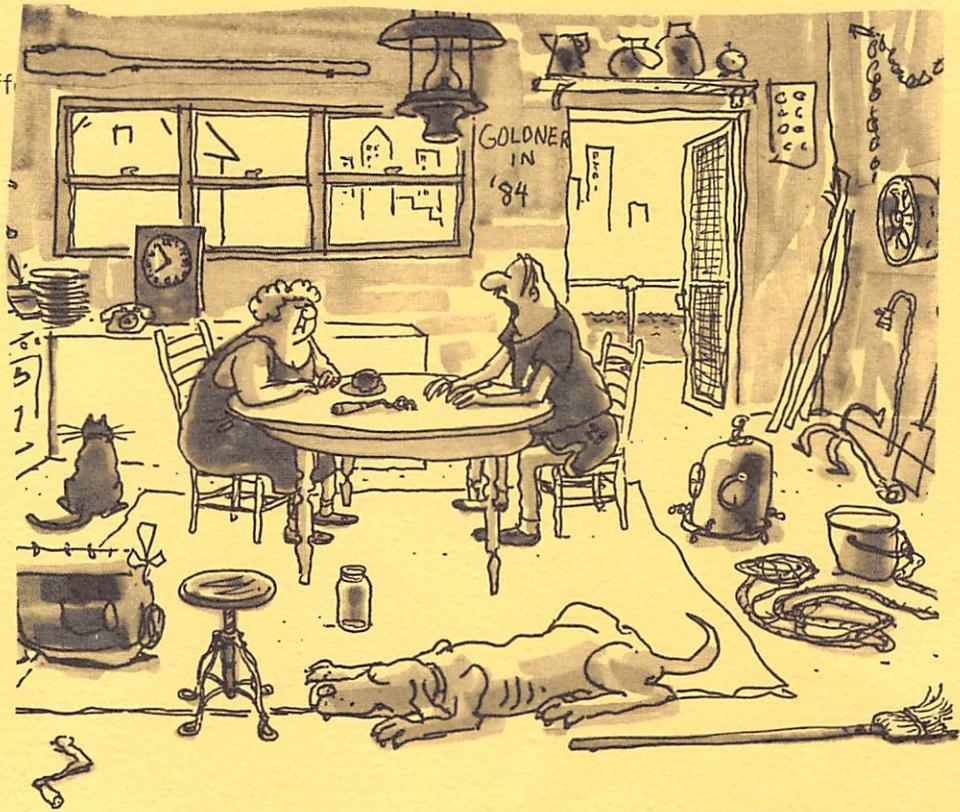
I recruited Chuck DeVault, Debbie Caswell, Debbie Rigelman for the finish line system. Bob and Sharon Pauley for road security on Fairfield Avenue. And Roseann Lindley for registration. and finish line results. And Eulalia Loucks for 3 and 8 mile splits. Again, many thanks for all of your help. I couldn't have done it without you!

DON LINDLEY
RACE DIRECTOR

over
all name prediction actual time diff
place time

37	Phil Wisniewski	1:45:00	1:44:58	:02
10	Michael Glasper	1:30:03	1:30:08	:05
5	Todd Rigelman	1:25:13	1:25:23	:10
14	Steven Caswell	1:31:00	1:31:14	:14
36	Al Henkel	1:44:00	1:44:25	:25
42	Bruce Hamilton	1:52:00	1:51:28	:32
35	Jerry Rickard	1:45:00;	1:44:19	:41
26	Dennis Kroells	1:35:23	1:34:42	:41
56	Lyle Freimuth	2:00:00	2:00:43	:43
3	Ed Stuart	1:22:20	1:23:28	1:08
8	David Geiger	1:29:54	1:28:46	1:08
2	Dave Ruetschilling	1:22:20	1:21:05	1:15
7	John Treleavan	1:29:29	1:28:13	1:16
33	Michael Callahan	1:42:16	1:40:56	1:20
6	Tom Yoder	1:28:30	1:26:55	1:35
12	Steve Brown	1:32:00	1:30:24	1:36
23	Ann Jamison	1:32:15	1:33:52	1:37
51	Paul Snyder	1:55:00	1:56:41	1:41
15	Roger Wilson	1:33:00	1:31:16	1:44
46	Tim Thompson	1:55:00	1:53:11	1:49
4	Larry Averbek	1:23:00	1:25:03	2:03
41	John Bloom	1:53:00	1:50:47	2:13
19	Jack Hamilton	1:35:30	1:33:00	2:30
30	June Goldner	1:42:00	1:39:20	2:40
57	Tom Shearer	2:05:00	2:02:15	2:45
24	Judy Tillapaugh	1:37:00	1:34:09	2:51
16	Bill Henry	1:34:18	1:34:25	2:53
34	Deb Kukelhan	1:40:20	1:43:16	2:56
31	Ken Nicholas	1:42:30	1:39:21	3:09
20	Wayne Schalten...	1:30:00	1:33:10	3:10
52	Ann Mize	1:54:00	1:57:14	3:14
11	Tom Hoffman	1:33:24	1:30:09	3:15
9	Jim Bushey	1:32:45	1:29:29	3:16
44	Dianne White	1:29:20	1:52:40	3:20
25	Doon Goldner	1:38:15	1:34:10	4:05
(Nice Run, Doon---				
54	Joseph Brooks	1:54:00	1:58:09	4:09
53	Mercedes Cox	2:01:30	1:57:15	4:15
22	Ronald Eschbach	1:38:00	1:33:36	4:24
18	Randy Williams	1:37:30	1:32:59	4:31
48	Jay Jamison	1:50:00	1:54:39	4:39
29	Lee Pearson	1:44:00	1:39:13	4:47
38	Wendell Adams	1:31:30	1:46:27	4:57
40	Tom Crockford	1:55:00	1:49:52	5:08
21	Dave Reichwage	1:38:30	1:32:58	5:12
32	Tom Mather	1:44:53	1:39:40	5:13
17	Lynn Smith	1:38:25	1:32:58	5:27
39	Chuck Okorowski	1:52:30	1:46:57	5:33
27	John Schwarze Sr.	1:30:00	1:35:38	5:38
28	John Schwarze Jr.	1:30:00	1:35:39	5:39
45	Bob Gardner	1:58:40	1:52:53	5:47
58	James Miser	2:30:00	2:23:07	6:53
1	Chris Edington	1:28:00	1:20:43	7:17
47	Sherry Yoder	2:01:10	1:53:51	7:19
43	Sue Sipes	2:00:00	1:52:40	7:20
55	Bud Strouse	2:08:55	1:59:28	9:27
49	Tom Fisher	2:05:10	1:54:40	10:30
50	Tim Bolin	1:44:00	1:54:41	10:41
13	Jerry Mazock	2:08:13	1:30:51	37:22

(LAST AGAIN)
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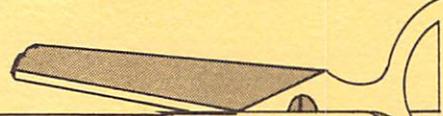
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