



Fine Meat Specialties



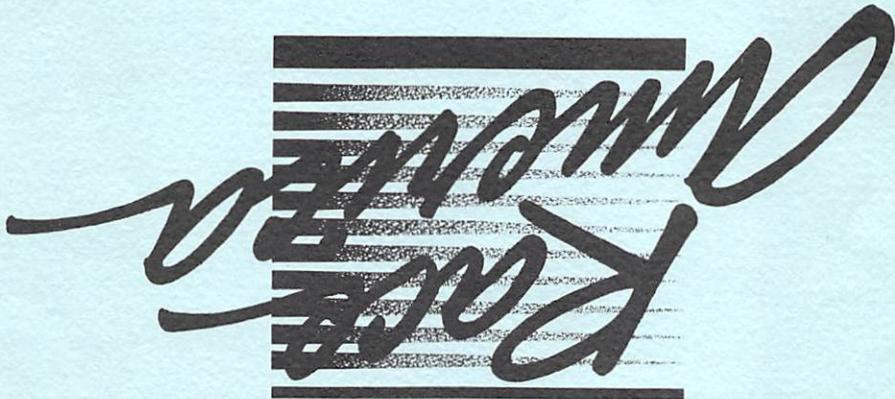
All entry fees
will be donated
to the Special Olympics

For more information
and entry forms, contact:
Fort Wayne Track Club,
c/o Barb Treleven, (219) 432-5315



5-mile running event
through downtown Fort Wayne
Saturday evening at 7:00 p.m.,
July 28, 1984

Coming July 28th



the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

FORT WAYNE TRACK CLUB

JULY, 1984

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

Don Goldner President 747-4359
Terry Shipley Vice President
 In charge of race
 property 485-8769
Phil Shafer Treasurer/Membership
 622-7538
Bonnie Taylor Secretary/Media
 Assistant 447-5892
Jerry Mazock Editor of INSIDE TRACK
 Board Member 747-1064
John Treleaven Race Schedule 432-5315
Tim Fleming Board Member 749-8027
Mike Glasper Board Member 432-8134
Tim Fleming Media Chairman 749-8027
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 493-2640
Ken Miller Points Computation
 749-5847
Mike Kast Legal Consultant 426-5140
Don Lindley Board Member 456-8739
John Schwarze Board Member
 749-9764
Lynn Schlegel Board Member 745-4136
Mike Robbins Board Member 485-3068
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

FWTC 1984 POINTS RACES

July 21 Sat 10K
 August 3 Fri 1 hour
 August 25 Sat 5 mi.
 September 1 8K
 September 22 Sat 13.1 mi.
 October 28 Sun 10K
 November 17 Sat 25K

(PROPOSED)

Old Settlers-- Columbia City
 One Hour Run With Music--Northrop
 High School--Jerry Mazock
 Arby's Big Brothers/Big Sisters--Foster
 Park--Fred Sheets
 Canterbury Run--Canterberry Green
 Tom Mather
 Parlor City Trot--Bluffton--Phil Lock-
 wood
 Home Loan 10K--Downtown Ft. Wayne
 Don Goldner
 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 UARE
 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 Gang-
 loff
 December 8 Sat 3K&10K Fun Run--Foster Park-- Don Lindley
 December 31 Mon
 11:45 PM 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

LINCOLN NATIONAL CORPORATION WINS AID STATION AWARD
 by Don Lindley, Aid Station Director

Lincoln National Corporation won first place overall as the most outstanding aid station during the TV/33-Hooks Marathon with 1,070 points out of a possible 1,110 points. Lincoln just nosed out the YMCA by only 16 points. Not only was it a close race but actually the YMCA had more 'enthusiasm' points than Lincoln did. The difference seems to be in the appearance that included entertainment. Although Lincoln had the live band music for the highest rating, the Y's Oasis had the highest rating for personal attention, cheerfulness and encouragement. Since there were new ideas added to this year's race, still FWTC Larry and Ann Linson's Aid Station received the most points in which they provided information on the location of the water, gatorade and coke. All in all, there were many letters and notes of how successfully each runner finished due to the support and dedication of each aid station. They could see all the planning and time that went into organizing and operating the aid stations. My sincere thanks goes to every aid station that sacrificed their time and effort made in performing such an undertaking. The highest average of 9.64 and the lowest average of 7.91 very well indicates that every station was super. Actually, all of the aid stations--As far as I'm concerned--were a 'TEN' in all divisions. The aid station standings are listed below.

PLACE MILE TOTAL PTS AVE.

PLACE	MILE	TOTAL PTS	AVE.	
1	5/21	1,070	9.64	LINCOLN NATIONAL CORPORATION Karen Perrin, Ron Taylor, Jan Bell
2	11/14	1,054	9.50	YMCA Jim Mize, Lynn Schlegel
3	3/23	1,024	9.23	Canterbury Green Apts. Joe Weigand, Mike McCallister.
4	9/17	1,011	9.11	FWTC Larry and Ann Linson
5	13	997	8.98	Valspar Corp. Dick Bennett Hazel Smith
6	25	923	8.32	FWTC Jim Delaney and Family
7	7/19	878	7.91	American Fitness Club. Randy Smith and Dan Yuska

BLUFFTON LADIES RUN

A 4 mile cross country race--open to WOMEN ONLY-- has been scheduled for Sat. July 7th, in Bluffton, In. The 1st "Bluffton Ladies Run" will take place on the Bluffton H.S. X Country course, located beside Fred F. Park Stadium, starting at 7PM. Park Stadium is located just off Ind. 116, on the S.E. edge of Bluffton. Plenty of parking space will be available at the nearby Bluffton-Harrison School. The race is unique in that it will be open to some small stretches of asphalt.

to women only. The course is flat and covers grass mainly
 The top 10 finishers will receive trophies, and winners in 5 different age groups will receive medals. Entry fee is \$3. Split times will be given every mile and there will be an aid station at the 2 mile point. Entry forms can be picked up at the Athletic Annex (Cont. under "Editor's Run")

HEAR YE, HEAR YE

FROM THE HILLS OF MULDOON ROAD
COMES....
THE PRESIDENT'S $\frac{1}{32}$ OF A PAGE

by DON GOLDNER

In the past few months, the FWTC has been contacted by several out-of-town individuals and organizations who are interested in having a major race in our city.

In some cases the race is part of a national event. And in all cases, proceeds from this race will go to a worthy cause.

These people have mentioned the FWTC'S reputation for putting on quality races and have requested our services for their event. For this we should be proud. The management of the FWTC looks at each request separately and will determine which events we will lend our name and talents. In all cases the FWTC will be compensated for its services.

The first of these events will be "Race America" on July 28th. It will be a five mile run directed by John Treleaven. John is working with Beatrice Foods, the parent company of Peter Eckrich and Sons of Ft. Wayne. Beatrice and Eckrich will sponsor the event with all proceeds going to The Special Olympics. Literature is now available for the race. Please plan to run or work the event if you can.

The above information makes me believe that the club will need to broaden its scope in the future. While we should never lose track of the importance and necessity of our 'low key' races and runs, it is also evident that growth in running events in Ft. Wayne Indiana is upon us. We must continue to protect and support our current events and sponsors while at the same time look to provide our support for new events where warranted.

The future management of the FWTC will need additional vision to accomplish this. They will also require your support. Please step forward and lend your talents to the future of your club.

INSIDE THE "INSIDE TRACK" THIS MONTH YOU WILL FIND....Lindley's aid station winners...Goldner and the future of the FWTC...An anonymous praying+running... Mazock's report...Loucks huge race Calendar...Dr. George Branam and shin-splint studies...Sundling's traditional Olympics...Tillapaugh wants us all on a diet...Mike Robbins and the eternal shoe dilemma...Run Jane, Run Triathlon info by Ann Mize...Race ads for the Bluffton Ladies Run-Race America-Arthur Lydiard at The Annex-Three Rivers Festival 10K... Sportsmed 10K...Michiana Triathlon...Hope you enjoy this stuff...



Editor's Run

by JERRY MAZOCK

HELLO GOD, HERE'S ANOTHER RUN!

ANONYMOUS FWTC MEMBER

What keeps us running? I'm sure it is a question asked of most us that run as a way of life. Our answers are all different and equally important. My running started as physical exercise to be healthy and physically fit. Now, running has evolved into a spiritual experience. God has given us all talents and abilities that we are obliged to use for ourselves and others. How can we use running for others?

My runs and races have become small prayers for those that have a need or a hurt. I do not pray, the usual way very well. At first, I started asking God, during a run, to help heal a running friend so they could run again. Now, I may dedicate a run to almost any need.

Using my running as a prayer has done many things: 1)It gives my running an enriched purpose. 2) Encouraged me, at times, to run harder and longer for someone else. 3)And maybe, in a small way helped that person as well as myself. I'm sure God receives lots of prayers but not many runs. This runner would like to think a prayerful run would get His attention.

"I HEARD YOUR PRAYER....."

BY THE WAY...I HAVEN'T HEARD A RUNNING PRAYER FROM SHAFER LATELY..... PRAY FOR HIM.....IN REGARD TO YOUR QUESTION... YES, LENGTHEN YOUR STRIDE

It's been six months now that I have been the Editor of "The Inside Track!" Quite frankly I've enjoyed this responsibility. True, it's a lot of work (about 25 hours a month), but it is an outlet for expression that would have been missed if I had not accepted Goldner's proposition. Thanks Don.

Also, thanks to the great (and varied) staff that write fantastic articles for me and you every month. The Sundlings, Tillapaughs, Robbins, Dr. Branams, to name a few have provided me with many hours (Oh Lord, COUNTLESS HOURS) of entertainment while preparing the Newsletter at Harding High School. Because of these people, my job's fun!

(Bluffton Ladies Run (Con't))

Or by writing to: Bluffton News Banner, 125 N. Johnson St. Bluffton, In. 46714. Late registration 5PM to 6:30 PM. the day of the race. Questions????Call Tim Creason at the Bluffton News Banner: (219) 824-0224. Immediately after the race a Invitational 10K (on the track) for men will be held. Come and watch Tom Loucks, Jeff Beam, Chuck Koeppen & others swelter in the evening heat. Let's support this event!!

ON THE COVER: Your editor took the liberty for trying 'something a little different' (as usual)

Race Calendar

by TOM LOUCKS

June 30
 *****Turtle Days 10,000-Churubusco (High School) 8:30 AM.
 Larry Shively. 693--2761
 Liberty Run 8,000-Hartford city, 6PM Doug Osborn. 317/348-4739.

JULY
 4 Firecracker 6 mile-Twelve Mile, In. 6PM. Dale Sullivan.
 664-5221
 Firecracker 5 Mile-Argos, 10 AM Sheeri Davis 892-5798 or
 Dennis Casey, 936-7154. 4TH
 Cole YMCA Independence Run. 5K & 10K---Kendallville 9AM
 James ~ Cheley 347-4201. 4TH
 Topeka Road Run. 5 Mile & 9 mile, Women's 5 mile-Topeka, In.
 Les Bender 593-2227. 4TH
 TAC All Comers Meet, Indianapolis, In. (I.U. Track Stadium).
 4TH

7 Madison Courier 10K-Madison H.S. 8AM 812/265-3641.
 7 National Master's Decathlon & Heptathlon-Indianapolis, In.
 (I.U. Track Stadium.)

8 South Bend Triathlon (1 K swim, 30K Bike, 8K run).
 6:30 AM Athletic Annex 291-7602.

July 11 TAC All Comers Meet-Indianapolis-I.U. Track
 Stadium.

14 Shoe Fly 10,000-Marion. 9Am. Denim Express 317/
 662-6353.

St. Joseph Hospital/3 Rivers Triathlon- Ft. Wayne,
 In. (1 mile swim, 50 mile bike, 13 mile run) 7 AM, July 14
 Iron Horse 4 mile- Logansport 9:15AM, Brian Morrell.
 753-5141. 14th of July

Bristol Fruithills Classic 10K & 25K. Bristol In. 25K
 at 8AM, 10K at 9 AM. 262-2641 (Weekdays) 264-3339
 (Evenings & Weekends). 14TH

14 Limestone Run 10K. Bedford (North Lawrence High
 School) 7PM Maurice Ragsdale. 812/279-5029.

15 Corvillia Run 5 mile- South Bend (St. Adalbert's
 Church) 6:30 PM. Athletic Annex. 272-7565.

18 TAC All-Comers-Meet. Indianapolis

21 Elephant Walk 10K- Peru (City Park) 8AM. David
 Smiley 317/472-2411 after 6PM.
 RTC/Budweiser Light Road & Trail 10K- Dowagiac, Mi.
 9Am. Ron Gunn 616/782-5113. 21st

YMCA Triathlon- Indianapolis (Eagle Creek Park)
 850 yd. swim, 12 mile bike, 3 mile run. Tom Blaze.
 317/253-3206. 21st of July.

21st White River Games

21st Parade 5,000- Goshen (Elkhart Co. Fairgrounds)
 Athletic Annex. 534-2863.

25th TAC All Comers Meet-
 Indianapolis, In (I.U. Track)

28th Wabash Cannonball 10K-Wabash 8:45AM. 563/3131
 Ext. 216.

Rotary Roadapple Run 10K-Nappanee (Northwood H.S.)

9 AM. Alvin Shifflett. 773-3262. July 28th

July 28th Auburn Classic 10K-Auburn. 8AM Rick Hower.
 317/882-1800

July 28th Morristown Runners Forum 10K. Morristown High
 School 8AM 317/882-1800

Niles Franks Triathlon. Niles, Mi. 1/2 mile swim 13.1 bike
 5K run 6:30AM. Athletic Annex 291-7602 28th

Indiana TAC Championships- Indianapolis. I.U. Track Stadium
 July 28th

July 29th Leon's Q.E.M. Triathlon- Hobart 1/2 mi. swim. 22
 mile bike. 6.6 mile run 8AM Christine Wolek 962-1866.

****July 21st OLD SETTLER'S

Day 10K-Columbia City. Carl Fields. 244--5500 or 244-7726.

August 3rd Hour Run (Friday Night) 8 PM. Northrop H.S.
 Fort Wayne, In. Jerry Mazock 219/747-1064. FWTC points race

RACE SCHEDULE CONTINUED

August 11th- Homestead H.S.
 The Hilly Four...John Boy
 Treleaven. 432-5315.

(Somebody's pulling my leg
 here!!!!!!) Call John and
 find out what's up anyway!

August 11th Kent Davis 5K.
 Georgetown Square-Bill
 Schmidt. 7 AM

August 18th. Chug-A-Lug 10K+
 A private party/picnic/race
 for the entire family. Every-
 body invited. Jerry & Linn
 Mazock, 6135 Orchard Lane,
 Ft. Wayne, In. 219/747-1064.
 Must be 21 to participate in
 the beer race. Please come
 and please call to let us
 know you're coming and to find
 out what you should bring to
 the picnic.

August 25th. Arby's 5 mile.
 Foster Park.

RE- MINDER

Track Club Runs

AND LOCAL RUNNING EVENTS FOR JULY &
 EARLY AUGUST

- July 7 Bluffton Ladies Run (See ad)
- July 15 Three Rivers Festival 10K(Ad)
- July 21 Old Settler's Days-Columbiacity
- July 28 RACE AMERICA (Downtown)
- August 3 Hour Run on the Track at
 Northrop H.S. FWTC Points
- August 11 Kent Davis 5K Georgetown
- August 25 Arby's 5 mile at Foster
- Sept 15 Run Jane, Run Triathlon
- July 12 Arthur Lydiard at The Annex
- August 18 Mazock's Chug party

Before the Kent Davis 5K
 there will be a 1 mile fun
 run.....Also, there will
 be overall awards to the
 overall men's winner and
 women's winner.....



FROM: Joe Parson
Bonsib Inc.
927 South Harrison Street
Fort Wayne, Indiana 46802
219/422-4661

FOR: RACE AMERICA
Beatrice/Eckrich

BEATRICE AND ECKRICH WILL SPONSOR

FIVE-MILE RACE IN FORT WAYNE TO BENEFIT SPECIAL OLYMPICS

Fort Wayne, Indiana, June 7, 1984...A five-mile race that could win you a trip to Chicago, and an evening of fun for the whole family is set for Saturday, July 28, in Fort Wayne.

The event is sponsored by Beatrice and its Peter Eckrich & Sons, Inc., and will be part of Beatrice's six-city RACE AMERICA series. Overall top male and female runners in the Fort Wayne race will win trips to Chicago to participate in a five-mile race held one day prior to the Beatrice-sponsored America's Marathon/Chicago 1984. More than sixty other prizes will also be awarded at Fort Wayne's race, including Beatrice products from Samonsite, Stiffel Lamp, La Choy Foods, Culligan International and Fisher Nut companies.

The Fort Wayne Track Club is organizing the race, which will start and finish in Freimann Square, in downtown Fort Wayne. Open to all area runners, the race will begin at 7 p.m.

Entry fees from Fort Wayne and other RACE AMERICA series events will be donated to Special Olympics. A one-half-mile "fun run" for Special Olympians will precede the five-mile race.

Music, entertainment and family fun will be on hand before, during and after the race in Fort Wayne, making the evening special for everyone.

The registration fee for this July 28, 7 p.m. RACE AMERICA is \$7.00. Advance registration forms are available in many area retail stores or, runners may register the evening of the race.

HEALTH AND FITNESS TIPS
FROM THE RUNNING DOCTOR
by DR. GEORGE BRANAM

As indicated in a previous article, I will continue to discuss shin splints, unless a reader needs a quick comment about a pressing medical issue or unless the Editor requests a "special,"--like the previous article on "Recovering from a Marathon", --since the Ft. Wayne marathon was imminent. The goal will be to produce a series of discussions which you may find worthy enough to save and hopefully reread for your own benefit. My general belief is that each one of us, given adequate information and motivation, can prevent many problems and even treat some of them without resorting to professional assistance.

'Shin splints' has become a catch-all term that refers to an aching pain on the front part of the lower leg. We now know that there are several conditions that may produce similar localized complaints hence the term has little scientific or medical value today. It is of some interest to note that inflammation around the fore leg bone in a horse (periostitis) is also called shin splints and, on a more flattering comparison, runners and running backs have this problem more frequently than do other athletes. Generally, this is an early season phenomenon when the muscles are being pushed into condition, perhaps too quickly, or when there is a relatively great increase in effort (mileage) in preparation for the first game or first race, etc..

These are the most common causes of 'shin splint':

- 1) Posterior tibial muscle sprain or tear.
- 2) Inflammation of the bone-covering of the lower leg (tibial periostitis)

CONT ON
INSIDE BACK COVER



A VIEW OF THE
OLYMPIC TRADITION
FROM THE PLAINS OF THE
MIDWEST

BY
Doug Sundling

'Tradition' is usually thought of as a ritual that is carried on, that has survived. Like most athletically conscious people who have been following the Olympic Trials, I also have been inundated with the trademark clause of ABC-TV, "The Olympic Tradition continues"...

"The tradition continues.."
ABC again telecasts the Olympics, offering not only an excellent seat to view the spectacle, but also a powerful magnifying glass over a microscopic part of world events. Maybe I'm just getting older every 4 years, but, again, I must watch the Olympics and filter out the overt commercialism and oversensationalism that the usually superb coverage by ABC sports has become mirrored in. I, as a viewer, find myself constantly shifting out the over-exaggerations of extraordinary--or failure to be extraordinary--events that have a tough time rising above the saturation of superlatives. The real "Olympics" sometimes seems to be on the other side of the TV, the viewer trying to run the obstacle course the media lays out as it covers the Olympic events. The media may have wedged itself into a tight corner where it must attempt to capture and present the Olympic tradition of human competition and not fall prey to the power of sensation-

alism or exploitation--commercially, politically, or athletically.

"The tradition continues.."
Another boycott. Avery Brundage noted that as the Olympics would become bigger and more exposed, so would the element of commercial and political exploitation. Politics, usually near-sighted in its outlook, again tries to assert a far-sighted goal through a decision to boycott a microscopic event which is an isolated specimen under a powerful magnifying glass held and focused by modern media and traditional ideals. As the driving force for the revival of the modern Olympics, The Frenchman Baron Pierre de Coubertin envisioned the Games as a forum to promote cooperation among nations through international rivalry in sports. The reality of international political ploys seems to have seeded itself alongside the traditional ideal of amiable competition. Up till 1984, the values of the human spirit have prevailed over the temporal political power ploys.

During the ancient games in Greece, athletes from warring Greek city-states could travel to and from Olympia under the safety of tradition. Although the ancient games were entrenched in religious significance, the magnifying glass over that microscopic event being held and focused by religious ceremony and ideals, history records incidents of political maneuvering, bribery, and other finagling. As Greece declined and religious ideals stagnated in static traditions, so did the Games. The decline of the ancient Games was marked by athletes vying for lavish prizes, negotiable spoils, lifetime subsidies-- not the challenge of competition or honor of victory. Sound familiar? (Bonuses in the 6-7 digit numbers? option clauses for this or that in contracts? Lifetime guaranteed income?) The Roman Emperor Theodosius I finally decreed a halt to the games in 394 A.D. because they had fallen--ironically--into such a pagan state of affairs. (next page)

"The tradition continues... Commercialization. As I brush aside the persistent jungle of ads which me remind me so-&-so is an official sponsor of the Olympics, I have to wonder what tradition the companies truly wish to continue: Sacrificing and supporting an event which elevates the ideals of the human spirit, or buying the right to equate the company's name to the ideal as a means to make more money? The subtle suggestion that a company can equate itself with the Olympic tradition makes me uneasy. An official spnsor of the games can only qualify to be a part of the tradition of commercialization. The ancient games survived nearly 12 centuries from 776 B.C. to 394 A.D.,unequaled by any other human event, and I don't think any of the official sponsors of the 1984 Olympics will be able to match that feat.

So, it seems the traditions that undermined the Olympics continue to survive. Survival usually characterizes a tradition, but the Olympic tradition embodies universal values of the human spirit which outweigh any political, commercial, or even athletic gains that come and go with each Olympics.

Admist all the clamour of claiming to be an official sponsor of the Olympics, one TV commercial struck me as something beyond the attempt to sell a product. The commercial, with the background music identifiable with only one company, shows two farmers shutting down their farm machinery in the open fields, walking over to a desolate country road, and stopping to applaud a lone runner carrying a facsimile of the Olympic torch. then, as the commercial fades, "Budweiser Light" appears on the screen. That image appealed to me; the commercial

portrayed something beyond the right to say, "Hey, we're an official sponsor," or the right to claim, "Hey, the Olympic tradition continues," or the political ploy, "Hey, we're boycotting to prove something," the commercial left an impression of a tradition that transcends all the nearsighted follies that dance alongside the Olympics every four years.

I don't think the desire to be remembered as the winner is what keeps the tradition continuing; rather, it is the appeal of the challenge, the competition, the standard to be achieved. The reason the majority of the 100-plus male marathoners, who had run fast enough to qualify at 2:19, went to Buffalo, N.Y. to run in the Olympic Marathon Trials was not to be a winner--or the loser--but to be a part of the Olympic tradition--A tradition which is neither political, nor commercial. Most memorable are the faces of the top three finishers in the female and the male marathon trials. Maybe Alberto Salazar didn't show the same elated smile as the other five, but he knew he had an accomplishment which meant something different than winning a Boston or New York Marathon or setting a world record.

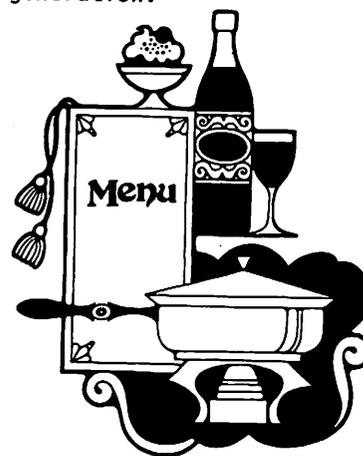
"I achieved that standard."

So, what does the Olympic tradition have to do with the FWTC, or how can the FWTC affect the shortsighted shenanigans that accompany the Olympics? Running, for me, has provided many positive viewpoints for my perspective of life, and one has been the ability to pursue this Olympic tradition of having experienced an accomplishment beyond a victory or a defeat against a fellow competitor. There is a universal appeal in "I achieved that standard." Even in the spectators in our local runs, this attitude prevails over the conventional winner--&--vanquished outlook.

I ran in the Home Loan 10K. I finished the TV/33-Hooks Marathon. I survived the Hickory Grove Lakes 10K X-Country

Run. (I'll withhold placing Mazock's Chug-A-Lug.in this list till it has endured a test of time--Say at least a century.)

An ideal like that does not survive unless you and I continue to value it. If any of our local road races ever had the media attention that a Boston or an Olympics has, that road race would undoubtedly be stained also by commercial and political exploitation. The power ploys come and go; It is what you and I hold onto--be it an Olympic tradition or whatever ideal--that endures, that becomes the torch carried on by each generation.



Eating For The Health Of
It
by
Judy Tillapaugh

More and more people are becoming concerned about staying fit. Bookstores, magazines and newspapers constantly contain literature on dieting and exercise techniques. It's difficult for the average person to know what's best to eat. Researchers could probably find something potentially dangerous in every food we eat. Consuming too much of any one food is a health hazard. The key is to use a variety of foods in small to moderate amounts.

Total body fitness is achieved by combining nutritious meals, physical

activity and behavioural **modification**. Like the saying goes 'the whole is equal to the sum of its parts. If old behaviors are not broken new eating and activity patterns won't be permanent.

In the following discussion, I'll be focusing on improving eating habits to either lose or maintain weight. Assume you'll be following a healthy meal plan-not a diet. Scratch the word diet from your vocabulary. What comes to mind when you hear the word? Probably there's visions of tasteless meals-no desserts, and only skim milk, salads and fish.

Many times diets focus on using only one group of food or a special liquid formula. A diet carries many negative connotations! No wonder few diets are a success! For a diet to work it has to fit into a person's life style. It should promote healthy food choices and can be used for both weight loss or maintenance. It's not a 2 day starvation diet, but a life commitment to healthy eating.



CHARACTERISTICS OF HEALTHY MEALS

1. Provides a variety of foods-meat, milk, milk products, fruits, vegetables, breads, cereals, etc.
2. There are meal plans for both weight loss and maintenance.
3. Food choices for the entire family.

4. Individualized to food preferences.
5. Culturally/socially acceptable-Should be able to eat away from home.
6. Financially feasible-no need to buy special products
7. Meals are coupled with regular exercise.

When changing eating habits, set attainable goals for yourself. Don't expect yourself to be a super nutritionist overnight. It's discouraging to set a goal and later find that it's out of your range. Be prepared to bury old habits and uncover new ones. Convince yourself that a new life style will bring lasting pleasure. Know that the benefits of healthy eating outscore high fat/high sugar diet effects.

Have a positive mental attitude. Losing weight is like climbing a mountain or running a marathon-just thinking of it is tiring. But you can do it if you really want to.

LONG RANGE GOAL=VICTORY
SHORT RANGE GOAL=STEPS TO VICTORY.

GOAL SETTING

1. Should be attainable-no more than 2-3 lbs. per week.
2. Concentrate on weekly achievements- not the ultimate desire to be 50 lbs. lighter.
3. Individualize goals-Do not compete with friends.
4. Set goals to help change your environment.
5. Allow for bad days-No one is perfect.
6. Gain confidence in your abilities.
7. Praise yourself.

To lose weight a person needs to burn more calories than they consume. You may be thinking: "What if I don't eat at all?" (And exercise my heart out?) "I'll surely lose weight." **WRONG.** You'll feel completely exhausted. It cre-



ates too much stress to the body. People need a minimum amount of calories and protein each day to maintain lean body tissues and maintain other body functions. Losing weight is safer if a reduced calorie meal plan is combined with moderate exercise.

The idea is to cut enough daily calories so fat stores are burned for energy and lean body mass is maintained. A meal plan designed to reduce calories yet provide all essential nutrients will help one feel healthier, more fit and trim. Below is a list of tips to cut meal calories. Follow these hints and weight loss is bound to occur.

TO CUT MEAL CALORIES:

1. Reduce or eliminate fat and sugar food sources (Prime calorie evils)
2. Watch portion sizes.-It's not what you eat that's bad, but how much. You may be eating the most balanced nutritious diet but if portions are 3 to 4 times the amount your body requires excess weight gain is sure to occur.
3. Avoid second servings.
4. Be aware of how much fat and sugar you add to food-Calories can add up fast. Meals can be very satisfying when fat/sugar servings are cut in half or three-quarters usage.

PREVENTING DIET FALLOUT

Nutrition know how, common sense, wise product purchasing decisions..to name a few...

I've given you much information on light eating. The key to successful weight loss is to put low cal. concepts to practice. Remember: Success occurs only if you make it happen.

You may abundant low cal. knowledge, but if you still sneak in those extra food portions or munch down a bag of cookies. Your weight loss goal will remain a dream. Sure, there will be bad days, an occasional binge, but bounce back into dieting shape the next day.

Important

DANGER!

TO PREVENT DIET FALLOUT:

1. Know your food weaknesses-Chocolate cake, caramel, nuts, ice cream.... (EDITOR'S NOTE: King Dons, Ho Ho's and Twinkies are the real killers.) Don't buy these foods-Take one small bite if you can stop there-Know that you are in charge...NOT THE FOOD.
2. Don't eat under pressure-make a list of tension releasing activities.
3. Cultivate the right motivation-The weight loss is for your own self esteem and well-being.
4. Stay on a sensible weight maintenance program if you've lost weight.
5. Don't reward weight loss with food; buy clothes, take a trip, see a movie or hug a friend.
6. Treat yourself as an individual-No two people are alike. Each has their own weight loss schedule. Don't be jealous if a friend is losing more than you.
7. Don't get caught up on an image lag-be patient-The effect of eating and exercise will pay off.
8. Continue exercising-Helps to burn calories.

ANNOUNCING

It's time for.....
THE RECIPE OF THE MONTH

SALAD NICOISE

Yield: 4 servings

1 serving=279 calories
=27 gms CHO
=33 gms protein
=5 gms fat

Ingredients:2 cups potatoes, cooked, sliced...2 cups cooked green beans...(fresh or canned--can use broccoli or asparagus) 4 pitted black olives, sliced... One-third cup olive liquid(from can)... one-quarter cup wine vinegar (If not available use cider vinegar)...1 TBSP safflower or corn oil...1 to 2 tsp. worcestershire sauce...one-eighth tsp. garlic powder... 2 cans (6 and a half oz. each) water-packed tuna, undrained, flaked...4 small tomatoes, sliced...2 red or green bell peppers, sliced... 1 red onion, thinly sliced... salt and pepper to taste... lettuce.

METHOD: Combine potatoes, green beans, olives, olive liquid, vinegar, oil, worcestershire sauce and garlic. Cover and chill at least 2 hours (EDITOR'S NOTE-In other words, put it on your doorstep in the middle of January.) Add tuna, and the remaining ingredients. Serve on lettuce.

FLASH!

DIET MYTHS AND MISCONCEPTIONS

1. HONEY IS BETTER TO USE THAN SUGAR BECAUSE IT'S NATURAL..... Even though bees make honey they pack it with many calories.. Honey 1/2 tsp.= 20 cals. Sugar 1 tsp.=16 cals.

2. A FOOD LABELED "LIGHT, DIET, NATURAL OR ORGANIC" CONTAINS FEW CALORIES.... The FDA has no definition for these terms. A food with one of these claims may contain as many calories or more than a comparable product. Read food

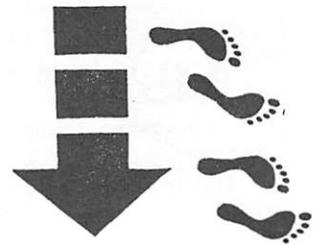
labels.

3. IT'S TOO EXPENSIVE TO FOLLOW A LOW CALORIE DIET-SO MANY SPECIALTY FOODS HAVE TO BE PURCHASED.... Special food are not necessary. Low calorie meals are possible with use of lean meats, fruits, vegetables, whole grain bread/cereal products, & low fat milk products. You won't be buying expensive snacks or desserts.

CALORIE COMPARISONS FOR VARIOUS FOODS....

Butter	Butter
1 tsp.	1 Tbsp
36 cals	108 cals.
Mock Sour Cream	Sour Cream
1 Tbsp	1 Tbsp
16 cals	26-30 cals
Low-cal Italian Dressing	Reg Italian Dressing
1 Tbsp	1 Tbsp
7 cals	50-77 cals
Miracle Whip	Mayonnaise
1 Tbsp.	1 Tbsp.
68 cals	101 cals.
Beef Broth	Beef Gravy
2 Tbsp	2 Tbsp
0 cals	82 cals
"Equal"	Sugar
1 package=	1 tsp
2 tsp. of	16 cals
sugar	
=4 cals	
Brown sugar	Honey
1 tsp.	1 tsp.
16 cals	20 cals
Low Cal. Jam/ jelly	Reg. Jam/ Jelly
1 tsp	1 Tbsp
29 cals	55 cals
"Sweet & Low"	Sugar
(Equal sweetness to 1 Tbsp sugar)	1 Tbsp
6 cal	48 cals
2% Milk	Coffee Rich
1 Tbsp	1 Tbsp
7 cals	20-25 cals
Skim milk	Whole milk
1 cup	1 cup
80 cals	150 cals

Low-fat plain yogurt 1 cup 143 cal	fruited Yogurt 1 cup 240-260 cal.	Fresh strawberries three-quarter cup 40 cal.	Raisins one-fourth cup= 105 cal
Low cal Pudding with Nutrasweet one-half cup 60 cal	Std. pudding with skim milk one-half cup=130 cal.	Med. banana 100 cal	
Low-Cal Chocolate Bavarian one-half cup 40 cal.	Choc Ice cream one-half cup=130 cal.	Diet 7-Up 1-2 cal	Reg 7-Up 108 cal.
Low-cal Strawberry Chiffon Pie one-eighth of pie 192 cal	Strawberry Pie one eighth of pie=300 cal.	Light Beer 12 Oz. 70-130 cal	Reg beer 12 Oz. 150 cal
Potato 1 - 2 and a half in. in diameter 80-95 cal	Potato with sour cream & Margarine 190 cal	McDonald's Hamburger=257 cal	Big Mac= 541 cal.
Mashed potatoes with milk half cup 90 cal	Potato Chips 15=160 cal.	Cooked Chuck Roast 3 Oz. 164 cal. Rib roast cooked 3 oz.=374 cal.	
Dinner Roll small 50 cal	Croissant, Sara Lee 1 med.= 99 cal	Chicken, Light meat no skin-3 and a half oz. 120 cal	Fried Chicken Breast 3 and a half oz.=236 cal
Less Bread 2 slices 80 cal	Reg wheat bread 2 slices 140 cal.	Hamburger 10% fat. 3 oz. 186 cal.	Hamburger 20% fat. 3 Oz. 235 cal.
Carrots, cooked half cup 25 cal	peas, cooked half cup 60 cal	Pizza Hut, 'Thin 'n Crispy' 3 slices= 430 cal (With pepperoni)	Pizza Hut Thick 'n Chewy Pepperoni 3 slices= 560
Salad-no dressing 10-20 cal	Salad with 1 Tbsp of 1,000 Island dressing= 85-100 cal	Tuna half cup 127 cal	Tuna salad half cup 170 cal
Unsweetened Fruit cup half cup 50 cal	Fruit cup Heavy syrup half cup 90 cal	Mozzarella cheese (made with part skim milk) 1 Oz.=75 cal	Cheddar cheese 1 oz.=113 cal
Apple 1 med 80 cal	Apple pie one-sixth of pie=400 cal	Spanish peanuts 5=53 cal	Pecans 12 halves 104 cal.
Orange juice half cup 40-60 cal	Grape juice half cup 80 cal		



SHOES--FRIEND AND FOES

by
MIKE ROBBINS

Have you felt a few twinges in your knees lately? Have your hips or ankles been a little sore? Shins ache? Does your foot have some sharp pains shooting through it? These and other symptoms may indicate the need for a new pair of running shoes. Shoes, though the most important equipment a runner can possess, are often the most neglected and least considered.

Many current authorities feel that running shoes lose the majority of their cushioning and protective capabilities within the first 500 miles of use. After that runners may be running on borrowed time and debilitating shoes. This may be a sad commentary on the cost per mile of footwear but it is a reality. It makes it critical for each runner to pay maximum attention to his or her shoes. This is especially true when those odd little aches and pains begin to appear. Your shoes may be sending a message to your legs.

There are a number of things which can be done to increase awareness. By consulting running magazines and knowledgeable shoe personnel, an appropriate list of possible shoes can be developed. It is important to know what features are best suited for individual needs. The prevents the 185 pound pronator from slipping into a pair of Nike Terra's TC's and then being totally frustrated when they seem shot after 150 miles of daily use and thoughts of knee surgery have begun.

1 BOX OF KING DONS = 2040 cal ; **1 BOX of HO HOS = 1300 cal**



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ARTHUR LYDIARD

Check your store location for times and details.

Arthur Lydiard, founder of the fitness revolution and coach of Olympic Champions, including; Peter Snell, will lecture in Bloomington, Muncie and Fort Wayne. Mr. Lydiard, whose training concepts revolutionized the world of distance running, addresses all levels of runners from neighborhood joggers to world class competitors.

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JULY 10

JULY 11

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BLOOMINGTON

crosstown II 1793 e. 10th bloomington, in 47401 812-333-1221



ANNOUNCEMENT

News Release

3 RIVERS FESTIVAL 10K

July 15th, at 8:00AM. Freiman Square. The race will be run on The Home Loan course. \$ 6.00 pre-entry (T-shirt). \$ 7.00 late registration. Overall award to 1st place man and woman runner.... FWTC age groups!!!! (3 deep in each age group) Inquiries? Call Phil Bennett or Clark Hamilton at 427-1270. Mail entry to: Ft. Wayne Parks & Recreation Dept. 705 E. State Blvd. Ft Wayne, In. 46805.

NAME AGE ADDRESS T-SHIRT SIZE S M L XL Male or Female Phone

"WAIVER" I will not hold anyone associated with this race liable for my injury or death in this event. All inclusive. SIGNED DATE

CONT FROM 'SHOES'

After developing a "possible list, begin by trying on the shoes. The Athletic Annex even offers a treadmill to run a few strides in the prospective shoes. Try the various shoes shoes on during the same visit. Most new shoes feel great. But by trying the current model you wear with a few new ones, you can obtain an entirely new perspective of which is really the most comfortable. Side by side comparison offers a somewhat more pragmatic approach to the final selection.

It is preferable to own two pairs of running shoes. This allows you to alternate their use from day to day which permits the shoes to dry out and, thus, prolong their life. Though this demands

more money up front, it is cheaper in the long"run". This also permits you to roadtest a couple of different models in the never-ending quest of the ideal shoe. (Chances are if you ever do find the"perfect " running shoe, its manufacture will be discontinued that same year.)

Once you own the shoes, keep track of the mileage they provide. A simple entry into the daily running log will provide exact evidence of the durability of the shoes. By keeping a'running' total of the number of miles on each model, it is easy to determine which really lasts longer. By examining the shoes periodically, it is also easier to discover unusual wear patterns and

possible breakdowns before the evidence becomes painfully obvious in those barometers of deterioration--the knees.

The proper shoes and little extra attention can prevent many injuries. Though not all injuries are traceable to improper or worn out shoes, enough are to justify the comparatively cheaper cost of avoiding them. If your training pattern has remained the same, those new aches and pains may not be a sign of your final initiation as a real runner or some mysterious degeneration but just the result of those 'neglected sneakers' lurking in your closet.



Results of FWTC Circular 5K

Men 14 & Under

Stan Florea 17:46
 Tim Gorrell 22:24
 Ryan Moore 22:45
 Chad Wolff 23:48
 Ricky Squires 23:56
 Brian Lindley 27:01
 Jon Young 27:52
 Michael Lindley 31:15

15-19

Jeff Beam 15:59
 Brett Pontoni 16:39
 Tom Hoffman 16:59
 Steve Connelly 18:22
 Tim Rose 20:16

20-24

Jerry Williams 16:12
 Brent Munro 17:07
 Manuel Martinez 17:27
 Dave Geiger 18:09
 Keith Horton 18:30
 Gary Beam 18:44
 Randy Johnson 19:00
 K.G. Phillipson 19:37
 Todd Eagan 19:59
 Larry Getts 23:08

25-29

Vince Garcia 16:02
 Doug Sundling 16:30
 Terry Diller 17:54
 Calvin King 18:01
 Kenneth King 19:19
 Jon Schlatter 21:03
 Greg Hughes 21:50
 Rick Hilker 22:54
 Jim Amstutz 24:59
 Cliff DeWell 26:57

30-34 (Old-Timers)

Gary Dexheimer 16:17
 Dan Kaufman 16:53
 Bill Blosser 17:09
 Steve Brown 17:13
 Miguel Mendez 17:29
 Tom Wharton 17:35
 J.B. Treleaven 17:58
 Steve Caswell 19:03
 Terry Coonan 19:10
 Jerry Mahzook 19:39
 Michael Calla 21:00
 Rick Hower 21:32
 Paul Sabrack 23:03
 Phil Kennerk 23:44
 Robert Harris 23:58
 Bill Squires 25:07
 Mike Yann 28:09

35-39 (Advanced-old)

Mike Robbins 17:31
 Todd Rigelman 18:08
 Ed Kerr 18:31
 Russ Suever 19:05
 Jim Scott 19:07
 Steve Adkispn 19:20
 Pave Fairchild 19:51
 Ron Motycka 20:26
 Phil Wisniews. 20:36
 Mike Zurzulo 21:18
 Wayne Filichow 21:39
 Tom Wagner 22:00
 Steve Butler 22:07
 George Kirby 22:36
 Larry Lee 22:42
 Tom O'Connell 22:43
 Cliff Gorrell 23:21

35-39 (CONT)

Perry Young 24:11
 Ed Sipes 25:24
 Stan Riddle 27:49
 40-44 (Young very old)
 Jerry Perkins 17:55
 Don Lindley 18:20
 Woody Barker 18:35
 Bernie Motycka 19:18
 Mike Byerly 19:23
 Dave Wolff 20:17
 Don Ashton 20:56
 Ken Miller 21:35
 Rudy Kleinknight 22:15
 Bernie Burgette 22:57
 Robert Clay 23:14
 John Toole 23:16
 Bill Krider 25:06
 45-49 (Mentally young & Under)

Bill Schmidt 18:15
 Ray Sibrel 19:15
 Clem Getty 19:15+
 Bob Harter 19:45
 Doon Goldner 20:22
 Tom Laird 21:24
 Craig Miller 21:43
 Joe Ziegler 21:49
 Joe Brooks 24:00
 Slim Dupont 27:40
 John Ribar 28:14
 Bob Pauley ?????

50-59 (Frosh)

Myron Meyer 19:20
 Mike Kast 19:29
 Herb Chandler 20:46
 Jack Hilker 21:30
 Cliff Ditto "" "21:57"
 Chris Stauffer 22:34
 Howard Bash 22:39
 Alfred Moore @5:17
 Roger Phillip 25:37
 Paul Snyder 40:38

60&Up (The Pepto-Bismol Kids)

Chet Fleetwood 25:16
 Walt Harris 28:03

Women 19&Under

Jamie Gorrell 22:34
 Amy Clay 23:15
 Lori Waters 24:29
 Jodi Ziegler 26:39
 Julie Toole 27:25
 Kris Hoover 28:35

20-29 (Pepsi Generation)

M.T. Connolly 19:23
 Chris Kolkman 19:24
 Judy Tillapaw 19:39
 Sharon Getty 22:01
 Cindy Sabrack 23:31
 Helen Huber 23:57
 Bette Jackson 24:22
 Sue Sipes 25:24
 Michelle Klotz 28:13

30-39

Deb Kukelanski 21:59
 Marsha Schmidt 23:33
 Brenda Wolff 25:26
 Val Puckett 26:58
 Beb Freidrich 28:06
 Susan Fehman 28:40
 Lona Young 29:23
 Janet Hoepfner 29:39

Gail Schlatter 29:44
 Joan Wolff 33:24
 40-44 (Whiz Kids)
 Joan (June) Goldner 21:29
 Roseann Simmons 21:29
 Jo Ashton 25:45
 Janis Greene 25:58
 Bonnie Taylor 28:52
 Nancy McElwain 31:58
 Diane Getty 35:49
 Sharon Pauley 40:38
 50&Up (Super Whiz Kids)
 Ruth Hyndman 31:12
 Tess Machlin 31:46
 Jeanne Leffers 31:57
 Doris Snyder 39:06

CIRCULAR 5K STORYTIME
 BY Mike Glasper
 Under sunny skies with warm (low 80's) and humid conditions, 146 runners completed the circular 5K. Both men & women's races were hotly contested. Jeff Beam leading from early on & outlasting Vince Garcia, while Mary Theresa Connolly nipped Chris Kolkman at the wire after Chris had led the entire way.

I hope everyone had a good run and a good time. I enjoyed myself and look forward to next year. I would like to thank all the people who were responsible for a very smooth race: (Awards)-Greg Orman and the Athletic Annex-(Great gift certificates guys!) (Finish Line) Tom Loucks, Tony Gatten and Chris Schortgen (A great crew which freed me to worry about other things. (Pre-registration and finish table) Debbie Caswell, Theresa & Angela Schortgen and John Glasper. (No frayed nerves here, they efficiently handled everything with a minimum of delay. (Aid Station) Roseann Lindley, Dick Florea and a host of others. A special thanks to Roseann & Dick, who are always willing and greatly appreciated. Thanks to everyone who pitched in! Also thanks to Don Lindley for bringing the water and gatorade, to Deb Kukelhan and Mike Robbins for helping me clear the course of debris left from winter, and to John Treleaven for bringing and setting up the finish clock and timers. Anyone whose names I forgot, believe me was an oversight, and be assured that I am very grateful. OH YEAH! (And lest he think I forgot him...) A special thanks to Doon Goldner for EVERYTHING he tried to do.

R. Michael Glasper
 Race Director

In all ages...



it pays to EXERCISE...
 000

SWIM, BIKE, RUN
by
ANN MIZE

The Woman's Bureau and Run Jane, Run Sports Week contacted myself and other area runners for input on how to stage an all woman's Triathlon. I attended the meeting because I thought the concept was a great idea and I truly believe in triathloning. Both Ann Jamison and Mercedes Cox agreed to help if I would agree to be race director.

RUN JANE RUN TRIATHLON IS.....

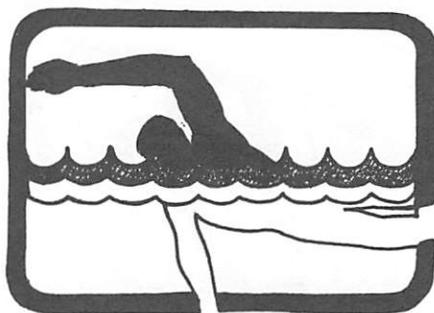
The 1/2 mile swim will be in the Huntington

Reservoir. Then the female athletes will bike country roads from the reservoir to Foster Park. The distance will be 25 miles. At Foster they will run 6.2 miles (3 times around the park golf course).

Doesn't it sound fun and exciting! I hope so! That's the whole point in writing this article. Consider this as a start to the new sport of triathloning. Plan now to participate in your own town's all woman triathlon here in Ft. Wayne.

Find a friend and enjoy training together. Enclosed are some good training tips put together by Ann Jamison.

Entry deadline is Sept. 1st. Only 50 entrants will be accepted....So sign up early!
Hope to see you Sept 15th.



SUGGESTED TRIATHLON TRAINING TIPS

The most important aspects of this event is to participate, complete and enjoy the activity. These tips will insure your enjoyment.

Prospective triathletes should be able to run 3 miles, cycle 10 miles and swim continuously for 10 minutes before beginning to train for a mini-triathlon.

SWIM TRAINING should begin slowly, twice a week, with several different strokes (breast, back and crawl). This will strengthen all the muscles in the shoulders and reduce stiffness and chance of injury. Seek efficient swimming tips from experienced swimmers for technique improvement.

After a few weeks of easy strengthening and technique work, choose a stroke that is comfortable and begin to lengthen the time in the water and perfect your breathing. At this point swim three times a week.

CYCLE TRAINING- The biggest ratio of exercise in a triathlon is the bike portion. Learn efficient cycling technique from more experienced riders or ride with a cycling club. Beginners should "spin in low gears," which means pedal an easier gear than you normally use. That way, you develop the ability to pedal at a high RPM's without stressing your joints while you are still building strength. Carry a water bottle on your bike. Bike 4 to 5 days a week, gradually increasing the miles and/or time. A goal could be 60 to 90 minutes, four days a week, and one long ride of 2 hrs. or more a week.

RUN TRAINING should begin with easy effort and low milage. At first run every other day until you are up to 20 miles a week. Strive for a comfortable running style. Good fitting running shoes are a must. At this point run faster one day a week and longer one day a week (example - 8 miles).

If the athlete is experienced in one of the three sports, more attention can be given to the weaker sports. One way to improve your time in a triathlon without doing any additional training is to decrease the amount of time spent in **TRANSITIONS** between swim, bike and run. Plan your clothing for the least amount of changing. Practice drinking while training. **PACE** is the most important element in any endurance event.

***** EXAMPLE TRAINING WEEK *****

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
bike	*swim	*bike	swim	bike	swim	run
2 hrs.	30 min.	1 hr.	30 min.	90 min.	30 min.	75 min.
	run		run		*run	bike
	60 min.		60 min.		30 min.	30 min.

* race pace

ATTENTION

I've been informed there will be a class at the Central Branch YMCA this fall for those interested in learning how to complete the Home Loan 10K on Oct. 28th. The class will have 2 divisions- one for those with racing experience and a novice class for 1st timers. The advanced class will be taught by Mike Robbins, starting Sept. 5th at 6:00PM. at the Central Branch YMCA.

Jerry Mazock will teach the novice class. The first class will also be Sept. 5th at six at the Central YMCA. The cost to 'Y' members is \$10. For non-members it is \$20.

There will be 8 classes.

These classes are sponsored by the YMCA and Home Loan and Savings in cooperation with the Fort Wayne Track Club. More info next month!!!!!!!

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Triathlon
 Series -84

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SOUTH BEND TRIATHLON

Sunday, July 8, 1984

3/4 MI Swim 25K Bike 4MI Run
 (15.5 MI)

Featuring: **Julie Moss**
 1982 Ironman Runner-up

NILES TRIATHLON

Saturday, July 28, 1984

3/4 MI Swim 13 MI Bike 4 MI Run

Featuring: **Dave Horning**
 World Class Triathlete

ELKHART TRIATHLON

September, 15, 1984

3/4 MI Swim 25K Bike 5MI Run

Featuring: **Charlie Blanchard**
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Sanction applied for:

TRIATHLON FEDERATION - USA

FORMERLY THE UNITED STATES TRIATHLON ASSOCIATION



For entry form and Triathlon information, send a SASE (self-addressed, stamped envelope) to:
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(219) 291-7602

CON'T FROM "THE RUNNING DOCTOR"

3)Anterior or lateral compartment syndrome(which is poor blood supply to these muscles

4)Stress fractures of the tibial bone itself.

Surveys of injuries to runners indicates that shin splints is a common problem, but less frequent than "runners knee", achilles tendonitis, or plantar fasciitis. However, nearly all of these injuries are self-limited because they are associated with so much pain that it is impossible to run, thereby limiting the damage. One form of shin splints, the compartment syndrome, may lead to irreversible, permanent damage, with or without an emergency operation, which it may require.

I will conclude this month's article on posterior tibial tendinitis with posterior tibial muscle pain and shin splints because I have just seen another case. Given a case of shin splints most sports medicine clinics indicate that tears or pulls or strains of the posterior tibial muscle account for about 70% of the cases. So if you have shin splints, this may be your problem. The most common cause is overpronation, particularly of mid and fore foot. It does not have to be bilateral. This particular case involved the right foot and leg. The history revealed a recent increase in mileage in prep for the Ft. Wayne marathon, asphalt road running, facing the traffic, and shoes that showed the tell-tale wear pattern but were of good quality and not worn out. Examination showed pain along the inside tibia and down toward the medial malleolus (knob), suggesting tendinitis as well as muscle strain. The patient ran on the treadmill and revealed a significant tendency to toe-out and pronate, particularly with the right foot. We placed an over-the-counter arch support in the shoes and repeated the run. The discomfort abated almost immediately. The marathon was less than 2 weeks away, and was to be the 1st one. I also wanted to make it possible; therefore, I suggested the purchase of these supports, staying in the center or on the right side of the road (being very cautious about traffic), decrease the length of the workouts, even doing half at morning and half at night, and resort to excessive use of ice. This may require some clarification, because I do mean excessive.

This runner was in a situation where what was recommended was possible. I recommended almost constant icing—particularly after every workout and just before bedtime. Because of the location of the injury, the runner was able to stand in a bucket of ice-water or sit hanging the foot and lower shin in the ice water for long periods of time, only pulling the foot out when the coldness became too painful. In other words, the foot and lower leg went in and out of the water constantly for at least 30-60 minutes three to five times daily.

I am pleased to report that this regimen worked well; the marathon was run in a great time without significant pain, and the extremity went right back into the ice-water after the race and is recuperating nicely on the same regimen.

Obviously, this is a bio-mechanical problem that will never go away. Although the arch-support may work indefinitely, a prescribed orthotic will produce a more satisfactory long-term result. The runner will benefit from good shoes with appropriate support, avoiding roads with too much camber, and increasing the mileage more slowly. Normally, I will recommend some rehabilitative or preventive flexibility and strength conditioning program. Calf-raises with increasing weight will provide both strength and flexibility if done properly. Light weight resistance and great care to avoid irritating the Achilles tendon are an absolute requirement.

Basically, it is not easy to exercise this particular muscle. You will observe that your posterior calf muscles benefit a lot from calf-raises, and you cannot feel selective resistance in the posterior tibial muscle. However, flexibility and strength in the calf will help by contributing to the stability of the ankle joint. For this reason, calf raises in 3 positions are recommended to strengthen the peroneal group and both medial and lateral heads of the gastronemus. These 3 positions are: Toes in, toes out and toes straight ahead.

If anyone needs further explanations, please call or write me a note c/o of the Newsletter.

POINTS AND MEMBERSHIP APPLICATION

Name _____ Birthdate _____ Sex _____
Address _____ Phone _____
City _____ State _____ Zip _____

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

HAVE YOU SEEN "STAR TREK III...THE SEARCH FOR SPOCK" YET? _____

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

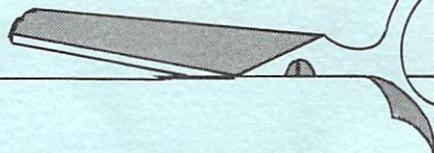
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Nail reg. membership app to Phil Shafer

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 Occupation/Employer _____ Phone _____
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 Ea. add'l. family mbr, \$5 ea. _____ = \$ _____
 (\$20.00 max. per family) Total \$ _____

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