

# the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



**“A CLOSE FINISH AT  
BIG BROTHERS/BIG SISTERS”**

(ER .....Wait a minute .....)

**“A CLOSE START AT  
BIG BROTHERS/BIG SISTERS”**

**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 /Membership 622-7538  
 Bonnie Taylor Secretary/Media Assistant 447-5892  
 Jerry Mazock Editor of INSIDE TRACK Board Member 747-1064  
 John Treleven Race Schedule 432-531E  
 Tim Fleming Board Member 749-8027  
 Mike Gasper Board Member 432-8134  
 Tim Fleming Media Chairman 749-8027  
 Russ Suever Points computation 493-2640  
 Ken Miller Points Computation 749-5847  
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 Don Lindley Board Member 456-8739  
 John Schwarz Board Member 749-8764  
 Lynn Schlegel Board Member 745-4136  
 Mike Robbins Treasurer 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**

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

**FWTC 1984 POINTS RACES**

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**

<del>Oct 20 or Nov 3</del>	<del>Sat</del>	<del>6K</del>	<del>Halloween Race--Foster Park--Wear Costumes</del>
Nov. 4	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		5mile	New Year's Eve Race--North American Van Lines--Myron Meyer

CLIP AND PUT ON YOUR REFRIGERATOR DOOR

**POINTS AND MEMBERSHIP APPLICATION**

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Sex \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

DO YOU WISH TO BE INCLUDED IN THE POINTS STANDINGS? \_\_\_\_\_

Have You Washed Doon Goldner's car yet? \_\_\_\_\_

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

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

Mail to: Russ Suever, 1924 Montgomery Court, Ft. Wayne, In 46815  
 Mail reg. membership app to Phil Shafer

Betty Jackson will be getting married to Clifford Dewells. It will be an early fall ceremony. CONGRATULATIONS YOU GUYS!!!!!!

INSIDE "THE INSIDE TRACK" THIS MONTH YOU WILL FIND THE FOLLOWING.... President Don Goldner's FAREWELL column....Mazock in his Editor's column rambles on about the significance of this October....Doug Sundling has a ton of 'post Olympic' afterthoughts....Eckrich thanks everyone for running Race America-By the way, if you did NOT run this great new race, you MUST wash any of Don Goldner's cars before he leaves office this month....."The Journey To Boston" by Jerry Perkins is completed this month.....Most runners will really appreciate Judy Newman's concise and easy to understand article concerning 'snacks.'.... Dr. George Branum completes his in-depth look at that lousiest of running injuries called shin-splints....Mike Robbins wants us to all relax and have a good time when we run....And Tom Loucks really whipped up quite a race schedule so you can blow your lights out almost anywhere on every weekend....One of those races coming up sounds like a good one-The Sportsfest 10K on November 11(See Ad)....Bill Schmidt did a fine job of quickly turning in the results of the Kent Davis Run (He did a neat typing job too)....Thanks to Rick Hower for sending the results of the Auburn Classic City Road Races....Betty Nelson informs us of a neat new way of getting vital information about yourself in a very economically sound way at the Whitley County Memorial Hospital....Tom Mather turned in the top age divisions results for his Canterbury Run (The complete results will be in the next newsletter ....There's an ad by The Haufman House Restaurant...Plus another ad from Dr. Hammons....Bobby and Sharon Pauley conclude the story about their summer vacation. This month they tell us about the running camp they attended....There's also an entry form for The Home Loan 10,000

And there's an important announcement concerning upcoming FWTC elections and where the election party will take place.... There's a couple of neat letters to the editor....And there's a picture or two from Mazock's party....There's even more than this-If you know where to look....I hope you enjoy this stuff!!!!!!!!!!

"RUNNER'S WEEK" with Tim Fleming will begin once again at 8PM Fri. October 5th Channel 10. The first show will be the Canterbury Love Run. On Oct. 12, Tim Will host Mick Schlacter(A P A ACE)



100 yards from the finish of Big Brothers/Big Sisters, Mick Schlacter leads Tom Loucks by 3 seconds.

# HEAR YE, HEAR YE

From The Hills Of Muldoon Rd.  
Comes President Goldner's FINALE



## Editor's Run

by JERRY MAZOCK

On October 14, we will have a FWTC outing, which will include a 10 mile Fun Run to Poe, a picnic, and elections of the 1985 officers. Details of the day will appear elsewhere in this Newsletter.

The time has come to pass the gavel to new, fresh management in the club. Although I won't miss certain responsibilities, such as writing a monthly Presidents column, I definitely will miss working closely with many of my running friends. A great big "THANK YOU" to all who have assisted me this past year. Your cooperation will be remembered.

I have previously written that the club is embarking on new directions, with new, larger, well sponsored and financed events. The future management must recognize this direction and determine if this is the direction the general membership desires. Several of you have expressed your wishes for the return of more low key, 'free to member' events I feel we must also respond to these wants.

In the next few months, the planning of the 1985 Race Schedule will be in the works. Please let us know your wishes so we can plan accordingly.

Once again, thanks for your support.

See you at the picnic  
See you at Home Loan.

UPDATE!! UPDATE!!  
(EDITOR'S NOTE)

I WILL TRY TO RUN MY 30,000TH MILE AT THE ELECTION PARTY AT GOLDNER'S DURING THE "PAINFUL RUN TO POE." I CAN ALMOST HEAR MY FRIENDS ENCOURAGING ME.

"COME ON, PORKY, YOU CAN DO IT!"  
SEE YOU THERE!

JERRY MAZOCK

By the time you will be reading this issue of "The Inside Track"-sitting in your easy chair with coffee and your favorite pipe-The subtle change from summer to winter will have begun. I always look at this seasonal change from two angles-SAD and INEVITABLE. However, one thing running has taught me is that our sport doesn't come to a screeching halt when the snow flurries begin to fly. In fact, there are things to celebrate, look forward to and acknowledge. (Even in the foreboding month of October.)

For instance, on the national scene, there is the great New York City Marathon on ABC TV later in the month.



Doug Sundling finishing strong at Big Brothers/ Big Sisters

I think all runners really appreciate the way the networks have learned to cover the big races. And after the great finish of the NYC race most of us go out and run the best local event of the fall-The Home Loan 10,000. Don Goldner, Paul Wolf, and Mary Gardner should be commended for the outstanding race they put on every year. If you don't run this race, you have to wash MY car!

However, there are other things going on to catch your attention earlier in the month. Our club will hold its annual elections and party at Don Goldner's home. I believe we are entering a new era of running-And I believe our new Board should heed these new situations with great expectations, but STILL keep a strong respect for the way we handled things in the past. Let's not forget the principles our club was founded upon. For some day we may have to happily retreat to the 'old days' of simplicity and good 'ole fun runs.'

Also in October is the 7th anniversary of the Wednesday night fun run at Foster Park. I think this weekly event at 6PM is a local institution-Or at least the longest existing training event in the area. Don Lindley inaugurated the run starting on the 2nd Wednesday night of October '77. We have NOT missed a Wednesday run since. Not the heat of summer, the chilly rains in the fall, the floods in the spring, or the god-awful winds and freeze of the winter, have prevented at least ONE of the faithful to participate. There have been hard runs and zany runs. I pray this institution will continue for as long as we care to run.

For me, October 14th means 5 years of running without missing a day, and a few days later, 30,000 career miles.

And finally, October means the end to another successful club administration. Don Goldner has a lot to be proud of. He has sown the seeds for a secure club future. The club thanks you, Don, and I thank you as a friend for the good times and your help. Don Goldner, I dedicate this issue in your honor!



By Doug Sundling

OLYMPIC AFTERTHOUGHTS

The Olympics ended one week after copy deadline for the September Inside Track issue, so any post-Olympic thoughts would have to appear two months later. Perhaps after two months the burnt-out after-images from the visual saturation of Jim McKay, Mary Lou Retton, the Budd-Decker replay, "up-close and personal," and commercials for "Call to Glory" and Levi 501 "blues" will have faded. Still, many impressions of the Olympics touched me as a runner, as an individual, and as a human being.

As a runner, needless to say, I couldn't but be affected by the performances in the running events. Although during the marathons commercials often preoccupied the viewer while an important development in the marathon was transpiring, leaving the emotionally involved viewer-runner screaming mad when the coverage returned to show deCastella fallen back and then to return after the next commercial to find Seko fallen off and so on, the coverage remained consistent and intent from start to finish of each marathon. What an undaunted performance by Joan Benoit: ABC skillfully portrayed the nature of the race from so many angles except from inside Joan, and I as a runner could easily fill in the emotions while watching her unfold her race plan for those 26.2 miles. And, what of the men's marathon: 26.2 miles can humble the best, and 37-year-old Carlos Lopes defied the expectations; hey, Mazock, Dexihemier, Garcia, and all us other aging runners--there's hope.

(An aside: wasn't it refreshing to see the juxtaposition of the well-groomed, premediated responses of athletes like Carl Lewis and the American boxers to the Portuguese Carlos Lopes's care-free attitude towards the TV cameras and interviewers with the same repetitious questions? Carlos was courteous enough to grant Jim Lampley an interview, but Carlos was more interested in finding his wife and celebrating his accomplishment than presenting a TV-perfect profile.)

The coverage of the marathons was great, but what happened to the 5KM and 10KM races? Doesn't ABC know there are many times more viewers who are 5KM and 10KM runners than who are marathoners?

Although the men's middle distance races offered little for prime-time coverage, the women's 3000M provided an abundance for endless speculation before and after the race. The race became built-up by the media and the general myth of competition that often is unrealistic to expect of runners, and the race became an event that just could never be.

As a runner, I watched Zola Budd try to carry a pace beyond her capabilities. A half of a lap before the Mary Decker tumble, color commentator, Marty Liquori, even said, despite Al Michaels' persist repeating, "It's Decker and Budd," that Budd was running beyond her abilities.

As a coach, I wonder if someone had pointed out to Zola she had more to lose than to gain from these Olympics. What did she have to gain: a medal? the reputation of having fulfilled the Olympic dream? If so, then Zola, at 18, would also gain the notoriety of having to live up to the expectations of being an Olympic medalist for the rest of her years as a competitor. If she failed to win a medal or caused an incident she would have an albatross around her neck for the rest of her competitive life.

The Olympics were hardly a once-in-a-lifetime shot for the 18-year-old Budd. If she would have waited till 1988, she could have had 4 years of international competition maturity, 4 years of being a British citizen (no African nation threatened to boycott because of Sidney Maree) and more realistic expectations of her performance. To compete in the 1984 Olympics under the conditions she would have to, Budd was expected nothing short of a medal and a fantastic--but unrealistic--duel with Mary Decker.

CHECK OUT THE Athletic Annex for all your RUNNING Needs

Given those conditions, as a coach and a runner, I felt for Zola, and the worst that could have happened did. If there are lessons from that ill-fated 3000M race one would be that the pursuit of high ideals should be tempered with a sense of realism. Dare to dream, yet try to understand how reality will crack that dream.

(After being saturated by the type of coverage ABC promoted Olympic events with, I can't help but foresee during the 1988 Seoul Olympics these "upclose and personal" shorts asking the burning question: Can Zola Budd come back from her disasterous debut 4 years ago and prove herself an Olympic champion? Can Mary Decker bounce back and achieve that Olympic medal that has eluded her? The learning process is sometimes very slow.)

Although the media helped fuel the Budd-Decker confronta-

Coming Next Month: (or soon)

AN ARTICLE OR TWO ABOUT THE GREAT HOME LOAN 10K

AND:

THE FIRST COLUMN FROM OUR NEW PRESIDENT

PLUS:

ALL THE USUAL STUFF

tion, the myth of athletic competition being equal no matter who the competitors probably did more to force an unrealistic expectation of a race that just was not to be. Besides the women's 3000M, these Olympics provided many juxtapositions of the myth and the reality in competitive running. A former running great, commentator Marty Liquori often provide the essential cutting edge of reality that sliced through the myth unwittingly perpetrated by other facets of the media. Besides the tremendous amount of sensitivity he tried to offer through all the hopla over that 3000M race, Marty left me with two other impressions of intelligently inserting through the myth of competition the reality of the competing runner.

One was when the Swiss woman marathoner from Sun Valley, Idaho, Gabriele Anderson-Schiess, came staggering in onto the Coliseum track. The crowd and Al Micheals saw her struggle as a courageous act to conquer those 26.2 miles; Marty repeatedly pointed out that someone should have taken the realistic responsibility of removing her from the course. Burning up one's brain cells hardly equals the benefits of having conquered 26.2 miles.

The other was the closing remarks after the men's marathon when Al Micheals wondered aloud if 37-year-old Carlos Lopes's victory would be an inspiration and a beginning for older athletes to strive for such accomplishments in running. In other words, Go For It! Marty quickly pointed out to obtain such performance levels would require extreme understanding and support from that runner's family due to the time commitment and the con-

stant tired feeling that accompanies world class runners; "It's not that easy," Marty understated.

Despite the undeniable hype to elevate the ideal of winning the Olympic gold, ABC did a super job of enlightening the viewer on the hard work all of the athletes had to commit themselves to. The Olympics demonstrated in every event that potential can be realized if an individual can pursue with pride to do the best he or she possibly can, be it equestrian, gymnastics, running, diving, cycling, volleyball, synchronized swimming (wasn't that amazing stuff?), or whatever.

Like any other American, I felt proud and great to see the U.S.A. competing for and taking the gold. But, I hope the Olympics gave me a vision of more than just a re-birth of nationalism in the individual athletes and the spectators of each country. Could there not be a realization of the vast diversity of the human spirit and that individuals can take pride in pursuing excellence in any one of those facets of human diversity? Why must we pigeon hole everyone into narrow role models with little room to develop human potential?

Do I sound awfully idealistic, if not individualistic (what runner isn't individualistic)? Why shouldn't I--the Olympic ideal requires the human spirit to dream.

As an American I'm biased: I think the L.A. Olympics were a success on a grandiose scale, as much a financial success as they were at reviving the Olympic spirit of competing under the ideal of friendship. I can't help but wonder what will be the fruits of all the seeds

of optimism that those opening and closing ceremonies left in the hundreds of athletes and spectators memorized by the spirit of those ceremonies. As a human being I saw nothing but positive elements blazing across the night sky of those closing ceremonies, and the seeds of that untangible "Olympic spirit" must have been planted in many of those present. Reality, like the 20-mile mark in a marathon, will interject itself upon the struggle for those idealistic seeds to grow, but it's great to see the Olympic spirit realized.

It's a cliché in a beer commercial, but it is an effective aphorism: the L.A. Olympics did seem to bring out the best possible.

AT THE MOVIES.....  
WITH THE ONE...THE ONLY....  
(AND HOPEFULLY, THE LAST).....  
GENE BULLSHALLITT!!!

Gene has just returned from the Ban Ned Film festival and has these two movie reviews of popular movies. However, Gene's review of the movies differs from most people's recollections.

#### INDIANA JOAN AND THE TEMPLE OF DOON

This quickly paced adventure deals with the summer-long disappearance of Joan Goldner. Rumor has it that she was in chains digging for diamonds and other various gems for her husband at Doon's Retreat in Pentwater, Michigan. It has a happy ending, however; Ann Mize frees Joan and they both beat Doon in the 4 Mile Park run on October 6th.

#### THE DRESSER

This powerful flick deals with modern problems. FWTC Pres-Elect-Mike Robbins is asked why there are no women on the FWTC's new executive council. Mike Robbins (Who portrays Mike Robbins-Pres-Elect) creates a terrific character in a battle between his traditional feelings and what he knows is the right thing to do.

At the end, Mike compromises his views and promises to the FWTC membership that: "If elected, I will demand that Secretary-elect Mike Glasper wear a dress to all FWTC board meetings."

Mike Glasper should win an Oscar for Costume and Make-up.

Dear Sports Editor,

Here are the results of the Roann Covered Bridge Festival 5 Mile Run;

MEN		OVERALL:	
Overall: Steve Brown	28:25	OVERALL: Beth Rehner	34:26
Overall Runnerup: Brad Yoder	29:11	18&Under Shelly Eastlund	42:43
Under 13: No finishers		19-29: Beth Rehner	
14-18: Dave Gregory	32:52	30-39: Betty Oliphant	39:54
19-29: Russ Hovermill	29:47	40 & Over: Margaret Whitsel	45:42
30-39: Steve Brown			
40-54: Brad Yoder			
55 & over: David Cox	48:50		

THANKYOU FT. WAYNE RUNNERS FOR COMING TO OUR EVENT.

NEXT YEAR WE WILL MEASURE THE COURSE MORE ACCURATELY--

THE 5 MILE WAS A BIT SHORT!!!!



Beatrice



ECKRICH

# THANK YOU

**F**ORT WAYNE'S SUPPORT OF BEATRICE/ECKRICH RACE AMERICA, OUR FIRST 5-MILE RUNNING EVENT, IS GREATLY APPRECIATED.

**A**LL FEES FROM RUNNER REGISTRATION DONATED TO SPECIAL OLYMPICS.

**W**E HOPE YOU HAD AN ENJOYABLE DAY AND AGAIN, THANK YOU.



Attention! (that means YOU!)

If your goal in life is to finally BE ON THE COVER OF THE INSIDE TRACK...Well, I promise that a picture of everyone who comes to Jerry Mazock's 7th annual Thanksgiving Morning Run will be on the December issue. The distance is around 15 miles. We'll start at 8AM on Thanksgiving. The address is: 6135 Orchard Lane, Ft. Wayne. I will take THE picture at the start of the run. Come and watch Mazock suffer through his first training run of over 5 miles since the TV-33/Hooks Marathon. Coffee and stale doughnuts will be served afterwards.

Write this on your calendar NOW! There will be a Christmas Caroling Running party on December 12th at 6PM in conjunction with the usual fun run at Foster Park. A very leisure pace will be run (About 9 min pace). There will be a Chili supper at Linn & Jerry Mazock's house afterwards.

THE JOURNEY TO BOSTON---COMPLETED  
by  
Jerry Perkins

May 1, 1983, - Thank you, Lord, finishing this marathon is the most exhilarating feeling he has ever felt. His friend Tom Soper plants a seed when he tells him to start thinking Boston, but for now having accomplished this first marathon is to be relished.

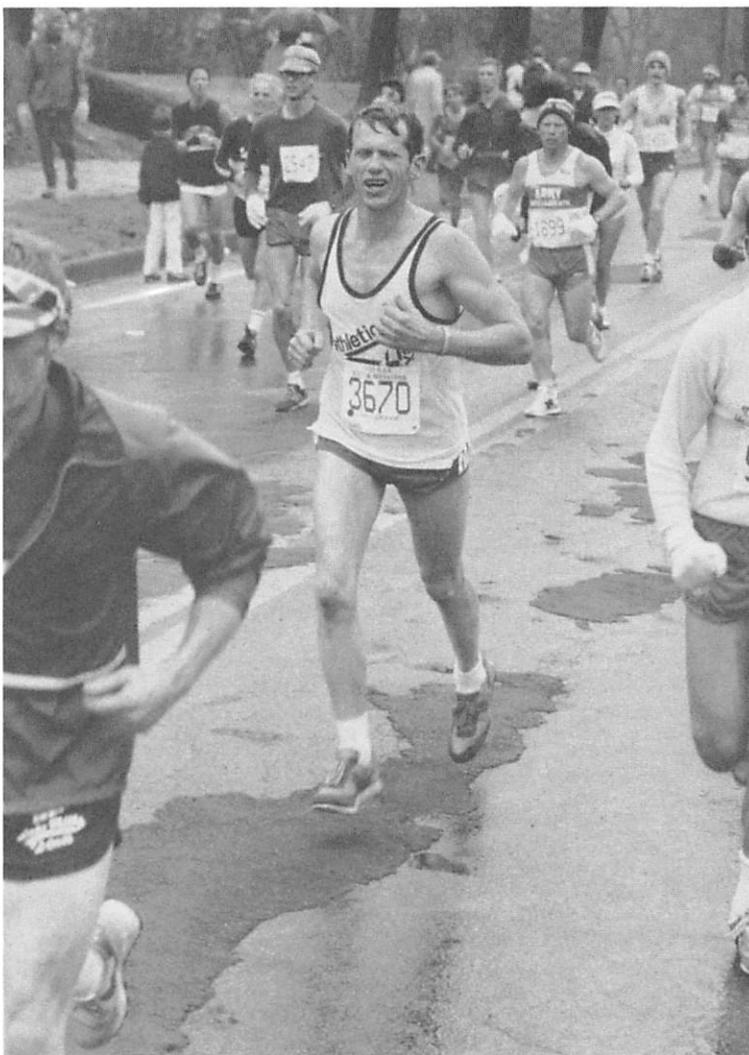
As the summer passes into winter and January begins, he begins to think of the fact that he has qualified for Boston and to pass up this opportunity (one he might never again realize) would be almost a sacrilege.

January and February are not very cooperative weather-wise, but good or bad, the miles must put on. At the Franke Park 5 mi run, he starts with a curly haired "kid", Terry Diller and as they talk during the race, they discover they both qualified for Boston and are considering going. During the next 2 months they converse during races and encourage each other. Advice is received from seasoned FWTC members Don Lindley and Mike Kast on the Boston.

As April 16 approaches, the expectation and anxiety builds. Plans are made to drive to Boston with Terry, Bob Harris, and Bob's dad, Pete Harris. On Fri, April 15, the four leave shortly after dinner. Arriving in Boston on Saturday, they trace the course by car from Hopkinton to the Prudential Bldg. in Boston. After finding the motel, they enjoy an evening of sight-seeing. Sunday brings registration and number pick-up day along with an exposition at the Prudential Bldg. which will also be the finish line. As he picks up his number (3670), he meets 3669, the man who qualified 1 second faster than he did. all the way from Spokane, Washington.

Monday morning arrives and the 5:00 AM wake-up finds, as predicted, a heavy down pour with a stiff east wind. They pack all their gear and off they go. On the subway to Copley they meet mostly runners, because it is a holiday and the offices are closed. They get right on the school bus for the 45 minute ride to Hopkinton to the starting line.

At the high school gym, with a down pour outside, 7000 plus male runners jam inside in an attempt to stay dry and warm. Don Lindley had recommended taking large garbage bags for cover-ups just in case. At



Jerry Perkins nearing the end of his "Journey To Boston" in this year's Boston Marathon.

10:30 all extra gear is to be in your satchel and put on one of the vans for delivery to the finish line. Still 1-1/2 hours to wait for the start. During the wait, number 3670 is invited to participate in a dehydration test by the U.S. Army Medical Corp. Your weight and all vital signs are taken before the race and will be repeated at the finish. An orange sticker is placed on the race number for identification at the finish.

At 11:00 everyone is directed to the start line 1/2 mile away. Modesty seems scarce and surely many Hopkinton bushes die each Patriot's Day. By 11:30 the starting line is in order. Runners are grouped in groups of 500 with rope barricades to provide order at the start. Rope squares are arranged by runner number. Terry comes to the back of his section and 3670 goes to the front of his so they can share the event. At 11:45, the wheelchair event is started. The rain is now a steady drizzle at 38 degrees with a 15 mph head wind. At 5 minutes

of 12, the National Anthem is played, the ropes dropped, and the runners are instructed to discard their disposable cover-ups to the right. Number 3670 sure hopes those tight muscles are just nervousness. Suddenly the countdown is over and the gun sounds, but seemingly no one moves. The start is downhill for the first 300-400 yards so you can see runners ahead. Finally our section starts a slow shuffle. The starting line passes after 2 minutes and 29 seconds have already gone by, then into a slow jog. On the rise 1/4 mile ahead, is a solid-ribbon of runners from ditch bank to ditch bank as far as you can see (3000 plus). As that hill is crested a few minutes later, a quick look back reveals an even larger mass of runners (7000 plus) some still coming across the start line. You feel like a thread in this high ribbon. Everyone with the same goal - just to get to Boston and the Prudential Bldg. Although alone in their effort, that common bond ties each to the other. There are not any words which can express the feeling of participating in the Boston--the World Series of running.

Terry and I stick together as best we can, the crowd is still tight and you have to watch each step. It's still crowded at 4 miles, but the pace has picked up. At 7 miles our 6:30 pace has brought our average to under 7 minute miles. The left side seems less crowded so we stay there and move across to the right for each aid station. Terry develops a hot spot under his big toe on his left foot, at about 5 miles. We concentrate on holding back for the hills ahead. The 38 degrees doesn't seem to bother, but the 15 mph head wind makes going rough. The never ending crowd along the road side and always cheering really helps the miles click away. The 6:30 pace we have been holding keeps bringing the race average down, but by 10 miles Terry says the hot spot has become a blister. It takes guts to run that way.

At the 12 mile mark we can hear the Wellesly College girls cheering above the rest of the crowd and they are still a mile away. As we approach the college the girls form a tunnel for the runners to funnel through as they cheer you on. The saying goes if your time is bad at Boston it's because you ran through Wellesly College several times. Terry has now developed a blister on his right foot, also. It is getting difficult for him to run. We stay together until I lose sight of him at the 16 mile marker, when I pull over to get a cup of water. I assume Terry is in front of me and pick up my pace hoping to catch sight of him again. Now come the Newton hills (a series of 6 hills topped off by Heartbreak hill at the 20-21 mile marker). These hills aren't so terribly steep, but are just

relentless at a time when you are already tiring. I sure am glad for training hills at home. With the hills behind me I try to pick up my pace even though my legs are very tired. By doing some mental calculating I determine I can be under 3 hours, if I can keep a 6:38 mile pace from here on to the finish. The crowd is getting deeper and louder the closer you come to the finish. The crowd is fantastic and seems to give your feet wings. One mile to go, my watch shows me all I have to run is a 6:40 to be under 3 hours, PUSH, I tell myself. Finally the Prudential Bldg. is in sight and the finishing chute and I can see the clock with 100 yards to go. I can break 3 hours! Sprint -- the finish line -- and the clock says 2:59:48 -- Thank you, Jesus, as I go on through the finish chute and then into the Prudential Building. It's just before 3:00PM on April 16, 1984 and number 3670 stands a solitary figure in the growing mass of runners that have completed their journey. With a foil wrapped around his fatigued body, he leans against one of the massive concrete support pillars and he cries. Not tears of pain nor despair, but rather overwhelming tears of joy, and thankfulness in completing a difficult task. He suddenly realizes he has completed a journey he didn't even know he had begun-----

#### THE JOURNEY TO BOSTON

Boston 1984

Jerry Perkins finished 2222 in a time of 2:59:48; 334 of 1699 in his age group. Terry Diller finished in a very respectable 3:04:45 (considering the circumstances). Bob Harris who ran as a "bandit" finished in just about 5 hours.

A special thank-you to the many FWTC members who have encouraged and supported myself and others over the years. That's what makes the FWTC special. JDP

The following have been nominated for FWTC offices:

President: Mike Robbins  
 Vice-President: Dan Kaufman  
 Secretary: Mike Glasper  
 Treasurer: Don Lindley

If you can't stand any of these people, please come to the election party, October 14th, at Don and Joan Goldner's - AND TELL US WHY,



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

#### SNACKING

Remember when you were younger and your mother cautioned you to not snack or "you'll spoil your appetite" for the next meal? Mother's have given snacking a lot of bad press! The fact is that it's not snacking itself that is not good for us, but often it's our choice of foods we snack on and how and when we eat during the day. There are several good reasons for active people to include three meals and occasional snacks each day.

Dietitians, physicians, sports therapists as well as other health professionals have discovered scientifically what our instincts told us all along - that eating smaller amounts more often is much better for our health. It's imperative in our modern society with all the stresses we face to not have our stomach empty for hours and hours. When meals are skipped during the day, the excess acid caused by daily stress works as an irritant on the stomach lining. When a big meal is finally eaten in the evening, the stomach is often stretched beyond normal limits. Also, that urge to eat all evening is the body's natural response to the starvation it experienced during the day. Smaller amounts eaten more often during the day can result in fewer calories than those in a large evening meal and snacking in front of the TV.

Another bonus for smaller more frequent meals is that our bodies burn calories eaten this way more efficiently. A recent scientific study

showed that one group of individuals lost weight when they consumed the same amount of calories in small frequent meals as a control group. The control group consumed the same calories in one large meal a day.

For athletes and very active persons, another good reason to eat smaller frequent meals and include snacks is that this will increase your energy level and provide a way to consume needed calories without feeling stuffed after every meal. To meet the additional calorie needs of an athlete and provide the best performance, empty calorie snacks should be avoided and the same food variety we strive for at meals should be continued.

When selecting a snack, consider what you've already eaten and what you might be eating later. Choose foods so that you include something from all food groups during each day. Keeping a brief record of your food choices for a few days will tell you if you are omitting one group and/or relying heavily on another. Select foods that give you the most nutrients in relation to the calories they contain. Enjoy new food experiences; experiment with new foods and new ways to prepare familiar foods. Don't rely heavily on processed or convenience foods; they can be high in calories and salt. Choose a variety of foods.

Here are some tasty (and nutritious) snack ideas to get you started:

#### MEAT GROUP/ALTERNATE PROTEIN

These foods provide protein, iron, niacin and thiamin.

Deviled eggs  
 Cheese cubes and slices  
 Grilled cheese sandwich  
 Peanut butter on celery  
 or crackers  
 Sunflower seeds  
 Nut/raisin mix

#### FRUIT/VEGETABLE GROUP

Vitamins A and C come from this group

Peaches 'n cream  
 Red cherries  
 Purple plums  
 Juicy oranges  
 Strawberries  
 Crunchy cucumbers  
 Carrot/celery sticks  
 Radish rosettes  
 Cauliflower with dip  
 Toss a fruit or vegetable  
 salad for a snack

## MILK/DAIRY PRODUCT GROUP

Snacks from this group supply calcium, riboflavin and protein

Thick milkshake  
Ice cream  
Quick chocolate milk  
Frozen yogurt  
Creamy pudding  
Cool glass of eggnog  
Cottage cheese and fruit



## BREAD/GRAIN PRODUCTS GROUP

Carbohydrates, thiamin, niacin and iron are provided by grains.

Toasted bagel/cream cheese  
Fresh blueberry muffin  
Cornbread with honey  
Crackers/cheese or meat  
Graham crackers and milk  
English muffin with jelly  
Raisin toast/hot cocoa

For the recipe of the month, try this snack spread:

## SPINACH SPREAD

Mix together:

1 pkg. frozen spinach, drained  
1 can water chestnuts, chopped and drained  
1 box Knorr's vegetable soup mix  
3/4 cup mock sour cream\*  
3/4 cup mayonaise  
Serve with rye bread and/or crackers

\*Mock sour cream:

Mix in blender until smooth,  
1-1/2 cups low fat cottage cheese  
1/2 cup skim milk  
a T. lemon juice  
1/4 tsp. onion powder



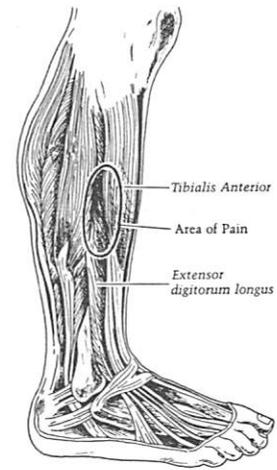
Mary Connolly Finishing Big Brothers/Big Sisters. Dick Schenfelt in the background.

# DR. George Branam

## HEALTH NOTES

Two months ago the subject of "shin splints" was presented and it was shown to be an obsolete term because of increased knowledge about the muscles and joints of the lower leg. Today we know that pain and injury in and around the "shin" bone (tibia) may be provoked by a variety of problems, each requiring a different solution. I also discussed posterior shin splints, (and the associated posterior tibial tendonitis) which is an injury of the posterior tibial muscle and usually its tendon, causing pain on the inside (medial) aspect of the lower tibia, and which is often associated with over-pronation. The discussion of this problem was appropriately presented first because it accounts for about 70 percent of all the causes of "shin splints" in several reports in the sports medicine literature.

Pain along the outer side of the shin can be caused by injury to the muscles of the anterior muscle compartment of the lower leg. This form of shin splints has been "in"-appropriately nicknamed "anterior" shin splints. There are three muscles in this compartment: the anterior tibial, the extensor hallucis longus, and the extensor digitorum longus. Their tendons cross the ankle joint and continue down onto the foot. Their function is to allow you to bring your foot up toward your shin and bring your toes up off the ground. When the function of these muscles is weakened, you may have what is called foot-drop. Try walking and dragging your toes forward across the floor to gain a minimal impression of the importance of this function. Many older people with



Anterior Compartment Syndrome

strokes can be observed doing this and, although they often have more or less complete paralysis of the lower extremity, the handicap of having to walk dragging your foot forward is well demonstrated.

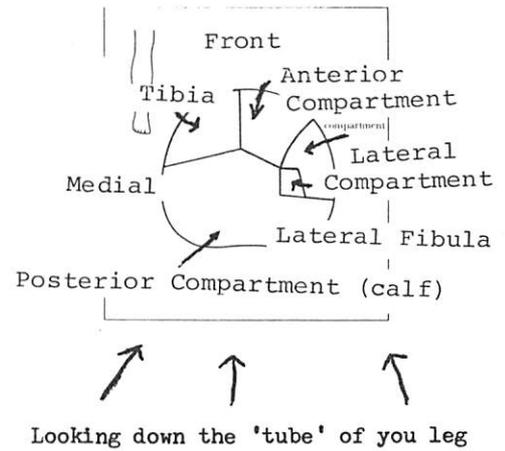
These muscles have additional functions which are better understood if you know what goes on with them during foot contact with the ground. This phase of the gait (ground contact or stance) is generally divided into three parts: initial contact (heel-strike), full contact (midstance), and toe-off. These muscles are active during the first and third parts of ground contact. They provide for shock absorption and joint stabilization early, and much of the power imparted to the body at toe-off, (in concert with the muscles of the calf). Consequently, they are extremely susceptible to sudden changes in mileage, and often become sore during the pre-season or early season before they and the soft tissue around them can adapt. A skeletal muscle's immediate response to increased training demands is to do the job and then react with edema and very mild inflammation during the first several hours (first 18 to 24 hours). Hypertrophy or increase in the size of an individual muscle fiber probably does not occur for at least 40 hours after a given work-out. However, the edema and mild inflammation causes swelling of the muscle tissue and, consequently, make it appear to feel and look larger for a period of 12 to 36 hours (i.e.: this phenomenon is largely associated with compartment shifts in body water). This is one reason you may experience an increase in weight soon after significant bouts of isokinetic and isotonic exercise.

Because the anterior compartment is relatively closed and boxed in by surrounding bone, skin and ligaments, any significant increase in its size will impinge upon the available room and possibly put enough pressure upon these muscles to cause a squeezing down upon itself and upon the arteries that bring in blood and on the veins that take away the circulated blood. Thus, increased pressure causes tension which you experience as tenderness or shin splints along the outside of the shin bone, as indicated earlier in this article. A moderate amount of this can be tolerated and, as the muscle gradually grows stronger to meet the increased demands you place on it, it will react with less edema and, consequently, the pain and discomfort go away over time, only to reappear if you again increase the volume of such work abruptly, particularly speed work, or if you change to shoes with spikes and low heels, and sometimes by going from a more firm to a softer surface, i.e.: clay to mud after a rainstorm on a cross country course. Surely almost everyone has experienced this to some degree? Because it is so common and because it usually goes away, there is a general lack of appreciation, by runners and physicians alike, of how really serious this problem might become. For example, the swelling can increase to the point where the pressure will be great enough to collapse the veins, preventing blood from leaving the compartment. The artery is a higher pressure system and does not become compressed as quickly or easily as do the veins. So, while the removal of blood from the compartment is stopped, the delivery of more blood into the muscles in the compartment goes on. This obviously sets up a vicious cycle, since the delivery of more and more blood to a closed compartment from which the blood cannot exit continues to raise the pressure within the area. This increase can eventually raise the pressure enough to shut off the arterial blood delivery and then the muscles begin to die. Usually, the pain of this becomes so unbearable that the patient will return to his/her doctor and/or the emergency room. If this happens, salvaging the muscles may require emergency surgery which means opening up the com-

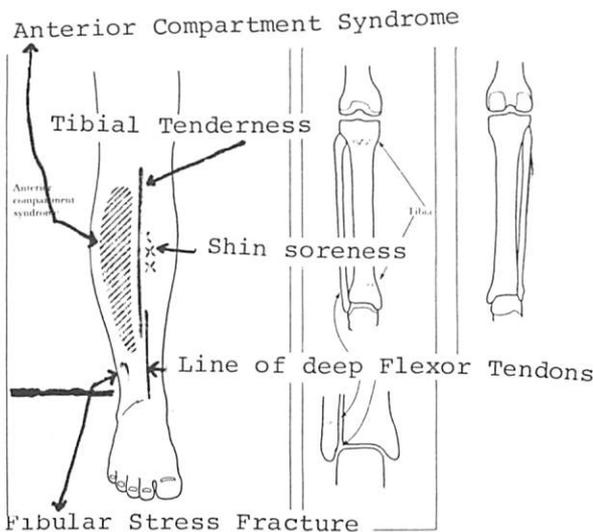
partment so the pressure can be released. Connoisseurs of track may remember that, among her many problems, Mary Decker had to have this done to relieve serious recurring "anterior compartment syndrome."

Mild degrees of this problem can be run through. If you suspect you have anterior compartment syndrome and the pain is fairly severe, you should stop running for several minutes, and this should allow the proper circulation to re-establish itself. Begin running again slowly, cutting back on intensity and duration. If you have rested long enough and cut back enough, the pain and discomfort should not come back immediately. When and if it does, repeat this approach, resting longer and further decreasing the intensity. Usually you will not have to quit completely, but occasionally you might. If so, wait only a day or two and try this formula again. Icing down the front of both legs after running and before bedtime, for at least 20 minutes, will also be of help, because icing reduces the blood flow and prevents some increase in the pressure. Less than 1 percent should need surgery but, if so, the operation requires minimal hospitalization and rehabilitation is very quick, and the operation is extremely effective and safe. Within a week following surgery, Mary Decker was training and, about 8 months later, was back in tip-top shape, and this problem has not recurred.

Remember, if you have any questions, please drop me a note care of the magazine, or call and leave your telephone number at the store.



Jeff Beam Finishing 3rd at Big Brothers/Big Sisters



I am asking all contributors to type their columns for the Newsletter in 2 and 5/8 inch columns. This saves me a lot of work. If you don't have a typewriter or if yours doesn't work up to par, send me your neat handwritten copy anyway and I'll gladly type it for ya.

This includes all race results from all race directors too. Thanks

RELAX AND HAVE A GOOD TIME  
by: Mike Robbins

In order to race well, a runner must be able to relax. Just as the best golfers learn to control their emotions and concentrate during a round, so must runners. The key to success is relaxation.

Relaxation during a race is a result of a number of factors. The primary one is preparation. If a runner has trained properly and sufficiently, performance in a race is a natural conclusion and not a situation to be dreaded. If one has confidence in one's training, a race will produce only regular anxiety which subsides as the race begins.

Another key to relaxation is to set realistic goals. It can be increasingly unnerving to keep trying to attain overambitious splits. The result is usually a tighter and tighter runner who eventually "dies" an inglorious, anxiety-induced death strangled by the "goals" which were just out-of-sync on that day. These goals can be a given finishing time, a finishing place or "beating" a favorite competitor. Of the three, the one which causes the most trouble is trying to best someone else rather than run your own race. The anxiety produced by an unsuccessful such attempt can last well beyond the particular race and even cast doubts on the entire training process.

Confidence and preparation can also be adversely affected by overracing. Overracing can cause wide fluctuations in performance. This inconsistency can lead to doubt, frustration and anxiety about what is happening. Relaxation becomes tougher and tougher. In addition, a greater proportion of training time must be devoted to recovery rather than preparation.

As long as a runner can prepare adequately and keep each race in perspective, relaxation should result. If you don't have "it" on a given day, don't fight it. There are more races and other years to try again. If one's ego is not allowed to creep into the process, a relaxed, though hard, race can be run much more often than not.

## RACE CALENDAR

### OCTOBER

- 5 A.N.B. Octoberun 5K & 10K Muncie, IN YMCA 8:15 a.m.
- 5 Warren Township Homefest 5K- Warren Cent. H.S.Indy 5:00 p.m. Marilyn Dailey 317-898-6082
- 6 Huntington 5 Mile Fall Run Memorial Park 9:00 a.m. Tracy Flynn 356-4510
- 6 Mint City Shuffle 10K Bremen, IN 11:00 a.m.
- 6 For Women Only Run - 1M, 5K, 10K. Muncie, IN Springwater Park - Scott Van Zant 317-462-6815
- 6 Riley Days Run 5K & 10K Greenfield, IN - Earl Poe or Joe Smith - 317-462-6813
- 6 Morgan Monroe Miler 4M & 10K - Morgan-Monroe State Forest near Bloomington. 8:30 a.m. - 812-336-7131 deadline 9-29
- 7 Run For Health/McMillen Center 4 Mile - Foster Park 3:30 p.m. 625-4488
- 7 Oktoberfest Classic 10K Minster, OH - 9:30 a.m. 419-628-3336
- 7 Nationwide/Bank One Marathon - Columbus, OH 8:30 a.m. - Deadline 9-15 or 5000 entrants
- 13 Dunes Running Club 20K Chesterton, IN (Dunes State Park) 10:00 a.m. Jill Mumm 769-7474
- 13 Strohs Run For Liberty 8K Foster Park (Races also In South Bend & Evansville, same time) Challenge, Inc. 219-291-7565
- 13 Double Eagle 10 Mile & Strohs 8K - Indianapolis (Eagle Creek Park) 8:30 a.m. - Rich Radez 317-635-5550
- 14 Detroit Free Press International Marathon - 9:00 a.m. - deadline 9-28
- 14 Moving Comfort Women's 5K South Bend (St. Mary's College) 1:00 p.m. Challenge, Inc. 219-291-7565
- 14 Covered Bridge Festival 10 Mile - Mansfield, IN 8:00 a.m. - Bob Lemont 317-344-1120
- 14 AMJA Ultramarathons 50 Mile & 100 KM - Chicago - Noel Nequin, M.D. - 878-8200
- 14 Lite Beer Lakefront Marathon - Milwaukee 8:00 a.m.
- 20 For Women Only Run - 1 Mile, 5K, 10K - Muncie (Springwater Park) 9:00, 9:30, 10:00 a.m. - Scott Van Zant 317-288-4448

- 20 Run In Memory Of Terry Fox 5K & 15K - West Lafayette (Purdue) 8:00 a.m. - Doug Lamb 317-743-2061
- 20 Ronald McDonald House Run 5K & 10K - Indianapolis (Natatorium) 10:00 a.m. 317-632-2247
- 21 America's Marathon -Chicago 9:15 a.m. - deadline 10-8
- 21 6th Annual Callithumpian Canter 5 Mile - Decatur (belmont H.S.) 2:00 p.m.
- 27 Callithumpian Volksmarsh 10K - Walk-Jog-Run - Decatur Youth & Community Center (Rt.33 & Monroe St. Bridge) - Any time between 9:00 a.m. & 1:00 p.m. - no entry fee - Parks & Rec. Dept. 219-724-2901
- 28\* Home Loan 10,000 - Downtown Fort Wayne
- 28 Sportsmed 10K - South Bend
- 28 Run The Boulevard 12K - Chicago 9:00 a.m. - CARA 664-0823



Ann Jamison blowing her lights out and blowing away most of the women's field at Big Brothers/Big Sisters, run through rich city.

Don't forget:  
the 5th of the  
month is our  
deadline for  
the Inside Track



**JOAN BENOIT**

*Olympic Marathon Champion & World Record Holder*

**Dear Runner:**

**I hope you'll join me when I return to Michiana for the 1984 SPORTSFEST 10K to run for Special Olympics. See you in November.**

*Joan Benoit*

*"The Sportsfest 10K is a part of the Michiana Sports Festival to benefit SPECIAL OLYMPICS, and includes a CHICAGO STING Soccer Exhibition and AEROBITHON"*

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Dean Reinke, President

*South Bend Michiana*  
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**SPORTSFEST**

10K



**November 11, 1984**

Alberto Salazar, Allison Roe, Bill Rodgers, Rod Dixon, Jim Spivey, Julie Ishphording, George Sheehan, Joe Henderson & Rudy Chapa have run Michiana . . .

**How About You???**

- ★ Indiana TAC Championship
- ★ Open, Corporate and School Team Championship
- ★ Post Race Party with Music, Refreshments and Video Replay
- ★ Sportsfest Jackets and Caps to all participants
- ★ Results in Indiana Runner Magazine
- ★ Music Festival along the course
- ★ Pre-race JOAN BENOIT clinic

\*For further details and entry information, send SASE to: SPORTSFEST 10K, P.O. Box 6313, South Bend, IN 46660, (219) 291-7602



AUBURN CLASSIC CITY ROAD RACES

JULY 28, 1984

SPONSORED BY: AUBURN DOWNTOWN BUSINESS ASSOCIATION  
YMCA OF DEKALB COUNTY, INC.

FINISH RESULTS

INDIVIDUAL AWARDS

Male Winner 5K - Gary Grogg, 15:32  
Female Winner 5K - Lori Leatherman, 18:27

Male Winner 10K - Brett Pontoni, 33:18  
Female Winner 10K - Sherry Hoover, 41:18

Men 40-49	NAME	TIME
1	Jerry Brumitt	18:13
2	Dan Brandon	19:43
3	Bill Cline	23:05
4	Mike Farrel	23:25
5	John Ribar	26:39
6	John Arnold	30:51

Men 50 &

1	Giles Thomlinson	20:39
2	James Lee	28:08

5 KILOMETER RUN DIVISION RESULTS

Boys 14 & under NAME TIME

PLACE

1	Cliff Meeks	18:10
2	Eric Kell	19:09
3	Brett Helbert	19:39
4	Eric Kruse	20:06
5	Sean Camp	20:20
6	Tim Gorrell	20:33
7	Ricky Squires	21:04
8	Chad Wolff	22:20
9	Norman Hedges	23:27
10	Clayton Schnelker	23:54
11	Jason Barnhart	24:00
12	Mike Dendinger	24:15
13	Zach Kindlesparker	25:52
14	Matt Ribar	29:20

Girls 14 & Under NAME TIME

1	Jamie Gorrell	20:47
2	Karen Gerbers	26:22

Girls 15-19

1	Lori Leatherman	18:27
2	Mary Reesman	20:54
3	Sherrrie Reinig	22:20
4	Cathy Wellman	23:08
5	Susan Getts	24:11
6	Kim Schlosser	24:20
7	Lisa Lockwood	24:51
8	Shannon Shull	25:08
9	Heather Weimer	27:33
10	Sharon Cline	29:21
11	J. King	33:13

Women 20-29

1	Deb Stark	23:56
2	Julie Skiver	26:54
3	LuAnn Erickson	28:02
4	Sandy Cleverly	28:29
5	LeLane Kay	28:38
6	Kim Tuttle	29:24
7	Cheri Knake	30:47
8	Jean Schendel	31:15
9	Janelle Graber	31:18

Women 30-39

1	Julie Manger	21:42
2	Joyce Butler	22:34
3	Carol Krouth	24:56
4	Valerie Puckett	25:17
5	Kris Gallagher	27:10
6	Carol Wuest	30:50
7	Sylvia Warener	30:58
8	Joann Wolf	31:06
9	Lona Young	31:07
10	Debbie Farrell	31:14
11	Joann Thompson	32:13

Women 40-49

1	Helen Wappes	28:57
2	Donna Markley	30:53
3	Gloria Blair	33:42

Women 50 and

1	Joyce McIntyre	40:28
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10 KILOMETER RUN

PLACE

Girls 14 & under

1	Kris Hoover	55:34
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Girls 15-19

1	Sherry Hoover	41:18
2	Kathy White	42:55
3	Kary Cearbaugh	46:10
4	Karen Vachon	46:14
5	Carol VanHorne	49:18
6	LuAnn Pusey	50:38
7	Nancy Coch	50:48
8	Barb Hoar	55:28
9	Dawn Zirklebach	55:32
10	Shannon Myers	64:21
11	Diana Malmstrom	64:23
12	Lyn Etzler	64:26

Women 20-29

1	Julie Heimach	45:33
2	Peg Dircksen	46:29
3	Kim Stairs	47:47
4	Anita Walters	48:09

Women 30-39

1	Charma Baker	47:12
2	Linda Malone	54:34
3	Karen Perrin	62:45

Boys 14 & Under

1	Scott Doms	37:11
2	Robert Hedges	46:46

Boys 15-19

1	Brett Pontoni	33:18
2	John Wilenski	36:09
3	Jeff Salay	36:58
4	Darin Meschberger	40:10
5	Manvel Pinedo	40:53
6	Rod Sibery	48:46

Men 20-29

1	Bob Schendel	38:20
2	Jeff Erickson	39:07

Boys 15-19

1	Don Drake	16:10
2	Tim Geradot	16:57
3	Paul Furniss	17:27
4	Dan Martin	17:33
5	Curtis Vinson	17:37
6	Don VanWye	17:42
7	Mark Johnson	17:45
8	John Drake	17:52
9	Trent Buehrer	19:18
10	Matt Jacobs	19:27
11	Dan Cserp	20:35
12	Bruce Beard	21:06
13	Andrew Ribar	26:02
14	Kevin Sorg	27:34

Men 20-29

1	Gary Grogg	15:32
2	Carry Getts	20:15
3	Bill Neimach	20:50
4	Greg Knox	21:10
5	James Roecher	24:27
6	David Kay	27:32

Men 30-39

1	Cliffton Gorrell	21:27
2	Brad Baker	21:48
3	Edward Sipes	22:12
4	Don Manger	22:15
5	David Arrants	23:14
6	John Hoff	23:39
7	Michael Brime	24:00
8	Dan Adams	27:17
9	Jim Gallagher	29:51

PLACE	NAME	TIME
3	Gary Reynolds	39:11
4	Paul Bauman	39:19
5	Brad Middleton	39:36
6	Joseph Peter	41:11
7	Pat Berchel	41:37
8	Sabin Martin	41:53
9	Bruce Young	42:12
10	Dan Childs	42:38
11	Dan Walker	42:40
12	Roger Smith	43:30
13	Tom Houser	43:47
14	Ken McBride	44:28
15	Jim Ellert	45:29
16	Richard Powell	49:02

Men 30-39

1	David Hockley	33:49
2	Mike Mendez	35:08
3	Robert Schoenike	38:22
4	Mark Plank	41:12
5	Steve Schnelker	42:05
6	Dave Reichwage	42:10
7	Ron Kingery	44:21
8	Virgil Fojtik	45:21
9	Mike Pressler	46:12
10	Jeff Hess	47:08
11	Perry Young	49:29
12	Bob Nobles	50:28
13	Harold Stilson	52:20
14	Mike Malone	53:14

Men 40-49

1	Larry Averbeck	38:42
2	Craig Miller	39:25
3	Dave Wolf	40:29
4	Ronald Wurst	41:45
5	Larry Polk	42:56
6	Bernie Burgette	43:37
7	Dave Hedges	43:55
8	James Dumas	46:34
9	William Krider	47:02
10	Vaughn Roberts	48:59
11	Bill Mack	51:26
12	Dave Sqanson	54:12

Men 50 &

1	Rudy Florreich	44:49
2	Dewey Findley	49:04
3	Cy Johnson	51:28

FUN RUN

PLACE	NAME	TIME
1	Chris Oberlin	7:40.4
2	Devon Swanson	8:09.8
3	Adam Camp	8:13.4
4	Christen Coulon	8:20.1
5	Denise White	8:28
6	Chad Sorg	8:47.9
7	John Arnold	9:38.4
8	Michie Gorrell	9:39
9	Ryan Creager	10:23.8
10	Jan Creager	10:28.1
11	David Scraton	10:42
12	Shelly Burgette	11:07.8
13	Mark Scraton	11:37.6
14	Shannon Wolff	14:59.9

GETTING YOUR BODY COMPOSITION PROFILE

by  
Betty Nelson

All runners are concerned with their degree of fat. How much is too much? Is my weight fat or muscle? Other than the hydrostatic weighing there has not been an accurate measurement until now.

The new process is called 'electrical impedance'. It consists of attaching two electrodes to the body for a minute or so. Because of the difference in density between fat and lean body mass the machine can determine the fat percentage. When the electrodes are removed a computer print-out provides the following information: % body fat, metabolism rate, whether you need to gain or lose weight for either health or esthetic reasons, daily caloric needs, the length of time you should take to reach your weight goal so that you are not losing lean body mass, and exercise recommendation.

The process is quick, painless, and it only costs \$10-\$20. By the time you read this, the Whitley County Memorial Hospital in Columbia City will have one of these instruments.

If so, it will be the only institution in Indiana to have one. The hospital purchased the machine at the urging of Beth Bottell, physical therapist at the hospital. All those who have used the machine have had a high praise for it-including the University of Michigan.

The testing will have many positive features: It will provide immediate feedback and reinforcement for those just starting on a fitness program. It would give definite bench marks to monitor progress in various areas, it would list the kinds of aerobic activity available, including alternatives to running. Best of all, it would provide an inexpensive scientific measure of fitness to those who would like to see periodic progress and can't go to Dave Costill's lab.

I'm writing you about the electrical impedance to inform you of its existence and urge you to take advantage of it. Our hospital is a small facility by Ft. Wayne standards, but it attempting to maintain state-of-the-art equipment and facilities. This is just an example of what they're trying to provide-The way of wellness education.

Think about it. Columbia City is only 20 minutes away. And for under \$20 you can get a wealth of information. But don't plan on getting there before me! I've had a standing appointment since I first heard of it!

CANTERBURY GREEN MUSCULAR DYSTROPHY "LOVE RUN"

SEPT 1, 1984

by Tom Mather

RACE RESULTS

2 MILE FUN RUN

WINNER-Tim Fleming	11:24
14&under-Jason Douglas	11:39
Mike Gallagher	13:40
Ricky Squires	14:40
15-19-Todd Perkins	14:38
Bill Gibson	18:04

20-24-Matt Ackerman 16:42

25-29-Rick Barkowski	15:38
Ray Mills	15:47
Tim Hudson	15:48

30-34-Bill Aksemit	12:10
Paul Ausderon	12:24
Dave Zimmerman	15:51

35-39-Barry Gallagher	12:05
Ron Lippy	13:05
Edward Garrett	13:33

40-44-James Heymann	13:09
Bill Cline	15:26
Dave Swanson	15:40

45-49-Robert Gisby	12:57
Robert Gensheimer	13:59
Ron Johnson	14:24

60plusWalt Harris 16:05

<u>WOMEN</u>	
Winner Karma Geyer	13:50
19&Under	
Jodi Zeigler	13:57
Mellisa Neber	14:51
Holly Hoffman	15:43

20-29-Susan Peterson	16:46
Teresa Mills	18:18
Connie Klopfenst.	20:00

30-39-Valerie Puckett	16:01
Susan Manor	18:16
Kathi Today	19:04

40-49-Elaine Chear	18:41
Gloria Blair	19:43
Rosie Hoftman	20:57

50plusJeanne Leffers	20:19
Lou Ann Beach	?????

8K Run Results

WINNER: Mick Schlachter 25:11

14&under	
Tim Gorrell	34:09
Bobby Wiersma	41:21
Mike Lindley	49:55

15-19-Kevin Rohp 31:46

20-24-David Geiger	28:58
Bud Bauermister	29:06
Keith Horton	29:17

25-29-Dan Moore 26:50  
 Doug Sundling 27:01  
 Rev. Rick Wallin 27:05

30-34-Dan Kaufman 27:51  
 Mike Glasper 28:17  
 Mack Ardington 28:47

35-39-Gary Dexheimer 27:10  
 Mike Robbins 28:48  
 Lyn Armstrong 29:24

40-44-Don Lindley 29:44  
 Bernie Motycka 30:46  
 Larry Averbeck 30:57

45-49-Jack Morris 29:16  
 Woody Barker 29:22  
 Bill Schmidt 29:34

50-59-Myron Meyer 31:01  
 Herb Chandler 34:15  
 Vern Chovan 34:48

60plusDon Kemp 38:30  
 Walt Harris 41:41  
 Chet Fleetwood 41:55

WOMEN  
 WINNER: Mary Connolly 30:39

19&Under  
 Karma Geyer 35:11  
 Jane Zell 43:03  
 Phyllis Thompson 43:26

20-29-Kris Kolkman 32:13  
 Judy Tillapaugh 34:26  
 Sharon Getty 36:26

30-39-Kathy Widou 35:17  
 Deb Glasperhan 35:45  
 Marsha Schmidt 36:44

40-49-Roseann Simmons 38:38  
 Janis Greene 42:26  
 Joyce Fuzy 44:02

50plusVirginia Correll 42:15  
 Kelly Glenn 47:52  
 Ruth Hyndman 50:03

Total runners in 2 mile 67  
 " " " " " 212



MORE "LOVE RUN" INFO

MUSCULAR DYSTROPHY 8K  
 "Love Run"

In a torrential downpour with lightning bolts everywhere, Mick Schlacter and Mary Theresa Connolly won the third annual 8K Canterbury Green Muscular dystrophy "Love Run".

Schlacter finished first with a time of 25:11. Dan Moord was second at 26:50 and Doug Sundling was third at 27:01.

Mary was 32nd overall with a time of 30:39, Chris Kelkman was second in 32:13 and Judy Tillapaugh finished third in 32:26.

All 279 participants were winners for Muscular Dystrophy especially considering the weather conditions!

Thanks, Tom Mather  
 EDITOR'S NOTE: THE COMPLETE RESULTS WILL BE IN NEXT MO.

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Tim Bowman and Doug Sundling finishing The Canterbury Love Run.

GOOD HEALTH LEADS TO A GOOD LIFE  
 THROUGH CHIROPRACTIC CARE

DR. JOSEPH HAMMONS--CHIROPRACTIC  
 PHYSICIAN  
 3600 E. PAULDING RD. FT. WAYNE, IN  
 46816

PH. 447-0161



POTOMAC HIGHLANDS RUNNING CAMP

by Bobby and Sharon Pauley

The mountaineer's claim that West Virginia is 'almost heaven,' certainly is true-At least in part. The most heavenly part we discovered is Canaan Valley and the wilderness areas around it. We spent the first week of our vacation there attending the Potomac Highlands Running Camp.

The highlight of each day for us was the 7AM. stretching and run. There wasn't anyone there our speed, but there was a tremendous variety of speeds and distances. The range was from one woman who was slower than us to several who ran up the mountain under the chairlift at a brisk pace. The temperature each morning was 50 to 55 degrees. The roads in the park were lightly traveled with good, wide berms; but the real joy was running the miles of trails. Most runners had to use some self-discipline not to run way beyond their usual weekly mileage. Bobby didn't have any trouble with that. He spent so much time watching the deer along the roads and in the woods that he only doubled his miles.

There were morning and afternoon clinics each day. These included scheduling, nutrition, physiology, weight training, self-hypnosis, and video taping. The novice runners learned the most from most of these clinics, but even well-read, experienced runners picked up helpful ideas.

Most of the campers were housed in the Canaan Valley State Park Lodge. We camped in our van in the park campground. The Lodge had full hotel facilities including a swimming pool and golf course. The campground had electricity, water and sewer hookups, lots of trees, fire rings, tables and quiet.

We had breakfast each day in the Lodge. The homemade biscuits and blueberry muffins definitely deserved a 'heavenly' rating. Lunch was not so delightful because of the limited 'healthy' foods. Plans are underway to improve this next year. Suppers were different each night and included a short excursion or social event. Our favorite meal was a nutritious Mexican dinner served at a delightfully primitive cross country ski-center called White Grass. We had a big campfire afterwards with not so nutritious marshmallows, but very healthy socializing. The socializing was one of our favorite parts of the camp experience. There were 41 campers ranging in age from junior high to several in their 50's. We very much enjoyed the company of the teenagers who rode with

us to a pizza party one night.

One camper celebrated his 40th birthday while attending the camp. A runner a couple of years his senior commented that he now qualified as an 'Old Fart.' From this there evolved the 'Old Farts Running Club' comprised of several runners in their 40's from Washington D.C. Naturally, we were abundantly qualified to join the group which we did on numerous occasions including the night our world class camp director celebrated his 5th wedding anniversary with a dissertation on the world's finest toilet facilities. This was followed by an open discussion of genetic toilet paper.

In spite of all this, we're going back next year. Hopefully, some of you will have a chance to share this 'heavenly' experience with us. We'll let you know when the brochures come out next spring. If you're interested, save the last week of July for running almost in heaven.



Vince Garcia and (Who is that, anyway?) finishing 5th and 6th at Big Brothers/Big Sisters.

SOME THOUGHTS ON RUNNING ETIQUETTE & COURTESIES

BY

Ron Gunn-SW Michigan

U. Cross Country Coach

1. Do not pace runners near the finish or into the chute. it really fouls up the recording process.
  2. Do not finish with a big macho kick. The real runners know that the Kicker only worked 5% of the race.
  3. Move through the chute as quickly as possible.
  4. Do not walk down the middle of a course.
  5. Leave a race area in better condition than it was found.
  6. Don't be a bandit who does not obey #1 above.
  7. Don't 'lay' on the horn if you spot a friend on a training. Give him the 'fire-up.' sign.
  8. If possible, thank everyone who helped with the race
  9. Watch where you spit or throw aid station cups.
  10. When requesting info from a race director always send a SASE (Self-addressed-stamped envelope).
- EDITOR'S NOTE: It's really great that Ron Gunn, a noted authority on running wrote these principles for us.

EVERYTHING

YOU EVER WANTED TO KNOW ABOUT HOW TO RUN A RACE PROPERLY COULD BE LEARNED FROM RON GUNN

HOWEVER:

HE FORGOT 1 OR 2

VERY IMPORTANT ITEMS.....

1. You do NOT have to prove to the race director that you ran a hard race by throwing up on him in the finish chute.
2. You should Not tie Tom Loucks shoes together at the starting line.
3. Do not spit in a cup and place it on the table of the next aid station.
4. Join Nerds Anonymous



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219/747-1064

**home loan 10,000**  
 Registration Form

Race Time: 2 p.m. EST  
 Start: Downtown, Main Street.  
 City County Bldg.

HOME LOAN 10,000 Long Sleeve T-Shirt will be supplied. The entry fee is \$5.00 (\$7.00 if received after 10/17/84.) ALL CHECKS SHOULD BE MADE PAYABLE TO: HOME LOAN 10,000

OFFICIAL USE ONLY	
Fee Pd.	Runner's No.

LAST NAME, FIRST NAME, MIDDLE INITIAL (Skip space between words)

STREET (Including number) PHONE NUMBER

CITY STATE ZIP

T-Shirt size (check one): S (34-36)  M (38-40)  L (42-44)  XL (46-48)

AGE CATEGORIES: Men/Women 14 & Under 20-24 30-34 40-44 50-59  
 15-19 25-29 35-39 45-49 60 & Over

AGE (as of 10-23-84) SEX

I, the undersigned, hereby enter the above described race. In consideration of the acceptance of my entry, I certify that I am physically fit to participate, and I do agree to be bound by all rules of the race and all decisions of the official judges. I do hereby forever release and discharge the sponsors of the race, the Home Loan & Savings Association, and all officers, agents, employees, and directors of said Association from any and all claims, causes of action, or suits which I, or my heirs or assigns, shall or may have arising from or as a result of my participation in the said race to be held October 28, 1984. I do further consent to the use of my name, and photographs, videotapes, motion pictures, recordings, or any other record of me participating in this event for any publicity and/or promotional purposes without obligation or liability to me.

Date: \_\_\_\_\_ Entrant's Signature: \_\_\_\_\_

if under 18, Parent or Guardian must sign here: \_\_\_\_\_

send to:

HOME LOAN 10,000  
 132 East Berry Street  
 P.O. Box 989  
 Fort Wayne, IN 46801  
 (219) 422-3502

**INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED.**

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**THIS FORM MAY BE REPRODUCED**

Attention! All FWTC

MEMBERS

OCT 14

OCT 14

(Hey! That means you, bub!)

There will be an ELECTION party for 1985 FWTC officers at Don Goldner's (Joan Goldner's husband) at 9522 Muldoon Rd. The "painful" Run to Poe will begin at 2:30 PM - you can run as far as you want on this out & back course which is certified by any of his vehicles. The elections will follow the run, with the picnic soon afterwards. The FWTC will provide the liquid refreshment you bring your own meal and silverware.

Dear Jerry,

We wish to pass along the high compliment given the FWTC when we participated in the Kaiser Roll at Bloomington, Minnesota, on July 14th. Dorothy Spencer, a founder of The Grandma's Marathon, Duluth Minn. is responsible for managing 5K and 10K race there. Both the men's and women's races are sanctioned as the U.S. 10K Open Championship by the International Wheelchair Road Racers Club (IWRRC).

A total of 5,882 competitors, included 108 wheelchair and 35 blind entrants with an estimated 25,000 spectators.

Winners of TV-33/Hooks Marathon wheelchair division participating here were George Murray, Phil Carpenter, Jr. Rice, Marty Ball, Jack Coakley, Jayne Schiff, and Natalie Bacon. Natalie said:

"The way I judge the quality of a race is by comparing it against Fort Wayne Track Club's organization and their aid stations."

10K wheelchair winners were: Australian Peter Trotter, 28, 26:47 and Candace Cable, 29 Huntington Beach, California, 29:47. The blind winner was James Kinsellaugh, 32, Boston, Massachusetts, 38:10. Runner winners were Lloyd Ness, 24, 31:10 and Leslie Seymour, 24, 36:23.

Fred & Ann Sheets

## Thanks for a well-run, worthy race

To the Editor:

I'm writing to thank Fort Wayne Newspapers, Burger King, Carpetland USA, Instant Copy of Indiana, Lincoln National Life Insurance Co., and Ream-Steckbeck Paint Co. for assuming the sponsorship of the 5-mile race Aug. 25 in Foster Park.

It is only through corporate sponsorship such as this that enables the runners' entry fees to go to such worthy causes as Big Brothers/Big Sisters. As is typical of most Fort Wayne races, this was a class event — well-organized and filled with the amenities that add to the festivities.

I'd also like to encourage runners of all experience levels to participate in local races. You don't have to be competitive to enjoy the experience. In fact, the people who have the most fun are often at the back of the pack, where they tell jokes and share gossip as they run along.

Try it — it really is a positive experience. And it is a relatively painless way to donate to charity.

BETTY HITE NELSON  
Columbia City



Some of the Good Times at Mazock's 2nd Annual Chug-A-Lug.



The winning margin was closer this year at "The Chug!" Ron Barkowski won for the 2nd year in a row. Tim Fleming was a close 2nd. Angie Suevers was the first female. Bacardi Pitchers (From the Haufman House Restaurant) and Mazock's old "t" shirts were the awards. This private party will be held once again next year on the 2nd Saturday in August. Watch for details.

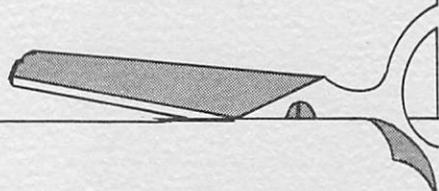
How about contributing an article

for publication in "The Inside Track?"

DO A FRIEND A FAVOR . . . .

Give this card to them and invite them to  
start enjoying the benefits of the . . . .

**FORT WAYNE TRACK CLUB**



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 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
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