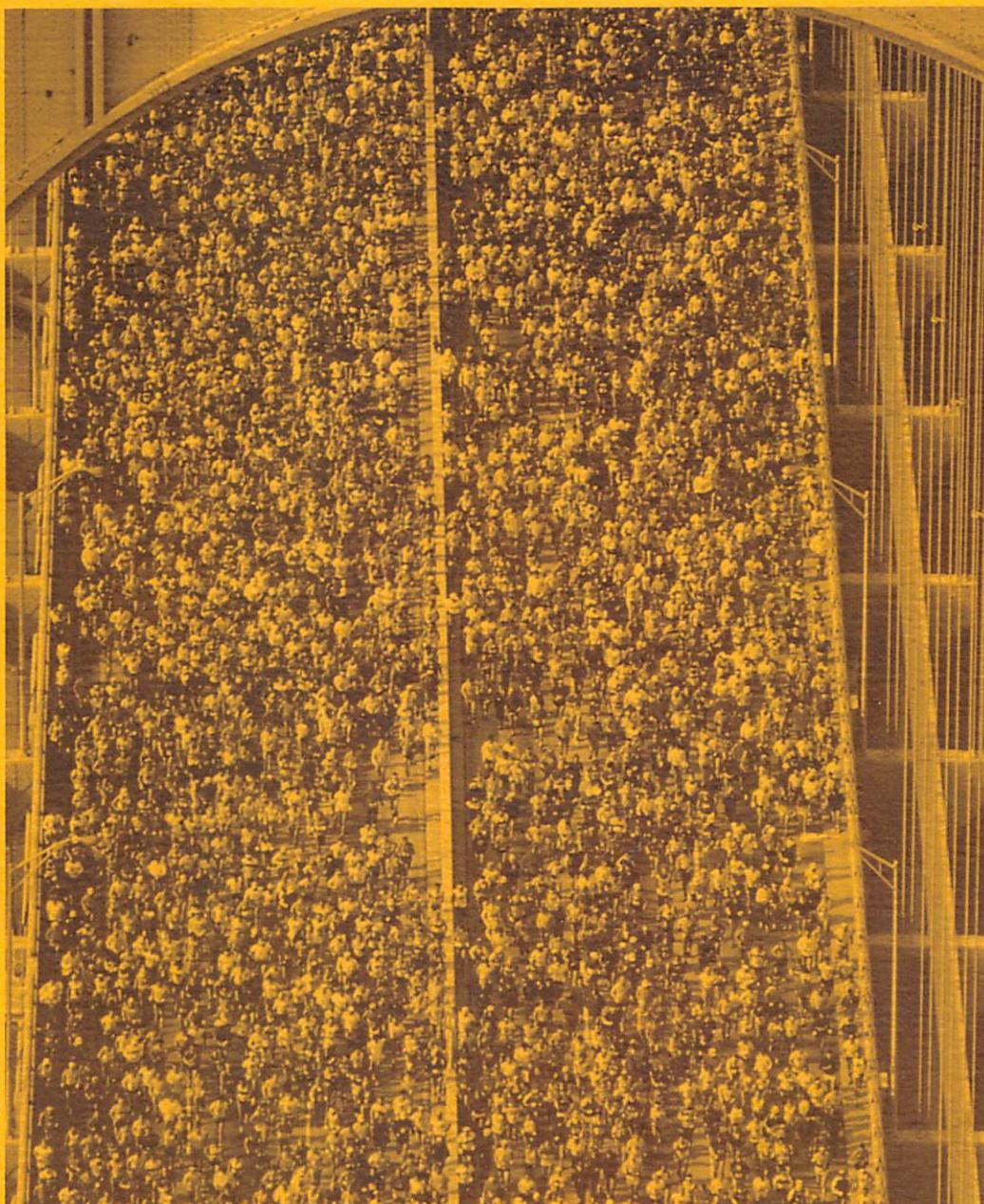


the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

Thanksgiving Morn Run Outside my house- (Boy was I surprised)



Don Lindley, Clem Getty, Betty Hite Nelson, Mike Kast, Jerry Mazock, Dennis Hudson, Judy Tillapaugh, Joan Goldner, Dave Reutschilling and Dave Winters are pictured here in the crowd (somewhere)

FORT WAYNE TRACK CLUB
OFFICERS AND BOARD MEMBERS

- Mike Robbins-President-485-3068
- Dan Kaufman-Vice President-485-5241
- Don Lindley-Treasurer-456-8739
- Mike Glasper-Secretary-432-8134
- Jerry Mazock-Editor of "INSIDE TRACK"
747-1064
- Don Goldner-Co-Chairman of Race
Scheduling-747-4359
- John Treleven-Co-Chairman of Race
Scheduling-432-5315
- Tim Fleming-Media Chairman-749-8027
- Russ Suever-Co-Chairman of Points
System-493-2640
- Ken Miller-Co-Chairman of Points
System-749-5847
- Bobby & Sharon Pauley-Co-Chairmen
of race equipment-745-
0925
- Lyn Schlegel-Co-Chairman-Volunteer
pool and special events-
745-4136
- Tom Loucks-Chairman of Race Calendar-
622-7108
- Jim Anderson-Chairman of Course mea-
surement-745-4446
- Mike Kast-Legal Consultant-426-5140
- Randy LaVine-Co-Chairman of Member-
ship-493-2420
- Jim Bushey-Co-Chairman of Membership-
747-3770
- Denny Zech- Chairman of Advertising
& Publicity-484-3473
- Tom Wagner-Board Member-485-0587
- Dave Fairchild-Board Member-744-0424
- Angle Severs-Board Member-436-1151

INSIDE "THE INSIDE TRACK" THIS MONTH YOU MAY FIND THE FOLLOWING.....
President Robbins wishes us a Merry Christmas and forewarns us that our
1985 membership dues will be due soon. He would also like to establish a
track club volunteer pool for those who would like to help..... He also
gives some wise advice about alternative training for the marathon.....
Doug Sundling bares his soul about what happened to him in '84.....We got
race results from everywhere in the oxygen: Arcola, Parlor City, Bluffton-
Oubache State Park Cross Country Run, and the Spiritually Challenging 25K
at Homestead. (Incredible race results showing who's in shape and who's
just 'talking' in shape.....Our dietician, Judy Newman, suggests we
grow our own sprouts in a perfectly legal manner and also lists every
conceivable way a sprout can be used to enhance your diet.....Don't stay
at home this New Year's Eve like you usually do-Eating oatmeal and burping
a dozen times at midnight. Instead, come and join your buddies for a run
at the FWTC's New Year's Party at the downtown YMCA.....After that party
you have six weeks to recover until the Club's annual Awards banquet at
The Oaks.....Sports Tech has an ad in here too.....Dr. George Branam
wishes someone would ask him a question and in his article tells us to
stretch carefully.....A threesome of FWTC members went to Chicago for a
wild'n'willy Ultra-Marathon weekend.(A better title would be: Sharon Pauley
keeps husband Bobby and Don Lindley away from the Playboy Club in the
Windy City.).....Don Lindley lists his FACTS about the Ultra in Chicago
but not his THOUGHTS.....Dan Kaufman's thoughts about 'Runningomics' is
incredibly accurate.....And accuracy and speed are evident as Ken Miller
and Russ Suever lost weeks of sleep getting the 'points system' completed
before Thanksgiving!!!! (Please note on adjacent side of the page I put
Russ's name first this year since Ken got all the phone calls last year.)
.....John Eakin wants you to join him for his next trot across the country
entitled: 'Starve Trek.'.....Mike Glasper(Didn't recognize him without a
dress) reports just about everything you ever wanted to know about last
month's Board Meeting.....There's also Louck's Race Schedule.....Thanks
to Mrs. Beam for all the Photography.....Jerry Mazock promises to write a
monthly article to help those interested in training for a spring marathon.
.....And Editor Mazock also tells us about a wave that almost washed him
into oblivion.....There's even More info if you know where to look!.....

HOPE YOU ENJOY THIS STUFF!!!!!!



Editor's Run
by JERRY MAZOCK

ADVERTISEMENT RATES FOR "THE INSIDE
TRACK" ARE

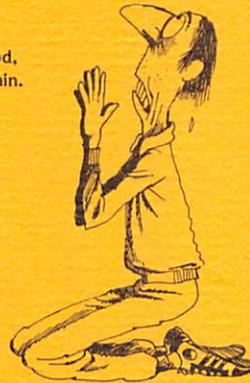
- 1/2 page= \$ 35.00
- 1/4 page= \$ 22.50
- 1 page= \$ 50.00

Don't forget the Wednesday nite
Fun Run every Wednesday night at
Foster Park near the volleyball
courts at 6PM sharp.

Don't forget to tune in "Runner's
Week" with Tim Fleming Every Friday
Evening at 8PM on Channel 10

Runner's Prayer

Please, God,
Stop the pain.



The days of the "wide-eyed and
bushy-tailed-eternally optimistic-
never-dieing" runner are over. Jim
Fixx, the Frenchman in the New York
Marathon and the other isolated
cardiac deaths have taken care of
that-Thanks to the mass media, which
seemed to jump on a bandwagon of
supporting the 'anti-exercise' move-
ment. Many feel that we are finally
in the most critical hour running
has faced. Our sport is being scru-
tinized from all angles-the physical,
the mental, the emotional. And we
are being told that you can still
have a heart attack, you may still
become depressed and your life may
still fall to pieces- No matter how
many miles you run.

And then, in a much softer tone-
barely audible, they say: "That for
the most part, aerobic fitness(et all)
pays huge dividends for the masses."

I hope I have grown deep roots"
(for physical Fitness) that will
withstand this backlash wave of the
'anti-exercise' movement.

And by the way.....Merry Xmas!

Don't just pray for a great spring
marathon time. Come out and train
with the group at Homestead start-
ing Jan. 26th at 9AM.

UPDATE:

WE WILL RUN AN
11 MILER ON JANUARY
26th. See you there

CLIP AND PUT ON YOUR REFRIGERATOR DOOR

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.

IT'S THAT TIME
AGAIN.....
THINKING ABOUT
RUNNING A SPRING
MARATHON??WELL...
COME ON OUT AND
TRAIN WITH THE GANG
AT HOMESTEAD HIGH
EVERY SAT. MORNING
AT 9:00AM BEGINNING
JAN. 26th 1985.

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

MCDONALD'S AFTER-
WARDS.

ALL THE WAY FROM THE PLAINS OF
SUNDERLAND COMES.....

HEAR YE,
HEAR YE

President's News and Views
by: Mike Robbins

-1985 Dues-

Throughout 1985, the FWTC will be reconverting to a calendar year dues schedule. As memberships expire throughout the year, the renewals will be issued on a calendar-year basis. Memberships prior to the past couple of years had always been on a calendar-year schedule. The change to a 12-month schedule was made in order to accommodate membership initiated during any year. All received 12 months of membership regardless of when the membership commenced. This, however, has placed a much larger burden on the club.

Now, memberships must be tracked monthly and mail processed more often with increased pressure on budget planning. The revised "old" policy will, hopefully, reduce the burden on club members while not making membership more difficult to come by. During 1985, memberships which expire during the first half of the year will renew for \$10 while those of the second half of the year will renew for \$5. Each renewal during the year, though, will also have the option of adding a 1986 membership for the current \$10 dues. This same procedure will also apply to new memberships.

The benefits of membership - a high quality newsletter, excellent race schedule as well as various additional activities - are certainly a bargain for the price. It should be realized that the cost of a full annual membership determined at the very first FWTC meeting during February, 1977 was \$10. That was almost eight years ago. Where else can you get so much more at a 1977 price?

-Volunteer Pool-

You don't have to be a race director to help out. Many members would like to give something back to the club but don't want to undertake directing a race. There are many opportunities to perform small functions or assist at races during the year. If you would like to help out sometime during 1985, please let us know. Lyn Schlegal will be maintaining a volunteer pool for the club. This pool will consist of all members who wish to volunteer to help when needed. If board members or race directors need a quick extra hand, the pool will be consulted. If you would like to be part of this group and contribute to the continued success of the club, please let Lyn know. You may send a note to Lyn either at the club (P. O. Box 11703, 46860) or at the central YMCA.

-Holidays-

I hope each runner took the opportunity this past Thanksgiving to thank his or her family and friends for all the accommodations they made throughout this year so that we may each pursue our personal running dreams. Let us also share this same spirit through the Christmas holidays and celebrate all of our lives, not just the running part. Merry Christmas to each of you.



The starting line of the Severely Challenging 25K at Homestead. Note that the front row of runners all have come down with that mysterious 'wrist' injury.

Happy
Holidays

-Marathon-

It is never too early to start training for next May's TV-33/Hook's Fort Wayne Marathon. Even as the weather becomes less cooperative, alternatives to daily running can be used to enhance overall training. Weight training, indoor biking (either with an exercise bike or a bike trainer) and swimming can all be used to increase strength and maintain aerobic fitness during the worst winter weather. A careful, well-defined training plan beginning the first of the year will greatly increase the chances of success in the marathon.



Jeff Beam winning the 25K in 1:25.



Beam, slightly disoriented after 1 hour of running in oxygen debt, arrived home, ate his trophy and put the fruit basket on his mantel.



A PERSONAL RETROSPECT OF 1984
by Doug Sundling

Running goes nowhere fast unless I have goals to give me direction. What would life be without training through the winter wonderland weather of January and February in preparation for the TV 33/Hooks Marathon in May?

Still somewhat competitive, I use road races as a measuring stick of the degree to which I accomplish my goals as a runner. Usually, I had set goals, at most, a handful of weeks ahead of the intended goal. I would train as well as I could, key for certain races, and roll with the ups and downs as I ran into them. For the most part, I have had a run-as-you-go approach, hoping that I would magically overcome, if not avoid, those inevitable times of frustration with lack of expected performances.

This past year, instead of playing it race-by-race, I decided to key on certain goals. So, I set four goals for 1984:

- (1) try to run a 6:00 pace, a sub-2:40, TV 33/Hooks Marathon and place in the Top 10;
- (2) qualify for the state finals in the White River Park Track & Field Games and try to run a PR in the 5000M;
- (3) try to run 11 miles at Mazock's Never-Ending 1-Hour Run;
- (4) try to run a PR at the Home Loan 10,000M.

The goals made sense to me. I could train LSD during the inhibitive Hoosier winter environment and be prepared for a steady 26.2 miles in the first of May. After building that kind of endurance base for the marathon, I could

concentrate on speed and aim for a PR in a 5000M in July. Having a combination of both the speed and endurance base, I could then try to grind out 11 miles in Mazock's Never-Ending 1-Hour Run on the Northrup track. And finally, while coaching cross country in the Fall, I could key on the Home Loan 10,000M for a possible PR.

Those goals and that logic looked good--especially on paper, just as any training schedule does. Funny: what looks good on paper doesn't always translate as easily into reality.

Goal 1. After trying to train for a marathon during a bitterly cold winter and then being reprieved with a perfect marathon day that first Sunday in May, I had that 6:00 pace per mile up to mile 22 in the TV 33/Hooks Marathon. But, like a driver suddenly confronted with an empty gas tank, my lack of greater endurance strength began to register, and I sputtered and shuffled the last 4.2 miles to finish in 2:43 and 11th place.

I had come so close, yet, somewhat wiser this year as a runner, I was content with my performance. Besides, now I know what I have to do for next year's marathon if I ...

Goal 2. When in July, I toed the starting line at the state finals 5000M in the White River Park Track & Field Games, I knew I had followed my training program, but I still wasn't sure if I could pull off a PR --at least not according to the previous races I had run up to the state finals. Once I began racing, I fell into the pace I wanted, and after the first 1600M, I could smell that PR.

One of the runners I coach pronounced recently, "Hey, I

might run the race of my life." I responded that it helps to be in shape to run the race of your life. Even though I didn't feel too confident about my performance, I was in shape and did run a PR of 15:39 in that 5000M. Needless to say, like any other runner, I felt great having run a PR. Now, to get that pace down under 5:00, all I have to do is ...

Goal 3. I had thought that with the endurance base for the marathon and the speed work for the 5000M I would be prepared to challenge that 11-mile mark at Mazock's 1-Hour Run. What runner doesn't dream ambitions from such thinking? But, reality has a way of interceding.

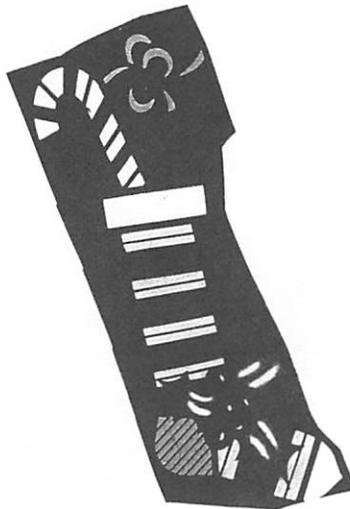
I could sense that tired feeling on the inside--that invisible gremlin that lurks in the life of every runner waiting to jump out and to start making life a series of minor struggles.

After 3 miles of circling Northrup track, I had to back off the pace, eventually running 10.87 miles--200 meters short of 11 miles. Since that had been my best 1-Hour time ever, I felt good about it. But, if I try this never-ending circling of torture again, then I need to ...

Goal 4. Training programs and goals look great on paper. Someone ought to figure out how to teach reality how to read those papers. Most runners know the feeling: the down cycle sets in, then other problems besiege you, and you wonder if running is worth the effort anymore. Many times have I told myself: "This is it. No more serious running. No more training to try to run something I can't."

September brought in an expectant down cycle, but the changing fall foliage also paralleled the shifting influences on me as a person, and when the rain started, it poured. Combined with personal problems, running with legs which felt like wood didn't make for a positive outlook as I plodded through a compromised workout program for the approaching Home Loan 10,000M. Termites seemed to have been the only answer to loosening up those legs.

So, I resigned myself to the realization I won't be able to try to run a PR at Home Loan and just to go have fun instead. What happens--I run a minute faster than what I



thought I would run, and I tie my best time for the Home Loan 10,000 course, my second fastest 10,000M time ever.

Was I happy? Sure.

Does it make sense? No, but neither is training in the sub-zero wind chill of February to prepare for a May marathon.

Now that the year draws to the end, I realize that I came close enough to those 4 goals that I really can't complain. Whether the goals were achieved or not becomes secondary to the direction and the experience I get from having those goals.

Winter arrives, and reality tends to hibernate as goals and ambitions for the next year start to dance in my head.

Bobby and Sharon Pauley are now handling the club's equipment. If you are interested in renting our clock etc....dial 745-0925. If you want to ask Bobby for a date dial the same number...If Sharon answers-Hang Up!

EVERYONE IS INVITED TO ATTEND ANY FWTC BOARD MEETING. THEY'RE ARE HELD AT THE DOWNTOWN YMCA THE SECOND SUNDAY OF EVERY MONTH AT 7 PM.

THE WINTERFEST 5 MILE IS TENTATIVELY SCHEDULED FOR FEBRUARY 9TH. PLEASE, PLEASE CHECK THE FEBRUARY ISSUE FOR MORE DETAILS.

ARCOLA 10K RACE

August, 11 1984

Women under 20

name	overall/age
1. Theresa Klingenberger	44:01 31/19
2. Karma Geyer	44:41 35/13
3. Carol Schoenle	46:00 39/17
4. Karen Baney	48:08 51/19
5. Susan Fipp	48:37 52/16
6. B.A. Fipp	52:51 65/19
7. Renee Linnemeier	54:20 71/15
8. Kris Nielsen	56:27 77/16
9. Benda Patterson	1:00:50 83/15

Women 20 and over

1. Betty Nelson	37:51 7/38
2. Mary Theresa Connolly	38:38 10/28
3. Sharon Getty	47:06 45/26
4. Mary Jo Ardington	49:24 55/27
5. Nancy Fipp	51:32 61/21
6. Sue Sipes	52:35 64/28
7. Martha Trenkner	55:03 74/34
8. Jo Knight	55:14 75/21
9. Joyce Fuzy	55:30 76/46
10. Kathleen Bernard	58:20 78/32
11. Emy Gali	58:30 79/20
12. Karen Trahin	58:47 81/28

Men 14 and under

1. Chad Shearer	44:09 33/14
2. Bob Fipp	48:38 53/14
3. Shane Schneck	50:13 57/13
4. Chris Hedges	52:22 63/13
5. Russell Linnemeier	53:36 69/14
6. Robby Ashworth	59:42 82/12

Men 15-19

1. Jeff Beam	33:32 1/19
2. Jerry Auer	34:32 3/19
3. Rick Poinsatte	37:32 5/18
4. Bill Roonev	37:33 6/18
5. Matt Hess	38:30 9/15
6. Mike McMahon	38:50 11/16
7. Kelly Mahoney	43:56 30/15
8. John Fipp	44:37 34/15
9. Kary Cearbaugh	47:11 46/16
10. Bob Uecker	47:13 47/17

Men 20-29

1. Rev. Rick Wallin	34:22 2/28
2.	36:27 4/21
3. David L. Geiger	39:34 13/23
4. Pat Beuchel	41:22 17/25
5. Rick Rauchez	43:31 28/23
6. David Taube	46:00 40/22
7. Chris Yann	51:59 62/24
8. Philip Poinsatte	52:52 66/20

Men 30-39

name	overall/age
1. John Kline	39:01 12/33
2. Randy Sordlet	40:27 14/33
3. Tim Wiedma	40:44 15/38
4. Tom Fisher	41:38 18/34
5. Dave Winter	41:41 19/34
6. Dennis Conner	41:58 20/32
7. Mark Lank	42:21 22/33
8. Robert Rinearson	42:46 24/30
9. Greg Fahl	42:49 25/31
10. Al Henkel	43:52 29/35
11. George Kirby	44:03 32/35
12. Timothy LaBrosse	45:06 36/32
13. Dave Eckert	45:57 37/37
14. Dan Belschner	46:20 42/37
15. Larry Bodkin	46:26 43/39
16. Rick Trahin	46:46 44/30
17. John Szczepanski	47:20 48/34
18. Joe Hilger	49:11 54/34
19. John Trenkner	50:13 56/33
20. Gary Graham	50:54 58/34
21. Ron Greabler	51:25 60/39
22. Carl Fields	53:06 67/39
23. Mike Yann	54:47 73/32
24. Ron Heimbürger	1:02:27 84/37

Men 40-49

1. Jack Morris	38:29 8/46
2. Clem Getty	41:16 16/49
3. Darrell Galts	41:59 21/40
4. Tom Felger	42:26 23/44
5. Ron Wurst	43:20 27/40
6. Tom Liebrich	45:59 38/48
7. Robert Sennett	46:07 41/41
8. Jim Rick	47:59 49/40
9. Charlie Davis	50:58 59/40
10. Jim Richardson	54:24 72/44

Men 50 and over

1. John Hilker	43:00 26/55
2. Gene Gran	48:07 50/53
3. Don J. Rhoades	53:36 68/50
4. Alfred Moore	53:45 70/54
5. Fred Taube	58:35 80/53

A special thanks to the Athletic Annex and Greg Orman for their help. We learned a lot, and next year will be even better.

Thanks,
Jack Hilger



PARLOR CITY TROT

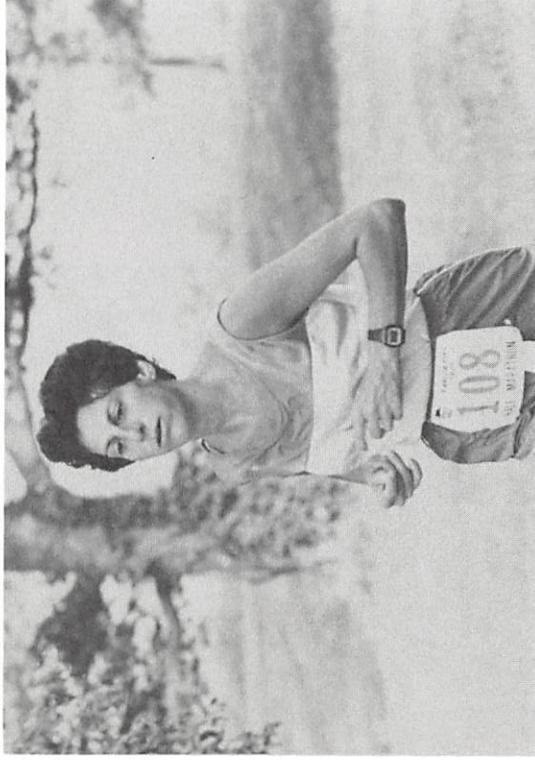
PARLOR CITY TROT
HALF-MARATHON
COURTNEY, OH
September 22, 1983

Overall winners
Courtney, Ohio
Kris McGain, Angola, IN

1 Chris Prier
2 Gary W. Hoffman
3 Tom Locks
4 John Resco
5 Bob Wills
6 Scott Warkah
7 Jeff Mason
8 Bryan Spinnaker
9 Duane Dye
10 Ken Walker
11 Rick Wallin (Rev.)
12 Bob Copeland
13 Jerry Williams, Jr.
14 Tony Mathews
15 Paul Stray
16 Jim Barber
17 Ken Koord
18 David Keeels
19 Thomas G. Schack
20 Vincent Quinones
21 Alan Kousal
22 Fred Pulcher
23 George Prater
24 Jay Allardt
25 Brent Munro
26 Glen Davis
27 Steve Hagemanaker
28 Rick Matting
29 Dai Jacobson
30 Jim Willson
31 Max Horhead
32 Donald Surling
33 Tom Dandinger
34 Thomas Cleveland
35 Todd Alfelsan
36 David Walsh
37 Ron Gallego
38 Jack Morris
39 Alan Wilton
40 Ron Wilkison
41 Larry Auerback
42 Doug Gledhill
43 Fred Ross
44 David Salth
45 Steve Adkinson
46 Mike Lundgren
47 Terry Dahl
48 Ed Kerr
49 Don Lindley
50 Joe Pat Phillips
51 Tom Yampoball
52 Kris McGain
53 Russ Smith
54 Michael Wendes
55 Paul Hamlin
56 Jeff Coates
57 Byron Meyer
58 J. Kerr Vertek
59 Jane Hopkins-Lundgren
60 Dave Althal
61 Jerry Kitzpugh
62 Karl Walte
63 Tony Gatten
64 Jack Shesley
65 Kent Johns
66 Jeff Coates
67

101 Clarence Jenkins
102 John David McPherson
103 Don Kline
104 Tom Long
105 Bob Schendel
106 Matt Shorter
107 John Heathcote
108 Clea Gatty
109 Tom Walker
110 Randy Thomas
111 Paul Wallington
112 John Steeny
113 Gary Sigart
114 Jim Sprinkle
115 Kevin John
116 Susan Jeffler
117 Dale Sullivan
118 John Miller
119 Roger Puckett
120 Malcolm Sigmont
121 Phillip Herberberger
122 Dan Richbays
123 Vic Andrews
124 Hal Regier
125 Russ Kruver
126 Joe DiDardo
127 Lew Anderson
128 Craig Miller
129 Mike Brealey
130 Mark Miller
131 Marlene Benavides
132 Max Morrison
133 Robert Wilson
134 Bernie Jurgette
135 John Burton
136 Greg Fahn
137 Ron Lipply
138 Dan Childs
139 Terry Gannon
140 Ronald Wurst
141 Dick Waterthwaite
142 Leonard P. Baxter, II
143 Terry Schmidt
144 Leo Graham
145 John E. Wilker
146 Somy O'Bryant
147 Miss Makola
148 Rose Marie Kenarsgo
149 George Paul Kirby
150 Tom Lairdquestatt
151 Tom Liebrich
152 Ronald Stoner
153 Roy Stinson
154 Austin Gorman
155 David Fairchild
156 Susan Clark
157 Robert Guffright
158 Bud Floriozzi
159 Keith Osweltt
160 Roger Mack
161 Kathy Wisau
162 Robert Grallebach
163 Gail Reed
164 Norman Whisler

201 Joe S. Greene
202 Jennifer Isenbarger
203 Benjamin Simarhall
204 Steve Schelker
205 David E. Carson
206 Bob Gardner
207 Mark A. Wages
208 Norval Lohman
209 Scott Vankat
210 Tom Elliott
211 Tom Seiger
212 Steve McWhitt
213 James W. Weber
214 Dave Moore
215 Dave McWhitt
216 Steve McWhitt
217 Ken McWhitt
218 Vic Stockman
219 Connie Hovestman
220 Keith Michael
221 Jeff Hastings
222 Pat Mcintosh
223 Wayne Davis
224 Gus Ozar
225 Kevin Saltbath
226 Sandra Seibold
227 Dana Grove
228 Dana Grove
229 James P. Jones
230 Dan Leebart
231 Tom Hattiswender
232 Ivan Painter
233 Donald Jents
234 Ken Miller
235 Gary Studebaker
236 Barbara Miller
237 Jack Wilshus
238 Marilyn Hicks, Jr.
239 Pat Williams
240 Tom Campbell
241 George Sumar
242 Joe Lee
243 Mike Mohala
244 Ken Mill
245 Jack Goble
246 Randy Gartin
247 Don Hottingham
248 Marilyn Grleson
249 Harley Pugh
250 Jane Leveridge
251 Gary Salling
252 James J. Gorman
253 June Masley
254 Jerry Pierce
255 Mark Trumbullland
256 King Sullivan
257 Linda Richardson
258 Dal Leitzmann
259 Jo Ashton
260 Karen Oeyer
261 Phillip Kinnack
262 Paul Snyder
263 Thomas Matshette
264 Thomas Schaldt
265 Richard Jenson
266 Charles Housler
267 Norma Lambert
268 Paul Burns
269 Karen Vachon
270 Donald Dian
271 Gary Hill
272 Janis Greene
273 Sabina Floriolech
274 Peter Schaeckhaber
275 Jim Stoll
276 Joe Baitz
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398 Donald Dian
399 Gary Hill
400 Janis Greene



The 11 mile mark at the Parlor City Trot



Eat your sprouts
first this month!



Vince Garcia at the finish
of the 25K.

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

There is a quick way to nurture a nutritious homegrown harvest in your own kitchen all winter long. As Jack Frost takes charge and the gardens and farmer's markets finish giving up their bounty of fresh vegetables, it's not necessary to think in terms of purchasing our greens only from the supermarket.

How can your garden grow in the kitchen all winter long? It's easy and fun if the crop is sprouts, and the results are not only nutritious but also quite tasty. The bonus in sprouting is that fresh crunchy vegetables are available in your own kitchen all year long and the healthy sprouts are low in calories.

The nutritional value differs depending on the seed or grain used but calories are always low. For example, three and one-half ounces or about 1 and 2/3 cups of mung sprouts contains 35 calories, 4 grams of protein and mung sprouts are a good source of ascorbic acid (vitamin C) and vitamin K. One cup of soy sprouts contain more protein, about 6 grams, 46 calories and are a good source of calcium. Two ounces of alfalfa sprouts contains 20 calories and are a good source of vitamin A.

Special sprouters are available in supermarkets, health-food stores and department stores, however, a wide-mouthed jar covered with cheesecloth and secured with a rubber band will also work well. Begin by soaking a handful of seeds in room temperature water overnight. After soaking, drain the water, and invert the jar so any remaining water drains out. You want the seeds damp, not wet.

The seeds need to be rinsed twice a day in lukewarm water. Pour water into the jar through the cheesecloth or sprouter top, turn upside down to drain, and place jar upside down or on it's side on a saucer in a dark place. Placing it in the cupboard works fine



Doon Goldner photographs
this runner at the 25K.
Doon's special 'package'
deal for Fwtc Members
is 3 wallet-sized pix
and a complimentary
Goldner Family Xmas
portrait (11 x 14)
for \$ 59.95. OR The
above package with a
case of generic beer
for \$99.95. Check catalogue
for delivery rates.



I think this is
Tom Loucks finishing
7th at the 25K.
WAY TO GO, TOM!!

or cover with a paper towel.

Depending on the type of seeds, sprouts will appear in two days and be ready in 4 to 7 days. Alfalfa sprouts, or others that are nice to have the little leaves green with chlorophyll, can be left uncovered in a bright spot for the last day. Taste sprouts to determine how long to let them grow. The taste changes as sprouts mature and our individual tastes differ. When ready, rinse sprouts well in cold water and store in the refrigerator. A good container for storage is the same sprouting jar with a tight-fitting lid. If you use a canning-type quart jar, the metal canning lid with ring works well. Replace rinsed and drained sprouts in the jar, place a crumpled paper towel on the top, cover with the lid and store inverted in the refrigerator. The paper towel absorbs moisture from the sprouts and may need to be changed periodically. If sprouts are stored too damp, they tend to spoil quickly.



Sprouts will stay tasty and crunchy this way for three to four days or a week or more depending on the type of sprout. The sprouts with a higher protein content usually take a shorter time to sprout and are best if used soon after sprouting is completed.

Seeds for sprouting are available in supermarkets but the greatest variety are available in health food stores. One local health food store states they carry over twenty varieties of seeds and grains for sprouting. Seeds and grains that are dried and processed for cooking are denatured and cannot be used for sprouting.

Sprouts can be used fresh in salads or on sandwiches and are also appetizing in cooked foods. There are more nutrients in sprouts when used fresh or stir-fried, but they are still nutritious when added to other cooked foods as well. Since most have mild flavors, they can easily be an addition to many foods and recipes. I've included two recipes to try using different sprouts. ENJOY!!

CHICKEN/CHINESE CABBAGE SALAD

Makes 4 servings.

- 1 chicken breast (12 oz.)
- 1 package frozen snow peas
- ½ cup oil
- 2 Tbs. vinegar
- 4½ tsp. soy sauce
- ¾ tsp. ground ginger
- Pinch sugar and salt
- ½ cup sliced green onion
- 1 cup bean sprouts
- 1 med. head Chinese cabbage
- 1 Tbs. toasted sesame seeds
- ½ cup coarsley chpped walnuts

1. Simmer chicken breast in salted water until tender. Skin, bone, and cube (1½ cups).
2. Defrost snow peas (or use fresh).
3. Make dressing: Shake oil, vinegar, soy sauce, ginger, sugar and salt in a screw-top jar.
4. Toss chicken, snow peas, green onion and bean sprouts with soy dressing; cover and refrigerate.
5. Slice enough cabbage to make 4 cups. Place in bowl; arrange chicken mixture on top. Sprinkle sesame seeds and walnuts over top. Serve!

SPROUTED WHEAT BREAD

2 large or 3 medium loaves

- 2½ cups milk
- 2 packages dry yeast
- ½ cup honey
- 3 Tbs. cooking oil
- 1 Tbs. salt
- 3 cups whole wheat flour
- 1 cup alfalfa sprouts
- 2 to 3 cups unbleached white flour

1. Scald milk and cool to lukewarm. Dissolve yeast in warm milk. Add honey, oil and salt and mix well.
2. Beat in whole wheat flour and sprouts; mix 2 minutes. Gradually mix in white flour.
3. Knead on floured surface until smooth and elastic, about 10 minutes. Place in oiled bowl turning to grease top. Cover

Deck the meal with tasty SPROUTY THINGS

- with towel and let rise in warm place until doubled, 1 to 1½ hours.
4. Punch dough down and divide into 2 or 3 sections. Cover and let rest 10 minutes. Shape into loaves, place in greased pans. Cover and let rise until doubled, about 1 hour.
 5. Bake at 375 degrees about 45 minutes for larger loaves and 35 minutes for smaller loaves or until brown.

START THE NEW YEAR RUNNING!



WHERE: Central YMCA
226 E. Washington Blvd.

WHEN: New Years Eve - December 31, 1984 - 11:45 P.M.
5 mile fun run begins at 11:45 P. M.
Central YMCA facilities open at 9:30 P. M. for swimming, volleyball, dancing and fellowship.

WHAT ELSE: No Entry fee, splits, times or trophies.
But there are prizes and refreshments.
YMCA and locker room facilities with gym, pool, showers, etc. - and best of all, this will be a fun run!

ETC. Start the New Year right with an enjoyable run on the River Greenway. Bring your family and friends to share in welcoming 1985 in a healthy, happy way!

Co-sponsored by Central YMCA and the Fort Wayne Track Club.
For further information call Joan Goldner at the YMCA - 422-6486

We will run regardless of weather.
In case of heavy snow or ice, we'll run indoors on the track.

FWTTC Annual Banquet

FEBRUARY 9th (The 2nd Sat in Feb.)

6 P.M. AT THE OAKS--EAST OF NEW HAVEN OFF HWY 14

POTLUCK DINNER

AGE GROUP AWARDS

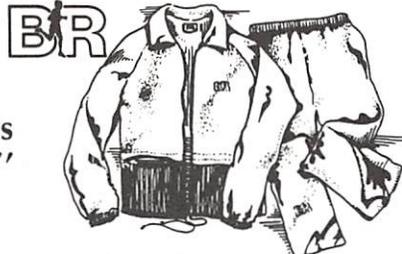
DR. BUD GETSCHELL, from The Human Performance Laboratory at Ball State, WILL BE SPEAKING.

FURTHER DETAILS IN THE NEXT ISSUE (FEBRUARY ISSUE)

IF YOU DON'T COME TO THE BANQUET- YOU WILL BE TALKED ABOUT
BEHIND YOUR BACK AND (WORSE YET) BE PUT ON SOME COMMITTEE.

RUNNING

We've got you covered from head to toe



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Ultra-lightweight, "breathable" fabrics for your more active endeavors. Zippered jackets and slacks in a variety of color combinations for men and women. Rainsuits from \$55. (Extra length pants too.)

We also carry rainsuits by: NIKE, NEW BALANCE, TIGER & MOVING COMFORT.

FREE \$20 GORE-TEX MITTENS WHEN YOU PURCHASE A GORE-TEX SUIT.

Sports Tech has both Bill Rodgers, Tiger, and Moving Comfort Gore-Tex outfits. These suits are uniquely designed of "breathable", water proof fabric that's perfect for runners, walkers, skaters, skiers and cyclists.

Absolute Comfort. Superior Quality.

AND FREE GORE-TEX MITTENS (\$20 VALUE)

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Running Tights from HIND WELLS, SPEEDO, BILL RODGERS, JOG BRA.
POLYPROPYLENE & LYCRA BLENDS

CREWNECKS
TURTLE NECKS
PANTS
\$14.99—\$19.99

WIND BRIEFS \$14.99
HATS \$ 7.99
GLOVES &
MITTENS \$ 7.99
SOCKS \$ 3.99



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CONTRAIL
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FLIGHT
DIXON TRAINER
JAZZ PLUS

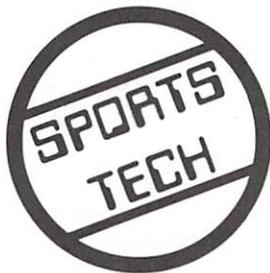


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RUNNING SHOES

(NON-SALE)

EXPIRES _____

HEALTH TIPS

Stretching has gone through the usual American process of first being ignored, then being overly and sometimes wrongly emphasized so that everyone was doing it to the point of disillusionment with its promise, and now seems to be drifting somewhere between very diminished popularity and being ignored again. Americans have always and will always have trouble finding the middle of the road on anything, in my opinion, so this is really not surprising. The whole fitness scene seems to be plateauing a bit now, but the direction is not toward abandonment but toward diversity and being sensible. Which, I think, accounts for the current wave of interest in tri-athletic events.

Stretching is such a boring task and seeming waste of time, that I doubt seriously that it will ever again be as popular as it was a few years ago, at least not in its traditional form. One thing I think the tri-athlete does, without knowing actually, is "stretch" and "relax" those muscles that are used in the "other" two events when s/he is exercising in one mode or another. As a matter of fact, this kind of physiological "stretching" probably accounts in large part for the apparent decrease in injuries suffered by tri-athletes, particularly in view of their heavy work load.

With winter rapidly approaching, it seemed like a good time to discuss stretching because it is probably even more important that it be done correctly in the cold than in the hot weather.

It seems harder to stretch when cold because it really is. The so-called muscle viscosity is affected by temperature and, for proper stretching to occur, you must first warm up by walking, fast walking, and then jogging in order to get a decent stretch and avoid pulling

something. Maybe it's age (and flexibility, etc., does decrease with age), but I have never stretched much before warming up. And now, I am seeing this advocated by more sports physiologists and physicians. It just makes sense that the body should be warm when it is first stretched. I have often heard tales from my friends who say they might spend up to 20-30 minutes stretching at home before they hit the road in the a.m. Maybe it's because I really don't like to get up early anymore, but it does seem like a waste of good sleeping or running time to do it this way, particularly since its effectiveness can't be as good as when the body is warmed up and, in cold weather, it might even be injurious. Stretching an unwarmed muscle is fraught with risk. Usually, I will roll out in the early a.m. or late p.m., and jog about 4-10 minutes before doing an easy all-around lower and upper body stretch. Basically, I just go through the motions the first time and put no body weight at all on my stretch. The jog will be closer to 4 minutes in hot weather and closer to 10 minutes in cold weather. After this first, very easy, stretch, I will go about another 5-10 minutes and repeat. Since my body is now 10-20 minutes into a warm-up, it is a little more warm and flexible, so consequently, the second stretch is slightly more rigorous, but only slightly. Depending upon how I feel and



A good-sized group of Chicago Cub fans-FWTC members showed up for the start of the 25K

the temperature, this will be repeated 1-3x more for a total of 3-5 stretches and, by the time the last one comes up, it is moderately vigorous. When my work-out is completed, I usually stretch 1-3x more. However, you must remember that aside from stretching before you are warm, the second greatest risk period for overstretching is immediately after the workout. Although body

temperature is up and flexibility is probably at its maximum, there is a tendency to forget that the muscle is also most fatigued at this time. With just your body weight alone you can hurt yourself and really not even know it for one or two more days, since your analgesic endorphin levels are probably highest at the end of your workout. It is the best, in my opinion, to do the end-of-the-workout stretching easily and off your feet, sitting on a floor preferably, without shoes, not forcing the stretch, and holding it for 15-30 seconds.

Although the entire body needs and responds to well-executed stretching, the statistics of injury frequency tell us where the major risks are. Basically, these are the Achilles tendon, calves, hamstrings, and groin. Attending to easy stretches for these areas should not take more than a few minutes at each stop as you begin your workout. Some upper body stretching is helpful, but most other stretching can be done at the end of the workout preferentially. Obviously, this gives your body a great feeling, particularly if you can then hop into a deep tub of warm water, and watch the snow through a window.

In recent issues of Runner's World, and at a strength coaches meeting I attended in July, a major new concept of stretching was presented. It is being used by many national amateur teams to help their field events persons, sprinters and hurdlers especially; and it is being used by some professional teams, i.e.: national football teams, since they are so prone to "pulling" kinds of injuries. Theoretically it is well founded and works. Unfortunately, it requires a "trusted" partner because, if not trustworthy, s/he may well do you in. This was given emphasis by the trainers of the professional teams since your partner may be the one beating you out of more playing time and a bigger salary. Consequently, each athlete is assisted by a trainer rather than another athlete. Basically, it takes advantage of the fact that our bodies have been put together so well, that all we have to do is to figure out how it normally works. Since hamstring pulls do more people in for longer periods of time than virtually all others combined, we will look here for

our illustration. Lie on your back. Hold your right leg straight out and do a straight leg raise up to 70-90°. You will feel some pull on your hamstring, right? Now, keeping your leg straight, let it fall gradually and gently to rest at approximately 45° on the right shoulder of the assistant in front of you, who is at the end of the table where you are lying or who is on the floor on his knees, if you are lying on the floor. Your job is to continue to hold your leg straight and push hard down onto your partner's shoulder, trying to force that person down onto the floor. Simultaneously, that person will push up and forward toward your trunk, forcing the

angle of your leg back up toward the 90° angle and even further, if possible. The idea is for your assistant to push against you gently as you push against him for 10-20 seconds at a time, and this will be repeated in a series of efforts until he has pushed your hip joint and leg up and back as far as he can without snapping anything. This should help you understand why you need a friend, and not a competitor, to assist you. This will greatly stretch the hamstrings, as you can readily see. The explanation of how and why this works lies in the fact that as you tense and contract those muscles that are needed to force your leg down hard on your assistant's shoulder, your body must and will simultaneously relax those muscles that are exactly antagonistic to this effort, and those are mostly the hamstrings and hip flexors. So, theoretically, these muscles will be as maximally relaxed as you are maximally contracting the others, forcing movement in the opposite direction. The person demonstrating this used a front-row male subject who seemed fairly tight in the hamstrings and was able to move his leg up to a 100° plus angle. Everyone was impressed. However, I would like to have seen him the day after. This "new" way of stretching is called PNF, which stands for proprioceptive neuro-muscular facilitation.

Each month we make requests for questions and, so far, only one has come in. Is anyone reading this stuff? It would be nice to know if I am missing the mark. If no one asks a question, I'll probably discuss hill springing or bounding on my next visit. Take care and have a good month.



ULTRA-GIFT

by

SHARON PAULEY

When Don Lindley shared with my husband, Bobby, his plans to run the American Medical Association Ultra-Marathon in Chicago on October 14th, Bobby volunteered our van as a mobile motel and his services as a chauffeur-support crew. When I heard about their plans I volunteered as chief cook, bottle washer and maniac driver. (That's the only kind that survives Chicago's bumper to bumper 60 m.p.h. traffic.) Besides being motivated by my desire to keep them out of trouble, I also wanted to "revisit" the scene of the crime. From 1958 to 1961, I was a college student in Chicago. Our adopted son and daughter were also "delivered" at O'Hare Field. All in all, Chicago is a pretty special place for me.

Except for the inevitable construction area, we had a smooth trip to the hotel where Don picked up his race packet. We took a walk in the rain-people watching is quite interesting in Chicago-before we had a delightfully unique pizza for supper. Besides being quite thick, it had broccoli, nuts and ????. Delicious!

After supper we parked our van exactly beside the race course about a block from the starting line. Unfortunately, it was also within sight of the Playboy Club. It took all the good influence I could muster to keep my two companions on the straight and narrow. Their comments about who should apply to be the world's fattest bunny do not bear repeating. A stroll through the fog along Lake Michigan to the Water Tower got us all ready for a good night's sleep in the van.

The A.M.J.A. Ultra turned out to be quite an exceptional running event-better than professional race management-fantastic volunteers and very special runners and their equally special families.

The course was a very pleasant ten mile loop along the lakeshore. Part of it was familiar to me even after all these years. While I was a student at the Baptist Missionary Training School, our P.E. teacher often took us for a walk/jog along a short segment of the Ultra course. I was the fattest, slowest person in my class. I have vivid memories of contemplating my impending death as my classmates dragged me over those couple of miles. I ran 12 miles of the Ultra with Don. (Believe it or not, after the Great Lindley runs 60 miles, I can actually keep up with him!) As far as I know, none of my classmates could begin to keep up with me now. What a change from the worst con-

dition in the class to the best!!!!!!!

For old times sake, I wore my class ring to Chicago. Besides the college name and symbol, it also has the school motto: "Be mine to serve." When Jesus tried to teach his disciples about servanthood, he washed their feet. During the Ultra

I had the privilege of helping Don dry his rain-soaked, blistering feet and put on dry socks. Later when it was Bobby's turn to drive, I gave Don a foot massage. Little did I suspect 23 years ago, that my place to serve might be beside a race course.

How appropriate that this will appear in the December issue of the INSIDE TRACK. So often we think of Christmas gift giving as giving material objects instead of far more special gifts. Surely in sharing his pain, fatigue and triumphant joy, Don gave Bobby and I the most precious gift he could give. He was so busy surviving 11 hours 36 minutes and 31 seconds of running, speeding up after 40 miles of running and finishing in 18th place nationally for 100K (62.2 miles) that I doubt that he noticed how much he gave. Would you believe that after running 60 miles he was still using what little energy he had left to cheer on the other runners that he encountered on his last 2.2 mile loop? Surely, the significance of Christmas doesn't lie just in the birth of a baby 2,000 years ago, but that the essence of that baby still moves clay heroes and heroines up and down the shore of Lake Michigan-And maybe even through the running paths of Fort Wayne.



By Don Lindley

As DNF of the 100km run last year, I wanted to return to the 6th Annual AMJA Ultramarathons (50 Mile/100km) on October 14 in Chicago as a finisher. Part of my worry this year was the long drive back. Bobby and Sharon Pauley, my support crew, not only drove me to Chicago but they provided the sleeping accommodations. My success in completing my first 100km run was mainly due to the superb race organization and their volunteers. "MAX" was my favorite drink. I consumed about 10 quarts of this super sports drink. The weather was not the upmost best, showers and thundershowers during the start and mid-morning and fog in the afternoon had some hindrance, especially causing blisters.

The finish was the highlight because I was able to share it with Bobby and Sharon. It was quite a moment for all of us. All in all, I had no concept of time. When you started in the rain and darkness and finish when it was dark, time was nothing. It was God's plan to place and my place to remain obedience and I will always expect better and bigger things to come.

Listed below are some facts and figures you may be interested.

Environmental facts: Relative humidity: 7 a.m. 96 per cent; 1 p.m. 87 per cent
 Precipitation: 0.42 inch.
 Highest wind velocity: 9 mph from the east at 5:28 p.m.
 Temperatures: 6am - 62° (lowest), 7am - 63°; 8am - 62°; 11am - 65°; 12noon - 66°; 1pm - 68°; 3pm - 70°; (highest); 4pm - 66°; 5pm - 65°; 6pm - 65°.

Total Registered Entrants: 244
 Total Starters 208
 Total Finishers - 50 Mile 175 (84% finishing rate)
 50 Mile Finishers - 154 Men; 21 Women (33 DNF)
 Of 32 entrants running their first ultra, 25 finished (78% rate)
 23 proceeded to finish 100 kilometers - 21 men, two women

Bruce Fordyce's 50 mile finish of 4:50:50 is likely a world record time on a loop course. His 4:50:21 world record was set on a point-to-point course.

DON LINDLEY'S OFFICIAL RESULTS

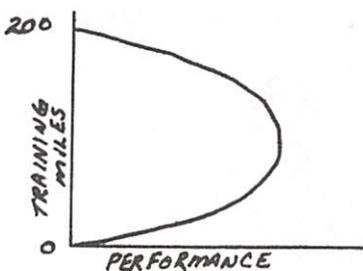
50 Mile - Time: 8:31 Overall Place: 102th Age Div 40-49: 30th
 100 Km - Time: 11:36:31 Overall Pl.: 18th Age Div 40-49: 7th

Runningnomics -
 A short lesson in supply-side running

by: Dan Kaufman

Runningnomics, or the economics of running, is not trying to find the lowest priced quality pair of running shoes available. But rather, it's trying to maximize the return from your training program without over-taxing it. It's applying the Laffer curve to running, individually and for the masses (see diagram),

THE LAFFER CURVE



The Laffer curve implies that as training increases, at some point, performance decreases. This is an integral part of supply-side training. Applied on the whole, it implies that our collective performance would be essentially equal. This is contrary to the opinions of those who promote taxing their bodies to the limit for peak performance. This creates an inequity in competition which distorts the real inherent abilities of all runners and also decreases incentives. We need to decrease training across the board (especially the top marginal rate) so as to equalize it as much as possible. This will in turn equalize performance to the extent training is a factor.

There are those who would refute supply-side training as voodoo running, bordering on the lunatic fringe. Those same people would rather increase training to the



The start of the AMJA National Ultra Marathon Championship in Chicago. That's Don Lindley in the middle



Don Lindley finishing 100k (62++ miles!!)

point of destruction. This ultimately greatly reduces participation in runningnomics and may result in all those naturally gifted runners ending up looking like---- say Tip O'Neill.

But there is also more to runningnomics. Reducing those taxing training programs also reduces the deficit. That is the distance between the front and the back of the pack. Furthermore, interest will also decline in terms of those interested in the need to destroy their bodies. But on the other hand, inflation of the physique will not increase.

Try this approach and I'll guarantee positive results of landslide proportions and we'll all be better off in four years.

BLUFFTON--OUBACHE STATE PARK CROSS
COUNTRY RUN--9K
11-18-84

RESULTS

WOMEN

13-18
Tracy Sohaski 42:32

19-29
Lorraine Fox 56:00

30-34
Jody Long 50:03

35-39
Susan Manos 57:21

40-49
Georgia Allen 43:00
Sarah Kleinknight 56:14

MEN

13-18
Roger Hawks 33:30
Jim Bpggs 53:01
Bruce Prater 53:01

19-24
Freddie Pickle 29:58
Granville Stumpy 29:58
Randy Houser 30:50
Scott Steffen 30:52
Brian Shepherd 31:05
Jeff Petersem 31:06
Ron Gallogly 32:29
Quinn White 33:15
Bret Curry 33:56
Bill Ragers 34:54
Brett Hess 35:40
Brett Smith 37:56
Randy Newman 38:16
Scott Sheets 38:38
Jim Lange 39:08
John Hatch 41:52
Gary Selking 44:19
Dave Jaskie 47:20
Bobby Carroll 54:13

25-29
Tom Loucks (who?) 31:22
Doug Sundling 32:23
John Olszewki 33:53
Paul Beckwith 35:15
Jay Pritchard 35:33
John Stoner 41:30
Ron Schlemmer 42:06
Quinn Curry 48:34
James Beck 52:10

30-34
Al Mousel 32:33
Dave Reutchilling 38:59
Bill Aksamit 39:03
Norm Bailey 40:34
Michael Callahan 40:44
Jerry Mazoooooski 43:59
(Ran last kilometer backwards)
Dan Boyer 44:45

35-39
Bob Milton 36:55
Gary Studebaker 40:50
Dan Firestine 40:52

Steve Goldthwaite 41:53
George Kibby 42:36
Pete Williams 50:03

40-44
Dave Waldrop 37:21
Floyd Lobsiger 38:18
Chas Isch 40:47
Don Ashton 40:50
Bernie Burgette 41:19
Dean Cutshall 42:08
Bruce Kotchey 49:19

45-49
Bill Hende 33:03
Jack Morris 35:06
Jim Kirkwood 36:40
Ray Sibrel 37:17
Richard Allen 38:41
Jim Kline 40:41
Bob Trout 41:19
Bill Sohaski 41:42
Marvin Pfoffitt 41:44
Brad Deel 43:15
Russ Shook 49:15
Craig Miller (Missing)

50-59
Myron Meyer (I think) 37:31
Cliff Ditto 40:55
Eugene Striggle 43:20

60+*****
Phil Burns 50:55

TEAM COMPETITION

MEN'S OPEN

1. THE FROGS- Scott Steffen
Granville Stumpy
Freddie Pickle
Bill Ragers
Randy Houser
Otis Cell
2. MEN AGAINST NUCLEAR ARMS-
Brett Hess
Brian Shepherd
Quinn White
Jeff Peterson
Roger Hawks
3. MAZOCK & THE STRAGGLERS-
Tom Loucks
Bret Currey
Doug Sundling
Jerry Mazooooooski
4. NG-
Brett Smith
Norm Bailey
Dave Jaskie
Randy Newman
Quinn Curry
5. DECATUR RUNNER'S-
Ron Gallogly
Gary Selking
Scott Sheets

Master's Team Competition

1. The Bares- Jack Morris
Ray Sibrel
Craig Miller
Myron Meyer



THE 25K



Race director, Jim Anderson, at the start confidently states that "...No more than 1 or 2 of you will die in this event....If you happen to be one that passes on, PLEASE do it on the berm of the road.... Don't let your death cost someone behind you a PR!"

FINAL POINT STANDINGS

The last race of the season is over and the final points standings have been produced. The '*' marks the tentative award winners. Note that awards may be won in the overall category or the age-group category but not both. Where this situation occurs, the award will be made in the overall category and the runner eliminated from the age-group standings (these runners are marked with '-').

If you have questions concerning the points or the tentative award winners, please contact Ken Miller (749-5847) or Russ Suever (493-2640).

See you at the awards banquet.

NAME	TOT	#
MORRIS, JACK	89	3
REITZUG, RICK	83	2
SCHENDEL, BOB	63	2
KERR, ED	59	2
WILSON, ROGER	38	1
MINNICH, DAN	30	1
SCHWARZE, JOHN	29	1
MOTYCKA, BERNIE	28	1
OBREGON, ART	27	1
SMITH, DAVE	26	1

14 + Under

★ GORRELL, TIMOTHY	470	9
★ WIERSMA, BOBBY	446	9
★ LINDLEY, MIKE	397	9
★ LINDLEY, BRIAN	358	8
SCHWARZE, JOHN	222	4
SQUIRES, RICKY	131	3
GORRELL, MICKEY	0	0
GUNTERMANN, DANIEL	0	0

15-19

- BEAM, JEFF	410	7
BOWMAN, PETER	89	2
BERNING, KEVIN	35	1
STACHERA, ERIC	35	1
KIDD, ROCKY	0	0
ZEIGLER, JERRY	0	0

20-24

- GIEGER, DAVE	497	10
★ JOHNSON, RANDY	389	9
★ EDINGTON, CHRIS	241	5
BEAM, GARY	227	5
VOTAW, KEN	152	4
SCHANNEN, KEN	47	1

25-29

- SUNDLING, DOUG	520	11
- DILLER, TERRY	498	13
★ KING, KENNETH	428	10
★ SCHENDEL, BOB	320	9
★ BRATTOLE, MARK	317	9
★ GATTON, TONY	301	7
★ HOWE, MARLAN	201	4
WAGNER, THOMAS	175	5
HUGHES, GREG	151	4
ELLIS, LARRY	116	4
BAUMAN, PAUL	112	3
MCBRIDE, DOUG	27	1
HUDSON, DENNIS	0	0

30-34

- KAUFMAN, DAN	550	11
- GLASPER, MIKE	492	10
- TRELEAVAN, JOHN	472	11
★ CASWELL, STEVE	394	13
- DEXHEIMER, GARY	392	7
★ WINTERS, DAVE	359	10
★ SPITZIG, NORM	326	8
★ MAZOCK, JERRY	319	7
★ ZECK, DENNY	306	8
★ MINNICH, DAN	289	8
★ COONAN, TERRY	242	6
★ ARCHBOLD, TOM	239	8
★ WILSON, ROGER	231	6
★ SUELZER, PHIL	229	5
★ DIEHL, JERRY	193	5
HARRIS, ROBERT	167	6
SABRACK, PAUL	167	5
SHIVELY, LARRY	148	4
CALLAHAN, MIKE	141	4
REITZUG, ROCK	138	3
HERMAN, PAT	81	2
GILLAND, MIKE	54	1
BASHOR, DON	42	1
TRUDEAU, FRED	31	1
BOWMAN, TIM	28	1
MIGLIORI, BRIAN	28	2
BOLIN, TIM	0	1

STANDINGS

NAME TOT #
PTS RC

30-39

- GLASPER, DEB	538	11
- SCHMIDT, MARSHA	493	10
★ PERRIN, KAREN	359	9
★ NELSON, BETTY	354	6
WARD, SUSAN	193	4
FLEMING, PATTY	182	4
SUELZER, PHYLLIS	151	3
KIDD, JAN	81	2
WIERSMA, SHARON	36	1
BYERLY, BECKY	0	0
DANIELS, LINDA	0	0
FEHMAN, SUSAN	0	0
KERR, PHYLLIS	0	0

40-49

- SIMMONS, ROSEANN	624	13
★ GREEN, JANICE	475	10
★ TAYLOR, BONNIE	440	10
★ FUZY, JOYCE	409	9
★ ASHTON, CAROL JO	394	8
★ PAULLEY, SHARON	289	7
★ GOLDNER, JOAN	282	5
GENSHEIMER, MAURINE	217	5
GUNTERMANN, ELIZABET	99	2
DEVALLT, JEAN	88	2
GETTY, DIANE	85	2
FRISBY, MARILYN	0	0
GORREL, LINDA	0	0
STACHERA, CAROLYN	0	0

50 ++++++

★ SNYDER, DORIS	402	8
HARRIS, EILEEN	0	0

MEN'S OVERALL

★ SUNDLING, DOUG	454	10
★ KAUFMAN, DAN	445	11
★ ROBBINS, MIKE	400	10
★ BEAM, JEFF	399	8
★ DILLER, TERRY	354	10
★ GLASPER, MIKE	326	8
★ TRELEAVAN, JOHN	313	9
★ DEXHEIMER, GARY	289	7
★ GEIGER, DAVE	195	6
★ PERKINS, JERRY	193	6
★ RIGELMAN, TODD	178	6
LINDLEY, DON	168	6
SCHMIDT, BILL	156	5
HOWE, MARLIN	154	4
BARKER, WOODY	147	4
MAZOCK, JERRY	141	3
SUELZER, PHIL	129	3
EDINGTON, CHRIS	117	4
KING, KENNETH	104	3
CASWELL, STEVE	103	3
FLEMING, TIM	103	3
GATTON, TONY	97	3
AVERBECK, LARRY	94	3

11/20/84 PAGE

STANDINGS

NAME WOMEN'S OVERALL TOT # PTS RC

★ TILLAPAUGH, JUDY	501	11
★ GETTY, SHARON	448	11
★ SIMMONS, ROSEANN	417	12
★ GLASPER, DEB	411	9
★ SCHMIDT, MARSHA	357	9
NELSON, BETTY	344	6
YANKOWIAK, THERESA	319	6
SABRACK, CYNTHIA	235	6
GOLDNER, JOAN	227	5
GORRELL, JAMIE	219	5
JACKSON, BETTY	189	5
CLAY, AMY	158	4
FLEMING, PATTI	155	4
WARD, SUSAN	122	3
ASHTON, JO	120	3
MIZE, ANN	111	3
SUELZER, PHYLLIS	87	2
KAHR, KAREN	86	2
TAYLOR, BONNIE	83	2
FLORREICH, SABINE	68	2
GOLLER, CINDI	44	1
ZIEGLER, JODI	44	1
FUZY, JOYCE	41	1
DEVALLT, JEAN	37	1
SIPES, SUE	36	1
DANIELS, LISA	33	1

19 & Under

★ GORRELL, JAMIE	317	6
★ CLAY, AMY	259	5
★ DANIELS, LISA	209	4
★ ZIEGLER, JODIE	97	2
CLAY, BOBBIE	46	1
DANIELS, KIMBERLY	0	0
DANIELS, SUZANNE M	0	0
GUNTERMANN, KATHARIN	0	0

20-29

- TILLAPAUGH, JUDY	546	11
- GETTY, SHARON	499	11
★ JACKSON, BETTY	440	10
★ SABRACK, CYNTHIA	400	9
★ FLORREICH, SABINE	340	9
★ YANKOWIAK, THERESA	336	6
SIPES, SUE	158	4
KAHR, KAREN	94	2
GOLLER, CINDY	45	1
MASON, PAMELA	40	1
LELENBERGER, LORI	0	0

NAME TOT #
PTS RC

35-39

ROBBINS, MIKE	582	11
KERR, ED	522	12
RIGELMAN, TODD	496	10
ADKINSON, STEVE	445	10
SLEVER, RUSS	434	10
WISNEWSKI, PHILL	365	9
PAINTER, IVAN	355	9
FAIRCHILD, DAVE	318	8
KIRBY, GEORGE	285	9
SCHWARZE, JOHN	238	6
HENKEL, AL	228	7
MOTYKA, RON	204	5
FLEMING, TIM	193	4

GORRELL, CLIFTON	178	5
SMITH, DAVE	138	3
CULBERTSON, DEWEY	120	3
REICHWAGE, DAVE	118	4
WIERSMA, ROBERT	113	4
OBREGON, ART	97	2
MURPHY, MIKE	71	2
LEE, LARRY	70	3
STACHERA, JOHN	60	2
KOENEMAN, BRUCE	40	2
FILICHOWSKI, WAYNE	39	1
LEE, LAWRENCE	35	1
LANTZ, JAMES F	32	1
GLASOCK, ROBERT W	0	0
KROELLS, DENNIS	0	0
MANGETTE, TOM	0	1
MELENDREZ, MIKE	0	0
RICK, JAMES H	0	0

40-44

AVERBECK, LARRY	529	12
LINDLEY, DON	521	10
MOTYCKA, BERNIE	487	12
BYERLEY, MIKE	446	12
BOYLAN, DAVE	442	11
FELGER, TOM	426	10
PERKINS, JERRY	386	7
PUCKETT, ROGER	370	9
ASHTON, DON	353	10
KLIENKNIGHT, RUDY	297	9
MILLER, KEN	296	7
BURGETTE, BERNIE	282	8
WOLFF, DAVE	274	7
RICKARD, JERRY	206	5
HUDSON, DENNIS	196	5
CLAY, ROBERT	183	5
RODGERS, JOHN	142	5
CLAGG, TOM	140	4
MISHLER, MARK	128	5
MARTIN, JIM	79	3
YANT, LARRY	65	2
GERHART, BOB	64	2
GILBERT, ALLEN	57	2
LOVELL, ROBERT	38	1
GEABLER, RON	30	1
FERGLISON, JOHN	0	0
FOLEY, BILL	0	0
GREENE, JAMES	0	0

45-49

SCHMIDT, BILL	568	10
MORRIS, JACK	545	10
BARKER, WOODY	532	10
GETTY, CLEM	520	13
SIBREL, RAY	514	13

NAME TOT #
PTS RC

CLARK, KEN	456	11
LIEBRICH, TOM	421	13
LAIRD, TOM	389	12
MILLER, CRAIG	358	8
BROOKS, JOE	310	9
ZIEGLER, JOE	296	7
GOLDNER, Doon	222	6
DUPONT, JIM	109	3
CLOUSE, TONY	76	2
SHOOK, RUSS	39	1
FRISBY, BOB	29	1
GRENSHEIMER, BOB	26	1
BARILE, JOE	0	0

50-59

MEYER, MYRON	588	10
HILKER, JOHN	507	12
CHOVAN, VERN	482	11
SNYDER, PALL	401	13
FLORREICH, RUDY	364	8
MOORE, AL	357	11
PHILLIPS, ROGER	357	11
WHISLER, NORM	324	7
CHANDLER, HERB	292	6
MOYER, ROSS	282	8
KAST, MIKE	218	4
SULLIVAN, KING	183	5
DEVAULT, CHUCK	158	4
HUESING, BERNIE	0	0

60 ++++++

FLEETWOOD, CHET	559	11
BURNS, PHIL	492	9
HARRIS, WALT	366	7
COX, DAVE	138	3
GUMBERT, AL	0	0

I am assuming that our Crazy Winter 8 Miler at Homestead will still be held the third Sat in January - 2PM at Homestead. UPDATE!!!! I JUST CALLED AND WOKE DOON GOLDNER UP AND HE CONFIRMED THAT THE 8 MILE RACE IS ON AS SCHEDULED (THE 19TH!)

DON'T FORGET THE THIRD ANNUAL CHRISTMAS CAROLING PARTY DECEMBER 12TH AT 6PM AT FOSTER PARK IN CONJUNCTION WITH THE REGULAR WEDNESDAY NIGHT FUN RUN. A VERY LEISURE PACE WILL BE RUN. THERE WILL BE A CHILLI SUPPER AFTERWARDS AT LINN AND JERRY MAZOCK'S HOUSE.

STARVE
Run across the United States
TREK



BEAM ABOARD WITH THE CREW OF STARVE TREK.....IT'S A 3 WEEK MISSION TO RUN COAST TO COAST ACROSS THE UNITED STATES AND RAISE MONEY FOR WORLD HUNGER-TO BOLDLY GO WHERE FEW HAVE GONE BEFORE.

7 DURABLE RUNNERS NEEDED (SPEED NOT IMPORTANT). DEPARTURE IS MAY OR SEPTEMBER.....17 RUNNING DAYS - 3,000 MILES

IF THIS CHALLENGE INTERESTS YOU, PLEASE FILL OUT THIS FORM.....

NAME _____ AGE _____
ADDRESS _____ PHONE _____

SEND TO: JOHN EAKIN, 1216 W. PACKARD AVE. FT. WATNE, IN 46807
(CLINGONS NEED NOT APPLY)

RACE RESULTS FOR THE CHALLENGING 25K
 NOVEMBER 17, 1984
 HOMESTEAD HIGH SCHOOL

CROSS-COUNTRY
 CHAMPIONSHIP

We would like to thank all the runners for their cooperation and good natured attitude toward the confusion over the start time for the race. We would also like to thank all the volunteers who: ran aid stations, gave splits, manned the finish line, helped with registration and preparation of the fruit baskets and the kind fellows who marked corners on the course. Thanks also to the REACT people for their continued support and to Hilger's Farm Market for the beautiful fruit. Jim and Angie

Overall winner

MEN Jeff Beam 1:25:15

MEN 14 & under

Bobby Wiersma 2:38:56 72

15-19

Mark Callicotte 2:16:08 60

20-24

Tom Hoffman 1:39:49 11
 Chris Edington 2:05:42 51
 Ken Babcock 2:05:43 52

25-29

Doug Sundling 1:29:13 3
 Chris Farrell 1:34:20 6
 Tom Loucks 1:34:37 7
 Terry Diller 1:38:51 9
 Bob Schendel 1:43:46 15
 Ken King 1:58:48 38
 Mark Brattoli 1:59:59 41

30-34

Vince Garcia 1:26:46 2
 Dan Kaufman 1:30:31 4
 Rick Reitzug 1:33:28 5
 Steven Caswell 1:39:41 10
 Norm Spitzig 1:45:32 16
 Bill Aksamit 1:48:20 19
 T. Pulley 1:48:57 20
 Pat Herman 1:49:14 21
 Mark Morrison 1:52:45 26
 Jerry Mahvalis 1:54:41 29
 Roger Wilson 1:55:07 30
 Tom Archibald 1:56:22 34
 Dennis Stonebraker 2:03:33 46
 Michael Callahan 2:08:27 54
 Paul Sabrack 2:24:41 64
 Dick Mason 2:28:28 67
 Dan Kirtlan 2:45:26 74



35-39

Mike Robbins 1:35:53 8
 Russ Suever 1:51:57 25
 Gary Ricknew 1:54:21 28
 Phil Wisniewski 1:55:38 31
 Al Henkel 1:58:25 37
 Mike Murphy 1:59:39 40
 George Kirby 2:01:02 43
 Tom Mather 2:01:23 44
 Ivan Painter 2:05:40 50
 Ron Heimberger(walk) 2:28:52 68
 Robert Wiersma 2:38:56 71

40-44

Steve Adkison 1:43:06 13
 Larry Averbek 1:45:48 17
 David Boylan 1:50:45 22
 Mike Byerley 1:51:06 23
 Dennis Hudson 1:53:29 27
 Don Ashton 1:55:54 32
 John Callicotte 2:08:28 55

45-49

Woody Barker 1:42:14 12
 Ray Sibrel 1:46:23 18
 Clem Getty 1:51:56 24
 Ken Clark 1:57:25 36
 Tom Felger 1:59:09 39
 Tom Laird 2:00:00 42
 Joe Ziegler 2:10:31 56
 Tom Liebrich 2:14:45 59

50-59

Myron Meyer 1:43:40 14
 Vern Chovan 2:02:44 45
 John Hilker 2:04:37 48
 Marvin Jarvis 2:04:04 49
 Jack O'Neil 2:16:22 61
 Paul Snyder 2:27:13 66
 Roger Phillips 2:34:29 69

60 and over

Phil Burns 2:25:07 65

WOMEN Overall winner

Theresa Yankowiak 1:56:05

19 & under

none

20-29

Sharon Getty 2:07:45 53
 Cindy Sabrack 2:12:06 58
 Betty Jackson 2:42:26 73

30-39

Anne Mize 2:51:03 76
 Karen Perrin 3:00:30 77

40-49

Joan Goldner 1:57:04 35
 Roseann Simmon 2:04:36 47
 Jo Ashton 2:18:53 63
 Bonnie Taylor 2:48:40 75

50 & over

none



Why are these guys standing on the road for such a long time doing nothing?

'COMMIE' CITY TROTSKI



Rerouted

Members of Moscow's Western community run through Gorky Park Monday on their weekly "fun

run" after being banned from city streets by the Foreign Ministry.

START TRAINING FOR YOUR SPRING MARATHON NOW USING
THE MAZOCK SYSTEM
by JERRY MAZOCK

Since I have retired from competitive running, many friends and former fellow competitors have asked me how I train for a marathon. So, during the next 6 issues I will write a small column for those who are looking for a means to improve their time next May. Why me? (Why anybody!) A little info about myself: I have been running 12 years (30,000+ miles) with 5 finishing times under 2:35:00. My first marathon was 5:29:44 in 1976 (TV-33/Hook's Marathon).

In the upcoming issues, I will prepare a program for practically any finish time-However, I believe my main audience will be for the runner who has already broken the 4 hour barrier and wants to improve/or attempt to qualify for the Boston Marathon.

Here's how you get started with your monumental training task.

During the Holiday season, you must make the mental commitment to start your marathon training January 15th. Perhaps this date permits one to have more time and energy to enjoy the holidays fully. However, it is very important that you maintain a steady base of 25-40 miles per week from now till January 15th. (25 mpw if you are a 3:30-4:00 hour marathoner or 40 mpw if you have hopes of breaking the 3 hour barrier or faster. This base is extremely important! From it you will build from 25 mpw to 50 mpw OR, from 40 mpw to maybe 80 mpw.

PLEASE, do not do any speedwork! However, it's okay to get psyched up during a run and punch out a closing mile of a training. But don't do them on a regular basis.

Long runs of more than 10 miles are not yet necessary. Those 3-10 mile daily runs will do the trick.

Don't be afraid of gaining a pound or two during the delicious holidays.

Your Spartan Diet will Begin The First Week Of February-Just in Time for the Club Banquet! Enjoy that extra XMAS cookie NOW!

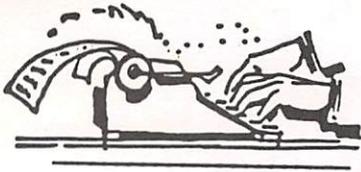
On Monday, January 21st, increase your weekly mileage by 2-4 miles

Get yourself a good pair of training shoes-These will not be the ones you will run the marathon in, however.

The most important principle listed here (Right Now) is the Mental commitment. You should crave an improvement in marathon time.

Next issue, I'll give you more training tips for February and my special dietary tips to get that extra tonnage off (Which is very critical).

ALRIGHT!
IT WAS ONLY
2 Friends Who
WANT to KNOW!
GEESH!



FWTC BOARD MEETING MINUTES

The Fort Wayne Track Club held a meeting November 11 at the Fort Wayne Central YMCA at 7:00 p.m.

Present were Mike Robbins, president, Dan Kaufman, vice-president, Don Lindley, treasurer, Jerry Mazock, Don Goldner, John Treleaven, Russ Suever, Ken Miller, Sharon and Bob Pauley, Lyn Schlegel, Angie Severs, Tom Wagner, Denny Zech, Jim Bushey, Randy Lavine, and Michael Glasper.

Mike Robbins called the meeting to order. Everyone present introduced themselves, giving their title, if any.

Mike Robbins declared his intentions for the coming year, including defining and recording a set of policies and procedures for the everyday functions of the Fort Wayne Track Club.

The Treasurer's Report was passed out. Total funds available are \$7,871.48. Don Lindley also passed out a budget for 1985. Budget was approved by the board.

Denny Zech, who is handling the advertising, wants feedback on what the FWTC newsletter wants in the way of advertising (how much?). Jim Bushey suggested working with businesses to grant discounts to FWTC members. Denny reported that he and Tim Fleming will work on the public image of FWTC to further enhance it. Denny also reported that he and Tim are trying to get race schedules and results in major publications, i.e. Running Times, Runners World, Runner. Tim needs someone to help him with the Cable 10 show, Runner's Week. The show needs a sponsor, also.

Bob and Sharon Pauley reported that they have assumed equipment responsibility and would like to have everyone call them for rentals. Jerry Mazock stated that the information appears on the inside cover of the newsletter.

The race schedule for 1985 has not yet been set, but Don Goldner stated that by the next board meeting on December 9 a "tentative" schedule would be set.

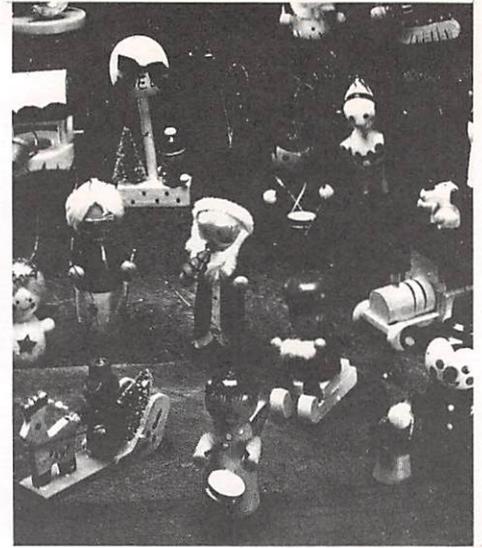
Randy Lavine and Jim Bushey will be assuming responsibility of the membership file which is on a software program. Randy is in the process of rewriting the program to make it compatible with his computer and to speed up the time to print mailing labels. Mike Robbins mentioned a membership card for all FWTC members, possibly to be sent with the Jan/Feb issue of the newsletter.

Russ Suever and Ken Miller presented their proposal for the FWTC Awards Banquet. Their proposal was tabled until the points standings are finalized.

Ken stated that some people have suggested a need for more points races and more short point races (in the 5 km range).

Ken and Russ also suggested a new method for scoring. Details to follow.

Jerry Mazock stated that a winter race schedule is needed for the newsletter. Don Goldner and John Treleaven, race scheduling chairpersons, agreed to get that information to him as quickly as



possible. It was decided to print the Home Loan results in the December newsletter if they are available. The board passed a motion to print all FWTC race results and any (or as many as possible) area race results.

Sports Med has informed Home Loan that this year's scheduling conflict was not of their doing and will not reoccur. The board agreed that a big round of applause was in order.

The meeting ended at approximately 10:00 p.m. after scheduling the next meeting for December 9 at 7:00 p.m. FWTC meetings will be held the second Sunday of every month at the Fort Wayne Central YMCA at 7:00 p.m. All members are cordially invited to attend, your input is wanted and needed!

Respectfully submitted,

Michael Glasper
Secretary

Regular exercise benefits outweigh risks, study says

Associated Press

BOSTON — Regular jogging, chopping wood and other rugged exercise helps protect men from cardiac arrest, even though the odds of suffering one of these seizures is higher during the workout than at other times, a study has found.

The researchers believe their work settles a long-standing controversy — whether the benefits of strenuous exercise outweigh its risks — on the side of the benefits.

The issue was raised again last July when author Jim Fixx, who helped spur the running craze in the United States, died of a heart attack while jogging.

"For the first time, one study appears to resolve the apparent contradiction posed by the occurrence of deaths during exercise on the one hand and the burgeoning reports of the benefits of habitual exercise in coronary heart disease on the other," said an editorial published with the research in today's New England Journal of Medicine.

The study found that hard exercise both increases and decreases the risk of cardiac arrest, a sudden lack of heart beat that can result from a heart attack, a heart rhythm disturbance or some other cardiac crisis.

During a workout, men are more likely than usual to have these often fatal seizures. But the rest of the time, their risk of cardiac arrest is substantially lower. And on balance, men who exercise regularly have a better chance than sedentary men of escaping them.

The study, conducted by researchers at the University of North Carolina and the University of Washington, was based on a review of 133 cases of cardiac arrest in King County, Wash., which includes Seattle.

They found that the more the men exercised, the less likely they were to suffer cardiac arrest during their exercise time. But even those who worked out more than 2 hours and 20 minutes a week were still five times as likely to have a seizure during exercise than at other times.

Seasons Greetings

THE MIDNIGHT RUNNER

DEC 1984

Home Loan 10,000 will

UPDATE

see new champion →

NEW CHAMPION IMPROVES
HIS 10K TIME MORE THAN
2 HOURS IN 1 YEAR!!

By **GEORGE HONOLD**
Staff Writer

Tom Loucks, the 1984 Hooks/TV 33 Marathon champion, and two women fresh off strong finishes in last week's America's Marathon: Chicago, will lead a field estimated at 1,800 runners today in the seventh annual Home Loan 10,000-meter road race in Fort Wayne.

Starting time is 2 p.m. in front of the Allen County Courthouse. The weather forecast calls for a 50 percent chance of showers with the highs in the upper 60s.

Awards will be presented at 3:30 p.m. for the 10 age groups — 14-under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59 and

60-over.

Neither of the 1983 champions will be back to defend their respective titles, according to race officials. John Roscoe, of Mishawaka, who won the men's title with a time of 30 minutes, 47.1 seconds, has indicated he won't return, while Jodie Welly, of Bowling Green, Ohio, has another commitment — she recently gave birth. Welly won last year with a time of 38:26.2

Loucks finished fourth in last year's Home Loan race with a time of 2:27.49. His best finish was third, in 1982.

"Last year, I started out too quickly in order to keep up with John (Roscoe)," Loucks said. "This time, I'll pace myself bet-

ter, and run a little more comfortably."

Loucks, who says he runs 50 miles per week, said his strategy will be determined by the competition.

"I'll know right away who is there," he said. "If it looks like there isn't anyone there significantly better, I'll pace myself accordingly. I'd like to run a good, fast, steady pace from the start, but that'll be determined by the other runners competing."

"Personally, I want to do well in this race. I've never won it before, and it's something I'd like to do. I've missed a few days of running lately for one reason or the other, but I still feel I can run a good race. We'll see what happens."

Running

NICE WALK, TOM!
(TOM SHOULD QUIT TAKING
STEROIDS BEFORE AN
INTERVIEW!)

Benoit drops out of marathon: Joan Benoit said Friday she is dropping out of Sunday's America's Marathon: Chicago because she has not responded to training since her wedding.



Joan Benoit

THAT'S WHAT
I CALL A
WEDDING!!!

If marathoners are what they eat, then they're pasta, Cognac, Tab

New York Times

NEW YORK — It is four days before the New York Marathon, just about the time when all the 18,365 entrants have decided on their prerun diets.

Most marathon runners, in keeping with current wisdom, will be eating mounds of pasta, bread and rice as they try to load their systems with slow-burning carbohydrates, according to Dr. Gabe Mirkin, an authority on sports medicine and the medical editor of Runner's World.

This is not quite what Sheldon Barash has in mind. He will eat more beef than usual, as well as pasta — more than at any other time during the year — and will abstain from milk, which means "no ice cream at all two days before Sunday."

And the night before the race? "Go to sleep with a little cognac."

Rollie Mayer puts herself into running trim with "six-packs of Tab, salads and lots of sugar," and she acknowledges skimming icing off friends' layer cakes.

Mirkin is not amused. He argues that the two most important meals are dinner the night before the race, when carbohydrates such as pasta, rice, potatoes, bread and all kinds of sugar should be eaten, and the last meal before, which should be eaten no less than three hours in advance of the start.

Most runners are not that scientific, according to a random sampling of those who competed in the New York Marathon's warm-up Computer Run through Central Park last Sunday. Many said that before races they drink great amounts of juice in addition to water and soft drinks.

Phil Greenwald, who spends marathon week eating sandwiches, will fill himself with pasta and rice on Saturday night, and on Sunday morning will have coffee and a corn muffin and be "ready to go."

Tracy Sundlin, coach of the Warren Street Social and Athletic Club, a downtown organization that has won the women's title among

clubs represented in the marathon for the last three years, sees nothing wrong with those regimes, though he might quarrel with some of the choices. Sundlin, who is also president of the Metropolitan Athletics Congress, said, "As a rule, people can eat what they want so long as they maintain a reasonably balanced diet."

For his team — one of whom, Isabel Carmichael, finished ninth among the women last year — Sundlin recommends eating as little red meat as possible. He says they should also increase carbohydrate intake, hydrate themselves, "cleanse the body" and give the race a shot.

December

- 2 Santa Shuffle 4M/1M - Goshen 1:00 p.m. Challenge Inc.
- 2 Homestead Ham Run 8K - Homestead H.S. 2:00 p.m. - Dick Sheffield 432-4832
- 8 10K & 3K Fun Run - Foster Park 2:00 p.m. Don Lindley
- 8 South Bend Cross Country 5K (Potawatomi Park) 9:00 a.m. Challenge, Inc.
- 15 Goshen Cross Country 5K Rogers Park 9:00 a.m. Challenge, Inc.
- 23 Christmas Classic 4M/1M - South Bend (University Commons) 8:30 a.m. Challenge Inc.
- 31 FWTC NEW YEAR'S EVE RUN AND PARTY AT THE DOWNTOWN YMCA (SEE AD)

- 9 Reindeer Classic 2K & 8K - Crawfordsville (N. Montgomery H.S. 3:00 p.m. Ed Stuffle 317-339-7947
- 9 Hoosier Runner Muncie 10 10M & 4M 12:00 noon University Gym, Muncie Sports Tech - 317-289-3387 (Race to be followed by annual Awards Banquet)

DO A FRIEND A FAVOR

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

FORT WAYNE TRACK CLUB



M A
E P
M P
B L
E I
R C
S A
H T
I I
P O
N

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

TRACK CLUB USE:

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

New _____ Renewal _____

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



**FORT WAYNE
TRACK CLUB**

Bulk Rate
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