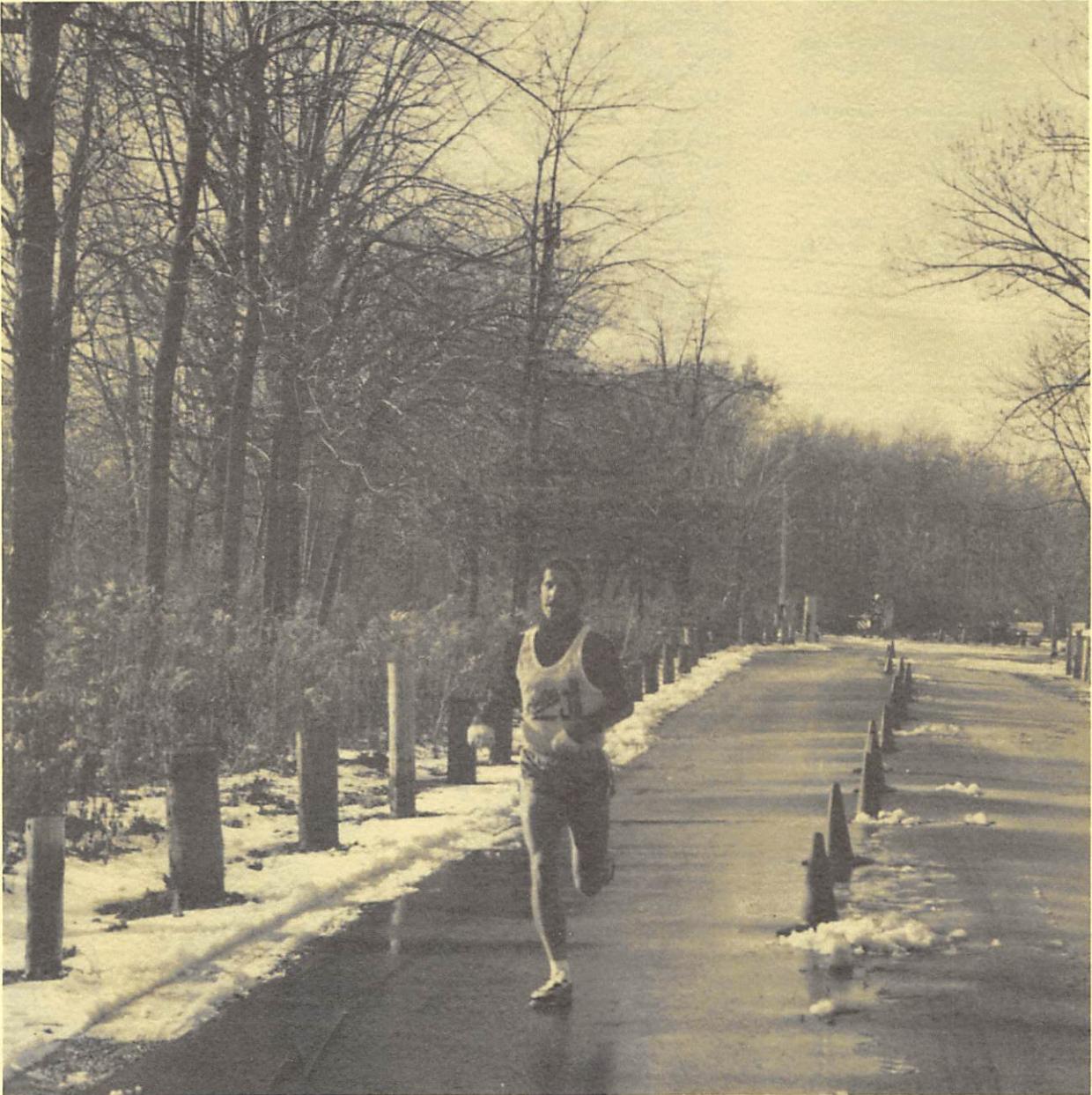


the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



JOHN TRELEAVEN (or somebody in a "John Treleven Costume") WINS HIS FIRST FWTC RACE EVER! The Foster Park December 10K.....Come on..... Who is this really?

FORT WAYNE TRACK CLUB
OFFICERS AND BOARD MEMBERS 1985

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 Treleaven-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 equipment for races-
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
measurement-745-4446
Mike Kast-Legal Consultant-426-5140
Randy LaVine-Co-Chairman of Member-
ship-493-2420
Jim Bushey-Co-Chairman of Member-
ship-747-3770
Denny Zech-Chairman of Advertising
& Publicity-484--3473
Tom Wagner-Board Member-485-0587
Dave Fairchild-Board Member-744-0424
Angie Severs-Board Member-436-1151

ADVERTISEMENT RATES FOR THE "INSIDE
TRACK" ARE: $\frac{1}{4}$ PAGE \$ 22.50
 $\frac{1}{2}$ PAGE \$ 35.00
1 PAGE \$ 50.00

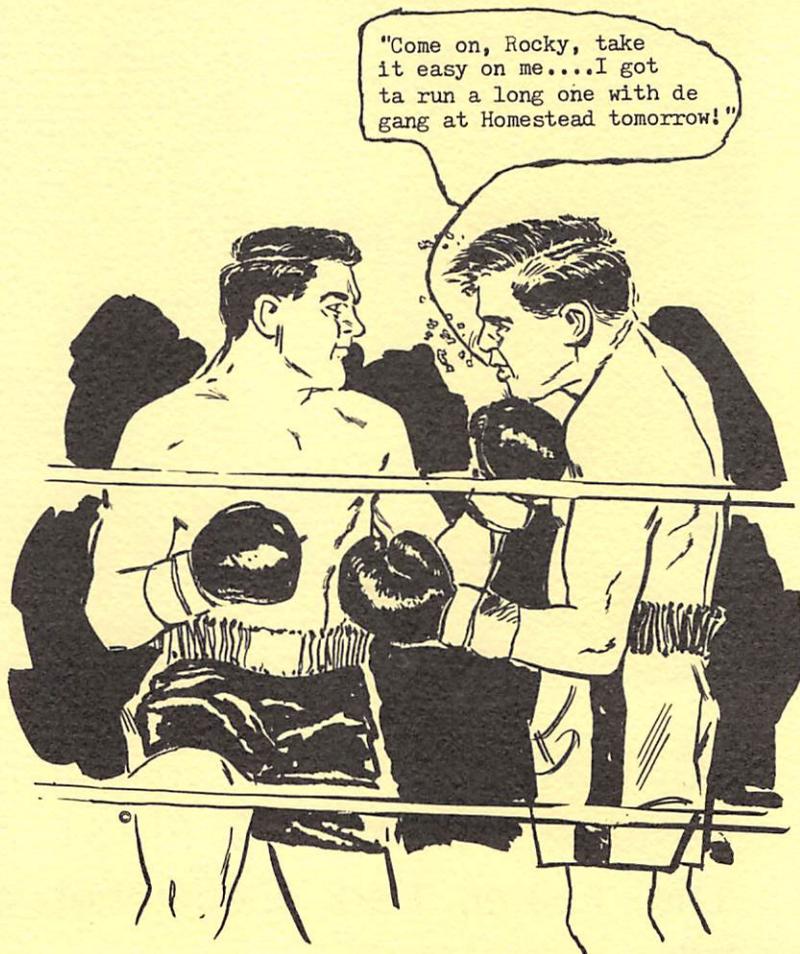
Don't forget the Wednesday night
Fun Run every Wednesday night at
Foster Park near the volleyball
courts at 6PM Sharp.

Don't forget to tune into "Runner's
Week" with Tim Fleming every Wednesday
Evening at 8PM on Channel 10

I am asking all contributors to type
their columns 2 and 5/8 inches wide.
This saves me a lot of work! If you
don't have a typewriter or if yours
isn't working up to par, send me
your neat handwritten copy and I'll
gladly type it for ya.
This includes all race results from
all race directors. THANKS!

IT'S THAT TIME AGAIN....THINKING
ABOUT RUNNING A SPRING MARATHON???
WELL, COME ON OUT AND TRAIN WITH
THE GANG AT HOMESTEAD HIGH SCHOOL
EVERY SAT. MORNING AT 9PM BEGINNING
JAN. 26TH 1985. AFTER THE RUN, WE
GO TO McDONALDS AT TIME CORNERS.

INSIDE "THE INSIDE TRACK" THIS MONTH YOU MAY FIND.....President
Robbins about the Annual Banquet, new Membership Cards, and Training...
There's also specific info about THE banquet with Bud Getchell as spea-
ker...And Doug Sundling is very specific concerning the clothes he wears
during the winter...This winter should be a very satisfying time for one
Stan Florea who WON The TAC/USA Cross Country Junior Olympics race held
in Indianapolis...In Ft. Wayne (specifically the Downtown YMCA), Mike
Kast will once again teach the Marathon Clinic on Saturdays...And all
FWTC race directors and assistants should read the "Twenty Commandments
Of Race Directing"-(Much truth here)...Roger Sparr tells us the 'truth'
about "Exercise And Heart Disease" in his college paper he turned in for
publication...Mike Robbins' Board Meeting 'Minutes' were efficiently
compiled by Mike Glasper...And everyone who plans to go to our 'Banquet
fun Meeting' should read Ken Miller & Russ Suever's list of age group
award winners. (all winners should wear 'black tie' to this affair)...
A Sports Tech ad is in here, along with some survey results....And man
do we have the letters this month...From last month (December) we have
the finish results of the Club's Foster Park 10K upset...Tim Fleming
wants results too---From his ad READ IT!...And read Dr. George Branam's
extremely informative article on Arthur Lydiard's methods and hill run-
ning...Two FWTC members have been nominated for national RRCA awards--
The letters of nomination are in here somewhere (will you be first to find
them on your block?)...The nutrition article by Judy Tillapaugh will
make you want to NEVER be 'the salt of the Earth'...And--What on Earth--
It's time for the Homestead 20K again--ALREADY!--See the race ad...
And The Mazock System finally reveals Mazock for what he really is--A
COOKIE MONSTER !! (A long winded one to boot)...And Dave Waldrop reveals
the whereabouts of 2 FWTC members who have moved away in a nice letter...
There's also the 1985 FWTC race schedule and Loucks area Race schedule
so you'll know the whereabouts of every race in the county...Thanks to
our great photographers this month--Bobby & Sharon Pauley, Gary Lane,
and Heimbürgers--THANKS TO ALL OF YOU!!...Then there's Mazock's editorial--
Yikes! The man rambles on and on and on about everything you never
really cared to know...(But he's such a nice guy.....)....And, believe
it or not, there's even MORE (if you know where to look!)...Hope you
enjoy this stuff!!!!).....





Editor's Garb by Jerry Mazock

This issue marks the beginning of my 2nd year as Editor for "THE INSIDE TRACK." Before deciding to do another year, I tried to evaluate what it meant to be the Editor last year. Not including normal chores, was the Newsletter a bit too much "running" in my life?--Considering I was already a coach, a race director, involved with "Runners Week" early in the year, A Boston qualifier for the 7th year in a row, a host of 3 running parties and other 'rah-rah-rah'...Did I want to take the time again, lest I forget I have a wife and 2 small children also (my REAL priority!)

Obviously, I decided in favor of doing the Newsletter again. As a result, I've decided to give 200+ hours this year to our club.--Resulting in a kitchen (And some other rooms also) which resemble a printing shop after a tornado. For a week every month, The Inside Track literally takes over my house. (Ask former Editor, Dave Fairchild, if this is possible.)

I am only a volunteer. I do not have the great resources or budget of a "Runners World" magazine at my disposal. The 'only' resources I have are myself and the material sent to me by the faithful staff of our newsletter. Most of the reactions concerning our publication have been very complimentary. On the other side, I realize I can't make everybody happy. However, I do my best for the FWTC. If there is something you want to see in OUR newsletter, then maybe you are the one to write it, create it, or photograph it.

The real reason I want to do the newsletter again is that I get a real 'kick' out of it. It's a one man job that's fun to do. I hope each copy reflects how I enjoy my work. Aside from an occasional 'nice job' from a club member, the only 'pay' I get is in creating a readable magazine with a lighter side.

We have so many people who continually give of themselves in our club. Bobby & Sharon Pauley, Don Lindley, John Treleaven, Don Goldner, Mike Robbins and the Board, our race directors, to name a few, who constantly put more back into the club than they ever take from it. These are our 'big' people. (I kid big people). We need more 'big' people. Let's face it! There's a lot of folks who constantly give NOTHING to the FWTC. Tim Fleming has coined 1985 as "Commaraderie year." I hope it turns out he was right. (By the way, Thanks for the RRCA nomination.



President's News and Views
by: Mike Robbins

-Annual Banquet-

This year we are fortunate to have Dr. Bud Getchell as our guest speaker. Dr. Getchell is Professor and Director of Adult Fitness/Cardiac Rehabilitation Programs at the Human Performance Laboratory at Ball State University. He has worked with and written extensively about people of all levels of physical fitness. He has both worked with Dave Costill in testing world class athletes as well as with developing programs for heart patients. Because of this varied exposure, Dr. Getchell should be able to address each club member regardless of current fitness levels or desires.

I have met Dr. Getchell while being tested at the Human Performance Laboratory and can assure everyone that he is not only very knowledgeable but is also able to address both simple and complex questions in an easy to understand manner. His presentation promises to be enjoyable and of benefit to all. I hope as many people as possible are able to attend.

-Membership Cards-

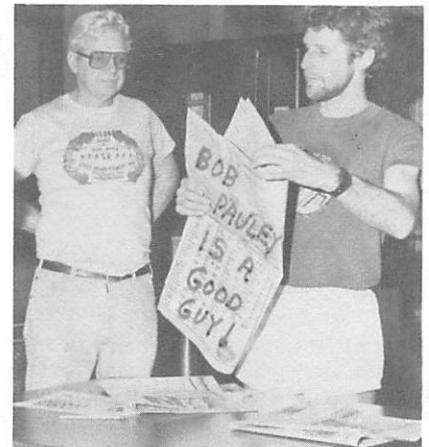
If everything went according to plan, each member should have found a membership card attached to this newsletter. The card has a mailing label affixed which shows name and expiration date. If there is any problem with the membership card, please let either Randy LaVine or Jim Bushey know so they may resolve it. We intend to publish a monthly list of retailers who extend a discount to FWTC members. Use of the membership cards should greatly aid the discount process.

-Training-

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

The winter months are often a low point in training for many runners. The ambition needed to force the door open and your body out into sub-freezing weather often slackens. Though I can offer no cure for this condition, the winter months do provide a time to take a relaxed view toward training and allow one to build a base of gentle, easy mileage while not being concerned with racing and speed work (this applies, of course, only to those who are ever concerned with racing and speed work). Swimming, indoor biking and weight work can often supplement a reduced running schedule while allowing some muscles to heal while others develop

Anyone who has sights set on the TV-33/Hooks Fort Wayne Marathon, however, should be starting to prepare in earnest. This means using those days of easy runs and alternate exercise to form the foundation for later work. Every hour of preparation now will reap rewards later. The opportunities are there for the enjoying.



Chris Stauffer, Bobby Pauley and Dave Ruetschilling sign in at the Club's New Year's Eve Fun Run at the Downtown YMCA.

The Board meeting this month will be the 17th of February at the downtown YMCA. (7PM) Next month, the meetings will resume on the 2nd Sunday eve at 7PM at the "Y"

FWTC Annual Banquet

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

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

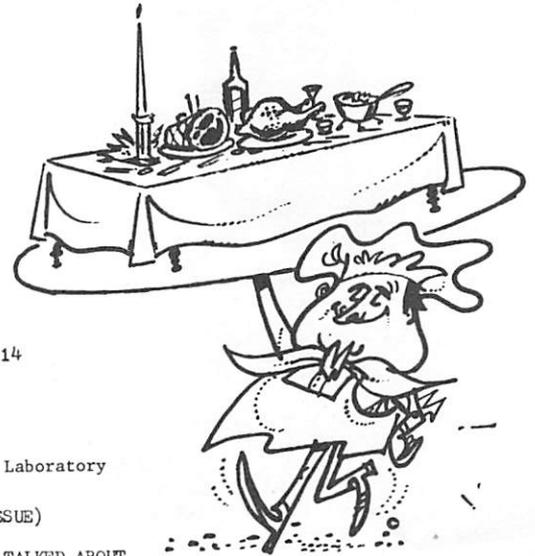
POTLUCK DINNER

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.



EVERYONE MUST BRING 1 MAIN DISH

AND

1 VEGETABLE OR 1 DESSERT

BRING YOUR OWN TABLE SETTING

\$ 1.00 DONATION PER PERSON

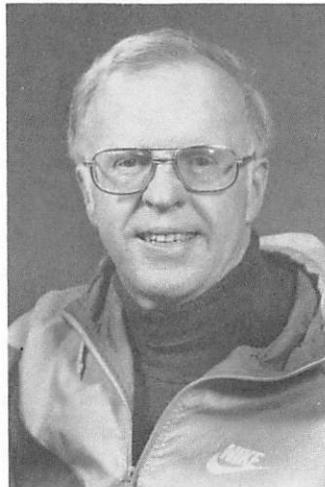
UNDER 12 IS FREE

PLEASE TRY TO BRING MEANS OF
KEEPING YOUR MAIN DISHES AS
WARM AS POSSIBLE



SPEAKER: Bud Getchell, Ph.D.

Bud Getchell is a Professor and Director of Adult Physical Fitness Programs in the Human Performance Laboratory at Ball State University. This program has grown to be recognized nationwide as one of the most successful ongoing exercise programs. Bud is a fellow and has served on the Board of Trustees of the American College of Sports Medicine (ACSM). He is a past president of the Midwest Chapter of the ACSM. He is certified Rehabilitative and Preventive Exercise Program Director. He is a member of various national, regional and state committees related to



Physical Fitness and Exercise. He is currently a member of the Indiana Governor's Council on Physical Fitness and Sports Medicine. He lectures extensively at research and medical meetings, wellness conferences, physical fitness workshops, and was speaker at the Second White House Conference on Physical Fitness. His writings include contributions to a variety of research, medical, and sports publications. His text *Physical Fitness: A Way of Life*, is used at many universities and *Being Fit: A Personal Guide* is his most recent book aimed at the mass audience. A former coach and college athlete, Dr. Getchell earned his Ph.D. at the University of Illinois in 1965.



WINTERIZED
by Doug Sundling

It was the first of October. The morning air had a chill in it--the temperature just above freezing, and I plucked at the tingling hairs on my legs and thought, "Nah, it's not cold enough yet."

In mid-October, the week before the Home Loan 10KM, the temperature had dropped over twenty degrees from the balmy sixty degree plus weather we had been having. "Nah," I thought blowing warm air through my cupped, gloved hands. "It's not cold enough yet."

Then, on November 2nd, the first blast of cold, sub-freezing weather roared across Indiana wiping out the pleasant 50° and 60° temperatures.

"It's cold enough now," I decided.

I dug into the back of one of my dresser drawers of miscellaneous winter-time gloves and mittens, scarves, thermal socks, and other assorted clothing for winterizing my thin, almost insulation-less frame and sought out my Lycra wear.

Up till last year, I had hit the roads during the winter as the proud runner, baring my legs to the Hoosier winter weather and smugly enjoying all the weird and gasping stares of the people who saw me. I would snicker and crinkle my nose at the surprised look of aghast on the faces of the bundled-up people huddling inside their warm cars as I jogged by.

What was 32°, 20°, 10°, or even 0° weather to a runner who ran intelligently in the winter. I knew that my body could handle up to 10 miles in mild winter weather and that the bundled up observers I jogged past didn't. So, I would have the light-hearted contentment of realizing I could do something they wouldn't dream of doing--just one of the subtle smugnesses of being a runner.

I may have been somewhat crazy about my winter running apparel, but I wasn't stupid. I would run no more than 2 straight miles directly into a winter wind, nor would I run the first half of a run with the wind at my back and then turn around to run back into that wind. You get peter frost-bite once, and you learn your lesson quickly--at least if you're male, you do.

Once the wind-chill dropped below 0°F, then I used to put on the sweat pants. But, sweat pants always annoyed me on runs: they were baggy, and sweat would gather behind the knees and then start to chill the knee joints. I began to wonder why couldn't someone come up with some material that fit like a second skin and could get rid of the sweat but retain a lot of body heat.

Seems others thought the same thing. For a couple winters, especially last year, I began to hear a lot of talk about "Lifa-wear," "polypropylene," "Lycra-wear," "Hind." I still had my runner's pride of being able to bare-leg it during the winter, so I didn't bother to check out this newfangled stuff.

Until last winter.

The perpetual onslaught of sub-zero wind chills drove me to buy a pair of Hind Lycra leg bottoms.



Rock Reitzug finishing 2nd behind whoever it was wearing a John Treleven costume. (Foster Park 10K)

After one wearing, all I could think was, "These are great! These are perfect! Where has this stuff been all my life as a runner?"

My days of bare-legged running in winter weather vanished forever. I realized that I had been able to run bare-legged down to 0°F because of the physiological fact that after a few minutes, the muscles are more the sufficiently warmed up by the flow of blood. It is only the skin that senses the cold.

Scientific fact or not, once I felt the comfort of that Lycra material, I was hooked. Anytime the temperature drops below 32°, I pull on the Lycra wear.

Besides, that stuff feels super on my leg muscles.

The stuff has to be good: why else would runners wear it considering the image a runner cuts in the stuff. My image from the pictures in the FWIC newsletter at winter runs usually casts the sorrowful picture of a ballet performer just rejected from auditions and standing out behind the back stage--my only possessions being leotards with a hat and gloves to brave the cruel, cold world.

"Was that you I saw running in those tights," more than one friend has asked.

"No, those are either Lycra wear, a special blend of synthetic materials, or polypropylene, another type of specially woven material," I would pompously offer as the intelligent runner trying to educate the less knowledgeable on the differences in terms.

"They look like tights."

"Ok," I concede, "tights."

Tights, leotards, second skin running tights, winter-time sportswear, whatever--I love the stuff.

The weird or aghast looks of people at my bare legs are now weird or snickering looks of people at my Lycra clad legs.

My response: I'm warm, and my legs feel good. Besides, I'm still running, and they're still just huddling in their warm cars wondering why that idiot is out running in this weather--just reassuring my subtle smugness of being a runner.

FWTC member Stan Florea recently won the TAC/USA Junior Olympics Cross Country Championship in the 13-14 age division. The following is his account of the experience.

- Editor

THE TAC/USA CROSS COUNTRY JUNIOR OLYMPICS

by Stan Florea



Stan Florea getting psyched up before the big race.

The TAC Junior Olympics state meet was Nov. 10 in Indianapolis. I was only partially prepared, but I knew I would qualify. I ran the 4K better than I thought at 13:54 for third place. Conditions were bad though.

I upped my mileage and increased the intensity of my speed workouts the next week. So on Nov. 17 I went to Madison, Wisconsin ready for the regional meet (IN, IL, WI) and ready to win. It was an out-and-back course with the wind to our backs and the hills to go down on the way back. I got a bad start, but "picked it up" throughout the race. With 800 meters left I was running in fifth. I was only 1.1 seconds behind the winner. I felt like I could have won after the race. I had alot left.

It really didn't matter though. Nationals was all that counted, and the top 15 go, so I was satisfied. I ran on St. Joe Valley's team for state and regionals just for insurance in case I had a bad day or bad race. The team placed third at Madison, so they did not qualify for nationals. My time at Madison was 12:57.0, which was very fast, even comparing it with the national level.

I put in 76 miles and alot of sweat in the 3 weeks before my national meet in St. Louis on Dec. 8. My speedwork was mainly quarter-miles ranging from 64 to 75 seconds with breaks of 2½ to 3 minutes for recovery. I also did alot of short sprints up and down hills with an occasional long, hilly run. I had a base of 4 miles in my training, which I did almost every day along with a specific workout. Swimming at the YWCA a couple of times a week (½ to ¾ mile) helped my endurance too. But I think the keys to my victory in St Louis were fartleking and weight-training. The changing pace because of obstacles and hills in cross-country is a reason fartleking is such a good workout to use. I would usually fartlek 3 miles, with a great change of pace. I also was very disciplined in lifting weights at least 3 times a week. Sessions would include upper body and leg lifts.

I would do 5 to 20 sets of 20, using 28 lbs for the bench press, and 30 lbs for the leg lifts. This extra strength clearly showed on the hills at nationals.

The Race

I went with some friends to the race. We left early Friday morning for the Saturday afternoon race. Eric Schwartz (a freshman at Homestead) who stayed with us there, walked the course with me the day before. We had a fish dinner and got to bed early. As I awakened the next morning, there was no question in my mind that I was in the best condition I could be, and that I would run the best race I could. The tactics I were to use had to be adapted to the course and the competition. Bruce Bordner, a friend of mine from Plymouth, had won both the state and regional meets, but I didn't think of him as the one to beat. There would be others, from all over the U.S.



The gun is up for the TAC/USA Cross Country Junior Olympics



800 meters to go. Florea lurks in 3rd place

My plan really went by how I felt during the race, but I had a pretty good idea.

I started out well and passed 800 meters in 12th. I kept working and passing people. As we approached the hills, I was in 7th, Eric was 6th, and Bruce was holding down the top spot. I would have been happy to get in the top 10, but I felt good and the hills were certainly not going to stop me. So I maneuvered around Eric and 3 other runners. I was in 3rd running almost abreast with Bruce and the eventual 3rd-place finisher. I glimpsed behind and the 3 of us were pulling away! One more hill stood in our way as we headed back to the finish. I knew I could take the hill in good shape, but everything came so easy after that! With just 600 meters left, a critical turn approached. It was a mudhole, to say the least, so I moved to the outside and made the turn. With people cheering, only ropes holding them back, I found myself in 1st place. A shriek came from my mom in the crowd. She couldn't believe it was me. I kicked it in and won by 50 yards (6 sec) with Bruce 2nd for a one-two Indiana punch. Eric came in 7th. For a moment I was astonished, but it soon set in and the awards ceremony reassured me that I really had won!



2nd place finisher, Bruce Bordner, from Plymouth, In. and winner Stan Florea chat after the race.

.Second Marathon Clinic

The YMCA is pleased to offer the Second Marathon Workshop. Again, Mike Kast will be the fearless leader - guiding all participants thru the rigors of a three month Marathon training schedule that ends with running of the Hooks - TV/33 Marathon on Sunday, May 5th. The class will meet each Saturday for a "long run" workout originating at Homestead High School. In addition, classes on training regiments, diet, technique, and physiology will be conducted on selected Wednesday evenings at Central YMCA. All levels of runners are welcome, but a running base of 25 miles per week at class start up is desired.

Dates - First class session - Wednesday, Feb. 6th - 5:45 P.M.
 First running session - Saturday, Feb. 9th - 9:00 A.M.

Place - Wednesdays - Central YMCA
 Portage Room
 Saturday runs - Homestead High School

Fee: YMCA member \$15.00
 Non-member \$30.00

Includes all materials, training schedule, and a special class tee shirt

Registration: Central YMCA
 226 E. Washington Blvd.
 422-6486

(This clinic is co-sponsored by Central YMCA, the Fort Wayne Track Club, WKJG-TV and Hooks.)

Don Lindley
Fort Wayne Track Club
6015 Landsdowne Drive
Fort Wayne, IN 46816

Youth Services Center

of ALLEN
COUNTY

Dear Mr. Lindley:

We would like to thank you and the other club members for donating the printed T-shirts to our facility. We sincerely appreciate your thoughtfulness and generosity in taking time to sponsor a race with T-shirts as the entry fee, so our young people could have some of them. They really liked them and I see them wearing them quite often.

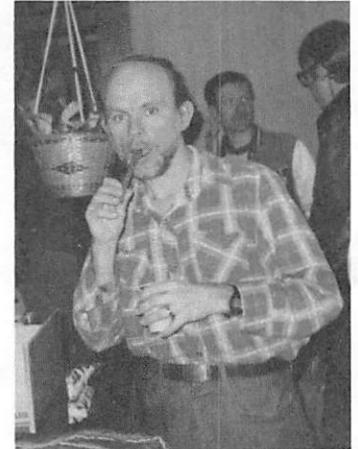
Once again, thank you for thinking of us and we extend our best wishes to you on behalf of the residents and staff here at the Youth Services Center.

Sincerely,

YOUTH SERVICES CENTER

Jill A. Burt

Jill A. Burt
Secretary



Don Lindley lighting up a pretzel to celebrate the New Year at the club party

FIFTH ANNUAL

20 KM. (12.4 MI.), MORE OR LESS, ROAD RACE*

PLUS 1 MILE FUN RUN

SATURDAY, MARCH 16, 1985

PLACE: Homestead High School - start and finish
Homestead at Aboite Center Roads
Restrooms - water - no showers - come prepared to run

TIME: 2:00 p.m. - 20 km.
2:15 p.m. - 1 mi. run

REGISTRATION: After 1:00 p.m. day of race only - NO PRE-REGISTRATION

AWARDS: Surprise!! Surprise!!

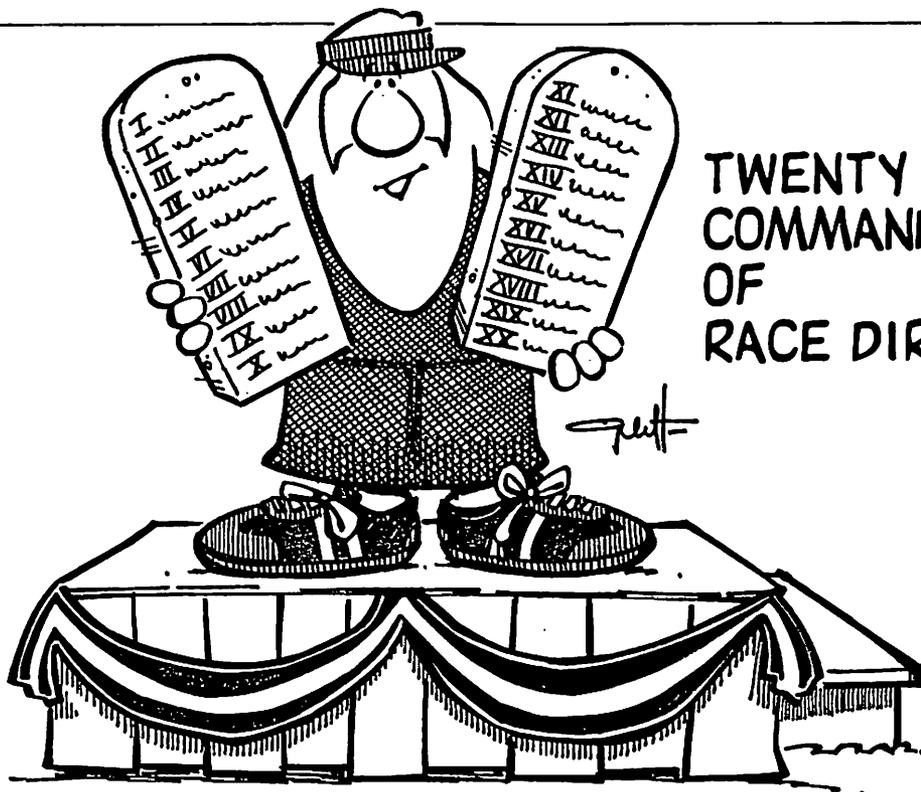
<u>Men</u>	<u>Women</u>	<u>1 MILE RUN</u>
14 and under - 1	19 and under - 3	First 10 finishers
15 - 19 - 3	20 - 29 - 5	
20 - 24 - 5	30 - 39 - 5	
25 - 29 - 5	40 - 49 - 3	
30 - 34 - 5	50 and over - 1	
35 - 39 - 5		
40 - 44 - 5		
45 - 49 - 5		
50 - 59 - 3		
60 and over - 1		

FEES: Members - 0; Non-members - \$2.00

RACE DIRECTOR: Judy Tillapaugh - Assisted by Mike Kast

ASSISTANTS: Welcomed!!

* Bridge is out on Aboite Center Road - New Course - Come and Run -
P. R. Guaranteed!!



TWENTY COMMANDMENTS OF RACE DIRECTING

I THOU SHALT NOT CREATE ANOTHER BORING FLAT-OUT-AND-BACK 10K WITH T-SHIRT, SINCE THERE IS ALREADY AN OVERABUNDANCE OF THESE.

II THOU SHALT GIVE THE RUNNERS THE WHOLE ROAD, BARRING ALL MACHINES OF LAZINESS THAT WOULD THREATEN TO ASPHIXIATE OR DEBILITATE THE RUNNERS.

III THOU SHALT MAKE THY ENTRY FORM TO HAVE SQUARES FOR EACH LETTER OF EACH WORD FOR THOSE WHO WOULD NORMALLY SCRIBBLE ON LINES.

IV THOU SHALT ALWAYS START ON TIME, EXCEPT IN ELECTRICAL STORMS, HURRICANES, OR TORNADOS.

V THOU SHALT MAKE NO IMPORTANT ANNOUNCEMENTS TO THE CROWD BEFORE THE GUN, FOR MANY CANNOT HEAR AND THE REST AREN'T LISTENING.

VI THOU SHALT WATER THE RUNNERS ABUNDANTLY, LEST ANY WOULD SUFFER THIRST OR HEAT.

VII THOU SHALT INVITE ALL, WELL IN ADVANCE, AND ALLOW ALL TO ENTER UP TO THE MOMENT OF THE GUN.

VIII THOU SHALT GIVE THE RUNNERS MORE THAN THEY PAID FOR, NEVER MAKING PROFITS OR CRYING ABOUT THE EXPENSES.

IX THOU SHALT NEVER PAY A RUNNER TO TRAVEL FROM AFAR TO DEFEAT THY LOCAL FRIENDS.

X THOU SHALT HONOR THY FATHER AND MOTHER, GRANDFATHERS AND GRANDMOTHERS, AND ALL THEIR OFFSPRING, WITH ADEQUATE AGE BRACKETS.

XI THOU SHALT GLADLY ACCEPT THE HELP OF KIND SPONSORS, BUT NEVER LET THEM OWN THE RACE OR MAKE ADVERSE DECISIONS.

XII THOU SHALT SOLICIT THE COUNCIL OF THE PARTICIPANTS, IN ORDER TO IMPROVE THEIR RACE.

XIII THOU SHALT GIVE AWARDS AS SOON AS POSSIBLE, AND PUBLISH THE RESULTS IN LIKE MANNER.

XIV THOU SHALT LOUDLY SOUND OUT ACCURATE SPLIT TIMES AT EVERY MILE.

XV THOU SHALT ANNOUNCE THE COMING OF THE RACE TO THOSE WHO LIVE ON THE ROUTE, INSTRUCTING THEM HOW TO BE GOOD SPECTATORS.

XVI THOU SHALT BEND DOWN, MONTHS BEFORE THE RACE, IN ORDER TO KISS THE BEHINDS OF ALL THOSE IN POLITICAL CONTROL WHO COULD INTERFERE.

XVII THOU SHALT REALIZE THAT THOSE WHO LIKE TO RUN DO NOT LIKE TO STAND, ESPECIALLY IN LINES FOR CHUTES, BATHROOMS, OR REGISTRATION.

XVIII THOU SHALT BE THE RACE DIRECTOR AS LONG AS IT IS PLEASURABLE, BUT NOT A MOMENT LONGER.

XIX THOU SHALT NOT ATTEMPT TO DO BY HAND THE TASKS FOR WHICH COMPUTERS WERE DESIGNED.

XX THOU SHALT CONDITION THYSELF TO DO WELL FOR WEEKS WITH LITTLE OR NO SLEEP.

BILL SOUTH
RACE DIRECTOR, POTATO STOMP

EXERCISE AND HEART DISEASE

What You Should Know!

ROGER SPARR

During the mid seventies, an exercise boom was born that sent millions of Americans out of their homes running the streets, swimming in pools, bicycling the roads, and dancing in the halls--all for the benefit of a healthier lifestyle and the hope for a longer life. This exercise boom can generally be credited to Frank Shorter's gold medal performance in the marathon during the 1972 Olympics in Munich, Germany and the physical fitness program developed by Dr. Kenneth Cooper in his 1968 book, Aerobics. Now in the 1980's, there is a new meaning of physical fitness.

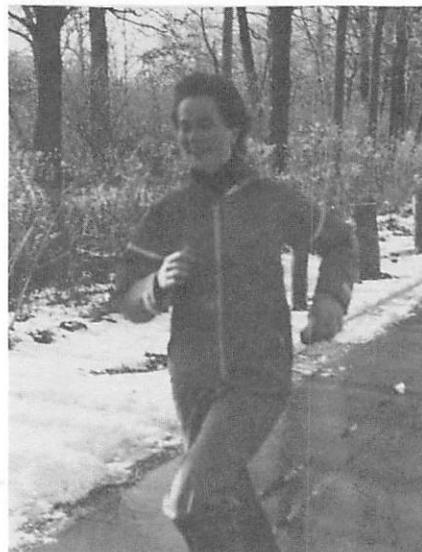
More and more fitness enthusiasts are balancing their fitness by participating in more than one activity. The increasingly popular triathlon is an example; an athlete trains by swimming, bicycling, and running to achieve the level of "total fitness."

There is little doubt that Americans are exercising more often and more vigorously than their counterparts of two decades ago. One of the main reasons our society is becoming more active is to strengthen our cardiorespiratory system through vigorous exercise in hopes of living longer and healthier lives. But why then has heart disease only decreased slightly in recent years? Why do we occasionally read about men and women who collapse from a heart attack while exercising? How could James Fixx, author of The Complete Book of Running, die of a heart attack while out on a ten mile run? Let's examine exercise and the effect of exercise on the heart in order to try to answer these questions.

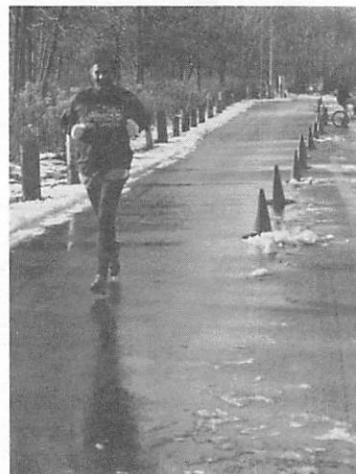
The benefit of exercise can be simply stated. It strengthens the heart. This is accomplished through a regular program of a physical activity. During training, the heart rate increases in order to supply the body with more oxygen through the blood vessels. The heart is no different from any other muscle in that regular use will strengthen the heart and enable it to pump more blood through the body with fewer strokes. This is thought then to add years on to the working years of the heart. Bud Getchell of the Human Performance Laboratory at Ball State University states, "vigorous exercise, properly adhered to on a regular basis, appears to have much potential for adding more 'life to your years' and possibly



Jack Morris winning the 3K race in December at Foster Park...But just wait a minute.....



Judy Tillapaugh (Or somebody wearing a J.T. costume) winning the Foster Park 10K which was also her 1st Track club win ever!!



Chuck DeVault (Also known as Chuck DePoleVault) finishing strong in the 10K race.

more 'years to your life'.¹ Suppose a person with a heart beat of 72 beats per minute, through exercise, reduces the heartbeat to 62 beats per minute and continues the exercise program for 20 years. At the end of the 20 years, that person would have saved the heart from 105,120,000 strokes, over three years worth of normal output. Dr. Kenneth Cooper's widely popular book on aerobics (with oxygen) dealt with the training effect of exercise on the heart. In it he says, "Your lungs begin processing more air and with less effort, your heart grows stronger, pumping more blood with fewer strokes, the blood supply to your muscles improves, and your total blood volume increases."² So if it is generally agreed upon that physical fitness activities help the heart perform more efficiently, why is heart disease still the number one killer in America, accounting for 55% of all fatalities?³ The answer is that heart disease has little connection with how strong the heart is and the heart's ability to supply the body with blood.

The heart is supplied with food by the coronary arteries. They originate at the aorta and branch into smaller arteries and capillaries that surround the heart muscle. These arteries are not a part of the system of veins and arteries that provide circulation of blood to the rest of the body. When blocked, the coronary arteries cannot supply the heart with the nourishment it needs, and myocardial infarction [heart

attack] occurs. The blockage is formed from a fatty substance called cholesterol. Cholesterol that is needed in the body is formed in the liver and is used for the formation of certain hormones. When more cholesterol than needed is found in the blood system, it begins to collect on the inner walls of the blood vessels, eventually blocking the flow of the blood. A high level of cholesterol in the blood is caused by a diet high in saturated fats. The American Medical Association has stated that cholesterol levels of over 250 mg per 100 ml of blood generate three times the risk of heart disease over someone with under 200 mg.⁴ There is no evidence of exercise helping to control cholesterol levels. A study of 30 U.S. soldiers killed in the Korean War showed the dramatic difference between heart disease of Americans and heart disease of Koreans. The average age of the Americans was 22 years old and 77% showed signs of diseases of the coronary arteries, while no evidence of any disease was found in the Koreans. Heart disease had begun to block the coronary arteries long before any signs would have warned them of heart trouble.⁵



Joan Goldner finishing 2nd behind someone wearing a Judy Tillapaugh costume and winning her age division. The dog (Who won his age group) finished strongly but couldn't match Goldner's kick.



The finish line is always a welcome sight.



An all out finish here!



The three other risk factors of heart disease are high blood pressure, cigarette smoking, and heredity. The exact relationship of the first two to heart disease is unclear, although high blood pressure tends to put a constant strain on the coronary arteries, and cigarette smoking is thought to hasten already clogged blood vessels. Heredity is yet another unexplained factor of heart disease. One cannot argue with proven studies that show a doubling of the risk for the offspring of heart disease victims. Dr. William Castelli of the National Heart, Lung, and Blood Institute states, "Among those whose fathers suffered a heart attack before the age of 40, one-third will do the same."⁶ The real question scientists would like answered in order to direct future research efforts is: Is the heredity

factor based strictly on genetics and the passing of certain traits from parent to child, or is it based more on environmental influences from a child's social surroundings? Dr. Meyer Friedman and Dr. Ray Rosenman, two San Francisco physicians and co-authors of the book, Type A Behavior and Your Heart, take the hereditary stand. They state, "It is well within the realm of possibility that only too often [children] inherit from one or both of their afflicted parents a specific type of personality, one that may give rise to a behavior pattern--which in turn lead to diseased coronary arteries."⁷ Dr. B. Harvald of the Unit of Medical Genetics, the University of Odense, Denmark, takes the opposite view. During a 1971 International Symposium he stated, "In coronary heart disease familial clustering may just as well be explained by dietary, smoking, and other habits common to members of the family--acquired rather than inherited."⁸ Research studies do not help to indicate one way or another the exact relationship of heredity and heart disease.

Very few facts support the assumption that exercise has any effect on heart disease. The best that can be said is that an active physical fitness program may eventually lead an individual to better dietary habits and the elimination of smoking. These in turn can reduce the risk of heart attacks. Edmund Burke, author of Exercise, Science and Fitness, put it this way, "Emphasis in the prevention of coronary heart disease for the general public should be on the well established risk factors, that is, hypertension [high blood pressure], and cigarette smoking."⁹ Unless a change in the real risk factors of heart disease occurs, exercising will not prevent an individual from heart disease.

Studies on work levels and heart disease are extensive and have covered quite a few years in data collection. The most notable study was conducted



Judy Tillapaugh[?] leading the women's race here at 2+ miles.

PLEASE PAY YOUR DUES



And here's.....JACK.....AGAIN!
After winning the 3K, Jack Morris went out on the course to finish the 10K too.

Please check your mailing label for errors. If there are any problems please contact Mike Bushey

in the 1950's by J.N. Morris of London on England bus drivers (inactive) and conductors (active).¹⁰ The study showed that the drivers had twice the heart attacks the conductors experienced. The results of this study were later diminished when follow-up studies by Morris showed that the drivers also had high cholesterol levels and higher blood pressure. Although most studies have shown people with active jobs develop the same or less amount of heart disease than inactive job holders, there are questions concerning using a job as a measuring tool. How was the physical activity measured? How were transfers, retirement, and death treated? Were other factors like blood pressure, smoking, and cholesterol measured? Without more controls administered in these studies, no real answers are available on exercise and the relationship to heart disease.

This brings us back to James Fixx, an expert on running and the benefits of running on the human body. Fixx did not begin an active lifestyle until the age of thirty-five, previously being overweight and smoking two packs of cigarettes a day. These traits he acquired from his father, an editor for Time magazine who suffered his first heart attack at the age of thirty-five. A subsequent heart attack eight years later killed his father. Fixx was in the high risk category for heart disease. Even though Fixx had many opportunities to have a stress test administered, he always turned down the invitations. While researching for his book, he did have a cholesterol test taken and the results (253 mg) supported his risk to heart disease. No one knows why he ignored all the indicators that lead to his death.

James Fixx was one of many active Americans who believe that superb physical condition is an immunity against heart attacks. He also became one of 1,000,000 Americans who die annually of heart attacks. The benefits of a regular exercise program are well documented, but when it comes to heart disease,



Sharon Pauley on the "Y" track at the New Year's Party--Instead of having good time outside in the freezing rain.

Runner's World examines runners' worlds

According to a survey conducted by *Runner's World* magazine, Mountain View, Calif. more than 12 million adults run at least once a month. The results of the American Runner Survey show that 7,339,000 men and 4,839,000 women run once a month or more, and approximately 4,365,000 "serious" runners run at least once a week. The survey found that 52% of the male runners are between 25 and 34 years old and run two or three times a week, occasionally competing in races. The typical male runner attended college and is employed in a professional or managerial position. About 60.9% earn \$25,000 or more a year and 60.3% are married. Additionally, 58.4% of the female runners are in the 18-to-34 age group, with 34% holding college degrees, and 22.6% in professional or managerial positions. About 62% earn more than \$25,000 per year, and more than 60% are married. Complete results of the survey appeared in the Aug 1984 issue of *Runner's World*.

Plan on running the Chilly 20K at Homestead next month.

✓ Recently married Olympic women's marathon champion Joan Benoit, on how she is handling her sudden fame: "Not very well. Now that I'm married, when people ask, 'Are you Joan Benoit?' I can say no and not be lying."

there are many other factors that need to be examined before the risks can be evaluated. Blood pressure, cholesterol level, smoking, heredity all play a much greater role than activity does in reducing the risk of heart disease. The blend of an active lifestyle along with a controlled blood pressure, a sensible low-fat diet, and the absence of smoking is the best possible combination for a long and healthy life.

FWTC BOARD MEETING MINUTES

The Fort Wayne Track Club held a meeting at the downtown YMCA on December 9, 1984 at 7:00 PM.

Present were Mike Robbins, president, Dan Kaufman, Don Lindley, Russ Suever, Tim Fleming, Jim Bushey, Lyn Schlegel, Jerry Mazock, Bob and Sharon Pauley, and Michael Glasper.

The November meeting minutes were read and approved.

Don Lindley submitted the treasurer's report for the period November 1, 1984 to November 30, 1984. The FWTC has a balance of \$7,474.91. Don also reported fees for 50 memberships were received during this time frame of which 25 were new memberships.

Lyn Schlegel, chairperson of special events, reported that the FWTC annual banquet will be held at the Oaks Reception Hall and that Bud Getchel will be the guest speaker.

Jim Bushey, chairperson of membership, stated that 587 newsletters are being mailed for December. Jim noted that Phil Shafer was very helpful to Jim and Randy Lavine in turning over the membership and mailing procedures.

Mike Robbins has received an estimate for a membership card.

Work has started for the TV33/Hooks Marathon. The course will need to be remeasured for certification per TAC rules. As of January 1, 1985, all certified courses need to be measured 1% \rightarrow (1/10) long to account for inaccurate measurements.

There will be no January newsletter. Information for the Jan./Feb. issue is due January 5. The newsletter should be in the mail about the 1st of February.

Sharon Pauley, co-chairperson of race equipment, reported that the race equipment was used twice in November, at the 25Km and at the Ham Run at Homestead.

Mike Robbins gave a preliminary report of the Definition Committee, details will follow.

Dan Kaufman gave a preliminary report on the Purpose Committee. Dan pointed out that more attention needs to be given to younger runners. More details to follow.

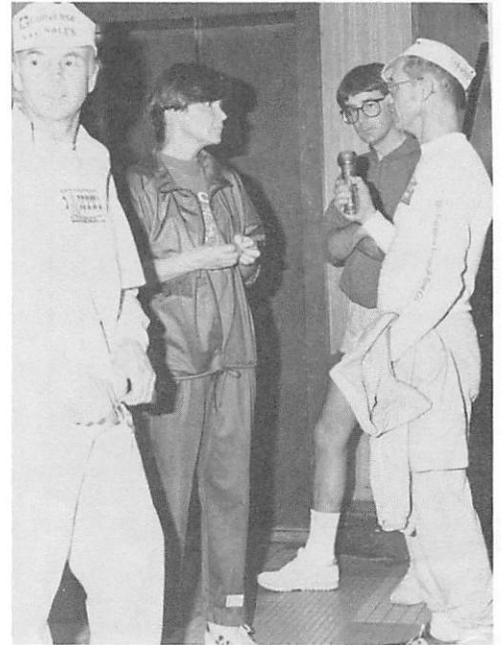
Tim Fleming, reporting for Denny Zech, gave the advertising report. Rates for 1/4, 1/2, and full-page ads were set and discussion followed on the scope of advertising in the newsletter.

Tim Fleming, Media chairperson, is continuing to work with the newspaper for coverage and with Cable 10.

Don Lindley moved the meeting be adjourned and was seconded by Tim Fleming at 9:29 PM.

Respectfully submitted,

Michael Glasper
Secretary



At the New Year's Eve Party, Jack Hiker sings "This Little Light Of Mine, I'm Gonna Let It Shine" to Joan Goldner, Clem Getty and Phil



Will Don Lindley fall on his behind? Answer in next month's "Inside Track"



The start of the Foster Park Winter 10K. The serious wrist plague seems to be reaching epidemic proportions among our ranks.

FINAL TRACK CLUB OVERALL AND AGE GROUP AWARDS

THIS IS A LIST OF THE AWARD WINNERS FOR OVERALL AND FOR THE AGE GROUP AWARDS. THESE HAVE BEEN ADJUSTED AND ARE THE FINAL STANDINGS. AWARDS CAN ONLY BE WON IN ONE CATEGORY NOT IN OVERALL AND AGE GROUP BOTH. THESE AWARDS WILL BE GIVEN AT THE FORT WAYNE TRACK CLUB BANQUET ON FEBRUARY 9TH, AT 6:00. WE HOPE ALL OF THE AWARD WINNERS CAN BE PRESENT TO GET THEIR TRACK CLUB AWARD.

MEN OVERALL

1. DOUG SUNDLING

2. DAN KAUFMAN

3. MIKE ROBBINS

4. JEFF BEAM

5. TERRY DILLER

6. MIKE GLASPER

7. JOHN TRELAVEN

8. GARY DEKHEIMER

9. DAVE GEIGER

10. JERRY PERKINS

MEN 14 AND UNDER

1. TIM GORRELL

2. BOBBY WIERMA

3. MIKE LINDLEY

4. BRIAN LINDLEY

MEN 20-24

1. RANDY JOHNSON

2. CHRIS EDINGTON

MEN 25-29

1. KENNETH KING

2. BOB SCHENDEL

3. MARK BRATTLE

4. TONY GATTON

MEN 30-34

1. STEVE CASWELL

2. DAVE WINTERS

3. NORM SPITZIG

4. JERRY MAZOCKOWITZ

5. DENNY ZECK

6. DAN MINNICH

7. TERRY COONAN

8. TOM ARCHBOLD

9. ROGER WILSON

10. PHIL SUELZER

MEN 35-39

1. TODD RIGELMAN

2. ED KERR

3. STEVE ADKINSON

4. RUSS SUEVER

5. PHIL WISNIEWSKI

6. IVAN PAINTER

MEN 35-39 (CONT)

7. DAVE FAIRCHILD

8. GEORGE KIRBY

9. JOHN SCHWARZE

10. AL HENKEL

MEN 40-44

1. LARRY AVERBECK

2. DON LINDLEY

3. BERNIE MOTYCKA

4. MIKE BYERLEY

5. DAVE BOYLAN

6. TOM FELGER

7. ROGER RUCKETT

8. DON ASHTON

9. RUDY KIENKNIGHT

10. KEN MILLER

MEN 45-49

1. BILL SCHMIDT

2. JACK MORRIS

3. WOODY BARKER

4. RAY SIBREL

5. CLEM GETTY

6. KEN CLARK

7. TOM LAIRD

8. TOM LEBRICH

9. CRAIG MILLER

MEN 50-59

1. MYRON MEYER

2. JOHN HILKER

3. VERN CHOVAN

4. RUDY FLOREICH

5. PAUL SNYDER

6. AL MOORE

7. ROGER PHILLIPS

MEN 60 AND OVER

1. CHET FLEETWOOD

2. PHIL BURNS

3. WALT HARRIS

WOMEN OVERALL

1. JUDY TILLPAUGH

2. SHARON GETTY

3. ROSEANN SIMONS

4. DEB GLASPER

5. MARSHA SCHMIDT

WOMEN 19 AND UNDER

1. JAMIE GORRELL

2. AMY CLAY

3. LISA DANIELS

WOMEN 20-29

1. BETTY JACKSON

2. CYNTHIA SABRACK

3. SABINE FLOREICH

4. THERESA YANKOWIAK

WOMEN 30-39

1. BETTY NELSON

2. KAREN PERRIN

WOMEN 40-49

1. JANICE GREEN

2. BONNIE TAYLOR

3. JOYCE FUZY

4. CAROL JO ASHTON

5. SHARON PAULEY

WOMEN 50 AND OVER

1. DORIS SNYDER

IF YOU HAVE ANY QUESTIONS PLEASE CALL RUSS SUEVER OR KEN MILLER.



FWTG Co-Equipment Chatman, Bobby Pauley, wanted to run outside in the rain at the club party, but wife Sharon--Also FWTG Co-Equipment Chatman & Pauley Equipment Chatman Bobby--Must have hidden Bobby's running gear.



"Do we go outside in the cold rain or stay in here where it's nice and warm and tell stories."



The gang at the start of the Foster Park Winter 10k. (Photo Courtesy "Perform A Miracle" Inc.)

RUNNING

We've Got You Covered



Bill Rodgers "Rainsuits"

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)

Helly Hansen Polypropylene Long Underwear

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

CREWNECKS	WIND BRIEFS	\$14.99
TURTLE NECKS	HATS	\$ 7.99
PANTS	GLOVES &	
\$14.99—\$19.99	MITTENS	\$ 7.99
	SOCKS	\$ 3.99



(Formerly athletic annex)

Glenbrook Square
By the Ice Rink
484-4322

10% off regular merchandise
with FWTC membership card

Hi-Tech outfitters for exercise & sport



Don Lindley lets Sharon Pauley have her picture taken with him at the New Year's Eve Party.

Afterwards Sharon said, "I've always wanted an autographed picture from Don Lindley with me in it!"

SURVEY RESULTS

-Mike Robbins-

I would like to thank each member who completed the survey contained in the November newsletter. The comments included with many of the responses are particularly helpful in determining individual areas of concern. Though the number of responses (28) was consistent with previous such questionnaires, it was somewhat disappointing that a larger percentage of members did not respond. Perhaps, this was another of those things "I meant" to do - but didn't get to.

The following shows each item and the average response to it. All unanswered portions of individual surveys were given a "3" for purposes of calculating the averages.

1=Big Yes; 2=Yes; 3=I don't care; 4=No; 5=Big No

A. The FWTC newsletter should contain more of the following:

- 1) Calendar & Schedule - 1.39
- 2) Race application - 1.96
- 3) Race results - 1.89
- 4) Training articles - 2.18

- 5) General info - 2.39
- 6) Photographs - 2.39
- 7) Advertisements - 2.71

B. Points System

- 1) More races - 3.07
- 2) Fewer races - 3.68
- 3) Cost \$1.00 - 3.36
- 4) Should be abolished - 3.86
- 5) Special divisions - 3.25

C. Races, Etc.

- 1) FWTC - many races - 2.79
- 2) FWTC - few big races - 3.50
- 3) "Training Sessions" - 2.61
- 4) FWTC singlets - 2.29
- 5) FWTC membership card - 2.21
- 6) FWTC informal races - 2.43

The responses have been interpreted according to the following scale:
 Aver. value less than 2.00 = definitely positive response;
 Aver. value between 2.00 - 2.49 = somewhat positive;
 Aver. value between 2.50 - 3.50 = relatively indifferent;
 Aver. value excess of 3.50 = negative.

This would certainly seem to indicate that the race calendar and schedule, race applications and race results are the items most desired in the newsletter (they represent the clearest responses among all the questions) while the particulars of the point system produced the most indifferent responses. I think this points to where the greatest emphasis should be placed. The procedures are probably okay now but should be kept in perspective.

Some of the comments which appeared most frequently were these:

- include more photos of women and more variety
- more photos of the "rest of the crowd"
- more pictures of different people, not just the same people always
- do more for regular runners - seem to cater to elite
- eliminate "inside" jokes in newsletter
- more articles on variety of runners - not just the elite
- introduce more "back-of-pack" runners as well as others
- put race calendar on back cover for easier access
- have as many races as possible, but maintain FWTC

- quality
- maintain quality races, reduce number if necessary to maintain quality
- have accurate calendar and schedule
- avoid discrepancies in race times as published
- don't get too big
- FWTC singlets are a good idea
- make available FWTC athletic jacket
- provide more points for longer races than shorter ones
- try to reduce Sunday race schedule
- have area coaches write training articles
- provide reduced race entry fees for FWTC members

These are not all the comments provided but are representative of the subject matter addressed. Your board will make every effort to incorporate as much of the feedback as possible into the thinking and planning throughout 1985.

Again, thanks to each of you who responded to the survey. Your thoughts, ideas and comments are not only welcome but necessary. Please let me or any board member know what's on your mind.



Mr. Jerry Mazok, Editor
 Fort Wayne Track Club Newsletter
 Fort Wayne, Indiana

Dear Jerry:

Just a short note to say thank you and let you know how much I enjoy the Track Club Newsletter and especially the humor and graphic and picturesque details that are included every month.

I can only imagine how much time and effort goes into every issue, but I am sure that it must be a thankless job, but it's better late than never to let you know how much it is appreciated. On my end, I just expect it to be there every month, and look forward to it, and I'm sure would find out who to complain to if it didn't show up, as most of us probably would.

So a special thanks that is long past due to you, Jerry, and all the other members who are responsible for our monthly news (except January??, Come On!) and all the work and meetings and scheduling that goes with it. How lucky for the rest of us that you guys got your priorities straight!

Patti Fleming

Dear Jerry,

(A little info about..) the Dallas White Rock Marathon-December 3, 1984- Dallas, Texas-Temp. 52 degrees- Partly sunny-Flat Course.

I have run only 10 marathons, but so far, this one is the most beautiful. The race is around White Rock Lake in Dallas Texas. It started at City Hall and ended at the Convention Center. There were 13 aid stations with splits every mile. The Hyatt Regency provided special rates for the runners-2-3 people for \$ 41.00 per night. At the Hyatt they had a pre-race carbo-loading dinner which included spaghetti, salad, bread and all the beverages you could drink for \$ 9.00. There were pre-race and post-race speakers (free to the runners). Some of the speakers were Dr. Kenneth Cooper, Johnny Kelley (of Boston fame), and, of course, Dr. George Sheehan.

The clinic on Saturday, December 1st featured Dr. Sheehan and Harry Cordellos (The fantastic blind marathoner). Sheehan basically said: "Breathing is the Secret." Johnny Kelley said: "This is the most beautiful course in my 102 marathons including some international ones. Vern 'Moses' Chovan says: Next year try it-You might like it!"
 Your bias buddy from
 Dallas,

Vern Chovan

Dear Editor:

Please find enclosed a letter from the Fort Wayne Children's Home that I received. At this time I would like to thank those persons who donated approximate 160 t-shirts during the FWTC 3KM and 10 KM run in December.

Last year, the Allen County Children's Home received only 70 t-shirts and a part of them that were not given as a gift Christmas morning they were given to the children's birthdays. This year's contributions were beyond all of my expectation, mainly because North American Van Lines donated the majority of the t-shirts. All in all, two local organizations were able to benefit from the run. I was able to donate half of all the t-shirts both to the Allen County and Fort Wayne Children's Home.

I'm proud that the FWTC could donate approximate \$500 worth of running t-shirts. Just remember, we will be doing this again next year, so save your old t-shirts for whatever reason (too small or too big) and you may make a little brother or little sister very happy. Thanks again for those who marked and gift wrapped every t-shirt.

God Bless

Don Lindley



FORT WAYNE CHILDREN'S HOME

BOX 5038 HAZELWOOD STATION • 2525 LAKE AVENUE, FORT WAYNE, IN 46895 • 219/484-4153

December 19, 1984

Fort Wayne Track Club
Don Lindley
6015 Landsdowne Drive
Fort Wayne, IN 46816

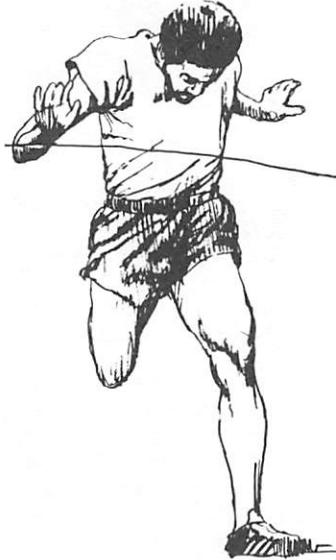
Dear Mr. Lindley:

Thank you for the t-shirts you donated to our children. I'm sure that with some of our children staying at the Home for the holidays, it will give them a special lift getting a gift Christmas morning. Your generosity is appreciated.

Sincerely,

Christine L. Dicke

Christine L. Dicke
Recreation Assistant



Dear Editor:

Back in the November issue of the INSIDE TRACK I offered to act as coordinator for a "running bulletin board" to appear in the INSIDE TRACK. Since that time, I have received only one response. That being from Judy Tillapaugh. By the way, Judy is willing to meet anyone to run with on weekends or early evenings or early mornings on weekdays. She would prefer to meet downtown or close by. Judy lists her business phone number as 425-3000 and home phone as 424-6723.

Maybe my idea wasn't so novel and most everyone has a few running friends they already share their runs with. If so, that's great! My intentions were to promote more camaraderie among the members, to turn our neighborhood runs into occasional fun runs. Even though our club is relatively large, it's not so large we can't know a majority of the other members on a first name basis. And many of us already do! So let's make 1985 a year to continue the camaraderie that already exists and improve upon it by making an effort to meet or introduce ourselves to other runners, especially NON-members.

Also, we haven't had many letters to the editor in past issues. I for one always enjoyed reading these letters and other people's opinions, etc. If you have something to say, LET'S HEAR IT!. I'm sure Jerry wouldn't mind printing the subject matter.

Dan Kaufman

Don Lindley would like you to save your newsletter for the FWTC library. Give your newsletters to him when you see him.

The 8th annual Foster Park 10K and 3K Fun Run was held December 8th with a comfortable 40 degree temperature and 69 runners. Don Lindley directed his helpers with his usual efficiency and collected over 150 T shirts for the Allen County Childrens Home. Thanks to Ron, Susan and Doug Heimberger; Rosann, Brian and Mike Lindley for their help at shoveling snow, set up, registration and timing. For the hot bean soup and hot spiced cider we thank Bob and Sharon Pauley and for the finish line cones, we thank Tim Fleming and NIPSCO. Lastly, thanks to the loyal runners who made it all worthwhile. Be forewarned: Next year's annual race on December 7th, 1985 is to be directed by JP Jones.

10K - WOMEN

<u>20 - 29</u>		
Judy Tillapaugh	41:50	23
Sharon Getty	47:33	42
<u>30 - 39</u>		
Deb Friedrich	53:46	55
<u>40 - 49</u>		
Joan Goldner	44:01	30
Gloria Nycum	53:22	54
Pat Panos	64:02	58

10K - MEN

<u>15 - 19</u>		
Mat Ebersole	36:37	3
Tony Hamilton	36:57	5
<u>25 - 29</u>		
Pat Beuchel	42:28	25
Steve R. Smith	43:18	27
Mark Brattoli	43:30	28

45 - 49

Jack Morris	38:33	9
Ray Sibrel	39:32	13
Clem Getty	42:38	26
Tom Liebrich	43:40	29
Brad Deel	44:52	33
Robert Gensheimer	45:05	34
Tom Felger	45:20	35
Don Jantz	46:30	38
James Babcock	46:33	39
David Dale	46:37	40
John Ribar	50:47	50

50 - 54

Terry Gautsch	44:13	31
Curt Nold	48:29	43
Chuck Devault	49:23	47
Doug Curtis	54:59	57
Deno Panos	64:03	59

55 - 59

Mike Kast	38:52	12
Vern Chovan	46:41	41
Wendell Adams	48:34	44

3K - WOMEN

<u>14 and Under</u>	<u>Time</u>	<u>Place</u>
Jodi Ziegler	14:13	6
<u>20 - 29</u>		
Betty Jackson	17:18	9
Mia Pauley	21:54	11
<u>50 +</u>		
Joan Burns	21:55	12

3K - MEN

<u>14 and Under</u>	<u>Time</u>	<u>Place</u>
Rickey Squire	15:00	8
<u>25 - 29</u>		
Mike Dunn	13:32	3
Cliff DeWells	17:20	10
<u>35 - 39</u>		
Steve Goldthwaite	14:15	7
<u>40 - 45</u>		
Dean Cutshall	13:31	2
<u>45 - 49</u>		
Jack Morris	12:00	1
Joe Ziegler	13:45	4
<u>55 - 59</u>		
Giles Tomlinson	21:55	5

<u>30 - 34</u>		
John Treleaven	35:26	1
Rick Reitzug	36:24	2
Roger Wilson	36:45	4
Steven Caswell	37:47	6
Dave Ruetschilling	37:50	7
Norm Spitzig	38:30	8
Pat Hermann	40:09	15
Randy Sordelet	40:17	17
Jerry Mazock	40:44	19
Terry Coonan	40:49	21
John Eakin	44:43	32
Jerry Gach	45:44	37
Phil Kennerk	49:17	46
Joe Baranowski	51:15	51
Jay Wells	53:47	56

<u>35 - 39</u>		
Phil Wisniewski	40:32	18
Bob Bruckner	40:47	20

<u>40 - 44</u>		
Steve Adkison	38:36	10
Tom Brygider	38:47	11
Mike Byerley	39:35	14
Jack Hamilton	40:12	16
Dave Waldrop	41:32	22
Bernie Burgette	42:24	24
Tom Clagg	45:22	36
Don Dian	48:55	45
John Rasmussen	50:01	48

<u>60 and Over</u>		
Phil Burns	52:54	53

HELP WANTED HELP WANTED

People interested in helping produce the Runners Week show shown on Channel 10 on Friday evenings. We need producers, camera operators, and editing assistants. No experience necessary, on the job training. This is a fun way to assist the Ft. Wayne Track Club in portraying our thing, "Running". If interested please contact Tim Fleming 6-8 PM 749-8027 (fee negotiable) just kidding.

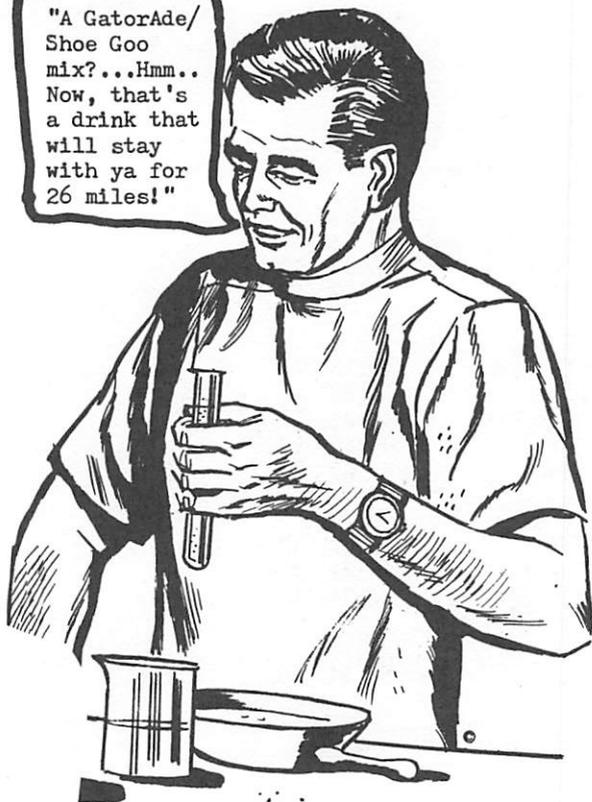
Tentative Runners Week Schedule for February:

- Feb 1 Homestead 8 mi or Home Loan
- Feb.2 Race Walking with Ron Heimburger
- Feb 15 Homestead 8 Mi
- Feb 22 "Prepare For The Marathon"
- Mar 1 "Prepare For The Marathon"



If your company, or you as an individual would be interested in sponsoring a program on Runners Week please contact Tim Fleming 749-8027. As a sponsor you will get an edited copy of the program on a VHS Video Cassette and a Runner's Week T-Shirt. Cost is \$30.00

"A GatorAde/
Shoe Goo
mix?...Hmm..
Now, that's
a drink that
will stay
with ya for
26 miles!"



by DR. GEORGE BRANAM

HEALTH NOTES

This past summer we had the privilege of hosting Arthur Lydiard. For four days I had the pleasurable job of carting him from Muncie to Bloomington to Ft. Wayne. The first two nights, he stayed with us in Muncie, the third night with Dr. Jerry Ruff in Bloomington, and the fourth in Ft. Wayne with the Dan Goldners. During these several days, Mr. Lydiard shared of his great experience and knowledge. Since I have been following track and cross-country since 1947, and had read about Murray Halberg, Peter Snell, and other great runners from New Zealand years ago, the name Arthur Lydiard was no stranger to me. I had read many articles about him, and all of his books about training, and had become rather intrigued by several of his ideas, particularly the importance of hill springing or bounding. Because of my feelings, I participated in this part of his clinics during his visit, seeking to learn as much as I could and I asked many questions to further clarify his writings. In any event, I came away from his visit even more convinced that hill running would be the answer to my long-lost power and speed.

(Just eight years ago I could run 5:40 miles up to 20K.) Because of my age and history of overdoing things, I scaled down my efforts at hill running to one day per week. During this workout, I would perform as he instructed, doing repeat hills of 100-300 yards, perhaps 3-6x. In addition, I began a 2x weekly rapid walk up ten flights of stairs in our hospital. In less than four weeks, there was a very noticeable change as I began to run up and over small to moderate hills with hardly any effort. Naturally, I was quite pleased and increased my effort to include a few downhill straightways. This may have been the crowning blow to what was developing. It seems that, since August, I now have a pelvic bone stress fracture in or around the symphysis pubis, or pubic symphitis, or bilateral symmetrical tendonitis of the hip adductors. In any event, I have had moments when I could hardly lift up my knees to get in and out of a car since late July. I noticed that I might shuffle along at 8-9 minute/mile pace and not hurt but, if the pace increased to 6:45-7:15 pace, my thighs and lower abdomen would again hurt severely. Because of association with Lydiard's hill running, I have concluded that I overdid his regimen, even though I had purposely cut back severely. Apparently that was still not enough for my age and level of fitness, and so I broke down biomechanically and this is the subject I want to review for you.

The muscles that provide the power to run uphill are essentially the same ones that provide for the high knee lift and quick powerful thrust off the ground that give one speed and speed endurance. A shuffling gait is more economical for long runs for a variety of reasons, one of which is that you minimize the energy lost by pushing your body up and down against gravity. We have studied video tape copies of the last New York marathon that Salazar won and, as you might guess, he is a classic shuffler. An interesting, illustrative part of the run occurs when he is going across a bridge and you can see his head in contrast to the heads of the other runners. Salazar's head hardly moves up and down at all as you see him move against the parallel structure of the bridge. In contrast, the heads of several of the other runners seem to

bob up and down like apples on heavy surf. Scientific studies have shown that a great deal of energy is consumed doing this and presumably, not doing this could save that same amount of energy for straight ahead movement. Hence, the popularity of the shuffle gait for LSD (long slow distance) and marathon running.

Fast running or sprinting requires such a different gait that concern for bobbing up and down is lost in favor of speed. A popular aphorism today is as follows: "You are what you eat." The same thing can be said about runners: "You are what you run." So, if you always train with a shuffle gait, then the chances of your having much strength and power in your sprinting muscles is pretty slim. For the previous ten years, I had become a shuffler in an effort to avoid injury and, as a consequence, I also lost what strength and power I had in my quadriceps, iliopsoas, and gluteus maximus, since these are the muscle groups primarily responsible for hip flexion and extension, i.e.: the power to raise the knee and then thrust the body up and forward at toe-off.

This situation brings up a great number of subjects, each of which is very interesting and more than a little complex. However, if you will follow me each month, I feel certain that by the time these subjects are adequately reviewed, you will know a great deal more about yourselves that may go a long way in helping you avoid injury, by guiding you to purchase the correct shoes and alter your workouts to respond to the demands of your body for wholeness and for sanity. One must always bear in mind that the wise train only according to their age, physical condition, and their capacity to exercise. In my own way, I am struggling to become as wise about myself as I seem to be about others. (That's supposed to be a joke.) Also, please feel free to send in questions or call me about unclear statements or special problems you are having.

For those of you who do not have the patience to wade through a lot of writing to find the real pearls, let me drop a few propositions so you can be thinking

about these subjects and trying them out on yourselves, testing these hypotheses against your own prejudices, etc., and perhaps be in a better position to ask pertinent questions as we move along in this discourse.

- 1) Hill training (or rapid step walking) can be a relatively safe way and less time consuming way for a shuffle type runner to improve his speed endurance.
- 2) The action of the ankle is paramount in achieving maximum speed endurance and power.
- A) Subset challenge - this is why any element of subtalar instability is a significant negative factor and must be avoided to achieve:
 - 1) maximum forward thrust from each cycle of the gait,
 - 2) minimum trauma to the knee and hip from this effort. This also helps to explain the almost constant observa-

tion that most sprinter types have a neutral or supinator stance, and are often at least slightly bowlegged. The corollary to this is that over-pronators lose a lot of forward-thrust-power available through good ankle action, by "spending" this power in wasted up and down motion and medial spiral torquing of the lower extremity and over-flattening of the longitudinal arch of the foot with subtalar instability.

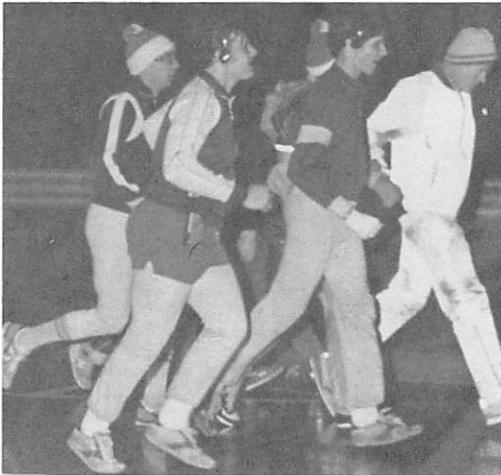
- 3) Struggles by shufflers to increase speed-power without adequate preparation often leads to one or more of the following injuries:
 - a) Achilles tendonitis, with or without plantar fasciitis (heel-spur);
 - b) groin pulls;
 - c) hip pain (hamstring pulls) - confused with sciatica;
 - d) stress fractures of feet or lower legs.

- 4) Most of us are ignorant of the basic biomechanical demands of walking, jogging, running, and sprinting, and the different requirements placed upon us by these various forms of locomotion.
- 5) Most of us would benefit from a progressive program of strength training, particularly if we are relatively new in this sport. Many significant, recurring types of injuries could be wholly prevented by some strength training, purchase of proper shoes, with and without orthotics.

Give these ideas some thought. We will begin a discussion of the gait cycle in our paper. Stay tuned and send in your questions.

In closing, let me wish all of you a safe, healthy and happy holiday season, and an adequately prosperous New Year.

Steve Heaps
East 11720 18th Avenue
Spokane, Washington 99206



Some of the runners at the start of the New Years eve Fun Run at the YMCA (Outside)

Don't forget.....

The FWTC'S St. Valentine's Winter Sweathart Festival.

McMillen Park--2PM

5 MILE RACE

Awards 3 deep in ususal
FWTC age groups

Free to FWTC members
\$ 2 to Non-members

Dear Steve,

On behalf of the Fort Wayne Track Club, I would like to nominate both the Inside Track and its editor, Jerry Mazock, for the RRCA Journalism Award.

The Inside Track is published 11 times each year in a magazine format. Each issue contains various training and personal interest articles, race results, race applications and general information and advertisements. There is no off-season for this newsletter and no "special" issue.

The sole responsibility for creation of the newsletter rests with its editor, Jerry Mazock. Jerry determines the content, arranges for articles, writes articles, does what typing is necessary, prepares the layout for each issue, delivers to and negotiates with the printer. He does this single-handedly for each issue. As such, the newsletter reflects Jerry's unique perspective and sense of humor. It is the most visible and highly valued symbol of membership and its regular publication is eagerly anticipated by track club members.

I have enclosed four issues for your consideration to best illustrate the consistent level of quality which is displayed throughout the year. Unfortunately, we were unable to secure sufficient copies of the June issue (next year we will maintain sufficient copies of each issue in order to better meet the submission requirements). Thus, I have enclosed a number of photocopies of that issue to bring the total to the requested ten copies. Also enclosed are ten copies of the August, November and December issues.

The Inside Track and the efforts of Jerry Mazock to continually enhance its quality and appeal to all members are greatly appreciated by the Fort Wayne Track Club. I am confident the merits of this publication will speak for themselves to the examination committee.

Thank you for your studied consideration of this nomination.

Sincerely,

Michael J. Robbins
President



EATING FOR THE
HEALTH OF IT

By: Judy Tillapaugh, R.D.

February is National Heart Month. A month to reflect on the importance of staying heart healthy. For many people prevention of heart disease is of major concern. It can't be treated like a five-day cold and forgotten. Treatment and prevention of heart disease is a daily process. When working, resting, exercising, eating try adjusting your habits for the best of your heart and whole body.

Research is continually underway at many universities and health centers to solve questions concerning relationships between life styles, diet, and exercise to the development of heart disease. There have been stated theories, epidemiology studies, animal and human research but still no definite answers. Poor cardiac health can occur from a variety of factors-obesity, heredity, smoking, sedentary life, excess alcohol, stress, hyper cholesterolemia, hypertension, excess salt intake, excess dietary fat or sugar intake. Some individuals will possess

none of these problems and still develop heart ailments. There is enough evidence though to say that by controlling these factors, optimal health stands a better chance of being achieved. Members of the American Heart Assoc., physicians, dietitians and other health practitioners all promote a wellness life style for a healthy heart.

U. S. Dietary Guidelines:

- Eat a variety of foods
- Maintain ideal body weight
- Avoid too much fat, saturated fat & cholesterol
- Eat foods with adequate starch & fiber
- Avoid too much sugar
- Avoid too much sodium
- Alcohol in moderation

To master control of these factors takes a conscious effort by each individual. In our present society the wellness life style is a challenge. People easily fall into temptations of the lazy life of fast food and convenience. But presently more people than ever are including exercise and nutritious meals in their daily life. Let's hope the trend continues.

For the rest of this article, I'd like to focus on one aspect of heart health - sodium intake. Let it be clear that excess sodium doesn't cause heart disease. A reduced sodium intake may help control hypertension (high blood pressure). Hypertension is a potent risk factor in development of coronary heart disease and stroke.

Sodium is an essential mineral to the body-vital to proper cell functioning. Sodium, potassium, and chlorine have similar functions. Together they are called electrolytes, and have the major function of controlling/maintaining correct rate of fluid exchange between cells in the body. Proper fluid balance regulates

the flow of nutrients into cells and wastes out of the cells. Sodium and chlorine are mainly fluids outside the cell (extracellular) while potassium is found inside cells (intracellular).

Salt is actually sodium chloride - 40% sodium (Na), 60% chloride (Cl). A persons daily sodium needs range from 1 to 3 gms per day. Some people may need as little as .2 to .6 gms Na per day to replace daily Na losses. Usually the average person consumes 3 to 7 gms Na per day. A diet rich in salty foods can easily rise the sodium intake to 10 to 15 gms per day. A normal person's kidney regulates Na balance so that excess Na intake will equal output via urine, perspiration and feces. Excess Na intake stimulates thirst response to dilute the concentrated blood Na levels. The higher the Na intake the more one wants to drink. Before one's body can eliminate the excess Na, excess fluid can build-up in extracellular spaces. Have you ever experienced feeling puffy, swollen ankles, swollen eyelids, overall edema after a high salt meal? Too much of any mineral or nutrient promotes poor health. Excesses force the body to dispose of unwanted substances to achieve system equilibrium.

Some people are salt sensitive, thus are more apt to retain fluids following high salt meals. Excess fluid retention can promote hypertension. Most hypertensive people are asked to limit their salt intake, plus control their weight. In many cases of hypertension, sodium limit and weight control may be all that's needed for blood pressure control, without the use of medication. Other factors indicated for hypertension control include: moderation of alcohol consumption, limit caffeine intake, stress management, plus adequate calcium and potassium intake.

Sodium modified meals can be quite tasty and enjoyable. If you are a long term connoisseur of salty foods the adjustment to the lower salt life can be difficult. Keep an open mind and be willing to try new foods, new spice/herb flavor combinations. Make changes step by step - start by tossing the salt shaker away.

All one needs is 1 to 3 gms or less (1000 to 3000 mg) Na per day. This can easily be gotten by avoiding high salty foods and table salt at meals. Meals with fresh meat, fish, dairy products, vegetables, fruits, and bread/cereal products will supply enough natural sodium.

High salty foods - Avoid

- canned, salted or smoked meats
- luncheon meats, hot dogs
- sausage
- salt pork
- salted/smoked fish
- cheese
- T.V. dinners
- frozen pot pies
- regular canned/dried soups
- regular canned vegetables
- frozen vegetables with salt
- sauerkraut
- dill pickles
- olives
- salted crackers
- salted popcorn
- pretzels
- potato chips
- bacon
- salted nuts
- salty seasoning:
 - soy or worcestershire sauce
 - reg. bouillon cubes
 - garlic salt
 - celery salt
 - MSG salt
 - accent salt
 - excess baking powder,
 - baking soda

Shaking the salt habit doesn't mean all satisfying foods are gone. They are replaced by other tempting choices. Salads, entrees, desserts can take on a new twist with the use of low sodium seasonings - pepper, herbs, spices, wine, vinegar, lemon juice, sherry, fresh

garlic & onion, vanilla or other flavorings, i.e. orange peels.

Try baking chicken breasts with mandarian oranges, green peppers, cooking sherry or wine with a sprinkle of thyme & pepper. It's not bad.

Athletes may question their need for salt tablets after exercising intensely. Sodium loss during heavy workouts or sweating periods can easily be replaced at your meals. Better to concentrate on drinking water to replace lost sweat fluids than taking salt tablets. Salt tablets may dehydrate your body by drawing water from other body tissues into your stomach to dilute the high Na concentration. A one liter sweat loss (approx. 2.2 lbs) is accompanied by a loss of about 1.5 gms sodium (3/4 tsp salt.) If you need extra salt, better to get it from normal food than a tablet. If you do feel the need for additional sodium after an intense workout, just sprinkle a little salt on foods or eat a salty item at meals.

RECIPES OF THE MONTH

Oven Fried Fish

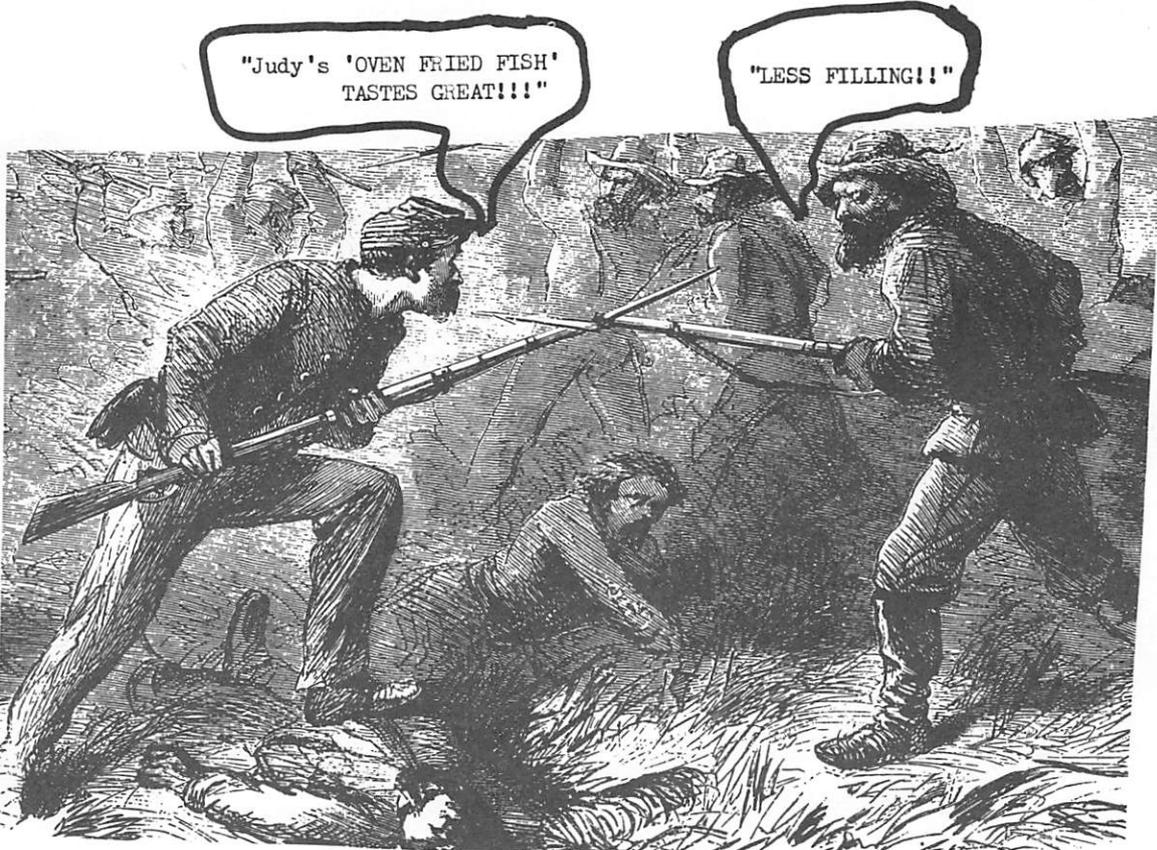
Ingredients

- 1/4 cup unsalted corn oil margarine, melted
- 1-2 Tbsp. lemon juice
- 1/4 tsp. pepper
- 1/4 tsp. paprika
- 1/2-1 tsp. Basil or Italian seasoning
- 1/4 tsp. Garlic or onion powder
- 1 lb. fillet of flounder or haddock
- 1/4-1/2 cup crushed low salt crackers

Method

Combine first 6 ingredients. Dip fish in margarine herb mixture and roll in cracker crumbs. Spread fish in greased baking dish. Spoon remaining margarine herb mixture over fish, bake uncovered in 475 degree oven for 15 minutes or until fish flakes with a fork.

Yield: 4 servings
 Calories: 300 per serving,
 4.5 grams carbohydrates
 8 grams fat
 21 grams protein
 41 grams cholesterol
 76 milligrams sodium



Party Mix

Ingredients

1/4 cup polyunsaturated
margarine (if desired
reduce to 2 Tbsp.)
1/2 tsp. garlic powder
1/2 cup unsalted pretzels
1/2 cup puffed rice or any
unsalted cereal
1 cup spoon-size shredded
wheat
1/2 cup unsalted peanuts

Method

Melt margarine in skillet.
Add garlic powder and mix.
Add remaining ingredients
and toss together. Bake in
325 degree oven for about
20 to 30 minutes until
golden brown. May use wal-
nuts, pecans or a mixture
of nuts in place of
peanuts, if unsalted. May
also add 1/4 cup raisins
and omit garlic powder.
Makes approximately 14
servings.

Nutrient Information

(Per 1/4 cup of mixture)

84 calories
6.5 grams carbohydrate
2 gm. protein
6 gm. fat
0 gm. cholesterol
47 mg. sodium



"Oh summer, I barely remember your wrath.
T'is now cold winter,
And all I want
Is a hot, hot bath.

Jerry Mazock--January 1985

Karen Kokesh
1224 Orchard Village Lane
Manchester, Missouri 63011

Dear Karen,

On behalf of the Fort Wayne Track Club (FWTC) I would like to nominate John Treleven for the Rod Steele Memorial Award.

During 1984, John continued his pattern of always being available when a job needed to be done. John's help ranged from providing advice, consultation and assistance to local and area race directors to actually directing large-scale races.

John directed three races for the FWTC during 1984 and assisted with another. The races he directed ranged from a low-key, January Crazy Winter 8-miler (43 finishers) to a mid-June, competitive Hilly Four (161 finishers) to the late summer Fort Wayne race in the Beatrice-sponsored Race America series (585 finishers). Though he annually directs races for the FWTC, the Race America 8k provided John the opportunity to be there to initially evaluate/negotiate the request from Beatrice for FWTC involvement through subsequently spending months of hectic, intense preparation coordinating the interest of the FWTC, the Fort Wayne community and the corporate objectives of Beatrice and its local subsidiary, Eckrich. From concept to course determination (downtown Fort Wayne) to finish chute, John was there. Each race was a tremendous success.

John continues to serve the FWTC during 1984 and again for 1985 as race scheduling chairman. His responsibilities include setting a schedule for both competitive races as well as fun run events. John must balance the interests of the FWTC and those of local and area race directors who seek to become a part of the FWTC schedule. By advising and instructing race directors, John has arranged a schedule which manifests the highest quality standards.

In addition, John has also served on the nominating committee the past two years as well as programmed the FWTC membership data so that computerized records are now available.

I feel it is especially noteworthy and compelling that John has accomplished the above the year after serving as the FWTC president. During a time when most people would be taking a "break," John intensifies his involvement and enthusiasm. To do this while adjusting to life with a first born and managing to qualify for Boston with a second sub-2:50 marathon bespeaks the type of energy and dedication John brings to his endeavors.

The FWTC relies considerably on John's affable, easy-going, never-take-a-bow manner and skills. It is with a great deal of pride and admiration, I submit John's name for your studied consideration.

Sincerely,

Michael J. Robbins
President

MJR/kr

P.S. I apologize for writing beyond the suggested one page limit; but I didn't feel that John's story could be adequately told within that limitation.



HEAR YE!

THIS IS THE
MAZOCK
SYSTEM
FOR FEBRUARY.

(LORD HELP US!)

(You need 15 minutes to get through
this article....AT LEAST!!)

Well, friends, marathon season has arrived for you. (But, not for this retired runner. I still would like run our marathon-Only a lot slower than I usually do.) It is still early. The TV/33-Hooks Marathon seems far away. It really isn't though. Now is the time to begin your training for that great day in early May.

I have found that it takes me 3 to 4 months to adequately prepare for a marathon-Especially when I didn't train heavy all year and was starting at a much lower level of conditioning. I usually had 15 - 25 pounds to lose and it also took me a while to gradually raise my mileage from 35 miles per week to 80 miles per week. I had to achieve these two objectives before I could actually begin to train for a sub-2:35 marathon. Then, and only then, could I do a series of 13 special workouts to fully condition me for an all-out effort the first week of May. (These "13 workouts" I will talk more about in March.)

On January 15th you should have made the mental commitment to give your marathon race preparation the best effort possible. For many of you, this will be the first time you have done so. You will find out in the upcoming months, that the serious marathoner's life style is quite different from the average person's and even from the average runner who does 10-15 miles per week.

Last month, I asked you to make a pledge for improvement and to gradually increase your weekly totals by 2 to 4 miles (Assuming your weekly autumn average was 25 - 40 miles per week). By the time you read this article you should be running 4 to 8 miles a week farther than your autumn average. If you haven't made that all-important mental commitment yet, you have till tomorrow morning to do so. Go for it!

For this month, continue this gradual mileage increase of 2 to 4 miles per week. Don't do any intentional speedwork. However, I want you to start a weekly long run. Your first longer run will be an 11 miler. Every week thereafter increase your long run by 1 mile. In February, your longest run should be 15 miles (at month's end) and no more.

These longer runs do NOT have to be fast or near race pace. That, my friends, comes later. You just want to build your endurance this month. Here is some idea of the pace these longer runs should be done at in February. If you are planning to run a sub-6:00 per mile pace on race day--It is definitely okay to run these 11-15 mile training runs at an even 7:00 pace. A 6:30 race day pace--A 7:15 to 7:30 training pace....A 7:00 race day pace--A 7:20 to 7:40 training pace...A 7:30 race day pace--7:55 to 8:15 training pace...A 8:00 race day pace--8:25 to 8:45 training pace. If you have broken the 4 hour barrier in the marathon and have made a commitment for improvement, I hope that you set your initial goal of a 3:30 marathon (at least). However, I realize 3:54:56 may be your actual race day potential, taking all factors into consideration. (Ernst Van Aiken once said: Give me an average man, with proper training, motivation, diet and environment, he has the capacity to run a 2:40 marathon." Sounds incredible....Doesn't it? But it probably is true.)

The important thing to remember about these early long runs is their aerobic easiness; You should not be gasping for breath during these runs. If so, your goals may be unrealistic. However, you should feel fairly tired (Or comfortably tired) and a bit weary in the legs at the end of the run.

Group running is very beneficial during these weeks. Long runs with others seems to increase that particular workout's enjoyment factor. For this reason, I suggest you come out and train with the group of 25 - 35 runners (of all levels) at Homestead High School at 9PM every Saturday morning. (If you're not already doing so.) On January 26th, we did an 11 miler. We will increase its length by 1 mile per week-reaching 15 miles by the end of February.

Please do not run any all-out races. Make sure you have a good pair of training shoes and that you have the proper clothing for an Indiana winter.

I mentioned earlier to continue increasing your weekly mileage by 2 to 4 miles per week. Therefore, by the end of February your weekly mileage should be identified by one of the following groups: If your beginning weekly mileage was 25, then by the end of February should be running 38-40 miles a week....If you began with 40 miles a week, you should be running 55 -65 at month's end. (The latter mileage may be for a sub-three hour hopeful with the former mileage possibly for a 3:30 hopeful.) If you are trying for a marathon time between 3:09 to 3:19, your weekly mileage by the end of the month should be 45-55 miles. (For a 3:00 to 3:08 time--Perhaps 50-60 miles a week at month's end...or for a 3:20 to 3:29 finish time--Perhaps 40-45 miles a week by February 28th.)

Statistics have shown that there is a positive correlation between miles run and faster finishing times. However, I believe you must remain injury free and avoid the 'all-important' mental burnout. THEREFORE, our gradual weekly buildup is very important. And, yet, I realize that statistics are just that....STATISTICS!! They do not reflect limitations pertaining to strength, age, available time to train, natural ability, or desire.

I believe most runners have not reached their potential for one of these reasons. Many of these areas, runners do not have direct control over (such as aging). In other areas, we have a more direct grasp of determining our potential. There seem to be many out there who seem stuck somewhere in the 3-4 hour marathon rut. They seem to do all that is necessary to improve...Or do they?

Among the reasons a runner's improvement is hindered is that he simply does not have a strong enough desire to reach his peak level. Another reason may be the 'other' areas of his life which don't permit the proper time to train. These 'other' areas (family, job, etc) are very legitimate excuses! Yet even then, I believe it possible to realize your max with the proper apportionment of your time. Determined dedication is a must! But, even with dedication, eventually running times fail to drop. But this occurs at a much higher level than most people are content with. Although most runners I have known have made a proper adjustment in their lives so as to avoid neglecting any particular area of their lives.

Another reason for not reaching your potential may be that you are STILL carrying too many pounds. Even though your family and friends constantly remind you that "you look like death warmed over--In runner's terms--for our great sport, you are probably STILL TOO HEAVY!!! One general rule that most elite runners use to judge what their ideal running weight should be is to simply multiply your height in inches by 2. This number is your ideal running/racing weight. And there are not too many people who do not fall under this rule. Believe me, when you weigh in at this new weight, your family and friends will think you have contracted a terminal illness. However, only at this weight will you run your fastest time. I am 73½ inches tall, therefore, my ideal running weight is 147lbs. It is very difficult for me to achieve that weight. However, when it gets down that low, I feel lightning fast! During the off-seasons of the past 5-6 years, I'd balloon up to anywhere from 162 lbs to 172 lbs. And brother! did that additional tonnage affect my running capabilities. (I could never break 2:35 at that weight!!) In previous years, I would start the long arduous dieting process in late January or early February. By the first week of April. I would weigh in at 147 lbs...My gleeful gluttony during the off-season that was practiced to an art had to be all but eliminated.

The point that I am trying to make for all you people out there who are having trouble getting faster is that you probably have to lose some more weight in order to do so.

Overall, this was the most difficult part of my entire training program for me. I hope you decide to try to get down as close as possible to your ideal running weight this spring. Believe me, I know how hard it is to do. I was constantly hungry. The mention of pumpkin pie and Cool Whip would make me dream of the day in mid-May, after the marathon, when I could once again practice my gluttony. But, my motivation was always strong enough to keep me on my diet--For I was in the pursuit of something far grander than anything a piece of pie ever offered me! During these early spring/late winter months, I wanted a PR or (at least) a return to a quality marathon (sub 2:35:00). I could postpone the 'goodies.'

I HOPE YOU WILL HAVE THE MOTIVATION TO ACHIEVE YOUR IDEAL RUNNING WEIGHT--BUT KEEP RUNNING IN IT'S PLACE IN RELATION TO THE REST OF YOUR LIFE! Here is my "Spartan" diet.

Specifically at meals, I would only eat one helping of the foods offered. (Meat, potato, vegetable) No more! No dessert! (And, by the way, a 'helping' is not defined as a 'plateful' of one particular food. I still consumed 1500 to 2000 calories a day. Yet, when I ran 80 miles a week, I still lost 2-3 lbs. every 7 days using this diet. I ate only two good meals a day. No more. Since most of you will not be running 80 miles a week (I'm assuming 50-60 miles) I suggest your diet contain 1500 calories a day. And these calories should be from good foods too. Don't eat too much junk! (Although, I know at times, this is unavoidable.)

So, friends, starting no later than February 5th, I suggest you go on a similar "Spartan Diet." (Take a multi-vitamin-just in case.) Follow this strict "one portion-no dessert-no snacking-NO FUN diet" for 6 days a week (Sunday-Saturday afternoon). You will and should be hungry as you literally devour yourself. But remember your best exercise you do this year may just be when you push yourself away from the dinner table and that delicious 2nd helping. Hopefully, you will have an understanding wife and family-who won't overly tempt you. Keep remembering that for every pound you lose towards ideal running weight, you also will get about 1 min. faster in the marathon. If you find your resolve weakening during mid-week, fix yourself a cup of coffee with cream and sugar. (But only in emergencies!)

For the 7th day of the week (Late Saturday), I strongly suggest the following:

I rewarded myself with a ½ dozen chocolate chip cookies (good-sized ones!) while reading the Saturday Evening Funnies. Then in the evening, I had a big bowl of ice cream, with all the 'junk' on it while watching "Saturday Night Live." Over the years, I have found myself looking forward to Saturday like a school kid awaits summertime. On Sunday morning a new week of "Spartan" dieting begins. But I knew that next Saturday's glut was only 6 days away! This reward system made it easier for me to stay on my diet for the long run (pun intended). Even with the 'glut attack' on Saturdays, I didn't gain any weight, because I always ran a long run with the group from Homestead on Saturday mornings to help burn off the 'glut.' (1800 calories needed for basal metabolism-1100 to 2000 calories added for the 11-20 miles run at Homestead--For a total calorie usage of between 2900-3800 calories. I figured that I consumed 3500 calories on Saturday. So you can see that because of the long running I didn't really overeat that much and on some days I still UNDERATE. I really looked forward to Saturdays when I trained and I'm somewhat relieved that I will make no great effort to lose weight this year. Say what you may, but this diet system has worked well for my personality/temperament.

Friends, in conclusion...THIS MONTH--Continue to build your base-with the addition of an conservatively paced weekly long run...Do some stretching AFTER your workouts...If possible, a weight training program may be of supplemental benefit (However, it won't make a 2:08 marathoner out of a 3:30 marathoner) If you do use weights Remember! Low weight/High Reps!!!...AND MOST IMPORTANT....Please try to achieve your ideal weight. GO FOR IT!!! I think it very realistic for many of you to lose 10 lbs this month. See you in March/Or out at Homestead. GO FOR IT!



Jack O'Neill at the New Year's Eve party



Jack Hilker and Rosey Simmons really enjoyed the run in the rain at the club party

TWO MIKE'S by Dave Waldrop

In the recent past the city of Fort Wayne, the Fort Wayne Track Club, and the Haverhill Running Community, due to job changes, have lost two dear friends, Mike Melendrez and Mike Novosad.

Mike Melendrez came to Fort Wayne six years ago from his native southern California via the Potlatch Company. Mike, early this summer, again with Potlatch moved back to California and is now living in the LA area. Mike and his family enjoyed living in Fort Wayne and with many close friends here had mixed feelings about making the move. However, it was nice to return home and be close to their families again. (As a side note, Evelyn Ashford and Mike live in the same sub-division. Maybe she could help Mike with speed work!)

Most of the Fort Wayne Track Club members know and remember Mike for the fine job that he did in directing the Winterfest Run each year. Also, those runners in the Fort Wayne Track Club who could run a 10K at a sub 6-minute mile pace will remember Mike well. Those of us in the Haverhill Community who trained with Mike always marvelled at the fact that he was able to race so fast while only training 20-25 miles per week with no speed work.

Mike Novosad and his family left Fort Wayne at the end of October for a new job opportunity in Buffalo, NY. There are not too many Fort Wayne Track Club or YMCA members who do not know Mike Novosad. Mike knows no strangers. Whether milling around with the crowd before and after races or on the YMCA track, Mike was always friendly, talkative and genuinely interested in others. Many will truly miss Mike. However, with his wife's family in Fort Wayne he has promised to return each year for the Home Loan 10,000 and, I wouldn't be surprised if we see him here for the marathon. He has run and completed the last four Hook's/TV 33 Marathon's.

I personally, will miss both Mike Melendrez and Mike Novosad very much. They were my running buddies. Over the past 4½ years the three of us have encountered together almost every type of running experience. Through those experiences, plus the caring and sharing, very special kinds of relationships develop and are

certainly not easy to let go of. I'm sure as runners, each of us has experienced this same kind of hurt when we say goodbye to a running buddy. I guess we just keep running.

For anyone who would care to correspond with either of the two Mike's, I have enclosed addresses and phone numbers.

Mike Melendrez
73 Oak Cliff Drive
Pomona, CA 91766
714/622-3522

Mike Novosad
104 Harrogate Square
Williamsville, NY 14221
716/626-5714

ANNOUNCING THE FWTC'S 1985 RACE SCHEDULE

* = POINTS RACE

DATE	TIME	DISTANCE
2/9/85	2PM	5 mile
	FWTC Winterfest	
	McMillen Park	
* 3/16/85	2PM	20K
	Homestead	
* 4/20/85	9AM	15K
	Spring Classic	
	North American Van Lines	
4/28/85	8AM	13.1 miles
	Foster Park	
* 5/5/85	8AM	26.2miles
	TV/33-Hooks Marathon	
	Coliseum	
* 5/19/85	8AM	5K
	Circular 5K	
	Shoaff Park	
* 6/8/85	6PM	5 mile
	Race ?America	
	Downtown	
* 6/22/85	8AM	4 mile
	Hilly 4	
	Homestead	
* 6/29/85	8AM	10K
	Turtle Days	
	Churubusco High School	
* 7/20/85	8AM	10K
	Old Settlers Day	
	Columbia City	
* 8/2/85	8PM	Up to you
	Never Ending 1 hour Run	
	on the Track	
	Northrop High School	
8/17/85	8AM	5K
	Kent Davis 5K	
	Georgetown Square	
* 8/24/85	6PM	5 mile
	Big Brothers/Big Sisters	
	Park Run	
* 8/31/85	8AM	8K
	Foster Park	
	M/D Love Run	
	Canterbury Green	
* 9/21/85	8AM	13.1 miles
	Parlor City Trot	
	Bluffton In.	
10/6/85	2PM	8 mile/2 man relay
	Foster Park	

* 10/27/85	2PM	10K
	Home Loan 10K	
	Downtown	
* 11/16/85	1PM	25K
	Challenging 25K	
	Homestead High School	
* 11/17/85		(Tentative)
	Bluffton/Oubache State	
	Park Cross Country Run	
	usually 1:30PM 9K	
	Oubache Park	
	Bluffton, In.	
12/7/85	2PM	3 & 10K
	J.P. Jones 10K	
	(Formerly "Lindley's 10K")	
	Foster Park	
12/31/85	11:30PM	5 mile
	New Year's Party Fun Run	
	YMCA	
	Downtown	

February 1985

- 2 Winter Celebration Run - 4 mile - Erskine Park Golf Course - South Bend 10 a.m.
- 3 Groundhog Seven - Carmel Clay JHS - 1:00 p.m. - Bob Stiehl 317-844-8295 or 846-6578 evenings before 9:30
- 9 Polar Bear 5 mile - Indiana Central Univ. Indianapolis 9:30 a.m. Public Relations Office ICU 317-788-3298
- 10 Molar Miler - South Bend Challenge Inc.
- 14 Senor Kelly's Valentine's Day Run 6:30 p.m. Challenge Inc.
- 16 Bop to the Top - 37 floor stair climb - American United Life Bldg, Indy - 10:00 a.m. - Steve Locke 317-232-4128 or 317-USA-0000 Cathletic Annex Running Centre
- 23 George Rogers Clark Trace Run 10 mile - Vincennes 10:30 a.m. Bill Conner 812-882-2288
- 23 Maple City Road Run 5 mile & 10 mile - Goshen Town-crest JHS - Athletic Annex 219-534-2863

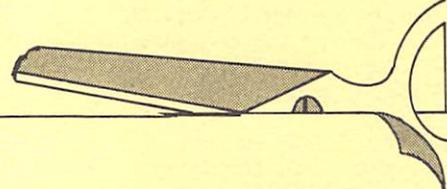
March 1985

- 3 Sam Costa Half Marathon - Carmel Clay JHS - 1:00 p.m. Bob Stiehl 317-844-8295 or 846-6578 evenings before 9:30
- 3 Kings Challenge 10K - North Village Mall - South Bend 9:00 a.m. - Challenge Inc.
- 16 St. Patricks Run the Runway 10K - Michiana Regional Airport - South Bend 10:00 a.m. Challenge Inc.
- 16 AUL Governor's Cup Series 8K - McCormick's Creek State Park - Spencer Jim Hetherington 317-263-1613

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