

# the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



EVERY CRAZY PERSON IN FORT WAYNE WAS TOLD TO REPORT TO HOMESTEAD HIGH SCHOOL ON JANUARY 19th AT 2PM (Temp -2° and winds of 30mph) FOR THE TRACK CLUB'S 8 mile FUN RUN.

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  
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 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  
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 of equipment for races-  
 745-0925  
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 745-4136  
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 622-7108  
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 measurement-745-4446  
 Mike Kast-Legal Consultant-426-5140  
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ADVERTISEMENT RATES FOR THE "INSIDE  
 TRACK" ARE:  $\frac{1}{4}$  PAGE \$ 22.50  
 $\frac{1}{2}$  PAGE \$ 35.00  
 1 PAGE \$ 50.00

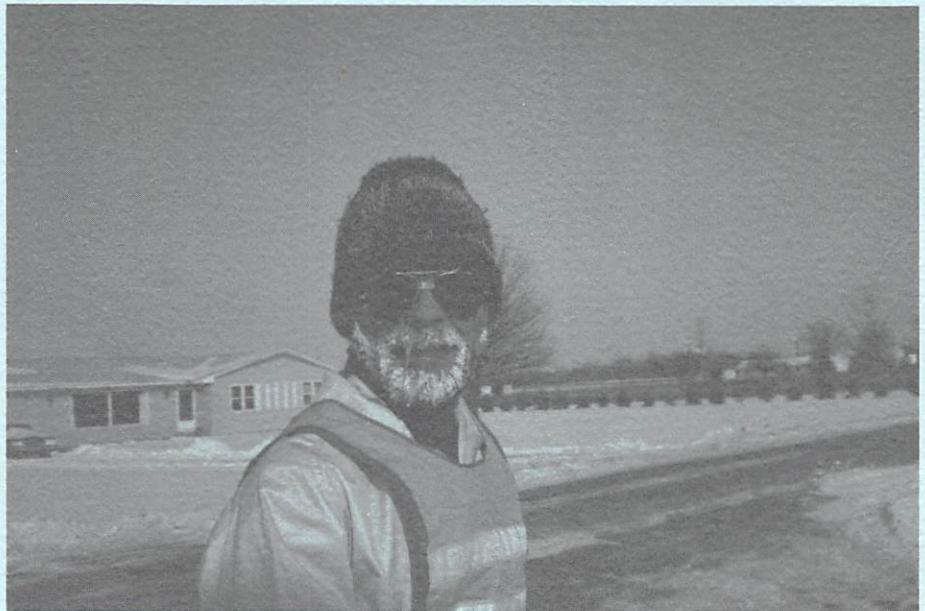
Don't forget the Wednesday night  
 Fun Run every Wednesday night at  
 Foster Park near the volleyball  
 courts at 6PM Sharp.

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.....  
 A report about our banquet and a tip on winter training from Prez Robbins  
 .....And all the gear to do your fastest winter training can be purchased  
 at 'Sports Tech.'.....Jim Bushey lugged his gear up to Detroit and ran a  
 PR there....You can establish a new PR for an 18 mile walk if you partic-  
 ipate in the WALK AMERICA WALKATHON....But Doug Sundling never slows  
 to a walk in the winter according to his article....If your going to be  
 concerned about your 'points standings'this year (You better stop walking  
 altogether and only run everywhere) you should absorb Russ Suever and Ken  
 Miller's explanation of how they are going to keep the 'Points' this year.  
 If you have any questions please call Russ Suever this year and not Ken  
 Miller like last year....Roger Wilson wrote us a letter about one of the  
 year's most funny-painful runs in the history of anatomy class 101.....  
 See Jeff Beam's Shoe ad .....And the Isaac Knapp District Dental Society  
 has an ad in here too.....Along with a race ad for The Canterbury Green  
 and Lobster/ American Cancer Society/"We are winning run.".....Then Mazock  
 continues his series about the "Mazock System.".....Mazock wants you all  
 to lose weight and in her article, Judy Newman tells you how.....  
 And there is a picture of Tim Fleming becoming the most recent first time  
 winner of any FWTC event. He takes the honor from John Treleaven who became  
 a first time winner at the club's annual Foster Park 10K.....  
 Next month is easter time and Bob & Sharon Pauley have an open invite to  
 all runners....We have pictures of all the runners and results of those  
 who participated in the February "Sweatheart 5 Mile (5K)".....Mike Glasper  
 did a nice job typing the Board "Minutes".....And thanks to Gary Lane, Bob  
 & Sharon Pauley for photography this month....John Eakin had better write  
 a story and take lots of 'photography' on his Coast To Coast Famine Run--  
 See his ad and his request....Tim Fleming and "Runner's Week" is gaining  
 fame from border to border. See an article about him and the show in an  
 article written for the Indianapolis Star. Don't forget, "Runner's Week"  
 is now on Wednesday Evenings at 8PM...We got Loucks race schedule and something  
 about why runners get sick less often than others.....And Mazock continues  
 to ramble on about "His Winter of Discontent.".....And there's even more  
 (Can you believe it?) If you know where to look.....Hope you enjoy this  
 stuff.....



There has been a great deal of excitement out at Homestead  
 on Saturday mornings during the group training runs. The  
 Abominable Lindley has been sighted one time already this  
 season and many club members are bringing their cameras  
 with them weekly, along with their winter running gear, in  
 the hope of catching this creature on film again. Come on  
 out. You may be lucky and catch a glimpse  
 of this rare specimen of the species Ultra.  
 (This photo is courtesy of THE MIDNIGHT RUNNER  
 magazine. January, 1939.)



## Editor's Garb by Jerry Mazock

In December, I was calling this season the "Wimp Winter." Even the first half of January was okay but THEN the temperatures did their nose-dive and without any melting, the snow piled up. Last week's blizzard was the 'straw' that changed "Wimp Winter" into "The winter of my discontent."

I used to feel that Indiana had a wonderful array of seasons-- Hot in the summer and cold in the winter. It Still is wonderful in the summer, yet, the winters of late have been more than the usual COLD in my opinion. I don't remember the winters of my youth quite this severe. Has anyone else noticed the last 5-8 winters being colder than any in the previous 25 years? For me, winter has become the season of forced toleration. With the exception of the Christmas season and Bobby Knight's antics the winters' of late simply are STINKO!!

Maybe it's because as a runner I'm out IN the winter more now than when I was 15-20 years old. Yet, I've been running outdoors for 13 years and I STILL think it's worse out now than when I began my running career. Maybe back then I was just so enthused with the new thrill of running that a typical winter day in Fairbanks, Alaska would have seemed good enough to run outdoors. Maybe I'm just tired of cold cheeks-Facial and other. Maybe I'm just getting old.

Maybe the winters seem worse because my life is more complicated now in the winter months than it used to be. 4-10 years ago, I'd go to work all day, come home and then run. Pretty simple life style! (Even in the winter). During the last 4 years, the short days of winter, the birth of our 2 wonderful children, and the fact that Linn is the bread-winner and I'm the house-husband-mother, combines to make winter and running in winter my least favorite season.

My mobility has been reduced to a quarter of what it was 5-10 years ago. In the past, after deciding to go to Southtown Mall, I could actually be there in 20 minutes, Now, with children it takes one hour

and twenty minutes. Then, I could go anywhere regardless of the temperatures. Now I can't. Between the weather and a family flu, I have been isolated at home for the last 3 weeks. I have cabin fever. I HAVE SPRING FEVER!!!

Lord knows I love my kids more than anything else in the world. But because of the responsibilities of parenthood, maybe the winters are worse to me than to someone whose mobility is not as restricted as mine is currently. During the long days of summer sunshine, I could easily wait for Linn to get home from work at 6:30PM to go out for my run. However, I hate running at that time during the dark winter months. In fact, during the last three weeks of isolation to avoid night running, I have run my daily 5 miler INSIDE my house on 3 separate occasions! (And you think our local indoor tracks are short!)

Needless to say, I have acquired a tremendous respect for motherhood during the past 4 years. BUT MOST IMPORTANTLY, I feel very fortunate as a man to be home with my little kids to see them grow, run and play and perform other heartwarming things FLA~~ST~~HAND! I feel very privileged to actively 'parent.' I will not go to work to pay for life's extras such as microwaves, fancy clothes and other luxury items when Linn's income is adequate to provide for life's necessities. We, both agree that one of us should be home with our kids. I won't use a sitter for more than 15 hours a week. (If I work part time). Nothing would break my heart more than to have a 40-50 hour-per-week-baby-sitter tell me how my son, Ernie, "got up and started to walk today for the first time." I'd throw that microwave out the window!

Yes, our children are the most wonderful and important things in our lives. EVEN my running will take a backseat to my moral and voluntary obligation of being a parent. Yet, there are times when I remember how easy things used to be when both Linn and I 'just' worked. I guess this feeling is natural. Yet, I wouldn't trade places with anyone-Even in this "Winter of my Discontent." But God! I hope Spring comes early this year!

We all wish to express our sympathy to Roseann Lindley on the passing of her mother, February 15th



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



President's News and Views  
-Mike Robbins

-Annual Banquet-

As is our tradition, this year's annual banquet again offered members and their families the opportunity to share ample and sumptuous fare. Each year the food seems better and better and the variety is amazing. After everyone was sufficiently (or too) full, the stage was set for the awards presentations and our featured speaker, Dr. Bud Getchell.

With the aid of numerous slides, Dr. Getchell presented the profile of a runner, or otherwise fit person. Dr. Getchell indicated that one does not have to train too hard or too often to gain a great deal of fitness. In fact, aerobic exercise for 30 - 60 minutes three to five times a week is sufficient. What is necessary is to bring one's heartrate to 75% of the maximal rate. The maximal rate can be estimated by subtracting your age from 220.

In more technical terms, fitness can be best determined by measuring oxygen uptake. This measures, on a cellular level, the ability of the blood to transport oxygen and to remove waste products. The maximum oxygen uptake decreases with age, but can be maintained at a youthful level with sufficient exercise.

Dr. Getchell's studies indicated that an exercise program can show vast improvement in fitness levels in just 10 - 12 weeks. Though the effects of a life of degradation cannot be reversed in three months, marked improvements in fitness are measurable.

Among other things pointed out by Dr. Getchell was the fact that exercise cannot prevent heart disease. It is hoped that a healthy life-style will reduce the risks of heart disease - but it cannot eliminate it. He also indicated that he does not advocate the use of vitamins. A normal, balanced diet provides all that are necessary.

In summary, Dr. Getchell stressed that fitness may not add years to your life but will add life to your years.

**-Awards-**

Along with the running award winners printed in last month's "The Inside Track," special recognition awards were presented to John Treleaven and Don Goldner for the efforts they put forth in their respective terms as president and to Jerry Mazock for the consistently excellent job he does with the newsletter.

Also recognized was the special contributions made by the wives and husbands of runners. They continually change schedules, plans and appointments to accommodate the needs of their running spouses. This is most true of the non-running spouse. In recognition of the support they give each other, the inspiration they provide and as a representative of the special support group of wives and husbands, a plaque was presented to Bob and Sharon Pauley.

**-Thanks-**

Special thanks for this year's banquet go to Lyn Schlegel who made all the arrangements, to Mike Glasper and KLF, Inc. for the use of the sound system, and to the Oaks and Berghoff Catering for their usual fine cooperation.

**-Weather-**

Hopefully by the time this arrives, we will have been granted a reprieve. The weather this winter has not been conducive to high mileage. If you were able to supplement running training with cross-country skiing or indoor programs, you should be able to start the spring a step ahead. With sunshine and even a few warmer days comes a renewed vigor. I would certainly support any program designed to eliminate February in Indiana. Leave the grey to Whistler!

The Track Club wishes to extend sympathy to Jack Morris on the passing of his father in Mid-February



Myron Meyer can not believe how much beverage Bob Wiersma can consume at just one banquet.

**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 \$ 27.00

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

\$ 75.00 off Men's & Ladies GORTEX SUITS

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.

NYLON RAIN SUITS ON SALE

**Helly Hansen Polypropylene Long Underwear**

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

<b>CREWNECKS</b>	<b>WIND BRIEFS</b> \$14.99
<b>TURTLE NECKS</b>	<b>HATS</b> \$ 7.99
<b>PANTS</b>	<b>GLOVES &amp;</b>
<b>\$14.99-\$19.99</b>	<b>MITTENS</b> \$ 7.99
	<b>SOCKS</b> \$ 3.99



(Formerly athletic annex)

Glenbrook Square  
By the Ice Rink  
484-4322

10% off regular merchandise with

Hi-Tech outfitters for exercise & sport FWTC membership card

**RACE RESULTS!!!!**

DETROIT MARATHON...OCT. '84  
Jim Bushey.....2:52:17 PR!!!  
153rd overall

We are sorry to announce the passing of Don Goldner's father. The club extends our sympathy to you and your family, Don.



THE FUN & ANNOYANCE OF WINTER  
by Doug Sundling

Sunday. January 20. Wake-up. Get out of bed. Visit the bathroom. Get dressed to go run. Stretch. Step outside.

Hm-m-m, does seem cold out here.

Start running my 3 1/2 mile morning loop.

Boy, I thought, that west wind sure is biting.

Just because icicles were forming on my eyes behind the mask cap pulled over my face didn't mean I shouldn't be out in this blast of arctic cold, did it?

Made it back. Showered to thaw out. Turned on the radio.

"-22°F outside. -70°F or colder windchill."

Hm-m-m, so that's why it felt so cold out.

Needless to say, I survived that run through the arctic air mass which had cordially dropped down over the Midwest during the night. As that Sunday progressed and the temperature stayed frozen below -20°F, I was awake enough by late afternoon to decide jogging anything more that day wasn't too hot of an idea.

Winter in Indiana brings both fun and annoyance for me as a runner.

(1) Ice annoys me. As do the unplowed streets where snow becomes packed down into a smooth, rock-hard white icing on the asphalt. Besides the risk of your finding out how much padding you have--or don't have--on your rear end, you can't do much of a speed workout when your slip-sliding-away. As a more philosophical

runner observed, the process of natural selection tends to eliminate those who insist on speed workouts during winter conditions.

(2) Those -50°F and colder wind chills have a tendency to make life slightly uncomfortable. Anybody who complains about 90°F heat during the summer, I usually remind them about some of those recent sub-zero winter days. That usually cools off the complaints about the heat.

(3) I don't like the narrow roads created by the one or two passes of a snow plow. The sidewalks and the shoulder of the road usually get buried under the piled up plowed snow, and that leaves a precariously narrow strip of roadway. Since roads were made for cars and not runners, I stay off main roads that often are my main running routes and use side streets. But these side streets are usually not plowed and have that wonderful icing glaze of packed down snow or dirty slush if the temperature is hovering near 30°F.

(4) Which leads me to another peeve: stupid drivers. If they think I'm crazy for running in this weather, they haven't seen the way they drive in it. I respect the vehicle's right to the road, but I don't really need some of the close shaves I get every week. I realize I'm thin, but I'm not paper-thin. Just because there aren't any squirrels darting across the road, doesn't mean a moving runner will suffice for target practice with the car or pick-up truck.

(5) All that salt on the roads and sidewalks is another necessary annoyance. That stuff not only eats concrete but also devours leather and vinyl of running shoes. That's why the training shoes from summer and autumn past usually end their useful training days during the winter.

(6) What I like the least is the time I need to take to dress and undress for winter running. I take almost as much time to dress, stretch, undress, and hang up my clothes to air out as I do to run my 3 to 4 miles every morning. Oh, to long for the warmth of summer and to simply jump into a pair of shorts, socks, and shoes and hit the road.

But winter is not all doldrums for the runner in me.

(1) There are no dogs to worry about. Especially in the sub-zero weather. If any are out, they usually just look at me as if to say, "You're crazy."

(2) And the looks of people delight me. What else better gratifies the smugness of a runner than the sometimes astonished looks of people who are all bundled up, huddling inside their cars as you jog by? There's that satisfaction that I'm doing something others wouldn't bother to do.

(3) I do like that invigorating winter air--to a certain degree. Like no lower than 0°F. Sub-zero weather becomes a test of survival. But between 0°F and 30°F, I do enjoy a steady 5 mile or so jog.

(4) Especially in the morning. It's usually calm, and the streets are clear of traffic. After an early AM run of 3 to 4 miles, I'm ready to appreciate a nice, warm shower and hearty breakfast. That combination never fails: I'm ready for the rest of the morning.

(5) One of the pleasures I can only enjoy during the winter is stomping through the snow covered trails of the nearby State Park. There is an unsurpassed peacefulness of a forest quilted with white snow. The stable, quiet rhythm of



Doug Sundling receives his 1st place OVERALL award for the men's division at the club's banquet

nature is no more apparent to me as a runner than when I am slipping through a forest sleeping beneath that blanket of white snow.

(6) Most of all, winter forces a break in the training schedule. The mega-mile weeks and gut-busting speed workouts are diminished to gentle LSD running. I either run routes with known distances, or I simply start my chronograph when I begin my run, run where ever I feel like going, stop the chronograph when I finish, and divide by my usual jog pace to determine the distance I ran. There's no pressure to stay in shape for races. No let-downs from not keeping to a training schedule. Freedom to indulge a little more than usual in eating and partying. (Of course, that may mean the Jerry Mazock crash diet program to get in shape for the TV 33/Hooks Marathon.) It's a time to take a break and give the body a rest, give it a chance to renew its strength, its desire to start training again, to meet the challenge of the approaching spring, summer, and fall.

And as February draws near, I can already feel the itchiness--that 12-week pre-marathon training time table--begin to twitch inside me.

Oh well, winter doth have a short lease, and May 5, I hear you beckoning.



Judy Tillapaugh receives her Women's Overall 'Points' award from Ken Miller & Russ Suever.

## 1985 POINTS STANDING

Yes, it is time again to think about the new race schedule and points competition for 1985. In keeping with the long standing FWTC tradition, we are changing the points computation method this year. Contrary to the popular belief among some of the membership, we are not changing the system because too many members are beginning to understand it. We believe the system can be improved and become more responsive to overall membership wishes. We received several very good suggestions for improvement of the system. We've tried to incorporate the suggestions where possible. The following are the basics of the 1985 system.

1. All FWTC members' points will be compiled. No sign up up will be required this year.
2. Standard FWTC age groups for both men and women will be used again this year. Your age group for points standings will be determined by whether your birthdate is in the first or last half of the year.
3. Points will be assigned by "overall" finishing position. All FWTC finishers will receive points. The points will be computed as a percentile of finishing position to the total number of runners in the race. (e.g. In a race with 100 runners, first place receives 1, 2nd .99, 3rd .98, etc.). The points assigned for each race will be averaged to determine standings.
4. A maximum of 10 races will be applied to points computation. If you run more than 10 races, the top 10 will be used and the others dropped.
5. There is no minimum number of races to qualify for points awards. However, in an effort to make it advantageous to run more points races, a minimum of 8 races will be assumed in computing the final point average (i.e. if a runner only ran 7 points races, we would use 8 when calculating his/her final average).

If you have any questions or comments, contact either of us, Ken Miller or Russ Suever.

Dear Jerry,

Here's a story I will call "Tears."

It was 2PM on February 13th. I decided to go out for a run. I live at Maplecrest and St Joe Center Road. I figured if I could make it down Maplecrest to the Rothman Road the Rothman road would be clear enough to run on. To my luck there wasn't much traffic on Maplecrest and Rothman was clear. It was nice running down Rothman with the wind at my back and the scenery was beautiful. On my way to the end of Rothman, I passed a farmhouse with a couple of dogs who were barking at me. And on my way back, I noticed the same two dogs now standing by the road waiting for me! I decided quickly to go down the Wheelock Rd. to the St. Joe Center Road.

This is where the 'tears' come into play. As I headed west on St. Joe Center Rd. there was a very strong head wind that brought tears to my eyes and a very cold chill to my ANATOMY. With 2 miles to go, I wondered what the heck I was doing running when people in cars couldn't even make it down the road.

Now....There are two different types of tears.....

First, there are the tears of the male runner who has just run two miles into a 35MPH wind at a good pace on a 22 degree day WITHOUT proper protection from Peter-Frost-Bite.

The second type is made by the male runner's wife sitting on the couch watching as the male runner straddles over the kerosene heater trying to bring life back to his frozen member. The tears of the male runner's wife were the tears of LAUGHTER!

Thank you

Roger Wilson

IF YOU HAPPEN TO BE PURCHASING EQUIPMENT FOR RUNNING THIS MONTH, BE SURE TO ASK THAT PARTICULAR STORE IF THEY WILL GIVE YOU A DISCOUNT

FOR SALE.....

1 PAIR OF TIGER ALLIANCE RUNNING SHOES....WORN 3 TIMES ... ( 9 1/2 regular width)....\$ 36.00 (regularly \$ 60.00+)...CONTACT JEFF BEAM.....

485-5209

CANTERBURY GREEN  
RED LOBSTER  
AMERICAN CANCER SOCIETY

"WE ARE WINNING RUN"

WHAT: Second Annual 5 K AWARDS: Shirt to all entrants  
WHERE: Canterbury Green Apartments Trophies to top male and female in each age group:  
WHEN: Saturday, May 18, 1985 19 and under 40 - 49  
At 9:00 a.m. 20 - 29 50 and over  
30 - 39  
WHO: Sponsored by Canterbury Green and Awards ceremonies immediately following the race.  
Red Lobster with proceeds to benefit the American Cancer Society  
FEES: \$ 7.00 pre-registration received by Friday, May 10, 1985. Late entries will be accepted thereafter at \$ 9.00, including day of race. Sorry, no refunds.  
REGISTRATION: Tax deductible check payable to:

AMERICAN CANCER SOCIETY  
1301 East State Boulevard  
Fort Wayne, Indiana 46805

For additional information, call ACS office at (219) 482-9181.

AMERICAN CANCER SOCIETY  
"WE ARE WINNING RUN"

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY/STATE \_\_\_\_\_  
ZIP \_\_\_\_\_

T-SHIRT SIZE: Small Medium Large X-Large (Circle one)

In consideration of your accepting my entry, I do hereby for myself, my heirs, executors, administrators, and assignees, release and discharge Canterbury Green, Red Lobster, the American Cancer Society, and all other race sponsors and representatives for any and all damages which may be sustained by me in connection with my association with or entry or participation in the "We Are Winning Run". I attest that I have full knowledge of the risks involved and am physically fit to compete.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
(Parent or guardian, if under age 18)

## Isaac Knapp District

### Dental Society presents:



### "Nutrition, Physical Fitness, and Body Fat"

with

Covert Bailey, A.B., M.A., M.S.

Wednesday, April 10, 1985  
Scottish Rite Auditorium  
431 West Berry Street  
Fort Wayne, Indiana 46802

8:00 a.m. - noon 1:30 p.m. - 5:00 p.m.

Covert Bailey is the author of two bestseller paperbacks, *Fit or Fat* and *The Target Diet* and of *The Covert Bailey Newsletter*.

Mr. Bailey is director of the The Bailey Clinic, a mobile testing clinic for body fat and physical fitness. It is designed to handle small groups of people interested in testing/lecture/learning courses.

A popular lecturer in nutrition and physical fitness, Mr. Bailey focuses his programs on why the physically fit body reacts differently to diet and exercise modifications than does the unfit body. The lecture will stress types of exercise, nutritional biochemistry and various diet programs you can utilize.

This program will be of interest to all office personnel as well as the Dentist. Dentists are encouraged to bring their spouse and staff.

CLIP AND RETURN

CLIP AND RETURN

CLIP AND RETURN

Return reservations to:

Covert Bailey Seminar  
c/o David N. Matthews, D.D.S., M.S.  
3611 Broadway  
Fort Wayne, Indiana 46807  
No phone calls, please

Make checks payable to:

Isaac Knapp District Dental Society

Fee: \$20.00 per person for general admission to all day lecture. (Lunch not included)

Registration deadline: March 1, 1985. Due to limited seating, early registration is encouraged.

Guest(s)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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



Bobby & Sharon Pauley receiving a service award from Prez Robbins. Sharon is really getting skinny!



Traditionally, March comes in like a lion and goes out like a lamb. And like the weather, your marathon training in the first half of the month will differ from your training during the last half of the month. The demarcation line will be the club's 20K run at Homestead on the 16th. This month you will be opposite of the weather conditions. For you will literally enter the month as a 'running lamb' and leave the month as a 'running lion.' But....A stronger lion you will become in April!

Quickly, in review....In January you made the all-important mental commitment and since the end of January you have been increasing your weekly mileage by 2 to 4 miles. You have been running with aerobic easiness. In February, you added a conservatively paced weekly long run of 11 miles (1st week) and 15 miles (the last week of February). And MOST importantly, (perhaps) you began to achieve your ideal running weight of 2 lbs for every inch of height.

For March.....I want you to continue to add 2-4 miles a week to your weekly totals. Continue to run with aerobic easiness. Continue with your diet. You should be pretty hungry during the week by now! (But I bet you are pretty determined also!)

In regard to your proper running weight (2 lbs for every inch), If you are 5' 9" or shorter you will have a somewhat easier time reaching that weight. (For you lucky guys, I suggest 2 things: Perhaps try to get 5 more lbs under that ideal weight, OR work on developing your strength--Weightwork or other isometric exercises---...If you are over 6'2" or 3" you will find it more difficult to achieve 2 lbs for every inch of height. However, try your BEST to get as close to it as possible.

Continue to add 1 mile per week to your weekly long run. By Tuesday, March 12th you should be able to run 14-17 miles

on your long run. And the week of March 17-23, you should reach your weekly mileage goals you set earlier. (No later than the next week.....The Marathon draweth nigh!). You have been running with aerobic comfort.

This aerobic comfort ends on March 15th. (Yet there will be many days of easy running between then and the marathon). For now you will enter a new part of your training. At the club's 20K, you will begin a series of 13 serious workouts that will fully prepare you for the rigors of completing your best marathon. DO NOT RACE THE 20K !!! The temptation may be strong....BUT DON'T! (You will be running a couple of gut buster races in April). And, anyway, why get yourself psyched up for the 20K when a snowstorm may completely erase any chance of racing well. INSTEAD.....I suggest you run the 20K at the pace you wish to run the marathon. This gives you a chance to get the 'feel' of this newer pace and will also tell you if your marathon plans are realistic. Sounds easy? Don't forget that a run at Homestead is a tad more difficult than in flat/flat Foster Park. This run will be a great training run that will prepare you for your 1st serious long run sometime in the next 10 days. (an 18 miler---or somewhere in the 16-20 mile range depending upon you). I am going to assume you are going to run the 18 miler on the weekend of the 23rd-24th. I suggest you run this run 30 seconds slower than your planned marathon day race pace. These workouts are tough!!!! When you awake in the morning of this run you should have a degree of anxiety with a feeling of anticipation concerning your run that day. These workouts should not be mind-boggling, Yet, they will be ones that you will never forget. If you train LSD all the time, you are training your body to do just that. You need to simulate a bit of what you plan to do on race day. Carbo-load the night before AND GOOD LUCK !!!!(By the way, always take a very easy running day before and after these workouts.....respect them.)

Sometime by the end of the month, I would like you to do 2 more specific workouts. These 2 workouts deal with speedwork. And yes, to run faster than 3:30 or to get closer to your potential, YOU NEED A DEGREE OF SPEEDWORK !....The first workout is a long session of speedwork consisting of 3 repeats of 2 miles (3 times 2). I will assume you will do this workout on March 20-Or 3-4 days before you do your 1st serious long run on the 23rd or 24th. These 2 mile runs should be done at (plus or minus) 5 seconds within your PR race pace for 10,000 meters. Take a 4 minute rest interval between. The beginning of the workout should consist of a 1-2 mile warmup and the end with 1-2 mile warmdown. If you never have attempted speedwork before, you should run the first repeat carefully in order to get a feel for the distance. To give you an estimate of how you should feel during these runs--The last 1/2 mile should be anaerobically fatiguing. This is another tough workout! But you're paying the price now for a faster race on that 1st Sunday in May. Try to run at least 2 of the 3 repeats with the breeze if possible.

(Continued on next to last page.)



ENERGY BALANCE  
by  
Judy Newman, R.D.  
St. Joseph's Hospital

Maintaining weight, health and fitness is a balancing act. This balancing act involves balancing the body's energy intake (Calories consumed in food) and following the Basic Four recommendations for needed nutrients with the amount of energy expended by the body. The equation follows that when energy consumed is greater than energy expended, weight gain will occur and when energy expended exceeds energy consumed, weight loss will occur. To assist in the balancing act, it's possible to calculate energy intake by counting calories and to measure energy expenditure.

The body's energy requirements differ for each individual. The three main factors that determine the total energy requirements of an adult are:

1. Basal Metabolism
2. Physical activity
3. Specific dynamic action of food or diet - induced thermogenesis

Primary factors that effect the basal metabolic rate (BMR) include:

1. Surface area - an interesting note here is that a tall thin person has a greater surface area and higher BMR than a short stout person of the same weight.
2. Sex - women have a 5-10% lower BMR than men. Women's body cells do not function differently than men but women's body composition generally contains more fat and less muscle than men, and fat is less metabolically active.

3. Age - BMR is highest during periods of growth and declines about 2% per decade during adult life.



Bobby Pauley and Lyn Schlegel can't decide what they want to eat first at the banquet..... Either the French Fried Moose Bowels or the Sauteed Mouse Tails

4. Body composition - a larger proportion of adipose tissue lowers BMR. Athletes with a greater muscular development show about a 5% increase in BMR.
5. And others such as; endocrine glands, pregnancy, lactation, nutritional status, sleep, fever, and exercise. (Note: the effect of vigorous exercise is to increase the BMR both during exercise and for several hours after exercise.

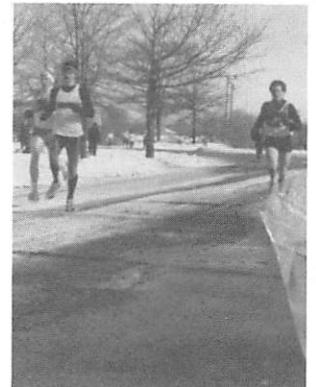
The BMR can be actually measured for an individual but it is usually inconvenient, expensive or impossible. The BMR can also be calculated using a formula and is then referred to as the Basal Energy Expenditure (BEE). The following formula for BEE takes into account age, sex and body surface area.

$$\text{BEE for a female} = 655.096 + 9.563 (W)^* + 1.85 (H)^* - 4.676 (A)^*$$

$$\text{BEE for a male} = 66.473 + 13.752 (W)^* + 5.003 (H)^* - 4.676 (A)^*$$

W= weight in kilograms (kg)  
H= height in centimeters (cm)  
A= age in years

Next to basal needs, physical activity is the greatest single factor effecting energy needs. Here are some examples of daily energy expenditure:



Brian Shepherd and Jeff Beam midway in the "Sweatheart McMillen Park 5 Mile 5K"

Activity	Man, 70 kg Cal/min.	Woman, 58 kg Cal/min.
Sleeping, reclining	1.0 - 1.2	0.9 - 1.1
Seated and standing activities	to 2.5	to 2.0
Walking level 2.5-3 mph	2.5 - 4.9	2.0 - 3.9
Walking 3.5-4 mph or skiing, tennis, dancing	5.0 - 7.4	4.0 - 5.9
Walking with load uphill or jogging, swimming	7.5 -12.0	6.0 -10.0

The specific dynamic action (SDA) or calorogenic effect of food has an effect on metabolism. Carbohydrate or fat increases heat production of the body by about 5%. If the food intake is solely protein, the increase may be as much as 30%. The SDA effect of food is due to the energy needed for digestion of food and absorption and assimilation of nutrients. Although not completely understood, the SDA may be enhanced by exercise. A well balanced diet using the Basic Four Food Group concept is necessary for good health and manipulating the diet using the SDA concept to increase metabolism in an attempt to lose weight is not useful and can be harmful if entire food groups are eliminated.

The total daily energy requirement is commonly estimated by adding together the BMR, physical activity and the SDA of food. A procedure that is accurate for many purposes is to:

1. Determine the ideal body weight (IBW) of an individual in kilograms (kg).

Females: 100 lbs. (45 kg) for the first 5ft. plus 5 lbs. (2.2 kg) for every inch over 5ft.

Males: 110 lbs (50 kg) for the first 5ft plus 5 lbs (2.2 kg) for every inch over 5ft.

Add 10% of this total for large frame, Subtract 10% for small frame.

2. Use the formula for calculating your BEE using the IBW figure calculated from above.

3. To the BEE calculations, add:

30% of calculated BEE if your activity level is light.  
Light activity = sleeping, standing mild activity

40% of calculated BEE if your activity level is moderate.  
Moderate activity = walking 3 MPH, exercises 3 to 4 times/week for 20 minutes each.

50% of calculated BEE if your activity level is heavy.  
Heavy activity = walking 3-4 MPH, skiing, tennis, exercise and/or jogging 4 times/week or more for ½ hour or more each time

70% of calculated BEE if your activity level is very heavy.

Very heavy activity = walking with a load uphill, swimming, running or biking almost daily, involved in marathon running or bicycle racing.

Using these three steps will result in a calculation of Calories needed for maintenance of IBW. This will also help you identify your body weight goals. Using the energy equation and the knowledge that 3500 extra Calories equals one pound of body weight on either side of the energy equation, you can aim for a needed weight gain or loss. A word of caution though, a weight loss of more than 1-2 lbs/week is not healthy and can result in a loss of performance for an athlete because of loss of muscle mass and dehydration. Calories each day should be restricted by no more than 500 below what's needed and will result in a 1-2 lb. loss/week. Weight loss by diet alone causes a greater loss of muscle mass. Exercise along with dieting speeds weight loss and protects against lean tissue losses.

The ability of the normal healthy adult to control the energy intake to match energy output is remarkable. Body weight, the indicator of this balance can be quite stable. During a single year the average American male will consume one million calories of which over 99% will be expended.

If only 1% of these were stored, a 3 lb weight gain would occur. The balance between energy intake and expenditure depends on activity and the control of hunger. In the situation of obesity the body's controlling system has failed. There has been too much hunger, too little satiety and/or not enough activity. In a following newsletter, I'll write more about energy intake from food.



Everybody feeding their faces at the club banquet

This month's recipe has nothing to do with BMR, it's just a family favorite.

Chocolate Chip Oatmeal Raisin Cookies, makes 3 dozen. Oven 375°.

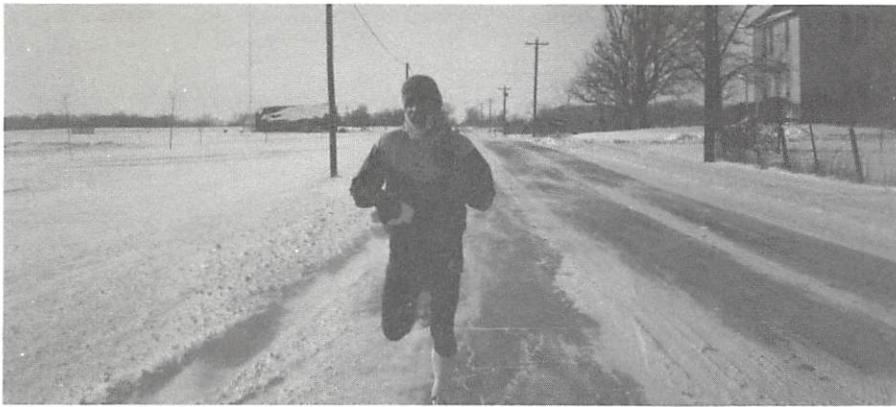
<u>Ingredients</u>	<u>Measure</u>
margarine	1/2 c
brown sugar	3/4 c
egg	1
vanilla	1/2 t
sifted flour	1 c
salt	1/2 t
baking soda	1/2 t
milk	1/4 c
oatmeal	1 1/2 c
chocolate chips	1 c
raisins	1/2 c
nuts, chopped	1/2 c

#### Method

1. Cream together margarine and sugars
2. Blend in egg and vanilla
3. Sift together flour, soda, and salt. Add to creamed mixture alternately with milk
4. Stir in oatmeal, chocolate chips, raisins and nuts.
5. Drop by teaspoonfulls onto lightly greased cookie sheet. Bake 10-12 minutes.



Tim Fleming munching on the pickled monkey brain dish brought to the banquet by Judy Tillapaugh



Tim Fleming wins the CRAZY JANUARY WINTER 8-MILER

January 8 Mile Results

OVERALL	NAME	AGE	TIME
1	Tim Fleming	36	51:35
2	Roger Wilson	31	52:01
3	Mike Glasper	32	53:27
4	Myron Meyer	57	54:21
5	Larry Averbek	44	54:56
6	Ray Sibrel	47	56:24
7	Steve Adkison	40	56:57
8	Jerry Mazockiscold	32	58:54
9	Mark Brattoli	29	58:54
10	Roger Puckete	40	59:04
11	Michael Callahan	32	59:12
12	Don Lindley	41	59:13
13	Chuck Okorowski	40	1:01:40
14	Tom Mather	37	1:03:35
15	Just Plain Jones	56	1:07:03
16	Tom Liebrich	49	1:12:13
17	Phil Burns	62	1:24:10

WOMEN

1	Joyce Walters	30	1:03:47
2	Joan Goldner	46	1:06:11
3	Deb Glasper	32	1:11:00



John Treleaven watches Tim Fleming-immediately following his victory-Check his wrist for injury

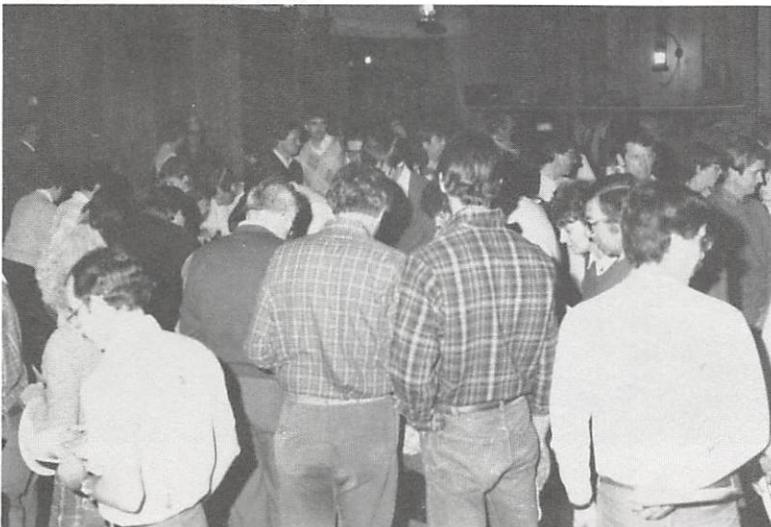
AN OPEN INVITATION FOR AN EASTER SUNRISE RUN

In the gospel of Matthew it says that Mary Magdalene and the other Mary ran from the empty tomb to tell the disciples that Jesus was risen. In the gospel of John it says that Peter and another disciple ran to the tomb to see for themselves. Yet, we've never attended an Easter sunrise service that included any running: So this year, we're going to try it ourselves.

About 6AM on Easter Sunday, April 7th, we're going to walk from the starting line in Foster Park about a half mile through the park. Then we're going to run back to the start to roughly re-enact the run of the Marys. We're also going to rerun the course just like the disciples did. We'll probably finish off the run with a celebration and breakfast. No worship service is planned.

Obviously, this is a personal run and has nothing to do with the FWTC. However, we've shared so many deeply personal and joyous runs with those of you in the track club that we'd like to invite any one who so desires to join us. Give us a call and we'll put your name in the pot for breakfast. Please call us at 745-0925.

Bob & Sharon Pauley



Three club members were trampled to death after Mike Robbins declared 'open season' on the banquet tables.

SWEETHEART 5K RUN -- McMILLEN PARK

2-9-1985

MEN

14 & Under

1. Tim Gorrell 20:29

15-19

1. Brian Shepherd 16:06  
 2. Jeff Peterson 16:46  
 3. Chris Norrick 17:45  
 4. Tony Hamilton 19:12

20-24

1. Jeff Beam 16:22  
 2. David Geiger 19:44

25-29

1. Jerry Williams Jr. 16:49  
 2. Calvin King 18:08  
 3. Larry Bolden 18:48  
 4. Bob Schendel 20:33  
 5. Dennis Sheetway 21:25  
 6. Pat Beughal 21:39  
 7. Bill Laupon 21:59  
 8. Mark Brattoli 23:14

30-34

1. Hal Pearson 18:09  
 2. Steve Caswell 18:16  
 3. Terry Coonan 19:28  
 4. Denny Zech 19:41  
 5. Jerry Mazockisstillcold 20:36  
 6. Michael Gallahan 20:53  
 7. David Boling 22:23  
 8. Joe Kuhn 24:00  
 9. Rod Butler 24:24  
 10. Rick Longworth 29:34

35-39

1. Tim Fleming 18:25  
 2. Ivan Painter 20:30  
 3. Dave Winters 20:56  
 4. Lee Pearson 21:47  
 5. Joe Hilger 22:03  
 6. Clifton Gorrell 23:21  
 7. Don Nottingham 23:23  
 8. Jeff Raff 23:34

40-44

1. Jerry Perkins 18:35  
 2. Rudser Puckett 19:24  
 3. Don Lindley 19:30  
 4. Don Ashton 20:31  
 5. Bernie Burgette 21:53  
 6. Mike Lykins 23:26  
 7. Merrill Landis 23:51  
 8. Larry Yant 24:34  
 9. Bill Cline 26:38

45-49

1. Tom Laird 21:24  
 2. Tom Liebrick 21:29  
 3. Tom King 22:01  
 4. Tom Felger 22:06  
 5. Brad Seel 22:17  
 6. John Ribar 23:52  
 7. Joseph Brooks 24:36



At the start of the Sweetheart 5 Mile 5K Jeff Beam (Center) asks everyone if they have seen his pants

50-59

1. Terry Gautsch 21:26  
 2. Gene Gran 21:35  
 3. Cliff Ditto 23:01  
 4. Sam Schwartz 24:00  
 5. Chuck DePoleVaulter 24:50  
 6. Just Plain Jones 25:17  
 7. Curtis Nold 25:29  
 8. Paul Snyder 25:55  
 9. Richard Longworth 30:39

60+\*\*\*\*\*

1. Phil Burns 26:04

WOMEN

19 & UNDER

1. Jamie Gorrell 21:01

20-29

1. Mary Teresa Connolly 19:38  
 2. Linda Conrad 21:56

30-39

1. Valerie Puckett 26:11

40-49

1. Roseann Simmons 23:03  
 2. Gloria Nycum 27:32  
 3. Gloria Blair 30:42  
 4. Sharon Pauley /?/?/?

50+\*\*\*\*\*

1. Jean Longworth 30:41



Jeff Beam finishing 2nd at the Sweetheart 5 Mile 5K



Brian Shepherd winning the Sweetheart 5 Mile 5K. That's Don Lindley running the other way on this course. By the way, Don Lindley DID NOT FALL ON HIS BEHIND AFTER THAT PICTURE WAS TAKEN OF HIM AT THE NEW YEAR'S PARTY in last month's newsletter!

FWTC BOARD MEETING MINUTES

The Fort Wayne Track Club held a meeting at the downtown YMCA on January 13, 1985 at 7:00PM.

Present were: Mike Robbins, Dan Kaufman, Don Lindley, Randy LaVine, Tom Wagner, Tim Fleming, Russ Suever, Ken Miller, Lyn Schlegel, Sharon & Bobby Payley, Jerry Mazock, Doon Goldner, John Treleaven, Ron Heimbürger, Denny Zech, Jim Bushey, Phil Rizzo, and Michael Glasper.

The minutes were read and approved from the December 1984 meeting.

Don Lindley submitted the treasurer's report for the period December 1, 1984 to December 31, 1984. The Fwtc has a balance of \$7,702.43.

The board agreed to switch rental space sites to one on the south side of Ft. Wayne, to be nearer to the majority of races and to get a groundfloor rental space versus the present 2nd floor site.

Lyn Schlegel reported everything was set for the banquet.

Membership cards have been ordered and should be recieved sometime this month. They will be mailed in the newsletter. There may be a problem with family members receiving their cards. It was noted anyone having a question should contact Jim Bush-ey or Randy LaVine.

Jim and Randy reported that they are near completion of rewriting the membership program.

John Treleaven and Doon Goldner presented the 1985 race schedule and it was accepted by the board.

Russ Suever and Ken Miller offered the 1985 "points standings" plan. Complete details should appear elsewhere in this newsletter.

John Treleaven delivered the Hooks' Tv--33 Marathon update. The spaghetti dinner will be Saturday night, May 4th, 1985, at the downtown Lincoln Life Cafeteria, tentatively to be served by Casa D'Angelo's. Bill Nichols of TV--33 is the race director with the FWTC now acting as a consulting agent.

Denny Zech reported that he will begin a column featuring businesses which offer discounts to FWTC members.

Tim Fleming reported on a meeting with a reporter from Indianapolis

who writes for the Indianapolis Star. The meeting concerned coverage of FWTC races in their paper. Tim is also publishing a form to be filled by the race director for publication of race results in the Ft. Wayne newspapers. Tim reported that Cable 10 has moved "Runner's Week" show to Wednesday night's at 8PM effective January 30, 1985. Tim also reported on trying to get race information into surrounding communities newspapers.

Mike Robbins reported that Jerry Mazock and John Treleaven have been nominated for awards to the Road Runners Club of America. John has been nominated for volunteer of the year and Jerry, along with the FWTC newsletter, has been nominated for the running publication of the year.

The board passed a motion to purchase two folding tables for use at races.

Tom Wagner has reported that the FWTC has again secured it's tax exempt status. The board noted that the FWTC gratefully acknowledges Tom's efforts in securing the tax exempt status.

Respectfully submitted,  
Michael Glasper  
Secretary



Vern Chovan and Curt Nold will not let Banquet speaker Bud Getschell go home until he tells them the secrets of running



Mazock in oxygen debt at the start of Sweatheart 5 Mile 5K



John Treleaven at the start of the Sweatheart 5Mile 5K: "On your mark.....Hold your injured wrists....."



Go!!!!!!!

Runners, RV's Needed For Famine Run

On July 26 a group of runners will depart Fort Wayne for San Francisco where they will begin a three week, 3,000 mile relay run to Annapolis Md. The run entitled "Starve Trek" will benefit famine victims in Africa. Six to eight runners will be needed. As of now three runners have signed on and six others are interested. I'm very pleased with the caliber and enthusiasm of the runners we have thus far. To my surprise most of these runners are from out of town or out of state. I'm hoping more local runners will take this opportunity to participate in such a worthwhile running adventure.

We will also need the use of at least one RV. If there are any kind, saintly people out there who would be willing to donate their RV for three weeks- or any runners who are interested in participating in this adventure contact; John Eakin  
1216 West Packard Avenue  
Fort Wayne 46807 441-5002

# Fort Wayne runners become 'stars' of weekly cable television program

**R**UNNERS CAN be TV stars of sorts in Fort Wayne. On *Runners Week*, local track club members are shown starting, sweating and finishing their races.

The weekly cable TV program also includes interviews, race analysis and running-related features. It's not quite as slick as the network sports shows, but it's a good way to recognize local runners, explained Tim Fleming — cameraman, announcer, reporter, editor, etc.

The show, produced by the Fort Wayne Track Club, now airs at 8 p.m. Wednesdays on Channel 10. It's the public access channel of Citizens Cable, with studios in the Allen County Public Library.

The show, which was started by club members about a year and a half ago, has covered topics such as shoes, apparel and racewalking, and club-sponsored events such as the Home Loan 10K and the River Greenway Triathlon, Fleming said.

Among the 30,000-plus cable subscribers in the Fort Wayne area, there is a guaranteed audience of runners eager to see themselves on the tube. "They know they're going to be on TV," Fleming said.

And he hopes the show's new Wednesday time slot will increase the size of the audience — *Runners Week* is no longer competing with *Dallas*, the Friday-night soap that tops the ratings lists.

**A**CKNOWLEDGING that the general public is not likely to be interested, the show focuses on the local runners. A goal of the 700-member club and the show is "to portray running as a sport to improve one's health," Fleming said. So they try to film as many participants as possible and provide interesting and informative programs.

Each half-hour show is the result of at least five hours of work, Fleming estimated.

Time is spent preparing interviews, setting up equipment and filming the actual race or event.

To cover a race, the film crew — including a driver — mounts the camera on a tripod in the hatchback of a car, Fleming said. They film the start, rush to the first mile marker to film the entire field before it spreads out too much and then scramble to get to the finish line before the winner.

Then the editing is done in a "professional" studio at the library, he said. The tape is cut and spliced, and voices are synchronized.

Fleming said he and other club members who have worked with the show learned to use the equipment during workshops offered by the



## RUNNING

By PATRICIA HAGEN

library, which oversees programming on the public access channel. Brian Stoner, one of the station's volunteers, often helps with the club's show.

**T**HE SHOW has become more professional-looking as they have gained proficiency with the equipment and watched themselves on the tapes, Fleming said.

But in front of the camera, Fleming said, "You always are nervous. There are no cue cards."

He said he has watched other sports shows on television to pick up hints to improve his own interviewing. It's important to make the speaker relax, so Fleming said he often will ask funny questions. And he had to learn to interrupt his subjects — to keep the conversation moving.

It's a new angle on running for the 35-year-old gas company employee who has been racking up mileage for about five years. While he still does about 50 miles a week, he acknowledges that spending hours in the studio hasn't helped his own racing much.

But, he said, "The show must go on."



STAFF PHOTO

Tim Fleming's only complaint about preparing weekly cable TV show for Fort Wayne runners is that it cuts into his own running time.

## THE MAZOCK SYSTEM (CONT.)

And, during the 4 minute rest interval you may walk ( I do!) The second type of interval I want you to run by the end of March (After your 18 miler) is a running interval of shorter duration. I would like you to run 10 quarter mile repeats (10 runs of a quarter mile) at a pace 10-15 seconds faster than your best race pace for a 10K. Example....If you average 7:00 per mile for a 10K...Therefore you run every quarter mile in 1:45....I suggest you run each repeat in about 90 seconds. Take a walking rest of 90 to 120 seconds after each quarter. These runs are very anaerobic in nature, AND I strongly suggest you run them 'easy' enough during the first 7 repeats to insure your completion of this demanding workout.(In case you have never run a workout like this before). Run a 2mile warmup with little 5 & 10 yard pickups at end of the warmup. Afterwards run 2-5 miles warmdown very easy.

In CONCLUSION.....FOR MARCH.....YOU SHOULD....1) Continue to increase your weekly average by 2-4 miles-You stop increasing your weekly mileage after the week of March 17-23. 2) Continue with your diet. 3) Run the 20K at Homestead as your 1st specialty or serious workout. 4) Run a 3 x 2 mile interval workout as your 2nd specialty workout. 5) Run your 1st 'serious' longer run of about 18 miles (3rd specialty workout). 5) Run an (10 x ¼ mile) shorter interval workout (4th specialty workout). 6) You may run your 2nd serious longer run on either the weekend of March 30th or April 6th, but preferably not on both. Take an easier longer run on the weekend you don't run hard. Here are some other thoughts concerning your training for March: \*\*\*Consider running your intervals in Foster Park. It's accurate and plowed. \*\*\*For specialty workouts you need about 3 hours time for just yourself. \*\*\*You should run only 4 serious 18-milers-Not one every week.(Burnout City) \*\*\*You should not be wearing your race day shoes yet. Buy them by April 10th. \*\*\*Keep in mind that from March 16th to April 27th is serious training time! \*\*\*Run your serious long runs with the group at Homestead on Saturday's THAT'S IT.....SEE ALL YOU "LIONS" NEXT MONTH.....

ANNOUNCING THE FWTC'S 1985 RACE  
SCHEDULE

\* = POINTS RACE

DATE	TIME	DISTANCE
* 3/16/85	2PM	20K
	Homestead	
* 4/20/85	9AM	15K
	Spring Classic	
4/28/85	8AM	13.1 miles
	North American Van Lines	
	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	
	Foster Park	
* 8/31/85	8AM	8K
	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	

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

APRIL 21st 9AM. WALK AMERICA (MARCH of DIMES)...Walk it or run it! 18 miles. A minimum pledge of \$ 5.00 to participate. Starts at Coliseum. Door Prizes. Bonnie Taylor, 427-3644 or 447-5892.

March

- 3 SAM COSTA HALF-MARATHON Carmel Clay JHS - 1:00 p.m. Bob Stiehl 317-844-8295/ 846-6578 before 9:30 p.m.
- 16 AUL GOVERNOR'S CUP SERIES 8K - Spencer, IN - 10:00 & 9:30 a.m. - McCormick's Creek State Park - 800-622-4931
- 17 2 LAP RACE AT AQUA GARDENS Anderson, IN - 2:00 p.m. Cindy Bush 317-649-3235
- 23 NEW HOPE FOUNDATION 10K & 3K - Park Tudor School Indpls - 1:00 p.m.
- 24 CINCINNATI HEART MINI-MARATHON 15K - Cincinnati 1:00 p.m. - 513-281-4048
- 30 RUN FOR JERRY'S KIDS 10K Purdue Univ. W.Lafayette 10:00 a.m. - Kristi Genung 317-743-3836
- 30 PEPSI CHALLENGE 10K - Niles MI - Champion Promotion Mishawaka 219-259-8008

April

- 6 AUL GOVERNOR'S CUP SERIES 8K - Lafayette - 10:00 a.m. McCutcheon HS - 800-622-4931
- 6 DANCE KALEIDOSCOPE 10K-Indpls 317-882-1800
- 13 PROFESSION PROCESSION Greenwood 317-882-1800
- 13 7-UP MIDDLETOWN CLASSIC 10K - 1 mi fun run - 11:00 a.m. - University Gym - Ball State - Mike Gastineau Muncie - 317-288-4816



Kimberly Boggar

## Joggers Get Sick Less Often than Others

People who jog and engage in other forms of exercise are healthier than those who don't because the heat they generate triggers a mechanism that wards off infections. Body temperatures rise by as much as four degrees during exercise and remain elevated much longer than is actually necessary to dispel the heat generated by the exercise. To determine why this is so, University of Michigan physiologists Joseph Cannon and Matthew Kluger analyzed blood samples of subjects who had pedaled an exercise bicycle for an hour. They found that the samples contained a protein called endogenous pyrogen, the same substance found in the blood of someone who has a fever. Since fever kills infections, the researchers speculate that exercise prevents illness by the same process.



Mary T. Connolly wins the Sweatheart 5Mile 5K

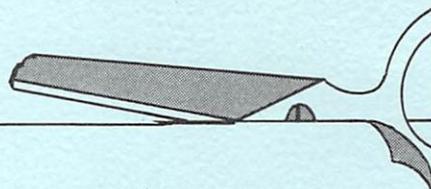


Faces in the crowd at the Sweatheart 5Mile 5K

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