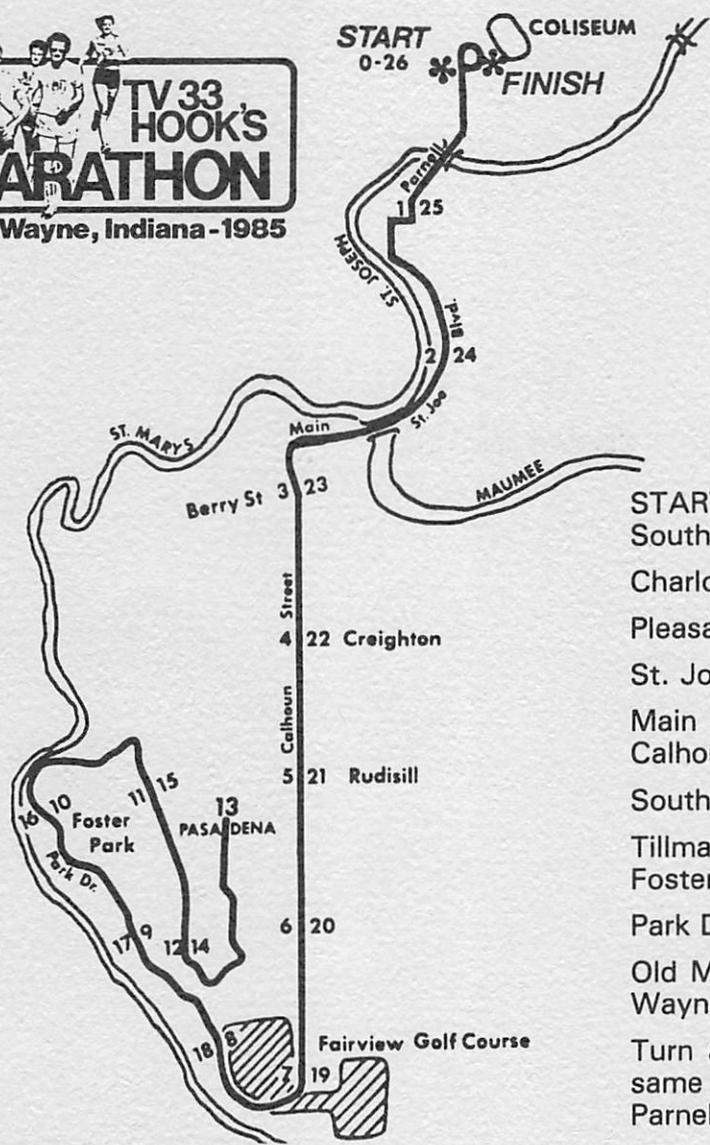


# the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



**Sunday, May 5, 1985**  
**HRRC Points Race**  
**RRCA SANCTIONED**  
**TAC re-certification pending**



**STARTING TIME:**  
**8:00 A.M. (EST)**  
**WHEELCHAIR 7:55 A.M.**

### DESCRIPTION OF COURSE

**START:** Parnell Avenue (Memorial Coliseum) South to Charlotte Avenue.  
 Charlotte Avenue to Pleasant Avenue.  
 Pleasant Avenue to St. Joe Boulevard.  
 St. Joe Boulevard to East Main Street.  
 Main Street past City County Building to Calhoun Street.  
 South on Calhoun Street to Tillman Road.  
 Tillman Road to Fairfield Avenue, and into Foster Park on Park Drive.  
 Park Drive to Old Mill Road.  
 Old Mill Road to Old Farm Circle and South Wayne.  
 Turn around at Pasadena and return by the same route to Coliseum entrance circle off Parnell Avenue for finish.

Race assistance will be removed from the course at 12:30 PM, 4½ hours after the start of the race; aid stations will close, and security personnel will leave their positions. Runners will be on the course at their own risk after the course has been closed.

The finish line will close at 1 PM. Awards ceremony begins at 1:30 PM.

**All runners must have their numbers on the front of their uniforms or they will be disqualified.**

For runners safety, no bicycles will be allowed on course.

**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.....How Prez Robbins spells 'relief'!...And in Mazock's editorial you'll discover how relieved he is about not running (Excuse me...I mean racing) this year's TV--33/Hooks Marathon....We got a couple of ads from Sport TECH and another one for an item called KOOL 'N' FIT.....Doug Sundling tells us how his watch tells him that he's Kool 'N' Fit.....(He's also an artist--SEE "Beyond The Local Beat.")....Glasper nailed the club's MINUTES quite effectively and insisted I put an ad in for the CIRCULAR 5K too.....Judy Tillapaugh tells us everything we ever wanted to know about Carbohydrates for our marathon diets.....When you're done with the marathon, go to Denny's Bike Shop and buy one--See their ad!.....Tom Wagner, Dave Fairchild, Ken

Miller, Tim Fleming, and Dan Kaufman got together and tried to figure out exactly what the track club is trying to do. See their PURPOSE COMMITTEE FINAL REPORT.....Masochism reaches a new high this month in THE MAZOCK SYSTEM.....Stan Florea joins our staff as a columnist for the younger runners in our club....There's an ad for the North American Van Lines 15K .....And there's a great ad for purchasing our new club uniforms, license plates, running logs, Bumper stickers, license plate frames and 100 square miles of prime running land in Montana that's just a tad under water..... There will be plenty of water at the aid stations of the fine CAYLOR/NICKEL race too--See their race ad....There's also an ad about a local exercise physiology lab.....And there's a list showing all the stores a FWTC member may receive a discount.... AND there's Louck's area race calendar and a race result....There's even more if you know where to look..... HOPE YOU ENJOY THIS STUFF !!!.....

## How would you explain this man's recovery from baldness?

Frank Rodgers 2 years ago--A worthless NON-RUNNER →



Frank Rodgers had been balding for close to seven years. Yet, in the past two years, his hair seemed to grow back.

Frank soon after starting his running program 14 months ago. →



Was it due to a miracle? A hair transplant? Or a secret baldness remedy?

No, it wasn't any of these. The appearance of new hair growing back was the result of starting a program of running 14 months ago and currently training with the group out at Homestead High School every Saturday morning at 9 A.M.

Frank after finishing last year's HOME LOAN 10K →



Frank summed it up best: "You've heard some runners say that a GOOD, HAID workout puts 'hair on your chest?' Well, in my case, it put hair on my head!"

NOW, Frank in heavy training for the TV-33/Hooks Marathon. Frank asks: "Will I get some hair on my chest if I train for an ultramarathon?" →



Frank also felt the hair replacement clinic taught by Mike Robbins and Mike Glasper after the runs were very helpful also.



## Editor's Garb by Jerry Mazock

I retired from local racing last fall. I felt good about that.

Yet after a good 5 miler on the Central 'Y's track, the other day, I was ready to reverse my earlier decision and once again compete in the TV--33/Hooks Marathon. Euphorically basking in the steam room produced visions of swift leanness. It would feel marvelous to be fast and skinny again. I nearly made the commitment to train--Albeit a late one.

Five minutes later, I glanced at my inner self in the locker room mirror and said: "NAH !"

My sanity had returned. (Or did reality return ?)

As I drove home I realized my competitive spirit is alive and lurking in some remote corner of my soul. This spirit had only occasionally reared itself, but today's uprising was unexpected--However a short one. And for this year it means that Loucks will have one less runner a 1/2 mile behind him at the finish.

I feel good about that.

BUT, JUST SUPPOSE someday, I do decide to do it again ( I believe Reagan will invite Gorbachev to Thanksgiving dinner first!) What must occur in my life for training to begin? Assuming I have more time and more desire to train than I have now, I identified four areas pertaining to lifestyle or training I would check out before such a commitment would be made. (But, I believe I'm 'pipe-dreaming')

But when you see it snowing in July while the moon turns into green cheese, then you can anticipate my return to marathon training for just 'one more marathon.'

To be more exact--After determining all other life's factors were stable, AND committing once again to the famous MAZOCK SYSTEM, I would check into these 'four areas' for marathon improvement.

The first area deals with nutrition. I would clean up my dietary act. Veggies, fruits, whole grains, etc. would be the rule--I'd really go off the deep end. Ha!

Pity the people who live with me if I ever start the marathon motors up again.

I used to train with no injury at 80 miles per week. My second area of improvement would be to attempt training at 110 miles perweek. If I remained injury free and mentally vigorous, the only problem with the additional workload would be finding time for its implementation.

Pity the people who live with me if.....

Areas # 3 and # 4 are somewhat related. Most people can recognize me from afar with my 'upright' running stride. I'm afraid this has to do with a 'Fuzzy Zoeller' condition that only can be alleviated through extreme manipulation of hand or surgeons knife. I may not be willing to undergo such treatment.

Specific back strengthening exercises may be the answer. They seem to be working. Recently, I have learned a chiropractic maneuver or two that seem to help. And incredibly my stride has improved a tad. But, there's a lifetime of improper back mechanics to undo.

If area # 3 is solved and my back improves, I believe area # 4 would fall in line also. My short stride, as far as I can tell is an illusion. I think my height and upright posture contributes to this. I've noticed when running with my peers that my stride stays in cadence with theirs and quite often it is slower than theirs in covering the same distance. So...If area # 3 improves (my back)....my stride length will also increase to its potential (area # 4)

All of this is simply personal speculation. My return to competition is not being considered at all. Currently running and funning with the pack gives me more enjoyment than hard quarter miles on the track. During our races I love to tell jokes, recite poetry, tell my life story and be a basic pain in the ass to a captive audience in oxygen debt. (It's really nice how everyone tolerates me. but, after all, where can an old retired runner go, when there's no more GO left?)

Yet, someday, when there's snow in July AND a green moon, look for 'ole Mazooooook on the roads in the 'quest' once again. When this happens--Say a prayer for the people he lives with.



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

President's News and Views

- Mike Robbins  
- Relief is spelled:  
S-U-N-S-H-I-N-E -

At last the weather broke (at least, a little). It only takes a wee bit of sunshine to renew the running spirit. Despite winter coldrums and general lack of speed, miles, interest - the spring refreshes. If this same enthusiasm could be applied to all aspects of each runner's life, optimism would be unbound. It only takes a hint of improvement to fill a runner with fervor. Hail sunshine!

- Right this way,  
ladies and gentlemen -

Though runners as a group tend to be more introspective, don't be afraid to expand. Besides involvement in other activities, don't shy away from further involvement with the FWTC. Write an article (or letter), volunteer to help at an upcoming race or share a thought or idea. Introduce yourself to a few people at the next race. The running experience (as with so many others) can be so much more when shared. So, step right up! Get your ticket, it's a great show!

- Thanks -

Special thanks are due Randy LaVine and Jim Bushey for the job they are doing as membership chairmen. Besides reprogramming the entire membership list, Randy and Jim prepared the membership cards and mailed them with the February newsletter. Randy and Jim are making our conversion to an annual membership basis as smooth

and effortless as possible thanks to their organization and hard work.

- More Thanks -

The compilation and calculation of the point standings is a generally dreary task. But Ken Miller and Russ Suever have done it enthusiastically and excellently for more than a year. They have modified the method while agreeing to calculate point standings for all members of the FWTC this year. This is a big job and the results are a lot of fun for many of our members. If you see (or introduce yourself to) Ken or Russ or Randy or Jim, thank them for the great jobs they are doing.



The Homestead Group



KOOL 'N' FIT

ONE OF EUROPE'S BEST-KEPT SECRETS FOR MORE THAN EIGHTY YEARS, KOOL 'N' FIT IS NOW AVAILABLE IN AMERICA. BECAUSE OF ITS UNIQUE, ALL-NATURAL INGREDIENTS KOOL 'N' FIT IS THE NATURAL, HEALTHY WAY TO SOOTHE AND PROTECT ACHING, TIRED, OVER-USED MUSCLES.

HOW KOOL 'N' FIT WORKS FOR YOU: KOOL 'N' FIT's unique, dual-action performance deeply penetrates the skin, promoting increased circulation without irritation. The underlying muscles are warmed and relaxed while your skin stays cool and soothed. KOOL 'N' FIT speeds up the flushing process of lactic acid and improves nature's way of healing sore muscles. KOOL 'N' FIT stimulates delivery of body nutrients essential to minimizing early swelling, stiffness and pain, thereby reducing the probability of new injury and making any recurrent injury less disabling.

No smell! No stain! No sticky mess! KOOL 'N' FIT does not stain clothing and can even be applied through nylon or lycra.

Ingredients: SD-40 alcohol, deionized water, menthol, camphor, pine oil, eucalyptus oil, polysorbate 20, fragrance.

PRICE: \$5.50 for an EIGHT OUNCE bottle

CALL or WRITE TO: KOOL 'N' FIT  
817 WEST OAKDALE AVE.  
FORT WAYNE, INDIANA 46807  
(219) 456-6324

# THE RUNNER'S HIGH

by SPORTS TECH

Fort Wayne's largest selection of quality running shoes and apparel:

NIKE MOVING COMFORT  
BROOKS SAUCONY  
ADIDAS SUB 4

## NEW SHOES



NIKE: V-SERIES  
AIR EDGE  
PEGASUS GX

BROOKS: SENTRY  
ROLLBAR RACER

plus many more!



A knowledgeable running staff including Tom Loucks, '83 and '84 Hooks Marathon winner.

10% DISCOUNT off regular price to all track club members

Glenbrook Square by the ice rink  
484-4322



Hi-Tech outfitters for exercise & sport



Relaxing at McDonalds after a long one at Homestead.



## TIME

by Doug Sundling

March of this year marked a fourth anniversary for me as a runner. It was in March of 1981 that I decided to finally purchase a first-class chronograph wristwatch. I had gotten by with two-bit chronographs which timed up to 15 or 60 minutes before turning over. Before that, I had used what-now-seem-ancient stopwatches with hands. I'd start the stopwatch before taking off on a run, leave it in the mailbox, and stop it when I had finished my run. Those were days when I literally ran to beat the clock.

But, in March of 1981, I went to a K-Mart and exchanged \$28.05 for a CASIO digital quartz alarm chronograph wristwatch. It promised to do what I wanted it to do: be a reliable, constant companion for running. It has also been a dependable alarm clock and a timely beeper to remind me of appointments.

The warranty covered 1 year service and 3 years battery wear. After four years, it still ticks along as steady as a 7:00/mile jog pace.

It has been frozen in a deep chest freezer for over an hour and came out somewhat cold but still ticking faithfully. It's survived all the sub-zero windchills of the past four winters, often in better shape than the body attached to the wrist that the Casio was on. It's weathered being rain drenched and soaked with summer sweat and dropped. It's taken a lot of fraying and has kept on LCD displaying.

The Casio wakes me up in the morning with a 30-second alarm that has never failed, although there have been a few mornings where the sleeper has failed to answer the alarm. It times my 1 to 2 minutes stretches. It tells me in numbers what I feel in my body at the beginning of most morning runs: that I need about 5 to 7 minutes before I loosen up and feel awake, especially when a winter morning is dipping near or below 0°F.

The Casio has been a faithful running companion, my reliable pace-setter. It never lies or kids me about the pace.

It's a steady reminder of the 7:00/mile pace I often like to cruise at. It tells me when I'm going at a 6:30 pace, then aids me when I drop the pace to 6:00 and throw in a couple miles at a 5:30 pace, and then calmly assures me that I have backed off to the more relaxing 6:30 pace. It never decides to suddenly pick up the pace half-way into a run, nor to drop off the desired pace because it can't hold it up anymore. It's content to tick along at whatever pace I want to run at.

It tells me when I've gone out for 30 to 60 minutes, and after I've turned around, it rewards me with a faster time after I have run back the out route of that training run.

When I want to explore a new environment, my Casio frees me from worrying about distances. It measures the run because I divide the time run by 7:00 to guesstimate the distance.

The Casio is both my cheerleader and my competitor, my most unrelenting coach and my most aggressive adversary.

It confirms what I know, what I fear, what I hope during many a run. It is the numbers on the face of the Casio which confirm the pace I had planned to run, encouraging me to challenge the next mile segment of the course. It is that display of numbers which infuses my spirit when I realize I am feeling strong at a PR pace. They also make painfully clear the decaying pace of an over-estimated expenditure of ability earlier in a run. And how they do tease me to keep pushing the pace when they are close to the numbers of the pace I hope to be running.

It barks relentlessly at me my split times during interval workouts and road races. It tells me how far I'm behind the

runner in front of me, or how close the runner is closing in from behind. It measures my heartbeat, telling me when I've gotten down to 120 beats/minute and can start my next interval. The Casio tells it the way it is.

The Casio is also the friend that quietly congratulates me if I maintain or exceed my goal pace. It rewards me with personal gratification of a job well done. It displays to me my shortcomings (unless, of course, I push the "clear" button).

The Casio has helped me learn that Time is for me to manipulate. When I strap that Casio around my wrist and start it, I am not enslaved to it nor the units it measures. The Casio becomes a tool with which to enter the world of Time and to measure myself against that world.

Time is but a standard against which to judge my limits, and the Casio is my measuring stick. With it, I measure myself against distances and my own abilities. With it, I discover my limits as a runner challenging this standard of Time.

The Casio has established previous standards, and it measures how successful I am at meeting or bettering those previous standards.

When the starting gun at a 10KM race fires and I push the "on" button of my Casio, I begin my journey through a world defined by distance and time and my own ability. That Casio is the tool with which I enter and exit that world and with which I measure my journey through it. Fellow competitive runners come and go, have off- and on-days, but Time and my Casio provide a persistent grinding stone for my competitive edge.

Time is numbers. It is man-made increments. It is something to be used, to be manipulated. I see no need to be enslaved to it; it is merely a standard to judge one self against, to discover one's limits with.

Though my Casio provides the tool with which to make sense of this world of man-made time, it becomes a burdensome weight when I have no desire to measure Time.

Often, I strip myself of that timepiece and go for a run on trails or on long, open country roads that parallel the endless horizon of the Midwest. It is here that the rhythm of nature becomes my time, a time that no Casio can ever measure.

In my early days of running, when people asked me why I ran, I would reply that once I had felt at one with the road, with the wind, with the run, I was hooked. There was some feeling of inner harmony once I was in rhythm with my run. The cliché calls it a "runner's high." Whatever the feeling may be called, it is a feeling that no Casio nor other timepiece can ever measure.

My journey over the years as a runner began as a competitive challenge against the stop-watches, against the Casio's of the world, against Time. I have known both the conquests of that relentless competitor and the agonizing defeats at Time's hands. Yet my journey as a runner, whose natural competitor is Time, has lead me beyond the limited path defined by Time; running has been one of the paths that has lead me to realize that the rhythm of the world is not defined by man-made increments known as seconds, minutes, hours, and years. Running has tuned me to a rhythm of nature that no timepiece can ever measure, and those moments are the ones that make running, and inevitable life, worthwhile.

(Of course, running a PR marathon on May 5 would be worthwhile also ... )

## FWTC BOARD MEETING MINUTES

The Fort Wayne Track Club held a meeting at the downtown YMCA facility on February 17, 1985 at 7:00 PM.

Present were Mike Robbins, president, Dan Kaufman, Ken Miller, Russ Suever, Randy LaVine, John Treleaven, Lyn Schlegel, Bob and Sharon Pauley, Jerry Mazock, Angie Severs and Michael Gasper.

The January meeting's minutes were read and approved.

The treasury report was presented, showing the FWTC with a balance of approximately \$7,000, with many unpaid bills. Income for the month of January was \$923.00. Expenses for the month totaled \$1,054.10.

John Treleaven reported that measurement of the marathon course for recertification purposes has been hampered by all the snow.

the board unanimously approved the purchase of The Running Times Video, a film of the 1984 road running year in review.

John Treleaven has requested that anyone going to an out of town race should contact him so that they may take along some TV-33/Hook's marathon applications for distribution.

Lyn Schlegel reported the banquet was a success.

It was reported we are making progress in securing club discounts with local retailers.

Randy LaVine reported he is considering mailing a label with the new expiration date to those who renew their memberships. This is being considered in lieu of mailing a new membership card.

In April, Carpetland will become the sponsor of Runner's Week.

Bill Schmidt has requested that Crossroads Children Home be this year's Kent Davis 5K benefactor. The board unanimously approved his choice.

The 20K course may have to be changed due to construction on the bridge at the intersection of Aboite Center Road and West Hamilton Road.

The board passed a resolution concerning rental of the race clock to Not-for-profit organizations. The fee is to be \$50 with rental based on clock availability.

With no further business, the meeting was adjourned.

Respectfully Submitted,

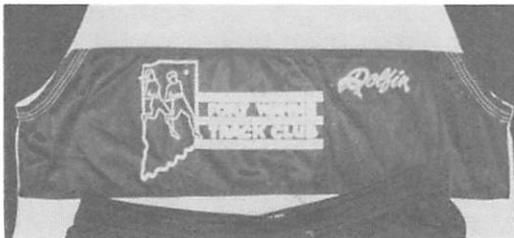
Michael Gasper

\*\*\*\*\*  
\* EXTRA EXTRA \*  
\*\*\*\*\*

**BEYOND THE LOCAL BEAT:** Prize winners at the 50th Tri Kappa Regional Artists Exhibit, on display at the Fort Wayne Museum of Art, 311 E. Main St., through March 17, are: Deryll Von Gunten, first, \$1,000; Doug Sundling, second, \$800; George W. McCullough, third, \$750; Dana Henry, fourth, \$500; Martin Maddox, fifth, \$500; Kenneth W. Preston, sixth, \$300; and Pamela DeMarris, seventh, \$300.

Dan Kaufman presented the Purpose Committee's final report. (It will be printed elsewhere in this issue or in a later edition of the newsletter.) The board unanimously approved the report.

Angie Severs detailed a need for a FWTC flyer, promoting the club and including an application. The board will explore the various avenues available for accomplishing this task.



The new FWTC racing singlet and shorts.

WHAT: CIRCULAR 5K  
FWTC points race

WHEN: MAY 19, 1985  
AT 8:00 AM.

WHERE: SHOAFF PARK

FEE: FREE TO FWTC MEMBERS  
\$2.00 TO NONMEMBERS

REGISTRATION:  
RACE DAY ONLY

AWARDS: YET TO BE DETERMINED  
(STANDARD FWTC AGE GROUPS, THOUGH)



## CARBOHYDRATES

By

Judy Tillapaugh, R.D.

St. Joseph Hospital

Spring racing season is here. For many that means more intense training runs to obtain competitive goals. During training, know your bodies limits so injuries are absent and motivation remains high. Those leg muscles will ache, tendons will tear, bones will fracture from too much stress. Training involves more than endurance and speed training. Proper rest, nutrition and enjoyment can also enhance a runner's performance. Try to learn what training method works best for you.

At times runner's neglect nutrition in their training. Be kind to those muscles. They need to be fed the right nutrients to stay energized. Like a plant withers without sun and water, a runner will lose strength and stamina without food and beverage. Given the right blend of training and nutrients a runner can log new personal records.

A runner's meal needs are basically the same as everyone else. Use a variety of foods from the basic four food groups and you're all set (basic four: meat/meat products, milk/milk products, fruits/vegetables,

bread/cereals). Just try to limit over indulging in any one group - fight against obesity. But don't skimp too much at meals if you're slim. Muscle strength and endurance can be lost if one is too lean. A little fat is nice, especially in long distance races like the marathon where a great percent of your energy is derived from stored fat.

Most distance runners train about 40 to 100 miles per week. Muscles demand extra energy calories if they are expected to carry a runner over the distances. No energy! No Strength! Depending on how much one runs, the calorie needs can increase from 200 to 2000 or more per day above what is normally needed to maintain weight.

The cleanness burning fuel for muscle energy is derived from carbohydrate (CHO) foods. What ever carbohydrate one eats it will eventually become glucose. Glucose is a simple molecule that sparks energy production in the mitochondria of body cells.

Let's take your basic orange or potato. After chewing and swallowing them the digestive track breaks them into monosaccharides (either glucose, fructose, or galactose) that will pass from the digestive track to the blood stream. They are then carried to the liver where fructose and galactose are changed to glucose. Glucose molecules are then dispersed through the body for energy. A body doesn't

immediately need all the carbohydrate energy supplied at one meal or snack. Extra glucose molecules are deposited in fat and muscle cells for later use. The body equips itself with energy stores - fat in adipose tissue and glycogen in muscle and liver cells. About 375 to 475 gms of glycogen (Equiv. to 3/4 of a pound) can be stored in muscle and liver cells. Glucose then has three possible destination routes. It can be immediately used for energy or it will be stored as either glycogen or fat.

Besides being the bodies main energy source, carbohydrates have other functions:

1. Protein sparing action- when energy needs are met, there's optimal protein utilization. If carbohydrate and fat stores are not available for energy the body will breakdown protein stores for energy.
2. Normal fat mobilization - if there's a lack of carbohydrate calories, fat stores will be used for energy which may lead to a Ketoacidosis state.
3. Glucose is the sole source of energy for the brain.
4. Glucose helps maintain integrity of nerve tissue.
5. Carbohydrates rich in fiber help prevent constipation.
6. Carbohydrates supply protein, vitamins and minerals to the body.

**PEUGEOT**

**AFFORDABLE  
LUXURY**

**at**

**DENNY'S BIKE SHOP**  
3496 N. CLINTON  
FORT WAYNE, IN 46808

Most nutritionists, exercise physiologists, & physicians recommend athletes consume daily meal plans that provide the following calorie breakdown for optimal energy supply: 50 to 60% carbohydrate, 10 to 15% protein, and 25 to 30 % fat. The higher carbohydrate intake will assist in packing muscles with glycogen or refilling depleted glycogen stores.

During athletic performances the body draws on fat and/or glycogen stores for energy. The energy choice depends on the intensity and duration of the exercise. The more intense and anaerobic an exercise, the more glycogen than fat reserves are used for energy (ex: sprinting, wt. lifting, basketball).

As the exercise increases in length and decreases in intensity, more fat is used to generate energy. During low to moderate exercise, fat can supply 50 to 60% of muscle energy. In prolonged aerobic exercise, fat may contribute up to 70% of the energy (ex: marathoning).

Initially in exercise, blood glucose and glycogen stores supply energy. After 20 to 30 minutes of running, enough fatty acids are mobilized for energy. Body glycogen stores are limited where a person's fat stores are more abundant. During a long endurance race it's good to rely on fatty acids for energy for the majority of the run so as to spare glycogen stores. Once glycogen reserves are gone, exhaustion occurs. The better trained an athlete is the better able they are to utilize fat stores and perform aerobically. Carbohydrate loading is a technique used by many endurance athletes to build up glycogen stores and delay fatigue.

Carbohydrate sources fill the market place. How does one make the best choices? Of the four food groups: breads/cereals, fruits/vegetables, and milk/milk products all contain valuable carbohydrates. There is the fifth food group - sugar, jam, pop, pie, cookies etc. (We'll discuss it later). There are two types of carbohydrates - simple and complex. Simple carbohydrates are composed of one or two molecules - termed either mono or disaccharides. Complex carbohydrates are termed polysaccharides.

#### Monosaccharides

Glucose  
Fructose (contained in fruit with glucose)  
Galactose (contained in lactose)

#### Disaccharides

Sucrose = glucose and fructose (table sugar)  
Maltose = glucose and glucose (product of starch digestion)  
Lactose = glucose and galactose (milk, sugar)

Polysaccharides long chains of glucose molecules Ex: starch, dextrin, cellulose, glycogen. Glycogen is not available in food. It's the glucose storage form in man. Cellulose and hemicellulose compose the framework of plants and are not digestible. They provide bulk/fiber at meals to maintain bowel movements.

#### Simple CHO's

Sugar: cane, brown, powdered, maple  
Candies  
Honey  
Jam, jellies  
Sweetened soda pop  
Prunes, raisins, apricots, figs  
Bananas, grapes, cherries  
Apples, pears  
Oranges, grapefruit, pineapple  
Strawberries  
Milk

#### Complex CHO's

Bread: white, rye, whole wheat  
Cereals: corn, wheat, oat, bran  
Popcorn  
Crackers  
Macaroni, noodles, rice, spaghetti  
Quick breads  
Potatoes, corn, peas  
Dried beans  
Carrots, beets, tomatoes  
Greens, broccoli  
Cookies, cakes

There are so many carbohydrates to choose from. When making choices, consider their nutrient value. Get your money's worth by selecting one's with valuable vitamins, minerals and protein. Everyone knows food group five is loved by many but it has its drawbacks. First of all, simple carbohydrates digest fast. When eaten alone simple sugars cause a quick rise in blood sugar. The pancreas reacts to it by secreting insulin which transports glucose out of the blood and into cells. This may cause blood sugars to drop too low. One might feel confused, irritable, and faintness. Ideally it's best to prevent blood sugar swings.

The second negative trait of simple sugars are their inability to fill you. It's easy to consume 300 to 1000 extra calories using sweets. This can be detrimental to one trying to lose weight. Another poor point of sugars are their lack of nutrients. Sugar, honey, jams, syrups, pop are all pure carbohydrate with wee amounts of vitamin and minerals. A runner can usually afford munching on a few sweets. If you run 8 to 15 miles per day, sweets are a way of replacing lost glycogen plus prevent possible excess weight loss. But instead of relying on pop, candy, or sugar cookies, choose nutrient dense sweets. Take your basic Toll House cookie or quick bread recipe and add any of these: oatmeal, bran, wheat germ, dried fruit, banana, applesauce, pumpkin, grated carrot or zucchini. A cookie or cake can be more satisfying when it's enriched.



Getting rested up before challenging those hills at Homestead.

Complex carbohydrates are digested and absorbed more slowly than simple sugars - less chance of sugar swings. Runners are encouraged to use breads, cereals, pasta, starchy vegetables for the majority of their meal carbohydrates. Processed complex carbohydrates are best left alone. Some grain on vegetable products are milled, bleached, chopped and sliced to death. They may be whole grain breads/cereals and enriched products you're gaining more nutrients. Most fruits and vegetables contain the majority of their vitamins/minerals near the outer surface. If possible, eat the skin of products. Don't eat the banana peel but do try the potato skin.

FORT WAYNE TRACK CLUB  
PURPOSE COMMITTEE  
FINAL REPORT 1-20-85

Breads and starchy products have gotten labeled as fattening products. In most cases they are low in calories. It's the sweeteners and fats added to complex carbohydrates that raise their caloric value.

Ex:  
Potato 100 cal  
Potato w/2T~~sp~~  
butter & 235 cal  
2T sour cream

Also keep in mind that the higher the fat content of a product the slower it will digest. When stocking up on carbohydrates before or after a run, try choosing a lean carbohydrate source, they will be digested and utilized for energy more efficiently. Greasy foods might cause stomach cramps.

Carbohydrate rich meals are a good deal for runners. They supply the much needed muscle energy to assist athletes in having strength and endurance. Sounds to me like a good recipe for peak races.

Happy Carbo.Eating!

Applesauce-Nut Bread

Ingredients:

1/2 cup white or brown sugar  
1 cup applesauce  
1/3 cup oil  
4 egg whites or 1/2 cup liquid egg substitute  
3T skim milk  
1 cup unbleached flour  
1/2 cup whole wheat flour  
1/2 cup oat or wheat bran  
1/2 t baking powder  
1 t baking soda  
1/2 t cinnamon  
1/4 t salt  
1/4 t nutmeg  
1/2 cup chopped pecans

Method:

Combine first five ingredients. Mix together thoroughly. Combine all dry ingredients and add to applesauce mixture. Turn batter into well oiled 9x5 inch loaf pan. Bake in 350 F oven for about 1 hr or until it test done. When done, remove from pan and cool on rack.

Yield: 1 loaf, 16 slices

Serving size: 1 slice

Per serving: 153 cal.; 21 gm carbo.;  
2 gm pro.; 7 gm fat.; 142 mg Na;  
0 mg chol.

Exchanges per serving: 1 bread,  
1 fruit, 1 fat

**PURPOSE STATEMENT:** To promote running and provide running opportunities for all members of the community.

To achieve this purpose the following goals should be adopted:

1. Provide a club atmosphere where runners of all ages and abilities feel comfortable and welcome.
2. Increase membership in the younger age groups.
3. Maintain a balanced budget and ensure all club expenditures positively impact as many members as possible.
4. Maintain an effective means of communication among members.
5. Ensure actions and policies of the FWTC board are directed at the majority interests of the membership.

Key factors necessary for success:

1. A strong sense of volunteerism among membership.
2. Positive community involvement and public relations.
3. Continued influx of new and/or younger members.
4. Alternative sources of revenue.

Basic strategy:

1. Maintain and direct efforts to remain a "running" club and not a "racin~~x~~" club.
2. Attract younger members by considering their needs in developing race schedules, membership drives, fun runs, and other events.
3. Pursue incentives for general membership in terms of discounts on related merchandise and services.
4. Determine the level of revenue and services that can be reasonably maintained and remain balanced.
5. Explore additional sources of potential revenue and their impact upon the running community.
6. Periodically review community involvement and the newly established volunteer pool.
7. Conduct a study of the feasibility of an annual "large scale" "running weekend" event/race.

SUPPORTING STRATEGIES

1. Consider establishing the following committees:
  - A. Membership Committee
  - B. Budget And Revenue Committee
  - C. Public Relations Committee

PURPOSE COMMITTEE MEMBERS

TOM VAGNER  
DAVE FAIRCHILD  
KEN MILLER  
TIM FLEMING  
DAN KAUFMAN



( THIS MONTH....You need 15 minutes to get through this article along with 2 pretty stiff drinks..... AT LEAST !!)

Last month you began the serious phase of your marathon training. You ran the first 4 workouts in a series of 13 workouts that will whip you into shape for the May 5th TV--33 Hooks Marathon. The first specific workout was the 20K at Homestead performed as a marathon paced training run. A few days later you ran a 3 x 2 mile interval workout described in last month's newsletter. A few days after that you ran your 3rd specific workout as the 16 - 20 mile run about 30 seconds slower than projected marathon pace. Your 4th specific workout was 10 quarter mile intervals at 10 - 15 seconds faster than you run a quarter mile in a 10K race. If you thought last month was invigorating...Wait till you see this month's activities.

You probably learned a great deal after running that 1st serious longer run. Use that knowledge as you run an 18 - 20 miler no later than April 6th (Your 5th specific workout and 2nd longer run at 30 seconds slower than planned race day pace.)

Around April 3rd, run your 2nd 3 x 2 mile interval (This is either your 5th or 6th specific workout depending when you ran your 2nd long run). During these two mile runs you may be finding that you can go even a tad faster--Because you are now in better shape than you were when you ran your former 10K Hr. On April 10th, run your 2nd '10 quarter interval' workout as described in last month's article. Again, you may find that you can run them a little faster than expected due to your fitness. (This is your 7th specific workout.)

APRIL 13TH IS A VERY IMPORTANT DAY!!!!!!For this is the day of your 3rd serious longer run and 8th specific workout. It will be a 20 miler. This is the single most difficult workout of the YEAR!!! Carbo load the night before and prepare for this day as you would for the marathon. RUN THIS WORKOUT 10 - 15 seconds slower per mile than you wish to run on race day. WHEW !

This workout is a great conditioner. It will also tell you if you have a chance of holding your planned race pace on May 5th. By all means, take 1 - 2 days of easy running after this workout !

On April 16th or 17th run your 3rd and last 3 x 2 mile interval workout ( 9 th specific workout). Be certain April 18th & 19th are very easy workouts--Don't cut back on distance but cut WAY back in effort. The reason? Your 10th specific workout is: The North American Van Lines 15K. Run this race as a GANGBUSTER! I suggest attempting this distance at your previous HR pace for 10,000 meters.

After the 15K race you have only 3 specific workouts remaining...One 20 miler...One quarter mile interval workout...One 10K race. However, I break up the last quarter mile interval session over 3 days. I suggest running the first part of specific workout 11 (Your last quarter workout) On April 22nd. Warm up and do only 3 quarter repeats. Do a longer warmdown (slowly) to get your allotted daily mileage in. On the 29th of April--6 days before the marathon, do part 2 of your 11th specific workout...But...Do 4 quarter repeats this time. On May 1st do the final part of workout 11 by running 3 quarters. Run these quarters with vigor! For when the last quarter is over that day, you know that your serious training is over! With light running the next 3 days you will keep your edge and not lose any conditioning. I'll discuss below what 'light running' is.

Ah ! But don't forget to sandwich in specific workouts 12 & 13 ! On Wednesday, April 24th (Or the 23rd if you need rest) run your last 18 - 20 mile serious long run. This is to be your easiest of the 4 long runs. By 'easy' I mean 30 - 50 seconds slower than projected marathon day race pace. It's still a tough workout though. The 25th & 26th should be slow running days to prepare you for your GANGBUSTER 10K on Saturday April 27th in Bluffton's CAYLO: NICKEL 10K--Your 12th specific workout.

This 10K is a well run race, on a very flat/flat course, measured extremely accurate--However, it's wide open there and the wind could be a problem. But more than likely, the conditions will allow you to run your fastest 10K ever!!! After you finish, multiply your finish time by 4.66666 and this will give you an excellent idea what you can expect for in the marathon. Take Sunday the 28th very easy. But don't forget, On Monday, the 29th and Wednesday the 1st, you will be running parts 2 and 3 of workout 11 (quarter intervals) discussed above.

Do not make the mistake of cutting back your mileage too soon. The mileage for the week of April 21 - 27 should be about the same as in the previous 6 or so weeks. Don't cut the miles!.....CUT THE EFFORT! (Only on easy days)

The marathon draws nigh now. It should be on your mind quite often. Keep your daily mileage up till after your final partial quarter workout May 1st. BUT WHEN YOU ARE NOT RUNNING FAST QUARTERS RUN AT LEAST 1½ to 2 minutes per mile slower than planned race pace. On May 2nd run 70% of your regular daily distance (EASY EASY).

CONTINUED NEXT PAGE

## MARATHON MADNESS CONTINUED

On May 3rd, pretend it's race day. Do your planned warmup ( 2 min. light jogging 15 minutes before followed with 1 min. light jogging 5 min. before--do a couple 5 yard stride-outs.) Go to the pretend starting line and run the 1st 100 yards like you will on Sunday. Then slow way, way down to 2 to 2½ minutes per mi. slower than marathon race pace. Run only 40% of average daily distance. On Sat. May 4th, you should awaken feeling rested enough to run the marathon that day if you had to!

Run a 'Joker's Mile' in 10-11 minutes with a couple of '5 yard pickups.'

Stay on the 'Spartan Diet' through May 1st. → After that date, your diet is over (Hallelujah!) Emphasize carbohydrates after that. Drink plenty of water. (For every part of carbohydrate in your muscle there's 3 parts of water attached to it.) Eating Carbs, you can expect a 3 to 7 pound weight gain. Don't worry, IT'S THE WATER! (mainly)

NEXT MONTH.....We'll talk about what to do after that "Joker's Mile" on early Saturday morning... What to do and expect Saturday night... And finally we'll talk a tad about THE RACE !!!! Stay calm.



Dennis Hudson was pleased when the TV--33/Hooks Marathon entrance committee found few foreign substances in him anywhere.

STAN FLOREA:

A COLUMN FOR  
OUR YOUNGER  
RUNNERS



Hello runners! This column will be mainly to educate the younger members of the Track Club on running and to help interpret those complicated training methods that Jerry always talks about. I would also like to pass on my own experiences to help those who are just beginning and those who are racing competitively at a young age.

### Adolescent Training Philosophy

Before you continue reading this, you have to determine what kind of young runner you are.

- Fun Runner: Running to become healthy, may not train too seriously.

- Competitive Runner: Serious approach, distance 1-mile and up.

### Fun Runner

If you run just to keep fit (or otherwise) have these things in mind. Always be conscious of your pulse and blood pressure. Whether you are a fun runner or competitive racer, you should always have an annual physical to insure that you're physically capable to run. If you want to know if you're mentally capable to run, talk to Mrs Fleming. She has to put up with alot of mental illness ( hint, hint, Tim. Just kidding!)

Running can help you in other sports, so this is a good reason to "run for fun".

To keep running with enthusiasm, you should keep a goal or some initiative in mind. This assures you of not getting in a slump where you exercise slower than normal. It also helps to keep a positive mental attitude about what you're doing.

Watching your diet or keeping it balanced can be crucial to performance.



It does make a difference; especially during your "growth spurt."

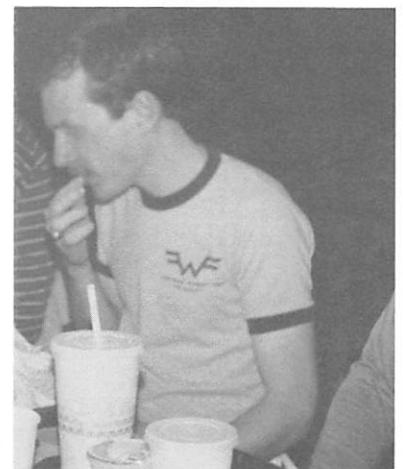
### Competitive Runner

If you're a competitive racer, you should be striving for improvement above all other things.

It helps to participate on school cross-country and track teams. Road racing can also be a goal for young runners, but don't be convinced that anything over a half-marathon is good for you. Sure, you could get exposure or boost your mileage from it, but injuries and the risks involved are too great. It takes young people at least one month to get back their speed.

Another thing dangerous to kids running is parent pressure. Don't be persuaded into more miles or a race you dislike, just because Mom or Dad wants you to,

Along with improvement comes another important thing...priorities. Believe it or not, before writing this column I did my homework; and you should too, before running. You don't get to the top by flunking out. Also don't let running take over your life. Keep your priorities straight! But for those of you looking out for #1, you'd better run before watching TV and indulging yourself in pleasurable activities.



After a run on the hills at Homestead, David Milner munches on some fries at McDonalds.





# EXERCISE PHYSIOLOGY LAB

Jim Deitle, P.A.-C., Lab Director

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APRIL 1985

1985

ANNOUNCING THE FWTC'S 1985 RACE SCHEDULE

Groundhog 7 Sunday, February 3 Carmel, IN

\* = POINTS RACE

- 6 AUL GOVERNORS CUP SERIES 8K - McCutcheon HS - Lafayette, IN - 10:00 a.m. 1 mi fun run - 800-622-4931
6 7-UP MIDDLETOWN CLASSIC 10K Muncie, IN - Univ.Gym, Ball State - 11:00 a.m. - John Riczo 317-284-6878
6 DANCE KALEIDOSCOPE 10K Indpls - 317-882-1800
13 Profession Procession 10K Greenwood - Runners Forum 317-882-1800
13 MIDDLETOWN CLASSIC 10K Muncie (Univ.Gym) 11:00 a.m. - Mike Gastineau 317-288-4816
20\* NORTH AMERICAN VAN LINES 15K & 5K - NAVL H.Q. 9:00 a.m. - 429-2646
20 Little 500 Scholarship Run 10K - Bloomington (IU Fieldhouse) 8:00 a.m. 812-335-9152
20 AUL Governors Cup Series 8K - Nashville, IN (Brown County) 10:00 a.m. 800-622-4931
27 BANK ONE SCHOLARSHIP RUN 5K - Lima (Faurot Park) 10:00 a.m. - Marty Glazer 419-228-9050
27 CAYLOR-NICKEL/KELTSCH RUN FOR HEALTH 10K - Bluffton JHS - 1:30 p.m. - Jane Thompson - 824-3500
27 ARTHRITIS FOUNDATION 10K Indpls (Eagle Creek Park) Steve Locke 317-232-4131
28 13.1 MILE - Foster Park 8:00 a.m.
28 ISO METRIC RUN 10K & 5K Indpls (IU Track & Field Stadium) 1:00 p.m.
MAY 5\* TV-33/HOOKS MARATHON 8:00 a.m.
18 WE ARE WINNING 5K - Canterbury Green - 9:00 a.m. Tom Wagner 482-9181
18 AUL GOVERNORS CUP 8K - Anderson (Mounds State Park 10:00 a.m. 800-622-4931
19\* CIRCULAR 5K - Shoaff Park - 8:00 a.m.
JUNE 1 SPRING FEVER 5 mile & 1 mile - Huntington - (Memorial Hosp.) 8:00 a.m.
8\* RACE AMERICA 5 mile - downtown Ft.W. - 6:00 p.m. (tentative)
22\* HILLY 4 MILE - Homestead HS - 8:00 a.m.
29\* TURTLE DAYS 10K - Churubusco HS - 8:00 a.m.
May 11, Muncie Symphony run 10K (See next newsletter for race ad)

Table with 4 columns: Overall Place, Name, Age Div Place, Time. Rows include Tom Loueks, Myron Meyer, Den Lindley, Judy Tillapaugh, Sharon Pauley.

The above HRRC point race is one of the best organized race by the Indy Runners in the state of Indiana. It had splits every mile and an aid station halfway. The course is not very flat but it makes a good training run early in the year. Once again the volunteers made this an outstanding race.

Don Lindley

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.

\*\*\*\*\*

\*\* DISCOUNTS FOR TRACK CLUB MEMBERS \*\*

\*\*\*\*\*

\*\* PLEASE SHOW YOUR FWTC MEMBERSHIP CARD \*\*

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\*\*\* DENNY'S BIKE SHOP \*\*\*

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\*\* 15% off reg. price of all accessories \*\*

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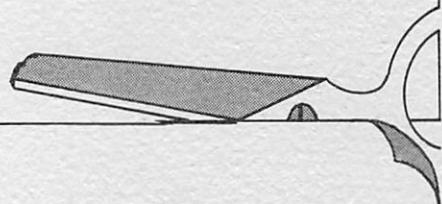
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Table with 3 columns: DATE, TIME, DISTANCE. Lists various races including Spring Classic, North American Van Lines, Foster Park, TV/33-Hooks Marathon, Coliseum, Circular 5K, Shoaff Park, Race ?America, Downtown, Hilly 4, Homestead, Turtle Days, Churubusco High School, Old Settlers Day, Columbia City, Up to you, Never Ending 1 hour Run on the Track, Northrop High School, Kent Davis 5K, Georgetown Square, Big Brothers/Big Sisters Park Run, Foster Park, M/D Love Run, Canterbury Green, Parlor City Trot, Bluffton In., 8 mile/2 man relay, Foster Park, Home Loan 10K, Downtown, Challenging 25K, Homestead High School (Tentative), Bluffton/Oubache State Park Cross Country Run usually 1:30PM 9K, Oubache Park, Bluffton, In., J.P. Jones 10K (Formerly "Lindley's 10K"), Foster Park, New Year's Party Fun Run YMCA, Downtown.

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