

the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



OSSIAN RUNNING BEARS — Here the Ossian Running Bears gathered for a group picture with their teacher and her running friend, Tom Loucks. In the front row, left to right, are Tim Drayer, Troy Houtz, Bryan Miller, Steve Abbett, Tyson Beatty, Jack Abenath and Joe Williamson. In the second row,

left to right, are Philip Cahoon, Jeremy Collins, Shane Barva, Jason Werling, Susan Moorefield, Jodi Dickey, Cherity Grover, Chastity Fisher and Shannon Womack. In the third row, left to right, are Jon Stroud, Brent Burniston, Jeremy Urshel, Monica Bellant, Jill Affolder, Angie Martin and Hayley Adams.

Recognition Day for
“THE RUNNING BEARS”



Editor's Run

The big day of the spring is upon us. Many of our peers have trained diligently for the May 5th, TV-33/Hooks Marathon. I wish you all the best of fortune.

It looks like there is a 50-50 chance that I will run the marathon this year. If I don't start, I'll be out on the course cheering for all of you. If I do run, I would like to barely break three hours. Let's get a big group of three hours hopefuls and run together. It really helps to run with someone.

Right now, I'm going to take a peek into my crystal ball concerning various people's performances. This year, I believe there will be a few surprises in the top 10 men and a few surprises for all men and women marathoners as some continue to improve towards their full capabilities.

The % figure after some of the names indicates that person's chance of winning the race. And by no means do I mean to put pressure on any particular runner by seeing his name mentioned here. But the following people may figure prominently in this year's race. Remember, these are just opinions. HERE'S MY GUESSES...

TOM LOUCKS...If the tendinitus in his foot allows him to try for his 3rd consecutive win, I give him a 50% chance of winning. I hope he can run. I will base my predictions on that assumption. Jeff Beam..Jeff has proven himself in 25,000 meters and less....Perhaps goes out a tad too fast. If Loucks doesn't run and if he stays WITH the lead pack through 20 miles, his speed will make him the winner. (With Loucks competing 20% chance, w/o Loucks 40% chance.)

VINCE GARCIA...Vince is very similar to Jeff.....CAREFUL AT THE START will help him. (1% with Loucks.30% w/o) Mr. Detwiler (spelling?) Last years 2nd place finisher is returning-probably in pretty good shape.(10% chance with Loucks. 20% w/o.)

Jerry Mazock..(0% chance with Loucks. 1% w/o--IF everyone in front of him goes off course for 30 minutes.)

THE DARK HORSE...Who knows what hot shot from out of town will come. (4% with Loucks. 9% w/o).

Some other men who will surprize us.... David Milner, Myron Meyer, Dennis Hudson, Rock Reitzug, Al Hinkle, and a cast of additional hundreds of happy success stories.

THE WOMEN

Betty Nelson...I hear she's training and determined. (41%chance of winning)

Mary Connolly... 36% chance) This could be a real battle between Mary and Betty.

Mary Hanudel...(Last year's winner) If she comes, 20% chance. Mary may have to put in a harder effort this year if she is going to stay with Betty or Mary. I wonder if they can still smile so nicely while in deeper oxygen debt?

DarkhorseWoman...Who knows?..3% chance.

OTHERS WHO WILL SHINE...Ann Jamison, Judy Tillapaugh (after Boston?) and hopefully scores of others! I wish everyone the BEST.....



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

President's News and Views
-Mike Robbins
-One Medium to Go Please-

Now is a great time to do something for yourself and the FWTC at the same time. Buy a FWTC singlet and shorts, a tee shirt, a license plate, a patch.... Though we are not normally a retail outlet, thanks to the efforts of Tim Fleming, we have the opportunity to simultaneously show our club affiliation and publicize it.

Wearing training and racing shirts is an easy way to identify ourselves as members of the same club. Instead of just guessing who's who at the park or a race, it shows. When running out of town, support is easily elicited with the FWTC uniform. It can be a real boost to hear "go Fort Wayne Track Club" when you're at a tough part of a run.

The FWTC "gear" is designed for all members to wear and is not intended solely for any particular segment. If you never race, so what - buy a shirt, anyway. Show your pride and your club colors in your regular running. You belong - show it.

We will try to make more products available if there is sufficient interest. If you have any suggestions, please let us know. It is our intention to also make merchandise available through selected local retailers. More news on this will be provided as it develops.

All products must meet FWTC standards. All profits from the sale of items are those of the FWTC. No money is being made by any individuals involved in the sale of the products. Their time and efforts are volunteer only. Speaking of volunteers....

SPRING FEVER 5

Sponsored by Huntington Memorial Hospital

Registration: 7 A.M.
1 mile Fun Run: 8A.M.
Spring Fever 5 mile Run: 8:30A.M.

Pre-registration before May 28th: \$ 5.00
Registration after May 28th: \$ 6.00
Fun Run: \$ 3.00

T-Shirts to the first 200 entrants
Trophies and awards to age groups as in the past

further information contact Holly Sale, Huntington Memorial

Hospital, Huntington, In 46750 OR
Phone 219-356-3000

6-1-85

-More Thanks-

More thanks also go to Tim Fleming and his associates for the work they do in creating and producing the Runner's Week television show. I am not aware of any other track club which does this. If you have cable, tune in Wednesdays at 8:00 p.m. If you don't have cable, but have a VCR, talk to Tim about viewing a tape. If you don't have cable and don't have a VCR, look for someone wearing a FWTC shirt in your neighborhood and ask about his or her cable or VCR.

The show presents FWTC races as well as special features and general running advice. Watch it; I think you'll enjoy it. And when you do, thank Carpetland for sponsoring the show and Tim and his crew; Denny Zech, Ann Jamison, Mike Callahan and John Yoder for the work they do.

-Traffic Reminder-

As runners, we all know how careful we must be prior to crossing intersections - especially high volume ones. The usual pattern is to look left and right and ahead at least twice. This is coupled with the working assumption that any car waiting to turn right will not look that direction. As drivers, do we make sure we always look both ways for pedestrian and bicycle traffic? Let's not be guilty of what we fault others for.



Track Club items for sale

FORT WAYNE TRACK CLUB MERCHANDISE #

FWTC RUNNING OUTFIT \$25.00 RUNNERS LOG \$2.00 #
These are quality Dolphin shorts 41 pages to record race #
and singlet. They are red with results as well as weekly #
the white club logo on the front mileage. #
with your name on the back. They are #
a 50%-50% blend of cotton and #
polyester. Shorts have red color #
with white logo and are lined. #
Sizes are small, medium and large. #
#-----#
LICENSE PLATE \$5.00 Bumper Stickers \$2.00 #
White plate with red club logo These are white with red #
and FT. WAYNE TRACK CLUB club log and Ft. Wayne #
Track Club. #
#-----#
LICENSE PLATE FRAME #
Silver w/red plaque \$7.50 #
#-----#
FOR MORE INFORMATION CALL TIM FLEMING OR DENNY ZECH #
749-8027 484-3473 #

SEND CHECK TO: (small, medium large extra large)
RUNNERS WEEK For more information call
3120 Country Park Lane Tim 749-8027 or Denny 484-3473
Ft. Wayne, In. 46815
#

Name _____
Add. _____
City _____ St. _____ Zip _____
Phone _____ M _____ F _____
Ft. Wayne Track Club "T'S a \$6.00
Running outfit ___@ \$25.00 _____
Runners log ___@ 2.00 _____
License plate ___@ 5.00 _____
Plate frame ___@ 7.50 _____
Bumper sticker ___@ 2.00 _____
Subtotal _____
Handling 1.00 _____
TOTAL _____

Everyone
PLEASE color or
color or
B/W
SEND
MARATHON
photos to
Jerry Mazock
6135 Orchard LN
Ft Wayne, IN
46809

FORT WAYNE
TRACK CLUB
DAY
SUNDAY, MAY 19th, 1985
12:00-5:00

SPORTS TECH

25% OFF ALL RUNNING SHOES AND APPAREL

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SPORTS TECH invites public to meet FWTC members!
FWTC membership sign-ups.
Shoe technical reps with today's and tomorrow's shoes.

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484-4322

FIFTH ANNUAL HOMESTEAD
20 KM RACE

Homestead Hills was the site for Fort Wayne's fifth annual 20 km road race on March 16, 1985. One hundred fifty-one dedicated distance runners lined Aboite Center Road for the race start. The day was mostly sunny and cool. Of course, the old Homestead wind was present to push and pull the runners over the 12.4 miles.

Many of Fort Wayne's finest endurance runners were among the crowd--Roseann Simmons, Sharon Getty, Tony Gatton, Jerry Williams, Jr., John Trelevan, Gary Dexheimer, Mike Schlemmer, etc. The YMCA marathon clinic members were well represented.

At the end, Jeff Beam lead the pack across the finish line in 1:08:02. Sure looked like he was out for a good time as he crossed the line all smiles. Behind Jeff was Vince Garcia who strided with ease to a 1:10:03 finish. Doug Sundling followed Vince to grab the third place spot in 1:10:37.

In the women's race, Leo, Indiana's own Ann Jamison ran her way to a first place finish with a time of 1:25:08--not bad! Our second place woman, Janet Young, just keeps on improving. Her time was 1:29:37. Rose Marie Koczergo was also in fine form as the third woman finisher--1:34:53.

All of our top three men and women received gift certificates to Casa D'Angelos restaurant--good pasta awaits them. Congratulations to all the age group winners. Just to say you completed 20 km is something to be proud of.

Races are not

possible without the assistance of volunteers, before, during and after the race. At times, maning the aid stations or finish line can be as challenging as running a race.

My thanks goes out to all listed below who made the Homestead 20 km possible.

Mike Kast: Assistant Race Director, finish line time, race results.

Don Lindley: finish line timers, finish board road markers, five-gallon tanks of water and Gatorade.

Cliff Deweles and Joe Zeigler: aid stations.

Keith Attebury: finish line timer, one-mile fun run helper, registration.

Laurie Sell: registration, results and awards.

Barb and Allison Trelevan: results and many smiles.

Steve Enter and two of his friends: finish line assistants.

Whoever brought the cookies!

Two gals who helped with the fun run.

Homestead High School maintenance men: provided tables, chairs, trash bins and clean up.

EMS/REACT: traffic maintenance and health assistance.

Rogers Markets: donation of coffee, tea, hot chocolate, cups spoons and coffee urns.

Hilger's Farm Market: 65 loaves of whole wheat plus bread, oranges and apples.

Casa D'Angelos: winners' gift certificates.

Sincerely,

Judy Tillapaugh

20 KM RACE

March 16, 1985

At Homestead High School
(windy, sunny-mostly)

TOP FINISHERS

WOMEN

<u>Name</u>	<u>Time</u>
1 - Ann Jamison	1:25:08
2 - Janet Young	1:29:37
3 - Rose Maria Koczergo	1:34:53

MEN

1 - Jeff Beam	1:08:12
2 - Vince Garcia	1:10:03
3 - Doug Sundling	1:10:47

WOMEN

19 and Under

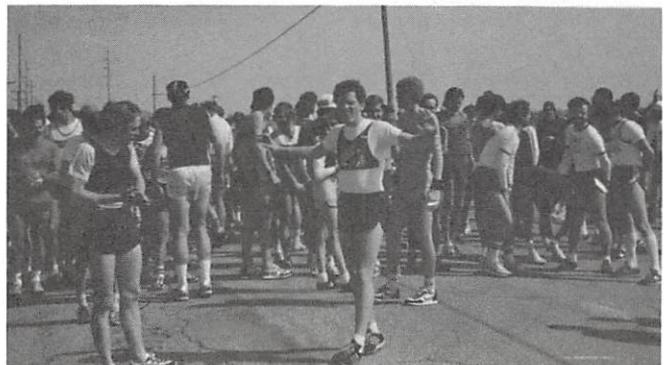
1 - Sherrie Reinig	1:45:59
2 - Karen Vachon	1:50:09
3 - Karma Geyer	1:52:35

20 to 29

1 - Janet Young	1:29:37
2 - Linda Conrad	1:40:51
3 - Sharon Getty	1:41:32
4 - Betty Jackson	1:51:53

30 to 39

1 - Rose Maria Koczergo	1:34:53
2 - Patti Fleming	1:40:01
3 - Vickie Harvey	1:44:59
4 - Val Puckett	1:53:43



Jeff Beam trying to decide if he wants to fly or run at the Chilly 20K at Homestead

<u>Name</u>	<u>Time</u>
<u>40 to 49</u>	
1 - Ann Jamison	1:25:08
2 - Roseann Simmons	1:37:37
3 - Jo Ashton	1:48:56
4 - Gloria Nycum	1:57:51
5 - Joyce Fuzy	2:01:05



Still waiting at the start of the 20K. Wrists are hurtin'

MEN

14 and Under

1 - Richie Church	1:27:15
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15 to 19

1 - Jeff Messman	1:18:37
2 - Bob Swinehart	1:22:14

20 to 24

1 - Jeff Beam	1:08:12
2 - Chuck Clendenen	1:14:20
3 - David Geiger	1:19:51
4 - Doug Crawford	1:23:28
5 - Greg Borkowski	1:23:31
6 - Chris Edington	1:26:24
7 - Ken Babcock	1:26:24
8 - Stephen Borkowski	1:44:38
9 - John F. Schniders	1:57:04

25 to 29

1 - Doug Sundling	1:10:47
2 - Jerry Williams, Jr	1:10:51
3 - Mike Schlemmer	1:15:45
4 - Terry Diller	1:17:44
5 - Brad Middleton	1:18:16
6 - Bob Schendel	1:18:19
7 - Tom Renz	1:18:25
8 - Calvin King	1:18:41
9 - Paul Shaffer	1:19:41
10 - Kenneth King	1:20:00



Waiting at the start of the 20K

<u>Name</u>	<u>Time</u>
11 - R. Wallin	1:22:14
12 - Tony Gatton	1:24:07
13 - Mark Brattoli	1:25:51
14 - Carry Ellis	1:29:05
15 - Stephen Perez	1:29:49
16 - Paul Bauman	1:30:06
17 - Pat Beuchel	1:32:35
18 - Gary Steele	1:33:33
19 - Graig J. Bobay	1:44:12

30 to 34

1 - Vince Garcia	1:10:03
2 - David Ruetschilling	1:15:25
3 - Hal Pearson	1:15:49
4 - Michael Glasper	1:15:55
5 - Dan Kaufman	1:16:09
6 - Jim Garner	1:17:18
7 - John Treleaven	1:17:44
8 - Steven H. Caswell	1:18:17
9 - Roger Wilson	1:18:49
10 - Daniel Minnich	1:19:16
11 - Jerry Mazock	1:23:51
12 - Bill Aksamit	1:25:57
13 - Karl Waite	1:26:25
14 - Phil Rizzo	1:27:19
15 - Dennis Conner	1:28:09
16 - Pat Hermann	1:29:27
17 - Terry Coonan	1:29:37
18 - Brian Milgliore	1:34:22
19 - Bob Miller	1:34:32
20 - Paul Gilley	1:36:28
21 - Mark Morrison	1:37:47
22 - Philip Kennerk	1:38:00
23 - Joe Kuhn	1:45:12
24 - Joe Ruppert	1:45:34
25 - Tim Sullivan	1:50:23
26 - Hal Stilson	2:10:45

35 to 39

1 - Tom Dendinger	1:18:41
2 - Mike Robbins	1:18:53
3 - Robert S. Byers	1:19:09
4 - Dennis Kroells	1:20:26
5 - Larry L. Shively	1:27:16
6 - Ron Motycka	1:27:29
7 - Phil Wisniewski	1:28:04
8 - Gary Dexheimer	1:28:15
9 - Ivan Painter	1:28:55
10 - Tom Archbold	1:30:23
11 - Dave Winters	1:31:30
12 - Al Henkel	1:32:33
13 - Robert Gebfert	1:34:42

14 - Tom Mather	1:34:44
15 - Dave Reichwage	1:35:15
16 - Lynn Armstrong	1:35:46
17 - John D. Peterson	1:35:58
18 - Steve Goldthwaite	1:37:06
19 - Steve Butler	1:37:28
20 - Tom O'Connell	1:38:48
21 - Jim Lipkey	1:39:13
22 - George Paul Kirby	1:39:26
23 - Joe Hilger	1:39:53
24 - Steve Enter	1:44:52
25 - Bob Wiersima	1:46:03
26 - Pete Williams	1:46:52
27 - Jeff Raff	1:46:53
28 - Jim Johnson	1:53:23
29 - Ron Heimburger	2:15:00

40 to 44

1 - Larry Averbek	1:19:18
2 - Jerry Perkins	1:20:27
3 - Don Lindley	1:22:36
4 - Dennis Hudson	1:23:50
5 - Rodger Puckett	1:25:47
6 - David E. Boylan	1:27:08
7 - Steve Adkison	1:27:38
8 - Don Ashton	1:28:59
9 - David Waldrop	1:30:55
10 - Jack Hamilton	1:31:41
11 - Tom Tucker	1:32:34
12 - Bernie Burgette	1:34:39
13 - Rudy Kleinknight	1:34:43
14 - Bob Lovell	1:35:54
15 - Mike Byerley	1:36:16
16 - James R. Heymann	1:36:25
17 - Ken Clark	1:41:25
18 - John Rasmussen	1:42:39
19 - Dick Waterfield	1:43:22
20 - John Rogers	1:44:37
21 - Lawrence Lee	1:45:54
22 - Dean Cutshall	1:45:59
23 - Larry Yant	1:50:09

45 to 49

1 - Ray Sibrel	1:25:23
2 - Charles Brandt	1:28:14
3 - Tom Feller	1:31:28
4 - Tom Laird	1:35:56
5 - Ken Clark	1:37:04
6 - Tom Liebrich	1:37:21
7 - Brad Deel	1:41:54
8 - Joseph Brooks	1:43:00
9 - Vaughn Roberts	1:53:46
10 - Russell Shook	1:53:54

50 to 59

- 1 - Myron Meyer 1:23:06
- 2 - Bernie Huesing 1:37:03
- 3 - John Hilker 1:37:09
- 4 - Marvin Jarvis 1:43:08
- 5 - Wendell Adams 1:44:31
- 6 - C. Ray Gilbert 1:45:00
- 7 - Curtis Nold 1:48:36
- 8 - Alfred Moore 1:54:02
- 9 - Jack Goble 1:54:19
- 10 - Herb Chandler 1:56:14
- 11 - Paul Snyder 1:57:29

60 and Over

- 1 - Phil Burns 1:50:32
- 2 - Chet Fleetwood 1:53:31



The start of the 20K



kidney foundation 5k

Hosted By The Lutheran Hospital Human Performance Center

The Lutheran Hospital Human Performance Center is host for the 1st annual road race on June 8, 1985. All proceeds will be directed to the Kidney Foundation Northeast Chapter.

TIME: 1.5 mile fun run 5:30 p.m.
3.1 mile race 6:00 p.m.

CHECK - IN: 4:15 - 5:15 p.m. at Foster Park. Pre-registration runners may pick up their packets. Late entrants may register.

COURSE: Out and back course. Foster Part, Fort Wayne, Indiana

ENTRY FEE: \$5.00 minimum donation per runner for either race. Pre-registration deadline by May 28, 1985.
\$6.00 minimum donation per runner on day of race.

All donations are tax deductible. No refunds if unable to participate. Entry fee includes a T-shirt.

AWARDS: First place 5K male and female receive a Total Fitness Evaluation from The Lutheran Hospital Human Performance Center. Trophies for top two finishers, male/female, by age group will be awarded. Ribbons will be given to the first ten finishers in the fun run.

AGE GROUPS: Male and Female:

14 and under	25-29	40-44
15-19	30-34	45-49
20-24	35-39	50 and older

DIRECTED BY: Kidney Foundation Lutheran Hospital Lutheran Hospital
Northeast Chapter Race Director Human Performance Center
Sharon Click Al Henkel Mark Siemer
(219) 458-2151 (219) 458-2291 (219) 458-2345

MAKE CHECKS
PAYABLE TO: Kidney Foundation Northeast Chapter

SEND TO: Sharon Click
c/o Lutheran Hospital
3024 Fairfield Avenue
Fort Wayne, Indiana 46807

- Jim Sanderson 6:04
- Ricky Squires 7:00
- Cindy Wallin 7:40
- Brian Lindley 7:45
- Mike Lindley 7:59
- Steve Enter 8:01
- Tom Melchi 8:10
- Marcia Minnich 9:13
- Kit Minnich 9:30
- Andrea Minnich 9:35
- Becky Thatcher 9:58
- Patrick Minnich 12:08
- Luke Minnich 12:25

In consideration of the acceptance of my entry, I do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge the Kidney Foundation, The Lutheran Hospital Human Performance Center, and any other sponsors from any and all rights and claims for damages which I have or may hereafter obtain or suffer in connection with my participation in the said athletic event. I attest and verify I have full knowledge of the risks involved in the said athletic event, and I am physically fit and sufficiently trained to participate.

Signature: _____
(parental signature if entrant is under 18)

Name: _____ Sex _____

Address: _____ City _____ Zip _____

Phone: _____ Age _____

() 3.1 mile race (\$5 if pre-registered) () 1.5 mile fun run (\$5 if pre-registered)
All donations are tax deductible

T-shirt size: () Small () Medium () Large () X-Large () Youth (size) _____

How did you hear about the race and where did you obtain an entry form? _____



Winner, Jeff Beam getting close to a win



Closer...Closer



Take a breath, Jeff



EATING BEFORE THE MARATHON
by Doug Sundling

May 5 and the annual TV 33/Hooks Marathon should be but a couple days away if the May newsletter is mailed out at the usual time. After a one has spent months running a ton of miles, tolerated the unpredictable Spring weather of the Midwest, and sacrificed indulgences in food and spirits, there still remains that last day before the marathon. Running-wise, that is the easiest day of my training schedule: 1 - 3 miles of easy, slow jogging. And what I eat the night before that morning marathon is just as relevant.

There are two approaches concerning what to eat the day before a marathon: (1) carbo-load with a large supper of foods rich in carbohydrates, or (2) back off the food to rest the body.

For me, carbo-loading has not proven effective. If anything, it has often provided an element of anxiety and discomfort if I have not witnessed an equally large amount of natural by-product pass out the other end of the digestive tract. The last thing I want to worry about on a 26.2 mile run is the call of nature to relieve myself.

And, I have noticed from past experiences a tired feeling the next morning if I had eaten a large supper as a carbo-loading tactic for a race. Such a feeling is not an encouraging one with which to begin a race.

This is not to say that carbo-loading is ineffective or should be avoided. If the tactic works for you, then use it. But I have found that the human body is a remarkable mechanism and can call upon energies most don't realize the body can call upon.

I prefer to eat little the night before a big run, especially a marathon. I want my entire body rested with little energy expended the 24 hours before a marathon. This includes minimum energy spent on a training run or on digesting a large amount of food. I want a clean system that does not have to get rid of any waste material.

I prefer to carbo-load on the evening meal two days before the marathon, wake up the next day and have a large breakfast concentrating on pancakes or french toast with maple syrup. The rest of that day before the marathon, I am content to have four to six pieces of fruit and/or a salad for supper to promote a clean-out of the waste in the intestines.

The digestive system gets a rest for about 24 hours having to handle only easily digestible food, and the system should be free of any waste products by the start of the marathon the following morning.

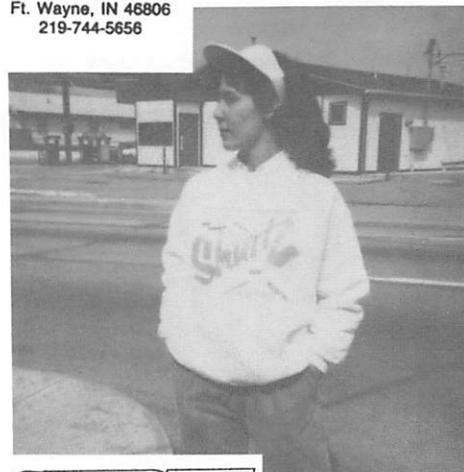
Another problem with carbo-loading that I found discomforting was the additional weight which my body was not use to carrying on runs. Below, I have reproduced most of an article which appeared in last year's May Newsletter and which detailed energy and weight expenditure during a marathon.



Vince Garcia at the finish of the 20K

It is a myth that one is able to run off all those extra calories from a large meal with a "long" run. A marathoner can expect to burn about one (1) pound of body fat during the marathon. I see no reason for me to have to carry the extra weight of stored fat that carbo-load induces.

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At 145 pounds, I test out at about 5% body fat, which means I have about 7 pounds of body fat stored on my frame. I have learned that as I approach 1-2 pounds over 0% body fat, or 140 pounds, my body doesn't perform as well. Consequently, if I can expect to lose a total of about 4 pounds of fat and water during a marathon, I plan to start the marathon at 1-2 pounds over my usual training weight of 145 pounds.

A lot of carbo-loading the day or two before a marathon just doesn't make sense for me if it adds extra weight I am not use to carrying around. And an 8 hour sleep will not burn off the extra calories. If I carbo-load sensibly the previous night and ensuing breakfast, I usually gain that addition pound or two, and my 2000 Calorie/day normal expenditure will burn off some the excessive calories that would not be burned off during an 8-hour night's sleep.

I have run a marathon and twenty-mile training runs on a stomach that hasn't had any food for the previous 24 hours. I have run other road races and training runs during or after two to four day fasts. The energy is there as long as I am close to my 5% body fat content.

Besides, the meal I enjoy the most which is the worry-free is the meal after the marathon. Pig-out time!

What runner is not curious about how running affects his or her complex biomechanical system? Digging through books and notes from college, I used some basic figures and equations to estimate what my body would be using and losing to cover a 26.2 mile marathon.

I. ENERGY EXPENDITURES

Energy equals the application of a force through a distance, or in the case of a runner, the amount of work required to move one's weight through a distance. Energy releases heat, and the K-cal measures this energy, a K-cal equaling the amount of energy needed to raise 1 kg (2.2 lbs) of H₂O 1°C.

If running the following equation estimates energy use:

$$\text{ENERGY} = (.9 \text{ K-cal/kg-km}) \times (\text{weight of runner in kg}) \times (\text{distance run in km})$$

or

$$= (.66 \text{ K-cal/lbs-mile}) \times (\text{weight in lbs}) \times (\text{distance in miles})$$

For me,

$$\text{energy spent} = (.66 \text{ K-cal/lbs-miles}) \times (145 \text{ lbs}) \times (26.2 \text{ miles})$$

$$= 2507 \text{ K-cal,}$$

or 2507 K-cal/26.2 miles = 95.7 K-cal/mile

3500 K-cal burns about 1 lbs of fat, so I can expect to lose about .72 lbs (11.5 oz.).

But, I will lose "weight" elsewhere. Simplified, energy is produced thusly:

$$\text{FUEL} + \text{OXYGEN} = \text{ENERGY} + \text{WASTE}$$

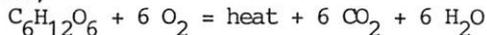
$$\text{FUEL} = \text{glucose, chemically represented by } C_6H_{12}O_6$$

$$\text{OXYGEN} = O_2$$

$$\text{ENERGY} = \text{heat}$$

$$\text{WASTE} = \text{carbon dioxide, } CO_2, \text{ and water, } H_2O$$

Thus,



The glucose will be provided by (1) glycogen, a carbohydrate stored in minute quantities in the muscles, and (2) fatty acids, fats stored in the fat cells. As figured earlier, I can expect to burn off .72 lbs of these stored fuels. But, I will lose weight elsewhere due to the need to rid my body of the heat produced by energy. The greatest loss of weight will be that of water since the greatest loss of heat occurs through sweating.

II. WATER LOSS

Tests under David Costill at Ball State University's Human Performance Lab have estimated fluid loss during a marathon at 3.7 lbs (56.85 oz.) of water. Such a figure does fluctuate with weather and conditioning of athlete. If I plan on running a 6:00 per mile pace, then I can expect to lose:

$$\frac{3.7 \text{ lbs/hour}}{10 \text{ miles/hour}} = .37 \text{ lbs/mile (5.7 oz/mile)}$$

or,

$$(.37 \text{ lbs/mile}) \times (26.2 \text{ miles}) = 9.7 \text{ lbs of water lost through sweating}$$

III. WATER GAIN

Water can be gained in two ways: (1) through drinking and (2) as a by-product of energy production.

(1) Laboratory testing--and my own painful experiences--have indicated that a runner can absorb from drinking only about 1.8 lbs (27.65 oz) of fluids per hour. If you like to keep things simple, a 12 oz. cold one every half hour should do the trick. At a 6:00 per mile pace, I can expect to absorb:

$$\frac{1.8 \text{ lbs/hour}}{10 \text{ miles/hour}} = .18 \text{ lbs/mile (2.7 oz/mile)}$$

or,

$$(.18 \text{ lbs/mile}) \times (26.2 \text{ miles}) = 4.7 \text{ lbs of water gained from drinking}$$



Jerry Williams finishing the 20K



Cal King ran well at the 20K



Dennis Hudson pulled Jerry Mazock to a fine race at the 20K



Finishers...Finishers.....

(2) I will gain additional water from my internal combustion process. Depending on the type of athlete and other environmental factors, a runner during a marathon produces between 1.76 to 2.86 lbs (800-1300 mg) of water from energy conversion. Thus, I will estimate I will produce 2.2 lbs (1 kg) of water during a marathon, or

$$2.2 \text{ lbs}/26.2 \text{ miles} = .084 \text{ lbs/mile} (1.34 \text{ oz./mile})$$

IV. A breakdown of what I can expect of my body is summarized as follows:

$$\begin{aligned} (1) \text{ ENERGY EXPENDITURE} &= (.66 \text{ K-cal/lbs-mile}) \times \\ &\quad (145 \text{ lbs}) \times (26.2 \text{ miles}) \\ &= 2507 \text{ K-cal} \\ 2507 \text{ K-cal}/26.2 \text{ miles} &= 95.6 \text{ K-cal/mile} \\ 2507 \text{ K-cal} &= .72 \text{ lbs burnt fuel} \end{aligned}$$

$$\begin{aligned} (2) \text{ WATER LOSS THROUGH SWEATING} &= (3.7 \text{ lbs/hour}) / \\ &\quad (10 \text{ miles/hour}) \\ &= .37 \text{ lbs/mile} \\ (.37 \text{ lbs/mile})(26.2 \text{ miles}) &= 9.7 \text{ lbs} \end{aligned}$$

$$\begin{aligned} (3) \text{ WATER GAINED FROM ENERGY PRODUCTION} &= 2.2 \text{ lbs} \\ (2.2 \text{ lbs}) / (26.2 \text{ miles}) &= .08 \text{ lb/mile} \end{aligned}$$

$$\begin{aligned} (4) \text{ TOTAL LOSSES} &= .72 \text{ lbs (burnt fuel)} + 9.7 \text{ lbs (water loss)} \\ &= 10.42 \text{ lbs} \\ \text{TOTAL GAINS} &= 4.7 \text{ lbs (drinking)} + 2.2 \text{ lbs (energy production)} \\ &= 6.9 \text{ lbs} \\ \text{NET LOSS} &= 10.42 - 6.9 = 3.52 \text{ lbs} \end{aligned}$$

Thus, I can expect to lose 3.52 lbs, give or take a couple pounds.

MUNCIE SYMPHONY RUN

HRRC POINTS RACE 10 K

SATURDAY, MAY 11th, 1985

TIME: 7:00 AM - 8:00 AM REGISTRATION & Race Packet Pick-up (Nautilus/YMCA Tennis Center)
 8:30 AM Start: 2 MILE & 10K RACE
 8:45 AM Start: YOUTH RUN
 10:00 AM (or earlier) AWARDS (Nautilus/YMCA Tennis Center)

LOCATION & FACILITIES: NAUTILUS/YMCA TENNIS CENTER, 3500 Chadam Lane, Muncie, IN (Adjacent to Target Store just off McGalliard Road - see map) will be site of registration, start, finish, and awards. Nautilus/YMCA Tennis Center will provide lockerroom facilities for changing, showering, etc. (Runners must provide own towel and lock.) Adequate parking and child care are available.

COURSE: Certified, flat, blacktop, with rural and suburban settings. Loop course for 10K race; out-and-back for 2 mile. Aid station on the course and at finish.

ENTRY FEES: 2 Mile & 10K: \$5.00 Pre-Registration
 \$7.00 Day-of-Race
 Youth Run: \$1.00

Nike cotton singlets provided to the first 700 registrants to pick up their race packets. To help ease race day congestion, race packets will be available for pick-up one week prior to the race at the Muncie Sports Tech, located in University Village, 409 N. Martin Ave. (317-289-3387). Choose singlet size when picking up race packet.

AWARDS: Cash prizes (10K only), merchandise, gift certificates and door prizes. Top 10% or more in each age group of the 2 mile and 10K race based on pre-registration.

DIVISIONS: For both 2 Mile and 10K Races

MALE		FEMALE	
14-UNDER	35-39	14-UNDER	30-39
15-18	40-44	15-18	40-49
19-24	45-49	19-24	50-OVER
25-29	50-59	25-29	
30-34	60-OVER		



The "Spoils of winning." by Jeff Beam



15-Tech Outfitters For Exercise & Sport
 For Name - Muncie - Bloomington



Gooden Associates Architects

100 South Mulberry Street
 Suite 540
 Muncie, Indiana 47305
 317/289-9155

REGISTRATION: Tax Deductible Check payable to:

MUNCIE SYMPHONY LEAGUE

Mail To: Julie Skinner
 4608 W. Jackson Street
 Muncie, IN 47304

Hand Deliver to: Sports Tech
 409 N. Martin
 Muncie, IN 47304

NAME (Please Print): _____ Male _____ Female _____

ADDRESS: _____ AGE (on 5/11/85) _____

CITY: _____ STATE: _____ ZIP: _____ PHONE: _____

WAIVER OF RESPONSIBILITY: In consideration of the acceptance of this entry to the Symphony Run, I waive all claims for myself, my heirs, and assigns against the race sponsor or promoters for injury or illness which may result from my participation. I further state I am in proper physical condition to compete in this race, and I am an amateur runner.

SIGNATURE: _____ DATE: _____

(Parents signature if under 18 years old)

GRABILL 10K

DATE: Saturday, June 1, 1985

START TIME: 8:30 a.m.

PLACE: Grabill Park (South end of Indiana St.)

CHECK IN: 6:30 - 8:00 a.m. - Pick up race packets

ENTRY FEE: \$5.00 prior to May 25th. \$6.00 May 26th. - June 1st. (entries accepted until ½ hour prior to race time.)

AWARDS: Overall male and female winners will each receive a \$75.00 gift certificate, plus three age group winners in each category

FACILITIES: Adequate toilet facilities available in park - no showers or lockers. Come prepared to run. First-Aid by Grabill EMS.

COURSE: Starts and finishes in the park.

-scenic country roads

-splits each mile

-aid stations

QUESTIONS: Call John Shedron 627-3621

OTHER ACTIVITIES

TOWNWIDE GARAGE SALE

FRIDAY, MAY 31 & SATURDAY, JUNE 1 '85

SPECIAL SALES & PROMOTIONS BY GRABILL MERCHANTS

ROUND ROBIN HORSESHOE PITCHING

TOURNAMENT

OPEN TO NOVICE

BEGINS AT 1:00 ON SATURDAY, JUNE 1 AT THE CORNER OF FIRST ST. & WEST ST.

FREE HORSESHOE PITCHING LESSONS & DEMONSTRATIONS

CHICKEN BARBEQUE

SPONSORED BY THE VOLUNTEER FIRE DEPT.

BEGINS AT 11:00 AM AT THE FIRE STATION

BRING THE ENTIRE FAMILY TO ENJOY A DAY IN GRABILL

AGE CATEGORIES:

MEN

14 & under
15 - 19
20 - 24
25 - 29
30 - 34
35 - 39
40 - 44
45 - 49
50 - 59
60 & over

WOMEN

14 & under
15 - 19
20 - 24
25 - 29
30 - 39
40 - 49
50 - 59
60 & over

ENTRY FORM

Name (please print)

Shirt Size (circle one) S M L XL

Address

Age on race day

City State Zip

Male Female (circle one)

Make checks payable to: Grabill Countryside 10K
Don Asiton
Grabill Bank
P. O. Box 39
Grabill, Indiana 46741

I waive & release any and all rights and claims for damages against sponsors and/or officials of the Grabill Countryside Run, any injuries suffered during this event. I attest and verify that I am sufficiently conditioned to compete in this event.

SIGNATURE _____

If under 18 - signature of parent/guardian

After the Run.....Run
by: Mike Robbins



ATTENTION
"WE ARE WINNING RUN"
MAY 18, 1985



The reaction of many people to the sight of runners warming-down after a race often surprises me. Reactions range from "You're running some more?" to "Those guys just won't stop running" and "what are they trying to prove?". The fact that most runners do not warm down at all surprises me more.

During any type of race or hard work-out lactic acid builds up in the muscles. This is what contributes to that heavy, dead feeling in the legs. In order to flush the lactic acid, blood is needed to flow through the effected area. In order to increase the flow of blood, gentle exercise helps a great deal.

Recovery from any hard run is hastened by an easy warm-down period. This becomes most noticeable the following day when the amount of stiffness and dull aching is much less than otherwise. Muscles are going to be sore after a hard run but the soreness can be alleviated. A one to two mile (depending upon conditioning and experience) jog after a 10K will greatly enhance recovery.

Just as a warm-up becomes increasingly critical as the race distance shortens, so does the warm-down. A longer race allows for a degree of warming up and down as part of the race. Easy stretching after the warm-down will seem far more effortless and effective than when done immediately after stopping the race or work-out.

Hopefully, the next time runners see a group starting an easy post-race run, rather than remain behind mystified and bewildered they will join the group. More post-race runs will result in fewer post-race aches and pains.

Brand new this year! Whether you obtain pledges on your running time, on the miles completed, or on side bets — get your friends to pitch in and raise money for the American Cancer Society. At the same time you will be earning a fantastic incentive prize for yourself.

All you have to do is obtain pledges (donations) from friends in whatever manner you wish. When you turn in the money collected, you will receive your choice of the awards listed below. All checks to be made payable to your AMERICAN CANCER SOCIETY.

DONATIONS

- \$ 10.00 - One pair of low-cut SOCKS or one can of TENNIS BALLS
- \$ 25.00 - One pair of SHORTS or SINGLET (mesh shirt)
- \$ 50.00 - TOTE BAG
- \$ 60.00 - TENNIS SHOES (Adidas Champ) or RUNNING SUIT (Main Event All Purpose)
- \$ 75.00 - TENNIS SHOES (Tiger Pivot or Rebok Phase II) or RUNNING SHOES (Tiger Ex)
- \$ 90.00 - RUNNING SHOES (Nike Pegasus)
- \$110.00 - RUNNING SHOES (Tiger Alliance)
- \$120.00 - RUNNING SHOES (Brook Chariot) or RUNNING SUIT (New Balance All Purpose)
- \$150.00 - RUNNING SHOES (Nike Contrail)
- \$160.00 - RUNNING SHOES (Tiger Jayhawk Racing)
- \$200.00 - TENNIS RACQUET (Kennex Bronze Dominator or Prince Magnesium Pro)
- \$300.00 - GORETEX RUNNING SUIT (Choice of Bill Rogers, Moving Comfort, or Tiger)

You can make a combination of selected prizes based on the amount of money collected. The Race Director reserves the right to substitute a similar item based on availability of the above listed awards. For color and size selection, visit SPORTS TECH (formerly Athletic Annex) at GLENBROOK SQUARE, Fort Wayne.

Out-of-town incentive award winners will received their awards via mail. Local winners will be contacted by telephone for local pick-up location. Please allow 2 to 3 weeks for orders to be filled. No prizes can be selected after June 21. No size or color exchanges permitted.

SEE MARCH 1985 NEWSLETTER FOR RACE ENTRY FORM OR FOR ADDITIONAL INFO CALL

AMERICAN CANCER SOCIETY OFFICE AT (219) 482-9181

LIME CITY 5 MILE RACE

Saturday, June 22, 1985
Report to Kriegbaum Field
Huntington, In.
Starts at 10:00AM.

\$ 5.00 entry fee
Deadline is June 15th

Mail your entry to:
7 Parkmoor Drive
Huntington, In. 46750

DENEY SLOUGH INVITATIONAL ROAD RUN

10 mile age group winners

- 20 & under = Brett Hess
- 21 - 30 = Chuck Clendenon
- 31- 40 = Tom Meadows
- 41 - 50 = Brad Stevens
- 51 - 60 = Jerry Mazock
- 60 & way over = Larry Amo Yant

Cruiserweight=Jim Dupont

5 mile age group winners

- 20 & Under = Mindy
- 21 - 30 = Colleen Jacobsen
- 31 - 40 = Witte Jacobsen
- 41 - 50 = Jim Uebelhoer
- (Also cruiserweight)

40 & Over = Linda Parish

(Age group winners will receive shoes/and or equipment from adidas

Race Entry Form

Name_____

Address_____

City_____

Zip_____ Age_____

Male_____ Female_____

Please sign below to waive all claims of liability you may have against anyone or any organization associated with this race.

Signature_____

THREE RIVERS FESTIVAL DIET PEPSI 10K RACE

RACE STARTING TIME:

8 AM EST, SUNDAY
JULY 21, 1985

START:

DOWNTOWN, MAIN STREET
IN FRONT OF THE COURT HOUSE
FORT WAYNE, INDIANA

ENTRY FEE:

\$6.00 UNTIL JULY 15, 1985
\$7.00 AFTER JULY 15, 1985 & RACE DAY

AGE GROUPS:

MEN: 14 & UNDER; 15-19; 20-24; 25-29; 30-34; 35-39;
40-44; 45-49; 50-59; 60 & OVER
WOMEN: 19 & UNDER; 20-29; 30-39; 40-50; 50 & OVER

AWARDS:

FIRST PLACE AWARDS WILL BE PRESENTED TO OVERALL WINNERS IN BOTH MEN'S AND WOMEN'S DIVISIONS (OVERALL WINNERS DO NOT QUALIFY FOR AGE GROUP AWARDS). AWARDS WILL BE PRESENTED THE DAY OF THE RUN TO THE TOP THREE FINISHERS IN EACH AGE GROUP. ALL RUNNERS WILL RECEIVE A T-SHIRT.

RACE COURSE:

SAME AS HOME LOAN 10,000

NAME _____ MALE _____ FEMALE _____ AGE (on 7-21-85) _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ T-SHIRT SIZE SMALL _____ MEDIUM _____ LARGE _____ X-LARGE _____

WAIVER OF RESPONSIBILITY: IN CONSIDERATION OF THE ACCEPTANCE OF THIS ENTRY TO THE THREE RIVERS FESTIVAL DIET PEPSI 10K RACE, I WAIVE ALL CLAIMS FOR MYSELF, MY HEIRS, AND ASSIGNS AGAINST THE RACE SPONSORS OR PROMOTERS FOR INJURY OR ILLNESS WHICH MAY RESULT FROM MY PARTICIPATION. I FURTHER STATE I AM IN PROPER PHYSICAL CONDITION TO COMPETE IN THIS RACE.

SIGNATURE _____ DATE _____ PARENTS SIGNATURE _____
(IF UNDER 18 YRS. OLD)

MAIL ENTRY FORM TO:
THREE RIVERS FESTIVAL DIET PEPSI 10K RACE
P.O. BOX 13396
FORT WAYNE, IN 46868

FOR ADDITIONAL INFORMATION CALL:
FORT WAYNE PARKS & RECREATION DEPARTMENT
(219)427-1270



FOOD-BEST FRIEND OR WORST ENEMY?

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

There are many ways in which we may think of food as "best friend": foods that comfort like that special chicken soup or custard your mother made for you when you were ill, the hamburger, fries and shake your team stopped for to celebrate after winning a game, or the special dish your grandmother made just for you. How could food like this be a "worst enemy"? We've all heard the saying, "I don't eat to live, I live to eat". Many casual exercisers and competitive athletes can't eat normally - they may have an eating disorder. For them food is their "worst enemy". They see food as the fattening enemy rather than an energizing fuel and may severely restrict food intake or alternate from food restriction to uncontrollable binges during bouts of depression.

Persons with eating disorders are treated at two local Eating Disorder Clinics. One of the first steps in treatment is identification. Susan Squire in her book, "Slender Balance" uses an Eating Arc to show the difference in degrees of eating disorders. The Eating Arc shows Anorexia Nervosa, those obsessed with food and weight gain, at one end and Normal Eaters at the other end of the arc. We will all see ourselves somewhere on the arc. Those with Anorexia Nervosa are about 50% restrictors, those who deny hunger and have a very low body weight. The other 50% are Anorectic Bulimics. They also have a very low body weight but alternate behavior between food restriction or fasting and uncontrollable binges. After the

binges, Anorectic Bulimics use a compensation method (purge) to maintain low body weight such as self-induced vomiting, use of diuretics, laxatives or enemas. Some combine this with amphetamine use and/or excessive exercise. Anorectics have a distorted body image.

Next along the Eating Arc are Bulimics or "Bingers" who maintain ideal body weight or 10% above or below. They usually consume more food during a binge and use less compensation methods. The quantities of food during a binge may include a quart of ice cream, a bag of cookies, a loaf of bread, and a jar of peanut butter or a whole cake. Very close to Bulimics are Situational Purgers such as wrestlers, jockey's and dancers who may practice a Romanesque type of behavior when they as a group (or alone) binge and purge before an event. The Bulimic Dieter is next on the Arc. They alternate between behaviors of binging, dieting, and fasting in an attempt to maintain near no normal weight.

We're beginning to go down the other side of the arc with the Chronic Dieter. The Chronic Dieter has tried every fad diet and continues to gain and lose the same 10 to 15 lbs. Unlike the binger who may eat a quart of ice cream in less than a half hour, the Chronic Dieter will take all day to eat the quart. The non-Compensatory Bulimic who is next on the arc is usually overweight to obese. They consume large amounts of food without using compensatory methods. Occasional Dieters are next. They watch their weight constantly, are often interested in gourmet cooking and lose weight before or after vacations, holidays or gourmet extravaganzas.

The opposite spot on the arc from Anorexia Nervosa is reserved for Normal Eaters. They eat when they are hungry and stop when they are full.

Athletes who are concerned with body image, health, weight and have a fear of getting fat may experience some degree of an eating disorder. In 1983, The New England Journal of Medicine published a special article titled, "Running -An Analogue of Anorexia?" This study explores the similarity between patients with Anorexia Nervosa and a sub group of athletes designated as "obligatory runners". They found "obligatory runners" to be mostly men who ran more than 50

miles a week and who were similar in character, style and background to the typical obsessive patient with anorexia. There were two differences, most anorectics are women, where as most "obligatory runners" are men, and anorexia usually commences in adolescence, while most "obligatory runners" became committed to running in their third to fifth decade of life.

Since the early 1970's it has become a cultural fascination to be healthy and thin. In almost the same time span, Eating Disorders have increased in incidence to such an extent that it is now regarded a public-health problem. Remember the saying "You can never be too rich or too thin"? Along with the media urging thinness is beauty, even Miss America has become thinner and thinner throughout the years. In striving for thinness, many weight-conscious athletes may be battling their body's natural inclination toward a heavier weight. Many chronic dieters who haven't found a diet

ATTENTION :
THE HILLY 4 RACE
HAS BEEN MOVED
to Foster Park
SAME TIME

that works, actually know how to lose, they've just never learned how to not gain weight and enjoy food as a health-promoting fuel. Many eating disorders stem from deepseated psychological problems, however some stem from lack of common-sense nutrition guidelines. Our aim is to have athletes see food as an investment in their abilities. as they see performance improve with good nutrition practices. Athletes know percent of body fat is more important than weight. However, they need to have realistic goals for their sport.

An attempt to maintain an abnormally low weight frequently contributes to food obsessions. It's important to know how many calories are needed to maintain weight or those calories you "deserve" to eat.

Many athletes with eating disorders tend to limit their intake during the day or skip meals and eat most of their calories during evening binges. Changing behavior to eat more calories during the day will curb the ravenous appetite that leads to food binges and result in fewer calories for a daily total. The goal is realistic food plans that eliminate nutritionally lacking foods and concentrate on meeting nutrient needs. The first step is to stabilize eating patterns and learn to eat normally- breakfast, lunch, dinner and possibly an afternoon or evening snack.

After a regular schedule of eating has been developed a weight reduction meal plan guided by a dietitian may be initiated if weight loss is needed to attain a correct weight. With planning and practice eating- disorder athletes can bring order to their meal schedules and enjoy food for its benefits.

The following recipe although not really a recipe comes to mind after seeing the local asparagus offered in the market. It can be baked while the rest of the meal is being prepared.

BAKED ASPARAGUS

-serves four

INGREDIENTS	AMOUNT
asparagus spears	1 lb.
salt and pepper	as desired
margarine	as desired

METHOD

Clean asparagus and trim off tough stems,

Place asparagus spears in oblong baking dish with tips toward center. Sprinkle with $\frac{1}{4}$ cup of water.

Bake covered at 350 for 20 minutes or to dd

To microwave: Cover with plastic wrap and microwave following time schedule noted for your microwave. Rotate dish after $\frac{1}{2}$ of the time and move outside spears to inside.

Good grief! tomorrow's the TV-33/Hooks Marathon! Maybe I should run a hard ten miler today to make sure I'm in shape?

Wrong! A thousand times wrong! A quick review of what you've been doing the last three days. On Thursday, you covered 70% of your average daily distance for this training season. (No faster than 7:30 pace) (For many of you the pace should be 8:30 to 9:00 pace). On Friday, run 40% of your regular daily distance. (No faster than 8:00 pace--And for most of you this run will seem too easy). But Rest is extremely important during these days, BUT don't make the mistake of taking Thursday and Friday off-- Just cut the distance and the effort way back. Last month, I suggested practicing your warmup and start of the race on Friday. You may take Saturday ENTIRELY off if that suits you, but I suggest if you are a 3 hour marathoner or better, do a "Joker's Mile" (Take 10-11 minutes to run it) On Saturday morning you should feel you could run the marathon that day!

After that "Joker's Mile" what should you do?

Try and stay off your feet as much as possible.

Go to the Marriott and get your race packet. Sit down there and talk to your friends. Don't stand around burning the carbohydrate you so carefully are cramming into your legs.

When your friends ask you what you're trying to run tomorrow, always



UNDER ESTIMATE your goals. (As long as your inner self knows what you have a good chance of doing tomorrow) For instance....If you think you have a 30% chance of qualifying for Boston and running 2:49:59 tomorrow. Don't tell everyone this 'top end' goal. Because if you run a 2:52:45, many people will feel disappointed for you/Or feel, to a degree, that you somehow failed in your plans. AVOID this situation by telling your friends: I'm trying to break 3 hours tomorrow."

If you do run 2:49:59, EVERYONE will be ecstatic for you. If you run 2:52:45, everyone will be nearly as ecstatic. And if 2:52:45 is a PR you have plenty to be happy about too. Forget about that arbitrary qualifying until next year.

SOME OTHER THOUGHTS. (RACE DAY)

Get up no later than 4:45 AM.

Eat something light and easily digestible. Don't worry you didn't sleep much last night. Get to the Coliseum by 7am. Lubricate yourself properly, drink water (Avoid sugar), Use the potty. Most important REMAIN CALM but stay confident. At 7:40AM run a 2 minute warmup at 10 minute pace. At 7:50AM, run 1 min. very easy BUT with 2-3 ten to 15 yard stride outs. After the gun-BE CAREFUL-NOT TOO FAST. Plan on there being only 30 seconds between your fastest and slowest mile. Take a swallow of fluid at every aid station. Don't do anything different today from how you prepared for today. After 20 miles....It's all desire from there on in--Provided you didn't go out too fast. If you can smile all the way back, then you're lying Or Ran the race too easily. Don't be a grouch either. RUNNERS, IT'S RACE DAY!!!GOOD LUCK!!!!



Fort Wayne Runners

Get ready for the summer circuit of triathlons with the Steuben Printing Co.

101 Lakes Festival Triathlon

Saturday, June 15, 1985 - 7:30 a.m.

1/2 mile swim - 12 mile bike ride - 3.5 mile run

Pleasant Lake Elementary School, four miles south of Angola on Old 27 South on Main Street.

Loop swim - rolling bike - moderate run. Map available at packet pickup or send SASE.

5:30 a.m.-7 a.m. at school for marking and bike helmet checking.

DATE:

EVENTS:

LOCATION:

COURSE:

CHECK-IN:

PRE-RACE:

PACKET PICKUP:

ENTRY DEADLINE:

SHOWERS:

AWARDS:

PARTICIPANT AWARDS:

AWARDS PARTY:

HOUSING:

CONFIRMATION:

Clinic and movies following carbo load dinner. Dinner at Tri-State University, Angola, Stewart Hall, Friday, June 14, 7:30 p.m., \$5 each.

Friday, June 14, 1985. 5 p.m. to 10 p.m. at Stewart Hall on the Tri-State University campus in Angola.

Friday, June 14. No day of race registration.

Available at Tri-State University.

Trophies to top 10% of entrants in the following age categories; M & F 12-and under; 13-18; 19-29; 30-39; 40-over. Special trophies to oldest, youngest and 1st Steuben County Finisher.

Special custom-made medals to all finishers
3-color fluorescent T-shirt
Swim cap
Bike cap
Copy of Triathlon Magazine
Results mailed to all finishers in Great Lakes Triathlete

From 9:30 a.m. to 12:30 p.m. Pizza party (non-participants may purchase tickets) at Tri-State University's Hershey Hall, featuring Pizza Hut pizza, Bud Light and Coke.

Available at Tri-State University, Alwood Hall, race headquarters. Room rates \$15 per person. Includes carbo load dinner. Must provide own bedding. Call (219) 665-3141 for reservations, ask for Dick Powers.

Confirmation cards will be sent to the entrants up to June 10, 1985. For entry confirmation, after June 10th, call Blueberry Enterprises at 219-936-6459.

STEBEN PRINTING CO. 101 LAKES FESTIVAL TRIATHLON ENTRY FORM

Mail or deliver to: Steuben Printing Co., P.O. Box 180, Angola, IN 46703, (219) 665-3117

LAST NAME FIRST NAME M F AGE BIRTHDATE
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MAILING ADDRESS
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CITY STATE ZIP PHONE
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Please make checks payable to: STEUBEN PRINTING CO. TRIATHLON
Entry fee: \$20 - No refunds or exchanges. Incomplete entries will be returned.

WAIVER MUST BE SIGNED:

In consideration of the foregoing, I for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against any of the sponsors or organizers of this event for any and all claims of damages, demands, actions whatsoever which may arise as a result of my participation in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I grant full permission to any and all of the foregoing to use my likeness for any purpose whatsoever.

Arlington Park RUNNERS WEEK 5K TESTING RUN May 25, 1985



ALL WALKERS, JOGGERS AND RUNNERS WILL RECEIVE A GOLD, SILVER, OR BRONZE MEDAL FOR FINISHING. AWARDS WILL BE DECIDED BY THE FINISHING TIME OF EACH INDIVIDUAL IN HIS OR HER PERSPECTIVE AGE GROUP.
(See Chart; times from National Running Data.)

EVERY FINISHER IS A WINNER!

MEN	Gold	Silver	Bronze
14 & under	-20:30	20:31-24:00	24:01 over
15-19	-18:30	18:31-22:30	22:31 over
20-29	-19:00	19:01-21:30	21:31 over
30-39	-19:15	19:16-22:00	22:01 over
40-49	-19:30	19:31-22:30	22:31 over
50-59	-21:00	21:01-24:15	24:16 over
60 & over	-24:30	24:31-29:30	29:31 over



WOMEN	Gold	Silver	Bronze
14 & under	-22:00	22:01-25:30	25:31 over
15-19	-20:30	20:31-22:30	22:31 over
20-29	-21:00	21:01-23:30	23:31 over
30-39	-23:00	23:01-24:30	24:31 over
40-49	-23:30	23:31-25:30	25:31 over
50-59	-24:30	24:31-26:30	26:31 over
60 & over	-26:30	26:31-30:00	30:01 over

LOCATION

Arlington Park Club House
in Arlington Park Addition
off Highway 37, 2 miles East
of Maplecrest Rd.

Starting Time - 8:00 A.M.

Registration - 7:00 A.M.

(Note; No Same Day Registration.)

MAY 25, 1985

ENTRY FEE

\$6.00 includes a
Handsome Medal
and Refreshments.

(ENTRIES MUST BE RECEIVED BY MAY 21, 1985)

All Proceeds go to Runners Week
Programming to purchase a new
Video Camera for production in
cooperation with the F.W.T.C.

For further information contact Tim Fleming (219)749-8027 or Denny Zech (219)484-3473

Mail entry by May 21, 1985 to:
RUNNERS WEEK c/o Tim Fleming
3120 Country Park Lane
Ft. Wayne, IN 46815

Make checks
payable to
"RUNNERS WEEK"

-----WATCH RUNNERS WEEK-----

Name _____

Address _____

City _____ State _____ Zip _____

Age _____ Sex _____

Phone No. _____

* Estimated Finish Time of 3.1 mile _____ minutes _____ seconds

* Entry must be received by May 21, 1985

I have conditioned myself to compete in the 3.1 mile competition. I waive any rights I may have against Arlington Park Addition, Clubhouse, and "Runners Week" for damages or injuries occasioned by my participation in the 3.1 mile event May 25, 1985.

Date _____ Entrant's Signature _____

If under 18, parent or guardian must sign here _____

CANAL DAYS 10 K

RUNNERS TESTING AWARD RACE

(All runners will receive gold, silver, or bronze medals)

DATE - SAT. JUNE 8, 1985

PLACE - NEW HAVEN PLAZA
HIGHWAY 30

CHECK IN TIME: 6 A.M.

NEW HAVEN, IN

REGISTRATION & ENTRY:

BEFORE MAY 31, 1985 . . . \$5.00

AFTER MAY 31, 1985 . . . \$7.00

SPONSORED BY:

The Marine Corps League & Coca-Cola

Trade-mark ©

10K Runners Awards Chart						
MALE				FEMALE		
Gold Medal	Silver Medal	Bronze Medal	Age	Gold Medal	Silver Medal	Bronze Medal
47:00 & Under	47:01-54:49	55:50 +	11 & Under	49:30 & Under	49:31-56:00	56:01 +
39:55 & "	39:56-53:30	53:31 +	12-15	47:30 & "	47:31-55:00	55:01 +
38:00 & "	38:01-43:30	43:31 +	16-19	44:30 & "	44:31-53:30	53:31 +
37:00 & "	37:01-44:00	44:01 +	20-24	44:45 & "	44:46-54:00	54:01 +
37:50 & "	37:51-45:30	45:31 +	25-29	46:15 & "	46:16-54:45	54:46 +
38:30 & "	38:31-46:10	46:11 +	30-34	47:30 & "	47:31-55:30	55:31 +
39:00 & "	39:01-46:45	46:46 +	35-39	48:00 & "	48:01-56:30	56:31 +
39:35 & "	39:36-47:20	47:21 +	40-44	48:15 & "	48:16-56:50	56:51 +
41:00 & "	41:01-48:10	48:11 +	45-49	48:40 & "	48:41-58:00	58:01 +
41:50 & "	41:51-49:00	49:01 +	50-54	48:55 & "	48:56-59:00	59:01 +
42:45 & "	42:46-51:00	51:01 +	55-59	51:50 & "	51:51-61:00	61:01 +
45:30 & "	45:31-52:30	52:31 +	60-64	53:00 & "	53:01-63:00	63:01 +
47:00 & "	47:01-54:00	54:01 +	65-69	53:31 & "	53:32-65:00	65:01 +

ENTRY FORM AND WAIVER OF LIABILITY

Name _____ Age _____ Sex _____

Address _____ City _____ State _____ Zip _____

Your estimated time to complete the race _____.

In consideration of your accepting my entry, I do hereby for myself, my heirs, executors, administrators, and assigns, waiver and release all rights and claims for damages which I may have or which may hereafter accrue to me against the Marine Corps League, The Fort Miami Detachment, and The New Haven Canal Festival, its sponsors, agents, representative or assigns for any and all damages which may be sustained, and suffered by me in connection with my association with or entry or participation in the Canal Days 10 K.

Signature _____ Date _____

PARENT OR GUARDIAN IF UNDER 18

MAKE CHECKS PAYABLE TO: MARINE CORPS LEAGUE

SEND TO: 1075 KENWOOD AVE.
FORT WAYNE, IN 46805

MONUMENT CITY CLASSIC



SPONSORED BY ANGOLA SPORTS CENTER

WHAT 7th Annual MONUMENT CITY CLASSIC 10K & 2 Mile
 WHERE Angola Commons Park (U.S. 20 East)
 ANGOLA INDIANA
 WHEN **SAT. JUNE 22, 1985**

WHO Sponsored by the ANGOLA SPORTS CENTER as part of the Steuben County 101 Lakes Festival.
 AWARDS
 10K
 *Singlets to first 200 applicants
 *Merchandise awards to top 15% of each age category
 2 Mile
 *Ribbons to all finishers
 *Plaques to age group winners
 *Trophies to top male/female finishers
 FEES
 2 Mile & 10K
 \$3 - No Singlet
 \$6 - Singlet before June 15
 \$8 - Singlet after June 16



NAME (Print) _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 PHONE _____ AGE _____
 UNISEX SINGLET SIZE (Circle One)
 30-32(xs) 34-36(S) 38-40(M)
 42-44(L) 46-48(XL)

	10K		2 Mile	
	MALE	FEMALE	MALE	FEMALE
_____	17 Under	_____	11 Under	_____
_____	18-29	_____	12-15	_____
_____	18-24	_____	16-19	_____
_____	25-29	_____	20-29	_____
_____	30-39	_____	30-39(up)	_____
_____	30-34	_____	40 Over	_____
_____	35-39	_____	MAIL TO:	_____
_____	40-Up	_____	Jim Scott	_____
_____	40-49	_____	302 Victoria	_____
_____	50-Up	_____	Angola, IN 46703	_____

In consideration of my entry, I and my assignees do hereby release the ANGOLA SPORTS CENTER, the ANGOLA PARKS DEPARTMENT, and all other race sponsors and representatives for all claims of damages whatsoever arising from my participation in the MONUMENT CITY CLASSIC. I attest that I have full knowledge of the risks involved and am physically fit to compete.

SIGNATURE _____

Pauley's Lenten Patchwork (Part 1)

Unlike the talented, self disciplined writers like Judy Tillapaugh and Doug Sundling who author great articles every month, I can only come up with something when I'm "inspired." This month I hit the JACK-POT! Enough nifty things happened to Bobby and I for at least 4 stories. Choosing among them would be impossible, so I'm going to piece them together like a patchwork quilt and hope there's enough backing to get us through in one piece.

The first great event of the Lenten season for us was our trip to Florida over my spring vacation to visit, John, Carolyn, John Jr., Jennifer, Jimmy and Jason Schwarze. You may remember that John moved his family to Florida last May to take a job teaching at Weber College. You will be pleased to learn that John has not become some jerk in an ivory tower. The heights to which he aspires are the hills of Central Florida. I always thought that Florida was a nice flat, swampy type place. I was very wrong--much to my legs regret. Their hills are as bad as Homestead's ever hoped to be. The road up Schwarze moun-

tain is uphill for over a mile.

The move has agreed with all the Schwarze's. John is as ornery as ever as his article in this issue testifies. The kids have all grown and flourished beautifully. And, of course, they are still avid runners as their welcome for us demonstrated. After driving for 22½ hours, we arrived at their house at 3:55 AM on St. Patrick's Day. Within two hours they had us back on the road headed for a race. In deference to our exhausted condition, Bobby and I did the 5K. He had the best run he's had in years! In fact, it was his best race since he ran 37 miles at the Dallas/White



Carolyn Schwarze and Sharon Pauley in Florida.

Rock Marathon--After driving 21 hours to get there. I think he's hit on a training secret. What he obviously needs to do is drive all night to get him ready to toe up to the starting line. John, John Jr., Jim, Jennifer all did well in the 10K. I tried to run in with Jennifer but couldn't begin to keep up with her. I puffed in just in time to take off with Carolyn on the 1 mile fun run. I couldn't keep up with her either. Because of the move she hasn't been running much, but she's still faster than I am. If it hadn't been such a joy to run with these beloved friends, I would have been crushed.

Part 2

The Pokagon Run on March 31 was the first rental since Bobby and I became responsible for the track club's timing equipment. What a Day! Bobby wasn't feeling well when he woke up. When he checked out the equipment before loading it in the van, he found that it wasn't properly charged. He had plugged it in, but hadn't turned on the switch on the strip of outlets he has for the

equipment. The only equipment that appeared to be able to make it were two new pieces that John Treleven hadn't yet taught us how to operate. We loaded it up anyway and headed for Pokagon. Just north of Ft. Wayne the seat belt warning buzzer started humming even though our belts were fastened. Then the windshield wipers started slowing down. Just north of Auburn the van started missing. We almost made it to the Angola exit before it completely died. Fortunately, Mike and Debbie Glasper came along with John Treleven as a passenger. Roseann Simmons and the Gensheimers soon also stopped. How in the world they got all that equipment in Roseann's station wagon I'll never know, but they did and off they went to Pokagon. Don

Lindley stopped and took Mai and I with him. We got there just in time for me to register Mai as she was taking off on the fun run. She got sick and finished about 6 minutes slower than usual. During my pre-race pit stop, I dropped my spare key in the toilet.

I thought the curse of the day had ended, when Bobby showed up. He had taken the battery out of the camping part of the van and rigged it under the hood. I got off to a great start in the 10K. My first 4-mile splits were very close to PR'S for me. At about 4½ miles a race official told me to turn right which, of course, I did. About two blocks later, I was told that I hadn't turned right enough. There were three campground roads at that point at I hadn't taken the right one. The things I had to say about that official aren't printable here. Bobby and Don patiently and sympathetically listened to my agony until I took off for the race headquarters. (With my bag in hand ready to shove it up the nose of that race official if I could find him. Bobby and Don then suggested that perhaps there had been more good in the day than bad and they were right. The help of our beautiful track club friends had been more than enough to deal with the equipment crisis. Mai was fine, after she rested and had a doughnut. Bobby got the van working at least enough to get home. And the first

four miles of the race had been the best of this year for me. Fortunately, I did find the race official. After I told him all was forgiven, he apologized three times. I think he actually felt worse about his inadequate directions than I did. Surely, five days before Good Friday was an appropriate time for me to learn again about forgiveness.

Part 3

This piece of this written patchwork occurred on Maunday Thursday, April 4th but originated last September when I started teaching a new health program to my second graders at Ossian school. One component of the program is healthful exercise. I knew from experience that the only way the kids could really learn this was by actually doing it--So we began trying to walk or jog for a minimum of 12 minutes three times a week last September. We didn't reach our goal every week, but we came close enough to really make a difference in the kids aerobic fitness. When the P.E. teacher had all the kids in the school jumping rope in February, my class had more endurance than any of them. The principal happened to observe the P.E. teacher when she was teaching my class. He was shocked at how they "didn't get out of breath while rope jumping". I felt that all the effort they had put into their exercise program and their terrific improvement deserved to be rewarded. So I got Tom Loucks to help me order some T-Shirts through Sports Tech. I even talked Tom into coming out to the school to present them. At the end of my introduction of Tom I said that nice guys finish first. He spent nearly an hour demonstrating my truthfulness. He warmly congratulated each child, graciously joined us in our afternoon jog and shared our simple refreshments. He really helped make it a special day for the kids and me. If marathons were won and lost on character, Tom would have his third TV/33-Hooks victory sewed up before he got to the strating line.



Part 4

Good Friday happened to be my birthday this year. It was a great one. My favorite birthday presents were accidentally meeting Ruth Dumas in Foster Park, so I could share a couple of miles of a great 7½ mile walk with her and later typing Bobby's letter resigning his job. Jerry Mazock's article on house-husbanding was so great Bobby decided to give it a try. We may wind up on the soup line instead of bringing pots of soup to the winter runs, but I can't imagine a more precious birthday gift than having the whole summer to run, diet and enjoy our family, our running buddies and each other.

Five of us showed up for our Easter sunrise run--Our family plus John Eakin and Don Lindley. Going through the "walking to the Tomb" in Foster Park and "running to tell the disciples" was thought provoking, but the best part was our celebration of the resurrection.

After a fast breakfast, we tried to release our helium ballons, but they all got tangled together. Our laughter while untangling and watching them quickly lift away was a great way to greet a beautiful sunrise. Ruth Dumas happened by and decided I looked more like the Flying Nun than Mary Magdaline. Several worship services later, I went for a long run alone. I got snowed on three times and rained on five or six times and IN BETWEEN enjoyed an incredibly beautiful sunny day. I was soaked to the skin and cold but utterly content when Bobby picked me up at about 10 miles. The weather that afternoon had been much like the Lenten Season for us--Some mighty dark patches, stormy patches but also a lot of warm sunshine joy. My Easter run was a good time for me to meditate on the enduring, indelible quality of love as we expressed it in loving, rescuing friends, forgiveness, worship and laughter.

* EXTRA EXTRA *

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)

Dear Gene Bullshallitt:

Bet y'all thought I died and went to hell. We've been enjoying our new life down here just north of the Everglades. Our good friends, Bob and Sharon Pauley were down here last week and bought some nice pictures and issues of the Inside Track. HOW COME ONLY 20 PEOPLE RAN THE HOMESTEAD 8-MILER. WHAT HAPPENED TO THE REST OF YOU WIMPS??????????

Attention: THE HILLY 4
RACE HAS BEEN MOVED
TO FOSTER PARK
SAME TIME

(THE "UN-HILLY 4")

thank God!

from the desk of...

NORMAN J. SPITZIG, JR.

Jerry,

Great article!! (Your editorial concerning your kids and winter running)

I agree totally. That's why I'm in such STINKO shape too!

Don

Dear Jerry,

As president of the Twin River Jogging Club in Logansport, I and several other members have been fascinated by the present success of your track club. Many of your club's activities I read in the Indy Star.

I was in the hopes I could get on your mailing list for your excellent monthly newsletter or perhaps exchange newsletters with your club.

We are a small club of 30 members and 3 years old. We have 2 races here this year. They are the Ironhorse 4 miler July 20th and the Diet Pepsi 10K in September. So far our races are growing well. I'd love to receive a copy of your monthly newsletter or any info you think might be helpful for our monthly meetings to SPICE them up! For our August meeting, I'm looking for a guest speaker. Do you have people in your club, I might be interested in? All expenses could be paid for them. Please write or call as soon as possible. Thanks for your attention. CALL after 1:00P.M. 219-722-4887

Sincerely,
Vicky Hopkins
(President-Twins River Jogging Club)

(P.S. We have 4 members coming for the May 5th Marathon.)



The Schwarze family (Former Ft. Wayne residents and club members) now living in this house (see below) in Florida. Sharon Pauley gave me this pictures.



We enjoy Florida, but really miss the Track Club and our old friends. If y'all ever get down to Central Florida please come and see us. We're still running a lot of miles. The old man is no longer the fastest in the family, barely the tallest, BUT STILL THE MEANEST!

Take care of your Track Club. It is truly unmatched in Florida, or any other place that we've seen.

God Bless Y'all
The Schwarze's

(Editor's Note.....John, I accept your nomination for "Death....V"
Thanks,
Gene

I was sorry to hear about the timely demise of some of our old buddies. How Tim Fleming actually turned into a frozen statue 2 feet before the finish line at the Homestead 8-miler----What do you expect from a guy who eats PICKLED MONKEY BRAINS and who used to spend his mornings training for the Hour Run on the Blackhawk track in a tuxedo. And from the inside cover of the March issue, I see where Lindley finally turned into the abominable snow monster of the north. I enjoyed Roger Wilson's story, "Tears." My wife knows the 'tears' of laughter very well.

Back in December, John and I ran the British-American Marathon in Tampa. You may call this "DEATH IN THE AFTERNOON, PART V." At 17 miles on the St. Pete side a voice called my name. I was dying, so I turned to meet my maker. BUT, I KNEW the Lord would never be wearing a Chicago Cubs hat. Thanks to you, Don Goldner, for helping me through that race.

DO A FRIEND A FAVOR

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

FORT WAYNE TRACK CLUB



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NAME _____ SEX _____ BIRTHDATE _____
ADDRESS _____ PHONE _____
CITY _____ STATE _____ ZIP _____

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IF YOU RENEW BEFORE 5-30-85 A FEE OF \$10.00 _____
IF YOU RENEW AFTER 6-1-85 A FEE OF \$5.00 _____
EA. ADD'L. FAMILY MEMBER, \$5.00 EA. _____
(\$20.00 MAX. PER FAMILY)

TOTAL \$ _____
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FORT WAYNE TRACK CLUB APPLICATION:
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