

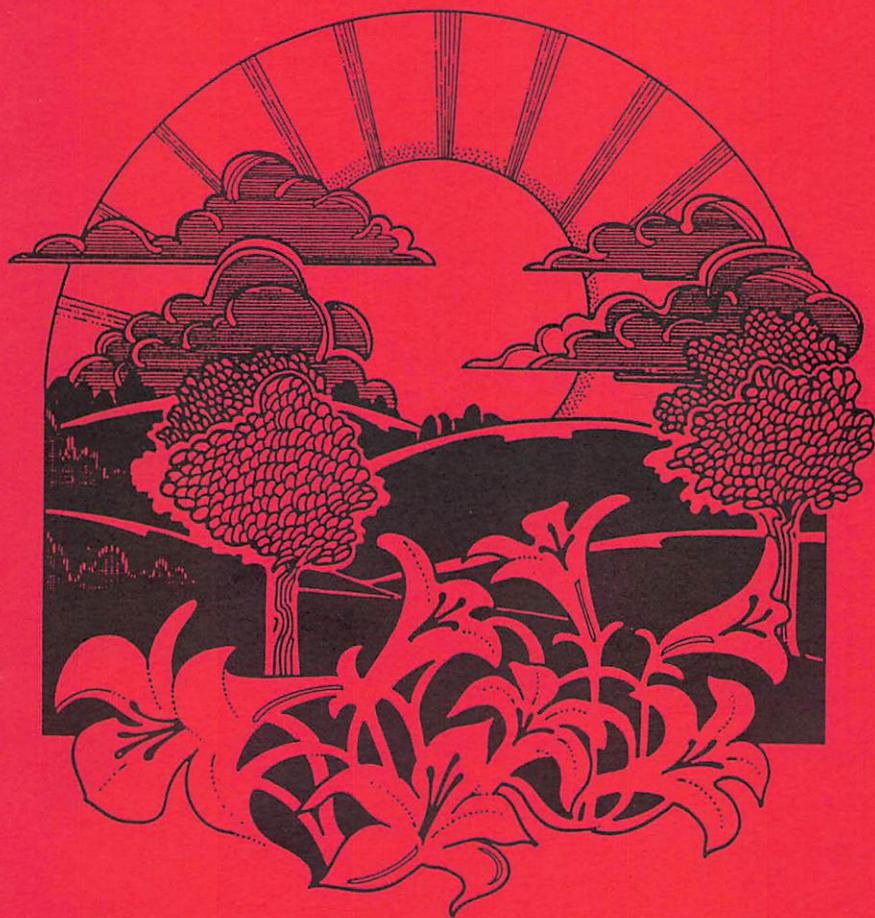
the inside track



FORT WAYNE
TRACK CLUB

JULY 1986

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



**Central Soya Community
Classic - July 26
Race Application Inside!**

Fort Wayne Track Club

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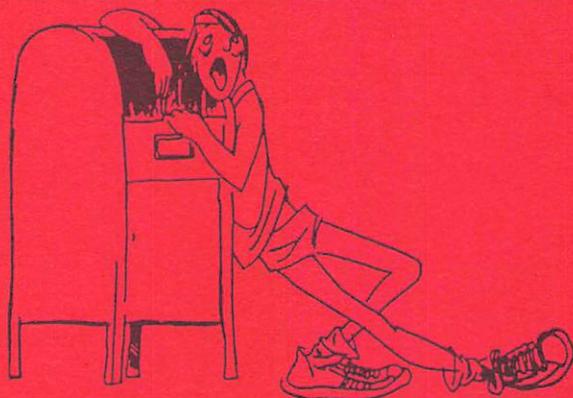
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Don't forget . . .
to support your advertisers.

Don't forget . . .

Race directors — the FWTC has camera ready logos that are available to use on FWTC points race applications.

Don't forget . . .

Groups that get together on a regular basis for all types of runners are as follows:

6 P.M. Wednesday -

5 Mile at Foster Park - Meet at parking lot near volleyball courts

6 P.M. Tuesday & Thursday

Meet at American Health Fitness Center on N. Clinton - 9 mile on Tuesday, 10-12 mile on Thursday

Don't Forget...

The Wednesday night Fun Run every Wednesday night at Foster Park near the volley ball courts at 6:00 p.m. sharp.



ON TO MORE IMPORTANT THINGS. AT THE LAST BOARD MEETING, THE BOARD VOTED TO ALLOCATE \$400.00 TOWARDS SCHOLARSHIPS FOR A MALE AND FEMALE CROSS COUNTRY RUNNER AT INDIANA-PURDUE FORT WAYNE. MIKE KAST WILL CHOOSE THE ATHLETES, WHO WILL RECEIVE \$200.00 EACH. I THINK THIS SHOULD BECOME AN ANNUAL SCHOLARSHIP, THAT COULD GROW WITH VOLUNTARY CONTRIBUTIONS FROM OUR MEMBERSHIP. THIS SCHOLARSHIP GIVES THE FWTC ANOTHER "PURPOSE" AS A CLUB AND IS SOMETHING WE ALL CAN BE PROUD OF. WOULD MEMBERS BE WILLING TO CONTRIBUTE TO THIS FUND? COULD WE SET UP A TRUST WITH A LOCAL BANK TO ADMINISTER THE FUND? HOW COULD WE RECOGNIZE CONTRIBUTORS, (PATCH, PINS, CERTIFICATES) ARE ALL IDEAS THAT HAVE BEEN SUGGESTED. IF YOU WOULD BE INTERESTED IN FORMING A COMMITTEE TO INVESTIGATE ALL THE POSSIBILITIES WITH THIS SCHOLARSHIP IN THE FUTURE, PLEASE GIVE ME A CALL. IT WOULD NOT TAKE UP A LOT OF TIME AND THE REWARDS WOULD BE KNOWING YOU ARE HELPING A YOUNG ATHLETE GET AN EDUCATION.

BUT MOST OF ALL, I MISS RUNNING !!
 BEFORE.
 - I AM PROBABLY IN BETTER SHAPE THAN EVER
 EMBARRASSED BY THE TRIATHLON ATHLETES.
 - I CAN SWIM AT THE YMCA WITHOUT BEING
 BICYCLING IS NOT SO BAD AFTERALL.
 - LIFE GOES ON WITHOUT A DAILY 10K.
 AFTER A MONTH OF "NON-RUNNING " BECAUSE OF A KNEE INJURY, I HAVE FOUND THE FOLLOWING;

PRESIDENT'S COLUMN

By Jim Bushey

1986 FWTC Race Schedule

March 15

20K Nutra Run 2:00 PM
Woodside School, Homestead Rd.

April 26

North American Van Lines 15K
9:00 AM Terry Shipley 429-2733

May 3

"We are winning" 5K 9:00 AM
American Cancer Society
Canterbury Green

Tom Wagner 485-0587

May 4*

Foster Park 13.1 8:00 AM

Don Lindley

May 10*

Runners Week 5K 8:00 AM

Arlington Park

Tim Fleming 749-8027

May 18

WMEE Fort Wayne Marathon

8:00 AM

Ron Horan 447-5511

June 7

Canal Days 10K 7:00 AM

Tom Gratz 749-0982

New Haven

June 14

Hilly 4 Homestead 9:00 AM

John Treleaven 432-5315

June 21

One Mile Trophy Race 8:00 AM

Tim Fleming 749-8027

Coliseum Parks Lot

June 28

Turtle Days 10,000 8:30 AM

Larry Shivley 693-2761

July 4*

Runners Week 5K 8:00 AM

Tim Fleming 749-8027

Hamilton Lake

July 12

White River Parks Games

5 miler 7:00 PM

Foster Park Tom Loucks 622-7108

July 18

Old Settler's 10K 6:30 PM

New Course - Night Race

Carl Fields 244-5500/244-7726

July 20

Diet Pepsi 10K 8:00 AM

3 Rivers Festival Event

July 26

WOWO/Central Soya 5 miler 6:00 PM

Randy Lavine 493-2420

August

1 Hour Run Northrop H.S. 8:00 PM

Jim Mazock 747-1064

August 9*

Peace and Understanding 5K

6:00 PM IPFW Jim Bushqy 747-3770

August 16*

Kent Davis 5K 7:00 AM

Georgetown Square Bill Schmidt

749-0562

August 23

Big Brothers/Big Sisters

5 miler 5:00 PM

424-1600

August 31

8K Love Run Canterbury

Green 5:00 PM

Muscular Dystrophy

October 5*

5K Lutheran Hospital Race 2:00 PM

Foster Park Sharon Glick

October 26

Homeloan 10,000 2:00 PM

Dan Kaufman 485-5241

Mary Gardner 422-3502

November

10 miler Downtown

Fort Wayne 8:30 AM

November 1*

Ultra — 50 miler

December 13

Just Jones 10K

*Non Points Race

OVER 40 STORES
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RUNNERS WEEK

WEDNESDAY 8 PM - CHANNEL 10

FEATURING:

- EXCITING RACES
- INTERESTING INTERVIEWS
- UP-CLOSE LOOK AT SPECIAL RUNNERS
- ANALYSIS OF INDIVIDUAL RUNNING STYLES
- TRAINING TIPS
- REPORTS FROM TRAVELING RACERS



INTRODUCING:

"GETTING BACK ON YOUR FEET"

with DR. GEORGE BOWMAN DPM.

NEW THIS SEASON ON RUNNERS WEEK DR. BOWMAN, A PRACTICING FT.WAYNE PEDIATRIST AND FOOT SURGEON, WILL BE DISCUSSING RUNNING PAIN AND INJURIES. HOW TO TREAT THE ACHE AT HOME AND WHEN TO SEEK PROFESSIONAL HELP. GREAT INFO!!

HOST TIM FLEMING-ANN JAMISON

FWTC Board Meeting
MAY 27, 1986 - 7:00 P.M.
SOUTHEAST Y.M.C.A. LOUNGE

THE FOLLOWING MEMBERS WERE PRESENT AT THE MAY FWTC BOARD MEETING: JIM BUSHEY, DON LINDLEY, BOB PAULEY, SHARON PAULEY, MIKE KAST, CHUCK DEVAULT, DAN KAUFMAN, MIKE ROBBINS, ROGER WILSON, SUE LONG, JOHN FLEMING, TIM FLEMING, DENNY MARKS, RUSS SEVER.

JIM BUSHEY, PRESIDENT, CALLED THE MEETING TO ORDER.

TREASURER'S REPORT- TOTAL INCOME FOR THE MONTH WAS \$1740.00. EXPENSES TOTALED \$1235.45. CARPETLAND DONATED \$300.00 FOR RUNNERS WEEK. A LIST OF ADVERTISERS WITH OUTSTANDING BALANCES AND WHO COLLECTS THE MONEY WAS DISCUSSED. THE EDITOR AND PAULEY'S WILL COORDINATE BILLING ADVERTISERS.

YMCA, DENNY MARKS - DENNY MARKS EXPRESSED AN INTEREST IN THE S.E. YMCA GETTING INVOLVED WITH THE FWTC, OFFERING THE LOUNGE FOR BOARD MEETINGS AND A SPECIAL RATE ON A 3 MONTH MEMBERSHIP. ALSO WOULD LIKE TO START A MARATHON TRAINING CLASS TO BE TAUGHT BY A FWTC MEMBER AFTER THE FIRST OF THE YEAR. THE BOARD WILL DISCUSS THE POSSIBILITIES IN FUTURE MEETINGS.

EQUIPMENT - EQUIPMENT RENTAL IS RUNNING AT APROXIMATLY THE SAME LEVELS AS LAST YEAR.

POINTS - RUSS SEVER REPORTED HE IS WAITING ON RESULTS.

RUNNERS WEEK - TIM REPORTS HE WAS DISAPPOINTED WITH THE TURNOUT FROM THE BOARD MEMBERS WHO DID NOT SHOW UP AND HELP WITH THE ARLINGTON PARK RACE. HE WAS PLEASED WITH OVERALL SUPPORT FROM THE GENERAL MEMBERSHIP. TIM HAS A CASE OF BURN-OUT AND WOULD APPRECIATE SOME VOLUNTEERS FROM THE MEMBERSHIP TO HELP WITH A RACE OR TWO.

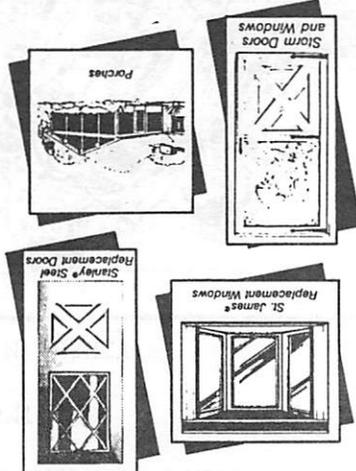
MERCHANDISE - SPORTS SHOW NOT VERY PROFITABLE, ARLINGTON RACE DID PRETTY WELL. THE INVENTORY IS WAY DOWN, WITH MOST POPULAR SIZES SOLD OUT. THE BOARD DECIDED TO TRY TAKING ORDERS BEFORE ORDERING ANY NEW MERCHANDISE. SHIRTS UNLIMITED LOST OUR ACCOUNT TOTAL AND THEY SHOULD CONTACT DON LINDLEY TO SETTLE OUR OUTSTANDING BALANCE.

RACE SCHEDULE - CHUCK DEVAULT REPORTS EVERYTING IS OK.

Cont.

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Member, F.W.T.C.
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Orthopaedic Medicine
Mary Kay Solon, P.T.
Hours by appointment. Evenings and weekends available.
Physician's prescription required.

FWTC Board Meeting Cont.

CENTRAL SOYA - THE FWTC LOGO WAS NOT ON THE RACE APPLICATION OR T-SHIRT. FWTC WILL PROVIDE BACK UP TIMING FOR ACTION STATS.

IPFW SCHOLARSHIP - MIKE ROBBINS SUGGEST THAT THE FWTC SHOULD SUPPORT YOUNG ATHLETES WITH A SCHOLARSHIP TO IPFW CROSS COUNTRY. A MOTION WAS MADE TO SET UP A \$200.00 SCHOLARSHIP FOR ONE MALE AND FEMALE ATHLETE TO

ATTEND IPFW THIS FALL. MOTION PASSED. MIKE KAST ASSURED THE BOARD HE WILL PICK THE ATHLETES AND SEE TO IT THE MONEY IS SPENT WISELY. MIKE ALSO THANKED THE BOARD. MIKE ROBBINS ALSO SUGGESTED TRYING TO DO SOMETHING FOR THE SPECIAL OLYMPICS IN THE FUTURE.

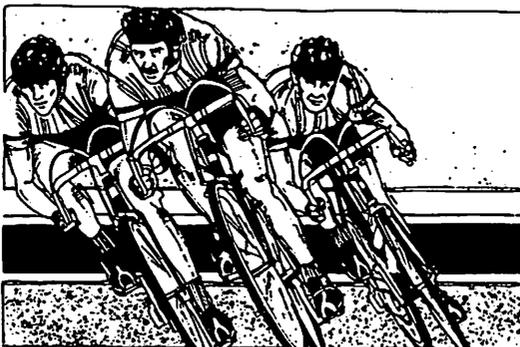
MARATHON - A MOTION WAS MADE AND PASSED TO HIRE SOMEONE THE RE-CERTIFY THE MARATHON COURSE AFTER CHANGING THE FINISH LINE TO THE LOWER PART OF THE COLISEUM PARKING LOT AND TAKING OUT THE PLEASANT AVE. JOG.

HOMELoAN 10K - DAN KAUFMAN IS WORKING WITH PAUL WOLF TO COME UP WITH NEW IDEAS FOR THIS YEARS RACE. MEETINGS WILL BE HELD WITH HOME LOAN, DAN, MIKE ROBBINS AND JIM BUSHEY SHORTLY.

MEETING ADJOURNED AT 9:40 P.M.

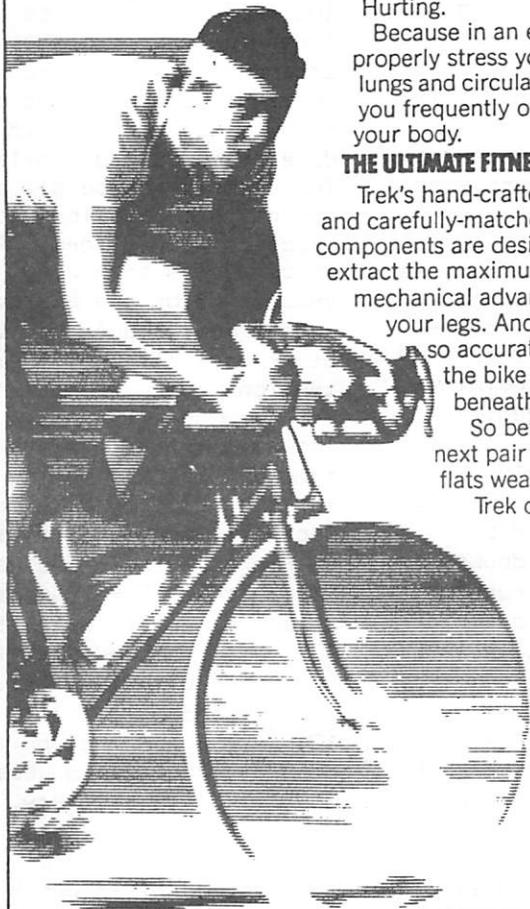
RESPECTFULLY SUBMITTED,

ROGER WILSON, JIM BUSHEY



DO SOME OF YOUR BEST TRAINING SITTING DOWN.

If you run alot, there's something else you're probably doing quite a bit of, too.



Hurting.

Because in an effort to properly stress your heart, lungs and circulatory system, you frequently overstress your body.

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Fort Wayne, IN
484-6990

Training By Galloway

By: Mike Robbins

What follows is a brief summary of the Jeff Galloway method of training as promised in last month's newsletter. To say that Galloway borrows heavily from Arthur Lydiard is neither overstatement nor meant as criticism. Actually, Lydiard's various training ideas and drills are far more understandable as interpreted by Jeff Galloway.

Galloway envisions training as a pyramid which is repeated throughout contiguous four - six month cycles. The pyramid is composed of base training, hill training and speed.

Base training is mainly relaxed, easy, daily training runs. The pace should be comfortable with any doubts resolved in favor of running slower. Long runs (for which Galloway is notorious) are to be run every other week. They begin, however, with the longest distance run during the previous three weeks with an additional mile added each week until the total is 12. At that point, two miles are added every two weeks until the total reaches 16 for 10K training and 20 for marathon training. Then, that distance is held until the speed phase. Depending upon one's competitive desires, more distance can be added during that phase. Galloway feels that the ideal ultimate long run should be 16 - 18 miles for 10K training and 28 -30 for marathon training.

During the base training period, mileage is being added primarily through the long run. The other runs remain at about the same distance throughout this phase. The pace of the runs should be 1 1/2 - 2 minutes slower than 10K pace. Also, twice a week form accelerations should be done during a daily run. Four to eight accelerations of 100 - 200 yards each are to be done at about a one mile pace. They should not be all out sprints but occasions to practice proper form. Any races during this phase also should not be run at top speed and at most should be every other week alternating with the long run.

The hill training phase is the same as the base period except for the addition of a once-a-week hill workout. This is to be run on a 150 - 200 yard hill with a 10 - 15% grade at a pace slightly faster than 10K pace. Galloway advises beginning with four hill repeats and building to 8 - 12. After running uphill, the descent should be an easy jog down to allow recovery.

In Fort Wayne, anyone interested in serious hill work can challenge the soap box derby hill at Franke Park. Though its dimensions are more severe than Galloway's recommendations, the workout should prove just as or more beneficial. The hill training phase is expected to last four to six weeks.

The final piece of the training pyramid is speed. It

Cont.

Training Cont.

builds on the endurance and strength developed during the prior two phases. Galloway cautions those runners who are not interested in time goals to disregard the speed phase. The risk of injury is far greater during this period than any other. Galloway also suggests that speed not be attempted during anyone's first two years of running. That time should be devoted almost exclusively to base training.

During the speed phase mileage should be cut about 10%. The speed replaces the weekly hill training and alternates with the bi-weekly long run. The specific speed workouts can be 440, 880 and mile repeats gradually building the number of repetitions and then decreasing the "repeat" time. These may be mixed with fartlek and other types of acceleration runs. The speed phase should not last longer than eight weeks and is expected to culminate with one's "big" race.

Throughout his book, Galloway's Book On Running, Jeff Galloway continually stresses the need for rest. He believes the single greatest cause of improvement is remaining injury free. This fits very well with the advice given by Phil Henson at this year's FWTC banquet. Henson counseled stress adaptation by mixing in a sufficient amount of rest with the stresses of training. Galloway seems not to be able to emphasize this enough. When interviewed by Tim

Fleming on a recent "Runners Week" program about his marathon training, Galloway responded that he ran 70 - 80 miles during a week and then 20 - 30 the next. How many runners do any of us know with the discipline to follow that type of approach instead of repeated 50 - 60 mile cycles of marathon training? Compulsion makes slaves of us all.

For a more thorough discussion of the Galloway approach, one should read his book. It is (or was) available at local bookstores and should also be available at the public library. It is easy to read, addressed to all levels of running and contains much of the wisdom gathered by various authorities and Galloway's personal quarter of a century of running. It should help any runner follow the pattern of planning, patience and rest advised by Jeff Galloway.

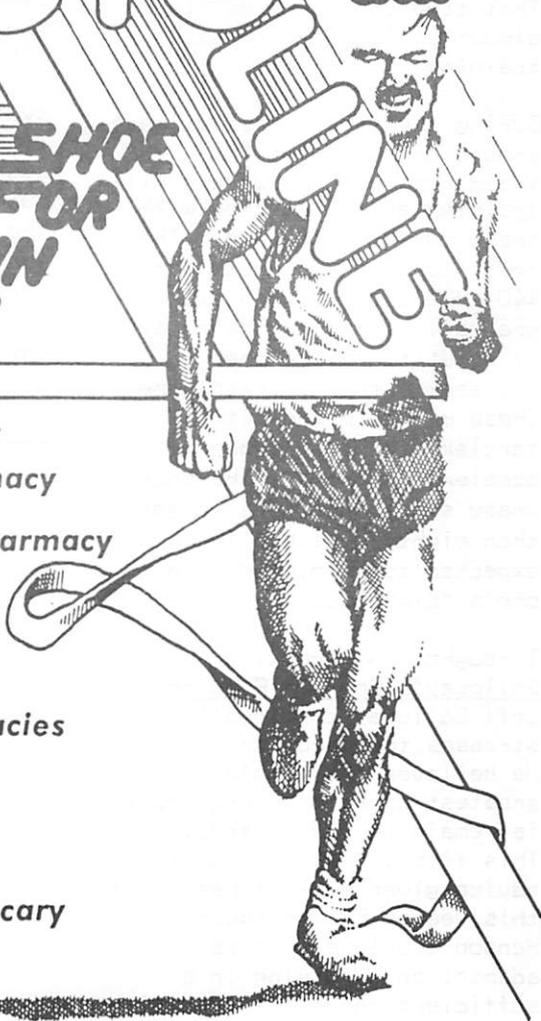


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Tom Louck's Race Schedule

July 4

Runners Week 5K - Hamilton
Lake - 8 A.M. - Tim Fleming
749-8027

July 12

Indianapolis Triathlon
Eagle Creek Park - 1.5 K
swim - 40K bike - 10K run
8 A.M. - 317/USA-0000

July 12

White River Park State Games
Regional Road Race - 5 mile
Foster Park - Deadline 6/23
7 P.M.

July 18

Old Settler's 10K
Columbia City - 6:30 P.M.
Carl Fields 244-5500/244-7726

July 19

Elephant Walk 10K - Peru
8:50 A.M. - Phil Siple

July 20

Diet Pepsi 10K
Ft. Wayne - Downtown 8 A.M.

July 26

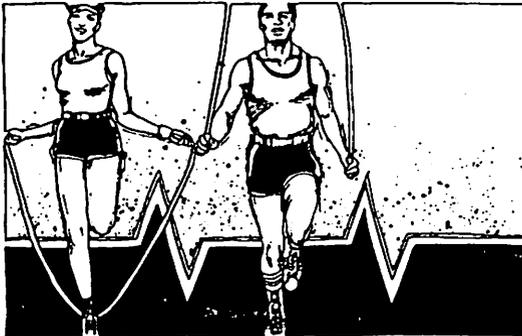
WOWO/Central Soya
5 mile - Downtown -
Ft. Wayne - Randy Lavine
493-2420

July 26

Classic City Road Races
1 mile - 7:30 A.M.
5K & 10K - 8:00 A.M.
Auburn, IN
Rick Hower - (219) 925-4112

August 9

Butler Days Road Races
1 mile - 7:30 A.M.
5K & 10K - 8:00 A.M.
Butler, IN
Rick Hower - (219) 925-4112





FIFTH ANNUAL
(FWTC Points Race)
MUSCULAR DYSTROPHY
"LOVE RUN"

Canterbury
Green

DATE: Saturday, August 30, 1986
TIME: 5:00 p.m. - 2 mile Fun-Run 6:45 p.m. - Awards
 5:30 p.m. - 8K (4.96 mi.) Love-Run
PLACE: Canterbury Green Community
PURPOSE: To promote health and physical fitness and to benefit the Muscular Dystrophy Association.
ENTRY FEE: *Pre-registration:* \$8.00 per race, received by Friday, August 22, 1986. *Late Entries* will be accepted thereafter at \$10.00 per race. You may enter both races if you pay two entry fees.

NOTE: You may run in the 2 mile as a warm-up for the 8K but you will not be allowed to cross the finish line. If you want your results to count in both races, you must pay two fees and receive two numbers.

REGISTRATION: Mail tax deductible check payable to:
 Canterbury Green Fund to Benefit Muscular Dystrophy Association
 2727 Canterbury Blvd.
 Fort Wayne, IN 46815

Runner's packets will be distributed on Friday, August 29, 1986 from 12 noon - 8:00 p.m. at the Canterbury Green Country Club and on August 30, 1986 from 3:00 p.m. to 4:45 p.m. at the tent in front of the Sand Trap located at golf pro-shop.

PARKING: Please use the IU-PU & Canterbury Green lots. DO NOT PARK in the streets or carports of Canterbury Green.

COURSE: The 2-mile Fun-Run & 8K "Love-Run" will include both golf course and the asphalt streets of Canterbury Green. Aid stations will be at 2 1/2 miles and at the Finish.

Restrooms, showers, and lockers are available in the Country Club. The swimming pool is available after the race. (Bathing suits required and furnish own towel.)

AWARDS: T-shirts to all participants of both the 2-mile Fun-Run and 8K "Love-Run".
 Trophies: Men & Women overall both 2 mile & 8K.
 Medallions: Top three winners in each age category, both 2 mile & 8K.
 Award Ceremony will be in beer tent located by tennis courts beginning at 6:45 p.m.

AGE CATEGORIES:

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



CANTERBURY GREEN'S MUSCULAR DYSTROPHY LOVE RUN

NAME _____ AGE _____ SEX _____

ADDRESS _____

CITY/STATE/ZIP _____ PHONE NO. _____

T-SHIRT SIZE: Small Medium Large X-Large FT. W.T.C. Member

Event: Both _____ 2 Mile _____ 8K _____

You may enter both races if you pay two entry fees. You will receive two numbers.

OFFICIAL USE ONLY

--	--

Yes No

In consideration of your accepting my entry, I do hereby for myself, my heirs, executors, administrators, and assignees, release and discharge Muscular Dystrophy and Canterbury Green 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 Canterbury Green's Muscular Dystrophy Love Run.

Signature _____ Date _____
 (Parent or guardian if under 18)

For additional information, call Tom Mather, 219/486-4229 (1986 FWTC Points Race)
 Mike McAllister, 485-9619



Your Home Town



of
 Canterbury

NUTRITION IN QUESTION

Nutrition In Question is a new addition to Inside Track. Any nutrition issues on your mind? Do you often wonder what is right to eat? Maybe we could help you. You are invited to send your nutrition questions to Judy Newman and Juday Tillapaugh both registered dietitians at St. Joseph Hospital. Answers will be included in the Inside Track Mail nutrition questions to:

Judy Newman R.D. & Judy Tillapaugh R.D.
Nutrition Services
St. Joseph Hospital
700 Broadway
Fort Wayne, Ind. 46802

Q: I've heard vegetarian meals can supply adequate protein like meat meals. Is this true? If yes, what vegetable combinations are best at meeting a person's protein needs?

-Sharon Pauley

A: Dear Sharon-

Yes, vegetarian meals can be a fine way to get adequate protein plus all other nutrients. It's important to know that vegetables do vary in protein content. Planning meatless meals has to be done carefully or the diet may be deficient in calories, calcium, iron, zinc, vitamin C, vitamin A, and vitamin B12. Meals may be based on plant foods alone (vegans), plant foods and dairy products (lacto-vegetarians), or plant foods, dairy products and eggs (lacto-ovo-vegetarians). The more limited the food selections, the more crucial it is to make correct food selections.

Protein in meat, poultry, fish, and dairy products are called complete proteins because they contain all essential amino acids. Protein in plant foods are called incomplete proteins because each lacks one or more essential amino acid. But with the right plant food combinations, complete protein products can be made. This process is called protein complementation.

At each meal a vegetarian should use a complementary protein food dish to meet their protein needs. Adequate protein is essential for growth, maintenance and repair of body tissues. Along with protein-rich foods, a variety of other vegetables and fruits are a important part of a vegetarians balanced diet.

Iron and vitamin B12 are often lacking in vegetarians diets. These are best found in meat products. Vegans especially may not get enough of them. Vegetarians using milk and milk products are less likely to be deficient in vitamin B12, but iron may still be lacking.

To meet iron needs, food like legumes, dark green vegetables, and fortified bread/grain products have to be used daily. Eating a vitamin "C" rich food with a high iron food will enhance the iron absorption. Even by eating iron rich foods, the amount may not be enough to meet the Recommended Daily Allowance for iron (10 milligrams for men, 18 milligrams for women), so an iron supplement may be needed.

Vitamin B12 requirement can be met with the use of 2 to 3 milk products a day. Egg products being a source of vitamin B12 can also help to meet the requirement. For vegans vitamin B12 need has to be recieved from a vitamin B12 fortified soy milk, fortified nutritional yeast, or a B12 supplement. Cont.

1986 THREE RIVERS FESTIVAL

DIET PEPSI 10K

FORT WAYNE PARKS & RECREATION

RACE STARTING TIME:

8 AM EST, SUNDAY

JULY 20, 1986

START:

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

ENTRY FEE:

\$6.00 PRE-REGISTRATION (Postmark July 14)

\$7.00 AFTER JULY 14

AGE GROUPS:

WOMEN: 14 and Under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-59; 60 and Over

MEN: 14 and Under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-59; 60 and 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

1986 THREE RIVERS FESTIVAL

DIET PEPSI 10K

FORT WAYNE PARKS & RECREATION

REGISTRATION FORM

Name _____ Male _____ Female _____ Age (on 7-20-86) _____

Address _____ City _____ State _____ Zip _____

Phone _____ T-Shirt Size: (Circle) Small Medium Large X-Large

Waiver of Responsibility: In consideration of the acceptance of this entry to the Three Rivers Festival 10K 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.

Signature _____ Date _____ Parents Signature _____
(If Under 18 Years Old)

Mail Entry Form To: 3 Rivers Festival Diet Pepsi 10K
P.O. Box 12224
Fort Wayne, Indiana 46863

For Additional Information Call: Clark Hamilton, (219) 427-1270

Nutrition Cont.

Another nutrient deficiency sometimes overlooked is total calories. Vegetarian meals typically are not as calorie dense as meat based meals. Adequate calorie intake is essential to weight maintenance and good athletic performances.

Each vegetarian should study their food choices for nutrient balance. If they are unsure about their meatless meal plans, I would suggest visiting a dietitian for a dietary analysis.

Thanks Sharon for your question. Happy Eating.

Judy Tillapaugh, R.D.



Recipe of the month

Sweet and Sour Lentils

- 1½ cups lentils
- ½ cup barley
- 4 cups vegetable stock or water
- 3 Tbsp. soy sauce
- 1 bay leaf
- 1 chopped onion
- ¼ cup oil
- 1/3 cup honey
- 1/3 cup vinegar
- ½ tsp. All Spice
- ¼ tsp. of Ginger and Cloves

Wash lentils and barley, then heat to a boil in the stock or water. Add soy sauce, bay leaf and onion - simmer 30 minutes. Mix together oil, honey, vinegar, and spices and add to lentil mixture. Simmer another 30 to 45 minutes.

Serve dish either hot or cold with a vegetable and/or fruit.

Complementary protein : lentils and barley.

Nutrition Cont.

There are THREE basic plant food combination which can be used for protein complementation:

1. Grains and Legumes

Grains (brown rice, millet, whole wheat, rye, barley, oats, buckwheat, corn)

Legumes (lentils, soybeans, kidney beans, pinto beans, garbanzo beans, black beans, peanuts)

Examples : rice-bean casserole
wheat-soy bread
corn tortillas and beans
oat bread and split pea soup
barley and lentils
beans and tofu

2. Seeds and Legumes

Examples : sunflower seeds and peanuts
pumpkin seeds and soynuts
sesame seeds and garbanzo beans

3. Grains and Egg or Milk Products

Examples : wheat bread and cheese or egg
cereal with milk or yogurt
rice and milk pudding
pasta with milk or cheese
barley soup with milk
beans and cheese

FOOD GUIDE FOR VEGETARIAN DIETS

<u>Food Group</u>	<u>Minimum number of servings daily</u>
1. Bread	4 to 6
Whole Grains	3 to 5
2. Legumes	2 to 3
Nuts or Seeds	1
3. Fruits	1 to 4
Vegetables	4
4. Milk/ Milk products	2 to 3
5. Oils	1

A serving = 1 slice whole grain or enriched bread
1 cup cooked cereal or whole grains
1 cup cooked legumes
3 Tbsp. nuts or seeds
1/2 cup fruit juice
1/2 cup cooked or 1 cup raw vegetables
1 cup milk or yogurt or 1 1/2 oz cheese
1 Tbsp. oil



10,000 METER RACE*

DATE: Friday, July 18, 1986
Registration starts at 5:00 p.m. - 10K starts at 6:30 p.m.

WHERE: First Church of God parking lot, North Main Street (state road 9), Columbia City, Indiana

ENTRY FEE: \$6.00 (\$7.00 after July 8, 1986)

COURSE: This years 6.2 mile course starts the 82nd edition of the Old Settlers Day Association and American Legion Festival parade. The course is routed through the city and out into the country and back. Approximately 10,000 to 15,000 people line the parade route to cheer you on.

COURSE RECORD: MEN: Jesse Garcia - Chicago, Illinois - 32:19.86
WOMEN: Betty Nelson - Columbia City, Indiana - 37:21.35

SPLITS: At every mile mark.

AID STATION: Ice and water at every mile mark and finish. Restrooms available, no showers.

AGE CATAGORIES: MEN: 14-under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 44-49, 50-59, 60-over
WOMEN: 19-under, 20-29, 30-39, 40-49, 50-over

AWARDS: Award for the best time overall for male and female winners. Awards to top three in each age group. Overall winners do not qualify for age group awards. T-shirts to all runners.

FINISH LINE: TIMING AND RACE RESULTS BY ACTION STATS
- Computerized results -
- Fast, reliable, accurate times -
- No finish line backup -
- Race results will be mailed to all runners -
- Refreshments will be served after the race -

*Fort Wayne Track Club Points Race



-DETACH-
OLD SETTLERS 10,000
Official Entry Form

NAME: _____ AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ BIRTHDATE: _____ SEX: Male _____ Female _____

FORT WAYNE TRACK CLUB MEMBER: Yes _____ No _____ T-SHIRT SIZE: S _____ M _____ L _____ XL _____

In consideration of acceptance of this entry, I waive for myself, my heirs, and assigns, any and all claims for damage against the Old Settlers Day Association, Inc. and their representatives, for any and all injuries received during, before and after this event. I attest and verify that I am sufficiently conditioned to participate in this event.

SIGNATURE: _____ DATE: _____
(Parent or guardian signature required if under 18 years of age)

Make checks payable to: OLD SETTLERS 10,000 Send entry & fee to: Carl R. Fields
P. O. Box 271
Columbia City IN 46725

or information call: (219)244-5500 or (219)244-7726

Rain & Running

By Doug Sundling

Rain.

On May 18th, there was plenty of it.

As had others, I had trained through a rather wet Spring, and a week after the marathon on May 18th, I head out to the Rocky Mountains in New Mexico.

Rain.

Actually, at 10,600', there was hail--then rain--then snow; then the late afternoon storm pattern repeated itself the next day.

Even in the Indian pueblo country of the desert Southwest -- rain.

Back home in Indiana, after a couple pleasant, dry days, folks began asking, "Why d'ya bring this rain back with ya?"

Rain ranks as a problem I worry about as a runner, right after dumb drivers, dogs, wind, and right before hills. But, like wind and hills -- and occasionally the right kind of dog, rain can make a run more enjoyable.

No better a relaxant have I found than a carefree run in a gentle drizzle in T-shirt weather. I care not for speed and time and strenuous running; it's too wet out for any of that kind of effort. The drizzle dusts me with its soothing, peaceful magic; my body, mind, and spirit float effortless along.

One particular type of rainfall I find strangely invigorating. The drizzling rain has the appearance of swirling sheets, and I enjoy slicing through the misty curtain, which usually falls only in the late Spring and early Fall.

I especially welcome such a rain about a mile or so into a run. The body is warm and receptive to the cooling mist, and the mind has begun to unwind and won't resist the wetness. What is tough is when I gaze out a window at rain which is pounding the pavement while I contemplate my run from the sanctuary of a dry room.

Of course the complacent, comfortable part of me isn't too receptive to suddenly lunging into a wet rain, but once I get started on the run, the rain isn't that bad. I don't get soaked all at once, neither do I melt.

But since I run in the Midwest, I have had my soakings from thunderboomers. Inevitably a rapidly moving storm front and I cross paths during some of my long morning runs on a late Spring or Summer day. The drenching doesn't really bother me; if anything, I find it a refreshing change of pace. When the sun comes out -- especially on those muggy July or August mornings -- tends to steam me. Literally.

The rain usually takes my mind off any strain of the workout, but it doesn't break my concentration -- except when it is a downpour.

The driving, pouring rainfalls in which I do get caught often wash out any hard interval or long run workouts. And then again, several times an onrushing bank of dark clouds has hastened my pace. What a rush to race Nature -- especially when the aerial fireworks begin. I cannot recollect much that can match the sensation of a lightning bolt flashing right over me and the thunder immediately booming about 2 feet off my height as the electrical wires crackle overhead.

Cont.

Rain & Running Cont.

A thunderstorm or electric storm that follows such an ill-fated breeze is one thing that will prevent me from running or make me cut short a workout.

One such storm swept in rather quickly less than a mile into a morning run. I turned around and skid-daddled home, but three blocks from home, that cool breeze into my face shifted to a gale followed by a driving rain and a boom of thunder. About twenty meters in front of me I heard a creaking and then spotted the 30' or so high dead tree starting its descent. Without breaking stride, I glided by the tree as it was descending past me and bothered only to note the ringing sound of the "No Parking This Side of Street" sign in the tree's branches.

I may have such high adventures, but when I coached high school athletes, rain to them meant "no workout," right? Not if the coach runs in the rain, it doesn't. We would have this routine: they would complain that they couldn't workout in all this wet weather, we would wait, and after the rain stopped we would go run the workout. Usually after the first half mile, they would have stomped through every mud puddle in sight to splash each other. Now thoroughly soaked and loosened up, they were ready to run the workout.

Rain really loosens runners up -- in more ways than this, at least with me.

Running is a great laxative, even more so in high humidity. For me, running on very humid and warm days does for me what Liquid Plumber does for a clogged sink. On May 18th, there was plenty of rain and plenty of miles to run; and there was more than one pit stop.

The rain for the marathon reminded me of other races I had run in rain. Warm-uping for a race in a downpour is difficult, and runners hate to congregate very long before the starting gun is fired. "Just shoot the gun and we'll figure it out as we go," is the dominate attitude as the race director tries to bullhorn last minute instructions through the driving rain.

The most dramatic interaction I have seen of a thunderboomer and a race was at the 1984 Canterbury Green Love Run on Labor Day weekend. The race finishes climbing the upgrade to the main office where a flag pole reaches skyward. The downpours came repeatedly during the race, the normal soft golf course carpet becoming a slick green skirt of standing water. As the middle of the field of runners was passing through the finish chute, lightening, accompanied by a tremendous thunderclap, nailed the flag pole. They always try to put on a good show for that run.

On a warm and humid evening last summer, after settling down on my folks' porch, I watched in the eastern sky a beautifully orchestrated summer thunderstorm.

A gentle opening procession of a blanket of clouds floated across the sky, followed by the thunderheads. Lightning began dancing from cloud to cloud, illuminating the already dark evening sky. Gentle rumblings of thunder began to pell ominously in the distant as the clouds swelled and the lightning picked up its tempo.

Then, some strokes of lightning flashed to the horizon's edge and thunder boomed down from the clouds. A sprinkling of rain drops soon followed, crescendoing slowly.

Cont.

Rain & Running Cont.

The overture having been played, a breeze rustling through the trees and bushes signaled the beginning of the storm's main movement. The lightning struck closer; the thunder intensified; the breeze rose into a wind driving a hard rain. The stormy symphony swelled in a harmonously violent style.

The orchestrated parts began to slowly subside, and a calm settled in. A cool, clear morning greeted me the next day on my morning run.

It was a great show. Who needs HBO? Could TV match the quality of that evening's production? And my younger brother couldn't switch channels every 30 seconds with that obnoxious remote control device.

This type of Hoosier weather provides not only a challenge to me as a runner, but also a constant reminder that life consists of cycles. And it reminds me that Nature is not an antagonist with which to struggle, but that I am as much a part of Nature's cycles as the sunshine, the wind, and the rain.

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Eligibility Any male/female runner in good physical condition is eligible.

Registration and Entry Fee **Five-Mile Race:** The entry fee is \$8.00 if you register and mail your application before July 18, 1986. The entry fee is \$10.00 if you mail your application after July 18, 1986 or if you register on the day of the race. Make checks or money orders payable to "Central Soya Community Classic". Send to P. O. Box 1400, Fort Wayne, IN 46801; Attn: Mr. Tom Krumme.

One-Mile "Fun Run": The One-Mile "Fun Run" in cooperation with the YMCA is free to all participants. We ask that all participants register in advance or at one of the many "Fun Run" tables on race day from 10:00 a.m. to 6:15 p.m. Come run with your friends.

Distance 5.0 mile footrace through downtown Fort Wayne and along the St. Mary's River. Start at the intersection of Main and Calhoun streets in front of the City-County Building.

1.0 mile "Fun Run" (Same start and finish as Five-Mile Race)

Check-In **Five-Mile Race:** Packet pick-up point and times — tent next to Freimann Square from 10:00 a.m. to 6:30 p.m. on Saturday, July 26, 1986.

One-Mile "Fun Run": Registration at special tables or in tent.

Telephone Information For information, call 219-425-5107 (Tana Harter).

Awards **Five-Mile Race:** Special awards to the overall first place male and female runner and the first place masters (40/over) male and female runner. Also, awards to a minimum of the top three runners in each male and female age divisions.

One-Mile "Fun Run": Ribbons to all participants.

Race Divisions	WOMEN	MEN	
	19 and under	14 and under	35-39
	20-29	15-19	40-44
	30-39	20-24	45-49
	40-49	25-29	50-59
	50 and over	30-34	60 and over

Pre & Post Race Activities Numerous activities in FREIMANN SQUARE for all runners, families, and friends including:

- WOWO Personalities at the Sunshine Studio
- Live Music
- Food and Beverages
- Door Prizes (Drawn from Group of Five-Mile Race Finishers)

Listen to WOWO Radio 1190 am for further exciting details on these activities.

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* SINGLETS S _____ M _____ L _____ XL _____

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LS T-SHIRTS 9.00 _____ S _____ M _____ L _____ XL _____

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SWEAT SHIRTS (HOODED) 17.00 _____ S _____ M _____ L _____ XL _____

POLO SHIRTS 13.00 _____ S _____ M _____ L _____ XL _____

SEND CHECKS TO:

FORT WAYNE TRACK CLUB

C/O SUE LONG

237 WEST ESSEX LANE

FORT WAYNE, IN 46825

FOR MORE INFORMATION CONTACT:

SUE LONG 484-1373 (HOME) OR

484-0511 EXT: 2369 (WORK)

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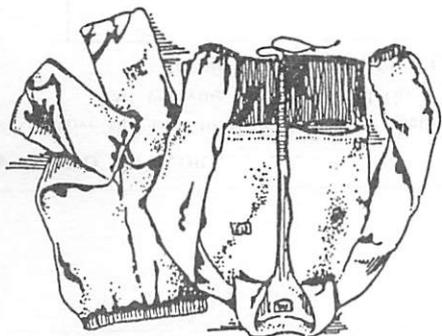
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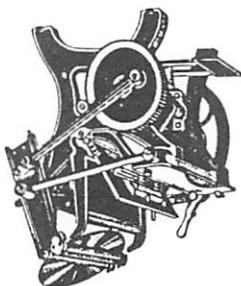
From the Editor's Desk . . . Janelle Graber

This is your newsletter and should reflect what is happening in the Fort Wayne Track Club. If any of you would like to submit articles, anecdotes, and photos, please do. All items to be included in the newsletter should be submitted by the **10th** of the month and all articles should be typed. Please, let me hear from you!

Use this page today and mail it right away - for the August newsletter.

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BE ALERT!!!!
REMEMBER when RUNNING or JOGGING on HOOSIER roadways.....

- ALWAYS CHECK WITH A PHYSICIAN before beginning any strenuous physical activity
- CARRY PERSONAL I.D. and MEDICAL INFORMATION, specifying blood type and/or special medical condition(s)
- REMEMBER when RUNNING or JOGGING on HOOSIER roadways.....
- WEAR HIGHLY VISIBLE CLOTHING reflective vests, wristbands, headbands and white or light colored clothing
- OBEY TRAFFIC SIGNALS - you are still a pedestrian
- DONT ASSUME THAT YOU HAVE BEEN SEEN
- DONT ASSUME A MOTORIST'S COURTESY
- BE CAUTIOUS OF CARS ENTERING THE ROADWAY FROM CROSS STREETS OR DRIVEWAYS
- WATCH THE VEHICLE'S FRONT WHEELS as the wheels of a car are generally the first tip indicating a change in direction
- TRY TO AVOID RUNNING ON THE ROAD, JOGGING and bike paths are all preferable routes if available
- DONT DASH ACROSS ROADWAYS OR IN FRONT OF CARS
- least establishes that you have been seen.
- Try to establish eye contact with driver at intersections, eye contact with those turning across your path at
- RUN FACING TRAFFIC when at all practical

THE INDIANA DIVISION OF TRAFFIC SAFETY urges each and every HOOSIER JOGGER to REMEMBER.....

Educating RUNNERS-JOGGERS about the many roadway hazards, may aid in the prevention and reduction of JOGGER-MOTOR vehicle accidents that occur each year.

RUNNING has become one of our nation's more popular sports. As more and more RUNNERS-JOGGERS take to the urban and rural roadways, the incidence of RUNNER/MOTOR vehicle accidents increase.

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