

the inside track



FORT WAYNE
TRACK CLUB

1988
February

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



**COME HAVE FUN
AT THE BANQUET**

Fort Wayne Track Club

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638-4890

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RUNNERS WEEK
627-5450

TOM LOUCKS
POINT SYSTEM

TRACK CLUB BANQUET

February 20, 1988

6:00PM.

Southwest Conservation Club

DISPLAY ADVERTISING RATES

Full Page (4½ x 7¾ inches) \$50.00

Half Page (4½ x 3¾ inches) 35.00

Quarter Page (2¼ x 3¾ inches) 22.00

Insert Race Application (includes printing results)

12 x Entry fee, minimum \$35.00 (10x entry fee paid in advance)

Advertising must be supplied, camera ready art, or layout charges will be incurred.

All race applications must be supplied for insertion.

Inside Track publishes 700 issues monthly.

February is the kick off month for 1988 Fort Wayne Track Club (FWTC) events. It initiates a calendar with a variety of attractions. Scan over the 1988 road races listed here in the Inside Track. Highlight events that you want to participate in. Set your goals for the year. If you have been a long time runner your goal may emphasize improving a 10K or 20K race time. If you have just started including running in your lifestyle your goal may be finishing a 5K (3.1 miles) or 5 mile road run. Your goal could be to support and participate in all FWTC events. That sounds good to me.

Be flexible when setting your goals. Allow for changes. Keep them achievable. Try not to let one unachieved goal be a depressing downer. Say good-bye to it and reach for another. Goals can be motivators. They are personally yours to help you be better for yourself and others. What do you personally want to do in 1988?

Our main events for February are all on the 20th. Circle this date on your calendar. Use a red marker! Plan to enjoy a day of fitness and socializing. For fitness go to Foster Park for the running of the 5K Fanny Freezer. Race director Penny Marks will start the run at 2:00pm. How about wearing something out of the ordinary? Be colorful! Find a crazy mask! Costume prizes will be given away. For more details look for the race ad in this newsletter.

On the evening of the 20th our FWTC Annual Banquet will be held. It is shaping up to be a grand time for all running enthusiasts plus their families. Meet your favorite running buddies there. The night will include a potluck meal, deep and light conversations, recognition awards, 1987 Runners Week T.V. highlights, and listening or dancing to Walt's Magic Man Mark Evans.

If you know a new runner in the area invite them to the banquet. It is a perfect way to meet other club members. Five years ago Dan and Dave Falrecht introduced me to the club at banquet time. They got me hooked. Yes I am still close friends with them. I truly believe we are a club rich with special people.

The banquet starts at 6:00pm at the South West Conservation Club-5703 Bluffton Rd.

Indianapolis the Indy Runners will be hosting the National Road Runners Club of America's Annual Convention. Do consider going to it. It is a chance to meet and talk with runners from across the nation.

The FWTC is one of about 135 chapter clubs who belong to Road Runners Club of America (RCA). RCA is the largest running organization in America. It was formed by runners to promote road runs and associated events. RCA officers help to coordinate national communication, education programs, and services to clubs it is not the governing body for the sport of running. They provide guidelines and assistance to chapter clubs to promote fitness, wellness, recreation, and competition. Some of the benefits for FWTC members are: Foot-note-quarterly RCA newsletter, personal fitness program, state/regional/national championships. RCA handbook for organizing and conducting club events, regional conventions, and national standards. The RCA is a national organization to help us be a high quality club.

The FWTC board members have agreed that our club will host the convention's hospitality suite Thursday, Friday, and Saturday evenings. Each night at the Hyatt Regency we will have a meeting place available for convention patrons. Refreshment will be served. Currently Jim Bushay and Ron Horn are working to get sponsors to cover the cost of refreshments. We will be needing volunteers to help at the hospitality suite. Please contact me if interested.

Look for further details on the RCA convention here and in future Inside Track issues!

Have a HEALTHY HEART month. Say yes to joining the 2/20/88 Fanny Freezer and Banquet Festivities!

FWTC BOARD MEETING

The Track Club Board Meeting was held on December 19, 1988 at Bushey's Inc. Those in attendance were Bobby and Sharon Pauley, J.P. Jones, Lynn Handlin, Martha Hoopner, Cary Hooten, Jim Bushey, Mike Ducey, Ron Horan, Don Lindley, Judy Tillapaugh, and Amy Anderson. The meeting was called to order at 7:40 a.m. by president, Judy Tillapaugh.

Minutes - No additions or deletions were made to the November minutes.

Treasurer's Report - Income for November was \$433.34. Expenses were \$50.00.

Membership - Membership renewal forms will be in the next newsletter.

Race Schedule - A rough draft of the 1988 race schedule was presented. Further discussion will take place at the January meeting as many of the races are still tentative. A list of 1988 races will be printed in upcoming newsletters. Any questions or information about the 1988 race schedule should be directed to Lynn Handlin.

Marathon - The marathon has been dropped for 1988 because of decreased participation, cost and increasing difficulty in finding volunteers to help.

Annual Banquet - The banquet will be held Feb. 20, 1988 at the SW Conservation Club on Bluffton Rd. from 6 - 11 p.m. There will be a cash bar and D.J. for dancing. No beverages may be brought in. Please bring a hot dish and salad or dessert to share.

WME Sports Weekend - A 5 and 10 mile race will be held at Johnny Applesed Park. Tentative race date is May 13, 1988. Parkview will be a sponsor and Key Health is interested in helping to sponsor.

Old Business - The proof for the track club brochure was reviewed. The RRCA convention will be held in Indy on May 6 - 8. The FWTC is hosting the hospitality suite. A sponsor is needed to help defray costs.

New Business - None.

The meeting was adjourned at 9:30 a.m.

Respectfully submitted,
Amy Anderson, Secretary

**When You Need To Add
A Door
Onto Your Home...**

CLEAR-CUT COUPON SPECIAL!

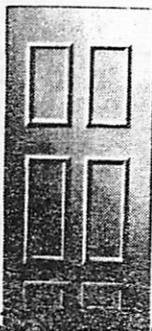
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LETTERS TO THE EDITOR

OPEN LETTER TO THE FORT WAYNE TRACK CLUB

David Fairchild

The first Fort Wayne Marathon was run in 1975, largely through the efforts of Larry Lee. Each year since then, the Fort Wayne Marathon has been run through the streets and parks of this fine city. Whether run in July or May, whether called the WKJG-books Marathon, or the WME-KEYHealth Marathon, or just "The Mara-thon," OUR Marathon has been an important part of the Fort Wayne running scene.

For the 13 years of its history, our Marathon has been more than just a long race. It has established an enviable reputation as a runner's race: a Marathon in which the runner and wheeler is well cared for; a race supported by hundreds of enthusiastic volunteers at aid stations, finish area, and along the course; a race with community support and interest; a race with a first-rate social atmosphere, including a pre-race dinner and much post-race socializing. It has been a race with a proud history and tradition.

Now that history may be complete, the tradition ended. There is no Marathon on the 1988 Fort Wayne Track Club Race Schedule.

There are many factors involved in a decision to drop the Marathon. Decreasing numbers of runners, increasing expense, the amount of time the race director and others must put into the event, increased interest in short races, corporate sponsorship for such "community festivity" races as Summit City 10K, Central Soya 5 mile, NAVL 15K etc. were all considered. This is not the first time the question of dropping the Marathon has been considered. Will it be the last?

YOUR INTEREST CAN MAKE A DIFFERENCE, BUT YOU MUST ACT NOW!
Call officers and members of the Track Club board, NOW. Let them know you WANT to KEEP the Marathon.
PLAN now to RUN in May
COMMIT yourself to working at an aid station
VOLUNTEER to recruit on-course personnel
OFFER to assist with pre-race preparations
REMINd other members of the Club of the history and tradition represented by one of the oldest and best Marathons in the Midwest

I cannot imagine the Fort Wayne Track Club without the Marathon: my association with the club and the Marathon developed together. I would hate to loose either one. In an important sense, the question about the Marathon is a question about what kind of club we want to be. DO we want to be a running/racing/marathon club? Or have we evolved into something very different?

YOUR ANSWERS ARE VERY IMPORTANT. CALL BOARD MEMBERS AND OFFICERS NOW. YOU CAN HELP SHAPE THE FUTURE OF THE CLUB AND THE MARATHON.

NUTRITION IN QUESTION

by Judy Newman, R.D. & Judy Tillapaugh, R.D.

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 Judy Tillapaugh, both registered dietitians, at St. Joseph Medical Center. Answers will be included in the Inside Track. Mail nutrition questions to: Judy Newman R.D. & Judy Tillapaugh R.D. Nutrition Services, St. Joseph Medical Center, 700 Broadway, Fort Wayne, IN 46802

As runners we live an active lifestyle. We weekly try to balance in all of our interests activities. Our work schedule, family events, hobbies, social entertainment, and workouts all have a place and time for us. What about our meal plans?

Often our meals are quick and convenient. We do not think ahead to what we will eat but instead eat what is most attractive at the moment. Breakfast is a couple doughnuts and coffee. Lunch maybe slipped or the choice is a burger and a soda. Chips and candy are easy to grab for snacks. A six package of beer or a dozen cookies is the evening stress release.

Stop I say! Take a break and look at your eating patterns. There is no better time than now to analyze what your usual meals are. Take time to think why certain habits happen.

Food gives us the nutrients and fuel to do a super job at our activities. Good eating can make the difference in all areas of daily life. I challenge you to get better acquainted with your eating patterns. Know Thyself!

To start, do a food record for one to three days. Write down what you eat from the minute you get on your feet till you fall back into bed. Make them typical days. On the diary record what the food choices are, how the food is prepared, portion sizes, eating times, eating places, eating companions, and meal moods. After the records are done look over the sheets. What is your eating score?

This answer can be found by filling out the Personal Nutra-Fit Checklist below. Good eating means enjoying a variety of foods and practicing treat moderation!

Answer the questions below and be honest with yourself. Give yourself 1 to 4 points for each statement, based on the following responses: (1) rarely (2) sometimes (3) frequently (4) always.

1- I eat dairy products (milk, yogurt, cheese, etc.) at least twice a day for calcium to keep my bones and teeth strong.

2- Twice a day I have a portion of protein food such as beef, pork, poultry, fish, cheese, legumes, or eggs to help build and repair my muscles.

3- Daily I eat a minimum of 4 fruit or vegetable servings.

4- Daily I eat a minimum of 4 bread or cereal servings.

5- I eat at least half to two thirds my daily food during the daytime, rather than saving most of my calories for an evening feast.

6- My snacks are nutrient rich (examples- bread, crackers, bagels, fruit muffins, cereals, fruit, juices, low fat milk products or vegetables) rather than full of empty calories (examples- candy, pastries, or fried foods)

YOUR SCORE _____

AULD LANG SYNE 5

December 31, 1977 - January 1, 1978

Men under 30

Chuck DeFord	28:04
Phil Suelzer	28:06
Bryan Gross	28:33
Chris Rooney	30:29
Bob Buchholz	30:37
Jerry Mazock	31:07
Tony Skevington	32:03
Larry Hankins	32:17
Kenneth Young	34:32
Gary Steele	38:19
Harry Koontz	40:08
Glenn West	42:25

Men 30-39

Bill Whitcomb	32:35
Don Lindley	33:54
Floyd Stinchcomb	34:35
Denny Shuler	34:51
John Gres	34:54
Ron Stinchcomb	36:28
Marc Grimm	39:04
Jim Deitle	48:19
Roger werling	53:52

Men over 40

Myron Meyer	30:38
Glenn Moore	32:45
Eugene Striggle	33:55
Clyde Shank	34:02
David Williams	35:30
Lynn Milner	35:49
C.H. DeFord Jr.	37:21
Carlton Potts	37:33
Herbert Chandler	40:46

Women

Cindy Goller	36:29
Cindy Caldwell	37:56
Cneri Kukelhan	43:00
Deb Hockemeyer	45:00
Linda Stinchcomb	48:19
Deb Kulelhan	49:27

High School and under

Rod Flint	30:10
Mike Wheeler	30:28
Ken Fenker	32:02
Tom Shank	35:42
Greg Till	36:21
Jeff Frame	38:07
Tom Fenker	40:36
Jeff Till	41:23

Race results from the
Fort Wayne Track
Club's Newsletter
11 years ago.

Attend the Annual Fort Wayne Track Club Banquet

February 20, 1988 6 pm.
at the
Southwest Conservation Club
Bluffton Road



DANCE TO THE MUSIC OF
THE
MAJIC MAN

ENTERTAINMENT PLUS

*Highlights of Runners Week this past
year on a large screen television.*

POT LUCK DINNER

*(Bring one dish and a salad or dessert,
your own table service.) Drinks will be
provided by the club, coffee, pop and beer.*

—PLAN NOW TO ATTEND—

FORT WAYNE PARK DEPARTMENT/YMCA
ALMOST SPRING FLING WEEKEND

**FANNY
FREEZER 5K**

**February 20, 1988
Foster Park — 2 p.m.**

Registration day of race at
pavillion #1 at 1:00 p.m.

**FEE: \$1.00 for FWTC members
\$2.00 for non-members**

Prizes for the fastest man and woman
overall and age divisions.

Hot chocolate and coffee will be served
after the run.

POINT SYSTEM

Basic cross country style scoring will be applied.

1st. Place — one point

2nd Place — two points

Thru 10 Places

- In some age groups, because of limited participation scoring will not be thru ten (10) places.
- Standard age groups plus open mens and women will be used.
- Masters men and women will be scored five places.

Scoring will be applied to the following races.

1. North American Van Lines 15K
2. Hilly Four Mile
3. Big Brothers / Big Sisters 5 Mile
4. Summit City 10K

Participation is required in all four events.

Up dates will be published in **THE INSIDE TRACK** after each race.

Fort Wayne Track Club determines awards.

Ties Stands

Any questions can be directed to:

Tom Loucks

11080 North 6, State Road 1

Ossian, Indiana 46777

(219) 622-7108

RERUN 1987 RACES

ON

PNMERS

HOST - ANN JAMISON

SHOW DATE (RACE DATE) GUEST HOST & COM.

DEC 17-19 Fanny Freezer 5K & YMCA Work Out COM.-Tim Fleming

DEC 24-26 Sports Tech 5K Triple Crown #1 Ron Horan & COM.

JAN 7-9 North American Van Lines 5K & 15K Mike Robbins & COM.

JAN 14-16 Amer. Cancer Centerberry 5K COM.-Judy Tillapaugh

NEW SHOW JANUARY 21, 23, 28 & 30 NEW WINTER SHOW

The J. P. FOSTER PARK 10 K (12-12-87) Guest Host-Lyn Handlin

FEB 4-6 Arlington Park 5K Trophy Run Randy Lavine

FEB 11-13 WMEE/Key Health Marathon Part 1 COM.-Ron Horan

FEB 18-20 WMEE/Key Health Marathon Part 2 COM.-Ron Horan

FEB 25-27 Central Soya 5 Mile Keith Horton & COM.

MAR 3-5 Turtle Days 10K & White River 5mi Beth Reher & COM.

MAR 10-12 Three Rivers Bathlon (7-15-87) Betty Hite Nelson

MAR 17-19 Kent Davis 5K (8-15-87) Don Lindy & COM.

MAR 24-26 Big Bro./Big Sis. 2 MI & 5 MI. Jim Bushey & COM.

MAR 31-2 IUPUI Scholarship XCcountry 5K Craig Hartman

APR 7-9 Summit City 10K Part 2 Jeff Beam & COM.

APR 14-16 Sports Tech 15K Triple Crown #3 Gary Hooten & COM.

* COM.-COMMENTATOR

THURSDAY 8 PM

SATURDAY 2:30 PM

CHANNEL 10

*From the Fort Wayne
Track Club's Newsletter
11 years ago.*



FT. WAYNE TRACK CLUB

FEBRUARY 18 MEETING

This month's meeting will be held at 10 a.m. in the Georgetown Library. The January newsletter listed Mr. Sy Mah as the speaker at our next meeting. Unfortunately, Sy will not be able to attend. We will look forward to hearing him in the near future.

The speaker at our meeting will be Mr. Dan Coleter. Dan has won the last two St. Louis marathons with times of 2:20:47 and 2:20:31. He won the First Annual Mayor Daily Marathon in 2:17:52 and participated in the 1976 Olympic Trials held in Eugene, Oregon. Dan is presently studying at Concordia College and will be graduating this May.

Training techniques, race preparation, and nutrition; as well as personal experiences, will be the topics covered. There will also be a question and answer period.

FWTC SCHEDULED RACES

Our next two runs will be held on February 19 and March 5. On the 19th Mr. Jack Morris will conduct a five mile Fun Run to begin at the Arcola Elementary School. Registration will be indoors and one restroom will be available. There will be ribbons for the first four places in each age group and participant ribbons to all finishers. Registration will begin at 2 p.m. with the run starting at 3 p.m. To get to the Arcola Elementary School, you head west on U. S. 30 approximately one mile past the John Deere dealer, turn south on Felger Road. Continue south until the road dead-ends and turn right. The school can be seen from there.

On March 5 there will be a 10 KM Fun Run. There will be participant ribbons for all finishers. A cost of \$.50 for non-members and \$.25 for FWTC members will be charged. Registration will begin at 1 p.m. and a 1 mile Fun Run will begin at 2. The start and finish will be at St. Francis College. For further information contact Tom Donelson at 485-6156.

**REWEW YOUR
MEMBERSHIP TO THE
FORT WAYNE TRACK CLUB
TODAY!!!**

MANY THANKS
TO ALL THE
GREAT PEOPLE
THAT HELPED

RUNNERS WEEKS

PRODUCER/EDITOR - ANN JAMISON

Dian Planck - Muscle Care

Mark Siemer - Heart Information

Jim Anderson - X Country Skiing

Lynn Schlegel - Weight Training

GUEST HOSTS & COMMENTATORS - Ann Mize,
Tim Fleming, Ron Horan, Mike Robbins,
Randy Lavine, Keith Horton, Beth Rehrer
Judy Tillapaugh, Betty Hite Nelson,
Don Lindly, Jim Bushey, Craig Hartman,
Jeff Beam, Gary Hooten & Lyn Handlin.

CAMERA OPERATORS - Jay Jamison, Jon Yoder
Tim Fleming, Jim Bushey, Judy Tillapaugh,
Ron Horan, Paul & Andrea Jamison, Steve
McMahon, Beth Rehrer, Mercedes Cox, Bill
Schmit, Gary Hooten, Clem Getty, Cliff
Gorrell & Chris McCain.

SUPPORTERS - PREFERRED INC.,
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FORT WAYNE
TRACK CLUB

Jamison
Meats

EIGHTH ANNUAL 20 KM. (12.4 MI.), NUTRA RUN PLUS 1 MILE FUN RUN

Saturday, March 12, 1988

PLACE: Woodside Middle School, Fort Wayne, Indiana
Restrooms - Water - *(No showers)* - Come prepared to run

TIME: 2:00 p.m. - 20km. run; 2:15 p.m. - 1 mile fun run

COURSE: Over the hills and plains of Homestead

REGISTRATION: After 1:00 p.m. day of race only. *(No pre-registration)*

AWARDS: NUTRITIOUS + DELICIOUS!!

MEN		WOMEN	
14 and under	- 1	19 and under	- 3
15 - 19	- 3	20 - 29	- 5
20 - 24	- 5	30 - 39	- 5
25 - 29	- 5	40 - 49	- 5
30 - 34	- 5	50 and over	- 3
35 - 39	- 5		
40 - 44	- 5		
		1 MILE FUN RUN	
45 - 49	- 5	First 10 finishers	
50 - 54	- 5		
55 - 59	- 5		
60 and over	- 1		

FEES: FWTC members - \$1.00; Non-members - \$2.00
Plus all runners are asked to bring an edible food (non-alcoholic) for post race enjoyment! *(Example: fruit, pretzels, or nutritive cookies.)*

DIRECTIONS: Woodside is located next to Homestead High School at the corner of Homestead and Aboite Center Road. To reach the School from 69 take the 24 east exit to Aboite Center Road (1st stop light). Turn left. Drive 2 miles to Woodside. Turn left into the school parking lot.

RACE DIRECTOR: Judy Tillapaugh - Assisted by Mike Kast; Phone: Home 424-6723

ASSISTANTS: WELCOMED!! Contact Judy or Mike if interested.



**FORT WAYNE
TRACK CLUB**

P.O. BOX 11703
FORT WAYNE, IN 46860

1988 Fort Wayne Track Club Organizational Chart

President - Judy Tillapaugh

Secretary - Amy Anderson

Treasury - Don Lindley

1st Vice President - Ron Horan

2nd Vice President - Denny Marks

Inside Track

Chairman - Ron Horan
Assistants -

Publicity

Chairman - Jim Bushey
Assistants - Gary Hooten

Runner's Week

Chairman - Ann Jamison
Assistant - Tom Renz

Advertising

Chairman - Roger Wilson
Assistant - Norm Spitzig

Membership

Chairman - Randy Lavine

Legal Assistance

Mike Kast

Race Schedule

Chairman - Denny Marks
Assistant - Lynn Handlin

Equipment

Chairman - Clem Getty
Assistants - Mark Brattoli
Bobby Pauley

Aid Stations

Chairman -
Martha Hoepfner
Assistants -

Points System

Chairman - Tom Loucks

COME RUN WITH US

7- I eat a wholesome breakfast or snack within three hours of waking to fuel myself for a high energy day.

YOUR SCORE _____

8- If I need to lose weight I simply eat smaller portion sizes, and limit empty calorie foods rather than fasting or following a crash diet.

YOUR SCORE _____

9- To stay well hydrated I drink 6 to 8 cups of water or caffeine free beverages daily, especially if the day is hot and humid.

YOUR SCORE _____

10- After a hard workout I first drink 1 to 2 glasses of water that is quickly absorbed and will best replace my sweat losses.

YOUR SCORE _____

11- To refuel my muscle glycogen that I burn for energy during a workout or race I focus on using low fat carbohydrate foods at meals and snacks like breads, cereals, fruits, pasta, rice, or potatoes. I still have a protein source at meals but not a large portion (greater than 4 ounces).

YOUR SCORE _____

12- I eat more deeply colored vegetables and fruits such as citrus fruits, apricots, berries, dried fruits, broccoli, spinach, carrots, squash, or potatoes rather than pale veggies (iceberg lettuce, cucumbers, or celery) with less nutritious value.

YOUR SCORE _____

TOTAL SCORE _____

Bonus question for 2 points- I rank fruit juices and low fat milk above soda pop!

How is your nutritional score? If your total is 50 - CONGRATULATIONS! You are eating A + + NUTRA-FIT. If your total is 12 sorry you failed. Choose to eat "GOOD FOR YOU GOOD FOR LIFE". Turn over those eating habits. Go for the change today!

RECIPE OF THE MONTH

HERB BAKED CHICKEN

Ingredients:

2 whole chicken breasts, skinned, halved,
and pierced with a fork
3 tablespoons lemon juice
1 tablespoon oil
1/2 to 1 teaspoon rosemary leaves, crushed
1/4 to 1/2 teaspoon thyme
1/8 to 1/4 teaspoon garlic powder
pepper to taste
dash of paprika

Method:

Heat oven to 350°F. Arrange chicken breasts in a baking dish. Combine all remaining ingredients and pour over the breasts. Cover dish and bake for 45 to 60 minutes or until they test done. This recipe yields 4 servings.

For a meal try serving Herb Baked Chicken with a baked potato, green vegetable, fruit, and a whole wheat roll. Happy Eating!

TRACK CLUB BANQUET

February 20, 1988

RRCA Convention Update

given by Executive Director Dr. Bud Getchel. Getchel and Don Carr, executive director of the RRCA convention, are working with David Costill to plan a presentation as part of the tour. Costill is director of the Human Performance Laboratory at Ball State University and the author of "A Scientific Approach to Long Distance Running."

For those who remember the big band sounds of Stan Kenton, Woody Herman and Tommy Dorsey, Saturday night's RRCA banquet and awards ceremony should bring back memories. The Indiana Roof Ballroom - a beautiful banquet will be at the recently renovated dancehall that featured several big name singers and their bands during the '40's and '50's!

The weekend will culminate in the first running of the Hall of Fame 8K National Championship, which is building to be one of the top Midwest races for 1988. The course will highlight downtown Indianapolis, passing by the Hoosier Dome, home of The Athletics Congress/RRCA Track and Field Hall of Fame (and the Colts), the I.U. Track and Field Indianapolis Zoo.

"Planning for the convention is going extremely well," said Carr, who is also immediate past president of Indy Runners. "People will be pleasantly surprised with the highlights of Indianapolis, and as far as the convention, the workshops will be as diverse and interesting as last year in Rockville." Registration information will be available in the next *Indiana Runner*. If you have questions about the convention, call at (317) 232-0042 or write Don at 3927 Deer Ridge #3A, Indianapolis, IN 46254.

See you in Indianapolis!

by Matt Morris, Indy Runners
INDIANAPOLIS - If you visit Indiana's capital for the 31st Road Runners Club of America Convention, May 5-8, you'll notice two things: the world-class athletic facilities and an abundance of warm Hoosier hospitality!

For those planning to arrive Thursday, May 5, what better way to see Indiana-polis than by foot? An informal fun run, with a variety of paces, will pass the Indiana University Natatorium, site of the 1984 Olympic Swimming and Diving Trials and Pan American Games competition. The natatorium will be available at a nominal fee for lap swimming during the convention.

- the Indianapolis Sports Center, past home of the U.S. Clay Court Championships. RRCA tennis buffs and their spouses should plan to bring their racquets as the courts will be available for play.
- the I.U. Track and Field Stadium, site of June's Olympic Track and Field Trials. If you want to get in a little interval work during the convention or just see what it feels like to run on one of the best tracks in the world, the stadium will be available during the convention.

Thursday evening casual dress will be the style for Union Station night. RRCA members, guests and spouses will be special guests at the renovated train terminal in downtown Indianapolis. Union Station features specialty shops, dozens of fine restaurants and nightclubs, and live entertainment.

The first day of meetings and workshops will be Friday, May 6. More than 50 booths will feature products and services of interest to runners and fitness-minded visitors. That evening, everyone will hop aboard buses for a trip to beautiful Eagle Creek Park for the 5K fun run and picnic. (Don't be surprised if you see several deer during the run!)

The state representatives' breakfast will begin the day Saturday, followed by the RRCA business meeting, convention meetings and workshops.

Saturday will feature a tour of the new National Institute for Fitness and Sport.

Carpet, Vinyl, Ceramic & Hardwood Floors



BEST FOR THE LONG RUN



Leader in fine floor
coverings for over 54 years.

1111 W Washington Center Rd., 489-4584

WINTER REPORT

I found the slip of paper with the Marine Corps Marathon times. Bob Lovell ran a 3:59:36, Ken Miller ran 4:03:17, and Ian Rolland ran 4:20. Great going guys.

My whining and complaining about article contributions was answered this month. Thank you. In this issue you'll find a great story written by Roger Garrison about the Boston Marathon. David Fairchild has an interesting letter about the Fort Wayne Marathon. Don Lindley contributed newsletters from 1978 for a historical perspective on the Fort Wayne Track Club. All of these articles and Judys Tillapaugh and Newman's "Nutrition In Question" will give members something to think about on these cold winter days.

February 20th will be a big day. It's time for the Almost Spring Fling and the Fanny Freezer 5K in Foster Park at 2p.m. Then later that evening, the Annual FWTC Banquet at the Southwest Conservation Club on Bluffton Road. At the banquet this year awards will be handed out and then dance the night away with WAJI's Majic Man, Mark Evans. Think of this day as the first day of the new year for the Track Club.

WMEE, Key Health Plan and Parkview Hospital will be sponsoring a new race in May. It will be a 5 mile and 10 mile race to be held Saturday morning May 14th. Details will be in the local media and this newsletter next month.

1988 is going to be an exciting year! Come to the Banquet and be a part of the action.

Running Clinic Starts in February

The South YMCA is gearing up for the 1988 Running Clinic. Last year the emphasis of the clinic was the marathon, held in May. This year the clinic will focus on the new or novice runner who is looking for the shorter runs, such as 5 and 10K races. The clinic will start Saturday, February 13, 1988 at 9:00am at the South YMCA and will meet the following 13 Saturdays for a training run and workout. In addition, classes on training regiments, distance running, physiology, stretching, diet and a individualized fitness test will be all parts of the clinic. The clinic will be co-directed by Dennis Marks, Senior Physical Director and Lyn Handlin, YMCA Aerobic Coordinator at the South YMCA. Specialized sessions of interest will be hosted by members of the Fort Wayne Track Club.

Cost of the clinic is as follows:

YMCA Members \$20.00
Limited Members \$30.00

For more information call Dennis Marks at 447-4567.

Reflexology Center

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The great article below was written by Roger Garrison.

Boston Marathon - The First Time

It seemed very appropriate that ten thousand runners and at least a million spectators gathered in the Boston area the day after Easter of 1987 for the Race. It is almost a holy place for the running masses.

It is Mecca, The World Series, The Superbowl. For some, this is an annual pilgrimage. But for most, it is the culmination of a long-time dream - the goal just beyond their reach. You must run a very demanding qualifying time to be an official entrant. Whether you are an elite runner or a back-of-the-pack runner, it just doesn't get any better.

Because of the logistics, many of the 6,000 runners who qualified and another 4,000 unofficial runners are shuttled to the small town of Hopkinton several hours before the race begins. We arrived two hours before the start to a drizzly, 45-degree day. The temperature is ideal for running, but spectators and runners avoid the elements wherever they can before the race. A popular item is a trash bag with a neck and arm holes to keep off the 10 mph wind. Even though it is a cool day, many of the runners drink water frequently to prevent dehydration during the run.

The excitement builds steadily as the starting time nears. The runners are packed into a narrow two-lane highway creating a solid mass of people several blocks long. The wheelchair athletes begin in 15 minutes before the runners. We are too far back to even be aware that eleven of the wheelchairs are involved in an accident at the start.

In the last two minutes, runners strip off their extra clothing and trash bags. They are thrown to friends and relatives on the sidewalks or discarded. Some of the inconsiderate drop them at their feet as potential hazards to those who start behind them. There is a steady roar from the eager runners and the spectators. First-time runners of Boston may not realize that they will hear constant cheering, applause, and encouragement for as long as it takes for them to finish.

After the gun goes off, it takes several minutes to just get to the starting line. As we approach it we realize that there is a TV camera in the tower above. After several minutes to just get to the starting line, it takes several minutes to be on ESPN for the folks back home. The adrenaline gives me a surge of energy as I realize that I am actually running this race that I have dreamed of for so long. With the combination of the extreme downhill beginning and the excitement, it is very difficult to hold back to the pace that I must keep to finish the race.

For the first mile or two, the runners remain very closely packed. Although I will be surrounded by runners throughout the race, there is sufficient running room as I settle into a smooth running pace by the second mile. During the first five miles, I see runners already stopped beside the road - one adjusting her shoe and scattered male runners who drank too much water before the race and who now only turn their backs to immodestly take a bathroom break.

The first 12 miles go through small towns and rural areas. It seems that we are constantly going up and down many hills contrary to the downhill description I read about before the race. During this stretch, a runner forces me to break stride as he crosses to get a drink of water. There is a twinge in my leg muscle and I wonder if an injury will slow me up or even cause me to be unable to finish. My flash of anger quickly subsides as I relax and the pain goes away. I continue to enjoy the constant stream of cheering spectators we pass. The crowd directs specific encouragement to individuals who are unique in their appearance, but even those who are non-descript seem to take any and all encouragement as if it were meant for them. I take advantage of the frequent locations where water and oranges are available.

As I near the halfway point, a pleasant fatigue settles in. There is a loud, constant roar in the distance. It sounds like I am next to the ocean, but it is the famed Wellesly College crowd more than a half-mile away. The

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(Delivery of equipment could incur additional charges)

volume increases to almost deafening as we arrive in the midst of several blocks of the loudest and most enthusiastic crowd I have ever seen. High-fives are frequent as the emotional level rises to nearly bring tears to my eyes. If there was any doubt at all, my commitment to finish this race is complete - I will not quit as long there is this type of support.

I have been monitoring my time at each mile mark and re-evaluate my condition once more as I enter the second half of the race. The rush from going through Wellesly is still with me and I must resist the temptation to increase my pace too much because THE HILLS are still ahead. There are a series of four hills between the 16 and 20 mile marks, with Heartbreak Hill being the biggest and last.

I have been chatting with several other runners throughout the race, but at 15 miles I team up with one person who is running my pace so that we can help each other to the finish line. We talk much of the time and the miles and the hills slip by quickly. On some of the hills my partner seems to have the most energy and I push myself to stay by their side. On other hills I am the one who sets the pace. As we approach the final and biggest hill, we are satisfied and a little surprised that we are running the second half of the race faster than the first half. My partner and I both feel fine and agree to not slow our pace for Heartbreak.

Heartbreak is long and moderately steep but it doesn't seem any tougher than earlier hills. I am ecstatic as we reach the crest. It literally is downhill from now on. There are a few more small hills, but I know that I will finish with no problems. The emotions peak again and I hear myself shouting, "Give me another hill - I can take anything you got".

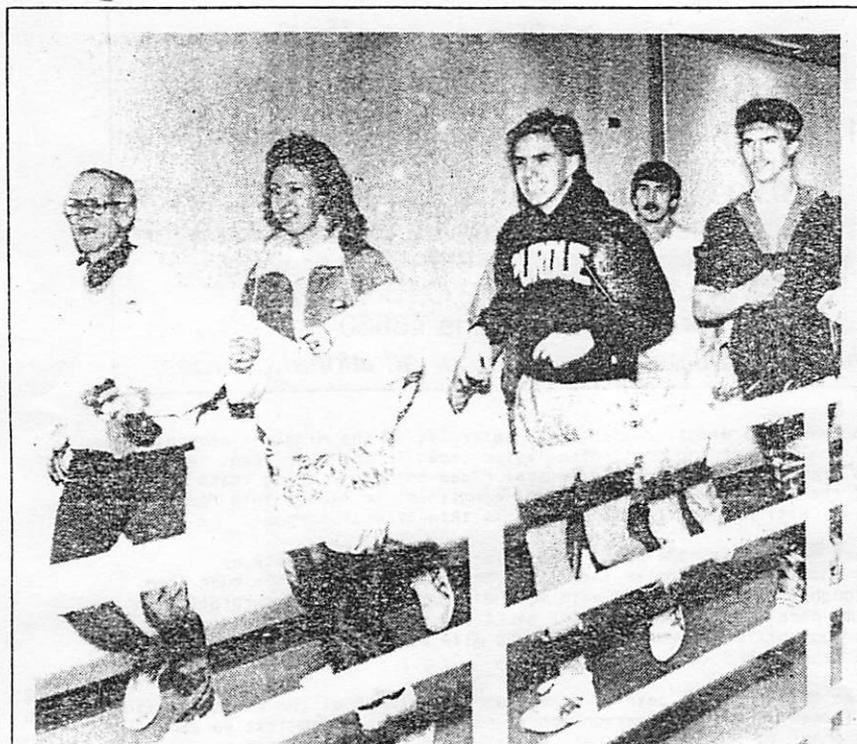
The downhill running is easier, but painful to my upper legs. I know that I am not injured and that the soreness will go away in a couple of days. I draw strength from my running partner and the increasingly large and vocal crowds. Even some of the crowd-control police offer encouragement. I feel the urge to almost sprint the last three miles but know that it is too early to pick up the pace much more. We gradually increase our pace and continue to pass both strong and struggling runners.

Even with the increased pace, I am very relaxed, my mind is clear, and my body feels fine. The miles go by fast and we are down to the last one. The crowds are extremely dense as my partner briefly clasps my hand rounding the final turn onto Boylston. We may never see each other again, but we have shared an experience that neither of us will forget.

I see the finish line ahead and cannot resist the urge to sprint the last two blocks. I, as nearly every finisher, raise my arms in victory at the finish line - the diet and the many miles of training seem trivial. I know that I must return to Boston next year.

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January 14, 1988



Hit the turf!

Coach Mike Kast leads his cross country team on a fun run. Fun runners meet Tuesdays and Thursdays at 6 p.m. (photo by Vinh Trinh).

COME RUN WITH US!

Tuesday 6pm. Thursday 6pm. Saturday 9am.
People can meet by the left side entrance of the IPFW Athletic Building. Look for Mike Kast and friends.

Wednesday 6pm.
Foster Park. Meet in the parking lot near the volleyball courts. Look for John Treleaven.

1988 FWTC RACE SCHEDULE

February 20, 1988

Fanny Freezer 5K; Foster Park, 2:00PM. Race Director: Dennis Marks, (219) 447-4567.

March 12, 1988

Nutra Run 20K; Woodside Middle School, Fort Wayne, IN., 2:00PM
Race Director: Judy Tillapaugh, (219) 424-6723.

May 7, 1988

"We Are Winning 5K", 5K; Canterbury Green, Fort Wayne, IN.,
9:00AM. American Cancer Society, (219) 482-9181.

May 14, 1988

WMEE 5 Mile and 10 Mile, Johnny Appleseed Park, Fort Wayne,
IN. Race Director: Mike Ducey, (219) 482-9606.

June 11, 1988

Hilly 4, 4 Mile; Homestead, Fort Wayne, IN., 9:00AM. Race Direc-
tor: John Treleaven, (219) 432-5315.

June 18, 1988

Central Soya 5K; Downtown, Fort Wayne, IN., 6:00PM. Race Direc-
tor: Jim Seiler, (219) 425-5345.

June 25, 1988

White River Park, 5K; Shoaff Park, Fort Wayne, IN., 8:00AM. Race
Director: Tom Loucks

August 27, 1988

Big Brothers / Sisters, 2 mile / 5 mile; Foster Park; 5:00PM. Race
Director: Frank Zirille, (219) 456-1600.

October , 1988

Scholarship Fun Run, 5K; IFPW, Fort Wayne, IN.,; Race Director:
Mike Kast, (219) 423-1430.

October 23, 1988

Prediction Run, 13.1 Mile; Foster Park, Fort Wayne, IN., 8:00AM.
Race Director: Don Lindley, (219) 456-8739.

October 30, 1988

Summit City 10K, 10K; Downtown, Fort Wayne, IN., 2:00PM. Race
Director: Mike Ducey, (219) 482-9606.

December 10, 1988

"Just Plain 10K", 10K; Foster Park, 2:00PM. Race Director: J.P.
Jones, (219) 745-7339.

1988 LOCAL RACE SCHEDULE

April 23, 1988

North American Van Lines 5K / 15K; North American Van Lines, Fort Wayne, IN., 9:00AM. Race Director: Terry Shipley, (219) 429-2430.

May 21, 1988

Z 10K; Zanesville, IN. 9:00AM. Race Director: Karen Cahoon, (219) 638-4224

June 25, 1988

Turtle Days, 10K; Churubusco, IN., 8:00AM. Race Director: Larry Shivley, (219) 693-2761.

July 4, 1988

Hamilton Lake, 5K; Hamilton Lake IN, 9:00AM. Race Director: Tim Fleming (219) 749-8027.

July 17, 1988

Diet Pepsi. 10K; Friemann Square, Fort Wayne, IN, 8:00AM. Fort Wayne Parks & Recreation, (219) 427-1270.

September 24, 1988

Parlor City Trot, 13.1 Mile; Bluffton, IN., 8:30AM. Race Director: Phil Lockwood (219) 824-4844

**Attend the Annual
Fort Wayne Track Club
Banquet
February 20, 1988 6 pm.**

Attend the Annual Fort Wayne Track Club Banquet

February 20, 1988 6 pm.
at the
Southwest Conservation Club
Bluffton Road



POT LUCK DINNER

*(Bring one dish and a salad or dessert,
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provided by the club, coffee, pop and beer.*

ENTERTAINMENT PLUS

*Highlights of Runners Week this past
year on a large screen television.*



AWARDS

Annual awards will be given out.

FUN

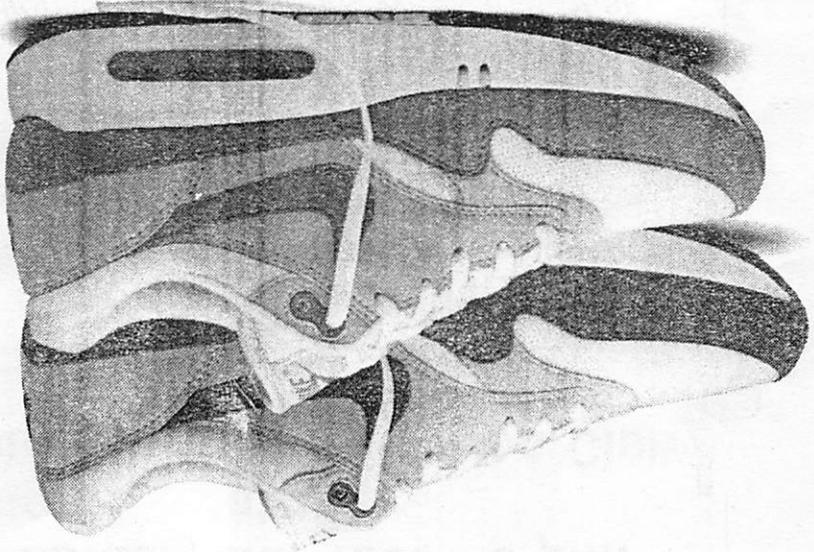
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REDEFINED.**

Coming Events

February 20, 1988

Fanny Freezer 5K; Foster Park, Fort Wayne, Indiana; 2:00 pm.

FORT WAYNE TRACK CLUB BANQUET
6:00PM. at Southwest Conservation Club

March 12, 1988

Nutra Run 20K; Woodside Middle School, Ft. Wayne, IN, 2:00PM.

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INSIDE!
Banquet Information