

the inside track



**FORT WAYNE
TRACK CLUB**

**1988
MAY**

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



1st ANNUAL
WMEE/Key Health Plan

**5 &
Dime**

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FORT WAYNE, INDIANA

MAY 14, 1988

Fort Wayne Track Club

Officers and Board Members 1988

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424-6723

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747-3770

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447-5321

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638-4890

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627-5450

TOM LOUCKS
POINT SYSTEM

MEMBERSHIP MEETINGS

They will be at Bushey's, Inc.
1710 Fairfield Avenue

SUNDAY, MAY 15th, 1988 — 5:00 P.M.

Come One, Come All!

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 400 issues monthly.

1988 FWTC RACE SCHEDULE

MAY 7, 1988

"We Are Winning 5k" 5k; Canterbury Green 9:00 a.m.
American Cancer Society, Phone: 482-9181

MAY 14, 1988*

WMEE/Key Health 5m/10m; Johnny Appleseed 8:00 a.m.
Race Director: Mike Ducey, Phone: 482-9606

JUNE 18, 1988*

Central Soya 5m; Downtown 6:00 p.m.
Race Director: Jim Seiler, Phone: 425-5345

JUNE 25, 1988

White River Park Games 5m; Shoaff Park 8:00 a.m.
5m Qualifying

AUGUST 27, 1988*

Big Brother/ Sisters 2m/5m; Foster Park 5:00 p.m.
Race Director: Frank Zirille, Phone: 456-1600

SEPTEMBER 11, 1988

Scholarship Fund Run 5k; IPFW 2:00 p.m.
Race Director: Mike Kast, Phone: 423-1430

OCTOBER 17, 1988

Prediction Run 13.1m; Foster Park 8:00 a.m.
Race Director: Don Lindley, Phone: 456-8739

OCTOBER 23, 1988*

Summit City 10k; Downtown F. W. 2:00 p.m.
Race Director: Mike Ducey, Phone: 482-9606

NOVEMBER 12, 1988

Hilly 4 4m; Homestead 9:00 a.m.
Race Director: John Treleaven, Phone: 432-5315

DECEMBER 10, 1988

"Just Plain 10k"; Foster Park 2:00 p.m.
Race Director: J. P. Jones, Phone: 745-7339

* POINTS RACES

1988 LOCAL RACE SCHEDULE

MAY 4, 1988

Semi-Strider 10k; Sylvania, Ohio 6:30 p.m.
Race Director: John Bergener

MAY 7, 1988

Community Health Happy Heart Run - Fun Run - 1;k;
Coldwater, Michigan 9:00 a.m.
Race Director: Christian Brand, Phone: (517) 278-7361 Ext. 421
Southwest YMCA 5k; Swan Creek, Toledo, Ohio 8:00 a.m.

MAY 8, 1988

Toledo Roadrunner 5k; Swan Creek, Toledo, Ohio 6:00 p.m.

MAY 14, 1988

Old Kent River Run 25k; Grand Rapids, MI 9:00 a.m.
Race Sponsor: Old Kent Bank and Trust Co.

MAY 15, 1988

Bedford 4/7m Spring Run; Bedford H.S. Temperance, MI 10:00 a.m.

MAY 21, 1988

Kids Kilometers 1-3-5k; Wildwood Pk, Toledo 9:00 a.m.
Race Director: Marilyn Rosinski, Phone: 878-2936

MAY 22, 1988

Catholic Club 5k; Downtown Toledo 9:00 a.m.
Phone: (419) 243-7255

MAY 28, 1988

Dexter-Ann Arbor Half Marathon/10k/2m; 8:00 a.m.
Ann Arbor Track Club, Downtown Ann Arbor

MAY 30, 1988

Great Race VIII 10k/13.1m; Elkhart 8:30 a.m.
Race Director: Ron Schmanske, Phone: 294-1661

JUNE 4, 1988

Spring Fever 5 5m; Huntington 8:00 a.m.
Race Director: Paul Baker, Phone: 356-5172

Marine Corps 10k; New Haven 7:00 a.m.
Race Director: Tom Gratz, Phone: 749-0982

Press Run 1988 10/5k; St. Mary's Pk., Monroe, MI
Race Director: Jack Schwarb, Phone: (313) 241-3126

JUNE 5, 1988

5k Smile Run; Pearson Pk., Oregon, OH 9:00 a.m.
Race Director: Katie Camp, Phone: 866-1706

JUNE 25, 1988

Turtle Days 10k; Churubusco 8:00 a.m.
Race Director: Larry Shivley, Phone: 693-2761

JULY 4, 1988

Hamilton Lake 5k; Hamilton Lake 9:00 a.m.
Race Director: Tim Fleming, Phone: 749-8027

JULY 13, 1988

"3" Rivers Fet. Biathlon; TBA
Race Director: Ann Mise, Phone: 424-7977

JULY 17, 1988

Diet Pepsi 10k; Friemann Square 8:00 a.m.
Fort Wayne Parks & Recreation, Phone: 427-1270

AUGUST 6, 1988

Harlan Days 10k; Harlan 7:00 a.m.
Race Director: Tom Bunner, Phone: 486-6441

AUGUST 13, 1988

Kent Davis 1m/5k; Georgetown Square 7:00 a.m.
Race Director: Bill Schmidt, Phone: 485-1114

SEPTEMBER 10, 1988

Run Jan Run Triathlon; TBA
Fort Wayne Women's Bureau, Phone: 424-7977

SEPTEMBER 18, 1988

Run Jane Run 5k/10k; Foster Park TBA
Fort Wayne Women's Bureau, Phone: 424-7977

SEPTEMBER 24, 1988

Parlor City Trot 13.1m; Bluffton 8:30 a.m.
Race Director: Phil Lockwood, Phone: 1-824-4844

OCTOBER 1, 1988

Run For Your Heart 5k; Foster Park 9:00 a.m.
Race Director: Amy Anderson, Phone: 458-2345

PRESIDENT'S COLUMN

By Judy Tillapaugh

Thought of the day - " A little work means much pleasure ". No goal is ever simple to achieve. Just thinking about it won't make it happen. Do believe that every goal is attainable if you want to invest a little work towards achieving it. If you have a strong inner desire to take the small steps needed for changes your goals can become realities.

We runners at times can be too anxious for immediate improvement. We frequently pressure ourselves to want to be faster, run longer, eat better ect... Things take time. Think in terms of small achievements and performance improvement may come easier. Focus each week on a specific work effort you want to do to attain a goal. Take pride in yourself each time you meet a small goal. Reward yourself. Then stay motivated and work towards achieving your next small goal.

Any long term goal is the sum of many achieved small goals. Set small goals for yourself. You can do it! Know that you have the ability to change work efforts into much pleasure.

Our club has recently met one small goal. We have a new assistant "Inside Track" editor. Chuck Okorowski has agreed to work together with "Inside Track" editor Ron Horan in producing our newsletter. I feel Chuck's services will be a great addition to our club. His professional skills gained from designing other newsletters will be most appreciated. In future newsletters he wants to include personal runner profiles. Our club is full of unrecognized runners. This is an opportunity to highlight some of northeast Indian's fine athletes.

If anyone is interested in contributing to the "Inside Track" please do. Ron and Chuck gladly will take new interest stories, out of town race summaries, art work, comics, ect... Contact Ron or Chuck with your ideas.

The major news of the month is the WMEE/ Key Health Plan 5 and Dime on May 14th All race plans are going well. Race director Mike Ducey has worked hard at creating a good time for all. WMEE and Key Health Plan ,our race sponsors, are giving much support to it. I'm looking forward to this first annual community event.

Note that we still could use aid station volunteers and on course timers for the 5 and Dime. Volunteer! If you are not running you can be an active part of the race by being a race volunteer. It can only be more good times! Contact me or Mike Ducey (482-9606) if interested. Thanks!

GOOD RUNNING!

A YEAR IN THE LIFE...

AN OFFICIAL RUNNER AT LAST

by Roger Garrison

When I crossed the finish line of the Boston Marathon in April, 1987, I was determined to return the next year as an official runner. Running the race as an unofficial runner or "bandit" was a thrill, but I made up my mind to do whatever it took to qualify for the 1988 race.

I spent the next 6 months training with long, fast runs. My speed and endurance increased significantly and I lost another 5 pounds, bringing my total weight lost since January to 26 pounds and my total miles to 1800. The pot was gone from my 46-year-old body, but with my stocky build I still didn't look lean enough to be a runner.

I ran the race of my life in Louisville, Kentucky, in November and qualified for Boston in 3 hours 1 minute and 45 seconds. In my 13th marathon I had reduced my PR by 21 minutes, averaged 6:56 per mile, and had 8 minutes and 15 seconds to spare. I was so close to 3 hours, that I set my sights on breaking that in Boston.

I took it easy in November and December, giving my body a chance to recover and giving myself a well earned rest. In January, I began serious training - running sub 7-minute miles and stretching out to longer runs. This lasted three days and then I pulled my left hamstring. I didn't run for two weeks and then re-tore the muscle after 3/4 of a mile of my first run. I consulted a sports doctor and let it heal for a month as he said. I ran easily for a while and then ended up straining the hamstring in the right leg. I jogged lightly for a couple of weeks using a heating pad, ice, stretching, and neoprene thigh supports on both legs.

Finally, with less than 6 weeks to go I had to start training harder if I wanted to even finish the marathon. So, monitoring every step, I gradually built up my leg strength and the distance. I never ran more than 80% speed because every time I lengthened my stride, I could feel the tenderness in both of the hamstrings. Somehow, I managed to keep from re-injuring myself and improve my condition. The last week before the race I had two very short and easy runs, allowing my tender legs a chance to recover. I knew that it would not be an easy race and that my time would not be great, but I was convinced that I could finish in Boston and get the medal that I had spent the last year working for.

RACE DAY

I awoke at 4:00 a.m. after 5 hours of solid sleep. That was better than I had expected. I did whatever I could to keep everything low key and not burn unnecessary energy. Since I couldn't go back to sleep and it was too early for the hotel restaurant to be open, I ate 2 slices of bread that I had brought along for just this situation. A little bland food a few hours before the race works best for me. I read a novel for a couple of hours and then got ready.

At 9:00, I got in line for a bus just a few feet from the finish line in front of the Copley Plaza Hotel. Several busloads later, I was finally on board and on my way to Hopkinton and the starting line. I was focused inward, concentrating on what I had to do that day. My seat partner was hyper and talked constantly. The bus was divided about equally between the quiet and the talkative. The rain started at 9:40 (predictions for the start of the rain had varied from 11:00 until 3:00). The rain on the windshield showed that this was more than a drizzle. Most in the bus didn't

like the rain and some thought that the 45 degree temperature was too cool. The conditions, other than the potential for blisters due to wet feet, were ideal for me.

At 10:15, we arrived at the Hopkinton High School. Several took the opportunity to visit the porta-johns while the lines were short. We entered the school and found it to be nearly full. I was fortunate to find a wall in the gym to lean against. Runners continued to stream into the gym until every foot of floor space had a seated or standing runner. I felt like a blimp beside so many with bird-legs and gaunt faces.

We were all supposed to bag up any of our belongings that we wanted waiting for us at the finish line and place them in the buses by 11:00. It was tough deciding what to wear - would the rain continue? tights or not? singlet or long-sleeve shirt? Final decisions were made and clothes were changed on the spot because it was at least a 10-15 minute wait to get to the privacy of a rest room. The guy next to me decided to wear tights and after a brief warning to the women nearby, stripped to a t-shirt only. At least one woman decided that she needed an extra layer under her top and quickly stripped to her bra and redressed. I applied vaseline, sportscream, and bandaids to key spots and packaged everything that I wasn't taking on the run into my bag. I tied my running number to the bag and worked my way out of the building - it took about 15 minutes to get outside.

We walked 4 blocks through the light rain to the starting line. I talked to one person from South Bend and we wished each other good luck. During the last 30 minutes, the lines at the porta-johns were very long as everyone took one (or more) last bathroom break - I took two. Many men used the minimum shelter of the skinny, unfoliated trees and some of the women took advantage of a large pile of boxes at the rear of a nearby building.

With 10 minutes to go, nearly everyone was in their assigned roped off area. The fastest runners were in the front and the slower and unofficial runners in the rear. I was in the front half and calmly waited for the start. I didn't have the strong emotional feelings this year. I was very focused on the task at hand because I knew that I had only run about 40% of the miles that I should have over the past 3 months. I needed to concentrate on running smoothly and conserving energy. With 5 minutes to go, the ropes were removed and the runners compressed toward the starting line. The national anthem brought lumps to many throats and a roar as it ended.

The gun went off and I stayed to the outside to find some open running room as quickly as I could. I had to watch my steps carefully because the edge of the narrow, two-lane road was rough, the spectators were right up to the edge, and there were trashbags and other debris. I managed to cross the starting line only 1 minute and 10 seconds after the official start and lost another minute trudging along until the leaders spread out. There were solid runners and spectators for as far as I could see along the curving highway.

I had planned to run the first half of the race a slow and easy 9-minute-per-mile pace and then adjust my speed based upon how I felt. My goal was to finish with 4 hours, not set a PR. I crossed the 1-mile mark at 9:01, but that was really a 7:00 mile since I had lost 2 minutes. This was too fast and I knew that I would pay later, but when I varied my pace I found that I ran smoother and more efficiently at about 7:15 per mile.

I concentrated very heavily on my pace, how I felt, and the avoidance of slippery manhole covers. I tuned out the weather and the crowds, but at four miles I couldn't ignore a lady I passed whose pre-race diet had failed

her. Her determined stride said that she wasn't going to let diarrhea stop her. It was going to be a very long race for her and I silently wished her well.

I counted every uphill as I went and found that there were about two per mile - most of them significant by Northern Indiana standards. At about 5 miles, I felt the tenderness in my left hamstring; at 7 miles I was aware of the right hamstring. At 10 miles, my average mile was still at 7:20. This pace would give me a great finishing time for my condition, but the hardest hills were still ahead.

I only occasionally acknowledged the large crowds lining the route until we approached the Wellesly College area. My business-only approach melted as the running area narrowed to nearly single-file through the roaring crowd. All of the runners picked up speed here and the emotional lift at this halfway point combined with the steep downhill made it difficult to hold the pace. I was getting tired and feeling pains about 5 miles earlier than I had hoped because of the steady 2-hills-per-mile and my shortage of training. I slowed to a more sensible 8-8:30 pace for the next few miles with a stop at 14 miles to stretch my leg muscles and straighten my sock where a blister was developing.

By 18 miles my rate was 9 minutes with more effort than I had used for the 7 minute pace at the start. The hills were getting longer and steeper and I swear that there were twice as many hills this year on the same course as last. On the last hill before Heartbreak, I was forced to stretch the leg muscles again. They were tight and heavy. I was able to hold the 9 minute pace even though my mind was beginning to wander.

At 20 miles (halfway up Heartbreak Hill), my friend from Connecticut came charging out of the crowd like the Cavalry in a B-western. What a welcome sight! We chatted and I picked up the pace a little until we crested Heartbreak. With Dave along and the worst hills behind me, I sped along the sharply-downhill next mile in about 8 minutes.

Alas, 22 miles arrived and I ran out of gas. I had hit the wall and my legs were very heavy and ached with every step. My will was strong, but my stiff legs seemed to respond in slow motion and did not absorb shock. On downhill stretches, I let gravity help me pick up some speed at the cost of jarring my quads. Dave patiently jogged the 10-minute pace with me, but often found himself 10 yards ahead as I fell behind on any hint of an uphill.

By the 23rd mile, I was reduced to a shuffle, but maintained 10 minutes per mile. I frequently talked to myself for motivation. I forced myself to run up each hill, but found that when I reached the crest my legs would be so tight that I had to walk a few steps to loosen them up. For the next 2 miles I drank water frequently and trudged through the 24th mile in 11 minutes and the 25th in 12. Dave was my cheerleader through this stretch, but he wasn't needed when I saw the sign on the street that said I had 1 mile to go. I gave it all I had and accelerated back to about 8:00. The thick crowd cheered wildly for everyone and I fed off of them. I kept the pace for about 1/2 mile and then truly there was nothing left but a "survival shuffle". When I finally rounded the last turn onto Boylston I could not increase my speed over the past 400 yards for a dramatic finish - I had an emotional lift, but my body could only plod to the line.

Why? The Boston Marathon is by invitation only. It is the only marathon, other than the Olympics, that you must qualify to even participate in. When they placed the medal around my neck as an official entrant who finished within the required time, my 8-year dream was accomplished and I knew why.

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

by Judy Newman, R.D.
Consulting Dietitian in private practice

Question: When I'm on a bike ride, I'm often limited to fast food for meals. What is the best food choice if they don't have a salad bar?....
Kathleen

Dear Kathleen:

Your's is a common concern. Many people believe the only nutritious meal in a fast food restaurant is the salad bar. Nutritionists are also concerned about the role fast food has played in the decline of the Standard American Diet (SAD). Athletes are often more aware than others of their choices since they know their performance and energy output depends on their energy intake (food).

The good news is that making acceptable choices in a fast food restaurant is possible. The first consideration is your nutrition goals. As you know, carbohydrate is the primary fuel for exercising muscle. Lack of energy, nutrients, electrolytes, and/or water can limit your energy potential.

The recommendation for athletes is that the diet include 10-15% protein, 25-30% fat, and 50-60% carbohydrate. Triathletes, cyclists, and marathon runners, however, should have a higher percent of carbohydrate (60-70%). A diet deficient in carbohydrate results in limited performance from progressive depletion of carbohydrate stores. A diet that provides 500-600 grams of carbohydrate (2000-2400 Calories) will allow muscle glycogen to be replaced within 24 hours. Complex carbohydrates are recommended as a fuel source because they also provide vitamins, fiber, and iron. Simple carbohydrates can be used to add variety if nutrient needs are being met.

The four food group system (here it is again), provides a way to balance energy and nutrient needs. Eat a variety of foods from each food group daily. Foods rich in carbohydrates are fruits, vegetables, breads, starches, grains, and cereals. An athlete needs at least eight servings a day from these groups.

Many of these foods are available in fast food restaurants, mini-marts, pizza restaurants, or grocery stores along the road. Fast foods are generally high in fat; low in calcium, vitamins A and C, and iron. The important thing to consider is the overall daily food intake. If one meal was high in fat and protein, make the next one low in fat and protein but high in carbohydrates.

Meal by meal, here are some suggestions I can think of for foods high in carbohydrates and nutrient value, but low or moderately low in fat and protein.

BREAKFAST:

- Pancakes or french toast (hold the butter)
- English muffin or biscuit (no butter, use jelly)
- Fruit juices
- Low-fat milk or yogurt
- Granola bar instead of a candy bar
- Nuts, raisins, & dried fruit

LUNCH or DINNER:

- Hamburger of cheeseburger (this is not a typo)
- Turkey or chicken sandwich or sub
(avoid breaded & fried and extra mayonaise)
- Bread sticks and salsa
- Taco; taco salad; tostada; bean dishes
- Pizza-potato; plain potato; chili-cheese potato
- Broccoli-potato (cheese on-the-side and use sparingly)
- Small or regular roast beef sandwich
- Cheese and vegetable pizza
- Coleslaw (vegetable and fat)
- Chicken salad with lite dressing
- Ham or ham & cheese sandwich
- Pasta with tomato sauce
- Low-fat milk

SNACK:

- Frozen yogart or soft serve cone
- Popcorn (unsalted if possible)
- Cookie or granola bar
- Fruit bar or muffin
- Shake (although high in fat)
- Nuts, raisins, & dried fruit

Although I didn't mention salad bars (because as you noted, they're not always available), salad bars can be helpful. However, lettuce provides little nutrient or Calorie value. If using salad bars, be sure to get enough raw vegetables, and fresh fruit; as well as starches and grains in the form of crackers, bread sticks, croutons, nuts, seeds and breads when available. Be sure to have some protein provided in low-fat milk, cheese, chopped lean meat or eggs and go easy on the dressing (very high in fat Calories). Also, remember the importance of water and rehydrate at every available stop.

Try this snack mixture to tote along on bike trips.
Happy biking and eating!

BIKER'S GORP

Mix equal portions of the following: Unsalted nuts, raisins, sunflower seeds, unsalted banana chips, chopped dates or other dried fruit pieces, and toasted rolled oats. Store in airtight plastic bag.

Ultrarunning
By Don Lindley

For those that have not ran an ultramarathon, getting back in shape and recovering from one can be a long process. Gaining a little weight during the winter doesn't help either. In any case, I decided to run two races, Saturday, April 23rd, just to see what I could do with little training. In order to help Rodger Puckett during the Old Dominion 100 Miler, I want to be in the best of shape, so I thought by using two races I could get my long training run of the week in a rather unusual way.

4-25-1968 NAVAL 15KM Community Hospital
Sports Tech Run For Life 10KM
Ft Wayne, IN Anderson, IN 4-23-1968

Mile	Pace/Mile		Pace/Mile	
1	6:33		6:40	
2	6:41	13:14	6:52	13:32
3	7:04	20:18	6:28	20:00
4	7:06	27:24	6:43	26:43
5	7:05	34:29	7:25	34:08
6	6:52	41:21	8:10	Total 42:18
7	6:57	48:18		(6.2)
8	7:10	55:28		
9.3	8:40	Total 64:09		

Both races were tough due to the wind. My goal was to run 7 minute per mile and I feel good that I was able to do that. If you wonder how I keep times, I have a Timex triathlon watch that has 8 lap memory; therefore, I can time at least any 8 miles in any race.

I would not suggest that you incorporate the above training schedule in your running. It is not a good idea to run two races in one day. I would recommend running a race each week as long as you back off when the going get tough. Remember your easy days and hard days and rest days should be well balance and don't over do it.

WHEN NOT TO WARM UP

A recent article in Running Research News emphasizes the importance of properly preparing for hot weather running. Their research demonstrates that, during hot weather, warming up extensively prior to a race can actually raise body temperature by 1.5° F., apparently increasing the risk of overheating during the race itself. On hot days, it's probably best to substitute stretching, walking, and relaxation for the usual ten minute warm-up jog. Since the warm-up is curtailed, it also make sense to begin the race itself at a slower pace and gradually ease into the tempo you want to maintain.

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

CHAIN 'O LAKES FESTIVAL RUN FOR FITNESS

LEATHERMAN
CONSTRUCTION



ALBION, IN 46701
636-7576

When: Saturday, June 11, 1988
1 Mile Fun Run/Walk, 8:00 a.m.
5k, 8:30 a.m.

Where: Central Noble Middle School
Cougar Court
Albion, IN

Registration: \$5.00 before June 3, 1988
\$6.00 after June 3, 1988 and raceday
No fee for Fun Run/Walk
All early 5k registrants receive attractive t-shirt.

Awards: Top over all male and female finisher (5k and 1 Mile)
First 2 finishers in each age group (5k only)
ALL finishers receive a ribbon.

MALE	FEMALE
14 - under	14 - under
15 - 18	15 - 18
19 - 29	19 - 29
30 - 39	30 - 44
40 - 49	45 - over
50 - over	

No locker or shower facilities available.
Splits every mile -- Water at the halfway point.

For additional information, write or call: Mike McKinney
R 3, Box 26
Albion, IN 46701
(219) 636-2851

ENTRY FORM

Chain 'O Lakes Festival Run for Fitness 5k and 1 Mile (Circle One)

Name _____ Age _____ Sex _____

Address _____ Phone _____

In consideration for acceptance of the entry, I waive myself, my heirs, and assigns, any and all claims for damage against the Chain 'O Lakes Festival Committee and their representatives, for any and all injuries received before, during and after this event. I attest and verify that I am sufficiently conditioned to participate in this event.

Signature _____ Date _____

Guardian (if under 18 years of age) _____

LET THE FORT WAYNE TRACK CLUB PUT THE FINISHING TOUCH ON YOUR RACE

\$125.00 for complete equipment rental

includes: Digital clock

Printer

Race application inserted in 700
issues of Inside Track.

Printing results in Inside Track.

— or —

\$100.00 Digital clock only

\$35.00 Printer only

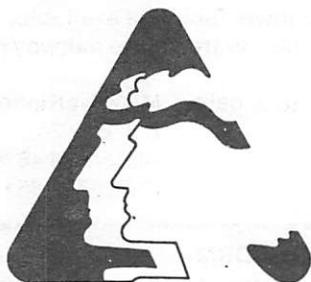
12 x entry fee for insertion of race application
(10 x entry fee if paid in advance)

\$40.00 for printing complete race results

For more information and to reserve the equipment for
your race call Clem Getty, 219-638-4890 or write.

Fort Wayne Track Club, P.O. Box 11703,
Fort Wayne, Indiana 46860

(Delivery of equipment could incur additional charges)



White River Park STATE GAMES VI

Regionals, Fort Wayne:
June 24, 25, 26

Finals, Indianapolis:
July 8, 9, 10

Competition in 16 sports,
including 5 mile run

*"Indiana's Statewide
Sports Festival"*

For more information contact Indiana Sports Corporation

1-800-HI-FIVES

1988 Official Corporate Sponsors

Methodist Hospital of Indiana, Inc.; Hook's Drug Stores;

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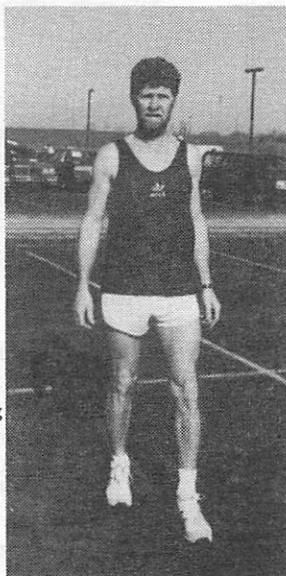
INSIDE TRACK PROFILE

The INSIDE TRACK caught up with Roger Puckett for an interview at the NAVL 15K. Roger has been training for the Old Dominion 100 Mile Cross Country Run which takes place in Front Royal, Virginia in June. The Old Dominion 100, began in 1979, and is famous for it's hot and humid conditions, backwoods trails, 7 significant mountain ascents, 2 Shenandoah River crossings, jagged and rocky trails, and the worlds biggest concentration of gnats, black flies and deer flies. It is also an endurance horse race which makes it very interesting and the reason for all the flies. Pacers are allowed only on the final 33 miles of this race.

Last year Don Lindley ran the Old Dominion 100 in 29:46:40 finishing 69th out of 122 starters. Roger ran with Don the last 33 miles of that race. This year they're switching roles as Roger is entered in this challenging 100 miler.

Good Luck Roger from the FWTC!

Name: Roger Puckett
DOB: March 8, 1944
Place of birth: Columbia City, IN
Current address: Columbia City, IN
Job: Maintenance Supervisor, Phelps Dodge
Marital status: Married
Children: 3
Height: 6'3"
Weight: 175#
Shoe size: 12
Favorite non-running magazine: Bicycling
Favorite TV show: Miami Vice
Favorite music: Enjoys all kinds
Favorite Comfort food: Ice Cream
Hobbies: Run, bike and swim in that order
Personal Hero: Dave Scott
Pets: Dogs and horses
Pet peeve: Irresponsibility
Favorite non-running leisure activity: Hunting
Greatest fear: Injuries
Secret ambition/fantasy: To do the Ironman



Running PR's

10K 37:20
Marathon 3:06
50 Mile 8:37
Muncie Endurathon (1/2 Ironman) 5:45
Year's running: 5
Number of Ultra's: 1
Number of Triathlons: 30
Most memorable Tri: LaPorte
Typical training week: Run 50-70 miles, bike 175-200 miles,
Swim 3-4 miles
Favorite race: Boston
Favorite Tri: Muncie
Running shoes: Tiger
Favorite place to run: Paved country roads
Running idol: Steve Jones

PEGASUS IMPROVED.



Air Pegasus
(Men's)

Air Pegasus
(Women's)

The NIKE Air Pegasus. The world's best-selling running shoe is now even better. NIKE-AIR® cushioning and Phylon™/polyurethane midsole for improved comfort. Center-of-Pressure Waffle® outsole and optional arch support for the same great fit. The Air Pegasus. The best just got better.



GLENBROOK SQUARE
NEXT TO THE ICE RINK
484-4322

6th ANNUAL CANAL DAYS 5-K/10-K

Date: Sat., June 4, 1988
Check-in Time: 6 a.m.
Run starts at 7 a.m.

Place: Downtown — New Haven, IN
Corner of Summit St. and Ann St.
next to Magilla's Lounge

REGISTRATION & ENTRY

Before May 31, 1988: \$5.00

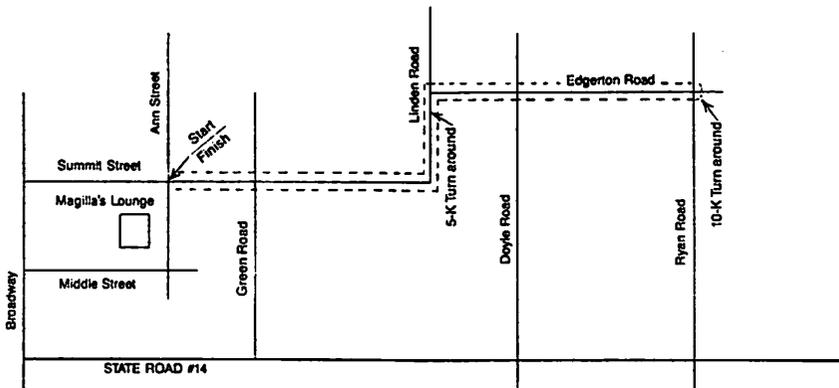
After May 31, 1988: \$7.00

Sponsored By: The Marine Corps League and 

The proceeds of this race is used by the Marine Corps League to help fund 4 scholarships and bingo at the VA Hospital.

For more information Call: **TOM GRATZ at 749-0982**
(Runners Award Charts on reverse side)

5-K/10-K Run will start at the corner of Summit and Ann Streets by Magilla's Lounge in New Haven, Indiana.



ENTRY FORM AND WAIVER OF LIABILITY

I will be running in the (check one) 5-K 10-K

Name _____ Age _____ Sex _____

Address _____ City _____ State _____ Zip _____

Your estimated time to complete the race _____ Race Shirts available for \$4.00. S M L XL
 So that your shirt size is available race day please preregister.

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 5-K/10-K.

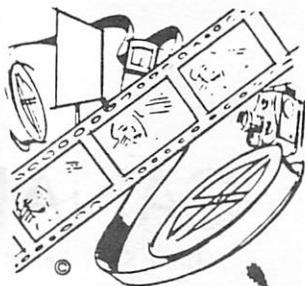
Signature _____ Date _____

PARENT OR GUARDIAN IF UNDER 18

MAKE CHECKS PAYABLE TO: MARINE CORPS LEAGUE

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

RUNNERS WEEK



NEEDS YOU . . . FOR GUEST HOST

PROPOSED 1988 RUNNERS WEEK SCHEDULE
Producer - Ann Jamison - 627-5450

- Feb. 20 Fanny Freezer 5K, Foster Park 2:00pm
- Ap. 23 North American Van Lines 5K & 15K, 9:00am Ft. Wayne
- Ap. 30 Arlington Park 5K Trophy Run, Arlington Park, 8:00am
- May 7 "We Are Winning 5K" Amer. Cancer Soc. Canterbury Gr. 9am
- May 14 WPEE 5&10 Mile, Johnny Appleseed Park, Ft. Wayne
- June 11 F.W.T.C. Hilly Four, Homestead H.S., 9:00am
- June 18 Central Soya 5K, Downtown Ft. Wayne, 6:00pm
- June 25 Turtle Days 10K, Churubusco, IN. 8:00am.
- June 25 White River Park 5K, Shoaff Park, 8:00am.
- July 4 Hamilton Lake 5K, Hamilton Lake, IN, 9:00am.
- July 13 Three Rivers Biathlon, Run 5K, Bike 25mi., Run 5K
Homestead H.S., 5:00pm.
- July 17 Diet Pepsi 10K, Friemann Square, Ft. Wayne. 8:00am.
- Aug. 13 Kent Davis 5K, Georgetown Shopping Center, 8:00am.
- Aug. 27 Big Bro./Big Sis. 2 Mi & 5 Mi., Foster Park 5:00pm.
- Sept. 18 Run Jane Run 5 & 10K Foster Park, 9:00am.
- Oct. 9 IPFW Scholarship 5K XCountry, IPFW Ft. Wayne Campus.
- Oct. 30 Summit City 10K, Friemann Square, Ft. Wayne; 2:00pm.
- Dec. 10 J. P. 10K, Foster Park; 2:00pm.

You will love being a GUEST HOST or CAMERA OPERATOR on a RUNNERS WEEK Program. Pick a race or two that you will not be running and call 627-5450 to schedule. It is difficult to run in a race that you also Host, however it can be done. So join us! We are very interested in showing different viewpoints on RUNNERS WEEK, your viewpoint is valuable - SHARE IT!

If you will be going to any OUT-OF-TOWN RACES and your willing and able to tape it contact me and I will get the equipment and tapes to you. SPECIAL FEATURE IDEAS? We are open to tape any item of interest to runners.

JOIN US ON RUNNERS WEEK

HELP US SHARE OUR ENTHUSIASM FOR FITNESS

LEARN MORE ABOUT YOUR FELLOW RUNNERS

BE AN IMPORTANT PART OF THE ACTION



MALL WALKING: *The Exercise Of The Future?*

A few years ago, Michael Jackson had us all doing the moonwalk. Now, times have changed and another kind of walk—the “mall walk” is trendy — and physically beneficial.

Across the nation, our shopping malls are filled with health conscious walkers who are strutting the length of each arcade of shops. This is a fun, engaging, and easy way to exercise — especially for the over 50 set.

Walking is the easiest, most natural aerobic exercise. There is no training involved—most of us already know how to do it. All we need do is perfect our technique and speed up the pace a little to reap the rewards.

A Trimmer Figure

Walking burns calories. An average-size person who walks along at three miles per hour, burns 72 calories a mile. The faster you walk, the more calories you burn.

A Healthier Cardiovascular System

“Fifty Plus” magazine reports just 9 miles of walking per week noticeably lowers the risk of heart attack.

A Firmer Figure

In addition to being a healthy aerobic exercise, walking stretches and tones muscles: making you look as well as feel healthier.

Why Mallwalking?

Why not? Your local shopping mall offers all the comfort and surroundings to make your exercise easy, safe and enjoyable. First, you will be in a safe environment that is large enough to let you really cover some distance. Secondly, the temperature is always at a comfortable level, making it a good place to exercise no matter what the season. And best of all, you won't be bored. You will be surrounded by an ever-changing, attractive gallery. There will be faces to see and many windows along your path filled with fashionable items to admire.

To get the most from your mall walk, walk this way: Use a controlled rather than a long stride. Walk with your head high and your back straight. Don't wiggle those hips too much. Swing your arms in an arc from your shoulders.

MAJIC BANK CLIMB - MARCH 20, 1988 CLIMBER'S ACTUAL TIMES

<u>ACTUAL TIME</u>	<u>NAME</u>	<u>AGE</u>	<u>SEX</u>
152.5	Brett, Kenton	27	M
153.8	Hickner, Robert	26	M
154.5	Peters, Michael J.	25	M
156.9	Blank, Matt	20	M
157.8	Buysse, Dave	19	M
201.4	Bartels, Joe	23	M
206.5	Walker, Samuel	23	M
207.2	Cooper, Brad	26	M
209.0	Renz, Tom	32	M
210.9	Dial, Christopher	29	M
214.5	Stanley, Wally	31	M
214.7	Snyder, Darrell	23	M
217.1	Trappe, Bryan	15	M
217.3	Eagan, Todd	24	M
219.4	Ruetschilling, Dave	37	M
221.1	Wanner, John	19	M
222.0	Stinson, Roy	23	M
222.6	Buhler, John E.	41	M
224.6	Miller, Dan	25	M
225.1	Dormeier, Buff	18	M
225.5	Herman, Jon	30	M
225.7	Lehman, Tyler	20	M
226.1	Frist, Steve	17	M
229.4	Leber, Patrick	26	M
231.0	Jerep, Gary	30	M
231.7	Gruver, Mike	37	M
235.6	Mueller, Scott	16	M
236.2	Newport, Jeff	25	M
236.7	Doenges, Joseph	24	M
238.2	Haston, Doug	26	M
238.5	Okorowski, Chuck	44	M
238.8	Conner, Nick	15	M
239.7	Shinn, Edward	31	M
239.9	Clauser, Andy	15	M
240.2	McMahon, Steve	24	M
240.3	Rockwell, Bill	27	M
243.6	King, Kenneth	30	M
244.4	Gotsch, Jeff	17	M
245.4	Martz, Dennis	41	M
245.9	Lallow, David	33	M
246.0	Thieme, Douglas	14	M
247.4	Giant, Kevin	34	M
247.5	Price, David	29	M
248.9	Wennemar, Bob	12	M
249.3	Wilson, Steven	53	M
249.4	Linnemeier, Craig	18	M
249.9	Linnemeier, Will	24	M
250.7	Stock, Kevin	25	M
252.2	Schafer, Ken, Jr.	19	M
253.6	Sohaski, Ken	27	M
254.0	Osterholt, Tom	25	M
255.8	West, Michael Lamont	23	M
256.0	Worl, Craig	16	M
256.1	Lindley, Don	44	M
18. 259.1	Maston, Ron	38	M

<u>ACTUAL TIME</u>	<u>NAME</u>	<u>AGE</u>	<u>SEX</u>
259.2	Schroeder, Dennis	29	M
259.6	Ross, Jay	27	M
259.7	McCaffrey, Hugh	27	M
300.9	Teague, Barry	14	M
301.5	Willetts, John M.	33	M
301.6	Nitza, Ted	17	M
302.2	Golm, Josh	16	M
303.0	Miley, Scott	33	M
305.9	Zink, Richard	46	M
306.5	Miller, Paul	34	M
307.3	Taivalkoski, Tom	25	M
308.0	Vonderhaar, Ken	35	M
308.7	Sharp, Perian	26	M
309.2	Scheffel, Greg	32	M
310.4	Wilkins, Jon	13	M
311.7	Behringer, Mike	27	M
312.1	Hair, Larry	35	M
312.4	Armstrong, Lynn	40	M
312.8	Lester, Aaron	12	M
313.0	Lester, Randy	32	M
313.1	Wilson, Corey	10	M
313.2	Crago, Melvin	18	M
314.7	McCarty, Mike	31	M
315.5	Butcher, Charly	31	M
315.7	McCague, Kenny	21	M
317.8	Wynn, Gary	36	M
318.1	Campbell, Ronald	41	M
320.0	Worman, Ron	31	M
320.4	Gautsch, Terrence	54	M
320.4	Mills, Max	33	M
320.9	Wilkins, Jamie	13	M
322.1	Winters, Dennis	45	M
322.4	Combs, Scott	12	M
323.3	Sohaski, Bill	53	M
323.8	Ray, Johnathan	25	M
324.8	Murray, Scott		M
325.2	Davis, Charlie	44	M
325.6	Best, Terry	31	M
325.7	Ware, Chadwick	20	M
326.1	Tessman, Tim	18	M
326.2	Burgette, Bernie	44	M
326.3	King, Tom	18	M
326.8	Haston, Mark	14	M
329.4	Graf, Henry	13	M
329.4	Witsman, Paul	33	M
330.1	Hendricks, Ken	40	M
330.5	Horrell, Benjamin	14	M
330.5	Roth, Dick	44	M
331.0	McAlister, Scott	33	M
331.4	Blosser, Bill	37	M
333.5	Auker, Randy	34	M
333.7	Glasper, Rob	9	M
335.2	Miller, Eric	34	M
335.6	Surface, Rex	39	M
336.1	Connett, Don	38	M
338.0	Worman, Shawn	14	M
338.6	Sweger, Bruce	35	M
341.7	Bohnke, Michael	37	M

<u>ACTUAL TIME</u>	<u>NAME</u>	<u>AGE</u>	<u>SEX</u>
343.2	Subkowski, David	22	M
344.7	Ditto, Cliff	54	M
345.6	Forrester, Richard	56	M
345.7	Stabler, Tony	31	M
346.1	Suetterlin, Marshall	11	M
348.2	Berning, Richard	43	M
349.4	Brown, Ray	41	M
350.5	Glasper, Cliff	13	M
350.9	Auer, Daniel	38	M
358.3	Slusser, Robert	9	M
359.0	Lopez, Jessie	33	M
359.3	Gawthorp, Keirn	28	M
401.2	Suetterlin, Jerry	44	M
401.7	Thompson, Nate	14	M
401.8	Haworth, Larry	40	M
403.7	Havekotte, Alan	46	M
408.3	Hall, Bret	28	M
409.7	Myers, Christopher	22	M
412.0	Andrews, Mark	30	M
414.2	Schwartz, Sam	53	M
422.6	Price, Dan	35	M
423.5	Smeltzer, Dennis	24	M
439.0	Webster, John B.	40	M
446.2	Longworth, Richard	62	M
450.1	Golm, James	41	M
459.0	Query, James	41	M
532.2	Blickendorf, Carl	59	M
634.3	Bridges, Dr. W. Lloyd	66	M
0.0	T'Kindt, Brian	36	M
0.0	Crary, Eugene	30	M
0.0	Burrows, Anthony	21	M
0.0	Smith, Jeffrey	22	M
0.0	Steinmetz, Charlie	58	M
0.0	Larkin, Mike		M
0.0	Johnson, Kirk	27	M
0.0	Kreisher, Dennis	29	M

MAJIC BANK CLIMB - MARCH 20, 1988 CLIMBER'S ACTUAL TIMES

<u>ACTUAL TIME</u>	<u>NAME</u>	<u>AGE</u>	<u>SEX</u>
241.2	Baney, Karen	23	F
246.2	Stringer, Maleah	30	F
248.8	Kolkman-Cooper, Chris	26	F
251.8	Hippensteel, Kelly	22	F
252.1	White, Becky	25	F
256.1	Gotsch, Jennifer	15	F
302.4	Stark, Debra	35	F
309.4	Eickhoff, Mindy Sue	22	F
314.2	Goneau, Kim	34	F
317.4	Bellerperche, Tom	39	F
331.1	Drayer, Lynette	22	F
331.9	Handlin, Lyn	31	F
333.2	Haffner, Sandy	27	F
336.6	Gleave, Wendy	17	F
348.5	Haworth, Jan	36	F
20. 350.9	Gary, Joan	51	F

<u>ACTUAL TIME</u>	<u>NAME</u>	<u>AGE</u>	<u>SEX</u>
355.0	Bryan, Cathy	30	F
358.3	Curtis, Cheryl	25	F
403.6	Krouse, Debra	23	F
405.0	Linnemeier, Lori	12	F
405.7	Trzynka, Susan	29	F
406.7	Haworth, Tracey	18	F
409.0	Menze, Catherine L.	43	F
412.1	Rushart, Allison	17	F
413.8	Eckert, Melanie	39	F
414.0	Wilson, Crystal	8	F
414.2	Krouth, Carole	35	F
414.3	Cheesman, Lori	22	F
414.5	Stanczak, Kathy	17	F
416.5	Keaton, Joanne	55	F
422.1	Ray, Rhonda	26	F
423.1	Haston, Amanda	16	F
423.4	Nycum, Gloria	52	F
424.7	Rushart, Stacey	23	F
430.9	Pea, Diane	24	F
431.9	Murphy, Pat	27	F
435.8	Smith, Ebony	11	F
436.9	Pope, Trina	19	F
446.7	Short, Laurel	57	F
450.6	Haston, Sandy	32	F
452.5	Renner, Mary	26	F
457.5	Longworth, Jean	58	F
500.0	Springer, Erna	50	F
509.2	Fieleke, Eileen	20	F
511.0	Imbody, Diane	36	F
513.0	Rushart, Ginny	41	F
514.2	Berning, Kelly	18	F
514.2	Davis, Judy	43	F
515.8	Glasper, Deb	35	F
523.0	King, Annetta	40	F
523.2	Richards, Sandra	41	F
525.5	Zimmerman, Sue	30	F
529.6	Smith, Debra	30	F
529.6	Rosener, Diane	35	F
534.7	Pope, Rosemary	47	F
539.2	Benavente, Juli	29	F
600.7	McDougal, Barb	27	F
606.6	Stein, Patricia	24	F
610.4	Miller, Danielle	29	F
726.9	Wells, Mary	49	F
816.4	McCann, Sindy	21	F
845.2	Short, Denise	33	F
0.0	Givens, Jill	21	F
0.0	Stein, Linda	38	F
0.0	McKeeman, Carla	28	F
0.0	Guthrie, Marcia	24	F
0.0	Brace, Beth	26	F
0.0	Zimmer, Maria	32	F
0.0	McCarty, Ellen	31	F
0.0	Carroll, Leigh Ann	17	F
0.0	Youngpeter, Jill	27	F

A Trip To The Human Performance Lab

by Jerry Diehl

I thought that the biggest challenge on this trip would be the treadmill test that I had heard so much about. The donut and coffee shops along the way to Muncie proved to be an even greater challenge. Our group, Mike Robbins, Mark Brattoli, Mike Kast, Don Lindley, our driver, and myself, were making our pilgrimage to the Human Performance Lab (HPL), Ball State University. Part of our testing included a glucose level test, which meant no eating twelve (12) hours prior to our testing - no donut stops.

I was the rookie on this trip, all of the others being veterans of the HPL. I looked forward to this trip, being able to tour the modern facilities, while at the same time, receive meaningful baseline indicators for future reference. We arrived on campus and proceeded into the testing lab where we were greeted by the HPL staff. After check-in we changed into our running gear and had a look around the facility.

The director of the Adult Physical Fitness Program, Mitchell Whaley, went over the testing procedures with us prior to our first set of tests. Several graduate students helped us with the first series of tests: resting heart rate, resting EKG, resting blood pressure, body weight, and percent body fat (skin calipers). This first set of tests went fine, except for the graduate student who got carried away using the hair clippers to remove some hair on my chest for the electrical leads. The blood test came next, which is no big deal, but needles and I don't always get along, but this time there was no problem. This blood sample provides the following information: total cholesterol, HDL-cholesterol, total cholesterol/HDL ratio, triglyceride, and glucose levels.

The next step in the testing process was attachment of the electrical leads for the treadmill test. The leads are attached by an adhesive to the chest in strategic spots, and the wires connected to a "black box" worn at the waist by the subject. A light mesh singlet is worn over the leads to keep them secure. My turn on the treadmill was next to last, which gave me plenty of time to cheer on the others, and glean pointers from them and the staff. Mike Kast, an old hand at the the treadmill test, finished in fine style before me. With a Cardiologist looking on it was my turn on the treadmill. I was hooked up to the EKG machine and asked to hyperventilate to check for any irregular EKG signals which might show up during the test.

The staff helped me position the mouthpiece used to monitor my respiration during the test. I now straddled the treadmill, while the staff readied all the monitoring instruments, for the start of the test. With the group and staff cheering me on, I was ready to embark on a new adventure.

I should point out for clarification that the treadmill test procedure we used was different from in years past. The "Bruce Protocol", starts on a level grade at a slow walk, at three minute intervals the grade and treadmill speed is increased. We also used a numbering system to let the staff know how fatigued we were getting during the test. During the three minute intervals, the staff would ask what number we were at, the higher the number the more fatigued we were.

The first three minutes went by with no problems, just like a walk in the park. Next the announcement of the change in grade and speed, I was also quizzed on my fatigue level while my blood pressure was taken. Each change in grade and speed brought on increased fatigue, one three minute segment I couldn't decide to walk or run. Now the fatigue factor was setting in, I settled into a comfortable stride, but the grade was starting to take its toll. The staff quizzed me on by fatigue level, wanting to know if I could run another minute, I gave them the thumbs up sign while my group cheered me on. That was a long, long minute and I decided that I should leave some miles on the treadmill for Mark Brattoli who was the next one up. After leaving the treadmill I rested nearby while the staff monitored my vital signs returning to normal.

Now I could relax while Mark was taking his turn on the treadmill. After our tests were finished we showered and changed clothes, while our results were being tabulated. The director, Mitchell Whaley, had his computers working overtime and soon we had the computer printouts that we had worked so hard for. After we browsed through our printouts, Mitch walked us through the results, fielding questions and explaining the findings.

I reflected back on my visit to the Human Performance Lab as we said our good-byes to the staff, but we had more pressing matters at hand, to find a restaurant.

PS: Anyone interested in being tested at the HPL can contact me, or Mitchell Whaley at Ball State University.

RUNNING INJURIES

Danien Howell, MS, RPT



When should you seek a health professional's services concerning a running injury? This question has been and will be faced by many at some point during their running career. If you are suffering from an injury and/or the associated mental depression, you should seek a professional's help when:

- * the discomfort is getting progressively worse
- * the discomfort has plateaued at a level which is chronically affecting your performance
- * the discomfort is more frequent and/or is present while not running
- * the discomfort is at a level of three or higher on a scale of one (no pain) to ten (worst pain imaginable)
- * attempts at self-treatment (i.e., new shoes, a change of surface or training, etc.) do not significantly improve the symptoms
- * the discomfort is causing you to compensate and develop additional injuries
- * the mental depression, denial or guilt you may be experiencing is identified to you by significant others

Once you have decided to seek professional treatment concerning your running injury, the next decision is whom to see. In today's expanding field of sports medicine, there are many disciplines to choose from: orthopaedic surgeons, athletic trainers, podiatrists, physical therapists, chiropractors and others. Primarily you need to choose a qualified health care professional enough to recognize when a patient

should be referred to a more appropriate person or profession. The competent health professional who evaluates and treats running injuries should:

- * examine you with dynamic methods as well as static. You need to be examined while motionless, walking and running
- * provide you with a specific diagnosis or a list of potential diagnoses
- * provide you with a potential cause of the diagnosis
- * counsel you about methods of coping with possible withdrawal symptoms from not running if abstinence from running is prescribed
- * clearly explain how to prevent the injury from recurring
- * advise you on training modifications to prevent recurrence
- * provide a multi-faceted treatment approach. Running injuries typically have multiple causative factors, and therefore varied treatment approaches
- * re-examine you after a therapeutic intervention and demonstrate to your satisfaction that the cause and/or injury had been adequately addressed
- * offer alternative treatment approaches (including referral) if the first approach did not remedy the problem.

THE AUTHOR IS CHAIRMAN OF THE RRCA'S SPORTSMEDICINE COMMITTEE, AND IS IN PRIVATE PRACTICE OF PHYSICAL THERAPY IN RICHMOND, VA.

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LONG RUN**

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Leader in fine floor
coverings for over 54 years.

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*Do you like to sell?
Do you like to write?
Do you like to draw?*

*Ron Horan is in search of an ASSISTANT
Do consider calling or writing Ron today.*

It could be a start of a new adventure!

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 womens will be used.
- Masters men and women will be scored five (5) places.

Due to some date changes there must be some modifications in the Points Race Schedule. The races are as follows:

April 23 Spring Classic 15K (formerly NAVL)

May 14 Five and Dime 10 Mile

June 18 Central Soya 5M

August 27 Big Brothers/Big Sisters 5M

October 30 Summit City 10K

Participation is required in **FOUR EVENTS**. Updates will be published in **THE INSIDE TRACK** after each race.

We will score all races and throw out the worst performance. You need run only four races, however, in which case all four races will be scored.

Fort Wayne Track Club determines awards.

Ties Stand.

Any questions can be directed to:

Tom Loucks

11080 North 6, State Road 1

Ossian, Indiana 46777

(219) 622-7108

CENTRAL SOYA COMMUNITY CLASSIC FIVE-MILE RACE AND ONE-MILE "FUN RUN"

Benefiting YMCA AND YWCA - Portion of entry fee will be donated to their programs.

Registration and Entry Fee **Five Mile Race:** The entry fee is \$7.00 if you register and mail your application before June 13, 1988. The entry fee is \$8.00 if you mail your application after June 13, 1988 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: Nancy Kill.

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 5:45 p.m. Come run with your friends.

Distance 5.0 mile footrace through downtown Fort Wayne and along the St. Mary's River greenway.

1.0 mile "Fun Run" (Start in front of City/County Building)

Check-In **Five-Mile Race:** Packet pick-up point and times — tent next to Freimann Square from 10:00 a.m. to 6:00 p.m. on Saturday, June 18, 1988.

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

Telephone Information For information, call 219-425-5726 Mon. thru Fri., 8:00-5:00 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
	50-59	30-34	60 and over
	60 and over		

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

- Music
- Food and Beverages
- Door Prizes (Drawn from Group of Five-Mile Race Finishers)

FROM THE FORT WAYNE TRACK CLUB'S NEWSLETTER 10 YEARS AGO



May 1978 & June 1978

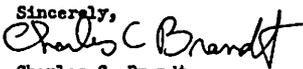
Several months ago Gary Dexheimer and myself were talking about our race schedule and we both agreed that it would certainly be nice if we could bring to Fort Wayne a race that would be well publicized and attended by thousands of runners instead of our usual turnout of 50 to 100 people. We knew that if this was going to become a reality we would have to find a sponsor who could commit both money and resources to such a project. Gary's first attempt at finding a sponsor was successful. He contacted Karen Himmelhaver and Bill Leming of the Marketing Department at Lincoln National Bank who had been giving thought to sponsoring such an event. After several meetings, which included Lincoln's Marketing Department, Gary, myself and Dick Gatten who is a member of our Track Club and an employee of Lincoln Bank, we have begun plans to have, on September 17, 1978 at 2 P.M. on Main Street and Court Street, the first annual Lincoln 10,000.

This race will be 10,000 meters long with a course that will be in some of Fort Wayne's nicer northeastern residential neighborhoods. Phil Suelser is helping us get our course AAU certified and George Letz has been most helpful in getting us traffic control help from the Ft. Wayne Police Department. Mayor Armstrong has also pledged his support to this important civic event. Gary Dexheimer and myself will be the race co-directors and we will be in need of volunteers who would like to help. We feel that this race will bring 1500 to 2500 runners to participate and because of this we are counting on the help of track club members and their families. If you are interested, please let us know. We want to make this the best run and most enjoyable race of it's kind in the Midwest!

This is going to be a great year for our track club but also a very challenging year. TV 33 has once again asked our club to help with the Three Rivers Marathon. After we agreed upon a new starting time of 7:00A.M., I have committed our club to help in as many ways as possible in this years marathon. Our new starting time will make this year's race safer and more enjoyable and hopefully attract more participants.

As you have noticed, we have not called any monthly meetings lately. Our meetings did not seem to be attracting enough members to justify holding them. We will, in the future, hold meetings on a quarterly or semi-annual basis. If enough of you disagree with this decision and let me know about it, we can always make changes.

Finally, you all know that Harry Koontz has relocated his family in Middlebury, In. because of a change in jobs. His duties as secretary for our club are being assumed by Pam Allender. I would like to express for myself and all the club members, our appreciation to Harry for all the many hours he has devoted to our club and it's newsletter.

Sincerely,

Charles C. Brandt

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.

Outracing the Years

SAN DIEGO—Running around looking for the fountain of youth may be a good way to stay young—if you really run. For 15 men in a long-term study, a life of frequent and vigorous exercise warded off much of the decline in fitness and cardiovascular health generally thought to be inevitable with age.

Led by exercise physiologist Fred Kasch of San Diego State University, the 20-year study has followed the men from middle-age into their 60s and 70s. Five times over the years the researchers rated the health of each exerciser's heart and lungs by measuring how much oxygen he consumed while on a treadmill or exercise bike. The scientists also checked pulse and blood pressure in the men.

Judging by previous research, the men should have lost one to two percent of their cardiovascular power every year. But in this study, by far the longest of its kind, the re-

searchers found less than half that decline: only a 12 percent drop over the 20 years. And instead of the rise in blood pressure expected with age, the group showed no change over the decades.

It may be that good genes explain some of the fitness of this group. But the researchers believe that regular aerobic exercise has played a large part. Throughout the years, the men have run, swum, cycled, and walked away more than 2,000 calories each week, about what they'd use to run 20 miles. Indeed, some of the men still run marathons or swim competitively.

According to Larry S. Verity, one of Kasch's co-workers in the study, the research points to a self-reinforcing cycle: The men continued to exercise because they were able to, and they were able to because they kept active. "I don't think you can *prevent* deterioration during aging," Verity says. "But we'd certainly suggest that exercise over the long haul can slow it down."

CAN YOU "RUN YOUR HEART OUT"?

To the Editor: Recent debates about the advisability of running have focused on the cardiovascular benefits as compared with the musculoskeletal risks of regular running.¹⁻³ Some authorities have also focused on the cardiovascular risks of exercise and have cited warnings popularized in the media, such as "Runners live an average of five years longer but spend their extra time running" and "You only get so many total heartbeats, and when you exhaust this allotment you die." To address concerns about the cardiovascular

Table 1. Heartbeat Allotment.

Total human heartbeat allotment = 2.8382×10^9 beats*
Runner's heartbeat expenditure (to age 60)
Ages 0-19 at 72 beats/min = 9.9864×10^7 beats
Ages 20-60
55 beats/min for 23¼ hr/day on 5 of 7 days: 8.2014×10^8 beats†
55 beats/min for 24 hr/day on 2 of 7 days: 3.3864×10^8 beats
180 beats/min (while running) for ¾ hr/day for 5 of 7 days:
8.6583214×10^7 beats
Remaining heartbeats for 60-year-old runner = (A - B) = 1.493×10^9
Remaining years = 39.4 years‡

*Assuming 72 beats per minute for 75 years.

†Assuming a daily running duration of 45 minutes per day for 5 out of 7 days with a running pulse rate of 180 beats per minute and a resting pulse rate of 55 beats per minute.

‡Assuming a return to a resting heart rate of 72 beats per minute when regular running stops, after the age of 60.

risks and benefits of running, we calculated the life expectancy of an average runner on the basis of the theory that each person has a fixed number of total heartbeats. The calculation and underlying assumptions are shown in Table 1.

Assuming that the average person has a usual resting heart rate of 72 beats per minute and an ordinary life expectancy of 75 years, the total human heartbeat allotment is 2.8382×10^9 beats. For the prototypic runner whose resting pulse slows 23.6 percent (i.e., from 72 to 55 beats per minute) but whose heart rate increases 3.27-fold while running (i.e., from 55 to 180 beats per minute), exhaustion of the total allotment of 2.8382×10^9 heartbeats would take 99.4 years, resulting in an extension of life by 24.4 years. This calculation — which we believe is based on reasonable assumptions (e.g., running only five days a week, with an increase in pulse rate to 180 beats per minute with exercise) — discounts the notion that running prematurely exhausts heartbeats. Furthermore, for a total running time of 0.915 years, the life extension of 24.4 years suggests that running is an efficient way of reallocating heartbeats [$1 - (0.915/24.4) = 96.25$ percent efficiency]. We believe that this calculation supports the benefits of regular conditioning and allays concerns about the risks of “running your heart out.”

JAMES K. STOLLER, M.D.
The Cleveland Clinic Foundation

DALE S. ADLER, M.D.
JOEL HOLLAND, M.D.
Case Western Reserve University
School of Medicine

Cleveland, OH 44106

1. Noakes TD. Heart disease in marathon runners: a review. *Med Sci Sports Exerc* 1987; 19:187-94.
2. Lane NE, Bloch DA, Wood PD, Fries JF. Aging, long-distance running, and the development of musculoskeletal disability: a controlled study. *Am J Med* 1987; 82:772-80.
3. Panush RS, Schmidt C, Caldwell JR, et al. Is running associated with degenerative joint disease? *JAMA* 1986; 255:1152-4.

Coming Events

MAY 14, 1988

WMEE/Key Health 5m/10m; Johnny Applesseed 8:00 a.m.

MAY 30, 1988

Great Race VIII 10k/13.1m; Elkhart 8:30 a.m.

JUNE 4, 1988

Spring Fever 5 5m; Huntington 8:00 a.m.

Marine Corps 10k; New Haven 7:00 a.m.

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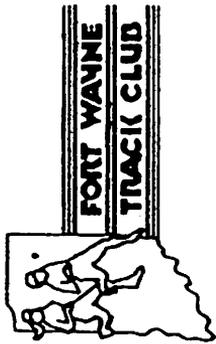
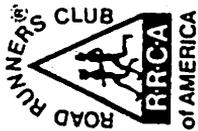
Fort Wayne Track Club and Mail To: Fort Wayne

Track Club, P.O. Box 11703, Fort Wayne, IN 46860

Membership Fee \$12.00 (thru December 31, 1988)

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(List the Names, Birthdates and Sex of each family member)



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