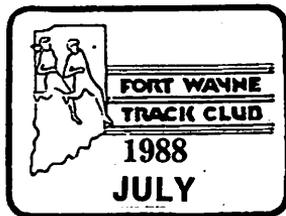


the inside track



NEWSLETTER OF THE FORT WAYNE TRACK CLUB



Pot-Luck Picnic In The Park

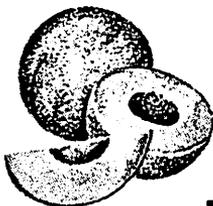
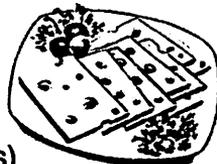


WHEN:

Wednesday, August 10th, 1988

WHERE:

Foster Park Pavilion
(Next to the Volleyball Courts)



PRE-MEAL RUN: 6:00 p.m.

MEAL START TIME: 6:30 p.m.

Bring a food or two of your choice. Food ideas-cold meat, cheese, potato salad, raw vegetables, melon, grapes, crackers, pretzles, cookies, ice cream, etc.... Beverages will be provided. Come with an empty plate and silverware!



**COME EAT A MEAL
WITH US!!!**

Fort Wayne Track Club

Officers and Board Members 1988

JUDY TILLAPAUGH
PRESIDENT
424-6723

DENNY MARKS
VICE PRESIDENT
447-4567

RON HORAN
V.P./NEWSLETTER
447-6627

CHUCK OKOROWSKI
ASST./NEWSLETTER

DON LINDLEY
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456-8739

AMY ANDERSON
SECRETARY
747-0092

JIM BUSHEY
PUBLICITY
747-3770

RANDY LAVINE
MEMBERSHIP
493-2420

LYN HANDLIN
RACE SCHEDULE
447-5321

CLEM GETTY
EQUIPMENT
638-4890

ANN JAMISON
RUNNERS WEEK
627-5450

TOM LOUCKS
POINT SYSTEM

DR. ROBERT WYATT
ADVERTISING

MEMBERSHIP MEETINGS

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

SUNDAY, JULY 10, 1988 — 6:00 P.M.
SUNDAY, AUGUST 21, 1988 — 6:00 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

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; Foster Park 8:00 a.m.
5m Qualifying

AUGUST 21, 1988*

Run in the Park 2m/5m; Foster Park 5:00 p.m.
Race Director: FWTC

SEPTEMBER 11, 1988

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

OCTOBER 15, 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

JUNE 25, 1988

Turtle Days 10k; Churubusco 8:00 a.m.
Race Director: Larry Shively, 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

JULY 30, 1988

Classic City Road Race; Auburn, IN 7:30 a.m.
1 mi. - 5k - 10k
Race Director: Terry Rayle, Phone: 925-4112

AUGUST 5, 1988

Mid Summer's Night Run 5k; Freimann Square 6:00 p.m.
Race Director: Mary Pat Leonard, Phone: 456-4534

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

AUGUST 13, 1988

Butler Days Road Races; Butler, IN 7:30 a.m.
1 mil - 5k - 10k
Race Director: Terry Rayle, Phone: 925-4112

AUGUST 27, 1988

8th Ann. Bryan Pepsi Run; Bryan, OH 7:30 a.m.
1 mi. - 5k - 10k; St. Patrick's School
Race Director: Paul Langevin, Phone: (419) 636-3640

SEPTEMBER 11, 1988

Stroh Double Dip 1m/5k; Stroh, IN 8:00 a.m.
Race Director: Jerry Perkins, Phone: 351-2426

AUGUST 10, 1988

Run Jane Run Triathlon

SEPTEMBER 10, 1988

Run Jane 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: Amy Anderson, Phone: 458-2345

OCTOBER 1, 1988

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

ATTENTION:

Big Brothers/Big Sisters name has been changed to Run in the Park, date and time remain the same. Details in August issue of Inside Track.



PRESIDENT'S COLUMN

By Judy Tillapaugh

How's your heat tolerance? This summer is a scorcher. We running enthusiasts are going to be stepping out to run in any kind of weather. Continuous sweating does feel so good. But do use caution on your running intensity, duration, and frequency. Your total health is more important than increasing your risk of heat exhaustion. Allow yourself to run less, go slower, or skip a day or two. Feel guiltless! Think of it as a time to buy a beach ball or designer sunglasses. You could plan a 10 KM water fountain run. Each runner would have to swallow 2 cups of water at 5 periodic fountain before finishing. The top 3 men and women could each get a weekend trip lake cottage. All participants could get a 5 pound bag of ice. You can beat the heat. Do not let it wither you!

Many of you participated in the track club phonathon held on June 14th and 15th. Thank you for letting one of the board members visit with you. The phonathon was done to make personal contact with club members in order to increase interest and participation in club fitness and social events. We're glad you are a member and we want you to feel more apart of the club. Each of the 300 plus members are important. But for us to provide fulfilling activities your volunteer support is needed. Any small amount of help given to a club run, community services, social events, "RUNNERS WEEK", "INSIDE TRACK", or publicity is most appreciated! It can be enjoyable and rewarding. Future club success and good times are more possible with more volunteer help.

Results of the phonathon showed there's interest in improved social gatherings introduction of a children's running program, and introduction of educational programs. I'd like to see these areas developed. Please contact me if you

Wednesday 6pm.
 Foster Park. Meet in the parking lot near the volleyball courts. Look
 for John Treleven.
 Tuesday 6pm.
 People can meet by the left side entrance of the IFFW Athletic
 Building. Look for Mike Kast and friends.
 Thursday 6pm.
 Saturday 8am.

COME RUN WITH US!

Bye!!

This coming August 10th there's going to be a POT-LUCK PICNIC AT FOSTER
 PARK. It's a Wednesday evening. Come at 6:00pm for a run and then stay
 for good food and friendship. Anyone is invited to attend. Invite a new comer
 to Fort Wayne. Bring the whole family. We will meet in the pavillion next to
 the volleyball courts. Bring a favorite food (with enough to share of course).
 Mike bring that special salad! Anyone have a ice cream freezer? I'll bring
 the fruit toppings.

call (317)-638-9155.

The Olympic Track and Field Trials will be held in Indianapolis from 7/15/88
 thru 7/23/88. Our nations best runners will be there. Breakaway from Fort
 Wayne and go to the trials. It's a super opportunity. For ticket information
 Sunday morning run.

Our club doesn't have an organized run in July but there's many other area
 running events to enjoy. The Three Rivers Festival's Diet Pepsi 10KM Run
 is 7/17/88 at 8:00 am starting by FriemannSquare in downtown Fort Wayne.
 This event is organized by the Parks and Recreation Department. It's been
 very successful the past several years. Make the Diet PEPSI 10KM Run your
 would like to assist these areas or improve any part the track club events.
 Your comments and suggestions are always welcome at the board meetings.

NUTRITION IN QUESTION

By Judy Newman, R.D. and 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 the dietitians. Answers will be included in the Inside Track. Mail your questions to Judy Tillapaugh, R.D. FWTC, P.O. Box 11703, Fort Wayne, Indiana 46860.

QUESTION

Why are people so interested in food?

Bored in Fort Wayne

Dear Bored:

For a break this month let's take a look at some food trivia. Did you know that;

- * The lowest-fat grade of beef you can buy is called "Select". This is a grade that used to be called "Good", and still contains enough fat to be palatable. "Prime" meat contains the most fat marbling.
- * Americans now drink more soft drinks and beer than plain tap water.
- * Whole milk gets 48% of it's calories from fat while skim milk gets only 5% of it's calories from fat. Skim milk contains slightly more calcium as a result.
- * The overall demand for milk has decreased in the past 20 years. Also, food categories with the largest volume sales in the past 5 years included fresh and frozen poultry, fresh fruits and vegetables, fresh fish and yogurt. However, also in the past 5 years, the volume of alcoholic coolers, snack chips and gourmet high-fat ice cream has increased 20% over previous years.
- * Candy consumption equals 20 pounds per person per year.
- * Raw Oysters contain 75 calories for every 3 1/2 ounces and more iron than equal amounts of beef liver.
- * Lean beef contains more than twice as much iron as chicken, ounce-for-ounce.
- * About one third of all cancer deaths may be related to what we eat. A diet low in fat but high in fiber, fruits, vegetables, vitamin C containing foods, vitamin E rich foods and seafood is protective.
- * Americans eat 22.5 pounds of pizza a year.
- * In the United States, West Virginia has the greatest percentage of overweight people.
- * Twinkies are more popular in Chicago, Cheerios more popular in Washington State, and Wonder Bread consumption is greatest in New York City.

- * Their is a good protein substitute that contains no fat or cholesterol and is the highest of all foods in soluble fiber. That food is LEGUMES (dried beans and peas).
- * "Hot" peppers trick the central nervous system into thinking there's a high temperature in the oral cavity. The body's response is a chain of physiological responses to "cool" the affected area.
- * Obesity in American children 6 to 11 years old has increased 54% in the last 50 years.
- * A two-ounce chocolate candy bar is the nutritional equivalent for four teaspoons of oil or butter plus 10 teaspoons of sugar.
- * A study of Indiana schoolgirls found 18% of underweight girls and 60% of average weight girls were trying to lose weight.
- * After 13 years of marriage, the typical woman has gained 23 pounds and her husband has gained 18 pounds.
- * If you eat an orange, you may get 60% more vitamin C than if you squeezed it and drank the juice.
- * Fig bars contain half the fat calories of most cookies and twice as much fiber but are equally as high in sugar and calories.
- * Salt and sodium are not interchangeable terms. Table salt is 40% sodium by weight, the rest is chloride.
- * Turkey is one of the leanest types of poultry, except the self-basted variety which is injected with fat.

Here is an easy and healthy way to fix poultry on your summer grill:

MARINATED BARBECUE CHICKEN OR TURKEY

<u>Ingredients</u>	<u>Measure</u>	<u>Method</u>
Skinned chicken or turkey breast in 4 oz. pieces	4/4 oz	1. Place poultry in shallow dish. Combine other ingredients and pour over poultry. Cover and marinate overnight in the refrigerator, turn several times. Remove chicken and reserve marinade. Grill over medium coals, basting with marinade. Makes 4 servings at about 250 calories per serving.
Reduced Calorie Italian Dressing	1/2 cup	
Lemon Juice	1/4 cup	
Garli Clove, crushed	one	

OLD DOMINION 100 MILE CROSS-COUNTRY RUN

By Chuck Okorowski

They don't come a whole lot tougher or more determined than Rodger Puckett from Columbia City. If you know Rodger, you realize he's a very good masters runner and fine triathlete. A real tough competitor.

I recently had the opportunity and pleasure of being a member of Rodger's support crew at the tenth annual Old Dominion 100 Mile Endurance Run in Virginia. The OD is one of the toughest and most respected "trail runs" on the ultra-distance circuit. It's the east coast version of the Western States 100 Mile Run, the "Grand-daddy" of them all!

Don Lindley, Richard Zink and I arrived in Front Royal, Virginia about 4:00 p.m. on Friday afternoon. Rodger and his wife Valerie had arrived a day earlier. After a quick, mostly uphill 5 miler led by Don, my quads reminded me that Fort Wayne lacks any real hills. Later we all went out for a pasta dinner and discussed the tactics and strategy for the 8 crew stops where we would be able to "support" Rodger. Support consists of changing the runner's shoes and clothes if needed, giving high carbo food and aid, refilling a fanny pack with Power Bars and Exceed, and massaging sore, aching muscles. It's tantamount to a pit stop at the Indy 500.

Support work is both interesting and humbling. You want so very much to share the tremendous difficulties of the runner, but you know your words and ice water become insufficient as the race unravels. Words, encouragement and friendliness can become meaningless and pretty irritable to a runner after many sleepless hours and continuous running on a tough wilderness course. Most runners will never experience the exhaustion and negative feelings that must invade the body and mind throughout a 100 miler. Everything hurts and the mind is playing games with you. Negative games. Then there's the loneliness and indifference of being alone, trying to stay on course during the night with only a flashlight to guide you ...over mountains and sharp rocks, sloshing through streams, pushing through thick brush and weeds, trying to find the next checkpoint. Concentration becomes important at a time when you're most vulnerable and exhausted. You must not become a victim of misdirection. That would mean adding more miles to an already uncommon 100 mile course. Miles that don't count but take their toll.

Then there's the medical checkpoints that weigh on your mind. Three times on the course Doctors and medical personnel check your weight (7% or more loss of body weight and you're out), blood pressure, pulse, and ask questions about liquid intake. Additional pressure you don't need but required for each runner's safety.

Each time the support crew meets their runner at these predetermined checkpoints, the runner looks progressively worse. And rightfully so. 100 miles is a long, long way to run, especially within the 30 hour timelimit. Considering the unyielding and mountainous course, 30 hours might seem unrealistic to most runners.

As a crew member you wish you could help your runner more. If only you could run part of the course. If only you could channel your energy and vitality into your runner. I found myself wishing I could give my legs to Rodger as his became progressively tighter, aching from the steep uphill and pounding downhill of the course. His quads were stiffening with pain and mine were anxious to run the mountainous course. As a crew member I felt inadequate ... disappointed in myself for not being able to do more.

Rodger's 75 miles in 21 hours on this legendary course is in itself an accomplishment. A DNF, but a personal victory. A triumph on an unrelenting course. An achievement most runners never experience and one to be proud of.

I keep asking myself how a ultra-distance runner from the pancake flatlands of Indiana can expect to do well on a mountainous course like the Virginia OD 100. I think I may have to find out for myself.

Like so many personal experiences in ultra-distance running, the well known Bud Light advertisement sums it up very well: "The reason for entering has nothing to do with winning!"

Way to go Rodger!



ROAD RUNNERS CLUB of AMERICA

June 1, 1988

Don Lindley
c/o Fort Wayne Track Club
P. O. Box 11703
Fort Wayne, Indiana 46860

Dear Don:

Thanks for the hospitality room at the RRCA Convention. I know I speak for the entire RRCA Board in expressing our appreciation to the Fort Wayne Track Club for the hospitality room, assistance and support provided the Indy Runners.

Your generous contribution of time, effort, and talent helped make the 1988 RRCA Convention a success. I enjoyed the opportunity to meet and visit with you. I think one of the best benefits of the RRCA Conventions is the fellowship and friendships which are established. I look forward to meeting you again at the 1989 RRCA Convention in Colorado Springs, Colorado. In the meantime take care. There is nothing I would enjoy more than, "Come run with us" as your club stationery reads.

Best regards,



AL BECKEN
RRCA Southern Region Director



*Mid Summer
Night's Run
August 5, 1988*

*5K Run
Family Fun Run/Walk
Canterbury Green
Fort Wayne, IN*

Save

Coupon

Save

*\$1.00 off individual preregistration
for event*

\$3.00 off family preregistration

*Check Area Sports
Shops For Entry
Forms*

INSIDE TRACK PROFILE

by Chuck Okorowski

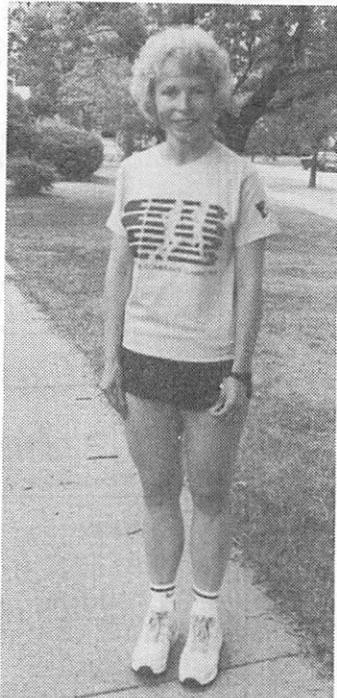
"Running has been great for me. I've met the nicest people from my involvement in running. Really good people who have developed into wonderful friends. I think runners are such nice people.

Also it's been very good for my health. I was on blood pressure medicine before, but running has corrected that and brought my cholesterol down too. It helps control my weight also as I love to eat. I can eat a lot but maintain my weight by running.

Running is good for you mentally too. It gives my life structure and discipline. That's important.

But running has introduced me to a lot of good people and friends. Runners are great!"

Name: Barb Scrogam
 DOB: September 22, 1946
 Place of birth: Fort Wayne, Indiana
 Job: Salesperson at Tepe's (I've also been the Easter Bunny at Glenbrook for the last 10 years.)
 Children: Daughter Kim, 20 years old.
 Height: 4'11½"
 Weight: 100#
 Shoe size: 5
 Best feature (physical): Small hands
 Worst feature: Thighs
 Religion: Presbyterian
 Education background: Northside H.S.
 Favorite non-running magazine: Total Woman
 Favorite movie: Dirty Dancing
 Favorite TV show: LA Law
 Favorite music: I enjoy all kinds.
 Favorite musical performer: Barbara Mandrell
 Favorite restaurant: Pizza Hut
 Hobbies: Water skiing, dancing and bowling.
 Collections: Magnets
 Make of car you drive: Ford
 Make of car you would like to drive: Corvette
 Favorite spectator sport: Basketball
 Favorite vacation destination: Hawaii
 Favorite item of clothing you own: Running T-shirts. I really enjoy wearing them.
 Most prized possession: My photography collection.
 Political affiliation: Democrat
 Personal philosophy: Live each day to the fullest.
 Short term goal: To lose about 5 pounds.
 Long term goal: To put more money in the bank.
 Achievement of which you are most proud: Finishing the '86 WMEE marathon.
 First job: Worked at the Fort Wayne License Bureau.
 Comfort food: Granola Bars.
 My "last meal" would consist of: A complete lobster dinner.
 Happiest memory: Having my daughter Kim.
 Least-liked household chore: Dusting. I hate dusting.



Pets: None. Although I do have a lot of stuffed animals.

Pet peeve: People that are continually tardy.

Favorite non-running leisure activity: Roller skating.

Greatest fear: Going broke.

If I could I'd love to live: I really do enjoy living in Fort Wayne.
I can't think of anyplace I'd rather live.

Secret ambition/fantasy: I'd love to be a popular singer with a hit on the Top 40. Also, I've always wanted to be a character at DisneyWorld.

Personal strengths: I'm dependable and responsible. I do what I say I'm going to do.

Personal weaknesses: Sometimes I procrastinate.

I wish I had more time to: Travel. Although running in different races can allow you to travel around the U.S.

People who don't know me probably think I'm: Quiet. But I'm not once you get to know me.

Running PR's

5K 21:41

10K 45:05

½ Marathon 1:40:00

Marathon: 3:49:02

Number of years running: 7 years

Who/what started you running?: A friend at work. She said let's go run at Shoaff Park after work. I thought she was crazy. But I went and had fun.

Most memorable race: L.A. Marathon

Running philosophy: Try to enjoy running and not overdue it. It isn't fun when you overdue it. If I get up and don't feel like running, I don't.

Number of marathons: 4. Two in Fort Wayne, one in Columbus, Ohio, Los Angeles, and I've already entered New York.

Average weekly mileage: 35 to 40 miles a week.

Typical training week: About 5 miles a day for 5 days, then a 10 to 13 mile run usually on Sunday.

Favorite race: Blueberry Stomp and the Governor's Cup Finale.

Favorite running shoes: Tiger Gel

Favorite place to run: The Rivergreenway when I can.

Running idol: Joan Benoit Samuelson

Injuries: Fortunately I don't have and haven't had many running injuries.



SENSIBLE SHOES

Choosing The Right Exercise Shoes

When most of us were kids, there was only one kind of exercise shoe—the canvas-topped, rubber-soled footwear commonly known as “sneakers” (or, in some quarters, as “tennis shoes”). Our only choice regarding these shoes was whether to purchase the regular-cut or hi-top variety. Now, however, with the “fitness” revolution in full-swing, our choice of exercise shoes seems limitless. How can you be sure that you’ve chosen the right footwear for your activity? These guidelines can help you.

Running Shoes

Activities where your feet strike the ground forcefully for an extended period of time (such as running and jogging), require shoes with adequate cushioning for shock-absorption. Shoes for these activities must also provide arch & heel support to prevent the foot from turning in and out. Padded heels (to protect the Achilles tendon) are also important.

Walking Shoes

When selecting a good walking shoe, choose one with flexible soles. Heel cushioning is important, since this is where your foot strikes the ground, but since your foot swings through as you walk, too much cushioning in the front part of the shoe may make you trip.

“Aerobic” Shoes

Like running and jogging, aerobic dance can be a high-impact activity. Aerobic shoes should have well-cushioned soles and good overall support. Aerobic shoes also require



Running Shoe



Walking Shoe



“Aerobic” Shoe

firm, yet flexible soles for ease of movement. If you suffer from weak ankles, a hi-top variety can provide additional ankle support.

Specialty Shoes

There are numerous types of footwear designed for specific sports—bicycling, golf, football, baseball, skiing, and so on. Each shoe has characteristics designed to improve comfort and performance for specified activities. No matter what your activity, the key to the right shoe is one that *fits* and provides adequate support and stability.

Does The Shoe Fit?

A properly-fit shoe should allow enough “toe room” when standing so that neither the big nor the little toe extends over the sole of the shoe. The heel of the shoe should feel “snug” without pinching. For the best support, the inner side of exercise shoes should be made of a firm material to prevent the foot from collapsing inward. An arch support that conforms to ones own foot is also important for good fit, support, and comfort.

Wear It!

Whether you run, jog, walk, or “dance,” shoes can make a difference. The best exercise shoe is one that fits *your* foot. Try on several pairs of shoes by various manufacturers before making your final selection. Shoes are perhaps the most basic piece of “equipment” for any sport, so make sure your shoe has the right fit—then wear it.

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Track Club Volunteer Recognition

Phonathon June 14th and 15th, 1988

Jim Bushey

Mike Ducey

Martha Hoepfner

Ron Horan

Clem Getty

Lyn Handlin

Don Lindley

Denny Marks

Chuck Okorowski

Judy Tillapaugh

Rob Wyatt

White River Games 5 Mile Qualifier

Steve Caswell

Jerry Diehl

Clem Getty

Martha Hoepfner

and family

Don Lindley

Mike Kast

Jack Morris

Valerie Puckett

Roger Puckett

Ray Sibrel

Chris Welling

Dave Winters

Judy Tillapaugh

Thank You For All Your Time And Effort!!

Pot-Luck Picnic In The Park

WHEN:

Wednesday, August 10th, 1988

WHERE:

Foster Park Pavilion

(Next to the Volleyball Courts)

PRE-MEAL RUN: 6:00 p.m.

MEAL START TIME: 6:30 p.m.



Bring a food or two of your choice. Food ideas-cold meat, cheese, potato salad, raw vegetables, melon, grapes, crackers, pretzles, cookies, ice cream, etc.... Beverages will be provided. Come with an empty plate and silverware!

COME EAT A MEAL WITH US!!!

GLENBROOK SQUARE
NEXT TO THE ICE RINK
484-4322



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 Wafile® outsole and optional arch support for the same great fit. The Air Pegasus. The best just got better.

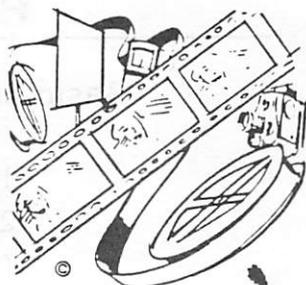
Air Pegasus
(Womens)



Air Pegasus
(Men's)

PEGASUS IMPROVED.

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 WHEE 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

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 Run in the Park 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

FWTC Point Standings

These are the points standings after the first two races (Sports Tech/NAVL 15K, 5 & Dime 10 mile).

I have scored only those who have run both of these races but be aware many have run one race and are still in position to move into the standings. These people must compete in the remaining three events (Central Soya 5 mile, June 18; Big Brothers/Big Sisters 5 mile, August 27; and Summit City 10K, October 23).

Questions or comments?

Evenings - 622-7108

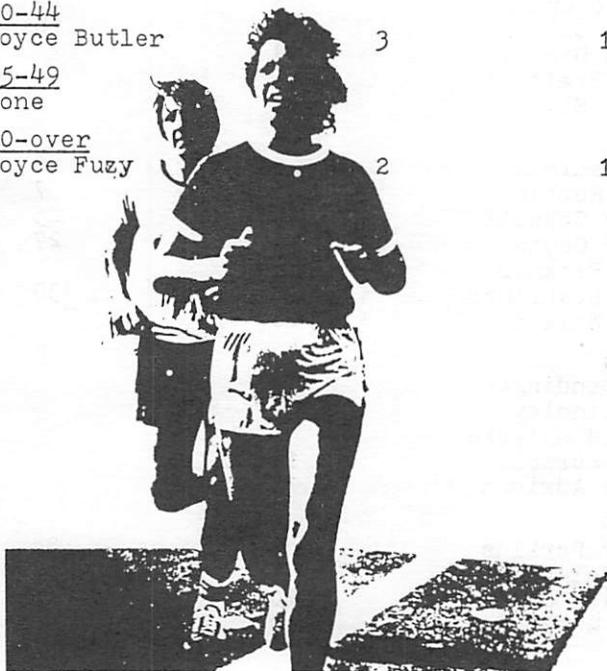
<u>MALE</u>	<u>Age Group</u> <u>Points</u>	<u>Open</u> <u>Points</u>
<u>19-under</u>		
1. Mike Fast	2	24
<u>20-24</u>		
none		
<u>25-29</u>		
1. Tom Loucks	2	2
2. Nick Hodgeman	7	
<u>30-34</u>		
1. Bob Schendel	3	13
2. Terry Diller	5	16
3. David Dorais	9	
4. Mark Brattoli	11	
5. Larry Ellis	15	
<u>35-39</u>		
1. Dan Kaufman	3	6
2. Mike Robbins	4	7
3. Steve Caswell	12	25
4. Terry Coonan	13	27
5. Gary Rickner	14	
6. Gary Dexheimer	16	30
7. Gary Walker	18	
<u>40-44</u>		
1. Tom Dendinger	2	
2. Don Lindley	5	
3. Ronald Motycka	7	
4. Mike Zurzolo	10	
5. Steve Adkison	10	
<u>45-49</u>		
1. Jerry Perkins	2	34
2. Tom Felger	8	
3. Don Ashton	10	
4. Gary Mullendorf	10	

- 50-54
- | | |
|------------------|---|
| 1. Leland Sibrel | 2 |
| 2. Joe Ziegler | 4 |
| 3. Thomas Laird | 8 |

- 55-59
- | | |
|------------------|----|
| 1. John Hilker | 3 |
| 2. Howard Bash | 7 |
| 3. King Sullivan | 10 |

- 60-over
- | | |
|-----------------|---|
| 1. Don Anderson | 3 |
| 2. Phil Burns | 6 |

<u>WOMEN</u>	<u>Age Group Points</u>	<u>Open Points</u>
<u>19-under</u>		
none		
<u>20-24</u>		
none		
<u>25-29</u>		
none have run in both two races		
<u>30-34</u>		
1. Mary T. Connolly	2	2
2. Cynthia Sabrack	5	10
3. Sue Sipes	7	14
<u>35-39</u>		
none		
<u>40-44</u>		
1. Joyce Butler	3	10
<u>45-49</u>		
none		
<u>50-over</u>		
1. Joyce Fuzy	2	18



RESULTS- Z 10km, Zanesville, Indiana
May 21, 1988

PLACE	NAME	TIME
1.	Phil Suelzer	35:52.6
2.	Chad Shearer	36:56.2
3.	Gary Walker	38:41.1
4.	Dennis Corner	39:38.2
5.	Nick Hodgman	39:39.0
6.	Don Lindley	39:39.6
7.	Johathan Bar-on	40:01.3
8.	Jon Williams	41:23.9
9.	Jamie Wilkins	42:36.0
10.	Keith Caudill	43:12.8
11.	Clem Getty	44:03.5
12.	Phil Teders	47:54.1
13.	Mark Mettert	51:49.0
14.	Pam Bowersock	53:54.1
15.	Robert Paine	56:57.6
16.	Matthew Laudig	57:36.0
17.	Gerald Steele	1:00:16.3
18.	Vicki Jacobs	1:02:28.6
19.	John Jedinak	1:03:33.1
20.	Polly Jacobs	1:11:54.2



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May '88

FORT WAYNE FINISHERS

PLACE	NAME	DIV.	AGE	TIME
2.	Greg Orman	M	27	23:48
30.	Keith Horton	M	23	26:03
42.	Herman Fueno	M	29	27:06
84.	Tom Renz	M	33	28:42
114.	Mary T. Connolly	F	32	29:58
159.	James L. Miller	M	40	31:25
178.	Donald Lindley	M	44	31:51
193.	Myron Meyer	M	61	32:15
215.	Rodger Puckett	M	44	32:51
227.	Judy Tillapaugh	F	29	33:06
671.	Mike Ducy	M	33	43:35
732.	Valerie Puckett	F	42	45:39

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INTRODUCTION

MARATHON PARTICIPATION

In the late 1970's and early 1980's, there was a major increase in the participation in road racing. The increase was directly reflected in marathons, that is, until 1983. During the period of rapid growth the number of marathons increased significantly and for a while race directors could plan on their fields doubling each year. It was not uncommon for nearly half of the field to be first-time marathoners.

OLD TIME MARATHONERS

There was a time when would-be marathoners trained for years and were long-time participants in shorter road races before moving up to the 26.2 mile distance. The years of training built an endurance background and their participation in road races prepared them for that final step. A large majority of these old time marathoners are still running and their ranks have grown with others who have taken a serious approach to the sport. They travel far and wide to sample the new marathons and participate in the mega events such as New York and Boston. Some go so far as to run one in each state, run 50 during their 50th year, reach the century mark, etc. Obviously, they are durable and enjoy the sport.

NEW BREED

The rapid increase in participation and marathons to participate in created a driving desire to run a marathon. This interest and phenomena brought about, rather rapidly, a new breed of first-time marathoners. The old timers were astounded that many of these first-timers had only been running for a short period of time. A few 10K's and their interest turned to the marathon as their next goal to conquer. As a race director, I have more than once had an entrant sign up to run the Rocket City Marathon as his or her first road race. Their success in going the distance has been a source of amazement to the veteran marathoner.

INJURIES AND PERFORMANCE

A more in-depth look at this new breed of marathoner will reveal two important facts. Suddenly there has been a major increase in number of entrants over the number of starters, and many more plan to enter but never do. Their rapid acceleration of mileage without the background base on which to build leads to injuries. Many of these injuries could be avoided with a sensible training plan. The second observation is that many who go the distance are not properly prepared. Their race is a struggle, hitting the wall early, walking much of the latter miles. This has led to a significant increase in the percentage of over four hour finishers. Their run is not one of enjoyment as they simply survive to achieve the recognition of having finished at any cost.

TAKING THE WRONG APPROACH

This author finds the popular two month training plans and low-mileage, long-run plan misleading for these runners and not a wise plan for even the established runner. There is no short cut to building a mileage base on which the long runs can be increased safely and with enjoyment. A rapid buildup of mileage leads to the overuse syndrome and an almost sure ticket to injury. In the formula: TRAINING EFFECT = STRESS (Running) + RECOVERY (Rest), there must be a balance between stress and recovery. Time is the primary ingredient in recovery; it cannot be ignored and there is no substitute for time. While long runs are the primary training technique for marathons, it cannot be more than one-third of the weekly mileage. Any ratio that is greater results in undue suffering during the latter miles of the run and many days of discomfort while you recover from this excessive application of stress.

THE LATEST TREND

While the participation in road races is still increasing there has been a significant decline since 1983 in marathon participation as compiled by the National Running Data Center. As one would expect, the percent of first time marathoners is decreasing. This alone would result only in a decline in the growth of marathoning, not the decline being experienced. By far the greatest decrease has been in the marathoner who ran his or her first marathon and does not come back for a second time. The quickie plans and long-run systems do not produce positive memories of the struggles they produced to run that first marathon. It became a once-in-a-lifetime experience - and some experience it was for many.

ESTABLISH A TRAINING PLAN

This training plan will present basic principles that are applicable to all levels of runners. A specific training example based on these principles will be given. The example is based on the mileage necessary for the average "new breed" marathoner to reach a realistic goal for a first marathon.

PLANNING FOR A GOAL

That goal is as follows: (1) Be able to complete the distance without walking, (2) Achieve a finish time under four hours, (3) Avoid hitting the wall and the associated major struggle which follows, (4) Be able to enjoy the entire run enhancing the euphoria of accomplishment, and (5) To achieve this goal with a minimum risk of injury.

By Chuck Okorowski

Triathlon season in the Midwest is finally here. Hot, humid weather perfect for swimming, biking and running. Perfect until raceday when we curse the sun and humidity for draining all our energy and manipulating our will to perform especially well. Sometimes the thought of just finishing overshadows our previous goals of another PR.

Saturday June 25, 1988 was a hot one. 106° in the shade in Fort Wayne! It was also very hot in Kokomo where the Haynes-Apperson Sports Festival Triathlon was held. I ran this last year and had so much fun I thought I'd return. It's a good warm-up and season opener because it's a short course: ¼ mile swim, 17.2 mile bike, and 4 mile run. It's over before you know it. About 80-90 minutes, give or take a few. Well organized, safe, good awards, and inexpensive. Only \$10.00. A real bargain.

Anyone looking for a well directed first triathlon can't go wrong in Kokomo. It's short and relatively easy. Experienced triathletes can also have fun as this tri is competitive and challenging as well. Linda Conrad and Mike Glaspar, excellent triathletes and FWTC members were also there and finished very well.

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Marathon '88

STAVING OFF STALENESS: WHAT ARE THE BEST TECHNIQUES?

Your training has been going better than ever. During practice you cover the miles effortlessly and feel as though you could run forever.

But one morning you wake up with a far different feeling. Your head aches and your muscles feel overtaxed and leaden. Running even a short distance seems impossible. Depressed, listless, and fatigued, you struggle through training sessions and fare poorly in competition.

Recent studies suggest that at least two-thirds of all competitive runners experience such "staleness" during their running careers. Usually the staleness is attributed to overtraining - running too much or too fast during training sessions - although the emotional demands of competitive running probably also exact a toll. Unfortunately, staleness has a tendency to appear without much advance warning. In fact, in his book, *Inside Running: Basics of Sports Physiology*, Dave Costill warns that runners who begin to run extremely well during practice may be the very ones who are on the verge of an overtraining disaster.

In an effort to predict and thwart staleness caused by overtraining, exercise scientists have tried to correlate various physiological measurements with overtraining. For example, a lot of attention has been paid to the monitoring of blood enzyme levels of athletes who are training strenuously. Enzymes like SGOT, LDH, and CPK, which are normally found inside muscle cells, often begin to appear in large quantities in the blood of athletes who are training vigorously, apparently because of muscle cell damage. Unfortunately, enzyme analysis is expensive and appears to be a poor predictor of overtraining. According to Costill, many runners experience enhanced blood enzyme levels during hard training or after a long run and yet recover very quickly without the lingering symptoms of overtraining. Costill believes the elevated enzymes simply indicate that eccentric exercise has taken place, not that the athlete has overtrained (for an explanation of eccentric exercise, please see the page three article on training to prevent muscle soreness).

Since white blood cell concentrations can sometimes increase during strenuous training, other physiologists have suggested using white blood cell counts as an indicator that staleness might be on the near horizon. Again, the link is tenuous. Costill argues that the white cell enhancements may simply reflect a response to intense training, not a signal of overstress. Similarly, electrocardiographic studies have been unproductive. While some overtrained athletes do exhibit abnormal resting EKG tracings, other stale individuals have perfectly normal EKGs.

According to Costill, one of the most effective and easiest ways to predict overtraining and staleness is to simply monitor a runner's heart rate during exercise. This can be done very simply. On a regular basis during strenuous training, for example, you would run a mile at a moderate, submaximal pace, one that you find is somewhat taxing yet not overly stressful. For instance, let's say you find that when you run a 7 minute mile, your heart rate averages about 150 beats per minute. You make the running of this 7:00 mile a fairly regular part of your training. If, over time, your average heart rate drops during the mile, you're improving and there is no indication of overtraining. If your heart rate stays within a few ticks of 150, there's no need to fret about staleness. But if your heart rate during the test mile rises above about 165, you may be overtraining and headed for trouble.

For example, Costill describes the case of a college cross-country runner with a 10K best of 30:53 who ordinarily could run a 6 minute mile with an average heart rate of 142.

Toward the end of the season, his heart rate accelerated to 168 beats per minute during the 6 minute mile. He began to exhibit other symptoms of overtraining and during competition, his 10K time fell to 32:10. Costill contends that heart rate during a submaximal mile can be used as an objective tool to determine the risk of overtraining in runners. The famed scientist notes that increases in heart rate should be countered by rest and relaxation to spurn staleness. While this approach seems reasonable, we should mention at this point that an accurate appraisal of heart rate can sometimes be difficult for the average runner. For a discussion of the best way to determine heart rate with and without a heart monitor, please read "Exercise Heart Rate Important: But How to Figure It?" in the September-October 1987 edition of *Running Research News*.

Another approach to assessing staleness has been taken recently by Dr. W. P. Morgan and co-workers at the Sport Psychology Laboratory at the University of Wisconsin-Madison ("Psychological Monitoring of Overtraining and Staleness," *British Journal of Sports Medicine*, vol. 21(3), pp. 107-114). Morgan and colleagues analyzed the training patterns of 200 male and 200 female competitive swimmers at the University of Wisconsin during the period 1975-1986 and discovered a fairly close relationship between training levels and the emotional states of the athletes. As a result, Morgan et al. presently believe that a careful evaluation of the mood of a competitive athlete can provide forewarnings of overtraining and staleness.

In the Wisconsin study, the swimmers generally increased their training load over the course of the season, swimming about 3,000 yards per day in September, 7,000 yards per day in October, 9-10,000 yards per day during November and December, 11,000 yards per day in January, and tapering to 5,000 yards per day in February prior to the conference championships. Morgan et al. found that the greatest number of "mood disturbances" occurred in late January following the most intense training of the season. Mood changes were determined by regularly asking the athletes to complete the standard Profile of Mood States questionnaire often used in psychometric assessment. The test is designed to furnish an overall measure of mood state as well as reveal the amount of tension, depression, anger, fatigue, confusion, and vigor exhibited by the individual taking the test.

Morgan and fellow researchers found that at the beginning of the training season (in September), the swimmers were considerably more vigorous and significantly less fatigued, confused, depressed, angry, and tense compared to the population average. However, after the heavy training accomplished in January, the reverse was true - swimmers became less vigorous and more fatigued, confused, depressed, angry, and tense than the population at large. Defining staleness as a condition in which the athletes had impaired performance times and an inability to train at customary levels, Morgan et al. suggested that such staleness could be prevented by routinely administering the Profile of Mood States questionnaire to athletes, with training levels to be slackened whenever vigor declined and negative emotional states significantly increased.

Complete rest is often said to be the only effective therapy for staleness, and the recovery process may take many weeks. However, Morgan and co-workers contended that complete rest is not always needed, arguing that in some cases reduced training and recovery can occur together if enough time is available. The Wisconsin scientists cited the case of a university swimmer who became stale during a period when training load had increased to as much as 15,000 yards of

Coming Events

JULY 17, 1988

Diet Pepsi 10k; Friemann Square 8:00 a.m.

AUGUST 6, 1988

Harlan Days 10k; Harlan 7:00 a.m.

AUGUST 13, 1988

Kent Davis 1m/5k; Georgetown Square 7:00 a.m.

AUGUST 27, 1988

Run in the Park 2m/5m; Foster Park 5:00 p.m.

SEPTEMBER 11, 1988

Scholarship Fund Run 5k; IPFW 2:00 p.m.

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