

the inside track



**FORT WAYNE
TRACK CLUB**

FEB. '89

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

FANNY FREEZER 5K

**February 18, 1989
Foster Park -- 2 p.m.**



**Attend the Annual
Fort Wayne Track Club
Banquet**

**February 18, 1989 6 pm.
at the
Southwest Conservation Club
*Bluffton Road***

1989 Fort Wayne Track Club Officers and Board Members

President - Judy Tillapaugh -- 424 - 6723

First Vice President and Race Schedule Chariman - Ron Horan -- 447 - 6627

Second Vice President and Race Schedule Assistant - Mike Ducey -- 482 - 9606

Secretary - Melanie Eckert -- 485 - 6994

Treasurer and Membership Assistant - Don Lindley -- 456 - 8739

Points System Coordinator - Tom Loucks -- 622 - 7108

"Inside Track" Newsletter Editor - Chuck Okorowski -- 485 - 7885

Publicity Coordinator - David Lallow -- 489 - 6921

Equipment Coorinator - Clem Getty -- 638 - 4890

Advertising Coordinator - Dr. Rob Wyatt -- 420 - 0370

Membership - Randy Lavine -- 493 - 2420

Runner's Week Director - Ann Jamison -- 627 - 5450

MEMBERSHIP MEETINGS

Feb. 14th 6:30 p.m. Azar's Big Boy Northcrest

Mar. 14th 6:30 p.m. T.J. Pasta's Northcrest

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.

1989 Area Race Schedule
 Fort Wayne Track Club

- February 18, 1989
 Panny Freezer 5K
 Foster Park, Fort Wayne/ 2:00 p.m.
 Race Director: Denny Marks (219) 447-4567
- March 11, 1989
 9th Annual Nutra Runs 20K, 5 Mile, 1 Mile
 Woodside Middle School, Fort Wayne/ 2:00 p.m.
 Race Director: Judy Tillapaugh (219) 424-6723
- April 22, 1989
 Spring Classic 15K
 North American Van Lines Headquarters,
 Fort Wayne/ 9:00 a.m.
 Race Director: Terry Shipley (219) 429-2430
- May 13, 1989
 Prediction Run 13.1 Mile
 Foster Park, Fort Wayne/ 8:00 a.m.
 Race Director: Don Lindley (219) 456-8739
- June 17, 1989
 Central Soya Community Classic 5 Mile, 1 Mile
 Preimann Square, downtown Fort Wayne/ 6:00 p.m.
 Race Director: Jim Seltzer (219) 425-5345
- June 25, 1989
 White River Games 5 Mile
 Foster Park, Fort Wayne/ 8:00 a.m.
 Race Director: Judy Tillapaugh (219) 424-6723
- August 4, 1989
 Midsummers Night Run 5K
 Canterbury Apartments/ 8:00 p.m.
 Race Director: Mary Pat Leonard (219) 456-4534
- September 23, 1989
 Parlor City Trot 13.1 Mile
 Bluffton/ 8:30 a.m.
 Race Director: Jeni Hirschy (219) 824-3808
- September 30, 1989
 Hilly 4
 Homestead High School, Fort Wayne/ 9:00a.m.
 Race Director: John Treleaven (219) 432-5315
- October 21, 1989
 Scholarship Fund Run 5K Cross Country
 Indiana/Purdue University, Fort Wayne/ 2:00 p.m.
 Race Director: Jerry Dehl (219) 481-6300
- October 29, 1989
 Summit City 10K
 Grand Wayne Center, Fort Wayne/ 2:00 p.m.
 Race Director: Mike Ducey (219) 482-9606
- December 9, 1989
 Just Plain 10K
 Foster Park, Fort Wayne/ 2:00 p.m.
 Race Director: J.P. Jones (219) 745-7339

The area race schedule will be updated as dates are announced. If you would like to list an area race or run not mentioned please call Ron Horan, 447-6627 with name, date, start time, distance(s), race director, and phone number.

THE INSIDE
 TRACK

PRESIDENT'S COLUMN

BY JUDY TILLIPAUGH

Winter running can be such an adventure. To maintain a running routine you have to have that enthusiastic spirit. If you've got a spunky inner desire to enjoy the chilly outdoors you'll plan regular runs. Keep yourself motivated and stay active. When spring arrives you won't have to overcome the feeling of being out of shape.

For winter variety why not learn a new aerobic sport? Take swimming lessons. Join an aerobic dance class. The NordicTrack ski machine has recently gained much popularity. I.P.F.W. Cross Country Coach Jerry Diehl bought one for his family. Instead of running a couple days per week he plans to ski. His wife Lois plans to enjoy it too. What's your running substitute?

Don't let the winter chills beat you. The trick to successful winter running is overcoming the obstacles of snow covered roads and sidewalks, bridges, slush puddles, ice slicks, freezing head winds ect.... It sounds hopeless. One of our fellow club members, John Treleaven, told me to always think "mind over matter" and you can do anything. You also have to be flexible to what ever conditions you may face. For example, if the head wind is gusting at 20 miles per hour or more do like John Treleaven and Mary Connolly did last Sunday morning. They drove out 10 miles from John's home and ran a point to point course. Smart thinking! Average time per mile was much less than 7:00 minutes. Mary and John were flying with wings.

Surviving and enjoying winter running is possible! Read over these five tips listed here. Use them for winter success.

1. Dress to stay warm. Please do not forget the hat and gloves. If your hands seem to chill fast, wear both gloves and mittens.
2. Be very picky when choosing a running route. Choose one with the best footing and the least traffic.
3. Stay relaxed as you run. The more tense you are the less chance you can stay agile and maintain a steady stride.
4. Before you leave for a run pre-plan in your mind how you will fall if your falling. Plan that if your going down to let your rear hit first instead of your knee.
5. Be a little fool hearted.

Group running can also be a tool for successful winter running. When your with a running buddy or a bunch of hearty souls the run just seems better than the times when your alone. If I've planned a run with others I'm much more motivated to do it than if I was planning a solo run. Each Tuesday at 6:00 pm, Thursday at 6:00pm, and Saturday at 9:00 am I try to make the I.P.F.W. University group runs. We all meet inside the athletic building before taking off for a 6 to 10 miler. After a busy work day it's a pleasure to join some friends. To see all those smiling faces helps ease the daytime stress. Clem Getty, Don Lindley, Jerry Diehl, Mike Kast, Joe Kuhn M.D.

Gary Kuhn, Mark Brattoli, and Todd Eagan are a few of the regular runners. We are a low key kind of a group. There's always a good conversation. Don and Clem especially have good tales to tell. Some nights I wish I had a recorder to catch all the topic details.

There are many other informal running groups in town. Weekly there are groups gathering at the YWCA, YMCA, and Foster Park. I encourage you to join a group. Anyone is welcome to join us! The more the merrier!

A new addition to our newsletter is the centerfold calender of events. Listed there are where and when various groups meet. Can we add your groups meeting time and place? Contact Newsletter Editor Chuck Okorowski (485-7885) if you want to add an event to our calender.

We meet for runs. We meet for races. We make plans at meetings. Now The F.W.T.C. has "THE DOWNTOWNERS". We are going more social. Every third or fourth Friday evening of each month we'll gather at a local restaurant downtown. It will be a time to relax, swap stories, and see friends. For our first couple of meetings we'll be meeting at the DOWNTOWN night club on the landing. Our meeting in February is the 24th at 6:30 pm. Anyone is invited (everyone must be over 21). Couples! Singles! If you have any questions contact Secretary Melanie Eckert (485-6994) or me.

February is the kick off month for our 1989 area running events. On February 18th The Fanny Frezer 5km will be held in Foster Park at 2:00 pm. Do come and participate. Don't worry about your pace in the race instead just plan to come and have a good time.

Following The Fanny Freezer is the 1989 F.W.T.C. Banquet at the S.W. Conservation club. Banquet start time is 6:30pm. We'll be having a pot-luck meal. Surely there will be enough food for thought and consumption. Look for me by the starchs.

Runner's Week Director Ann Jamison and I will be teaming together again this year to present our club's recognition awards plus other surprises. We'll be honoring outstanding male and female runners, outstanding male and female student runners, and outstanding male and female volunteers for 1988. The 1988 Points System awards will also be given.

DID you renew your F.W.T.C. membership? All club benefits will be canceled at the end of February if your fail to renew. Don't let the computer scratch your name. Renew!!

We need your gracious volunteer assistance. Can you give some of your time to the club? We need an aid station leader, race directors, Runner's Week camera men/women, and finish line timers. Call me if interested.

Come to the Fanny Freezer and Banquet!!

Moving?

CHANGE OF ADDRESS

Put the **INSIDE TRACK** on your list of publications to notify us of your new address. We do not want you to miss any issues. The post office does not forward third class mail. Send us your old address along with the changes to:

FORT WAYNE TRACK CLUB % Don Lindley
P.O. BOX 11703, Fort Wayne, IN 46860

Fort Wayne Track Club
Minutes, January 9, 1989
Pizza Hut, Northcrest Shopping Center

Judy Tillapaugh called meeting to order at 7:20 p.m.

In attendance were; Earb Scrogam, Joyce Butler, Mary Connolly, John Treleaven, Ron Horan, Chuck Okorowski, Mike Ducey, David Lallow, Betty McDade-Moylan, Rob Wyatt, Michelle Elcock, Judy Tillapaugh, Clem Getty and Ann Jamison.

Previous Minutes

Amend previous minutes to read that Ron Horan should be contacted for race schedule listings instead of Chuck Okorowski.

Amend previous minutes to read that Ron Horan would forward Race Schedule to Indiana Runner.

Minutes approved as amended.

Meeting Schedule

Next meeting night will be Tuesday February 14th at 6:30 p.m. at Azar's, Coliseum and Clinton.

Treasurer's Report

David Lallow distributed final balance sheet for 1988 for Don Lindley, who was unable to attend. David also passed out the 1989 budget. Income for 1989 is projected at \$11,120.00. Expense for 1989 is projected at \$12,500.00. This represents a deficit of \$1,380.00. Judy expressed a need, in light of the deficit, for fund raising ideas.

Membership

226 members as of 1/9/89. Good response to invoicing. Suggestion made that a "last chance" offer be made in the next "inside track" to members that have not renewed their membership. Suggestion was accepted and delegated to Chuck Okorowski, editor.

Newsletter

Deadline will be the 15th of each month for articles. February will be the last issue if you do not renew. Chuck asked for more articles (personal experiences, clippings, health info, etc.).

Next month a calendar will be included listing races and informal runs. To get a listing on the calendar contact Chuck Okorowski.

Publicity

Good turn out at New Years Eve run. David Lallow is working with Mike Callahan to improve communication of club events and activities. A suggestion was made to invite someone from the newspaper to publicize awards banquet. The committee will be contacting all radio and television stations, Neighbors, and newspapers to publicize local runners at national races like Boston, New York and Chicago.

Advertising

Rob Wyatt requested help in obtaining personal contacts for advertisers. Rob will also be looking into different incentives for advertisers.

Race Schedule

Don Lindley's Prediction Run will be held May 13th, two weeks before the Indy Mini, as a training run. The Hilly 4 will be held September 30 as a training run for the Summit City 10K. The Scholarship Fund Run will be a 5K Cross Country Run held at 2:00 p.m. October 21st. The Summit City 10K will be on October 29th. No race date has been set on Canal Days, Classic city, Monument City, Harlan Days, Bippus Bop, We Are Winning 5K, Run in the Park, Z 10K, Hamilton Lakes, Diet Pepsi, 3 Rivers Biathlon, and Kent Davis. Turtle Days may need a new Race Director, contact Larry Shively.

Volunteers

Martha is no longer available to coordinate volunteers for races. A successor is needed. Contact Judy Tillapaugh if your interested. This is an important position for getting people to work aid stations and as timers for races.

Points System

Do we want a points system in 1989? Discussion about focusing on 3 - 4 races in summer, club races only, at various distances, structured like the Sports Tech Triple Crown Series (5mile, 5K, 10K, 10mile). Proposed races include Hilly 4, Kent Davis, Run in the Park, J.P. 10K and Spring Classic 15K. Further discussion to be held with Tom Loucks.

Banquet

To be held at Southwest Conservation Club, February 18th. Ann Jamison and Judy will be hosting. Videotape running highlights will be shown. A request was made to obtain a highlights tape from A.R.A. for \$24. Ann Jamison will be looking into video projection rental. Volunteer needed to get plaques made.

Old/New Business

Runners Week- Camera operators are needed for local races and out-of-town races. Ron Horan to do racing report as a regular feature. 1988 budget came in as specified.

Thank you to be sent to Ron Horan for writing and sending R.R.C.A. nomination letters for national awards contest. Nomination letters to be printed in next newsletter.

R.R.C.A. convention to be held in Colorado Spring this year. Judy will be organizing a group to attend. If you are interested, call Judy.

Ann Jamison would like to organize a group of club runners to go to New York in 1989 for the marathon. She will be looking into travel and accomodation arrangements for the November 5th race and will report back.

Meeting adjourned at 8:30 p.m.

Minutes submitted by Ron Horan for Melanie Eckert.

NUTRITION IN QUESTION

HEARTY HABITS

February is heart month! For 28 days all hearts deserve special respect. They are the core of life and love in each of us. Our precious heart beats constantly so we can care, share, laugh, cry etc.... What a creation.

Heart disease is the leading cause of death in the United States, can number of deaths from cancer and accidents combined. One American suffers a heart attack every minute. More than 500,000 Americans die from heart attacks each year. Why is heart disease such a problem? Lifestyle practices! Except for genetic factors and sex, all coronary heart disease risk factors are due to how we live. The other risk factors are smoking, stress, high blood pressure, obesity, diabetes, high alcohol use, high fat use, lack of exercise, lack of food fiber, and high blood lipid (fat) levels. These happen due to personal lifestyle choices.

Heart disease is typically caused by a persons choices. It can kill. One beautiful aspect of it is that it is preventable and treatable. We can lead a life that prevents or stimulates heart disease. So treat your heart with respect. Use your power of choice each day. Ask yourself "Do I want to self destruct or do I want to live and love to my fullest potential?" Go back and read over the risk factors. Single out which ones you have. How can you be more Heart Healthy?

High blood cholesterol is one major heart disease risk factor. The National Cholesterol Education Program Coordinators set the adult desirable blood cholesterol level to be less than 200 mg/dl. Any level over 260 mg/dl is definitely too high. Do you know what your level is? Contact your physician if you don't. He or she can arrange for you to get a complete lipid analysis. It's a simple pain free test. If your level is high don't panic, relax. You can change it.

Running does help give us good total health. It helps improve blood lipids. If only it alone could keep us free of heart disease. Stress, being over fat, high fat meals, and smoking also can add up to bad news.

Be a lifestyle modifier!! If you have got problems focus on your strengths and make improvements. Don't try to be bright and shiny overnight. You'll fail. Set small goals and make one good change at a time. Things seem to add up. If there's one or two habits you can't give up now then don't think about changing them. For example, if you love ice cream don't forbid yourself a dishful or you will probably go through a whole half gallon. Do pick a small bowl!

Think about your food choices. They do matter. What's recommended for all Americans, all athletes, all males, all females is to follow a meal plan high in complex carbohydrates, moderate in protein, and low in fat. Certain people may be excluded from this recommendation due to personal medical reasons.

To get enough complex carbohydrate foods, focus your meal thoughts on whole grain breads, cereals, fruits, and vegetables. They should fill 1/4 of your plate. Note that these foods are fuels for prime athletic performance.

Keep your meat or protein serving small at meal times (about a 2 to 4 ounces is just right). For example, when you have a piece of chicken serve yourself a small breast; instead of a large one plus a wing.

Milk products give your body both carbohydrate and protein. They also rich in calcium, riboflavin, potassium, and vitamin D if fortified. Because of all the quality nutrients in milk it's good to use 2 to 4 milk products daily (one serving equals 1 cup of milk or yogurt). To reduce your saturated fat and cholesterol intake, it's best to use skim milk products.

Go skippy on your fat servings. At meals use a couple teaspoons of fat. Pass up using several tablespoons. All fats are not the same. The best fats to use are either highly polyunsaturated or monounsaturated. Avoid saturated fats like butter, cream, lard, beef fat, poultry fat, whole milk products, coconut oil, palm oil, and solid vegetable shortening. Good vegetable fats are olive oil, sunflower oil, corn oil, soybean oil, margarine made with good oils (soft tub margarine and less saturated than stick forms), salad dressings, nuts (except macadamia nuts), peanut butter with no added vegetable fats, avocados, and olives.

When your cooking, baking, or adding fat to a food select a good fat. If a recipe calls for a saturated fat like butter or solid Crisco shortening don't add it. Add a soft margarine or good oil instead of the saturated fat. This practice saves you many saturated fats. Often you can save yourself fat calories by not adding 1/3 to 1/2 of the fat called for in a recipe. You can keep the product moist by adding water, milk, broth, juice, or water to replace the fat. Try this habit the next time you make cookies or quick breads.

Using high water soluble fiber foods is smart for the heart. Water soluble fiber foods help lower high cholesterol levels. Recently, 72 medical students at the University of California, Irvine, who ate just 2 oat bran muffins a day for 28 days straight, lowered their total cholesterol by 5 percent. Even better, the cholesterol that decreased was the so-called "bad" LDL cholesterol, the kind that ends up sticking to artery walls and narrowing the passageways that blood needs to flow freely through. Levels of HDL-cholesterol, the "good" form of cholesterol that helps prevent clogging of the arteries, remains essentially unchanged. It's the water soluble fiber in oats that is believed to help produce this positive effect. It appears that 2 1/2 cup of cooked oat bran a day can have a significant effect in reducing serum cholesterol levels. If you prefer using oatmeal to oat bran you need to use a cup. Oatmeal is no miracle food. Indeed it does help achieve success in reducing cholesterol. Remember it needs to be a part of a low fat, low cholesterol, high fiber meal plan.

Reference on oat information - Tufts University Diet and Nutrition Letter Vol. 6, No. 7, Sept. 1988

Oats are not the only source of water soluble fiber. Other good sources are kidney beans, lima beans, navy beans, black beans, great northern beans, peas, corn, brown rice, apples, pears, prunes, oranges, grapefruits, bananas, and strawberries. If you don't like oats eat these foods. If you like oats eat these foods. It's oat sense to serve yourself these and other nutritious foods regularly. Do it if your cholesterol is high or low. Make them a part of every day eating.

The following food amounts are recommended every day for adequate fiber intake.

- Whole grain cereal (or it's equivalent) 1 to 2 cups
- Whole grain breads or muffins 2 to 4 slices
- Fruit (fresh if possible) 3 to 5 servings
- Vegetables 2 to 4 servings

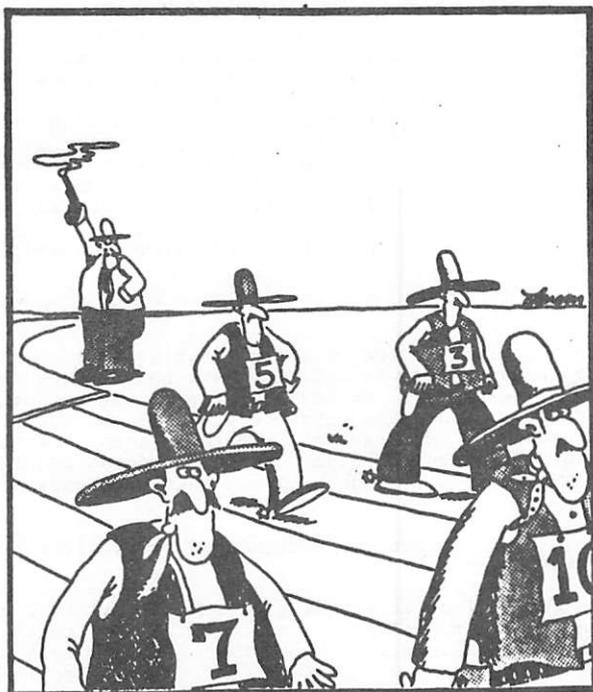
If your cholesterol is high and you have not been able to bring it down with your own efforts, I would recommend you have a consultation with a registered dietitian. She or he can analyze your food patterns and guide you to healthy changes. Below is a list of dietitians in Fort Wayne who specialize in cardiovascular nutrition therapy. Give one a call if need help.

Individual Diet Consultation

| | |
|--|--------------------------------------|
| Registered Dietitians specializing in cardiovascular nutrition: | |
| Kris Bischoff, R.D. | Fort Wayne Cardiology482-4865 |
| Mary Crumback, R.D. | Cardiology Consultants744-2297 |
| Julie Hargarten, R.D. | Lutheran Hospital458-2981 |
| Marcia Mitson, R.D. |749-7905 |
| Chris Moore, R.D. | Parkview Hospital484-6636 |
| Leslie Plumlee, R.D. | Lutheran Hospital458-2345 |
| Judy Tillapaugh, R.D. | Lutheran Hospital458-2981 |
| Jeanne Zastrow, R.D. | St. Joseph Medical Ctr.425-3041 |

Heart habits can make the difference in helping you feel fit and energetic. Be choosy and practice healthy lifestyle patterns regularly. Do it for yourself!!

Happy Eating,
Judy Tillapaugh, R.D.
 Judy Tillapaugh, R.D.
 Community Dietitian



The 400-meter mosey

PASS IT ON!

Have you tried a delightful new recipe lately? Is there a chicken dish, a vegetable dip, or breakfast muffin recipe you know others would enjoy. PASS IT ON TO US!! Let's share our good food ideas.

Send your recipes to me so they can be put in the Inside Track Newsletter. New recipes can add meal appeal.

This months recipe is from our Equipment Chairmen Clem Getty. This bean soup sounds great for a winter meal.

Address:
Judy Tillapaugh
Fort Wayne Track Club
P.O. Box 11703
Fort Wayne, Indiana 46860

8 BEAN SOUP

2 OZ OF EACH - PINTO, KIDNEY, SPLIT PEAS, BLACK EYE PEAS, NAVY,
GREAT NORTHERN, BABY LIMA'S, BARLEY LENTILES (IF YOU CAN FIND).

WASH & SOAK OVERNIGHT & DRAIN. ADD 2 TBSP. (LESS IF WATCHING
SODIUM). 2 QTS. WATER, HAM HOCK, 1 LG. ONION CHOPPED, 1 LG. CAN
TOMATOES, JUICE OF 1 LEMON, PEPPER TO TASTE.

SIMMER FOREVER

TUSCAN BEAN SOUP

1 1/2 C. DRIED WHITE BEANS (GREAT NORTHERN WORKS GOOD)
1 T MARGARINE
1 T OLIVE OIL
2 MEDIUM-SIZE CLOVES GARLIC, CRUSHED
2 STALKS CELERY, CHOPPED
2 MEDIUM-SIZE CARROTS, SLICED
1/2 LB FRESH GREEN BEANS, CUT INTO 1" LENGTHS
6 TO 8 SCALLIONS, MINCED (WHITE ENDS ONLY)
2 T SALT (LESS IF WATCHING SODIUM)
FRESHLY GROUND BLACK PEPPER TO TASTE
2 TO 3 T DRIED BASIL
2 1/2 C STOCK OR WATER (BEAN-COOKING WATER IF POSSIBLE)
3T FRESH LEMON JUICE
PARMESAN CHEESE FOR GARNISH
MINCED PARSLEY FOR GARNISH

SOAK BEANS OVERNIGHT, DRAIN. COOK IN PLENTY OF GENTLY BOILING
WATER UNTIL JUST TENDER, ABOUT 1 TO 1 1/2 HOURS. DRAIN, SAVING
ANY EXTRA COOKING WATER FOR SOUP. HEAT MARGARINE AND OLIVE OIL IN
LARGE, HEAVY SOUP KETTLE; ADD GARLIC, VEGETABLES, SALT, PEPPER
AND BASIL AND SAUTE OVER MEDIUM HEAT FOR ABOUT 5 MINUTES.
COVER, LOWER HEAT AND COOK GENTLY 10 TO 15 MINUTES. ADD BEANS
AND 2 1/2 C STOCK OR WATER; COVER SIMMER FOR 30 MINUTES. ADD
LEMON JUICE AND SIMMER ANOTHER 10 MINUTES. SERVE HOT, TOPPED
WITH A SPRINKLING OF PARMEASAN AND PARSLEY.
MAKES 4 TO 6 SERVINGS. EACH SERVING IS 286 CALORIES, 16 G.
PROTEIN, 46 G. CARBOHYDRATE, 6 G. FAT, 6MG. CHOLESTEROL, 742 MD.
SODIUM, 213 MG. CALCIUM, 8 MG. IRON.

RUNNING IN THE "BIG APPLE"

by Joyce Butler

It was a cloudy Saturday morning November 5 when four travel-weary runners arrived in NYC. Our spirits buoyed by our reasons for coming, the world's largest marathon and our first trip to the Big Apple, we assisted Chuck, our driver, with directions.

"You should have turned back there."

"No, no, you can't turn here!"

"Oh god, I can't look!"

We arrived, by some miracle, unscathed, at the hotel.

"What do you mean, we can't park our van here?"

"At Howard Johnson's?"

"What do you mean, it's only several blocks?"

"We must be in New York City."

We had trained hard and well and felt well prepared for the first event, the wait-in-line-for-your-number endurance test. It was as yet over an hour before the doors opened, but the floors were already strewn with the bodies of waiting runners.

"Is this the line to get your number?"

We were assured that indeed it was. We had only to negotiate our way up the stairs, out the doors, around the corner, and down the street to assume our place at the end. WE HAD ARRIVED. WE WERE A PART OF IT.

"What's that I felt?"

"It can't be."

"Rain?"

"Are we having fun yet?"

A credit to the great organization of this happening, the line did in fact move, and we eventually stood with race numbers and paraphernalia in hand. We put our coveted numbers in purses and billfolds for safekeeping, that is, except for Barb who didn't want to wrinkle hers. The second event is the race for souvenir acquisition. Now anyone who thoroughly enjoys Christmas shopping at the mall on December 24 will definitely thrive in this environment. It was here that Barb's unlinked number, slipped from her fingers. A crisis was averted, however, when Chuck discovered she was standing on it. The afternoon was a blur of traipsing through NYC streets, sometimes in near torrential rain, to see the sights. After finally arriving at the Empire State Building, it was indeed a sad group who discovered that the observation deck was closed due to zero visibility. The moment was recorded for posterity, however, by Barb on her ever-present camera.

Foot weary, and with 6 P.M. tickets to the FREE pasta dinner, we headed for Central Park West.

Floor wearier, we decided to take the bus.

"Doesn't anyone in NYC speak English?"

"You've got to have exact change?"

We arrived expectantly at the famed Tavern-on-the-Green restaurant anxious to escape the unrelenting wind and the rain.

"This is the exit. You can't come in here! You have to walk around the block to the entrance," explained the volunteer posted at the door.

"Are we having fun yet?"

The dinner, as the number line, was well organized and also quite delicious. (I really don't feel this being my first real meal of the day had any bearing on my perception of the quality.)

Race morning: 4:00 a.m. wake-up call received. I wake Barn and she retreats to the bathroom.

(One hour later) "Egads! Do you realize it's 5:00," I exclaim as I wake up suddenly. "What time were planning on waking me?"

"I was just taking my time, I wasn't really paying any attention," says Barb.

"We are supposed to meet the guys in the lobby at 5:30."

I begin throwing myself together, not at all how I had planned to prepare for the biggest race of my life.

"I can't find my running watch," yells Barb in a voice edging on panic.

I try to give helpful suggestions although my gut level feeling is that I don't have any time to look for her ***** watch.

(Minutes later) "Here it is. It's on my arm."

No one here is nervous.

Are we having fun yet?

Only seven minutes late to the lobby, we hit the streets and join hundreds of other runners who seem to be pulled as if by a giant magnet to the same location, the bus to the start.

The bus was filled with quiet runners, each contemplating the task ahead. Our group had gotten separated.

"Hey Rich, do you see Barb anywhere?"

"Chuck wouldn't have gotten on the bus without her, would he?"

"Too late now."

Barb had indeed made the bus I was relieved to discover upon disembarking.

"You must have your numbers showing!"

We are rushed through the final check-in, and here we are, with only about three hours to kill. There are tents set up to get out of the morning chill. The only catch is that there is a lot of mud due to the downpour of the previous day. It soon becomes quite apparent that our group doesn't have much experience in this pre-marathon wait. Others had large sheets of plastic, sleeping bags, and an assortment of items to make their wait more comfortable. We settle ourselves on the damp ground.

"Should we eat our power bars yet?"

"How about some Exceed?"

"I swear that after this marathon I don't care if that stuff ever passes my lips again."

We passed the time by eating, drinking, standing in line for the Port-a-Johns, gazing at the World's Longest Urinal, and doing some warm-up exercises to music with the festive group of soon-to-be marathoners.

At long last, the moment we have been waiting for, the call to the start. But where do I find myself? With Barb in the line for the Port-a-Johns one last time.

The mass of bodies at the start is phenomenal. We join hands and I am elected to try to push and shove our way closer to the sign bearing our anticipated finish time. When we can move no farther, we decide this will have to do, and Barb gets out the desposable camera she plans to carry during the race. We enlist the aid of another runner to record this moment for posterity.

The cannon goes off. I think the race has begun. We begin to move. We're doing it! Much to my amazement, it takes only 2 1/2 minutes to arrive at the starting line. It's now over the Verrazano Bridge with not much room to maneuver, but we sometimes run on the ledge at the edge of the bridge. Barb's snapping pictures on the run. What excitement! The runners on the lower level of the bridge let out periodic yells. We yell in return.

Richard sets our pace. When he surges around runners Barb and I know we must follow. We are a little behind our pace but running well. It is almost too warm, but who's complaining, it could have been like the day before, or like the snow that is being dumped on Indiana.

The crowds are terrific. They make you feel so welcome and important. We constantly hear "Go Indiana" or "Yay Indiana" and know they were yelling for us. Spectators raise hands to slap with runners or provide things like paper towels or orange slices.

Water stops are plentiful but tricky while running in the pack. It takes a few to perfect my water-stop maneuver of darting over, grabbing, and getting back to the middle without tripping over stopped runners, or having water dumped down your legs.

We lose Chuck soon after the start. Barb starts lagging behind at about the half-way point. Not far off our pre-determined pace, Richard and I run on. I am aware of the crowds, but the race takes concentration to keep from colliding with other runners, and to watch the running surface which is in deplorable condition. I react to the crowd's encouragement. They keep me running.

Eighteen miles, and Richard is chilling, and backs off the pace. I tell him I am going to hold on for as long as I can. Nineteen, twenty, I'm a couple minutes behind where I want to be. That's still OK, I just can't slow down too much. How bad is Central Park going to be? I begin my inner chant, BOSTON, BOSTON!

Entering Central Park I am overwhelmed by the crowds of people. They are yelling encouragement to everyone. They are yelling for me! I actually pick up the pace a little I notice at mile twenty-three. I can do it! BOSTON, BOSTON!

Twenty-four, twenty-five, it's coming up, a little cross-country, nothing can stop me now! I see it, I'm actually going to do it!

Across the finish line in 3:35:17. Boston here I come! Richard finishes in 3:45, Barb in 3:51, and Chuck in 4:17. We are weary, but extremely happy. Nothing left for us now but a mere 12 block walk back to the hotel for a quick shower and check-out.

The champagne celebration comes later at the hotel as Barb, Chuck, and Richard compare feet to see who has the most battle scars. Barb is declared the hands down winner. I record this event on film for later referral or just to gross out my friends.

I can't believe there can be another experience like New York. It is an ultimate marathon, although I'll be giving Boston a shot at that title in April.



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)

ANOTHER BOSTON QUALIFIER

On December 10, 1988, Chuck Mills, Barb Scroggum, Richard Zink, and Alan Bradley, all FWTC members, traveled to Alabama to run the Huntsville Marathon. Even though this course has it's share of turns and several hills, this group of four all set PR's!

With Richard Zink's pacing and encouragement, Barb Scroggum ran a 3:38:00 to qualify for Boston.

It looks like Joyce Butler won't be going to Boston alone in April!

Congratulations to all and good luck to Joyce and Barb in the '89 Boston Marathon.

Reprinted from PowerBar News : Fluid and Electrolytes
by Jennifer Maxwell

We're often asked about energy and electrolyte drinks, how they compare nutritionally to PowerBars and how and when you should consider using them.

First, let's define some terms. Electrolytes are a class of minerals, more commonly known as salts. Examples are sodium, phosphorus, potassium, chloride and magnesium. They have two important functions in the body. First, they carry either a negative or positive charge, which is important for maintaining fluid balance since water is attracted to these charges. They also maintain an electrical potential between cells, which drives muscle contraction. This explains why electrolytes are included in some sports energy drinks and in PowerBars.

Even without exercise, some electrolytes are required in the diet to replace those lost through urine. The requirement can increase drastically during exercise due to sweat losses, especially in hot and/or humid conditions. Electrolyte depletion is especially likely in persons unacclimatized to exercising in hot environments. Deficiencies can lead to impaired muscle function, cramping, fatigue and soreness.

Since the heart is a muscle also, this can be a dangerous problem.

However, serious deficiencies are rare in athletic people, since the body adapts to regular exercise by reducing the amount of electrolytes lost through sweat and urine. What should be of much greater concern to active people in hot weather is preventing dehydration by ingesting enough water to replace the losses during activity.

Most athletes are now aware of this and drink fluids before and during exercise, but many run into bloating and gastric distress due to failure of the fluids to leave the stomach.

The main causes of this are drinking too great a volume of fluid and the nature of the fluid.

Taking smaller drinks more often greatly reduces the first problem. The second is complex and involves factors such as the concentration of solutes, levels of acidity and physical factors, such as how much the fluid is being jostled around and irritating the stomach lining.

These last two factors have caused problems for me, even when using highly diluted drink products, so in formulating PowerBar, we chose ingredients with neutral pH and a soluble fiber. This fiber absorbs water and expands to a gel that is easily digested and won't upset the stomach. As the gel is digested, the water, electrolytes and other nutrients are steadily released into the blood.

Thus when eaten with plain water, as recommended on the label, or with a highly diluted drink product, PowerBars can be even more effective in preventing dehydration and impaired performance than fluid replacement drinks alone.

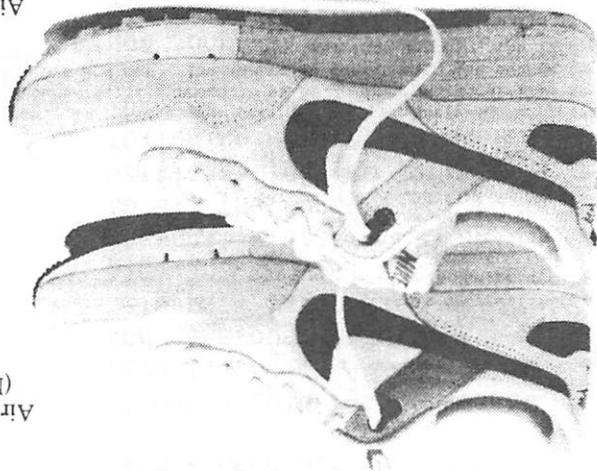
Jennifer Maxwell is a competitive runner and triathlete and has a Bachelor's in Nutrition and Food Science from the University of California at Berkeley.

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

Air Pegasus
(Women's)



Air Pegasus
(Men's)

**PEGASUS
IMPROVED.**

RACE DIRECTORS NEEDED

If you're interested in directing a race or just helping out, please contact Ron Horan at 447-6627. The 1989 FWTC race schedule still has openings for race directors, assistant race directors and volunteers to insure that quality, well organized events are produced for all runners. DO YOUR PART AS A TRACK CLUB MEMBER. WORK ONE RACE PER YEAR.

12th Annual Just Plain 10K
Race - December 10, 1988

It was a cold 24 degrees at race time with 46 dedicated and generous runners plus helpers. It snowed, it blew and we will not mention the chill factor. Thanks to all the runners for your participation and to the following who helped:
The entire Don Lindley Family for preparing the hot soup and serving it, Don for marking the course, Brian and Mike for assistance at the finish line, Rudy Kleinknight for splits, to Carl Risch at the finish line and to faithful Clem Getty for bringing out all the equipment and then ran. Your generosity produced 93 T-Shirts which were evenly divided to Youth Services Center, Crossroads and the Christmas Bureau.

Mark your 1989 calendar for the next Just Plain 10K Race December 9th.

Here are the results for this year:

12th Annual Just Plain 10K Race
Foster Park
December 10, 1988 2 PM

Fort Wayne Track Club

RESULTS:

WOMEN

| <u>39 and Under</u> | Time | Place |
|---------------------|-------|-------|
| Mary T. Connolly | 40:53 | 12 |
| Judy Tillapaugh | 43:50 | 17 |

| <u>40 and over</u> | Time | Place |
|--------------------|-------|-------|
| Joyce Butler | 45:26 | 20 |
| Gloria Nold | 58:21 | 39 |
| Barb O'Neil | 58:58 | 40 |
| Joyce Fuzy | 62:07 | 41 |
| Vicki Jacobs | 63:04 | 42 |

MEN

| <u>19 and Under</u> | Time | Place |
|---------------------|-------|-------|
| Joe Gunder | 38:20 | 5 |
| Brian Alverson | 43:54 | 18 |
| Benjamin Horrell | 47:38 | 28 |
| Tom Titus | 49:45 | 33 |

| <u>20-29</u> | Time | Place |
|---------------|-------|-------|
| Todd Wanley | 38:37 | 6 |
| Mike Schoude1 | 38:38 | 7 |
| John Stoner | 47:39 | 29 |

| <u>30-39</u> | Time | Place |
|----------------|-------|-------|
| John Treleaven | 35:43 | 1 |
| Randy Hisner | 36:21 | 2 |
| Gary Dexheimer | 37:52 | 3 |
| Bill Blosser | 37:53 | 4 |
| Jay Prichard | 39:12 | 8 |
| David Lallow | 40:00 | 9 |
| Neil Tate | 40:58 | 14 |
| David Dorhis | 41:03 | 15 |
| Sam Hadley | 42:13 | 16 |
| Alan Oaks | 46:42 | 24 |
| Gary Kuhn | 46:45 | 25 |
| Tony Gatton | 46:56 | 26 |
| Bruce Hamilton | 51:00 | 34 |

40-49

| | | |
|-----------------|-------|----|
| Al Welch | 40:57 | 13 |
| Mel Hochstetler | 45:08 | 19 |
| Tom Felger | 45:42 | 21 |
| Phil Wisniewski | 46:02 | 22 |
| Charlie Knepper | 47:58 | 30 |
| Barrie Peterson | 48:16 | 31 |
| Don Lindley | 48:17 | 32 |

50-59

| | | |
|---------------|-------|----|
| Ray Sibrel | 40:17 | 10 |
| Jack Morris | 40:29 | 11 |
| Craig Miller | 46:26 | 23 |
| Clem Getty | 47:21 | 27 |
| Gene Striggle | 52:06 | 36 |
| Curtis Nold | 58:08 | 38 |

60 and Over

| | | |
|-------------|-------|----|
| Ken Disler | 51:18 | 35 |
| Jack O'Neil | 53:12 | 37 |

J.P. Jones, Race Director
(745-7339)

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

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

REPRINTED FROM... RUNNING RESEARCH NEWS

OUR READERS ASK

Q: Could you please settle a debate a friend and I are having? She says that switching from a cotton T-shirt and cotton shorts to the lightest nylon singlet and shorts could actually decrease my time in the 10K and marathon. I can't believe it would make much difference. Also, what effect would wearing a sweatsuit or gore-tex running outfit have on my times? I weigh 130 pounds and can run the 10K in about 40 minutes and the marathon in around 3:30.

A: Switching from cotton T-shirt and shorts (weight = 8.2 ounces) to a nylon singlet and shorts (weight = 5.1 ounces) should save about 3.6 seconds off your 10K time and around 20 seconds from your marathon time. Those are conservative estimates because the cotton outfit will tend to hold onto sweat and become even heavier during the race.

Donning a heavy sweatsuit (50% cotton, 50% polyester, weight = 34 ounces) should increase your 10K time by about 45 seconds. For a cold weather marathon, adding a sweatsuit and a nylon outer shell (top and bottom, total weight = 47 ounces) will add about 5 minutes and 40 seconds to your marathon time. Wearing a lighter gore-tex running suit (weight = 22 ounces) should slow you by only 2 minutes and 45 seconds.

The elite runner with a PR of under 28 minutes for the 10K can decrease 10K running time by about 2.8 seconds when switching from a cotton to nylon running outfit. For the 2:10 marathoner, marathon time would plummet by 12-13 seconds with such a clothing change. For an interesting account of how clothing weight influences running performance, please read E. Don Stevens' "Effect of the Weight of Athletic Clothing in Distance Running by Amateur Athletes," Journal of Sports Medicine, vol. 23, pp. 185-190, 1983.

HEART DISEASE IN MARATHON RUNNERS

A recent study reveals an alarming tendency for marathon runners to ignore forewarnings of heart disease and in some cases to even increase their training activity when ominous health symptoms are present. Dr. Timothy D. Noakes of the Department of Physiology at the University of Cape Town Medical School conducted the research, which investigated 36 cases of heart attack or sudden death in marathon runners.

Noakes' study represented an effort to understand whether marathon runners who have heart attacks usually receive warnings prior to the attacks. Noakes also attempted to determine which marathon runners are most likely to develop significant heart disease. Average age of the 36 marathoners with heart attacks was 43.8 (range 18 to 70), average best marathon time was 3:28 (range 2:33 to 4:28), and mean training distance was 50 miles per week (several individuals averaged 95-100 miles per week). Sixteen of the runners had completed at least one 90K ultra-marathon.

Twenty-seven (75%) of the runners were diagnosed as having coronary artery disease. Nineteen of those twenty-seven had received portentous warnings of heart trouble prior to the actual attack, yet most ignored their symptoms and continued to train and race competitively. One thirty-seven year old athlete, for example, ran for more than 30 km with chest pain in order to finish the 90K Comrades Marathon. Another individual, a thirty-five year old runner with a marathon PR of 2:33, trained for three weeks while experiencing chest pain. Included in his efforts was a 64K run in which the pain forced him to walk on several occasions. The runner, who claimed the discomfort was caused by being "out of shape," collapsed and died about one hour after one of his runs. A third marathoner, told that he had just suffered a heart attack, refused to be hospitalized and returned home for five hours of vigorous work around the house. The majority of the runners seemed to act as though they could not really be sick.

Attempting to discern which factors were correlated with an increased risk of heart disease in the marathon runners, Noakes found that the thirty-six runners tended to have a family history of heart disease, high serum cholesterol levels, and high blood pressure (although several of the runners had none of the above). 32% of the runners suffered from high blood pressure, yet only two individuals were actually taking medication to control the hypertension. Noakes study suggests that the marathoners tended to avoid thinking about health problems and clung tenaciously to the idea that running was an effective cure-all.

Unfortunately, intensive running proved to be a poor panacea - twenty-four of the thirty-six marathoners died. Twenty-two of the deaths were "sudden," apparently the direct result of cardiovascular problems. Autopsies revealed that most victims possessed at least two coronary arteries which were at least 75% narrowed. 79% of the sudden deaths occurred during running or shortly thereafter, according to Noakes.

As Noakes and others have pointed out, marathon runners tend to have a low risk of dying from a heart attack. However, being able to complete a marathon or ultra-event does not insure cardiac health, and running is not a foolproof cure for heart disease once it is present. When symptoms of heart problems (chest pain, abdominal discomfort, nausea, dizziness, extreme tiredness) appear, it's best to seek medical advice immediately - don't try to run your symptoms away when your body is flashing a red light.

FWTC is for everyone.

A place for every pace!

VOLUNTEERS NEEDED

- * Asst. and Race directors needed -
call Ron Horan at 447-6627
- * Runners Week camera person -
call Ann Jamison at 627-5450
- * Inside Track Asst. Editor -
call Chuck Okorowski at 485-7885
- * 1989 FWTC Budget Asst. -
call Don Lindley at 456-8739

MARCH

1989

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|---|---|
| <p>February 1989</p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28</p> | <p>April 1989</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30</p> | | <p>1</p> <p>5:00pm Foster Park</p> | <p>2 6:00pm IUPU Fitness Run</p> <p>8:00pm Runners Week '88 Olympic Trials and Skateboarding</p> | <p>3</p> | <p>4 7:00am YMCA 9:00am IUPU Fitness Run</p> <p>2:30 Runners Week '88 Olympic Trials and Skateboarding</p> |
| <p>5</p> <p>7:30am Johnny Appleseed Park</p> | <p>6</p> | <p>7</p> <p>6:00pm IUPU Fitness Run</p> | <p>8</p> <p>5:00pm Foster Park</p> | <p>9 6:00pm IUPU Fitness Run</p> <p>8:00pm Runners Week Run in the Park 2 and 5 Mile</p> | <p>10</p> | <p>11 7:00am YMCA 9:00am IUPU Fitness Run</p> <p>2:00pm Nutra Run 20K, 5mi, Int Woodside Middle School</p> <p>2:30 Runners Week</p> |
| <p>12</p> <p>7:30am Johnny Appleseed Park</p> | <p>13</p> | <p>14</p> <p>6:00pm IUPU Fitness Run</p> <p>8:30 pm Membership Meeting T.J. Pasta's</p> | <p>15</p> <p>5:00pm Foster Park</p> | <p>16 6:00pm IUPU Fitness Run</p> <p>8:00pm Runners Week IUPU 5K & Muncie Endurathon</p> | <p>17</p> <p>5:30pm DOWNTOWNS Downtown on the Landing</p> <p>St. Patrick's Day</p> | <p>18 7:00am YMCA 9:00am IUPU Fitness Run</p> <p>2:30 Runners Week IUPU 5K & Muncie Endurathon</p> |
| <p>19</p> <p>7:30am Johnny Appleseed Park</p> <p>Palm Sunday</p> | <p>20</p> | <p>21</p> <p>6:00pm IUPU Fitness Run</p> | <p>22</p> <p>5:00pm Foster Park</p> | <p>23</p> <p>6:00pm IUPU Fitness Run</p> <p>8:00pm Runners Week Summit City 10K</p> | <p>24</p> <p>Good Friday</p> | <p>25 7:00am YMCA 9:00am IUPU Fitness Run</p> <p>2:30 Runners Week Summit City 10K</p> |
| <p>26</p> <p>7:30am Johnny Appleseed Park</p> <p>Easter</p> | <p>27</p> | <p>28</p> <p>6:00pm IUPU Fitness Run</p> | <p>29</p> <p>5:00pm Foster Park</p> | <p>30 6:00pm IUPU Fitness Run</p> <p>8:00pm Runners Week MVC Hillly 4 & MVC Marathon</p> | <p>31</p> | |

FEBRUARY

1989

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|---|---|
| January S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | March S M T W T F S 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | | | | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 7:30am Johnny Appleseed Park | | 6:00pm IUPU Fitness Run | 5:00pm Foster Park Atch Wdrhrcdr | 6:00pm IUPU Fitness Run Runners Week Central Soya 5 ml. | | 7:00am YMCA 9:00am IUPU Fitness Run 2:10 Runners Week Indy 500 Marathon |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 7:30am Johnny Appleseed Park <i>Lincoln's Birthday</i> | | 6:00pm IUPU Fitness Run 6:30pm Membership Meeting Azar's Northcrest <i>Administrative Day</i> | 5:00pm Foster Park | 6:00pm IUPU Fitness Run Runners Week Hamilton Lake 5K | | 7:00am YMCA 9:00am IUPU Fitness Run 2:00pm Foster Park Fanny Freerer 5K 6:00pm PFYC BANQUET SU Connection Club |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 7:30am Johnny Appleseed Park | | 6:00pm IUPU Fitness Run <i>President's Day</i> | 5:00pm Foster Park <i>Washington's Birthday</i> | 6:00pm IUPU Fitness Run Runners Week JRF Blaction | 5:30pm DOWNTOWNERS Downtown on the Landing | 7:00am YMCA 9:00am IUPU Fitness Run 7:30 Runners Week JRF Blaction |
| 26 | 27 | 28 | | | | |
| 7:30am Johnny Appleseed Park | | 6:00pm IUPU Fitness Run | | | | |

INSIDE TRACK PROFILE ... UP CLOSE AND PERSONAL

by Chuck Okorowski



I have found running to be beneficial in several ways. It gets me outdoors. I think more clearly. I look and feel better. It keeps me from couch potato temptation.

I like to envision myself running a marathon, but my knees talk to me now as I travel my 2-mile route every other day, so I know 24 more miles at one crack are out.

I consider myself a very casual runner...very non-competitive. My fastest 10K I ran averaging 8.5 minute miles, but that was really "smokin'" for me. Now I'm happy with 9-10 minute ones.

The bottom line is that I enjoy the benefits of running, but I don't eat, breathe, and sleep the activity. As a fairly new member of the track club, I admire those gazelles who leave runners like me in the dust, but I also wonder if some track club members are more like me. I joined not to improve my running times and better my style but to meet new people and socialize.

There hasn't been much of an opportunity to do that in the club...until this year. Judy (Tillapaugh) and I decided to get a social group going once a month "to celebrate Friday." We call it "The Downtowners." Our first "meeting" was January 20 at "Downtown" on the Landing. Our next one will be February 24 at 5:30, same place. I'd like to invite ALL track club members to join "The Downtowners," bring a friend (or several), and get to know other track club members. See you there!

Name: Melanie Eckert

DOB: November 7, 1948

Place of birth: Middletown, OH. I moved to Greenville, OH when I was 5.

Job: Free lance writer

Family: Single

Height: 5'6"

Weight: 130

Shoe size: 8 3/4 (Since I started running, my perfect size 8 1/2 feet have spread, but not quite to a 9. I really need an 8 3/4!)

Best feature (physical): eyes

Worst feature: My last two toes on both feet

Religion: Methodist

Education: Greenville (OH) High School; Ohio State University (BS); Indiana University (MS)

Favorite non-running magazine: New Woman

Favorite TV show: West 57th, 20/20, 60 Minutes

Favorite music: Anything except country and heavy metal

Hobbies: laughing, hiking, nautius, running, reading, writing, golfing, bicycling, water skiing
Make of car you'd like to drive: Jaguar XJ6
Favorite spectator sport: Football
Political affiliations: Republican (a very liberal one!)
Short term goal: To become well-known as a free lance writer
Long term goal: I don't have one. (I live life one day at a time.)
Achievement of which you are most proud: Finishing the 1987 Summit City 10K without having to stop to walk!
First job: Selling snow cones at the Great Darke County Fair (Greenville, OH)
Comfort food: Hershey's Kisses
My 'tast meal' would consist of: guacamole and salsa dip with warm taco chips, Casaburro salad, lasagna, kiwi fruit, Haagen Daz choco chip ice cream, and Miller's High Life.
Happiest memory: Water skiing from Lake James' second basin to the first basin, around its island and back to the second basin
Least-liked household chore: Cleaning anything
Pets: Two kitties (orange marmalade-colored American shorthairs named "Fitz" and "Zeida" - they're brother and sister - named after my favorite American novelist F. Scott Fitzgerald and his wife Zeida)
Pet peeve: People who interrupt when someone is talking
Favorite non-running leisure activity: (moving) water skiing (statenar) reading by the fire
Greatest fear: Being forced to ride a roller coaster
If I could I'd love to live: Anywhere on the oceanfront
Personal strengths: Positive thinker, good sense of humor, sensitive, enthusiastic
Personal weaknesses: Impatient; I never get up when I should so I always end up hurrying to be on time
I wish I had more time to: Get ready in the morning!
People who don't know me probably think I'm stuck-up (The truth is I'm half deaf in one ear and I don't always hear people when they speak!)
Running PR's
10K: 55:11
Number of years running: 10
My first race: Arlington Park 5K in 1985. I came in 157th and thought I would expire for sure. However, I was so excited because I finished without having to stop to walk. FMTC member since: 1987
Who/what started you running: A friend of mine swore by it and convinced me to give it a try. Since I was 29 at the time and gravity was beginning to "take over" various body parts, I knew I needed to get started with some kind of exercise. So I put on my tennis shoes and set out to run around Versailles on the Lake (my apt. complex at the time). However, I didn't even make it halfway before I had to walk. However, I liked the fresh air and freedom to step outside anytime without having to reserve a court or find others to join me. So I marched out, bought a pair of running shoes, and continued. (The first time I made it all the way around the complex without walking - all of 1/4 of a mile! - I felt as though I'd just won the Olympics!)
Most memorable race: 1987 Summit City 10K
My worst race: 1988 Summit City 10K. Because of a knee injury, I couldn't train as rigorously as I wanted. So I wasn't physically prepared. To top this off, I got a side stitch at the 2-mile mark that never did dissolve. Since I had to stop and walk at several points, my time was a miserable 65 minutes. Even though friends patted me on the back for at least being out there trying in the wind and rain, I felt like a TOTAL FLOP!

Don Lindley's Race Schedule

Confirmations, whether or not race has been postponed or cancelled, call race director and when writing to race director always send SASE for applications.

| | | | |
|--------|-----|--|--------------------------------|
| Feb 4 | SAT | *WINTERFEST TRIATHLON, OTTAWA PARK, TOLEDO, OH. Skate 50 laps, 5K Run, 5K cross country ski WINTERFEST 5K RUN WINTERFEST 10K RUN Cindy Millen 419-536-9512 or CitiFest, Inc 419-243-8024 | 9:00am 1:00pm 2:00pm |
| Feb 5 | SUN | FROZEN FRENZY 5K, VALPARAISO, IN. 219-462-5144 | |
| Feb 5 | SUN | 10TH ANNUAL WINTER LAKEFRONT RACE, 5/10K, CHICAGO, IL 312-567-2225 | |
| Feb 6 | MON | CHINESE NEW YEAR RUN (up to 50KM), CHICAGO ,IL. 312-326-3311 | |
| Feb 11 | SUN | *GASPARILLA DISTANCE CLASSIC'89, TAMPA, FL. PO BOX 1881, TAMPA, FL. | 8:00AM |
| Feb 12 | SUN | 12TH ANNUAL BLIZZARD BREAKFAST RUN, 5/15K Prediction Rossford Recreation Bldg., Walnut & Beech Sts. Rossford, OH Pam Graver 419-691-6064 | 9:00am |
| Feb 12 | SUN | COLUMBUS ROADRUNNERS 9TH ANNUAL WINTER RUN, 3/15m Pickerton High School, C.J. Franke 614-224-2795 | 1:00pm |
| Feb 18 | SAT | PARK FOREST 5 MILER, PARK FOREST, IL.,312-748-6861 | |
| Mar 5 | SUN | 21ST ANNUAL CHURCHILL'S HALF MARATHON, PORT MEIGS, PERRYSBURG, OH | 2:00pm |
| Mar 5 | SUN | LA MARATHON, 213-879-1988 | |
| Mar 11 | SAT | WEAR'N OF THE GREEN 10K PREDICTION RUN, TOLEDO, OH WILDWOOD PARK, MIKE SNYDER. 419-255-9122 | 12:00pm |
| Mar 12 | SUN | TOLEDO ROADRUNNERS 25K CHAMPIONSHIP RACE, TOLEDO, OH Oak Opening Park, Mallard Lake, 3 mile prediction run. Dennis scott 419-478-6405 | 10:00am |
| MAR 18 | SAT | MOUNTAIN JR.,SR., GRANDPA HILL RUN, DANVILLE, IL 217-431-4243 | |
| Mar 19 | SUN | 5TH ANNUAL SY MAH MARATHON, TOLEDO. OH. Ottawa Park Shelter House, Janet Cole 419-536-7146 | 9:00am |

* Contact Don Lindley for application.

LADY FOOT LOCKER

at Glenbrook Mall (by Penny's)

offers a 10% discount to all FWTC members!

Use your FWTC ID or this newsletter for
identification.

Medical advances help keep this joint jumping



Health
matters
By Bill Stokes

Everybody has a knee story, right? Mine has to do with a deer, a ditch, going end over end in a car and bashing my knees against the dash, which left me with an odd creaking.

My father-in-law's is about a career as a sheet metalist that let him with stiff and painful knees.

Then there was the priest in California who had knee trouble, participated when he got down on his knees to pray. He visited Dr. James Fox, who jokingly told the clergyman to pray that his knees got better, and then went about helping provide an answer to that prayer.

Fox, a partner in the Southern California Orthopedic Sports Medicine Group, has written the book on knees, "Save Your Knees" (Dell, \$6.95) is hot off the press, just in time for this season of kneeling before flower beds, prospective fiancés, cruel landlords or a persistent tax collector.

Come on, a book about knees? Disorders of the knee, and wrote the book with Rick McCarty, a professional medical writer, "to fill an education gap the size of the Grand Canyon."

"There have been so many dramatic changes in our understanding of the knee, and our ability to treat it has grown so fast that researchers can't get information fast enough to physicians, let alone the public," Fox

In that regard, the New England Journal of Medicine recently published a lengthy article entitled "Knee Injuries in Sports," which said that many knee injuries that previously caused disability can now be diagnosed accurately and treated successfully.

Instrumental in this progress, the Journal says, is arthroscopy, the procedure of using a fiber-optic light source and thin flexible tube to view and operate on the interior of a joint.

"The knee is the most frequently injured joint in many sports, and knee injuries are the leading cause of long-term disability from athletics," says the New England Journal.

While injuries are more severe with older participants in sports such as football, they start early. "Pediatrics, published by the American Academy of Pediatrics, recently carried the results of a study in which injuries were tabulated for 5,128 boys between the ages of 8 and 15 who played on banтам, midget and peewee football teams.

Results of the study showed an overall injury rate of 5 percent, with hand or wrist most often injured, followed by the knee. This injury rate is much lower



SHOPPING TIP

BICYCLING

Expect to pay about \$350 to \$500 for a durable All-Terrain Bike with a strong frame, sealed bearings and heavy-duty tires.



than at the high school, college and professional level, and authors of the study said this may be due to the smaller size and slower speed of young competitors. Knee injuries, particularly to the anterior cruciate ligament—one of two inside the joint, have become epidemic among skiers, according to Dr. Berttram Zarnas and Dr. Mark Adams, authors of the New England Journal article. They estimated that there are 100,000 such injuries among skiers annually.

"For many of the demands we place on our knees, we need a joint that's rugged, like the hip, which is a ball and socket design with inherent stability," Fox said. "Instead, we get two giant bones propped on top of one another, held together with the anatomical equivalent of rubber bands."

Another frequently injured part of the knee is the meniscus, crescent-shaped structures between the leg's tibia and femur. Injury to the meniscus or anterior cruciate ligament once meant lifelong limp, Fox said, but given modern surgical methods, particularly arthroscopy, the injured knee now is left with little more than a tiny scar.

An important change in treatment has been to avoid immobilizing the joint during healing. Atrophy from disuse begins the second day after injury, Fox said, and there is a daily loss of strength of up to 3 percent.

Also, the importance of rehabilitation is emphasized. "Whatever magic the surgeon's knife or the orthopedist's inventions may produce in a damaged knee, none of it is worth a plugged patella [kneecap] unless it's accompanied by an appropriate program to rebuild knee strength and endurance," Fox said.

Rehabilitation of the knee is a slow process and can take a year or more.

"It's sad but true that too many American knees are physical wrecks waiting to happen," Fox said, and adds that prevention should include strengthening knee support muscles and stretching to increase flexibility.

The routine use of knee braces to prevent injury "has not proved effective in reducing the number of surgery of knee injuries," according to a policy statement from the Board of Directors of the American Academy of Orthopedic Surgeons.

So now, to go along with all of the knee stories, we have a book, "Knee News and Sports Medicine." For a newsletter, "Knee News and Sports Medicine." For a free sample copy, send a letter size, stamped envelope to: Orthopedic Press, 1803 Ventura Blvd., Suite 311, Encino, Calif., 91316.

The Finish Line
November 26, 1988

It's rather ironic that last February at the beginning of the year I wrote an article about "Beginning Again" and now at the end of the year I must deal with an ending. I've suspected for months that I'll never run again, but the doctor finally put the whole thing in words three days ago. There's a spot of permanent damage to my spinal cord and some of the tissue traumatized in my accident has calcified and is pressuring my spinal cord. The bad news is that it's inoperable because it's so close to an artery. The good news is that I'm very lucky not to be a quadriplegic.

Considering what a lousy runner I used to be, not running wouldn't seem to be too great a loss; but that's not the way I feel about it. I may have looked like a hurrying hippopotamus, but I felt like a gazelle--a fat gazelle--but still a gazelle! To be quite honest, this is one of the toughest funerals I've ever had to deal with.

The day of the Summit City 10K was a really difficult one for me. The 1987 Summit City was the last race I'll ever run. This year I drove around the course and bawled before I went to church. By noon I had decided that it would hurt less to walk the 5K than to stay away and I was right. It was really wonderful to see so many friends. Dear J. P. Jones walked with me and we had a ball. We even passed about a dozen walkers in the last mile. I shall never forget how our many track club friends, Mike Ducey's great planning and J.P.'s caring changed a painful day into a party for me.

Thanksgiving was another really difficult day for me. Jerry Mazock's Thanksgiving morning run has been a favorite tradition with us, but it was the first running event after I definitely knew I'd never run again. Joining a group of runners isn't easy when you know you'll never really join them again, but the gang that shows up at Jerry's house each year isn't just a group of runners as far as we're concerned. They're some of our dearest friends. Thanksgiving is for spending with one's family including one's running family even if one isn't a runner any more. Once we got there it was just the therapy I needed. I got lots of hugs which are very healing, dear old Don Lindley walked the last mile with us and I wasn't last again. Because we walked three miles and some others ran nine, we weren't the last ones to get back to the house. Isn't it hilarious after all the years I've spent being the last runner to finish that now that I'm reduced to walking I have yet to be the last one done?

Of course, I have no idea at this point what the future holds for me in the long run or perhaps I should say non-run. Neurological tissue often takes a long time to heal.

I do know that walking has preserved my sanity through all these months of pain and uncertainty. I also know that for me being a lousy walker is less painful than never beginning at all. We probably won't show up for as many races as we once did because 10K is still too far for me, but as long as I can crawl I have no intention of sitting at home on my dead assets. I can still beat all the fools who are too lazy, embarrassed or cowardly to toe up to the starting line---so maybe this is about beginnings after all and it just feels like the finish line.

Sharon Pauley

ARE YOU BUDGET MINDED

Anyone interested in helping Treasurer Don Lindley with the '89 FWTC budget, please contact Don at 456-8739.



**FORT WAYNE
TRACK CLUB**

P.O. BOX 11703
FORT WAYNE, IN 46860

NINTH ANNUAL NUTRA RUNS
EVENTS: 20 KM. (12.4 MI.),
5 MILE AND 1 MILE RUNS
Saturday, March 11, 1989

PLACE: Woodside Middle School, Fort Wayne, Indiana
Restrooms - Water - (no showers) - come prepared to run

TIME: 2:00 p.m. - 20 km and 5 mile runs; 2:15 p.m. - 1 mile run

COURSE: Over the hills and plains of Homestead

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

AWARDS: NUTRITIOUS & DELICIOUS!!

AGE GROUP AWARDS PLUS

* Casa D'Angelo's Gift Certificates

To top 3 men and women in both the 20 km &
5 mile runs.

* Whole Wheat Plus Bread to all age group winners.

* Surprise bonus for breaking course record
(Doug Sundling; 1986, 1:11:13).

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

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

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

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

COME CELEBRATE NUTRITION MONTH WITH US

Carpet, Vinyl, Ceramic & Hardwood Floors

BEST FOR THE LONG RUN



Leader in fine floor
coverings for over 54 years.

1111 W Washington Center Rd., 489-4584



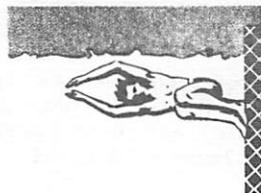
APPROACH



TUCK



FLIP



PUSH OFF

Learn to turn:
A quick flip
will instantly
improve your
time.

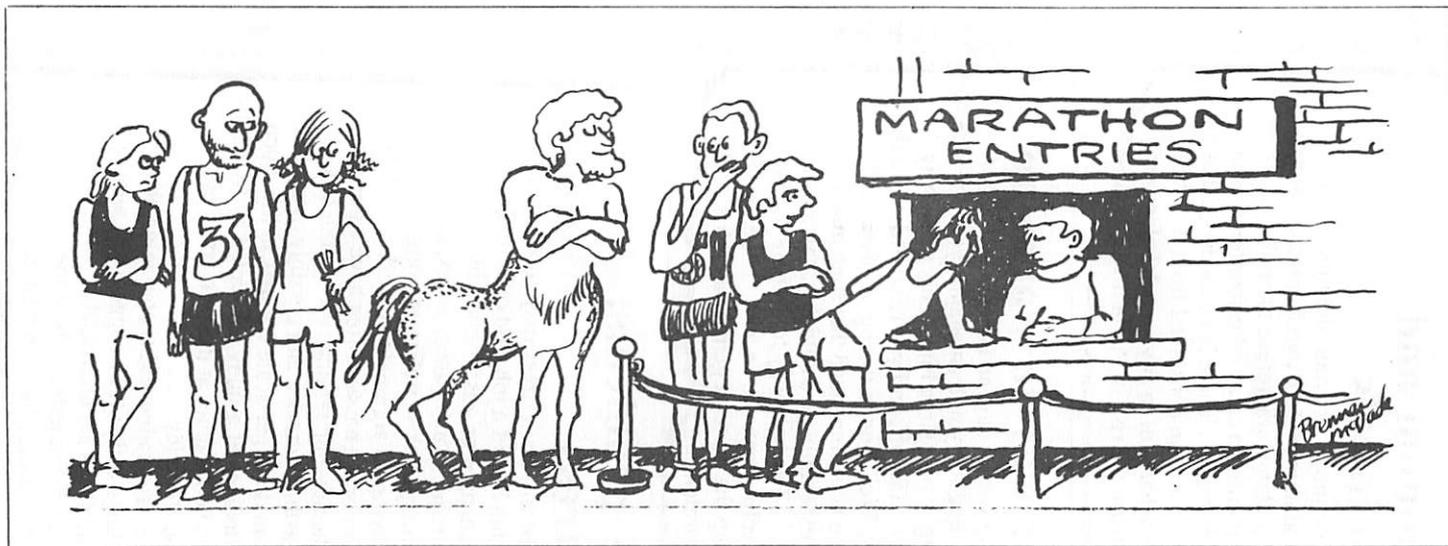
SWIMMING **HEAD UNDER HEELS**

Don't be intimidated by fast-lane swimmers who perform flip turns as easily as you lace your shoes. With a little practice, you'll find that the flip turn is a simple, useful swimming skill. And once you overcome the fear that you'll crash into the wall and begin to notice significant

improvements in your swim times, you'll wonder why it took you so long to learn to turn.

"The flip turn can cut seconds from your 100-yard time," says Bill Ruth, a triathlete, swim coach and former all-American swimmer. "Imagine what a series of turns will do for your 1-mile swim time."

To perform a flip turn, you must first learn to judge the distance to the wall. During the approach, swim (freestyle) toward the wall a little slower than your usual pace. When your outstretched arm is about 2 feet from the wall, finish *that* arm pull and raise your hips slightly. Quickly tuck your chin to your chest, curl your body and begin an underwater somersault. As soon as your feet flip over your head, turn your body sideways. When your feet hit the wall, your knees should be bent and your chest should be facing the side of the pool. Push smoothly against the wall and streamline your body as you make the transition to the next stroke.



FWTC ANNUAL POT LUCK BANQUET

6:00 pm Saturday
February 18, 1989
SOUTHWEST CONSERVATION CLUB
5703 Bluffton Road

FWTC MEMBERS

Don't let your Track Club membership expire. Renew your membership for 1989 today! The February issue of the INSIDE TRACK will be the last issue you receive if you don't renew your 1989 membership soon.

Aluminum and Alzheimer's

Should you throw out your aluminum cookware and your aluminum foil, avoid antacid tablets containing aluminum, refuse to drink a beverage from an aluminum can, and discontinue using antiperspirants? . . . There is no evidence that the levels of aluminum consumed from the usual sources are harmful in any way, let alone that they increase the risk of Alzheimer's. .

Right way to warm up

It is a crisp winter day, and before you begin your morning jog you lean against your favorite tree to begin your stretching. This is the way you always start off, and you're confident it's the right way. Well, you're wrong. Athletes and doctors are now convinced that stretching cold muscles, especially on a cold day, can lead to injuries. . . . The best way to prepare for jogging, bicycling, squash, or any other exercise is to warm up the muscles gently, and *after that* do your stretches. .

Little problems, big stress

The greatest toll from stress may come not from a divorce, the loss of a job, and other major traumatic changes or misfortunes, but from the minor yet frequent annoyances we experience daily—getting stuck in traffic, gaining a few pounds, having an argument at work. . . . Relatively unimportant hassles often have a greater effect on health—increasing risk of high blood pressure, asthma attacks, and possibly even chest pains—than do larger-scale traumas in life. Such were the findings of a study conducted by Richard Lazarus and colleagues at the University of California, Berkeley. . . .

What is fascinating and encouraging about these findings is that they suggest that although hassles and stress are unavoidable parts of daily life, we *can* do something about them and the adverse effects they have on health. . . .

Accentuate the positive

What if a person could eliminate all the negative experiences in his life? Would he be free of stress? According to researchers at the University of California at Berkeley, the answer is no. . . . The researchers found that the presence of positive factors in life, rather than merely a lack of negative factors, was most important in reducing stress. . . that too much emphasis has been given to eliminating negative experiences and not enough to teaching people to develop positive aspects of life. . . .

The lean green nutrition machine

Yes, there is such a thing as health food, and its name is broccoli. One serving of fresh broccoli (one cup, chopped) gives you about 90% of your daily requirement of vitamin A, 200% of vitamin C, 6% of niacin, 10% of calcium, 10% of thiamin, 10% of phosphorus, and 8% of iron. It is also rich in potassium and has 5 grams of protein, 8% of the adult daily requirement. Wait, there's more. One serving provides about 25% of your daily fiber needs—a critical area in which the American diet is usually deficient. Moreover, studies have found that broccoli is one of the vegetables that may protect against certain forms of cancer. All this and only 45 calories. . . .

The best sit-up

Fighting fat around the waist has become an American obsession, and most people eventually turn to sit-ups in this battle. Unfortunately, they often do them improperly. . . . The safest, most effective way to do a sit-up is to lie on your back, keeping knees bent and feet on the floor. Contract the abdominal muscles and press the lower back into the floor, which will cause the upper body to lift up. It is necessary to come up only to a 30 to 45 degree angle. . . . The safest arm position is to cross them behind the head with the hands placed on the opposite shoulders.



A RUNNER'S TRIBUTE

Dedicated to wives, husbands, parents, lovers, and all those other who are the Valentines of the runner.

I owe you much, I often give little.
I know you're home alone while I'm out here running.
I know dinner is burning while I'm going the extra mile.
I know the walls don't converse well while I'm running a
 a long one or racing a race.
I know you can't get into the talk of running - of carbo
 loading and miles run in minutes and seconds and of
 hamstrings and tendons and on and on.
I know you must get tired of hearing how tired I am.
I know that you put up with this and still keep me and
 take care of me.
I know this and thank you.
And I love you for letting me be myself.

HAPPY VALENTINE'S DAY

To spend your life
seeking for the truth
for the sake of knowing
is the noblest aim that you
could live for.

Remember that without
seeking, you cannot find truth.

You cannot find truth
by accepting beliefs of
teachers and ministers - by
accepting all printed words.

You must learn to think
out truth for yourself.

You must learn to think with
your own heart and honest effort.

Sy Mah

Q: Which of these two foods contains more fat and calories?

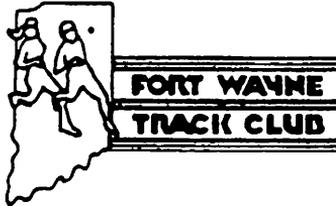
- Slice of Sara Lee cheesecake
- Wendy's Triple Cheeseburger

A: Cheesecake is not a low-fat food. But at 240 calories—of which 60 percent is fat—the cheesecake pales next to the triple cheeseburger. The Wendy's creation weighs in at 1,040 calories with about the same percentage of fat as the dessert! The triple cheeseburger is truly a "Coronary Bypass Special."

Q: How many teaspoons of sugar are in each 12-ounce can of Pepsi?

- 2 teaspoons 6 teaspoons
- 4 teaspoons 10 teaspoons

A: 10 teaspoons. Drinking a bottle of soda is like drinking artificially flavored seltzer water with 10 teaspoons of sugar dissolved in it. In fact, soda pop is the largest single source of sugar in the American diet. We get 10 times more sugar from soda pop than from candy!



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

January 6, 1989

Nancy Kapheim
2928 W. 47th St.
Davenport, Ia 52806

Re: Nike/RRCA Rod Steele Memorial Award

Ms Kapheim:

Please accept this nomination of Clem Getty for the Nike/RRCA Rod Steele Memorial Award.

Clem Getty has served as equipment co-ordinator for the Fort Wayne Track Club in 1988. Through this position he has contributed his services to races and clubs in Michigan and Indiana by delivering, setting-up, and operating timing equipment for various events. Clem's busy schedule served a dozen club races plus 20 more activities outside the Fort Wayne area. His assistance to race organizers included timely and accurate listing of races and entry forms in our monthly newsletter.

Clem Getty's volunteer work is special because the time and effort he puts into doing a quality job for race organizers is motivated by his interest in sharing the joy he feels from the running experience. He understands the importance of co-operation and accuracy to make a race fulfilling event for both fast and not-so-fast runners. Clem Getty represents the best of runners for his self-less service. For these reasons we proudly nominate Clem Getty for the Nike/RRCA Rod Steele Memorial Award.

Respectfully submitted,

Judy Tillapaugh
Judy Tillapaugh, President
Fort Wayne Track Club



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

January 6, 1989

Julia Emmons
Atlanta Track Club
3037 E. Shadowlawn
Atlanta, GA 30305

Re: RRC Journalism Award (Clubs under 500 members)

Dear Ms. Emmons:

Please accept our nomination of "the inside track" and editor, Ron Horan, for the RRCA Journalism Award for outstanding newsletter for clubs under 500 members.

Enclosed are ten issues of the April, 1988, newsletter for your consideration. This issue is representative of the eleven published each year by the Fort Wayne Track Club.

Ron has maintained a top-quality, professional, newsletter while also assisting at a number of club races and our cabletelevision program "Runners Week." Each newsletter included a complete calendar of local races, results of completed races, various medical, nutritional, and training articles, as well as notices of running related activities and information of general interest to FWTC members. Ron successfully addressed the entire FWTC audience and did not limit his attention to what might interest only a segment of the membership.

Through the various subject matter, advertisements, and general professionalism, "the inside track" contributed to an extremely positive view of running in the community and helped maintain a high level of enthusiasm and interest among the FWTC members. Ron was the prime force behind those efforts. For those efforts and their evident success, I respectfully submit "the inside track" and Ron Horan for the respective RRCA Journalism Awards.

Sincerely,

Judy Tillapaugh, President
Fort Wayne Track Club

FORT WAYNE PARK DEPARTMENT
ALMOST SPRING FLING WEEKEND

FANNY FREEZER 5K

**February 18, 1989
Foster Park -- 2 p.m.**

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

**Fee: \$1.00 for FWTC Members
\$2.00 for non-members**

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

Hot chocolate and coffee will be served
after the run.

TOTAL



FITNESS

ULTRARUNNING

LAW OF AVERAGES

If you've ever considered entering an ultradistance run but feared you weren't cut out for the task, consider the findings of John Holland, Ph.D., director of the Health and Fitness Program of National Defense University in Washington, D.C. Despite the small number of megamilers tested (15), the "average" results of Dr. Holland's study prove intriguing.

Contrary to popular opinion, Dr. Holland notes that ultrarunners don't train all day, every day or at breakneck speed. The study reveals that the average ultrarunner is 43.4 years old and runs 56.5 miles per week at an average

pace of 8.5 minutes per mile. The group averaged 6.3 years of running experience and six ultradistance races (per person) in the last year. Surprisingly few suffered injuries: Despite a group average of 1.07 injuries, more than half the group (eight) reported no problems at all.

Finally, although this study focused on averages, Dr. Holland notes that the runners showed a wide diversity in body type. Some were lean and lanky, others were big and burly. But physiology and numbers aside, Dr. Holland calls the ultrarunners "pretty average."

12

We're
OPEN
24 HOURS

9 3

Azar's
BIG BOY
Family Restaurants

6

You CAN take it with you!
 If you're going to an out-of-town race call Ann Jamison.
 You may take the video camera with you if it's available.
 Ann will be happy to edit the film and produce a great
 RUNNER'S WEEK show about your out-of-town race.
 Watch RUNNER'S WEEK every week
 on Channel 10.



Ann is checking into round-trip air, as well as, bus packages
 from Fort Wayne to New York City. If you think you may be
 interested, contact Ann as prices are contingent on the size
 of the group.
 New York, New York, what a wonderful town...

is going to the NEW YORK CITY MARATHON on November 5, 1989.
 Anyone interested in joining other FWTG members this fall in
 a low cost trip to the '89 NYC Marathon, contact Ann Jamison
 at: home 627-5450 work 484-4158



RUNNERS WEEK

ROAD RUNNERS CLUB of AMERICA



PERSONAL FITNESS PROGRAM



The ROAD RUNNERS CLUB of AMERICA advocates physical fitness through running. It sponsors the PERSONAL FITNESS PROGRAM as a means of encouraging and motivating the beginning runner. The program is also intended to provide a challenge for those already in a regular running program.

To participate in the PERSONAL FITNESS PROGRAM, register before the end of the third month of a 6-month period (January-June or July-December). You will receive a Running Diary for recording your mileage throughout the 6-month period. A form will be sent to you for your final mileage report. You need not be a RRCA member to participate. Everyone is a winner. All program participants receive an attractive embrodered emblem and a certificate suitable for framing. To recognize individuals according to the total miles they run, (1) each participant receives an emblem for the mileage category they complete during the 6-month period (see NOTE below), (2) each participant receives a certificate which includes their name and total miles completed during the 6-month period.

Use the registration form below to enter the program.

NAME _____

STREET/BOX ADDRESS _____

CITY _____ STATE _____ ZIP _____

CLUB _____

SIX-MONTH MILEAGE CATEGORIES

(Check only one)

- () Under 250 Miles
- () 250 Miles (10 Miles per Week)
- () 500 Miles (19 Miles per Week)
- () 750 Miles (29 Miles per Week)
- () 1000 Miles (38 Miles per Week)
- () 1500 Miles (58 Miles per Week)
- () 2000 Miles (77 Miles per Week)

NOTE: You will receive the emblem for the actual category in which you finish no matter which category you select. If you select 500 miles but are able to run on only 325 miles, you will receive the 250-mile emblem. On the other hand, if you select 250 miles and end up running 525 miles, you will receive the 500-mile emblem. The mileage categories are prominently displayed on the emblems with the exception of the "Under 250 Miles" category which contains a star.

() JAN 1 through JUN 30 (Register by MAR 31)
 () JUL 1 through DEC 31 (Register by SEP 30)

Registration fee: \$5.00 for RRCA Members
 \$6.00 for non-members

Make check payable to: RRCA Personal Fitness

Mail form and fee to:

PAUL HROUNAK, DIRECTOR
 RRCA PERSONAL FITNESS PROGRAM
 111 BARKSBURY DRIVE
 LIMA, OHIO 45804

(419) 227-3844

WARMUPS

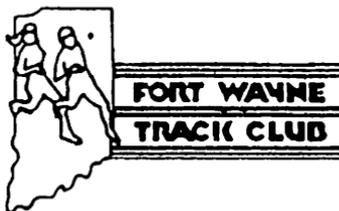
EQUIVALENT CHILL TEMPERATURES

| Wind (MPH) | Temperature (Fahrenheit) | | | | | | | | | | | | | | | | | | | | |
|---------------|--------------------------------------|----|----|-----|-----|--|-----|-----|-----|-----|-----|-----|--|-----|------|------|------|------|------|------|------|
| | 40 | 35 | 30 | 25 | 20 | 15 | 10 | 5 | 0 | -5 | -10 | -15 | -20 | -25 | -30 | -35 | -40 | -45 | -50 | -55 | -60 |
| | Equivalent Chill Temperatures | | | | | | | | | | | | | | | | | | | | |
| 5 | 35 | 30 | 25 | 20 | 15 | 10 | 5 | 0 | -5 | -10 | -15 | -20 | -25 | -30 | -35 | -40 | -45 | -50 | -55 | -65 | -70 |
| 10 | 30 | 20 | 15 | 10 | 5 | 0 | -10 | -15 | -20 | -25 | -30 | -40 | -45 | -50 | -60 | -65 | -70 | -75 | -80 | -90 | -95 |
| 15 | 25 | 15 | 10 | 0 | -5 | -10 | -20 | -25 | -30 | -40 | -45 | -50 | -60 | -65 | -70 | -80 | -85 | -90 | -100 | -105 | -110 |
| 20 | 20 | 10 | 5 | 0 | -10 | -15 | -25 | -30 | -35 | -45 | -50 | -60 | -65 | -75 | -80 | -85 | -90 | -100 | -110 | -115 | -120 |
| 25 | 15 | 10 | 0 | -5 | -15 | -20 | -30 | -35 | -45 | -50 | -60 | -65 | -75 | -80 | -90 | -95 | -105 | -110 | -120 | -125 | -135 |
| 30 | 10 | 5 | 0 | -10 | -20 | -25 | -30 | -40 | -50 | -55 | -65 | -70 | -80 | -85 | -95 | -100 | -105 | -115 | -120 | -130 | -140 |
| 35 | 10 | 5 | -5 | -10 | -20 | -25 | -35 | -40 | -50 | -60 | -65 | -75 | -80 | -90 | -100 | -105 | -115 | -120 | -130 | -135 | -145 |
| 40* | 10 | 0 | -5 | -15 | -20 | -30 | -35 | -45 | -55 | -60 | -70 | -75 | -85 | -95 | -100 | -110 | -115 | -125 | -130 | -140 | -150 |
| | Little Danger | | | | | Increased Danger (Flesh may freeze within one minute) | | | | | | | Great Danger (Flesh may freeze within 30 seconds) | | | | | | | | |

*Winds above 40 MPH have little additional effect.

If you dress properly and are cautious in various weather conditions, running in winter can be as productive and enjoyable as during any other time of year.

Ron Horan, Vice-President
Fort Wayne Track Club
P.O. Box 11703
Fort Wayne, IN 46860



January 6, 1989

Henley Gibble
629 S. Washington St.
Alexandria, VA 22314

Re: RRCA Scott Hamilton Award

Dear Henley:

Please accept our nomination of Fort Wayne Track Club President, Judy Tillapaugh, for the RRCA Scott Hamilton Award.

Judy has served the Fort Wayne Track Club as President in 1988. She is the first woman elected as club President. She has an outstanding record as a local runner and has served the membership with dedication and enthusiasm.

Previous to her election as club President, Judy served as Vice-President, wrote a monthly sports nutrition column for the club newsletter, "the inside track," directed the Nutra Run 20K Road Race, and assisted at a half dozen other club races.

Judy stepped in as President during a year of transition. She applied her enthusiasm toward pulling together a club race schedule with new sponsors. She organized and hosted the hospitality suite at the annual RRCA convention in Indianapolis. Under her leadership a speakers program was instituted featuring coaches with training tips for every level of runner. She continuously canvassed the membership for new ideas and ways to better serve the club. Judy concluded an agreement with Indiana Runner which gives each member a monthly statewide publication to supplement our local newsletter and Footnotes, without increasing dues. Judy contributes articles regularly to Indiana Runner to promote FWTC and she also continues to contribute to our newsletter to keep the members informed of club events and developments. Judy directs 2 major local races and assists at a dozen other events.

Judy represents the type of individual all clubs covet. It's a recognition of her contribution and a tribute to her unassuming approach that I place her name in nomination for the RRCA Scott Hamilton Award as the outstanding chapter President.

Respectfully submitted,

Ron Horan, Vice-President
Fort Wayne Track Club

Coming Events

FANNY FREEZER 5K

February 18, 1989
Foster Park -- 2 p.m.

DO A FRIEND A FAVOR

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

FORT WAYNE TRACK CLUB

M A
E P
M P
B L
E I
R C
S A
H T
I I
P O
N

Name _____

Sex _____ Birthdate _____

Address _____ Phone _____

City _____ State _____ Zip _____

If Renewal, Your Current Track Club # _____

All Memberships Good 1-1-89 to 1-1-90

Make Checks Payable To:

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, 1989)

Ea. Add'l Family Member \$6.00 (\$24.00 Max. Per Family)

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



**FORT WAYNE
TRACK CLUB**

FWTC NEWSLETTER
P.O. Box 11703
Fort Wayne, IN 46860

Bulk Rate
U.S. POSTAGE PAID
Ft. Wayne, IN
Permit No. 1799
