

the inside track



**FORT WAYNE
TRACK CLUB**

MARCH '89

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

THE ONE TO RUN

Flat Fast First-class



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

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

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

Over the hills and plains of Homestead

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

APR. 11th 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.

THE INSIDE TRACK

Fort Wayne Track Club 1989 Area Race Schedule

- February 18, 1989 Fanny 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 9, 1989 ARC Bank Climb
Fort Wayne National Bank, Berry St./ 10:00 a.m.
Race Director: Sue Schmidt (219) 456-4534
- Annual Crime Prevention Run, Walk, Crawl
10K Run, 2 Mile Walk
McMillen Park, Fort Wayne/ 3:00 p.m.
Race Director: Danette Norman (219) 427-1205
- May 6, 1989 American Cancer Society "We Are Winning" 5K
Canterbury Green Clubhouse, Fort Wayne/ 9:00 a.m.
Race Director: Tom Wagner (219) 422-3911
- May 13, 1989 Ben Gay Activity Day Race 5 Mile, 5K Walk
Foster Park, Fort Wayne/ 8:30 a.m. Pee Wee Run
9:00 a.m. run/walk start
Race Director: Mike Ducey (219) 482-9606
- June 17, 1989 Central Soya Community Classic 5 Mile, 1 Mile
Freimann Square, Downtown Fort Wayne/ 6:00 p.m.
Race Director: Dennis Strayer (219) 485-2633
- 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 Green Clubhouse, Fort Wayne/ 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/ 9:00 a.m.
Race Director: John Treleaven (219) 432-5315
- October 21, 1989 Scholarship Fund Run 5K Cross Country
Indiana/Purdue University, Fort Wayne/ 8:00 a.m.
Race Director: Jerry Diehl (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.

PRESIDENT'S COLUMN

BY JUDY TILLAPPAUGH

Think fine food for consumption and conversation!

This statement helps me summarize my feelings about last Saturday's Annual Fort Wasyne Track Club Banquet. Lasagna, pizza, spanish rice, baked potatoes, salads, muffins, and brownies were a few of the food choices on the pot-luck table. We runners do know how to prepare and enjoy good food. Which is OK since we can afford to eat a high calorie, high carbohydrate meals. Distance runners need 2500 to 4000 calories daily to match their exercise energy needs. (Note- the amount varies due to individual requirements.) So if you had a couple extra rolls or cookies at the banquet don't worry about it. There's a 98% chance your body just wanted that nourishment.

Our annual banquet is the designated time when we honor outstanding runners and club volunteers. It's important to recognize people who have contributed to our club. They set examples for others. We are a non for profit organization. We depend on the talents and goodness of individuals to keep on offering successful events!

Our selections for 1988 Outstanding Runners were Barb Scroggum and Brian Shepherd. They are both excellent runners and people. Continually they aim for self improvement, to support other runners, and to enjoy themselves.

Barb represents a fine endurance runner. In 1988 she completed the Los Angeles, New York City, and Huntsville Rocket City marathons. It was in Huntsville that she qualified for the Boston marathon. Barb started running to improve her blood pressure, cholesterol level and weight. All these goals were reached and she's still improving. To me she proves how running can help make positive life changes. Barb's constant smile tells the whole story.

Brian too has made major strides at improving his running abilities. In 1988 he finished high innumerable organized runs. For example in the Summit City 10KM, among a tough field of runners, he finished 15th with a time of 32:15.6 Brian's more than a runner. He's a teacher, a track/cross country coach, and basketball coach. He dedicates himself to a high quality, active, fit lifestyle.

Our 1988 Outstanding Club Volunteers are Ann Jamison and Mike Kast. Both of these individuals have been long term active members. Ann is Ms. Runners Week. She coordinates all the Runners Week productions. Annually she produces 12 to 14 shows. This adds up to many devoted hours.

Runners Week is a very unique aspect of our club. Few (if any) other running clubs have their own T.V. show. You can watch Runners Week every Thursday evening at 8:00pm or Saturday afternoon at 2:30pm. (ch.10) Tune it in regularly. Watch for yourself go running across the screen.

For continued Runners Week success, Ann is asking for some HELP! she needs camera men or women to help tape races. Would you be willing to tape an upcoming event? Call Ann if your interested.

Mike Kast was honored for his many club contributions. He's definitely more of a giver than a taker. For the past decade he's unselfishly offered services to the club. Annually he's directed or assisted several runs like the Homestead 20Km Nutra Run, IPFW Scholarship Fund Run, August's 5 mile Park Run, and the New Year's Early Eve Run. Mike was the IPFW Cross Country Coach for 4 years. Through his connection at IPFW we have been able to gather for weekly training runs at IPFW. The list could go on! Thanks Mike for being an outstanding club volunteer.

To learn who else was recognized at the banquet look for a complete list in this Inside Track.

1988 Points System Award Certificates were presented at the banquet. If you were not there to get your award don't worry. I have it. I will bring the unclaimed certificates to the upcoming track club events. You can pick yours up then.

March is National Nutrition Month. A Lifetime Decision-Choose Good Nutrition is this years theme by the American Dietetic Association. Good food is fuel for a healthy mind ,body, and soul. Make your meal bites high octane fuel instead of cheap gas. Let your bodies run on good food power daily.

The best fuel blend for a runner is a high calorie, high carbohydrate meal plan. Everyday 55 to 60% of your calories should be from carbohydrate foods. Recently I heard Nancy Clark M.S.R.D. speak at a sports medicine seminar. Her recommendations are the same as these! What's the consequence if you don't eat enough carbohydrates? Fatigue! Don't expect your body to run well if your meals lack calories and/or carbohydrate. Give it what it needs.

We Americans were raised as "meat eaters". We rate a meal by the type of main dish. It's time to make a meal attitude change. Rate your meals by your starch, vegetable and fruit choices. If your meal plate is 3/4 full of carbohydrate foods then give your meal a high rating. Carbohydrate foods are: breads, bagels, muffins, cereals, rice, potatoes, vegetables, fruits, juices, and milk products (except cheese) Make these foods regular meal fillers. Go for food power everyday.

Last month the track club purchased white sweat shirts with the F.W.T.C. red logo on it. They are now on sale for you to buy at an affordable price of \$15.00. Come to up coming track club events for a closer look at them. If you can not wait till then, then go visit Tom Loucks, Mary Connolly, Mike Kast, Ann Jamison, Barb Scrogam, or Brian Shepherd. They each got one at the banquet.

Do you like to write race summaries, interest stories, or comics? Newsletter Editor Chuck Okorowski is always willing to take contributions. Feel free to add your special touch to the newsletter. Contact Chuck if your interested.

See everyone at the Nutra Run! Note that everyone is encouraged to bring a nutritive snack for our post run training table.

Good Running!!

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 -- February 14, 1989

Attendance: Meeting was called to order at Pizza Hut, Northcrest, at 6:30 p.m. with the following members present: Michael Ducey, Valerie Puckett, Rodger Puckett, Robert Wyatt, Clem Getty, Chuck Okorowski, Judy Tillapaugh, Don Lindley, Larry Averbeck, and Melanie Eckert.

Minutes: Minutes of the previous meeting were approved.

Treasurer's Report: Beginning balance (Jan. 1)	\$1893.02
Received	2969.00
Expenses	<u>1522.88</u>
Balance (Jan. 31)	\$4910.14

Treasurer Don Lindley said the December mailing helped membership numbers. Renewal notices were sent to 90. He said the current membership numbers were 306 members with 29 family memberships for a total of 335.

It was suggested to, in the fall of '89, offer two-year memberships for a slight discount.

Ways to cut the budget were discussed. It was agreed that ads should underwrite newsletter costs.

The budget for 1989 was presented, based on 400 members with 20 families.

Other money-makers were discussed, such as increasing equipment rental income.

Publicity: The newspapers have been invited to write a coverage story on the annual banquet scheduled for Saturday, Feb. 18. If they do not, it was suggested that publicity coordinator David Lallow do so.

Newsletter: Space permitting, the treasurer's report and budget will be printed in the newsletter.

The addition of the calendar got favorable responses. The suggestion was made to increase the amount of information on some items such as where, exactly, and when weekly runs are held.

Newsletter coordinator Chuck Okorowski encouraged members to tear out interesting running articles to send him for inclusion in the newsletter, reminding contributors to be sure to note the source of the story. More personal articles regarding track club members were encouraged. Articles not received by deadline will be in the next issue.

To save money, it was suggested the stapling and collating of the newsletter be done by members instead of the printer. After further discussion, however, it was decided to leave that job with the printer.

The newsletter will be entered in the NRCA newsletter competition.

Race Schedule: May 13 has been reserved for a race to be sponsored by Ben Gay, Sports Tech and a local radio station (as yet to be decided). Included will be a 5-mile race, a 5K walk, and a Pee Wee run in either Foster Park or Johnny Appleseed Park. Because this race is part of the 50-race series sponsored by Ben Gay, it must be on Mother's Day weekend. A lot of regional and national advertising is planned. Don Lindley's Prediction Run, originally scheduled for that weekend was postponed to Sept. 30.

Mike Ducey requested that their bulk mailing number be used for a pre-mailing so the applications could be distributed. The club approved his request.

April 9 is the date for the Fort Wayne National Bank stair climb. The suggestion was made to generate some creative races (such as obstacle course, ice skating, "Sweetheart Run," etc.)

Banquet: Information concerning times and invitations to state running figures were reviewed. The certificate format for the Points Award was discussed. A raffle was suggested as a way to raise funds at the banquet. Chuck Okorowski said he would provide nametags.

<p>A part of Fort Wayne's families since 1954</p>	
	
	<p>Captain Alexander's MOONRAKER®</p>
	
	
	<p>F. Wayne Marriott HOTELS • RESORTS</p>

Agart's Food and Lodging Family

New/Old business: Judy suggested that a tailgate party for club members going to the mini-marathon in Indianapolis be held after the race in the infield.

Sam Costa Marathon forms are available.

June 8-11 the annual RICA National Convention will be held in Colorado Springs, CO at the Red Lion Hotel.

Activities include an olympic training center tour, workshops, an expo, the Monument Valley Park Run with a Western theme, and the Garden of the Gods 10-mile run (7-8,000 runners). American Airlines is providing special rates. The Allen Travel Club newsletter will promote the convention. It was suggested to have a travel agent arrange all trips for club members traveling to competitions.

A Volunteer Education Workshop was suggested so that people could learn how to direct races.

March 10-11, the NCAA Division I Men's and Women's Indoor Track and Field Championships will be held in the Hoosier Dome.

In order to generate more members, it was suggested that non-members pay more to enter track club races. Also, a special student race entry fee was suggested. This will be discussed further at a future meeting.

The meeting was adjourned at 8:20 p.m. The next membership meeting will be held Tuesday, March 14, 6:30 p.m. at T.J. Pasta's.

NUTRITION IN QUESTION

BY JUDY TILLAPAUGH

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.

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

KAST PASTA

Saute one small minced onion and two to three cloves garlic in a small amount of olive oil until tender. Add one pound lean ground chuck and cook until meat loses pink color. Drain off any fat. Add one large can tomatoes(16 oz.) and one can tomato paste (12 oz.), mixing well into meat, along with about 1 cup water(wash out tomato paste can with it!) and 1/2 to 1 cup cheap wine. Simmer, adding more wine or water to keep it from getting too thick. Add while simmering about one tablespoon sugar: ground pepper: salt to taste; one to two teaspoons, according to preference, of basil, oregano, fennel seed, and thyme. Taste and add more of any herb you like.

Mean while, cook six ounces of pasta of choice, drain, and mix in to the sauce. Heat it all up. Serve Kast Pasta with garlic bread and a hearty green salad.

Note that it is best done in a iron skillet. It feeds four to six people.

Recipe is from Jean Kast



BOSTON'S BEST: Boston boasts the top field among spring marathons, with six of 1988's top 10 competitors running April 17: No. 2 Gellindo Bordin of Italy, No. 4 Abebe Mekonnen of Ethiopia, No. 5 Juma Ikangaa of Tanzania, No. 7 Steve Jones of Wales, No. 8 Takeyuki Nakayama of Japan, No. 9 and defending champ Ibrahim Hussein of Kenya. Women's headliners are Joan Benoit Samuelson, Norway's world recordholder Ingrid Kristiansen, Lisa Weidenbach and Great Britain's Priscilla Welch.

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.

Mar 5	SUN	*THE SAM COSTA HALF MARATHON, Carmel, IN, Indy Runners, Terry Townsend, 222 E. 71st St, Indpls, IN 46220	1:00pm
Mar 5	SUN	*21ST ANNUAL CHURCHILL'S HALF MARATHON, FORT MEIGS, PERRYSBURG, OH Rick Lachowski 419-385-4599	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, \$1.00 entry	12:00pm
Mar 12	SUN	ANDERSON ROAD RUNNERS 5.3 Miles, Aqua Gardens, Shadyside Park Bike Path. \$1.00 entry fee, 643-8775	1:00pm
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
Apr 1	SAT	*RUN FOR STRITCH 5K, Cardinal Stritch High School, 3225 Pickle Rd, Oregon, OH 43616, Jim Kubacki, 693-0465	9:00am
Apr 1	SAT	THE BARKLEY MARATHONS 55 & 100 MILES, WARTBURG, TN Gary Cantrell, RT 1, Box 166D, Wartrace, TN, 615-389-6870	6:00am
Apr 2	SUN	SPRING CHALLENGE 5/15K, Woodlane School, Bowling Green, OH Ron Haffner, 419-354-6236	
Apr 9	SUN	WOLFPACK 50 MILE, 4685 Arthur Place, Columbus, OH 43220 John White 614-459-2547	7:00am
Apr 9	SUN	TRRC 5K CLUB CHAMPIONSHIP, Swan Creek Metro Park, Toledo Pete Buehler, 472-0164, One mile fun run	2:00pm
Apr 15	SAT	MASSANUTTEN MOUNTAIN MASSACRE IV 50 MILES, DETRICK, VA Anstr Davidson, 1601 N. Potomac St., Arlington, VA 22205, 703-532-8820, 95% on the rocky trails of Geo.Washington Natl Pk.	6:00am
Apr 16	SUN	COOKIE CLASSIC 10K PREDICTION, Pearson Park, Toledo Pam Graver, 691-6064, \$1 entry or one dozen cookies	10:00am
Apr 22	SAT	*THE LITTLE 10K, Indiana University Student Foundation, 1606 North Fee Lane, Bloomington, IN 47405 812-855-9152	8:00am
Apr 22	SAT	*11TH ANNUAL NORTON SHORES FOUNDER'S DAY 5K & 10K City of Norton Shores, P.O. Box 1179, Norton Shores, MI 49443	10:00am
Apr 29	SAT	*THE PACESETTER 8K, KOKOMO HealthMAP, 109 Southway Blvd, Kokomo, IN 46902	9:00am
Apr 30	SUN	CATHOLIC CLUB 5K, downtown Toledo, Bill Sanford, 243-7255	9:00am
Apr 30	SUN	*NEW JERSEY WATERFRONT MARATHON, Harborside Financial Center, Plaza III, 8th Floor, Jersey City, N.J. 07311-3899	10:00am
May 6	SAT	SOUTHWEST YMCA WORLD SERVICE 5K RUN, Swan Creek Metro Park, Toledo, OH, Rick Clegg 866-9622	9:00am
May 6	SAT	*STROLLING JIM 40, WARTRACE, TENNESSEE 37183, GARY CANTRELL, RT 1, BOX 166D, 615-389-6870	7:00am

May 7 SUN CAMELBACK 10K, 5K WALK & YOUTH 2K, Sandusky County Courthouse
Fremont, OH, Bob Semer 419-332-4244 1:00pm

May 13 SAT *12TH ANNUAL OLD KENT RIVER BANK RUN, 25K,
P.O. Box 2194, Grand Rapids, MI 49501 9:00AM

May 13 SAT *THE TOSHIBA CAPITAL 10K, Ontario, Canada 7:00pm

May 14 SUN *THE TOSHIBA CAPITAL MARATHON, Box 426, Stn. A Ottawa
Ontario, Canada K1N 8V5, 613-234-2221 9:00am

May 29 MON 9TH ANNUAL THE GREAT RACE 10K & HALF MARATHON 7:00am
Ron Schmanske, P.O.Box 487 Elkhart, IN 46515 219-294-1661

JUN 11 SUN *MASKI-COUTRONS 20KM, 15TH INTERNATIONAL EVENT,
23, Forget, Repentigny, Quebec, Canada J6A 4M4, 514-581-0319 10:00am

* Contact Don Lindley for applications.

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 nutritic 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

Track Club Sweetheart
by Sharon Pauley

It is time for me to branch out. Please note I did not say spread out. That is one of my over accomplishments. What I have in mind is a broadening of the subject matter of my writing. All of my articles that the Inside Track has graciously printed over the years have been basically about me. It is time for an enriching change of focus; but at my usual rate of progress, I am only going to stretch this time to the human being closest to me--my husband.

A good place to begin would probably be with his name which really, truly legally is Bobby. In the mountains from whence he comes, if a boy is going to be called Bobby that is what he is named. For the past 25 or 30 years since he's lived in these flat lands, he has called himself Bob even to getting paychecks in that name. Yet his favorite cap says his name is "Old Fart". Over the years, in brief moments of ill temper, I have been known to call him a number of things; but we won't go into that.

Bobby got started running out of desperation or maybe for survival. His parents would have killed him if he had missed the school bus. He always got up early to get his farm chores done before school, but it was never early enough. He in variably wound up running the mile of dirt road transversing the creek and passing a panther den to get to the bus stop that was as far as the bus could get up the "holler" where his family lived.

It was in high school that he began his distance training. He had to walk 7 or 8 miles for his trumpet lesson. He walked 15 miles for band practice. Back in those days it was safe for him to hitch hike or get a ride with someone, but rides weren't very plentiful especially cutting through the mountains which was the shortest route.

His high school was too small to have a track or cross country team, but it did have an intramural program. His specialty was the 100 yard dash. After his first few freshman races, no one in the school could beat him at that distance.

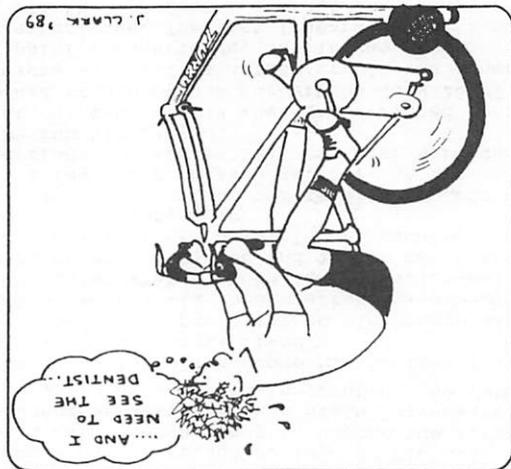
Bobby developed his sea legs in the Navy. He definitely got more exercise than he appreciated ferrying Marines from his ship to the beaches in Korea. He much preferred transporting the Admiral around the Mediterranean and/or Europe. Bobby was responsible for operating the Admiral's motor launch and chauffeuring his car. Of course, while the Admiral was busy, Bobby was free to develop eye strain on the beaches of France and to learn not to ski on the slopes of Switzerland.

With the end of his Navy career came the end of the fancy transportation. Back in the mountains he walked, ran, or hitch hiked 30 miles a day to attend college on his G.I. benefits until he could earn enough money to become the first white dormitory student at West Virginia State University. After working for 2 years on a degree in printing, he developed an allergy to printers ink which drove him to look for a job in Bucyrus, Ohio where his uncle lived.

Operating heavy equipment earned him enough money to buy his first set of wheels--12 wheels actually--a baby blue Buick and a pair of roller skates. Both led to his down fall. He wrapped the Buick around a tree and he met me at the roller skating rink. Back in those days, I was teaching Weekday Religious Education in Marion, Ohio.

You'd never guess it from our relative speeds now but he put in quite a few miles chasing me. For the first 10 years after our marriage, he swears that his most strenuous exercise was having me run him ragged.

All that changed in 1979 when he developed chest pains that led to his triple bypass surgery on July 26. I remember the date because we still celebrate it. It was a horrible, frightening painful experience, but it was also a tremendously life giving experience. The last I heard he still held the record for getting off the respirator and out of Intensive Care faster than any heart patient at Lutheran Hospital. He went back to work 9 days after the surgery.



FORCED INTO A BORING INDOOR ROUTINE
BY BAD WEATHER, BURT'S MIND
STRAYS TO MORE PLEASANT THOUGHTS...

Of course, bypass surgery isn't a cure all. It's only a very precious second chance. Our doctor sent Bobby to the Port Wayne Cardiac Rehabilitation Program to learn the life style changes he needed to make the most of that second chance. In three months he was jogging. He celebrated the first anniversary of his surgery with a 5K race at Berne. His first membership in the FWTC was my gift to him that day.

Since it was his heart that brought Bobby to the track club, it was very timely and appropriate that Ann Jamison gave him the Sweetheart award at the FWTC banquet in February which folks realize for February is also the month when we celebrate National Heart Month. It was even more appropriate than most of our fathers of our country and his fathers are the ones primarily who brought him to this award. Bobby's heart problem at this point is chiefly genetic. His bypasses are 100% open. He's controlled all of his risk factors except his inheritance from his biological father. Fortunately, he has an inheritance that's just as strong from his father who was his biological uncle. Bobby's mother died when he was 3 yrs. old. He, his brother and two sisters were taken in by their aunt and uncle in spite of its being the middle of the Depression. His sire knew they could barely support their own two children, so he picked them up for a ride that ended at an orphanage when he heard of the possibility of a job in Colorado. Bobby didn't wind up in that orphanage because he was gone with his dad. Bobby was so attached to him that to bed and the outhouse were the only places he went without Bobby. For financial reasons Bobby's mother and dad couldn't adopt the other kids when they found them, but nobody tried to take Bobby away from them. Times were tough in the coal mines where his dad worked and up the "holier" where they farmed, but that's where Bobby learned the tenderness of heart and greatness of heart that Ann and I appreciate. Over the years I've seen Bobby a million times pass on the loving care that he received most notably to our two adopted, older children to the emotionally disturbed boy in my class who now calls him grandpa.

Later this month I, too, plan an award for this sweetheart. March 14 is our silver wedding anniversary. I plan to hide this issue of the Inside Track from Bobby. I'd appreciate it if you didn't mention it to him. If he ever reads all the good stuff I've said about him, they'll be no living with him for another 25 years.

AUBURN TRACK CLUB

The Auburn Track Club consists of approximately thirty runners/joggers from the Auburn area. Many are also members of the Fort Wayne Track Club and attend many of the races. We rely on the FWTC's INSIDE TRACK to keep us informed of races in the area, results from the races, and other inside information for runners. We also depend on FWTC to make sure sanctioned races are organized right. We've all been to races that had to have been put together by a non-runner.

The Auburn Track Club originated during one of the group runs on Sunday morning, and anyone that runs in a group can appreciate some of the comments that will be made by creative minds. We decided to have an identifying T-Shirt and started taking orders. Our small group of seven quickly had thirty runners wanting shirts. The majority run for enjoyment and exercise. Some prefer to run privately; Some like the group run. Some like to race; Some only race when their sure of good times.

We had always helped put on the Auburn 10K & 5K in July, but dropped out in 1988 and let the YMCA take care of it. Rick Hower, who for years organized the Auburn Race for the YMCA, quit the YMCA earlier this year and was given special recognition by the Auburn Track Club this year.

Our President-elect is Tom Dendinger, who still holds the most miles record in Auburn with over 24,800 lifetime miles. Many area runners know Tom as one of the good Master runners, finishing first at the Central Soya 5 miler this past year. Rudi Florreich and Cy Johnson, two of our other master division runners & senior members, have helped others train and succeed at marathons. Cy taught us to consider running in a cold rain as a "character builder" and not as a crummy day to run.

Generally, the Auburn track Club will pick out one marathon each year to run. In the past, that has included Chicago (88 & 83), Columbus (87 & 84), Marine Corp. (85), & Detroit Free Press (82). Both Jim Ellert and Brad Middleton qualified for Boston after running the Chicago Marathon with 2:56 & 2:58 respectively. We've had Tom Dendinger in Boston after qualifying in Ft Wayne with a 2:45. Tom also ran the Houston-Tenneco in 88. Cy Johnson has run the New York Marathon and Rudi Florreich was to run it in 1988, but took a bye because of injury. Al Best, Miquel Mendez, Jim Ellert, Bob Schendel, & Brad Middleton all have run the Ft. Wayne Marathon. All together, the Auburn Track Club has run 27 marathons.

The Auburn Track Club is usually well represented in area races. In 1988, Jim Ellert ran a 16:55 in the Auburn Classic City 5K. Tom ran a 16:51 at Mid Summer Night Run 5K. Brad Middleton came in second over-all at the Big Brothers Race at Foster Park and also had a 34:04 10K at Bluetler 10K. Bob Schendel won the Nurta 20K earlier this year. Bob also managed a 58:30 at Ft. Wayne's 10 Miler. Brad Middleton ran the Corunna Mile at a blistering 4:34 pace & the Blueberry Stomp 15K at a 53:11 time. Jim Ellert managed the Parlor City half marathon with a 1:18 time. Other Auburn Track Club runners, including master division members Dave Wolff & Al Best, can generally place in their age divisions. One of Auburn's newest members is Carl Hansen. His speed enabled him to beat every Auburn runner in Bryan, Ohio's Jubilee One Mile Race.

The 1988 mileage of some of the runners is significant in the club: Brad Middleton (3200 miles), Tom Dendinger (2581miles), Bob Schendel (2100miles), Jim Ellert (2100miles) Al Best 1940), Dave Wolff (1700), and Carl Hansen with 355 hours.

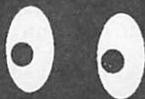
The Auburn Track Club enjoyed the Central Soya Race, Edgerton 10K, Sturgis & Coldwater 10K's, The Parlor City Half Marathon, Fremont 10K, Arlington Park 5K, Hamilton 5K, Delta, Ohio 10miler. The weather was terrible at the Nutra Run last March. The North American 15K was always a favorite, but in 1988 and without North American's support, it lost some of its appeal. Our own Auburn Race was not well organized. We were disappointed in the awards at the WMEE 5 & 10 Mile Race that replaced the Ft. Wayne Marathon. It was nice to bring the New Haven Canal Day race back into New Haven, but it was too bad part of the 10K was on the loose stone road. We were sorry to see Arby's Big Brother/Big Sister Run in the Park change, and hope for better awards next year.

Many Auburn Track Club runners do take their families to the races and wish more would have fun runs, activities, or parks near the start lines. The Michigan races and Ohio races usually have food and treats after the runs. The Delta race even put out turkey or roast beef sandwiches, chicken noodle soup, orange drink, and coffee. All for \$7.00 and included a long sleeved shirt., thanks to the sponsor, Dave's Running Shop. The Pokagon Race and Churubusco 10K both put out good treats.

The Auburn Track Club is looking to run several different races this year, including the Bix 7, Bobby Crim Race, & the Old Kent River Bank Run. Our supply of T-Shirts is full and many races only change the color, not the design. Several years ago, races in the area gave shorts, hats, headbands, or small gym bags. We wish race directors would consider changes in designs and extra color.

The Auburn Track Club developed from a band of runners, running regularly on Saturday and Sunday mornings. The mutual support and encouragement helps all of us. Speed work goes easier with a fellow runner. We carpool to races. We share expenses at the marathon hotels. We offer advice for injuries or shoe purchases. We hope other runners can experience the same support.

*Thanks
Dave Wolff, sec.*



**DON'T KEEP US IN THE
DARK !**
**Send us comments,
suggestions, or anything
else that will help us give
you more of the magazine
that you want!**



SY MAH

August 2, 1926-November 7, 1988

Hi, my name's Sy.

Say Hi

as you go by.

And don't die.

—Sy Mah's race T-shirt

When one of *Ohio Runner's* staff members likened Sy Mah to John Wayne, the idea initially struck as absurd. Then he explained. "They both embodied a certain essential spirit of living. They both should not have ever died. And they both are immortalized by what they did."

The previous morning I had received the news of Sy's death. That afternoon, I was editing "The Century Club," which appears in this issue. In the section about Sy, I instinctively changed "says" to "said." A flick of my red pen was all it took. Says to said. Present tense to past. Here and now to gone. The canonic objectivity central to journalism had allowed such a callous stroke: a second later the emotions of loss and sadness welled up from inside.

Sy must have realized the obvious irony of the message on the back of his T-shirt. When I first read that shirt, I remember chuckling. Now I assume that I also recognized the readily admitted mortality it made light of.

Like so many thousands of others, my contact with Sy was unfortunately limited to a couple of races. At both of Minnesota's major marathons in 1987 I had seen Sy. From the press truck at Grandma's and on the course at Twin Cities, Sy appeared the same — a slightly-built, sienna-skinned, sinewy and smiling Chinese man. His charisma was undeniable. In both Duluth and Minneapolis-St. Paul, he was in the middle of a line of at least half a dozen people striding abreast. He was — as always — chatting, laughing and contagiously proving that marathoning was a spiritual and physical elixir.

Sy turned to running in the '60s. As his mileage steadily increased, the ulcers, high blood pressure and hypertension that had plagued him disappeared. The marathons began in 1966.

They ended this past Labor Day weekend. Sy attempted a 50 km in Waterloo, Ontario, on Sunday, September 4. He was forced to stop. The next day he tried again, this time in Rochester, N.Y. Again he could not finish.



His last attempt came on September 25 in his former home, Toronto, Ontario. Pain again was the only victor.

His total number of completed marathons will be printed in the 1989 edition of the *Gumess Book of World Records* as 324. That simple statistic is both remarkable and deceptive. The legacy and legend of Sy Mah will never be captured and represented on paper. It cannot be quantified by any book, magazine or newspaper. Go to any marathon, however, and you can sense the exuberance of living that kept Sy's smile continuously so genuine.

Sy is being remembered in many special ways:

- The entire campus of the University of Toledo observed a memorial minute of silence at 2 p.m. on November 11, the same time as the beginning of Sy's funeral.

- On November 13, just prior to the start of this year's Columbus Marathon, the first marathon held in Ohio after Sy's death and also the largest marathon in the state, the 4000 starters and starting line crowd stood silent for a moment. For many of them it was the first they had heard of Sy's passing

- From July 17-23, 1988, the city of Toledo had celebrated Sy Mah Week. Mayor Donna Owens proclaimed the days "to give proper recognition and honor to this world-renowned marathon runner and for the commitment and dedication he portrays to physical fitness in our community."

- The Toledo Road Runners, of which Sy was a member, held their renamed Sy Mah Seagate Ultramarathons on November 26.

- This issue of *Ohio Runner*, its cover and accompanying story profiling Ohioans who have finished more than 100 marathons is our tribute to Sy.

While we're not forgetting the great man from Toledo, we're continuing on without him. We're still entering marathons and ultras. We're testing our limits during the races. We're training hard, honing our bodies. No doubt we're having many good laughs at award ceremonies and sharing pizza and beer after group workouts.

But we're doing just what Sy tried so hard to convince us to do. Strip away the pretense, remove the modern complexity, participate in an archetypal human activity, realize that running is the most basic of sports. Most of all, have fun. We know, Sy, you were right.

Sy is survived by four daughters, five sisters, four grandchildren and tens of thousands of us — the runners he chatted with, smiled at and waved to in his 324 races. Sy's family and friends request that contributions be made to:

Sy Mah Memorial Fund
c/o University of Toledo Alumni
Foundation
Toledo, OH 43606

The monies are tentatively going to be used to build a track at the student activities center. It will be named in honor of Sy.

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PEANUTS By Charles Schulz



HOW YOU CAN BENEFIT FROM SOVIET SPORTS TECHNIQUES

BY JOAN NULL, R.M.T.

Although the Soviet Union is accumulating the largest body of scientific research on the training of athletics, much of it has been ignored in the West.

Most American coaches routinely react with skepticism to any training information that filters from the USSR to the United States. They seem convinced that it's only propaganda designed to sabotage our own approaches to sports training.

That isn't all. There are also constant claims that Soviets athletics are professionals, supported by the belief here that they are well paid to train and perform on a full-time basis. And of course illegal drug use is frequently credited (or blamed) for the outstanding performances by Eastern bloc athletics at international meets. The fact is that many years of Soviet sports research - legitimate research with legitimate aims that have paid off most handsomely for the USSR.. Soviet training on principles and practices have been tested and proven over the last two or three decades. Fortunately, I have been able to study Soviet sports techniques for the last three years with Dr. Michael Yessis. He is the Training Consultant to the U.S. Olympic Teams and Editor, Soviet Review. Dr. Yessis has been intrigued by how willing their coaches have been to share information that they have developed - if we are willing to listen.

They are very open to our questions about their training techniques. They are not at all secretive about what they and their researches have developed.

I worked with them a year ago at the World Indoor Track & Field. They were very pleasant. They brought gifts to give my team.

Dr. Yessis said once the Soviets get a sense that you've not going to exploit or ridicule them, they are enthusiastically co-operative.

Some Soviet coaches has even told Dr. Yessis they want the quality of American athletics to attain levels on a par with that of the U.S.S.R. Their reason is that they wish to continue holding international meets with our teams in the U.S. but they have to have a challenge or they will not be able to come over to compete. And they love our culture - and of course discount stores and clothing shops.

Dr. Yessis is proficient in the Russian language and has translated many of their articles in the Soviet Sports Review which is a quarterly English-language journal he edits and publishes for coaches of the West. Except for this periodical information on sports research in the USSR in not reported on this side of the Iron Curtain. Every athletic here - from the elite to the weekend jogger - could benefit enormously from it.

The Soviets tell Dr. Yessis they devour every bit of information they can get that emanated from U.S. sports researchers. They implement the findings they think are significant, often long before most of our coaches do.

Although the American researchers were promoting the benefit of Isokinet strength training, the Soviets presented data showing an indisputable advantage in utilizing free weights and specialized training devices.

It is a shame that Americans greet Soviet research with a notable lack of enthusiasm. Dr. Yesis said "the results are astounding. I have already witnessed a growing number of success stories of American whose performances have been dramatically improved once various soviet techniques have been adopted.

We find many runners developing leg and back pains that doctors are unable to relieve, which forces runners to stop running.

We find there is a great weakness in the leg muscles. The running styles needs change you must remember to use the ball of whole foot approach. As a result, the impact of landing is more evenly distributed throughout the body. Then the pain in the back and legs should subside. And other thing

to watch when you run is the flarting of your arms. You could cut seconds off your time by keeping them close to your sides and synchronizing them better with the rest of your body. The Soviets have developed shoulder and arm exercises that will enormously help you.

Please forget the lifestyles or political systems. We have to start some place. This is the reason why I'm wanting to learn more. The more I learn the more I want to learn and the more I can help runners who want help. I started with the you in 1984. Since then, I've now worked that team into the All-American Elite Team of Indiana with therapists from six different states. We have worked with the TAC, NCAA, all the state marathons and triathlons we have been invited to, the first World Cup Indoor, Outdoor, The Winter Olympics, then the '88 US Track & Field Trials. And we will be doing the Track & Fields in March. We do all this at our expense. I will be going to Moscow, USSR, in May to study for a week with Prof. Anatoli Berakov. She is with the prestigious USSR National Institute of Physical Culture and Sports Science of Moscow.

I have Michael Kast and Don Lindley to thank. And everyone else in the FWTC and Sports Tech.

PS:Joan Null is one of our best sports massage therapist in the area. She has treated many FWTC members, I credit her for keeping me practically injury free for the last several years. She will need your support for the upcoming trip to Moscow. A contribution from you or a treatment from her would be another way to support her. See her ad in this month's issue.

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Judo Nationals '88

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Marathon '88

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.



LISTEN TO MUSIC: YOUR CALORIES WILL DANCE AWAY

Olympic champion diver Greg Louganis routinely works out to music: running, biking and lifting weights. Just 15 minutes before winning two gold medals at the 1988 Olympics, he listened to "Believe in Yourself" from the Wiz. For professional athletes like Louganis, music is gaining popularity as a training tool.

The good news from the medical community is that what works for Olympic athletes works even better for the out-of-shape. "A trained athlete is less likely to need an outside stimulus such as music—he's more accustomed to pain and fatigue," says Gary Crook, an exercise physiologist who studied exercise and music at San Francisco State University. "Music is more likely to benefit those not in the best condition - those who exercise not because they really want to but because they feel they should."

Because music lowers perceptions of fatigue and pain, it allows you to push harder with less apparent effort. That in turn encourages you to stick with an exercise program - and increases your pleasure in the bargain.

In one study at Ohio State University, nine men ran on treadmills for 30 minutes. First they listened to upbeat rock music (such as Michael Jackson); then they ran without music. When they ran with a soundtrack, they actually felt they had exerted themselves less, even though they worked out just as hard. Their bodies responded accordingly, secreting lower levels of beta-endorphin, a natural painkiller.

"Because the runners perceived the exercise as less intensive, the body reacted biochemically and produced less painkiller," explains pharmacologist Gopi A. Tejwani, Ph.D., who collaborated on the study.

Certain musical rhythms also improve muscular coordination. A Stanford University study suggests why we perform physical activities—from household chores to weight lifting—better with a catchy beat in the background. Researchers measured the muscle activity of people who hammered pegs into holes to even and uneven musical rhythms. The even rhythm apparently made the biceps and triceps move more smoothly and efficiently.

In short, music "enhances your rapport with your body," says Kenneth Bruscia, Ph.D., a music therapy professor at Temple University. "It increases endurance, regulates breathing rates and establishes a mood for physical activity."

So music makes us move better. But more important, it makes us want to move. Many researchers believe this compulsion to move in the presence of a rhythm is a very basic response, harking back to before we were born. "In utero we're in sync with how our mothers move," says Dr. Bruscia. "We're programmed from birth to be in sync with our rhythmic environment."

So if you haven't started already, add some tunes to your routines. Take a Walkman on your walk. Pedal your exercycle to Prince. You too can run with U-2.

SPECIAL INTEREST

TRIATHLON YOU CAN DANCE TO

The theme song from "Chariots of Fire" is to running as "blank" is to triathlons. How about "Triathlon" is to triathlons? "Triathlon for Solo Percussionist and Orchestra" by composer Jerome Neff debuted January 14, performed by the South Bend (Ind.) Symphony Orchestra. *The South Bend Tribune* called it "delightful." We at TT haven't heard it yet, but are heartened to see triathlon breaking new ground — it is now fair game for artistic interpretation.

Neff, formerly head percussionist and composer for the now-defunct Oakland Symphony, hit upon the idea of translating the excitement and drama of the Ironman into a symphony. No athlete himself, the Kris Kringle-ish sort of man turned to others for inspiration. He consulted with long-time friend William Katovsky, founder of the original *Tri-Athlete* magazine, read some books, and set out to capture the Ironman spirit in sound.

The *Tribune's* Jay Miller was impressed by the "many-faceted skills of the 'complete' percussionist," Leo Murphy. "The clever mood indications in the program added humor: during the swimming section hearing 'Jaws', . . . [and] during the cycling section, . . . watching Murphy, eyes on music, plunge a bicycle pump."

Neff's inspiration is described in the program: "The nature of this extraordinary physical challenge suggested to me the creation of a similar kind of challenge for a percussionist performing in the three areas of orchestral percussion: drums, mallet instruments and timpani. Swimming would be represented by the watery sounds of the vibraphone and splashes from the cymbals, cycling by the harder sound of the marimba and xylophone, and the marathon run by bongos and an array of tom-toms. The soloist, upon receiving the winner's prize, would hammer out a mighty flourish on the timpani . . .

"So the musical triathlon was born. As a humorous and virtuosic *tour de force*, I hope it presents both a sense of the sporting excitement of the event and a picture of the solo athlete — in this case, the soloist — undergoing the triumph, despair and 'loneliness of the long-distance runner.'"

TT

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FORT WAYNE TRACK CLUB
TODAY!!!**



White River Park STATE GAMES

News Release

FOR MORE INFORMATION, CONTACT:

CHRISTOPHER YARNAU

PUBLIC RELATIONS MANAGER

(317) 237-5000

STATE GAMES WALKS TOWARDS LIFETIME HEALTH

Its early July. The bright and clear Saturday sky begins to give way to dusk. A slight breeze cools the city streets as several hundred athletes await the starting time of their race.

The time draws near. The starter fires his pistol and the contestants are off. Together, they walk toward their goal - lifetime health.

As the state's largest multi-sport event, the White River Park State Games has thrown open the doors of participation to all Hoosiers with the

addition of the Stone Rose Walk to its sports roster. Designed as a non-

-competitive event, the Stone Rose Walk epitomizes the State Games

official motto of "sports for all ages and all skill levels."

"This is the perfect time to add the Stone Rose Walk to the State Games," says Michael Vollmer, State Games co-chairman. "There are 50

million exercise walkers in the United States. Walking is the third

largest participation sport in the country, behind swimming and cycling."

Creating opportunities for Indiana citizens to foster healthy

lifestyles is nothing new for the State Games. Over the last six years,

nearly 80,000 people have entered the amateur sports festival. What is new

is that the Stone Rose Walk offers the benefits of both brisk exercise and

participation in the State Games in a non-competitive atmosphere.

Because the Stone Rose Walk will be held only at the Finals,

participants will receive a t-shirt just for entering. A non-competitive

event means there no places will be awarded. However, everyone who enters



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Get into The Games!

wins, so the first 400 participants will be rewarded with a special miniature limestone carving of White River State Park's Rose Window.

The Rose Window, an ornately carved limestone sculpture that overlooks the Indianapolis skyline, is the centerpiece of White River State Park's River Promenade. Appropriately, the course of the Stone Rose Walk follows the scenic promenade as it skirts along the White River and White River State Park.

"Having a walk means that anyone can enter the State Games. We expect to see whole families out there," says Vollmer. "Walking events have proven to be a lot fun. They have grown bigger and bigger every year. I expect them to continue drawing large numbers of participants."

Athletes can find out more about the White River Park State Games and the Stone Rose Walk by calling 1-800-HI-FIVES. Entry Handbooks will be available after May 1, 1989 at all Indiana Hook's Drug Stores, Marsh Supermarkets and at Methodist Sports Medicine Center in Indianapolis.

The White River Park State Games is an activity of the White River Park Development Commission and the Indiana Governor's Council for Physical Fitness and Sports Medicine. The Official Corporate Sponsors for the State Games are Methodist Hospital of Indiana, Inc., Hook Drugs, and Marsh Supermarkets.

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

APRIL

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MARCH

1989

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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.

FWTC MEMBERS



**THURS. 8 PM
SAT. 2:30 PM
CHANNEL 10**

- SHOW DATE (RACE DATE)
 Dec. 29-31 J.P. 10K & Training Equip. (12-12-87)
 Jan. 5-7 Fanny Freezer & Cinci. 15K (2-20-88)
 Jan. 12-14 No. Amer. Van Lines 5 & 15K (4-23-88)
 Jan. 19-21 Arlington PK 5K & Amer. Cancer Soc. 5K (4-30 & 5-7)
 Jan. 26-28 WEE Five & Dime 5 & 10 mile (5-14-88)
 Feb. 2-4 Indy 500 1/2 Marathon (5-27-88)
 Feb. 9-11 Central Soya 5 mile (6-18-88)
 Feb. 16-18 Hamilton Lake 5K Trophy Run (7-4-88)
 Feb. 23-25 '88 Olympic Trials & SRivers Bialthon
 March 2-4 Olympic Trials Pt. 2 & Skateboarding
 March 9-11 FWTC Run in The Park 2&5 mile (8-27-88)
 March 16-18 Scholarship IUPUI 5K (9-11-88)
 March 23-25 The Summit City 10K (10-23-88)
 March 30-1 FWTC Hillly 4 Mile (11-12-88) &
 R.W. Editorial & N.Y. Marathon 11-6-88) Ann Jamison
 April 6th RUNNERS WEEK will return with the '89 FANNY FREEZER!!
 Betty Nelson
 Ann Mize
 Marcia Schmit
 Ron Horan
 Ann Jamison
 Ann Jamison
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 Ann Jamison
 Ann Jamison
 Herman Bueno
 Judy Tillpaugh
 Bryan Wellner
 Ann Jamison
 Ann Jamison
 Mary T. Connolly
 Lyn Handlin
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ANN JAMISON - PRODUCER/EDITOR
 WINTER SCHEDULE

RUNNERS WEEK



ON

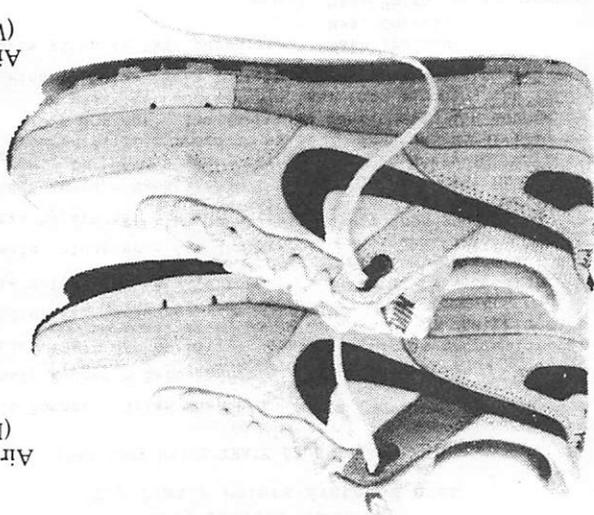
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Air Pegasus
(Women's)



Air Pegasus
(Men's)

**PEGASUS
IMPROVED.**



Mary Theresa Connolly
Top Female Points System Winner

1988 FORT WAYNE TRACK CLUB AWARDS

Outstanding Male Runner - Brian Shepherd

Outstanding Female Runner - Barb Scrogam

Outstanding Student Male Runner - Tim Gorrell

Outstanding Student Female Runner - Deb Remseyer

Outstanding Male Volunteer - Mike Kast

Outstanding Female Volunteer - Ann Jamison

Outstanding Ultra Marathoner - Roger Puckett

"Woody Woodpecker" Award - Mark Brattoli

Top Points System Winners (perfect scores in open and age group divisions) -
Tom Loucks
Mary Connolly

Raffle Drawing Winner - Tim Felger, won a running suit

Long Stemmed Roses given to FWTC supporters - Barb Treleaven
Mrs. Gorrell
Mrs. Horan

Outstanding Teacher of the Year - Joyce Butler

Sweetheart Award - Bob Pauley

"Water Pistol" Award - Lynn Handlin

"Big Pen" Award - Chuck Okorowski

High Energy Oatmeal Bar Awards - Don Lindley
Chuck Okorowski
Roger Puckett

"Big Whistle" Award - Jack Hilker

A thank you to Hilger Farm Market for donating 5 loaves of Whole Grain Bread plus one jar of Apple Butter for prize drawing.

Points award winners were listed in the December/January newsletter.

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Use your FWTC ID or this newsletter for
identification.

GROUNDHOG SEVEN
FEBRUARY 5, 1989
CARMEL, IN

FOR THOSE THAT DID NOT GO, YOU MISS A GOOD RACE. APPROXIMATELY 400 RUNNERS GATHERED AT THE START AND FINISHED IN A RATHER WARM TEMPERATURE OF 28. LISTED BELOW ARE THE FORT WAYNE FINISHERS:

TOM LOUCKS	6TH	38:09
RICK VORICK	15TH	41:12
JOE GUNTER	28TH	42:52
JERRY DIEHL	43RD	44:40
DON LINDLEY	82TH	48:23
JUDY TILLAPAUGH	89TH	48:42
MICHAEL CALLAHAN	108TH	50:27

WHAT WAS SO NEAT ABOUT THIS RACE EVERYONE THAT FINISHED RECEIVED A MERCHANDISE AWARD. THE ENTRY FEE WAS TO BRING MERCHANDISE, NOT NECESSARY RUNNING RELATED, FOR THE AWARDS. THE VOLUNTEERS OF THE INDY RUNNERS DID AN EXCELLENT JOB. WE ALL GOT OUR MILE SPLITS ACCURATELY AND THERE WAS EVEN A WATER STOP HALF WAY. TRAFFIC CONTROL WAS HANDLED WITH EFFICIENTLY. IN THE PAST, I CAN REMEMBER THOSE COUNTRY ROADS USED ONLY BY THE FARMERS, DOGS AND RUNNERS, SO I APPRECIATE THE VOLUNTEERS THE BRAVED THE COLD, WATCHED AND STOPPED TRAFFIC AND KEPT A WATCHFUL EYE ON ALL OF THE FRIENDLY FARMER'S DOGS.

DON LINDLEY

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Printing results in Inside Track.

— or —

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\$35.00 Printer only

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(10 x entry fee if paid in advance)

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(Delivery of equipment could incur additional charges)

THOSE NEW SHOES
WITH ADIDAS TORSION™:
SHOULD YOUR FEET
BE ALLOWED TO
TWIST AND TURN?

Reprinted from Running Research News

When the adidas Torsion™ shoes arrive in stores this spring, they will be colorful, with bold splashes of red, green, and yellow. They will also possess a feature that no other running shoes have, a deep gash in the sole just in front of the heel. This deep sole chasm, which is perpendicular to the long axis of the shoe, will permit the front of the foot and shoe to rotate relative to the heel.

Is this deep, empty sole slit an attempt to duplicate some of Nike's recent success with "air cushioning?" Is it just a gimmick foisted on the public by a running shoe company which wants consumers to think its shoes are "technically advanced?" Was adidas, which has taken a pounding recently from Reebok and Nike in the running shoe sale wars, forced to introduce a totally different shoe in order to recapture some of the market for running brogans?

The gaping gouge in the sole actually represents adidas' attempt to "uncouple" the heel and front of the foot, e.g., to permit the long bones of your feet - the metatarsals, which run between your heel and toes, and the toes themselves - and their associated muscles and ligaments to move somewhat independently of the heel itself. The traditional gunboats which you purchase in your running store now don't permit much movement between the metatarsals and heel, tending to lock them together. When the conventional clodhopper moves, your whole foot moves with it and the most significant movement permitted is between the heel and lower leg bone, or tibia, a joint not completely corralled by the shoe.

But why might it be a good idea to "uncouple" the front and rear of the foot? First of all, the typical running shoes sold today - even the "motion control" models - tend to enhance the amount of motion which occurs at the ankle during running and therefore are likely to increase the amount of pronation and supination which can occur, compared to the barefoot condition. If you're not convinced of this, try a simple test: Stand in bare feet and try to turn one of your ankles over by rolling it to the outside. You'll find that it's very hard to do - the bare foot resists this potentially injury-producing motion.

Now put on your favorite running oxfords and attempt the same maneuver. You'll find that as your foot and shoe roll to the outside, you reach a point where there is a sudden, potentially damaging, outward rolling motion that wasn't there when you were barefoot. This is one indication that current running shoes tend to augment, not restrict, the amount of side-to-side motion which occurs at the ankle joint.

adidas' theory is that by placing a crack in the sole of the shoe and permitting rotation between the metatarsals and heel, the heel-tibia joint won't be forced to move quite as much when we run, those frightening ogres called pronation and supination will diminish in magnitude, ankle joints will suffer less stress during running, and fewer injuries will result. In the unshod condition, there is a small amount of natural twisting that occurs between the metatarsals and heel, especially when we turn corners or walk on uneven ground.

As mentioned, that natural motion tends to be restricted by conventional shoes. So, equipping shoes with a "TORSION groove" seems to make sense. But it also brings to mind one of the ironies of purchasing running shoes - you have to buy an expensive pair of running shoes with special features in order to try to get your feet to behave as though they weren't encased in running shoes to begin with.

The adidas efforts weren't dreamed up overnight by a pitch man in promotions or an advertising agent grasping for an attention-getter. They represent the culmination of over six years of research at three different laboratories around the world. One of the scientists spearheading the effort to develop the adidas TORSION shoes is the eminent Dr. Benno M. Nigg of the Biomechanics Laboratory at the University of Calgary, Alberta, whose research has been partially funded by adidas.

The well respected Nigg, who had edited and co-authored a highly acclaimed book - Biomechanics of Running Shoes - and has published countless scientific papers on running shoes and running injuries, has been a voice of reason in the running shoe wilderness for over a decade. For example, back in the 1970's, running shoes were commonly tested by dropping a metal rod into the heel and then checking the heel for deformation and the overall shoe for lateral motion (pronation-supination). Given that testing protocol, shoe companies began producing running shoes which possessed stiff heel counters and flared heels which were narrow at the insole and wide where the shoe hit the ground (in an effort to control pronation). Running shoes also tended to have brickhard heels (to resist deformation). Such shoes did well on the metal rod test.

However, Nigg and others were able to point out that when real human legs were substituted for the metal bar and real human feet were placed inside running shoes, those three vaunted features-hard heels, outwardly flaring heels, and stiff heel counters - actually tended to increase pronation and thereby increase the risk of injury. In part thanks to his efforts, today's running shoes are softer in the heel and less flared, although the idea that runners need good solid heel counters to reduce pronation is still accepted as gospel.

Nigg has irritated some individuals with his outspoken views on currently popular running shoes. For example, Nigg said recently, "If someone starts talking to you about an energy return system in a running shoe, you know right away that you don't have to listen to them anymore. With the current materials used in running shoes, the idea that an energy return system would improve performance is a fantasy." Nigg also published some nettle-some research recently which showed that Sorbothane™ insoles absorbed shock no better than the modest EVA insoles automatically placed in most running shoes. And Nigg has also been able to show that most runners tested in his laboratory promote and/or supinate less when barefoot than when wearing modern running shoes.

THAT TROUBLING TORSION BAR

The ads for adidas TORSION proclaim that the permitted twisting between the front of the foot and heel is a good thing, that it is "natural." But then we're told about another feature of the TORSION shoes, the TORSION bar, which runs between the heel and middle of the foot along the bottom of the shoe parallel to the long axis of the shoe and limits the rotation between the metatarsal-heel joint!!

According to Nigg, the TORSION bar is present for good reason. Without it, the shoe would flex too much between the heel and front of the foot, and the metatarsals would be thrust backward toward the shin while the heel stayed in place, an unnatural, potentially harmful motion. The TORSION bar, constructed of coriaceous Kevlar, helps to prevent such backward movement while presumably permitting rotational motion about the joint. Adidas claims the bar helps to "guide" such rotational movement and prevents excess twisting, although it's hard to imagine how a plastic bar can effectively replace the natural activity of the muscles, tendons and ligaments of the feet to provide the proper amount of control. Nigg claims the permitted twisting is controlled by adjusting the resiliency of the Kevlar, and he believes the current Kevlar toughness is "about right," based on his laboratory tests.

Although adidas is backing its new shoes with a \$25 million advertising campaign, initial sales may be slow. The reason? According to Nigg, shoes with adidas TORSION feel fairly uncomfortable when worn for the first time, because runners simply aren't used to having the fronts of their feet rotate back and forth like spinning reels. That unpleasant sensation passes as the feeling becomes more familiar and the metatarsal-heel joint strengthens over a couple of days, and eventually the shoes feel more comfortable than most traditional models, says Nigg. Still, many runners will be unwilling to shell out \$100 (adidas' planned price for the TORSION footwear) for shoes which feel crummy in the store.

Another point to consider: The shoes will be on runners' feet this spring and will be sold as shoes which help to prevent injury. Yet not a single published scientific study supports the claim of reduced injury rates. Nigg, though, is reassuring on this point, claiming that his (as yet unpublished) data do show a reduced rate of injury with TORSION shoes compared to conventional models.

Some critics have already contended that the only time shoes with adidas TORSION would be really useful would be during running on extremely uneven ground, where the shoes might help to prevent wild swings in motion between the heel and tibia. If you stepped on an unexpected stone with the front of your foot, for instance, some of the potential movement at the ankle should be "damped" or absorbed by the permitted twisting of the front of the foot relative to the heel. But, as Nigg points out, the shoes could also be of special value when going around corners during road racing or track running, as well as when running on a slanted surface (as found on most roads). In those cases, the shoes might be especially helpful in limiting strains at the ankle joint.

The shoes are a bit garish. But in a market where most running shoes end up being worn for leisure activities and aerobics shoes are used more as a fashion statement than a tool to build fitness, we shouldn't be put off by adidas' attempts to make the shoes "look good." In addition, the TORSION shoes possess some features not found in currently popular models. The mid-sole will be constructed of Purolite, a form of polyurethane which is said to be more durable than EVA and lighter than traditional polyurethane. The heels will contain two layers of highly elastic beads to help soak up shock. And a "Guidance" version of the TORSION shoe will have extra firm Purolite on the outer edge of the sole to resist supination.

What do running shoe experts have to say about adidas TORSION? In general, they're not as sanguine as Dr. Nigg about the shoe's prospects. For example, Dr. Ken Mircvish, a noted physicist, sports shoe designer, and expert on the biomechanics of the foot, says, "In principle, the TORSION shoes don't seem bad. But it's too early to say if they will really be effective." And Ray Frederickson, Director of Biomechanical Research for Brooks Shoes, states, "The TORSION shoes are interesting, but I really don't understand how you can make the front and rear of the foot independent of each other. If you move the heel from side to side, the front of the foot will move with it, and vice-versa."

There are still plenty of unanswered questions concerning shoes with adidas TORSION. For example, will wearers of the shoes have a higher risk of injury at the heel-metatarsal joint, since it is permitted to have a greater range of motion than usual? Do the shoes really reduce the chances of ankle and knee injury? Will high mileage runners find the shoes to be comfortable and durable? Despite these unresolved questions, adidas TORSION is not just another gimmick but represents a potential advance in running shoe design.



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THE NEED TO RACE

Running and racing use the same action, but they aren't the same in content. Running, gentle running, is a pleasure to do while you're doing it. Racing is painful, and only becomes pleasurable on reflection, after the hurting has stopped. Everyday runs balance themselves between comfortable and uncomfortable. Races operate close to the jagged edge of exhaustion. The trick is to see how close to that edge you can push without falling over.

Distance runner Ona Dobraz says, "With long distances, the body is feeling at home in its environment, functioning as a 'part,' not apart." It's being as one, just as natural as everything around you. "But, in contrast, she says racing is "the meshing of mind, body and emotion into complete coordination, not being aware of your surroundings but only of your own movement through space... Just as our voices are not always meant to be calm and want to sing, our legs are not meant always to walk. They want sometimes to run—hard."

The runner running has time and energy to look around. The runner racing has neither. He has to concentrate fiercely on a competition, internal more than external. The demands of the race and the toll of fatigue turn him inside himself.

"Jogging through the forest is pleasant," writes Ken Moore, "as one's travels. Racing is another matter. The front-runner's mind is filled with an anguished fearfulness, a panic, which drives him into pain."

"Exploring the forest is easy," Moore says. "Exploring the limits of human performance is excruciating." The runner who only runs comfortably sees only the flat and quiet forest floor. The racer seeks out the valleys and peaks of himself.

Despite all the logical reasons not to race, runners keep racing. The challenge is there, and they need to wallow in it. They need to see what's inside themselves, to tear themselves down a bit to see what they have built up.

Jack Semple, the colorful organizer of the Boston marathon, thinks compulsive racers are like impatient farmers. Racing, he says, "is like pulling up the carrots to see if they're growing."



WARMPUPS

Ultrarunning

Wolfpack Fall Classic

Columbus, Ohio

Oct. 30, 1988

50 km, 6 hour

50 km

- | | |
|---------------------------|---------|
| 1. Robin Fry, 36 | 3:35:50 |
| 2. Jan Kreuz, 41 | 3:44:32 |
| U.S. 40-44 record | |
| 3. Bob West, 47, IN | 3:46:50 |
| 4. Dennis Rainear, 36 | 3:47:05 |
| 5. Richard White, 28 | 3:53:55 |
| 6. Larry Anderson, 45, MI | 4:00:56 |
| 7. Delbert Ruckle, 43 | 4:06:18 |
| 8. Phil Freeland, 38 | 4:08:00 |
| 9. Frederick Davis, 40 | 4:10:15 |
| 10. Bill Wilham, 42, IN | 4:14:00 |
| 11. David Powell, 34, KY | 4:28:25 |
| 12. Robert Smith, 42 | 4:35:32 |
| 13. Linda Evans, 39 | 4:40:18 |
| 14. Ed Klingelheber, 45 | 4:40:30 |
| 15. John Alfonso, 37 | 4:57:43 |
| 16. Thomas Burgess, 41 | 5:33:17 |
| 17. Denny Fryman, 41 | 5:41:07 |
| 18. Rex McKinney, 55, IN | 5:59:43 |
| 19. Robert Cairns, 52 | 6:08:28 |
- 23 starters

6 hour

- | | | |
|------------------------|----|-----|
| 1. Bill Wilham, 42, IN | 40 | 684 |
| 2. Robert Smith, 42 | 37 | 496 |

Jan Kreuz, a 41-year-old airline attendant from Cincinnati, turned in a seemingly effortless 50-km performance of 3:44:32 to take second place overall and capture the women's crown at the fifth running of the Wolfpack Fall Classic in Columbus, Ohio. Her effort was 14 minutes faster than the current official national 40-44 record.

Kreuz was a graceful running machine as she churned out sub-eight minute miles on a cool autumn morning. She held back slightly during the first five 5-km laps to find out what kind of day she was going to have. When the 25-km split of 1:53:54 was



A U.S. 40-44 record for Jan Kreuz.

logged, we all knew that the record was in serious trouble!

Abandoning her comfortable position in fifth, she began to move up on the field. Confident at the 45-km mark that an outstanding mark was in progress, husband Kevin Kreuz urged Jan on toward a tougher goal, namely the course record set as a split in 1984 by the great Sandra Kiddy. The incentive proved successful to Kreuz as she turned out her fastest 5 km of the day, an amazing 21:13, to shave 13 seconds off the 50-km course record.

Jan Kreuz is not quite a household name in ultrarunning circles, but she may soon be more well known if 1988 is any indication. In April she captured the National Masters 50 Mile Championship with a mark of 6:37:22, the second-fastest U.S. women's time in 1988.

John White

UltraRunning magazine, recently published its annual North American Ultra Lists for 1988 and ranked Chuck Okorowski 498th (7:53:37) in 50 mile finishers.

Not making the list for 1988 are FWTC ultrarunners Don Lindley and Rodger Puckett. In 1988 however, Don ran a 60K (37.3 miles) in 5:41:30 and Rodger in 5:52:15. Rodger also ran a 50 miler in Columbus, Ohio in 8:37 and DNF the Old Dominion 100 Mile Run, where he was forced to drop out after 22 hours and running more than 75 miles. An ULTRA effort!!

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The Running Life

by Fusco



COME RUN WITH US!

Tuesday 6pm.

Thursday 6pm.

Saturday 9am.

People can meet by the left side entrance of the IPFW Athletic Building. Look for Mike Kast and friends.

Wednesday 5pm.

Foster Park. Meet in the parking lot near the volleyball courts. Look for John Treleven.

Saturday 7am

Meet John Hilker in the lobby of Central YMCA.

SUNDAY 7:30am

Meet Barb Scrogam and Joyce Butler at EAST parking lot (near restrooms) at **JOHNNY APPLESEED PARK.**

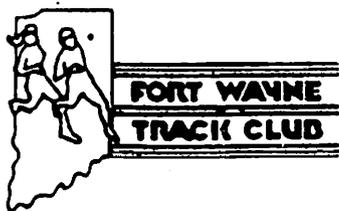
INJURY

THE REHAB CYCLE

As a low-impact activity, stationary bicycling is frequently prescribed as an aerobic alternative for injured runners—especially those with stress fractures and other lower-body overuse injuries. But many injured runners-turned-riders dislike cycling, believing that riding a bike provides a less intense workout than running. As a result, many continue to run through injuries, which only delays the healing process.

But according to kinesiologists at the University of Waterloo in Ontario, you won't lose your hard-earned fitness by biking while injured. Their study of 12 recreational women runners demonstrated that those who switched to stationary bicycling for up to four weeks suffered no loss of aerobic power or running ability.

If an injury forces you onto a stationary bike, the prescription for successful fitness maintenance, as defined by this study, calls for cycling at least four times a week at 80 to 85 percent of maximum heart rate for a minimum of 30 minutes each session.



Jan. 13, 1989

Dear Don,

Enclosed is my renewal check. As the Track Club records may indicate, I've been a member since October 1977.

I've run many Track Club races over the years, and others where members were also running. It has been a very enjoyable period in my athletic career.

I moved to Southern Pines, North Carolina in late 1986 as Plant Manager of the Aro Corporation plant after 8 years in Angola and before that Bryan, Ohio.

My running was in good shape till a torn cartilage last year caused 2 arthroscopic operations on my right knee. Now I'm trying to recover and get in racing condition to take on the 60+ age group in North Carolina.

Best wishes to you personally and to all the Track Club friends I've made over the years. I enjoy reading the news letter every month.

Yours truly,
Giles Tomlinson



**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

Running Wild

1. Average maximal oxygen uptake (ml/kg/min) of untrained male adults: 43
2. ...of national team wrestlers: 56
3. ...of national team swimmers: 66
4. ...of national team distance runners: 79
5. Of 38 active running clubs responding to a 71-club survey, the number whose names included the words "Track Club": 15
6. ...Of those 15 active "Track Clubs," the number that don't conduct a single track meet: 5
7. ...Average number of *road* races conducted per year by each of the 38 responding clubs: 11.9
8. Percentage of the U.S. population who have some form of asthma: 6.6%
9. ...Percentage of top amateur athletes who have some form of asthma: 13.4%
10. ...Extent to which asthma-related deaths have risen in the U.S. since 1976: 23%
11. Winning time in the male 60-and-over division of the Capital Pursuit 10 Mile in Des Moines, Iowa, on September 18: 1:12:38
12. ...Winning time in the male 19-and-under division of the same race: 1:12:36
13. Number of frozen fruit bars served at the Old Style Marathon in Chicago: 30,000
14. ...Temperature at the start of the race: 38°
15. Amount of money spent by the U.S. Olympic Committee last year on random drug testing: \$600,000
16. ...Number of U.S. runners caught by the testing program: 0

Sources 1-4: B. Saltin and P. Astrand, *Journal of Applied Physiology*, Sept., 1967; 5-7: Harold Tinsley, reported in *Road Race Management*, Nov., 1988; 8-10: Whittell Laboratories, 1988 (based on 1980 Census data); 11-14: *What Happened at the Races*, *RUNNING TIMES*, 15; 16: USOC.



WALKING FOR FITNESS TIPS

- In the beginning, you may not be able to walk daily; walk on alternate days until your condition improves.

- Use the first five minutes for warm-up.

- Start slowly and walk at a comfortable pace to avoid fatigue.

- Work up to a minimum of 30 minutes every day.

- Wear comfortable clothes and shoes; running shoes are the best.

- Don't overdo it. Stop and rest if you get tired.

- Don't be a fairweather walker. If properly attired, you can walk in almost any weather.

- Keep a log of the distances covered and time walked. Try to improve every week.

- Enjoy yourself.

Distances and Times	
DISTANCE	TIME
55 yds.	:38
110 yds.	:56
220 yds.	1:40
440 yds.	3:20
880 yds.	7:30
1 mile	12:00

(Time-minutes and seconds)	
55 yds.	:25
110 yds.	:50
220 yds.	1:40
440 yds.	3:20
880 yds.	6:40
1 mile	13:20

The most important thing is simply to set aside part of each day to exercise. No matter what your age or condition, it's a practice that can make you healthier and happier.

SAFETY FOR WALKERS-AND JOGGERS



Walking and jogging are fitness sports. A major concern is the safety of participants. Finding a park, a school track, a golf course, or an established jogging tract is preferable to using public thoroughfares. Let's try to stay off roadways.

If jogging on busy roads and streets seems unavoidable, all possible precautions should be taken.

Avoid peak traffic hours.

Face oncoming traffic.

Wear reflective markers on outer clothing.

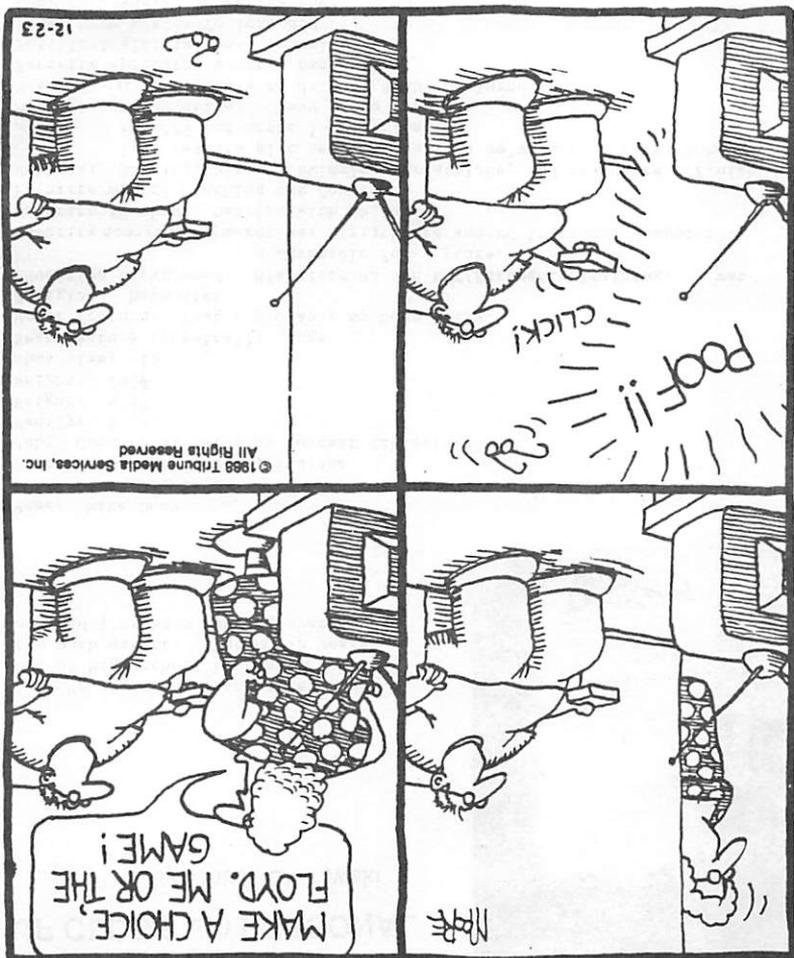
Avoid low visibility situations.

Staff off that part of roadway used by vehicles.

Use a jogging path.

Listen to your body. If you develop dizziness, pain, nausea, or any other unusual symptom, slow down or stop. If the problem persists, see your physician before exercising again.

Don't try to compete with others. Even individuals of similar age and build vary widely in their capacity for exercise. Your objective should be to steadily improve on your own performance.



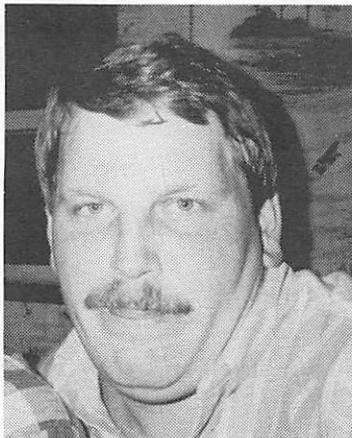
Steve Moore

IN THE BLEACHERS

INSIDE TRACK PROFILE ...

UP CLOSE AND PERSONAL

by Chuck Okorowski



"I started running after I got out of high school because I gain too much weight. That was 15 years ago and I've been running ever since."

Name: Mike Ducey
DOB: April 21, 1955
Place of Birth: Muncie, Indiana
Job: Commercial Sales at Comcast Cablevision
Family: Single
Height: 6'3"
Weight: 260#
Shoe size: 13
Best feature (physical): Legs
Worst feature: That's probably my beer belly.
Religion: Methodist
Education background: Blackford HS and EMT/Paramedic Training. I was a paramedic for 3 years.
Favorite non-running magazine: Triathlete and PC (Personal Computer).
Favorite TV show: Married with Children
Favorite music: Anthing but Country.
Hobbies: Running, biking, swimming, triathlons, and computers. Finish line results also keeps me busy as we've got 35 races scheduled for '89 and maybe 1 triathlon.
Make of car you drive: Chevy Astro Van
Make of car you'd like to drive: Saab 900 Turbo
Favorite spectator sport: Baseball
Political affiliation: Republican
Short term goal: To lose 35#.
Long term goal: To retire when I'm 40.
Achievement of which you are most proud: Directing the Summit City 10K.
First job: Lifeguard at the Hartford City Memorial Pool.
Comfort food: Donuts
Happiest memory: Finishing my 1st triathlon. It was the first year of the '85 Indy Bud Light. That's the standard USTS distance 1.5K swim, 40K bike and 10K run.
Least-like household chore: I don't mind cleaning, but I hate taking out the trash.
Pets: None
Pet peeve: People who are late.
Favorite non-running leisure activity: Biking and computers.
Greatest fear: Volunteers not showing up to work at races.
If I could I'd love to live in: San Diego
Personal strength: I'm a positive person, and have a good sense of humor.
Personal weakness: Sometimes I can be impatient.
I wish I have more time to: Travel. I'd really enjoy seeing other parts of the country.

Running PR's

10K 42:12

Number of years running: 15 years.

My first race: The 1st year of the Indy Mini (1974), and I finished.

FWTC member since: 1987 when I moved here from Muncie.

Who/What started you running?: I lived with a very good runner after high school and about that time I started to gain weight. He helped me a lot with running.

My worst race?: The 1st Lincoln 10,000 in 1978. It was hot and humid!

Triathlons: I've run 16 and finished 14. I had bike problems in both (2 flats and a broken derailleur). I swam in high school so that's a strong event for me. I've done the Muncie Endurathon twice ($\frac{1}{2}$ the Ironman distance at 1.2 mile swim, 56 mile bike and 13.1 mile run).

Favorite shoes: Brooks Chariot CC.

Bicycle: A ZULO with Campagnolo equipment.

"I enjoy running very much. I also enjoy directing and timing races and events too. I sincerely want to thank those who support running, the many volunteers, and everyone who comes out to help, cheer and support runners.

General Well-Being

Seven medical experts were asked by the President's Council on Physical Fitness and Sports to rate fourteen sports and exercises on a scale of 0 to 3, indicating their effectiveness in promoting general well-being. Thus, a rating of 21 for an exercise means it was viewed as most beneficial, since each of the experts gave it a score of 3.

	WEIGHT MUSCLE				
	CON- TROL	DEFINI- TION	DIGES- TION	SLEEP	TOTAL
Jogging	21	14	13	16	64
Bicycling	20	15	12	15	62
Swimming	15	14	13	16	58
Skating (ice or roller)	17	14	11	15	57
Skiing — Cross					
Country	17	12	12	15	56
Handball/Squash	19	11	13	12	55
Basketball	19	13	10	12	54
Calisthenics	12	18	11	12	53
Tennis	16	13	12	11	52
Skiing — Downhill	15	14	9	12	50
Walking	13	11	11	14	49
Softball	7	5	8	7	27
Golf	6	6	7	6	25
Bowling	5	5	7	6	23

SOURCE: The President's Council on Physical Fitness and Sports.

Endings and Beginnings

One summer day in 1957 my father suggested that my sister Leslie (age 16), my brother Chris (11) and I (15) race him the length of our farm driveway, about one-quarter mile.

After we had run, he formalized the race idea, setting a date several weeks in the future so we could all train up. He asked Leslie to make a ribbon for the winner. Each of us was sure we could win: Leslie was the oldest child; Chris felt that as a boy he should surely beat us; and I was tall, skinny and fast.

I won the race. Dad claimed he knew all along I would win from the length and configuration of my hamstrings. "You know, Karen," he said, "you should train up for the 1960 Olympics. You could be a really great runner."

Sweet Dad. We had no track or cross

country for females at my high school, and instead I became the world's most enthusiastic cheerleader.

On a beautiful fall day in 1982 another high school girl with running potential waited on the track for my Dad. He was her cross country coach, and she was headed for the Wisconsin State Cross Country Meet that weekend. She waited in vain. Dad never came. That afternoon he had suffered a fatal heart attack.

In June of 1983 some runners decided to put on the first annual Christy Race in memory of my father, their coach. It was set for late July, six weeks away. Even though I hadn't run in 25 years, I was determined to do it. Somehow I felt that if people were going to run because of Dad, I had to be one of them. My plan was to train by running one mile a day the first week, two miles a day the second week, etc., adding one mile each week until I was running five miles a day. However, the

first day I was amazed to discover I could not even run a half mile. Yet, I persevered, training in my son's cast-off racing flats that almost fit.

The six weeks flew by, and I found myself apprehensively approaching the starting line, thinking about Dad, wondering how things would go. I ran, walked and cried my way to the finish line of the five-mile Christy Race. My time was 40:40, which ironically coincided with my age.

Since that day, I've run five miles in 30:34; I've even won some races (Lincoln's Capital City Classic, Dorsey Race and Gateway Getaway). I've set a couple of masters records, including Omaha Marathon's, and I've received some nice trophies and gift certificates. But how can they compare with a homemade blue ribbon or my father's infectious enthusiasm and adoring smile?

Thank you, Dad.

—Karen Christenson Bestul

Coming Events

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 9, 1989

ARC Bank Climb
Fort Wayne National Bank, Berry St./ 10:00 a.m.
Race Director: Sue Schmidt (219) 456-4534

Annual Crime Prevention Run, Walk, Crawl
10K Run, 2 Mile Walk
McMillen Park, Fort Wayne/ 3:00 p.m.
Race Director: Danette Norman (219) 427-1205

MEMBERSHIP MEETINGS

APR. 11th 6:30 p.m. Azar's Big Boy Northcrest

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

DO A FRIEND A FAVOR

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

FORT WAYNE TRACK CLUB

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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**

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