

# the inside track



FORT WAYNE  
TRACK CLUB

MAY '89

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

**IMPORTANT  
INFORMATION  
INSIDE**

MORE ON BOSTON...



MY QUADS ARE SHOT!

# 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

CHARKY'S RESTAURANT  
JUNE 13th 6:30pm 3036 HOBSON RD. at COLISEUM BLVD.  
MAY 9th 6:30pm PIZZA HUT 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

- May 6, 1989 American Cancer Society "We Are Winning" 5K  
Canterbury Green Clubhouse, Fort Wayne/ 9:00AM  
Race Director: Tom Wagner (219) 422-3911
- May 13, 1989 Ben Gay Active American Day Race 5 Mile,  
5K Walk, Pee Wee Run  
Foster Park, Fort Wayne/ 8:30AM  
Race Director: Mike Ducey (219) 482-9606
- May 20, 1989 2 10K  
Zanesville, Indiana/ 9:00AM  
Race Director: Karen Cahoon (219) 638-4224 or  
638-4108
- June 17, 1989 Central Soya Community Classic 5 Mile, 1 Mile  
Freimann Square, Downtown Fort Wayne/ 6:00PM  
Race Director: Dennis Strayer (219) 485-2633
- June 25, 1989 White River Games 5 Mile  
Foster Park, Fort Wayne/ 8:00AM  
Race Director: Judy Tillapaugh (219) 424-6723
- August 4, 1989 Midsummers Night Run 5K  
Canterbury Green Clubhouse, Fort Wayne/ 8:00PM  
Race Director: Sue Schmidt (219) 456-4534
- September 9, 1989 Don Lindley's Prediction Run 13.1 Mile  
Foster Park, Fort Wayne/ 8:00AM  
Race Director: Don Lindley (219) 456-8739
- September 23, 1989 Parlor City Trot 13.1 Mile  
Bluffton, Indiana/ 8:30AM  
Race Director: Jeni Hirschy (219) 824-3808
- September 30, 1989 Hilly 4  
Homestead High School, Fort Wayne/ 9:00AM  
Race Director: John Treleaven (219) 432-5315
- October 21, 1989 Scholarship Fund Run 5K Cross Country  
Indiana University/Purdue University at Fort  
Wayne, Athletic Center/ 8:00AM  
Race Director: Jerry Diehl (219) 481-6300
- October 29, 1989 Summit City 10K  
Grand Wayne Center, Fort Wayne/ 2:00PM  
Race Director: Mike Ducey (219) 482-9606
- December 9, 1989 Just Plain 10K  
Foster Park, Fort Wayne/ 2:00PM  
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 TILAPPAUGH

Many times I hear the phrase "The loneliness of a long distance runner." It's true that frequently people get the impression that runners are lonesome people. They see us many times by ourselves, all sweaty, and wearing a sad face. We appear uncomfortable and tired.

This portrait is completely false. There's a difference between being alone and being lonesome. When we can't be with our favorite running buddies we do run alone but we're not lonesome. We're having a good time. It's human nature to avoid doing anything that requires too much effort. No one does something regularly if it maintains a running routine because it makes us feel great. Our mind and body are tickled by what we do. We're not lonely inside we're glad.

A few weekends ago I couldn't join our regular Saturday morning IPRW universally running group. My run had to be alone in Indianapolis. No problem. I don't mind exploring new running routes. It actually turned into a neighborhood tour. I ran on several side streets looking at beautiful homes and yards. As my run progressed I passed many other active oriented people. There were bikers, walkers, baby buggy pushers, skateboarders, car washers, lawn mowers, gardeners, and RUNNERS. I definitely wasn't alone. I was getting fresh air and enjoying the spring warmth like every-one else. What a feeling. There was a frequent smile on my face. No loneliness was present.

This may there are many opportunities for you not to be alone. On every weekend there is a running event. The distances vary too. On May 6th there's The American Cancer Societies "We Are Winning" 5 Km run. This has been a well organized regular spring run for many years. It's perfect for runners who love short distances. Also on May 6th is the second annual "Save The Children Relay" at Foster Park. One could run, walk, or bike to help raise funds for the worlds needy children. It's an all day run from 8:00am to 8:00pm. You can run any distance, anytime during the day. For more information call John Bakin (744-2480). Don Lindley will be having his first of two 1989 13 mile Prediction Runs this same day and place. It will start at 8:00am.

A new event this year is The Ben Gay Active American Day Run on May 13th, Saturday before Mother's Day. It will be in Foster Park starting at 8:30am. There will be a Bee Wee Run, 5 Mile Run, and 5 Km walk. You've got 3 healthy choices. It's becoming more and more popular for runners and walkers to be together at events. Which is great. Let's welcome the idea of run/walk activities. It's a good way to increase event participation plus promote family fitness.

Also in May is a runner's clinic titled Stress Management For Runners. It's going to be held Tuesday evening May 23rd on the IPRW Unlver-sity campus. It starts at 7:00pm in the Athletic Building, room 104. It's an opportunity to learn stress response skills. Invest in yourself!!

The National Road Runners Club Of America's Annual Convention is being held June 8 thru 11<sup>th</sup> In Colorado Springs, Colorado. Are you going? Think about it!? It's a wonderful opportunity to experience Colorado. There are a few people who already have their plane tickets- Mary Connolly, Kris McCain, Don Lindley, Mark Brattoli, Chuck Okorowski, plus ME!! The RRCA conventions are always exciting, educational, and fun. For more information about the convention, look in the last Foot-Note publication from RRCA. Call me if you have any questions.

See you at the MAY events!!

Good Running!

#### THANKS FOR YOUR HELP

On April 14, 15, and 16<sup>th</sup> The Fort Wayne Track Club had a booth at Southtown Mall during their Health and Fitness Weekend celebration. This booth helped make people in our area more aware of our club and club activities. Below is a list of club volunteers who assisted in manning the booth.

Rob Wyatt  
Roger Puckett  
Ron Horan  
Jim Lee  
Sharon and Bob Pauley  
Barb and Jack O'Neil  
Marcia and Bill Schmidt  
Judy Tillapaugh

Ben Horrel  
Jack Hilker  
J.P. Jones  
Don Ashton  
Don Lindley  
Jerry Perkins  
Jerry Diehl

Thanks for all your time and dedication!!

# Moving?

## CHANGE OF ADDRESS

Put the **INSIDE TRACK** on your list of publications to notify when you move. We don't want you to miss any exciting issues. The Post Office **DOES NOT** forward third class mail. Send your change of address to:

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

FORT WAYNE TRACK CLUB  
MEMBERSHIP MEETING

April 11, 1989

ATTENDANCE: Second Vice President Mike Duce called the meeting to order at T.J. Pasta's with the following members present: Rob Wyatt, Clem Getty, Don Lindley, Larry Averback, Barb Scroggins, Joyce Butler, Mark Brattoli and Chuck Okorowski.

PREVIOUS MINUTES: Minutes of the previous meeting were approved.

TREASURER'S REPORT: Treasurer Don Lindley noted that total FWTC Newsletter mailings were 378 for the April issue. Our biggest expense in April was the Inside Track.

EQUIPMENT: Equipment and paper roll supplies are in good shape. Central Soya will need our mile markers for their race. It was noted that the 1 and 25 mile markers were stolen. If anyone has any information about the 1 and 25 mile markers, please call Clem Getty or CRIMESTOPPERS at 436-STOP.

NEWSLETTER: If any club members have any info or suggestions for the Inside Track, please contact Editor Chuck Okorowski, (H) 485-7885 or (O) 424-1972. Also please share your race experiences with other club members. If you run in an out-of-town race please write a few lines about it and send to Chuck. Most members are just like you and enjoy reading about running, races, and general impressions.

RACE SCHEDULE: No new updates to report. The Ben Gay Active American Day 5 Mile Race on May 13, 1989 begins at 9:00 A.M. at Foster Park. The PeeWee Race however, begins at 8:30 A.M. Contact race director Mike Duce 482-9606 for info. It was also noted the Cancer Run and Whitley County race are on the same day. Mike Duce assures us the Midsummers Night 5K Run will be a "quality" event this year.

We still need a Race Director for the Park Run which will probably be run the last Saturday in August. Contact Ron Horan 447-6627 if you can help.

Discussed the Health and Fitness Expo at Southtown Mall on April 14, 15 and 16.

Discussed the Stress Management Seminar to be held at IPFW on May 23rd.

The Annual RRCA National Convention was reviewed. This convention is June 8-11 in Colorado Springs this year. A number of FWTC members are taking advantage of the terrific rates being offered by United Airlines. Call Judy Tillapaugh for info.

OLD/NEW BUSINESS: FWTC Mileage Club was discussed. Awards for achieving distances of 250, 500, 750, 1000, 1500, 2000, 2500 miles per year discussed. M-F, age groups, walkers, sponsors, etc. were reviewed. Subject was tabled and further discussion will follow.

Meeting adjourned at 8:05 P.M.

By Judy Tillapaugh, RD

# Nutrition in Question

## PRIORITY PROTEIN

What's for lunch?

What's cooking for dinner?

These are common everyday questions. The popular answers are roast beef, grilled burgers, meatloaf, sliced ham, pork chops, hot dogs, or chicken. We're a meat oriented society. Our parents raised us to expect and look forward to meat rich meals. Automatically meal selections are determined by the type and amount of a main entree. 99% of the time that entree is a beef, pork, or poultry product.

We do value a nice piece of meat at a meal. It satisfies the taste buds. Meat products are excellent high quality source of protein, iron, B-vitamins, and zinc. But one major concern is that we usually get more meat than we need. Most Americans eat 2 to 4 times their protein requirement. That extra meat protein is a contributing factor to high saturated fat, high cholesterol meals. Regular use of high fat meals does increase a persons risk for the development of heart disease, cancer, obesity, and gout.

Nothing in excess is good for us. Think moderation. We only need so much animal and/or vegetable protein for daily essential protein functions. Whatever our body gets and does not need will get stored as fat. Also a high protein diet will promote dehydration. When protein is broken down, nitrogen is excreted. A large intake of protein makes the kidneys work over time to excrete the excess nitrogen, which requires the use of water.

Imagine for a moment a baker making a loaf of whole grain bread. He follows a recipe and combines certain amounts of essential ingredients. Whole grain flour, fresh yeast, cholesterol/low saturated fat oil, salt, and a little sweetener are all blended together. Too much or too little of any one of these ingredients would ruin the final product. For example, too much flour would produce a dry, tough, flat bread loaf.

Like the wrong mix of bread ingredients creates a poor product too much dietary protein produces unbalanced meals. If a meal is too high in meat it's going to be too high in protein and fat. The best meal blend is high in carbohydrate, moderate protein, and low in fat. To achieve moderate protein meals portion control is needed. The idea is to have lean beef, pork, poultry, and fish products but scale down the amount. A 2 to 4 ounce meat portion is better than 6 to 8 ounces.

Daily protein requirements are based on a persons weight. Non athletes need .8 to 1.0 grams protein per kilogram weight. Athletes or very active people need 1.5 grams protein per kilogram weight. Very active people do need more protein than a sedentary person. The extra protein is used to help attain and maintain a strong muscular system. There is some muscular tissue damage occurring during intense exercise. This can easily be repaired with use of an adequate diet and muscle rest. High protein supplements are not needed. A person can meet their protein requirements by eating regular balanced meals.

A range of serving amounts was given for each food group. A very active person would need the larger servings, especially more starch, vegetable, and fruit servings!

7 ounces from the meat group would be enough. This could be divided up such that 3 ounces is used at lunch and 4 ounces is used at dinner. Does it seem too little? By sight it may seem small, but it is all the high quality meat group protein we need. If you want more food at meals to match your energy needs fill up on good carbohydrate rich foods like breads, cereals, and starchy vegetables.

We Americans were raised on meat rich meals, but that does not make it right. Instead of large meat portions, adopt hearty carbohydrate servings. Go for Pasta Power

Think fine food for fitness,

*Judy Tillapaugh, R.D.*

Judy Tillapaugh, R.D.  
Community Dietitian

cmw

Here's how to figure your protein needs:

1. Measure your weight.
2. Change pound weight to kilogram weight.  
reference man - 150 pounds  
150 pounds divided by 2.2 equals 68 kilograms
3. Multiple kilogram weight by 1.5 grams/kilogram weight.  
68 kilograms times 1.5 grams/kilogram weight equals 103 grams
4. Reference man needs to select a variety of foods to meet his daily protein requirement of 103 grams.

Note- this is for a very active reference man, a sedentary man or woman would need .8 to 1.0 grams protein per kilogram weight.

Determining food group choices:

FOOD GROUP	PROTEIN PER SERVING	DAILY INTAKE	TOTAL PRO.
Milk Group	8 grams protein	2 to 4 cups	24 grams
	one serving equal 1 cup milk, 1 cup yogurt, or 1 to 1 1/2 ounce cheese		
Meat Group	7 grams protein per ounce	5 to 7 ounces	42 grams
	Lean beef, pork, fish, poultry, or cheese could be used as meat group choices. Note that the ounce weight is a cooked weight. Vegetarians could use cooked beans or tofu for meat group servings.		

Starch Group 2 to 3 grams protein 8 to 15 servings 36 grams  
 one serving equals 1 slice bread, 1/2 bagel, 1/2 bun, sm. muffin  
 1/2 cup rice, 1/2 cup cereal, sm. potato, 1/2 cup pasta,  
 6 crackers, or 6 pretzel rings

Vegetable Group 2 grams protein 2 to 4 servings 4 grams  
 one serving equals 1/2 cup cooked vegetable or 1 cup raw  
 vegetable.

Lettuce does not count because it is mostly water.  
 When you pick vegetables select ones that are colorful.

Fruit Group 0 protein 3 to 5 servings 0  
 one serving equals one small piece of fresh fruit or 1/2 cup

Fat Group 0 protein 5 to 10 servings 0  
 one serving equals 1 tsp. butter, 1 tsp. margarine, 1 tsp. oil,  
 1 tsp. mayonnaise, 2 tsp. salad dressing mayonnaise type,  
 1 tbsp. salad dressing, 1 strip bacon, 2 tbsp. sour cream,  
 2 tsp. peanut butter, 20 spanish peanuts, or 5 olives

TOTAL PROTEIN = 106 gm

See how easy protein needs can be gotten by good food choices?

### 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 News-  
 letter. New recipes can add meal appeal.

Address:  
 Judy Tillapaugh  
 Fort Wayne Track Club

P.O. Box 11703  
 Fort Wayne, Indiana 46860

### RECIPE OF THE MONTH

#### Oatmeal Spice Chocolate Chip Cookies

##### Ingredients:

1/4 to 1/2 cup soft margarine or butter  
 1 cup brown sugar  
 1 egg  
 1/2 cup milk

2 tsp. baking powder  
 1/2 tsp. salt. (optional)

2 tsp. cinnamon

1 tsp. clove

1/2 tsp. ginger

1 1/2 cups flour ( use 1/2 whole wheat and 1/2 all-purpose flour  
 if you'd like)

1 1/2 to 2 cups quick oats  
 1/2 to 1 cup raisins

1/4 to 1/2 cup chopped nuts  
 6 ounces chocolate chips

##### Method:

Mix together all the ingredients. Drop batter by the teaspoonful  
 on to a lightly greased baking sheet. Bake in a 350° F oven about  
 5 to 10 minutes or until they test done. Enjoy!!  
 Try a cookie or two with a glass of milk for a fine snack.  
 Be sure to share some with friends!!

Recipe is from Karin Vonberg (Tillapaugh's most admired high school  
 track and cross country running companion. Karin held the New York  
 State 880 yd. record in 1976. Cookie Power!!)

# **MARATHON**

# **89**

## **BOSTON**

Dear Ft. Wayne Track Club,

I have an acquaintance I talked into joining your club because of the benefits. He is a good runner and has been ignored in his latest accomplishments. He ran the Columbus Marathon in 2:52 and just completed Boston Marathon in 2:56. He received no recognition or wishes of good luck as did other members. Are members supposed to call and report and brag about their results? If this is so then you had better tell them, or you may lose some good members. How many other people who are not from Ft. Wayne and Auburn are you also ignoring?

The person I am writing about is Doug Fekete of Albion. He is not aware I am sending this. I hope that in your next issue of your newsletter when you discuss Boston that you do not leave out his name.

Thank You

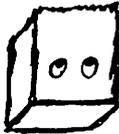
PRESIDENT'S NOTE:

On behalf of the Fort Wayne Track Club, I apologize for not recognizing Doug Fekete of Albion, Ind. for his outstanding long distance running abilities. Truly his times at his recent marathons reflect his talents. May he keep on doing well.

The Fort Wayne Track Club does its best to recognize club member achievements. We want to support the needs and praise the accomplishments of our club members as much as possible. We try not to highlight certain particular people.

To accomplish our desires we need the understanding and help of ALL the members. It's very difficult to impossible for the club officers to know all the fine successful achievements of our members. We don't know until someone lets us know via phone, letter, or personal contact.

April 22, 1989



—RD—

tion as it gives me an opportunity to recognize the unknown member. agree with such a policy but feel this particular letter deserves atten-

have a policy — to not print unsigned letters to the editor. I and the editor must practice editorial prudence. Most publications

The Inside Track is a publication for and about the FWTG members. in the next issue.

like listed in the Inside Track, let me know ASAP. I'll include it aware of a race they plan on running, or have race results they would

If any member has been omitted or would like to make the members tion and has not been mentioned.

plecting Boston, 89 in 2:56. Congrats also to anyone else who ran Bos- And obviously, congratulations to Doug Fekete of Albion for com-

with a 3:19:41! What a tremendous runner and competitor! Bernie qualified for Boston at the Las Vegas Marathon on Feb. 4, 1989

(he's age 56). Congrats to Bernie on his fantastic finish. By the way, Bernie Hestring of Huntington finished Boston this year in 3:49:20

ingly neglected. Iy there were several FWTG members who went to Boston that were unknow-

unknownly omitted someone. For that I sincerely apologize. Actual- In my enthusiasm to acknowledge FWTG members going to Boston, I

in fact, was the opposite. I certainly didn't plan on ignoring anyone. My intent

who we knew were intending to do Boston, became an opportunity to rec- ognize members. I certainly didn't plan on ignoring anyone. My intent

runners, also ascending this meeting were three members who planned on fters, not just select individuals I chose to list. In addition to club of-

were the only runners we were aware of going to Boston, and certainly Consequently, the seven individuals listed in the April Inside Track

March membership meeting if they knew anyone going to Boston this year. With those objectives in mind, I asked the members present at the

each month. newsletter. A newsletter that we can be proud of and enjoy reading

effort to provide members with a high quality, informative and diverse As editor of the Inside Track since October I've made a genuine

FROM THE EDITOR

Judy Tillapaugh, President FWTG

*Judy Tillapaugh*  
Good Running,

Thank you sir for your letter of concern. You brought up an im- portant issue. Let us know anytime how we can assist you.

to him by 15th of the proceeding month. said he had nothing for the May "Inside Track". Send your contri- butions to him. He likes all information for the next newsletter I spoke to Chuck just today at the NAVL Spring Classic Run. He

from you. newsletter so interesting to read. Chuck is always glad to hear news are doing. It's those personal success stories that make the- in the last two newsletters. I love reading about what other run- His address plus all the other board member addresses were listed please send it to our track club newsletter editor Chuck Okorowski. has any information that you would like printed in the newsletter letters are the main inserts in the newsletter. If you or anyone articles, race applications, advertisements, comics, pictures, and out of town race accomplishments, interest stories, educational activities and achievements of club members. Local race results, Track" newsletter's purpose is to keep club members aware of club happening. Let's improve our communication lines. Our "Inside I encourage ALL club members to help keep us up to date on what's



## 1989 BOSTON MARATHON

By Barb Scrogam

On Friday, April 14th, Chuck and Marilyn Mills, Barb Scrogam, Joyce Butler and Larry Averback, packed their suitcases, loaded up in Chuck's van and headed for Boston. The weeks of training and twenty mile runs, were now behind us. We were ready to take on the prestigious "Boston Marathon!" Due to heavy traffic, we didn't get on our way until around six o'clock. We had a seventeen hour drive before us. Joyce brought along a big box of food loaded down with fruit, yogurt, crackers, fresh vegetables with poppyseed dressing, granola bars, popcorn, pop and our favorite drink, Exceed. We drove all night, that is, Chuck and Marilyn did. We arrived in Boston around two o'clock Saturday, April 15th. Chuck and Marilyn stayed with friends in Rhode Island while Barb, Joyce and Larry stayed in a friend's condo. We made arrangements with Chuck to try to see him in the staging area before the race. Chuck and Larry were planning on running bandit, and were a bit concerned on how they might get down to the start of the race. It rained both Saturday and Sunday, and we prayed it wouldn't on Monday.

Saturday afternoon, Barb and Joyce picked up their numbers, Saturday evening, we walked in the rain to a restaurant, Ciao Bello and had a delicious meal. After supper, we walked more in the rain to Elliotts, a bar for runners, however, it was packed and they'd only let people in when people left. After standing in the rain awhile, we decided to move on. We ended up on the 52nd floor of the Sheraton. They had a disc jockey, and the place was packed! It was still raining when we left, so we summoned a cab to take us to the condo.

Sunday it was still rainy. We went to the Expo in the afternoon, where we purchased T-shirts, sweatshirts, pin, hat, mugs, posters and power bars. Many shirt sizes were gone, and we wished we had come on Saturday. While at the Expo, we saw and talked with Jim Ellert and Brad Middleton, from Auburn. We took a taxi to the pasta dinner which was at the Black Falcon Terminal quite a distance away. The meal was delicious, and you could go back. They had a woman walking on stilts, and a juggler to entertain you. We recorded the experience with my camera.

Monday, April 17th, Race Day. We all got up early to get ready for the marathon. We walked down to Copley Square to board the

buses. The ride to Hopkinton took about forty-five minutes. We saw Joan Gary by the school at Hopkinton, and asked her if she was ready for the big race. We decided to walk down to the start, and take a look at the course. Kids gave us balloons and suntan lotion. We met up with Chuck and Marilyn down by the start, and had Marilyn take our picture. The sun was getting warmer, and the temperature was 74 degrees when the race started. It was a little hotter than we liked, but definitely better than the weekend rain. Barb and Joyce started the marathon carrying their balloons, Larry joined them directly. Barb almost fell trying to keep up with Joyce and Larry, a guy grabbed me to keep me from falling or I'd been a goner! Due to that scare, I took it a bit more easy. The start was very congested, and the street was very narrow. Something happened to my watch because at five miles I glanced down, and it said five minutes and forty-five seconds. I thought I must be really sailing or my watch was off. I knew it was my watch. The people along the way were "super!" They called your name out, and even went into chants for you. Other runners, from Auburn, Indianapolis, and Evansville ran with me for a spell along the way, and asked me what city in Indiana I was from. Between the Exceed, and Mike Kast's pre-marathon research diet advice, I felt good. The hills didn't bother me as much as I thought they might. In the last six miles, I was able to hold a steady pace. With the crowds continual cheers, I felt encouraged all the way! Receiving the medal after completing the marathon, always gives me a thrill and makes me proud and happy! Boston is a marathon I'd love to do again! Out of the seven marathons I've run, it was my second best time. Approximate finishing times are as follows: Barb Scrogam, 3:46:00, Joyce Butler, 3:38:58, Larry Averback, 3:38:58, Chuck Mills, 4:30:00, Joan Gary, 3:52:00.

After the marathon, we walked back to the condo up four flights of stairs, to get our suitcases. Coming down those stairs was a real challenge! We had a champagne celebration later that evening, and compared feet to see whose were the worst. Chuck won with a nice blood blister on his toe. Now a seventeen hour drive back home. Due to work obligations, we weren't able to stay for the post marathon party. We also, regretted not having more time to sight see. The trip was well worth it though, as Boston was great!!!

**MORE ON BOSTON...**

**MORE ON ...**

**MORE...**

**Joan Gary sent us some finishing times:**

<b>Barb Scrogam</b>	<b>3:46:02</b>	<b>532 place</b>
<b>Joyce Butler</b>	<b>3:38:49</b>	<b>420 "</b>
<b>Joan Gary</b>	<b>3:52:30</b>	<b>615 "</b>
<b>Brad Cooper</b>	<b>2:48:47</b>	<b>392 "</b>
<b>Chris Cooper</b>	<b>3:02:06</b>	<b>37 "</b>
<b>Brad Yoder</b>	<b>3:05:39</b>	<b>1304 "</b>
<b>Chuck Mills</b>	<b>4:30:00</b>	<b>Bandit</b>
<b>Larry Averback</b>	<b>3:38:49</b>	<b>Bandit</b>

**Entries: 6,418 (1,133 Women)**

**Finishers: 5,982**

**5,122 Men Finishers**

**860 Women Finishers**

INDIANA UNIVERSITY  
PURDUE UNIVERSITY  
AT FORT WAYNE

Office of Athletics  
(219) 481-6643

April 17, 1989

IPFW Spring Classic  
5K Cross Country  
Race - Walk

Temperature in the 60's, overcast with s.w. winds at start of race.

Place	Name	Time
1	Joel Wise	18:23
2	Greg Weisser	18:39
3	Mark Kuhn	19:08
4	Mike Schoudel	20:27
5	Don Lindley	20:38
6	Dan Martin	20:39
7	Joe Dillon	20:54
8	Mike Kasales	21:41
9	Brad Honn	22:34
10	Rob Baller	22:40
11	Shari Eger	22:49
12	Dave Neely	23:02
13	Paul Strouts	23:48
14	Arnie Ball	23:51
15	Michael Przybylski	23:59
16	Sara Noll	24:22
17	Sheila Konger	25:16
18	Eric Zehner	25:19
19	Ken Disler	25:27
20	Alan Federman	25:31
21	Kelly Mahoney	26:05
22	Martha Yaggy	26:35
23	Amy Taylor	29:05
24	Ken Bordens	30:47
25	David Young	30:47
26	David Fairchild	30:48
27	Janet Fought	34:58
28	Traci Brookbank	35:52
29	Bobbi Shadle	40:12
30	Linda Bruinsma	40:13
31	Lisa Sheehan	46:55
32	Marcia Tuttle	46:56
33	Clara Meyer	47:06

## OBITUARIES

# Fitness advocate Ray Sears dies after being hit by car

Ray Sears, 82, Shelbyville, a record-holding runner in his younger

years and a physical fitness advocate, died Tuesday in College Park, Md., after being struck by a car while walking.

During his running career, Raymond Andrew Sears went from being a teen-age track star in Greencastle to a world-record holder in 1934 for the indoor two-mile (9 minutes, 7 seconds).

For years, he organized races in Shelbyville, including the Bears of Blue River Classic, and encouraged people of all ages to exercise. One of the ways he did this was in a column that appeared periodically in the *Shelbyville News*.

"I don't know of anyone in the running community who didn't know Ray Sears," said Ken Long, a race promoter. "Even though he had been a world-record holder, he was friendly to everyone and devoted a lot of time to beginners and helping them out."

In early 1988, Mr. Sears estimated he had logged 128,000 miles running. Nearly every year, Long said, Mr. Sears ran from Shelbyville to Butler University. He also celebrated his 82nd birthday at a road race.

"He epitomized how an active lifestyle can enable you to live a full and active life," said Thom Burleson, an owner of the Athletic Annex Running Center. "The things the man did in his 80s in terms of running are quite amazing. I think

that's certainly great testimony to the benefits of an active lifestyle."

While at Greencastle High School, Mr. Sears won the state title three times for running the mile. At Butler University, where he graduated, he took Amateur Athletic Union and National Collegiate Athletic Association cross-country titles and was an alternate in the 1,500-meter event for the 1932 U.S. Olympic team.

He coached Butler's track and cross-country teams for four years, followed by a stint in the Marine Corps in the 1940s. He later coached the sports at Marion High School for 10 years, at a high school in California for a year and at a Hartford City high school for six years.

As he got older, Mr. Sears worked to add divisions for older people in races to encourage them to be active.

"The aging process keeps going, but while you're around you might as well enjoy it and keep in shape," he told a reporter from *The Indianapolis Star* in February 1988.

"I thought it would be another reason for encouraging people to run, by actually doing it, not talking about it. I go around to various organizations. This is one of the things I like to say: 'I run to keep in good physical shape. How about you?' So it's sort of a challenge."

Mr. Sears was a Boy Scout leader for many years, receiving the Silver Beaver Scouting award. In 1984, he was the Shelbyville Chamber of Commerce Man of the Year. He also had been a member of President Reagan's Council on Physical Fitness and Indiana Gov. Otis Bowen's Council on Physical Fitness.



Mr. Sears

## Rain Running

Rain running's fun  
When it's just a drizzle  
And it takes the sizzle  
Out of the sun

—Joe Collins



*Nancy K. Norman*  
Danette K. Norman  
Sincerely,

Dear Fort Wayne Track Club,  
I want to thank you for your help with our 2nd Annual Run/Walk/Crawl. I especially want to thank Mr. Shetty and Ms. Tillapaugh for their help the day of the event. We were quite pleased with the turn out we had, and appreciated your assistance with the event.  
Enclosed is the payment for the insurance and the complete package. Again, I thank you for your assistance and hope that we may utilize your services next year for our event.

April 18, 1989



VICTIM ASSISTANCE PROGRAM

One Main Street  
Fort Wayne, Indiana 4680  
Office: 427-1205  
Emergency: 427-1222

ATTENTION INDY MINI MARATHON RUNNERS  
COME TO THE POST RUN TAILGATE PICNIC!!  
Are you running the Indy Mini Marathon Friday morning May 26th? There will be a tailgate pot-luck picnic after the run in the infield. It will be near the first turn. Look for Don Lindley's gray van and the Fort Wayne Track banner.  
Everyone is welcome to join Don and friends!  
Bring finger food to share - fresh fruit, raw vegetables, cold sliced meat, wheat bread, rolls, fruit muffins, pretzels etc.. If you have a picnic blanket bring that along too.  
Come have a picnic with us!!

April 17, 1989

Judy Tillapaugh, President  
Fort Wayne Track Club

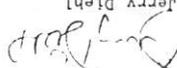
Dear Judy and Members of the Fort Wayne Track Club:

Thank you so much for your help and support given during the IPFM Spring Classic Run. The equipment and displays provided were first class. I would especially like to thank Mike Kast, Mark Bratoli, and Don Lindley for the unselfish help before, during and after our race.

The Fort Wayne Track Club has not only been generous in providing scholarship contributions, but also in providing support for our cross country races, and potential prospects for our Cross Country Team. Without the aid of the Fort Wayne Track Club, our program would not be as viable and successful as it has been.

Thanks again for all your help.

Keep running,



Jerry Diehl  
Cross Country Coach



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The running software developed by runners for runners

**The Basics**

- Easy to read calendar format for every day you've run
- Weekly totals for mileage, pace, and number of hours and minutes on the road
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- Cumulative averages for miles/week and hours/week
- Daily pace calculation
- Cumulative calories burned and weight loss

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- Manual included
- Comes with running logs and graphs through 1992
- IBM Compatible or Macintosh versions
- Requires Microsoft Excel™
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**Features**

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- Current mileage averages for the last 4,6,8,10,12, and 26 weeks, and current collapse point
- Projected mileage calculations for "ramp up" to a higher training mileage or for a specific race
- Automatic carbohydrate loading guide
- Projected improvement in race times for weight loss
- Weight and pulse vs. mileage
- 10k pace tables for times from 30 to 69 minutes
- Marathon pace tables for times from 2:10 to 7:00
- Race Log
- Energy conversions (Speed, Horsepower, Watt-Hours)

**Graphs**

- Weekly mileage and pace
- Total yearly accumulated mileage
- Monthly mileage contribution to yearly total
- Projected Mileage

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## PER-MILE AVERAGES

This chart indicates the per-mile pace of various marathon times. The times on the left are for the marathon (two hours to 4:37 in even minutes). Beside each is the average mile time (to the nearest tenth-second) that it takes to run that fast. To find the pace of marathons slower than 4:37, add approximately 2.3 seconds per mile for each additional minute of marathon time. A 4:38 marathon would equal about 10:40.8 per mile, etc.

2:00 = 4:34.6	2:10 = 4:57.5	2:20 = 5:20.4	2:30 = 5:43.3
2:01 = 4:36.9	2:11 = 4:59.8	2:21 = 5:22.7	2:31 = 5:45.6
2:02 = 4:39.2	2:12 = 5:02.1	2:22 = 5:25.0	2:32 = 5:47.8
2:03 = 4:41.5	2:13 = 5:04.4	2:23 = 5:27.2	2:33 = 5:50.1
2:04 = 4:43.8	2:14 = 5:06.7	2:24 = 5:29.5	2:34 = 5:52.4
2:05 = 4:46.1	2:15 = 5:08.9	2:25 = 5:31.8	2:35 = 5:54.7
2:06 = 4:48.3	2:16 = 5:11.2	2:26 = 5:34.1	2:36 = 5:57.0
2:07 = 4:50.6	2:17 = 5:13.5	2:27 = 5:36.4	2:37 = 5:59.3
2:08 = 4:52.9	2:18 = 5:15.8	2:28 = 5:38.7	2:38 = 6:01.6
2:09 = 4:55.2	2:19 = 5:18.1	2:29 = 5:41.0	2:39 = 6:03.9
2:40 = 6:06.2	2:50 = 6:29.0	3:00 = 6:51.9	3:10 = 7:14.8
2:41 = 6:08.2	2:51 = 6:31.3	3:01 = 6:54.2	3:11 = 7:17.1
2:42 = 6:10.7	2:52 = 6:33.6	3:02 = 6:56.5	3:12 = 7:19.4
2:43 = 6:13.0	2:53 = 6:35.9	3:03 = 6:58.8	3:13 = 7:12.7
2:44 = 6:15.3	2:54 = 6:38.2	3:04 = 7:01.1	3:14 = 7:24.0
2:45 = 6:17.6	2:55 = 6:40.5	3:05 = 7:03.4	3:15 = 7:26.3
2:46 = 6:19.9	2:56 = 6:42.8	3:06 = 7:05.6	3:16 = 7:28.5
2:47 = 6:22.2	2:57 = 6:45.1	3:07 = 7:07.9	3:17 = 7:30.8
2:48 = 6:24.5	2:58 = 6:47.3	3:08 = 7:10.2	3:18 = 7:33.1
2:49 = 6:26.7	2:59 = 6:49.6	3:09 = 7:12.5	3:19 = 7:35.4
3:20 = 7:37.7	3:30 = 8:00.6	3:40 = 8:23.5	3:50 = 8:46.4
3:21 = 7:40.0	3:31 = 8:02.9	3:41 = 8:25.8	3:51 = 8:48.6
3:22 = 7:42.3	3:32 = 8:05.2	3:42 = 8:28.0	3:52 = 8:50.9
3:23 = 7:44.6	3:33 = 8:07.4	3:43 = 8:30.3	3:53 = 8:53.2
3:24 = 7:46.8	3:34 = 8:09.7	3:44 = 8:32.6	3:54 = 8:55.5
3:25 = 7:49.1	3:35 = 8:12.0	3:45 = 8:34.9	3:55 = 8:57.8
3:26 = 7:51.4	3:36 = 8:14.3	3:46 = 8:37.2	3:56 = 9:00.1
3:27 = 7:53.1	3:37 = 8:16.6	3:47 = 8:39.6	3:57 = 9:02.4
3:28 = 7:56.0	3:38 = 8:18.9	3:48 = 8:41.9	3:58 = 9:04.7
3:29 = 7:58.3	3:39 = 8:21.2	3:49 = 8:44.2	3:59 = 9:07.0
4:00 = 9:09.2	4:10 = 9:32.1	4:20 = 9:55.0	4:30 = 10:17.9
4:01 = 9:11.5	4:11 = 9:34.4	4:21 = 9:57.3	4:31 = 10:20.2
4:02 = 9:13.8	4:12 = 9:36.7	4:22 = 9:59.6	4:32 = 10:22.5
4:03 = 9:16.1	4:13 = 9:39.0	4:23 = 10:01.9	4:33 = 10:24.8
4:04 = 9:18.4	4:14 = 9:41.3	4:24 = 10:04.2	4:34 = 10:27.1
4:05 = 9:20.7	4:15 = 9:43.6	4:25 = 10:06.5	4:35 = 10:29.4
4:06 = 9:23.0	4:16 = 9:45.9	4:26 = 10:08.8	4:36 = 10:31.7
4:07 = 9:25.3	4:17 = 9:48.2	4:27 = 10:11.1	4:37 = 10:33.9
4:08 = 9:27.6	4:18 = 9:50.5	4:28 = 10:13.3	4:38 = 10:36.2
4:09 = 9:29.9	4:19 = 9:52.7	4:29 = 10:15.6	4:37 = 10:38.5



### Don't Keep Us In The Dark!

send us your ideas,  
comments, or anything  
that will help us give  
you more of the  
magazine you want!

*When the tough gets goin',  
the tough gets goin'.*

—Leon Spinks

# BIKE MONTH

May is the 33rd anniversary of National Bike Month. This year's theme, "Share the Roads," stresses the need for cyclists and motorists to safely share the nation's byways. Five major activities are planned.

- The SAFE (Streets Are for Everyone) Challenge (May 1) — Government officials will be encouraged to ride bikes in order to see the world from a cyclist's perspective.
- Bike to Work Days (May 17 or any other day in May that's convenient) — Commuters will be encouraged to ride

rather than drive to work.

- Cycle Sunday (May 21) — To demonstrate the joy of cycling and to support safety and education projects, 10 local organizations across the country will conduct family-oriented, fund-raising rallies.
- Youth on Wheels — Local civic groups will be encouraged to conduct courses to teach children proper riding skills.
- Helmets Save Lives — Promotions will stress the im-



portance of protective headgear.

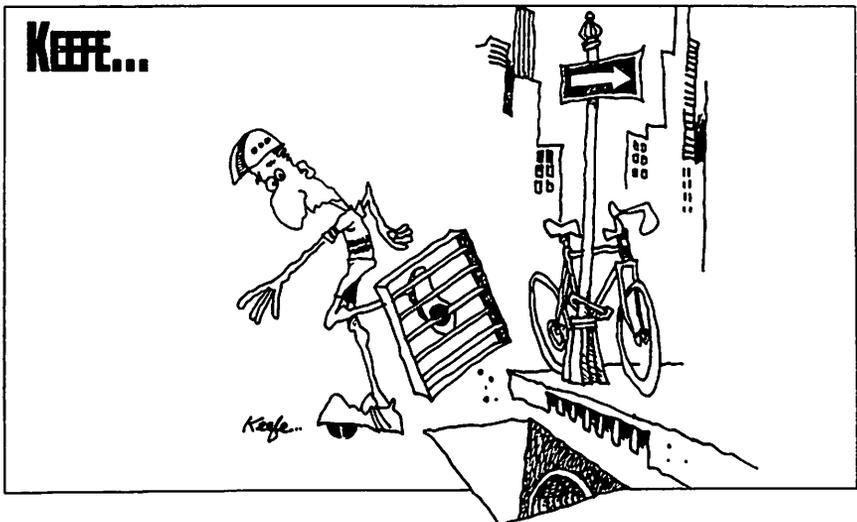
These events are organized by The Bicyclists' Educational and Legal Foundation and the League of American Wheelmen (LAW). For details, write: LAW, Bike Month Kit, 6707 White-stone Rd., #209, Baltimore, MD 21207; or call 301/944-3399. —Jonathan Davis

## CYCLING ON TV

### TOUR DE TRUMP

- May 7 and 14: NBC Sports-World (as much as 2 hours each day).
- May 5, 8, and 12 (evenings): ESPN (1 hour on May 5 and 8; 1½ hours on May 12).

Check local listings for times.



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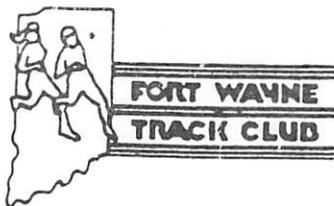
- Helps Relieve Arthritis
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- Foot Reflexology
- Increases Poor Circulation
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**For Appointment Call 420-3901**

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**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

# JUNE

# 1989

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 1989 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	July 1989 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			1  6:00pm IUPU Fitness Run  8:00pm Runners Week	2	3  9:00am IUPU 7:00am YMCA Fitness Run  2:30 Runners Week
4  7:30am Johnny Appleseed Park	5	6  6:00pm IUPU Fitness Run	7	8  6:00pm IUPU Fitness Run  8:00pm Runners Week	9 5:00pm <b>BRUBAKERS</b>	10  7:00am YMCA  9:00am IUPU Fitness Run  2:30 Runners Week
11  7:30am Johnny Appleseed Park	12	13  6:00pm IUPU Fitness Run	14  <i>Flag Day</i>	15  6:00pm IUPU Fitness Run  8:00pm Runners Week	16	17  7:00am YMCA  9:00am IUPU Fitness Run  2:30 Runners Week
18  7:30am Johnny Appleseed Park  <i>Father's Day</i>	19	20  6:00pm IUPU Fitness Run	21	22  6:00pm IUPU Fitness Run  8:00pm Runners Week	23	24  7:00am YMCA  9:00am IUPU Fitness Run  2:30 Runners Week
25  7:30am Johnny Appleseed Park  WHITE RIVER CAMES 5 Mile 8:00 am	26	27  6:00pm IUPU Fitness Run	28	29  6:00pm IUPU Fitness Run  8:00pm Runners Week	30	

# MAY

# 1989

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 6:00pm IUPU Fitness Run	3	4 6:00pm IUPU Fitness Run 8:00pm Runners Week	5	6 7:00am YMCA 9:00am IUPU Fitness Run <b>AMERICAN CANCER SOCIETY</b> "We Are Winning" 5K 9:00 am Canterbury  2:30 Runners Week
7 7:30am Johnny Applesseed Park	8	9 6:00pm IUPU Fitness Run 6:30pm Membership Meeting PIZZA HUT Northcrest	10	11 6:00pm IUPU Fitness Run 8:00pm Runners Week	12	13 7:00am YMCA 9:00am IUPU Fitness Run <b>SEN GAY 5K Race</b> 5K Walk and Fun Moo Run 8:30am Foster Park  2:30 Runners Week
14 7:30am Johnny Applesseed Park  <i>Mother's Day</i>	15	16 6:00pm IUPU Fitness Run	17	18 6:00pm IUPU Fitness Run 8:00pm Runners Week	19 5:00pm <i>HOWDY DOODY'S</i>	20 7:00am YMCA 9:00am IUPU Fitness Run 2 LOC 9:00am Zanesville, IN  2:30 Runners Week <i>Armed Forces Day</i>
21 7:30am Johnny Applesseed Park	22	23 6:00pm IUPU Fitness Run 7:00pm <b>RUNNER'S STRESS CLINIC</b> IUPU Athletic Center Rm. 104	24	25 6:00pm IUPU Fitness Run 8:00pm Runners Week	26	27 7:00am YMCA  9:00am IUPU Fitness Run  2:30 Runners Week
28 7:30am Johnny Applesseed Park	29  <i>Memorial Day</i>	30 6:00pm IUPU Fitness Run	31		April 1989 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	June 1989 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

# 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.

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.**

## RERUN YOUR 1988 ROAD RACES ON



WINTER SCHEDULE  
ANN JAMISON - PRODUCER/EDITOR

SHOW DATE	(RACE DATE)	HOST & COM.
Dec. 29-31	J.P. 10K & Training Equip. (12-12-87)	Lyn Handlin
Jan. 5-7	Fanny Freezer & Cinci. 15K (2-20-88)	Mary T. Connolly
Jan. 12-14	No. Amer. Van Lines 5 & 15K (4-23-88)	Ann Jamison
Jan. 19-21	Arlington PK 5K & Amer. Cancer Soc. 5K (4-30 & 5-7)	Ann Jamison
Jan. 26-28	UMEE Five & Dime 5 & 10 mile (5-14-88)	Bryen Weller
Feb. 2-4	Indy 500 1/2 Marathon (5-27-88)	Judy Tillpaugh
Feb. 9-11	Central Soya 5 mile (6-18-88)	Herman Bueno
Feb. 16-18	Hamilton Lake 5K Trophy Run (7-4-88)	Ann Jamison
Feb. 23-25	'88 Olympic Trials & 3Rivers Biathlon	Ann Jamison
March 2-4	Olympic Trials Pt. 2 & Skateboarding	Ann Jamison
March 9-11	FWTC Run In The Park 2&5 mile (8-27-88)	Ron Horan
March 16-18	Scholarship IUPUI 5K (9-11-88)	Marcia Schmit
	& Muncie Endurathon (9-28-88)	Ann Mize
March 23-25	The Summit City 10K (10-23-88)	Betty Nelson
March 30-1	FWTC Hilly 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!!	

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



**Jamison  
events**

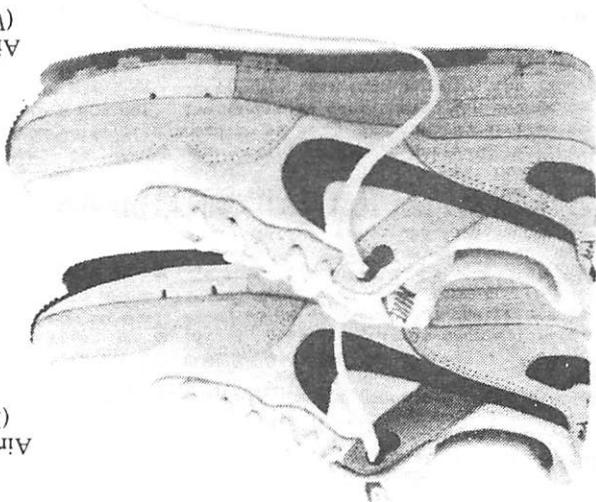


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 (Women's)



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 (Men's)

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**IMPROVED.**

CHICAGO  
OLDE STYLE  
MARATHON

THERE'S ALSO A BONUS AFTER THIS STRESS SEMINAR

STRESS MANAGEMENT FOR RUNNERS  
RUNNER'S CLINIC

SPONSORS: FORT WAYNE TRACK CLUB  
and IPFW CROSS COUNTRY  
TEAM

PRESENTED BY: Joanne Yurosko, PhD.

Joanne Yurosko is a psychologist in the Fort Wayne area. She currently teaches at IPFW, is a school counselor at St. Vincent's, and is a stress management instructor at Lutheran Hospital. Her goal is to help others learn lifestyle skills for better stress management.

WHEN: Tuesday evening May 23, 1989

WHERE: IPFW Athletic Center Rm. 104

TIME: 7:00pm to 8:00pm

COST: Free of charge

Come learn ways to deal with stress. It will help you to be a more relaxed high quality individual and runner.

Don't let **STRESS** get you down.

Invest in Yourself!

**TUESDAY MAY 23,1989  
IPFW ATHLETIC CENTER  
ROOM 104  
7:00pm,  
FREE**

**CAREY PINKOWSKI, Promotional Director of  
the CHICAGO OLDE STYLE MARATHON will be  
attending to present details of the '89  
marathon.**

**IF YOU'RE INTERESTED IN RUNNING CHICAGO,  
DON'T MISS THIS PRESENTATION.**

**FREE POSTERS TO ALL ATTENDING.**

**FREE POSTERS**

**FREE POSTERS**

**FREE POSTERS**

**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.**

**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.**

1989 FORT WAYNE TRACK CLUB OFFICERS AND BOARD MEMBER ROSTER

President: Judy Tillapaugh 1109 West Wayne Ft. Wayne, IN 46802	Home: 424-6723
First Vice President and Race Schedule Chairman: Ron Horan 6204 Winter St. Ft. Wayne, IN 46806	Home: 447-6627
Second Vice President and Race Schedule Assistant: Mike Ducey 2317 2B Point West Dr. Ft. Wayne, IN 46808	Home: 482-9606
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"Inside Track" Newsletter Editor: Chuck Okorowski 8902 Rail Fence Rd. Ft. Wayne, IN 46835	Home: 485-7885 Work: 424-1972
Publicity Coordinator: David Lallow 8208 Standridge Run Ft. Wayne, IN 46825	Home: 489-6921 Work: 426-5461 ext. 225
Equipment Coordinator: Clem Getty Box 76A R.R. 1 Yoder, IN 46798	Home: 638-4890
Advertising Coordinator: Rob Wyatt 2018 N. Clinton St. Ft. Wayne, IN 46805	Home: 420-0370 Work: 482-3539

No Train,  
No Gain.

# Know Your Training Heart Rate Range

Your target heart rate range gives you a training zone of safe, effective exercise pulse rates, based on your age and level of fitness. The American College of Sports Medicine recommends that you calculate both 60 percent and 90 percent of your maximum heart rate to find the low and high ends of your range. Your pulse rate will vary, but it should be within this range.

## What's Your Training Range?

Everyone starts here.  
Subtract your age.

Predicted maximum safe heart rate.

Multiply by .6 for 60%  
(the low end of your range)

Multiply by .9 for 90%  
(the high end of your range)

Divide by 6 to find your  
10-second heart rate.

(Beginners should work at the lower end of this range, and only competitive athletes should work as high as 85 to 90%.)

Sample 30-Year- Old	Your Target Range
220	220
- 30	
<hr/>	
190	
$\times .6$	$\times .6$
114	
190	
$\times .9$	$\times .9$
171	
114	
$\div 6$	$\div 6$
19	

## Take Your Pulse

Use your first two fingers (not your thumb). Press lightly on your radial artery, close to your thumb on the inside of your wrist, or on your carotid artery, straight down from the corner of your eye, just under your chin. Count the number of beats for 10 seconds. Multiply by 6 to make sure you're within your training zone.

## Your Training Heart Rate Range

During workouts, take your pulse when you start breathing hard. If you're below your zone, work a bit harder. If you're above it, slow down. Take your pulse every 5 or 10 minutes during exercise and promptly after the aerobic part of your workout.

## Remember, Listen to Your Body

This formula is a general guide. Scientific studies show that taking your pulse to determine your heart rate (as described above) isn't totally reliable; you must listen to your body for signs of overexertion, such as pounding in your chest, dizziness or faintness, or profuse sweating. Cool down for 5 to 10 minutes before ending your workout. If symptoms persist, see your doctor.

# Baby boomers want it all

While baby boomers (persons born between 1946 and 1964) have many of the same values as their parents and grandparents, a new study indicates that they have many new values:

- More than 90 percent say that marriage is the best lifestyle, yet two-thirds want an egalitarian marriage in which both work inside and outside the home.
- Nine out of 10 baby boomers say family is the most important thing in their lives, yet they also believe parents should pursue their own interests. Few baby boomers have made career sacrifices for family.
- Two out of three baby boomers want less emphasis on money and three out of four don't want less emphasis on hard work. Yet because of factors like rapid inflation in the 1970s, immediacy of television and the ease of buying credit, the baby boom generation demands instant gratification.

SOURCE: "IDEAS," November 1988.

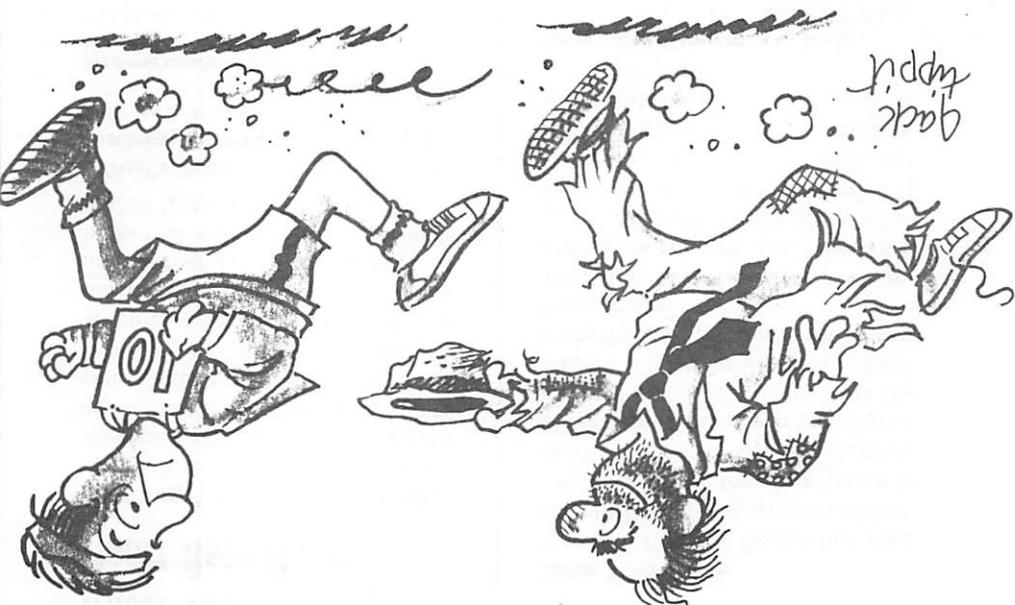
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Winter Olympics '88  
Calgory Canada  
Marian Marathon  
Kokomo Triathalon,  
Muncie Endurathon  
& Marathon  
TAC '85, '87  
World Cup '87  
NCAA Swim '86  
International Athletic  
Indoor Track and Field  
Championships '87  
Judo Nationals '88  
Indianapolis Mini  
Marathon '88



**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!***

# 7th ANNUAL CANAL DAYS 5-K/10-K

**Date: Sat., June 10, 1989**  
**Check-in Time: 6 a.m.**  
**Run starts at 7 a.m.**

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

## REGISTRATION & ENTRY

**Before June 3, 1989: \$6.00**

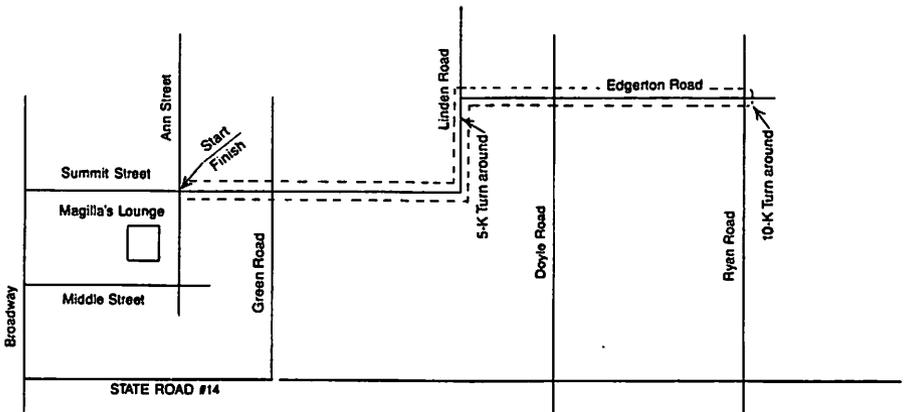
**After June 3, 1989: \$8.00**

Sponsored By: **The Marine Corps League**,  and **WQHK 1380**

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

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

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



### ENTRY FORM AND WAIVER OF LIABILITY

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

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Your estimated time to complete the race \_\_\_\_\_ Red Race Shirts available for \$5.00. M  L  XL   
 So that your shirt size is available race day please preregister.

In consideration of your accepting my entry, I do hereby for myself, my heirs, executors, administrators, and assigns, waiver and release all rights and claims for damages which I may have or which may hereafter accrue to me against the Marine Corps League, The Fort Miami Detachment, and The New Haven Canal Festival, its sponsors, agents, representative or assigns for any and all damages which may be sustained, and suffered by me in connection with my association with or entry or participation in the Canal Days 5-K/10-K.

Signature \_\_\_\_\_ Date \_\_\_\_\_

PARENT OR GUARDIAN IF UNDER 18

MAKE CHECKS PAYABLE TO: MARINE CORPS LEAGUE

SEND TO: 1075 KENWOOD AVE  
 FORT WAYNE, IN 46805

(All runners will receive Gold, Silver, or Bronze medals)

### 5-K Runners Awards Chart

MALE				FEMALE		
Gold Medal	Silver Medal	Bronze Medal	Age	Gold Medal	Silver Medal	Bronze Medal
22:30 & Under	22:31-26:24	26:25 +	11 & Under	23:45 & Under	23:46-27:00	27:01 +
18:57 & "	18:58-25:45	25:46 +	12-15	22:45 & "	22:46-26:31	26:32 +
18:00 & "	18:01-20:45	20:46 +	16-19	21:15 & "	21:16-25:45	25:46 +
17:30 & "	17:31-21:00	21:01 +	20-24	21:22 & "	21:23-26:00	26:01 +
17:55 & "	17:56-21:45	21:46 +	25-29	22:07 & "	22:08-26:23	26:24 +
18:15 & "	18:16-22:05	22:06 +	30-34	22:45 & "	22:46-26:45	26:46 +
18:30 & "	18:31-22:22	22:23 +	35-39	23:00 & "	23:01-27:15	27:16 +
18:47 & "	18:48-22:40	22:41 +	40-44	23:07 & "	23:08-27:25	27:26 +
19:30 & "	19:31-23:05	23:06 +	45-49	23:20 & "	23:21-28:00	28:01 +
19:55 & "	19:56-23:30	23:31 +	50-54	23:27 & "	23:28-28:30	28:31 +
20:22 & "	20:23-24:30	24:31 +	55-59	24:55 & "	24:56-29:30	29:31 +
21:45 & "	21:46-25:15	25:16 +	60-64	25:30 & "	25:31-30:30	30:31 +
22:30 & "	22:31-26:00	26:01 +	65-69	25:46 & "	25:47-31:30	31:31 +

### 10-K Runners Awards Chart

MALE				FEMALE		
Gold Medal	Silver Medal	Bronze Medal	Age	Gold Medal	Silver Medal	Bronze Medal
47:00 & Under	47:01-54:49	55:50 +	11 & Under	49:30 & Under	49:31-56:00	56:01 +
38:55 & "	39:56-53:30	53:31 +	12-15	47:30 & "	47:31-55:00	55:01 +
38:00 & "	38:01-43:30	43:31 +	16-19	44:30 & "	44:31-53:30	53:31 +
37:00 & "	37:01-44:00	44:01 +	20-24	44:45 & "	44:46-54:00	54:01 +
37:50 & "	37:51-45:30	45:31 +	25-29	46:15 & "	46:16-54:45	54:46 +
38:30 & "	38:31-46:10	46:11 +	30-34	47:30 & "	47:31-55:30	55:31 +
39:00 & "	39:01-46:45	46:46 +	35-39	48:00 & "	48:01-56:30	56:31 +
39:35 & "	39:36-47:20	47:21 +	40-44	48:15 & "	48:16-56:50	56:51 +
41:00 & "	41:01-48:10	48:11 +	45-49	48:40 & "	48:41-58:00	58:01 +
41:50 & "	41:51-49:00	49:01 +	50-54	48:55 & "	48:56-59:00	59:01 +
42:45 & "	42:46-51:00	51:01 +	55-59	51:50 & "	51:51-61:00	61:01 +
45:30 & "	45:31-52:30	52:31 +	60-64	53:00 & "	53:01-63:00	63:01 +
47:00 & "	47:01-54:00	54:01 +	65-69	53:32 & "	53:32-65:00	65:01 +





## DR. ROBERT E. WYATT

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To be so strong that nothing can disturb your peace of mind.

To share happiness and well being with every person that you meet.

To make all your friends, relatives and co-workers feel that there is something good in each of them.

To look at the sunny side of everything so that your dreams are more apt to come true.

To think only the best, to work only for the best and expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To really forget the mistakes of the past and resolve toward greater achievements in the future.

To have a cheerful attitude at all times and to give everyone you meet a sincere smile.

To give so much of yourself that you have no time to criticize others.

To be too large for worry, too wise for anger, too strong for defeat and too happy to permit the presence of trouble.

## Ten Warning Signs Of Burnout

Every person has a limit to how much exercise his or her body can withstand over a period of time. The art of fine-tuning your workouts so the body is stressed—but then allowed to recover—is difficult to master.

Doing too much too soon and not getting enough rest between workouts will only wear you down. Naggng injuries, brought on by constant stress, are never allowed to heal. If this overstress continues, performance and physical conditioning begin to deteriorate at a rapid rate. Irritability and depression are classic symptoms of burnout.

If you seem to always have that run-down, lethargic feeling it could be a sign that you're overtraining. Your body is telling you to stop and take a few days off. Begin to listen to your body. If you don't, you could be heading for disaster instead of making improvements and physical gains. Here are the basic burn-out warning signs:

1. constant fatigue, difficulty getting a good night's sleep
2. unexplained weight loss
3. diarrhea or vomiting after a workout
4. a drastic drop in athletic performance even though your workout is just as difficult as it used to be
5. muscles and joints are stiff while you exercise and still stiff twenty-four hours after you stop
6. your lymph glands in your neck, arms, and groin become swollen and tender to the touch
7. you get frequent colds
8. your usual morning resting pulse is higher by 5-10 beats or more
9. your menstruation becomes irregular
10. you begin to lose all interest in working out

Burnout can hit anyone. Depending on the severity of the case, treatment can be as simple as reducing your training level and intensity or as drastic as completely stopping your training for a few weeks. When the enthusiasm for training returns, start to work your way back into training very gradually.

### 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)*



CATCH THE WAVE OF RUNNERS

# RUNNERS WEEKS



THURS. 8:00PM  
SAT. 2:30PM  
CHANNEL 10

**RACE DIRECTOR NEEDED!**

A Race Director is needed  
for the PARK RUN Aug 26.

If you can help, call  
Ron Horan 447-6627

TOTAL

# FITNESS

## Your Heart

The heart, which is about the size of a man's fist, is the finest pump known to humankind. In the average adult, it beats 40 million times a year, and more than 2.8 billion times in a lifetime. In a person of average size, it pumps 4,300 gallons of blood daily through 60,000 miles of blood vessels.

## Comparative Heart Size in Eleven Types of Athletes

(Based on Herxheimer fractions converted into index numbers)

Tour de France cyclists	24.8
Marathon runners	21.5
Long-distance runners	20.5
Oarsmen	19.3
Boxers	18.9
Short-distance cyclists	18.1
Middle-distance runners	18.1
Weight lifters	17.6
Long-distance swimmers	16.4
Sprinters	16.0
Decathlon	15.7

SOURCE: *Towards an Understanding of Health and Physical Education* by Arthur H. Steinhaus, 1963, William C. Brown, Co. Reprinted by permission of Robert A. Steinhaus.



# RUNNERS RWEKRS

# FINIS

## '89 NEW YORK MARATHON TRIP INFORMATION

RUNNERS WEEK will be sponsoring a bus trip to the 20th NEW YORK CITY MARATHON this Fall for runners and spectators over the age of 18 years.

COST OF RACE ENTRY-\$3.00 race application fee  
-\$20.00 race entry fee

\*\*\* TO ENSURE YOUR ACCEPTANCE \*\*\*

GET to Ann Jamison: \*\*\*\* SOON THE FIRST 48-60 \*\*\*\*:

A self-addressed stamped #10 business-size envelope & a \$3.00 check or money order payable to: NYC MARATHON, in an envelope stamped and addressed to:-->>> MARATHON ENTRIES

Ann Jamison has a friend in New York who will mail our requests, midnight

May 21st. They will be there the first

day applications are sent out.

You can give the above to Ann Jamison at a race or leave at

Jamison Meats or Mail to home - 7228 Hosier Rd., Leo, IN 46765

YOUR NAME WILL BE PUT ON THE BUS LIST WHEN ENVELOPE IS RECEIVED!

WHEN YOU RECEIVE YOUR ENTRY FORM, FILL IT OUT & RETURN IMMEDIATELY. They will notify you within 2-3 weeks after receiving your application. At that time please CALL Ann at 627-5450.

### PROPOSED ITINERARY

Friday, November 3, 1989

8:45 - 9:00 PM Leave Fort Wayne by Bus

At Jamison Meats-Parking available at own risk.

12:00 Noon

Arrive at hotel in New York City

Sunday, November 5, 1989

10:45 AM

Run the 20th New York City Marathon

Monday, November 6, 1989

12:00 Noon

Leave N.Y. Hotel by Bus

2:00 AM

Arrive Fort Wayne-Jamison Meats Parking Lot

Transportation cost round trip will be between \$55.00 to \$75.00 per person depending on the group size. We need at least 30 and no more than 49. Hotels will be \$70.00 a night and up. We will attempt to register our whole group in the same hotel when we are accepted to the marathon. More information will be forthcoming.

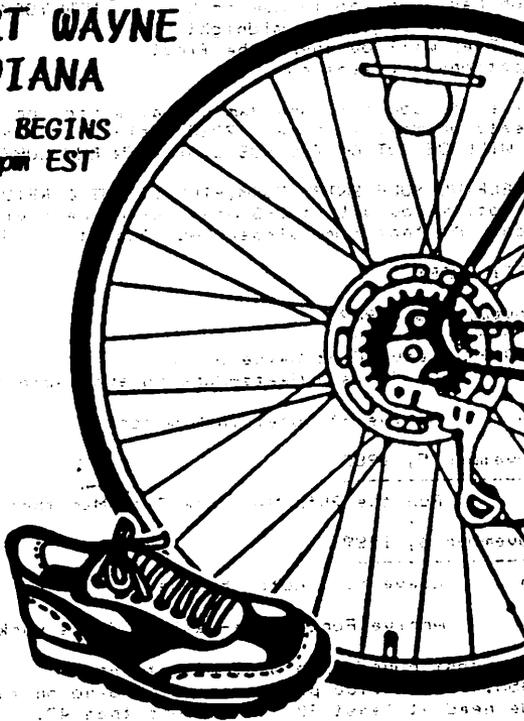


# Three Rivers Festival Biathlon

JULY 12, 1988

**WEDNESDAY**  
**JULY 12, 1988**  
**FORT WAYNE**  
**INDIANA**

**RACE BEGINS**  
**5:30pm EST**



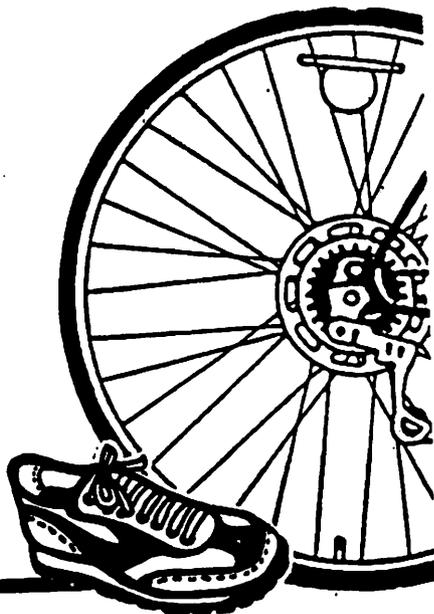
3 mi. run \* 20 mi. bike \* 3 mi. run

ENTRY FORMS AVAILABLE IN  
THE JUNE INSIDE TRACK

# Three Rivers Festival Biathlon

WEDNESDAY  
JULY 12, 1988  
FORT WAYNE  
INDIANA

RACE BEGINS  
5:30pm EST



The Three Rivers Festival Biathlon is open to women and men, individuals and teams. It is a two-sport event consisting of a three mile run followed by a 20 mile bike segment, finishing with another three mile run.

Wednesday, July 12, 1988

Homestead-Woodside School Grounds at Homestead and Aboite Center Roads west of Fort Wayne

Open to women and men 18 and older. Limited to the first 250 participants (individuals or team members) to enter. (A team consists of one runner completing both runs and one cyclist completing the 20 mile ride.)

FOR INFORMATION

424-7977

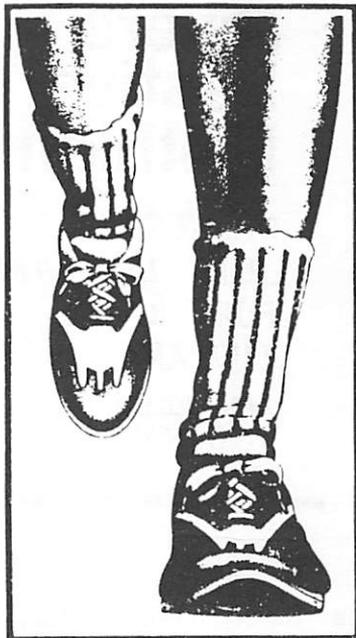
THE  
FORT WAYNE  
WOMEN'S  
BUREAU  
*a working force...*

# Iron Deficiency and Athletic Performance

Athletic performance may be affected by an iron deficiency even though it hasn't caused anemia, according to an article in the **American Journal of Diseases of Children**.

In a recent study conducted by Bay-state Medical Center in Springfield, Massachusetts, 14 high-school girls were tested. They were all long-distance runners who had low iron levels but didn't have anemia. Half the girls took iron supplements for a month, the others were given a similar-looking pill (placebo). Then, all were given treadmill endurance tests.

The iron group performed significantly better on the tests than did the control group.



The

## INDIANA GOVERNOR'S COUNCIL FOR PHYSICAL FITNESS AND SPORTS MEDICINE

encourages you, your family and friends to participate in the

**FIVE-MILE RUN**

### WHITE RIVER PARK STATE GAMES

ENTRY FORMS AVAILABLE AT:

- \* HOOK'S DRUGS
- \* LUTHERAN HOSPITAL
- \* SPORTS TECH
- \* PARKS & REC DEPT.

EARLY ENTRY JUNE 6th \$8.00

ON-SITE REGISTRATION \$16.00

INFO: JUDY TILLAPPAUGH 424-6723



# Coming Events

May 6th We Are Winning 5K  
May 13th Ben Gay 5M/5K/PeeWee  
May 19th Howdy Doody's  
May 20th Z'10K  
May 23rd Stress Clinic &  
Chicago Marathon Clinic  
May 26th Indy Mini & Tailgate Picnic

## MEMBERSHIP MEETINGS

CHARKY'S RESTAURANT

JUNE 13th 6:30pm 3036 HOBSON RD. at COLISEUM BLVD.

MAY 9th 6:30pm PIZZA HUT 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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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

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Fort Wayne Track Club and Mail To:

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

**Membership Fee \$12.00 (thru December 31, 1989)**

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

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

\_\_\_\_\_  
\_\_\_\_\_



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