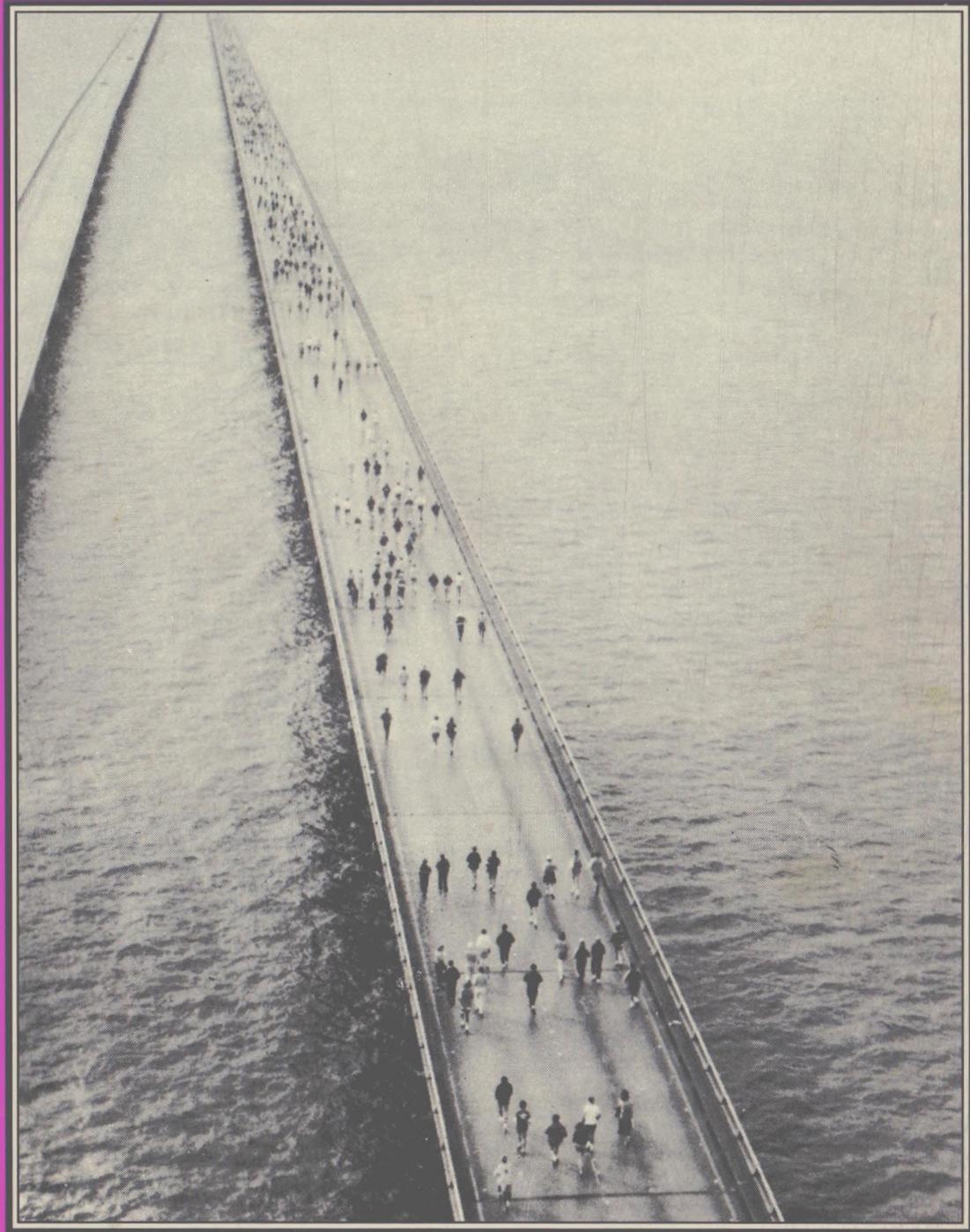


FOOTPRINTS

The NOTC
Springs into
1993

The Tragic Story
of the
January and
February
Races
Told Inside!!!



**MARDI GRAS MARATHON
RETURNS TO CAUSEWAY ON JULY 4TH 1993!**

New Orleans Track Club

--- (900) 482-6682 ---
\$3.95 per Minute (10 Minute Minimum)

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New Orleans, Louisiana 70152

RRCA

ROAD RUNNERS CLUB OF AMERICA



Table of Contents

Editor's Report	2
Executive Directors Report:	2
JACKSON DAY RACE, 1/3/93	3
Mardi Gras Marathon, 1/16/93	6
Miss April Centerfold (Pullout)	7
The Calculus Corner	9
Be Your Own Zero (1/21/93).....	11
Audubon Park Bridge Run (1/32/93).....	12
Hot Fucia Fun Run (2/2/93).....	14
Dumbo Festival Bridge Run (2/11/93).....	15
Spillway Half Marathon (2/26/93).....	18
Close Encounters of the Running Kind	20
Beer of the Month	21
Popular Potty Places.....	34
May's Short Course Calendar.....	35

Cover Photo

Top 5 Captions for this month's cover photo (straight from the Home Office in beautiful downtown Kenner) are:

- 5.Exodus to North Shore greater than expected.
- 4.Early Birds racing to Phidippides Special Sale.
- 3.The New Superdome Ramps open.
- 2.New Energy Tax creates 24 Mile Pedestrian Mall!
- 1.Where's the Beer? Bar-A-Thoners take shortcut.



EXCITING NEW SPEEDWORK DRILLS

GUARANTEE LOWER RACE TIMES

Now you too can run in the front of the pack along with the leaders. This new revolutionary speedwork drill is being applauded by the Europeans. The Russians have been using it for years, and now many track coaches across the United States have penciled it into their training program. Here are the details.

All runners know that in order to run faster, you have to train faster. Training faster involves increasing both leg speed and anaerobic capacities (ability to run in oxygen debt). Until now, such training involved tedious laps around a track, over and over again, in that same mindless circle. Or, you could throw in surges during your daily runs which does not really allow you to measure your speed much less hold a conversation with your running partners.

This new method is called **POWERED ANAEROBIC INTERVAL NIGHTMARE** or just simply **PAIN**. All you need is a heavy duty rope, a car, and your favorite running route. With your running buddy in the driver's seat, attach the rope securely around your waist. Be sure you are warmed up but not too close to the exhaust. At the signal, with the rope tied around the bumper, begin your workout.

Feel the wind whistling by you as your buddy accelerates to 15 miles per hour. At first, you may find yourself gasping for air, but just think of those oxygen reserves that you are building. No other workout can do this for you!

Your legs should be turning over quite rapidly now. Resist the temptation to rest -- the longer you can keep up (the rope takes care of that), the stronger your endurance base becomes. Soon, you'll want to try the Interstate -- but exercise caution as well -- keep to the right lane, please! **Now let your buddy try it!** In just a few weeks you'll be up front with the elite, talking, joking, wondering why wasn't I up here before. As you gradually increase distance and speed, you'll move into the world class category with articles about you suddenly appearing in popular magazines, like Car Quest, or World of Wheels.

Remember now, keep that rope tight. No strain no gain!

----Dean Songy

ELITE RUNNERS REVEAL REAL REASONS

FOR LOSING LEAD IN GRAND PRIX

Footprints' sources have discovered the real reasons why some of our top runners may have just missed the lead in the Grand Prix. In the 18 - 39 category both Desmond O'Connor and Eugene Dedeaux were hot on the heels of the winner, Darrell Revok. The margin of difference in the overall points might have been tighter if an unfortunate event would not have occurred during the running of one of the Track Club's Grand Prix races, an event that detained both Desmond O'Connor and Eugene Dedeaux from their lead position.

On a cool crisp Sunday morning less than 30 minutes after the start of the race, the lead runners had separated themselves from the pack and were in the midst of an exciting battle for lead position. After turning toward Roosevelt Mall in City Park with only a few miles to go, a pack of frenzied women were there to cheer the runners to victory. However, some of the spectators who were visiting from Britain could hardly contain themselves when they mistakingly took Desmond to be Rod Stewart in jogging shorts.

Lunging at him from the curb of the asphalt street, these crazed women almost knocked him down. They began grabbing and tearing at his singlet forcing him to come almost to a complete halt. Fortunately, he was able to break loose by dashing up the grass median but well behind the lead runner who by now was leaving the Mall area. Footprints' sources have been able to identify one of these women as Maggie May, and Desmond has offered to donate one of his trophies to anyone who may know of her whereabouts. Eugene Dedeaux suffered a similar fate. When these women thought that this might have been a celebrity race, they mistakingly identified Eugene as that notorious Iced-T. He too was attacked from all sides being completely thrown off balance and off pace. Unfortunately, Eugene was then out of striking range and unable to catch up with the lead runner. After the race he was heard saying that "This was a bum rap."

----Dean Songy

MARDI GRAS MARATHON

RETURNS TO BRIDGE

Race Director Chuck George has announced that the 29th Annual MARDI GRAS MARATHON is set for July 4th. Accompanying the marathon will be a Half-Marathon as well as a 5 Km roadrace.

SPF-88, a leading sunscreen manufacturer, will be the title sponsor for this outstanding event. The SPF88/MARDI GRAS MARATHON will start in Mandeville and finish at Lafreniere Park in Metairie, transversing the 19 mile long Lake Pontchartrain Causeway Bridge.

A 10:00AM start has been arranged to accommodate same day television coverage on Southern Continental Regional Sports Network (SRCSP) owned by SPF88's parent company.

The course water stations will be complimented by tables with SPF88's products. Our marathoners will be able to take advantage of many sunscreen products and our sponsor will have film footage for possible use in an upcoming commercial. Add to that we'll have the best tanned marathon finishers in the world.

Several NOTC Board members questioned the planned start time, however it was pointed out that Kenner's, (home of the Race Director) sister City, (LaSalle, Canada) has an average 44/65 high/low temperature.

Also other marathons (Boston, New York, Los Angeles) have similar start times. Most were very excited about the prime date selection which would not conflict with other area marathons (Houston, Blue Angel, Rocket City, Honolulu).

One possible date conflict mentioned was the Peachtree Roadrace in Atlanta. However it was pointed out that Peachtree is only a 10K and is over by 10:00am anyway. Three former MGM Race Directors Mike Cambre, Cary Kuhlman and Carleton Smith offered their assistance in bringing the race back to the bridge especially with the event offering a date on a major holiday.

Logistics and course for the accompanying Half-Marathon and 5K were not available at press time.

Look for more information in upcoming press releases and the entry forms by September 1st.

----Chuck George

Hydration Study Completed

The results of a study commissioned by the NOTC to determine optimum water usage in it's races has finally been completed. The study by the University of Technical Studies in New Orleans, discovered that there is a linear increase in the usage of water as race distances increase. One of the more interesting findings was that race day temperatures also produced the same type of usage curve with consumption rising with ambient temperature. An important factor found to affect water usage on hotter days was that many runners were wasting water by dumping it on their heads rather than drinking it, and this accounted for 26.4% of water utilization on days when the temperature was above 79 degrees.

The conclusion of this study, costing 13 thousand dollars, produced a recommendation that water be rationed in any race longer than 8 Kilometers below 61 degrees ambient tempera-

ture, or any race equal to or longer than 5 Kilometers at or above 61 degrees. Also, runners will be given a ration card with their race number good for a certain number of ounces per kilometer dependant on race day conditions and volume of water on hand, and will be charged at each water station before, during, and after the race. The Board of Directors will vote on this proposal at the next scheduled meeting.

----J.J. Waguspak

APRIL FOOLS!!

**We Hope that You have
Enjoyed our attempt
To Lighten things up after
A hard Winter Training Season**

If Not,

You can blame

Rick Lusky,

This was all his idea.