

FORT WAYNE TRACK CLUB

JUNE 79

BOSTON

FWTC

RICK REITZUG 2 39 55

MYRON MEYER 2 53 59

CLYDE SHANK 3 24 00

DR H TRIER 3 29 00

G TOMLINSON 3 45 33

SUPER !!!



## THE BOSTON DREAM

Newton, Natick, Framingham...the signs flash the names of the towns that for all marathoners have become synonymous with the Boston Marathon. The bus ride to the far away town of Hopkinton seems endless. It all seems unreal. Yesterday, the day before, a whole city geared towards running. Sweatsuits everywhere. Today, of course, is no different. A busfull of runners--and we're only one bus of many. The ride is filled with self doubt. Am I in shape? Will I finish? How fast?

Finally Hopkinton. The marathon is everywhere. Into the traffic jam, past the center of town and on. A mile later the Hopkinton gym. It is 9:20 a.m. What do you do for two hours and forty minutes? The gym is packed. Too cold to sit outside. I walk the mile to town hoping to find a warm place to sit. Hopkinton town square is filled with festival activity. People selling cookies, hot dogs, newspapers, T shirts, everything. A big hot air balloon labeled Busch Beer sits in the center of the square. Boy, this would really be fun if I didn't have to run a marathon!

Time is passing. I head back to the gym, deposit my sweats on the truck that will take them to the finish line. Brrrr! I do a warmup jog back to the starting area. Three miles of walking and running, two hours on my feet already, and the marathon hasn't even started yet. I wonder what Rodgers and Seko are doing? At the starting line everyone is lining up already. I follow their example. Bodies everywhere. At least it's not so cold with everyone packed so tightly. I look ahead but can't make out the first row of runners. Behind me runners are also stretched for as far as the eye can see. The starter announces, "Twenty-five minutes until the start of the Boston Marathon." A few cheers. At fifteen minutes the wheelchairs take off. "One minute to go." Bang! Everyone moves--only to stop again. There is no place to run. A short eternity passes. We start walking. Eventually we jog and finally we hesitatingly run. For the next 26 miles there will be runners immediately to the front, the rear, the right and the left. Where the crowds are thick and press in on the runners, strides will have to be cut. But at the start no one cares. Emotion hangs in the air. This is Boston!

Eventually I work into a pace that hopefully will take me to a new PR. I start wondering how far we've gone. Finally a sign says "Five Miles." We continue. Wish I knew what kind of pace I was running. Am I going too fast or too slow? I wonder who's leading? Ten miles. Is that all? I fall in with another group of runners. "What are you shootin' for? 2:29:59. Great, I think I'll stick with them. "Hey Rick!" I turn to the left to see my sister, her husband, and kids. I wave, yell...the adrenalin flows. Fifteen miles. I'm beginning to feel it. Damn, wish I knew how fast I was running. If I can run strong to eighteen, I'll be o.k.

The crowds thicken. No wonder, hill. A long hill. Must be around eighteen miles. I'm dying. The 2:29 ers are gone. Got to hang on. One hill completed. Can't remember how many there are. Another one. Just long enough and steep enough to throw your legs into oxygen debt. The third one kills me. Hope that was Heartbreak. Oh no, another one! I struggle upward, barely running. The top, and there's the cop just like he's supposed to be. "Five miles to go and it's all downhill." Thank God! The Pru is visible on the far hazy horizon. A half mile later someone yells, "Only a little over five miles left." The agony of not knowing exactly how much longer your suffering must continue. Suddenly the cheering of the crowd intensifies. Sure enough, it's the first woman. Think I'll try to stay with her. The cheering for her might help pick me up. I last a half mile. Oh god, how much farther? The crowd can't seem to agree. "Two and a half miles left." Later, three miles to go. How far? I feel like quitting, but we're in Boston now and the crowds are too thick. I pass several runners who are walking. Everyone else is passing me. Groups of ten to fifteen

runners at a time. At this point I don't care. If only it were done. Thirsty. Should have drank earlier. Stupid. Grab an orange. Momentary relief. "One mile left, buddy, keep it up." If only I could walk. Have to run. Six-tenths of a mile marker. Pick it up, put it down. Pick it up, put it down. Got to finish. When's this street going to end? Where's the Pru? A turn. My god, there it is! Two blocks to go! Going to make it. Up the street and around the turn. People everywhere! Down the driveway, I glance up, 2:39 on the digital clock above the finish line. How can I still be under 2:40? I pick up as much as I can. Across the line-2:39:55. Relief. Not happiness, not satisfaction. Not a blazer, but a finish. A victory of sorts.

"The wall is a myth." Bullshit."

Into the Prudential garage, I'm given a foil wrap. Thanks, but not nearly enough to protect me from the cold that comes from exhaustion. I wait in line for my sweats. I'm so cold so thirsty, so hungry! I see someone pass me with a bowl of beef stew. Something that has always sounded sickening suddenly becomes desirable. I wait in line. This time it's worth it. The best beef stew ever. Real beef, real potatoes, but most importantly real warmth. I gulp my stew and head back out into the cold. Have I really run Boston? Somehow it still seems unreal. It's hard for reality to live up to a dream.

--Rick Reitzug  
731st place  
2:39:55

#### NEW QUALIFYING TIMES

May, 1979

Will Cloney, Race Director, announced the new qualifying times for the Boston Marathon, 1980:

Men Under 40:	2 hours 50 minutes
Men Over 40:	3 hours 10 minutes
Women	3 hours 20 minutes

"All qualifying times must be in a certified, sanctioned, AAU Marathon", Cloney added. "The emphasis will be on the Sanctioned requirement."

May 7, 1979

By Giles Tomlinson

I would like to report my time for the Boston Marathon and also make a few comments about the race.

My time was 3:45:33. This was somewhat slower than my time in the Marine Marathon in Washington, D.C. on November 5, 1978 which was 3:26:08. My age is 53.

By just making the over 40 qualifying time, I was well back of the starting line, but with 2,000 - 3,000 unofficial runners, the line stretched behind me for about 3 blocks. Being so far back I didn't hear the starting gun or the band playing the Star Spangled Banner. I did witness both on television that evening.

It took me 3 minutes to walk to the starting line and at least another 3 minutes to go the first 1/4 mile. Having driven the course the previous day, I know about what to expect. However, I feel the .8 mile downhill at the start did me in. I noticed soreness in the front of my thighs soon after this point and it got steadily worse. I decided at the halfway point to slow down and make sure of finishing.

My general impression of the course is that it is "hilly and tough". Heart-break hill is not all that bad, but comes at bad position in the race. My suggestion to anyone wanting to try Boston is to do lots of hill work and concentrate quite a bit on downhill running form.

It was difficult to determine pace at any time because there were no accurate mile markers anywhere. Trying to calculate pace based on the so-called official check points such as 13.4, 17.1, etc., is beyond most people while running.

The temperature at 42°, light headwind, and drizzle helped some although I made a mistake by starting with 2 light jackets on and discarding them as I warmed up. I did feel cold when I got down to my wet "T" shirt. I felt crowd control was good and the runners conducted themselves properly where I was running. There was no water at the first aid station when I got there which would have been a major problem on a hot day. No problems after that.

Really enjoyed talking to other runners in the restaurants during the days before the race and at the Hopkinton gym. Talked to Myron Meyer and Clyde Shank in the gym and saw a few other people I knew from other races. There seemed to be a large number of official runners who didn't exhibit any evidence of ability to have qualified for the race. One of the old timers told me it is not uncommon to have a fast friend run for someone and get his name qualified. I also noticed a number of runners, both official and unofficial starting the race at the halfway point and beyond. It was easy to pick them out when they would come out on the road. They would run much faster for a while and they weren't dirty from the drizzle and road dirt yet.

All in all I enjoyed the experience and felt it was well worth the training effort and the costs involved in the trip. This should be an experience to always remember.

With the possibility of reduced qualifying times next year, some of us had better start training harder if we want to do Boston again.

LSD SHORTS . . . LSD SHORTS. . . LSD SHORTS. . . LSD SHORTS. . . . .  
LSD SHORTS. . LSD SHORTS . . . LSD SHORTS. . . LSD SHORTS. . . LSD SHORTS..

--Don Lindley, FWTC Treasurer is working with Jeff Darman, President of Road Runners Club of America on obtaining a non-profit mailing permit for our club. When this permit is obtained, our newsletter mailing rate will drop from 8.4¢ to ¢. Good Luck, Don!

--Group running will continue in June. Practice runs are scheduled on Wednesday evenings at 6 p.m. at Foster Park near the old tennis courts. These runs are fun runs and may be geared to suit your individual preferences. Schedules and application blanks for future area races will be available. Come on out!

--Our congratulations to FWTC member Gary Dexheimer for his fine performance at the Diet Pepsi 10K on April 28th in Lafayette, Indiana. Gary finished 4th overall with a time of 31:05. Great job, Gary!

--Larry Lee, Director of the Three Rivers Marathon, Sunday, July 15th needs HELP! Twelve timers are needed to give split times on the race course. If you are not running this race, or if someone in your family can help, please contact Steve Lerch at his office 422-7431 or at home 745-9831. Let's support this outstanding event.

--There will be wheelchair entrants in the Three Rivers Marathon. The winner of this year's Boston Marathon, Ken Archer, plus 8 - 10 others will compete. We need track club members to volunteer to provide housing for these athletes. Please volunteer by calling Anne Sheets at 485-5496.

--The Midwest Meet of Champions will be held starting at 1:30 p.m. on Saturday, June 9th.  
It will be held at the Northrop High School track. The meet is made up of the top graduating seniors track and field all-stars from Ohio, Michigan, Illinois, and Indiana. This is one of the top high school meets in the country and Fort Wayne should be proud to host such a prestigious event. Let's all give it our support by attending and encouraging our friends and neighbors to join us.

--Plan to participate in the 8 kilometer race which will be held in conjunction with the "Meet of Champions."





FWTC---ONE HOUR RUN

APRIL 22, 1979 SNIDER HIGH SCHOOL

RESULTS

<u>19 AND UNDER -- MEN</u>	<u>MILES</u>	<u>YARDS</u>
1. Tom Loucks	9	962
2. Tom Shank	9	808
3. Tom Lindley	8	1,098
4. Mark Davis	7	1,720
5. Matt Emley	7	1,600
6. Tom Bickel	7	1,457
7. Jeff Garrett	8	827
8. Sean Waltenberg	5	440
9. Carl Waltenberg	4	760
10. Tony Waltenberg	4	760
11. Andrew Waltenberg	3	480
<u>20 - 29 MEN</u>		
1. Gary Dexheimer	10	1,708
2. Phil Suelzer	10	1,278
3. Gary Striggle	10	880
4. Jerry Mazock	10	208
5. Rick Reitzug	10	0
6. Paul Emery	10	0
7. Alex Kyle	9	1,512
8. Larry Hankins	9	1,430
9. Paul Beckworth	9	1,075
10. Don Cahill	9	415
11. Anthony Gatton	9	415
12. Arnie Placencia	8	1,288
13. Bruce Barton	8	766
14. Tim Bolin	8	517
15. Tom Donnelson	8	517
<u>30 - 39 MEN</u>		
1. Bill Bruckner	9	1,601
2. Jim Berghoff	9	1,261
3. Walt Green	9	1,034
4. Don Lindley	9	1,021
5. Doug Williams	9	447
6. Bill Whitcomb	9	468
7. Norval Lehman	9	365
8. Roger Looyenga	9	15
9. Wayne Schaltenbrand	8	1,692
10. John Schwarze	8	1,662
11. Dick Gatton	8	1,435
12. Woody Barker	8	1,435
13. Russ Goose	8	1,331
14. Mike Zurzolo	8	1,229
15. Tom Tucker	8	1,208

FWTC-- ONE HOUR RUN

(CONTINUED)

30 - 39 MEN

	<u>MILES</u>	<u>YARDS</u>
16. Fred Ross	8	1,185
17. Richard Bollinger	8	864
18. Randy Roberts	8	748
19. Robert McKinley	8	680
20. Joe Clark	8	631
21. John Gres	8	631
22. Ed Perkins	8	631
23. Rick Meyers	8	568
24. Bob Lovell	8	529
25. Phil Shaffer	8	397
26. Dwayne Garrett	7	1,690
27. Ken Nicholas	7	1,340
28. Mike Hill	7	449
29. Dave Gunter	6	1,702
30. Dave Fairchild	6	1,680
31. Donald Cook	6	1,440
32. Dick Britten	6	240
33. Gene Faley	5	1,640
34. Mike Broderick	5	560

40 AND OVER--MEN

1. Joseph Barille	9	1,170
2. Bill Schmidt	9	1,148
3. Myron Meyer	9	524
4. Jack Morris	9	76
5. Mike Kast	8	1,498
6. Eugene Striggle	8	1,228
7. Wendel Adams	8	987
8. Lynn Milner	8	847
9. Don Goldner	8	764
10. Gene Whitacre	8	636
11. Joe Ziegler	8	60
12. Bernard Huesing	7	1,457
13. J. P. Jones	7	1,443
14. Robert McCuan	7	1,443
15. Bill Sohaski	7	1,223
16. Ed Jenkins	7	670
17. Merrill Metzger	7	640
18. Robert Habig	7	160
19. Roger Phillips	6	960

FWTC --ONE HOUR RUN

(CONTINUED)

<u>WOMEN</u>	<u>MILES</u>	<u>YARDS</u>
1. Michelle Bickel	8	440
2. Alma Ojeda	7	1,720
3. Phyliss Suelzer	6	1,700
4. Gloria Nycum	6	1,560
5. Carolyn Babcock	6	1,080
6. Janet VanHorn	6	1,040
7. Marsha Schmidt	6	960
8. Denise Jordan	6	600
9. Linda Ellingwood	6	360
10. Brenda Wolfe	5	1,520
11. Terri Broderick	5	1,280
12. Jean Longworth	5	1,160
13. Adlena Waltenberg	5	1,160
14. Linda Hill	4	1,240
15. Sandy Waltenberg	1	160

One Hour run sponsored by and awards donated by  
Stockberger Machinery.

Note: Final distances calculated by computer using  
information turned in on lap sheets.

FWTC - ONE MILE RUN

Sunday, April 22, 1979, Snider High School

1. David Milner (13)	6:29	17. Erin Barker (7)	8:00
2. Jeff Gatton (15)	6:32	18. Shelly Nycum (13)	8:05
3. Robert Clay (35)	6:44	19. Jilynna Jordan (6)	8:21
4. Kerry Clay (13)	6:45	20. Jeremy Ellingwood	
5. Bobbi Clay (12)	6:49		(7) 8:24
6. Robbie Black (7)	6:56	21. Sara Hill (7)	8:27
7. Dindy Gres (12)	7:06	22. Jack Paul (55)	8:33
8. Susan Bickel (8)	7:20	23. Ross Palmer (6)	8:37
9. Gregg Milner (9)	7:23	24. Jean Longworth(49)	8:49
10. Gloria Nycum (44)	7:26	25. Jenny Schneider(13)	8:51
11. Herman Black (10)	7:27	26. Shelly Barker (10)	8:57
12. Karen Milner (10)	7:31	27. Gail Schcatter(27)	9:01
13. John Schwarze (9)	7:32	28. Janet Hoepner(27)	9:24
14. Steven Palmer (9)	7:38	29. Brian Lindley (6)	9:47
15. Ja Maul (8)	7:46	30. Shelly Nycum (22)	10:18
16. Brent Jackson (9)	7:49	31. Jennifer Schwarze	
			(7) 10:59
		32. Myron Lindley(65)	12:48
		33. Jimmy Schwarze(3)	-

SAGINAW BAY MARATHON AT DELTA COLLEGE

SATURDAY - MAY 5, 1979 10:00 a.m. SAGINAW, MICHIGAN

<u>Overall Place</u>	<u>Time</u>	<u>Name</u>	<u>Age Division</u>
18	2:48:44	Jerry Mazock(27)	11th(20-29)
72	3:00:40	Don Lindley (35)	33rd(30-39)
122	3:13:17	Charlie Brandt(39)	54th(30-39)
123	3:13:30	Robert Short(29)	51st(20-29)
156	3:19:44	Lynn Milner(42)	20th(40-49)
190	3:24:21	Daniel Hannaford(32)	76th(30-39)
246	3:32:32	Don Goldner(44)	42nd(40-49)
357	4:09:01	Jerry Weddell	65th (40-49)

This was a flat course and the weather was nearly ideal for the over 600 starters. The temperature was in the mid 40's with very little wind. The course was well marked with large mile markers each mile. Transistorized megaphones made split times audible. The winning time was 2:25:30. 455 Finished.

MYRON'S MEANDERINGS

<u>Overall Place</u>	<u>Time</u>	<u>Date</u>	<u>Age Division</u>	<u>Place</u>
17	56:24	4-28-79	1st 50 & Over	Zionsville, IN 9 Mi.
34	1:17:44	5-5-79	1st 50 & Over	Terre Haute, 1st National Bank Distance Classic & AAU 20K State Championships
65	* 71:30	5-12-79	Ox Bow, 10 Mile	Elkhart, Indiana 2nd 50 & Over

\* First 20 runners including Myron missed first turn and ran 11.7 miles.

(The above times are the results of the fine efforts of Myron Meyer, Age 51)

THE DEFIANCE OPTIMIST 10,000 METER RUN

Saturday, May 12th, Defiance, Ohio, 1:45 p.m.

<u>Overall Place</u>	<u>Time</u>	<u>Name</u>	<u>Age Division</u>
5	36:30	Walt Green	2nd (30 -39)
6	36:41	Steven Foster	3rd (30 -39)
8	37:15	Tom Loucks	5th (20 -29)
14	38:24	Don Lindley	5th (30 -39)
17	39:16	Dick Gatton	6th (30 -39)
34	42:09	Herb Chandler	1st (40 -49)
42	43:01	Alma Ojeda	1st (19 & Under) Women

This was a well organized race with over 150 runners. The runners began their adventure over a out and back course. Needless to say the downpour of rain didn't help the runners, timers, and officials. Hats off to the timers that stood all alone in the very wet weather. The blacktop road had two slightly rolling hills. The finish and results were well handled. The least soaked winner was that emerged from a wall of water was Harry Ausderan in a time of 32:31.

10 KM SOUTH BEND SPRING CLASSIC

SUNDAY, MAY 6, 1979 1:15 P.M.

<u>Overall Place</u>	<u>Time</u>	<u>Name</u>	<u>Age Division</u>
3	33:23	Phil Suelzer	3rd(20-29)
19	37:28	Walt Green	5th(30-39)
64	41:52	Giles Tomlinson	1st(50+)

This was a nice rolling course through a residential area. The race was well directed for a first effort. There were 349 finishers.

OLD KENT RIVER BANK RUN 25 KM

SATURDAY, MAY 12, 1979, GRAND RAPIDS MICHIGAN

9	1:24:05	Gary Dexheimer
14	1:25:31	Phil Suelzer
326	1:45:55	Charlie Brandt
	1:52:00	Harry Miller

This was a good race with 2,568 entrants.

RACE CALENDAR

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>	<u>Contact</u>
June 2	7:00 a.m.	*8th Annual Marathon & 6 Mile	Terre Haute, IN	17
June 3	9:00 a.m.	*Anheuser-Busch Light Beer & The Old Westend Spring Festival 15K	Toledo, OH	18
June 6	6:00 p.m.	Northern Indiana Gold Cup, Ogden Dunes	Chesterton, Indiana	25
June 7	6:00 p.m.	440 (Boys & Girls 13 & Under) Women Mile Run, 5KM Road Run - Taylor H.S.	Kokomo, IN	15
June 9	8:00 a.m.	Michiana Lung Run 5KM & 15KM, Howard Park	South Bend, IN	27
	10:00 a.m.	*5 Mile Greentown Glass Festival	Kokomo, IN	19
	5:00 p.m.	Hoosier Hills Festival Runs-5KM & 15KM	Bloomington, IN	3
	10:00 a.m.	5 Mile -In conjunction with the H.S. "Midwest Meet of Champions"	Ft. Wayne, IN	4
	9:00 a.m.	*The Riley Creek Run 10KM	Pandora, OH	1
June 10	8:00 a.m.	Run for the Roses 10 Miles	Melrose Park, IL	38
	1:00 p.m.	*13.1 Chain O'Lakes Marathon	Albion, IN	20
	8:00 a.m.	20 Mile Prediction Race	Toledo, OH	45
June 12	6:00 p.m.	Ranger Run 5KM	Kokomo, IN	21
June 16	5:00 p.m.	Anderson Bike Path Run	Anderson, IN	8
	9:00 a.m.	*HOG JOG	Flora, IN	2
	9:00 a.m.	*Limestone Festival 6-Mile	Bedford, IN	6
June 17	8:00 a.m.	*9th Glass City Marathon	Toledo, IN	40
	10:00 a.m.	*Michigan City 15KM Featuring Gary Bjorklund	Michigan City, IN	28
June 19	6:00 p.m.	Ranger Run 8KM	Kokomo, IN	21
June 21	6:00 p.m.	880 (Boys & Girls 13 & Under), One Hour Run (Track)	Kokomo, IN	15
June 23	10:00 a.m.	*The Dannon-Oglesby 10KM Classic	Oglesby, IE	22
	6:00 p.m.	*Fireman Six Mile Race	North Judson, IN	31
	N/A	Midwest Master's Outdoor T & F Champ's N. Central College (30 & Over Only)	Naperville, IL	9
June 24	5:00 p.m.	*Anderson White River Run 15KM & 2.5 Mile Fun Run	Anderson, IN	29
June 26	6:00 p.m.	Ranger Run 10KM	Kokomo, IN	21
June 30	9:00 a.m.	*Monument City 10,000 Meter Classic	Angola, IN	44
	9:00 a.m.	Bunker Hill Festival 5 Mile Fun Run	Bunker Hill, IN	23
	3:00 p.m.	*The Keystone Square 10KM	Carmel, IN	5
	4:00 p.m.	*Wayne Johnson Memorial Mounds-Kiwanis 15KM	Anderson, IN	7

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>	<u>Contact</u>
June 30	9:00 a.m.	Dayton Daily News River Run 8.6. Miles	Dayton, OH	16
July 1	8:00 a.m.	*8.1 Mi. Bass Lake Run Around	Bass Lake, IN	10
July 4	5:00 p.m.	*Liberty 10,000 Meters	Hartford City...IN	11
July 4	9:00 a.m.	*Bluffton 4 Mi. Freedom Run	Bluffton, OH	13
July 4	9:00 a.m.	*Volkslaufe 10KM & 20 KM	Frankemuth, MI	14
July 7	9:00 a.m.	Praire Creek 15 KM	Muncie, IN	32
July 8	7:00 a.m.	FWTC 13.0 Mi. Prediction Run	Ft. Wayne, IN	24 & 26
July 15	7:00 a.m.	Three Rivers Marathon	Ft. Wayne, IN	33
July 21	N/A	East Chicago 4	East Chicago, IN	34
July 21	9:30 a.m.	*10KM Elephant Walk	Peru, IN	30
July 21	9:00 a.m.	*10KM Run to the Moon	Wapakoneta, OH	37
July 28	8:30 a.m.	*6th Annual Swiss Days Race 1,3, & 10 Mi.	Berne, IN	41
July 28	5:00 p.m.	Morgan Monroe 10 Mi. Run	Bloomington, IN	3
July 28	9:00 a.m.	*Maxinkuckee Lake Run 15KM	Culver, IN	39
July 29	8:00 a.m.	*Historical Days Stampede 13.3 Mi., 5 Mi., & 1 Mi.	New Carlisle, IN	42
August 7	6:30 p.m.	Cornfield 4	Rensselaer, IN	35
August 11	4:30 p.m.	Keep On Stridin' 10 KM	Kokomo, IN	15
August 12	2:00 p.m.	"Media Race" 3 Mile	Ft. Wayne, IN	36
August 18	N/A	Big Brother/Big Sister 2 Mi. & 5 Mi.	Ft. Wayne, IN	12
August 25	N/A	Old Settler 7 Mi.	Monticello, IN	43

\*Applications will be available thru Don Lindley during  
Wednesday nights group running.

## CONTACTS

1. Mark Stall R.R.#1 Pandora, OH 45877 (419)384-3085
2. Hog Jog P.O. Box 26 Flora, IN 46929
3. Ray Vandersteen 1358 Mercedes Dr., Bloomington, IN 47401(812)399-8620
4. John Kline 2410 Oakridge Rd., Ft. Wayne, IN 46805
5. Wayne Phelps 2100 E. 116th St., Carmel, IN 46032
6. Maurice Ragsdale R.R.#15, Box 900, Bedford, IN 47421
7. Gibb Webber R.R.#8, Box 334, Anderson, IN 46011
8. Gary Estle P.O. Box 1873A, Anderson, IN 46014
9. Wendall Miller 180 No. LaSalle St., Chicago, IL 60601 (312)236-1315
10. Don Reinholt 424 Carlson Dr., Knox IN
11. Doug Osborn 818 So. Pearl St., Hartford, IN (317)348-4739
12. Big Brothers-Big Sisters 919 Fairfield Ave., Ft. Wayne, IN 46802
13. Ray Forman 192 Carmatter St., Bluffton, Ohio
14. Volksaufe P.O. Box 7, Frankenmuth, Mich.
15. Floyd Stinchcomb 5204 Algonquin Trail, Kokomo, IN.
16. Dayton Daily News P.O. Box 1287, Dayton, OH 45410
17. Dave Phegley Marathon-Marathon, Indiana State University  
Terre Haute, IN 47809
18. Gordon Mellish 2503 Glenwood Ave., Toledo, OH 43610
19. Brad Shrok (317)628-3728
20. Albion Park and Rec. Dept. 110 So. Orange St., Albion, IN 46701
21. Ricke Strucker (317) 455-0427
22. Art Sarver 219 Church St., Oglesby, IN 61348
23. John Norris (317) 395-7761
24. Walt Green 4014 Shannon Dr., Ft. Wayne, IN
25. Steve Kearney 319 E. Morgan, Chesterton, IN 46304 (219) 926-1750
26. Don Lindley 6015 Landsdowne Dr., Ft. Wayne, IN (219)456-8739.
27. Jane O'Bryan American Lung Assoc., 319 So. Main St. South Bend, IN46601
28. Denny Martinson Box 372, Michigan City, IN 46360
29. Race Director White River Run Box 1090, Anerson, IN 46015
30. Dan Krause 212 E. Main St., Peru, IN 46920
31. Dr. Herb Nefkes 203 Leslie, No. Judson, IN 46366 (219)896-2108
32. Jim Cartwright 4605 Garver Dr., Muncie, IN 47304
33. WKJG TV-33 2637 W. State St., Ft. Wayne, IN 46808
34. Jesse Gomez 3827 Grand Blvd., East Chicago, IN
35. Dave Smith 317 Park St., Rensselaer, IN 46312
36. Don Goldner 9525 Muldoon Rd., Ft. Wayne, IN 46819
37. Chamber of Commerce P.O. Box 208, Wapakoneta, OH 45895
38. Peggy Heidkamp Westlake Community Hospital 1225 Superior St.,  
Melrose Park, IL 60160
39. Kerry Haenes R.R.#1 Box 11-A Culver, IN 46511 (219)842-3085
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41. Jack Shoaf First Bank of Berne, P.O. Box 369 Berne.IN (219) 589-2151
42. Historical Days Stampede P.O. Box 287, New Carlisle, IN 46552
43. Joe Milligan R.R. #1, 47960
44. Stacy Fulton Angola Sports Center, 217 W. Maumee, Angola, IN 46703
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## COPING WITH THE HEAT

### DO

- Drink 8-12 ounces of liquid every 10-15 minutes.
- Take cold drinks, or even chew ice (won't cause cramps, will reach plasma-depleted blood faster).
- Dilute commercial drinks (and even orange juice) with 2-3 parts water.
- Eat fruits and vegetables, drink fruit juices to ward off "mineral blues," or greater need for potassium.
- Acclimatize gradually in heat (50 percent of normal load, 5-10 percent increase daily).
- Protect feet in heat and cold with cotton socks to absorb sweat.

### DON'T

- Don't wait to get thirsty (body loses 2-4 lbs. fluid before thirst signals need for re-hydration).
- Don't drink fluids at body temperature or warmer (they are absorbed more slowly and fail to refresh).
- Don't use undiluted commercial drinks (sugar content makes fluids taste good, but can cause cramps).
- Don't take salt tablets--EVER (body in need of salt will crave it; if so, seek saltier foods).
- Don't take potassium supplements (too much can disrupt heart's power to contract).