

FORT WAYNE TRACK CLUB

JULY, 1979



BULLETIN:

Larry Lee, Meet Director for the TV33/Hooks Three River Festival Marathon to be held on Sunday, July 15, 1979 at 7:00 a.m. has announced that there will be eight (8) wheelchair entrants participating in this year's race. This is a first for this fine race and we feel that the participation of fine athletes will add considerably to the event and is a real compliment to the status of our Marathon.

The entrants include Ken Archer of Akron, Ohio, Winner of the Wheelchair Division at Boston this year with a time around 2:19:00 and George Murray of Tampa, Florida, the present Wheelchair World Record Holder with a time of 2:12:00. With our great course we just might see a new world record set.

The Wheelchair entrants will start the race five minutes before the other entrants.

Ann Sheets of the local chapter of the National Spinal Cord Injury Foundation is working with Larry Lee and others of the Marathon Committee on the Wheelchair portion of the race. She needs housing for two women and one man Wheelchair entrants. If you would like to volunteer, please call Ann at 485-5496.

The First Annual Recognition Banquet and Awards Ceremony of the Wheelchair entrants is being sponsored by the Fort Wayne Chapter of The National Spinal Cord Injury Foundation. This will be a luncheon buffet and will be held at Lester's Party House, 1502 Bluffton Road (Behind Hall's Drive-In) at 3 p.m. the day of the race. Fort Wayne Track Club members are welcome to attend and reservations should be made by calling Ann Sheets 485-5496. The cost is \$5.00 per person. Tickets may also be purchased at the door.

Bruce Marquis, Executive Secretary of the National Spinal Cord Injury Foundation will be at the banquet to present the awards. Bruce is a Marathoner but can't compete here due to recent surgery.

Dana Corporation is paying the expenses of the wheelchair entrants. Many thanks to Mark Ardington of Dana for his assistance and consideration.

OTHER MARATHON NEWS

We still need timers to give split times on the race course. Please call Steve Lerch at his office 422-7431 or at home 745-9831. Help!

As the Marathon approaches, we want to take this opportunity to give special thanks to Hilliard Gates of TV 33 and to Hooks Drugs for their fine cooperation in helping to make this race one of the best in the country. Where else can you enter with NO ENTRY FEE! We have all seen what is happening with entry fees. Some, such as the \$10.00 fee at Chicago, are out of sight. Take two minutes and drop a note of thanks to Hilliard Gates TV 33, 2633 E. State Boulevard, Fort Wayne, IN 46808. You might also thank him for the SAME DAY TV COVERAGE.

Finally on the Marathon, FWTC members Dan Widmann, Charlie Brandt, Don Lindley and, of course, Larry Lee spend a lot of time working to make this race the great event

that it is. Hats off to them and all the others of the FWTC for their fine efforts.

FWTC is sponsoring a 13 Mile Prediction Run, July 8, 1979, Sunday, 7:00 a.m. starting at Foster Park, near the old tennis courts. This course will be out and back three times; one time at 1½ miles and two times at 2½ miles.

This is not a race. If you are planning to run the Three River Marathon, Sunday, July 15, 7:00 a.m. it is recommended that you participate. This should be your final big run before the Marathon and if you are not an early morning runner already, this will help you get started. No watches will be allowed, but you will receive water and splits at the three and eight mile marks. Remember the winner is the one that predicts the closest to his time, not the fastest.

Ribbons for the first ten places and participants ribbons 11 through 100. Registration will be held at 6:00 a.m. with the run beginning at 7:00 a.m. The entry fee will be \$.50 for non-members and \$.25 for members. For further information contact Walt Green or Don Lindley. Walt Green (485-4091) - Don Lindley (456-8739)

LSD SHORTS

LSD SHORTS

LSD SHORTS

LSD SHORTS

LSD SHORTS

LSD SHORTS

Don Lindley reports that the FWTC is now officially certified with the Amateur Athletic Union. Our number is 241. Anyone interested in joining the A.A.U. should contact Don for an application

Found - A pair of leg weights at Aboite Lake Drive at Echo Hill on June 5, 1979. Please call Dave Waldrop between 8:00 - 5:00 at 483-7142.....

CONGRATULATIONS CONGRATULATIONS CONGRATUATIONS

To FWTC member Lora Cartwright of Muncie who finished 2nd in the mile run at the Girls State High School meet with a fine time of 5:05:5 ... Great job Lora!

CONGRATULATIONS CONGRATULATIONS CONGRATULATIONS

To FWTC member Alma Marie Ojeda, age 9, on the completion of her first marathon with a time of 4:40:12. Alma finished third overall in the women's division and second in the 19 and under division at the Gilboa Marathon, Gilboa, Ohio on May 19, 1979.

Although her official time was 4:40:12 she did cover the Marathon route in less time since she was about 20 minutes late for the start of the race. After doing her stretching exercises in the truck enroute to the race, she started without knowing that she had a penny in one shoe. More on that later.

At about the 5 mile mark she began to catch the last place runners and at 16 miles she was in 2nd place in the women's division. But by now the penny had

caused a large blister and she had to stop for 5 minutes for first aid. The final ten miles were painful due to the blister.

The crowd was very appreciative of her efforts and she was greeted with a great round of applause at the finish line.

What a super accomplishment for Alma Ojeda. Congratulations from all the FWTC members.

MIDWEST MEET OF CHAMPIONS THANKS

Certainly a special thanks is well deserved by those track club members who not only chose to support this year's track classic but also those who unselfishly volunteered their time by officiating. Our club response was excellent and helping administrate track and field in Fort Wayne is an area that I would like to see the club get more involved in. A very good friend of mine is a top flight runner and officer in the Knoxville Track Club. This is an old very large and well organized club. One of their main objectives is the officiating and help in administrating high school and collegiate track in the Knoxville area. Some of their "non-runner" member's only interest is in this area. As our club continues to develop and grow this is an area where we may want to offer our services.

I definitely felt John Kline's efforts in trying to involve the club with the meet through a road race were fantastic. I'm sure John will attempt to expand his efforts next year and will probably make a few changes, especially in regard to the heat. With some publicity we could draw 600 runners next year. That would mean the club's direct support for additional tickets sold and a greater attendance. The point does need to be made that the club has taken a strong stand on supporting charitable programs but in this case we're talking about a "brother" venture.

I did have one great disappointment regarding the meet and that was the attendance. For those of us that saw the meet for the first time, I'm sure we would all agree that it was high class in every way. In almost every event the winning times were respectable enough to place in our national AAU meet. Bill Walker has put a lot of effort into this and it shows. I'm sure the meet will only continue to improve. It's just sad to note that of the seating that was partially full, most of those spectators were here from out of town and here to see their sons or daughters participate. As a meet board member one of my goals for next year will be to see that attendance increases. Those of you who attend the meet could help that goal by "talking up" the meet to your friends.

One other interesting note is the discussed possibility of incorporating a separate girls meet. Of course, the main problem would be finances and right now that possibility is simply a thought. The finance committee must start now in trying to fund next year's meet as we just barely pulled through this year. We can use any help that the club members can possibly offer on this. If you have any financial suggestions please contact me anytime.

Gary Dexheimer

MIDWEST MEET OF CHAMPIONS

8 KILOMETER

CHAMPIONSHIP ROAD RACE

JUNE 9, 1979

WOMEN'S OPEN

| | |
|------------------------|-------|
| 1. Kris Walker | 34:28 |
| 2. Cindy Goller | 35:14 |
| 3. Chris Kolkman | 37:04 |
| 4. Sara Gilbert | 37:54 |
| 5. Julia Klug | 38:19 |
| 6. Tammy Mendez | 38:54 |
| 7. | 38.59 |
| 8. Lisa Trainer | 39:20 |
| 9. Alma Ojeda | 40:04 |
| 10. Theresa Munding | 40:05 |
| 11. Cathy Lolly | 40:16 |
| 12. Charlotte Cunliffe | 41:15 |
| 13. Jeanne Meyers | 41:19 |
| 14. Phyllis Suelzer | 42:09 |
| 15. Emily Smith | 42:22 |
| 16. Theresa Helmsing | 42:38 |
| 17. Janet VanHorn | 45:03 |
| 18. Peggy Brand | 45:16 |
| 19. Denise Jordan | 45:23 |
| 20. Theresa Smethers | 45:31 |
| 21. Phyllis Avilla | 45:32 |
| 22. Linda Ellingwood | 45:33 |
| 23. Cindy Schwiezee | 46:42 |
| 24. Brenda Wolfe | 46.47 |
| 25. Joyce Bates | 47:18 |
| 26. Peggy Link | 48:22 |
| 27. Deb Hockemeyer | 48:23 |
| 28. Sabine Florreich | 50:01 |
| 29. Dawn Maldia | 51:44 |

WOMEN - 30 or older

| | |
|---------------------|-------|
| 1. Jan Kissinger | 42:28 |
| 2. Pat Cartwright | 43:06 |
| 3. Marsha Schmidt | 45:17 |
| 4. Julia Wilson | 47:31 |
| 5. Dana Zumbaugh | 48:57 |
| 6. Adelma Watenberg | 49:18 |
| 7. Jean Longsworth | 51.11 |
| 8. Marlene Dorries | NT |

BOYS - 8TH GRADE & YOUNGER

| | |
|--------------------|-------|
| 1. Tom Shank | 30:33 |
| 2. Kenny Williams | 33:32 |
| 3. Jeff Mather | 35:40 |
| 4. Ryan Hill | 38:02 |
| 5. Jeff Messman | 41:19 |
| 6. Davis Milner | 41:20 |
| 7. Doyle Niel | 41:40 |
| 8. Jamie Stewart | 41:47 |
| 9. Robert Maldia | 44:55 |
| 10. Mike Zumbaugh | 45:08 |
| 11. Chris Zumbaugh | 46:37 |

BOYS - HIGH SCHOOL

| | |
|----------------------|-------|
| 1. Rick Ford | 27:54 |
| 2. Mike Barkman | 28:29 |
| 3. Glenn Moore | 29:00 |
| 4. Aaron Landgrave | 29:50 |
| 5. Don Cuney | 29:55 |
| 6. Mike McManus | 29:56 |
| 7. Gary Williams | 29:59 |
| 8. Mark Herndon | 30:05 |
| 9. Gary Munro | 30:08 |
| 10. Greg Fowler | 30:27 |
| 11. Mike Betten | 31:10 |
| 12. Dave Hayes | 31:27 |
| 13. John Sommers | 32:12 |
| 14. Mark Robison | 32:15 |
| 15. Mike Murray | 32:27 |
| 16. Steve Ziliak | 32:29 |
| 17. Michael Wagner | 32:36 |
| 18. Ron Brinker | 33:08 |
| 19. Steve Nash | 33:24 |
| 20. Ray Garrett | 33:31 |
| 21. Dave Pederson | 33:37 |
| 22. Dave Justus | 33:38 |
| 23. Ron Wise | 34:22 |
| 24. Rick Harkenrider | 36:08 |
| 25. Dave Milligan | 36:45 |
| 26. Dean Ross | 37:34 |
| 27. Abbott Smith | 38:17 |
| 28. Mark Blessing | 43.52 |

MEN - OPEN

| | | |
|-----|------------------|-------|
| 1. | Mick Schlachter | 26:14 |
| 2. | Scott Wareham | 27:02 |
| 3. | Greg Orman | 27:02 |
| 4. | Phillip Lockwood | 27:15 |
| 5. | George Medler | 27:57 |
| 6. | David Hockley | 28:41 |
| 7. | Doug Sundling | 28:50 |
| 8. | Paul Beckwith | 29:11 |
| 9. | Tom Loucks | 29:18 |
| 10. | Chuck DeFord | 29:25 |
| 11. | Gary Striggle | 29:44 |
| 12. | Kenny Wolfe | 29:57 |
| 13. | Brent Munro | 30:36 |
| 14. | Jerry Mazock | 30:45 |
| 15. | Dan Kauffman | 30:52 |
| 16. | Pete DiPrimio | 31:14 |
| 17. | Dan Moore | 31:23 |
| 18. | John Juve | 31:39 |
| 19. | Dave Bracht | 32:18 |
| 20. | Joe Nycum | 32:30 |
| 21. | Gary Painter | 33:22 |
| 22. | Bruce Barton | 34:48 |
| 23. | Dave Smith | 36:31 |
| 24. | Thomas Donelson | 36:49 |
| 25. | Doyle Minniz | 37:40 |
| 26. | Mike Galligher | 37:5 |
| 27. | Steve Yaeger | 38:50 |
| 28. | Doug Keesburg | 38:55 |
| 29. | Jerry Williams | 40:31 |
| 30. | Rex Keesbury | 44:17 |
| 31. | John Link | 41:40 |
| 32. | Kris Lauster | 45:22 |
| 33. | Mike Pressler | 47:39 |
| 34. | Bill Longsworth | 50:13 |

MEN - 30-39

| | | |
|-----|-----------------|-------|
| 1. | Chuck Koeppen | 27:22 |
| 2. | Walt Green | 29:58 |
| 3. | Steven Foster | 30:15 |
| 4. | Art Obregon | 30:22 |
| 5. | Jim Berghoff | 30:41 |
| 6. | Robert Brackner | 30:48 |
| 7. | Gus Kuhn | 31:16 |
| 8. | Bill Whitcomb | 31:59 |
| 9. | Don Lindley | 32:17 |
| 10. | Roger Looyenga | 33:37 |
| 11. | Woddy Bartker | 33:45 |
| 12. | Larry Lee | 33:45 |

| | | |
|-----|-------------------|-------|
| 13. | Scott Krause | 33:58 |
| 14. | Dave Beachy | 34:05 |
| 15. | Russell Grose | 34:11 |
| 16. | Dan Hannaford | 34:14 |
| 17. | Mark Williams | 34:17 |
| 18. | Richard Bollinger | 34:27 |
| 19. | Jim Abbott | 34:43 |
| 20. | Brian Whitt | 34:59 |
| 21. | Joe Clark | 36:16 |
| 22. | Stephen Hartman | 36:27 |
| 23. | Don Tharp | 36:31 |
| 24. | Bill Landon | 36:34 |
| 25. | Bruce White | 36:35 |
| 26. | George Lemaster | 36:39 |
| 27. | Ron Habbeger | 36:53 |
| 28. | Ken Yahne | 37:13 |
| 29. | Phil Wisniewski | 37:25 |
| 30. | Lynne Armstrong | 38:22 |
| 31. | Larry Palmer | 38:23 |
| 32. | John Rasmussen | 39:13 |
| 33. | Ward Krause | 39:30 |
| 34. | Dale Zumbaugh | 41:02 |
| 35. | David Gunter | 41:18 |
| 36. | William Walter | 47:44 |

MEN - 40 & Older

| | | |
|-----|------------------|-------|
| 1. | Bill Schmidt | 30:56 |
| 2. | Jack Morris | 31:38 |
| 3. | Dick Clevenger | 32:06 |
| 4. | Glenn Moore | 33:05 |
| 5. | David Wilson | 33:41 |
| 6. | Clyde Shank | 34:48 |
| 7. | Eugene Striggle | 34:50 |
| 8. | Herbert Chandler | 35:01 |
| 9. | Chris Stauffer | 35:11 |
| 10. | Jim Cartwright | 35:30 |
| 11. | Bud Stiffler | 35:30 |
| 12. | Lynn Milner | 35:45 |
| 13. | Richard Miller | 35:51 |
| 14. | Don Goldner | 36:14 |
| 15. | Bernard Drerup | 37:35 |
| 16. | Dave Blake | 37:57 |
| 17. | Joseph Ziegler | 38:00 |
| 18. | Ray Sibrel | 38:05 |
| 19. | Benjamin Coy | 39:46 |
| 20. | Michael Hayes | 39:53 |
| 21. | Rudi Florreich | 40:25 |
| 22. | Don Babcock | 41:54 |
| 23. | James Elbert | 44:07 |

MEN - 50 or Older

| | | |
|----|-----------------|-------|
| 1. | Myron Meyers | 31:50 |
| 2. | Mike Kast | 32:44 |
| 3. | Giles Tomlinson | 33:58 |
| 4. | Wendell Adams | 35:39 |
| 5. | Roger Phillips | 45:04 |
| 6. | Jack Paul | 51:49 |

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CHAIN 'O'LAKES 13.1 MILE MARATHON

JUNE 10, 1979

| <u>NAME</u> | <u>DIVISION</u> | <u>PLACE</u> | <u>TIME</u> |
|-----------------|-----------------|--------------|-------------|
| Walt Green | 25-34 | 4th | 1:23:01 |
| Robert Bruckner | 25-34 | 5th | 1:23:02 |
| Don Lindley | 35-44 | 1st | 1:27:47 |
| Carolyn Babcock | Women 35+ | 2nd | 2:15:15 |

Reports indicate this was a great course; very hilly. The weather was windy and cool.

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SOUTH BEND SPRING CLASSIC 10KM

MAY 6, 1979

| <u>NAME</u> | <u>AGE</u> | <u>PLACE</u> | <u>TIME</u> |
|----------------|------------|--------------|-------------|
| Fred Ross | 38 | 56 | 41:17 |
| Dave Fairchile | 33 | 250 | 53:03 |

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MARATHON - MARATHON, TERRE HAUTE, INDIANA

JUNE 2, 1979

| <u>FINISH</u> | <u>NAME</u> | <u>AGE</u> | <u>TIME</u> | <u>RANK</u> | <u>DIVISION</u> |
|---------------|-----------------|------------|-------------|-------------|-----------------|
| 63 | Walt Green | 31 | 2:55:50 | 15 | M 30-39 |
| 120 | Michael Johnson | 22 | 3:02:27 | 74 | M Open |
| 167 | Don Lindley | 35 | 3:09:46 | 59 | M 30-39 |
| 177 | Jim Berghoff | 30 | 3:10:35 | 64 | M 30-39 |

| | | | | | |
|-----|---------------------|----|---------|-----|-----------|
| 210 | Robert Abel | 28 | 3:14:07 | 110 | M Open |
| 271 | Louis Romain | 41 | 3:18:12 | 27 | M 40-49 |
| 320 | Cindy Goller | 22 | 3:22:10 | 6 | W Open |
| 321 | Richard Gatton | 36 | 3:22:32 | 113 | M 30-39 |
| 374 | Tom Loucks | 19 | 3:27:41 | 186 | M Open |
| 407 | Mike Kast | 50 | 3:29:49 | 8 | M 50 & up |
| 430 | Hern Trier | 51 | 3:31:25 | 9 | M 50 & Up |
| 487 | Wayne Schaltenbrand | 37 | 3:36:16 | 172 | M 30-39 |
| 517 | Joseph Nycum | 24 | 3:38:43 | 246 | M Open |
| 553 | James Bushey | 21 | 3:43:04 | 257 | M Open |
| 825 | Theresa Mundinger | 22 | 4:39:56 | 32 | W Open |

Tom Blumer, winner of 1978 Thre Rivers Festival Marathon, finished first in a time of 2:22:29. There was a total 844 finishers, approximately 1100 runners started. The race started at 7:00 a.m., temperature about 67^o, and by 11:00 a.m. it was in the high 70's.

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MARATHON - MARATHON 6 MILE RACE

TERRE HAUTE, INDIANA

JUNE 2, 1979

| <u>NAME</u> | <u>DIVISION</u> | <u>PLACE</u> | <u>TIME</u> |
|-----------------|-----------------|--------------|-------------|
| Rick Reitzug | Men's Open | 16 | 31:59 |
| Phil Suelzer | Men's Open | 29 | 32:51 |
| Tom Shank | Men 15 & Under | 10 | 35:01 |
| Ray Garrett | Men's Open | 183 | 39:11 |
| clyde Shank | Men's Open | 213 | 40:00 |
| Dwayne Garret | Men's Open | 418 | 45:24 |
| Phyllis Suelzer | Women's Open | 37 | 48:70 |
| Jeff Garrett | Men 15 & Under | 133 | 1:01:17 |

There were 961 finishers in the 6 mile Race.

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WHITE RIVER RUN 15KM

ANDERSON, INDIANA

JUNE 24, 1979 - 5:00 P.M.

| <u>NAME</u> | <u>AGE</u> | <u>PLACE</u> | <u>TIME</u> |
|--------------|------------|--------------|-------------|
| Lynn Mulner | 42 | 211 | 65:18 |
| David Milner | 13 | 297 | 70:06 |

3.3 MILE FUN RUN

| | <u>AGE</u> | <u>TIME</u> |
|--------------|------------|-------------|
| Gregg Milner | 9 | 29:42 |
| John Milner | 7 | 29:44 |

Lynn reports "shower, dressing rooms, and traffic control excellent. A pleasant run ... aid stations need improving, but a good run with over 500 in 15KM race."

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DIET PEPSI 10KM SERIES

WEST LAFAYETTE, INDIANA

APRIL 29, 1979

| <u>NAME</u> | <u>AGE</u> | <u>PLACE</u> | <u>TIME</u> |
|-------------|------------|--------------|-------------|
| Fred Ross | 38 | 77 | 38:34 |

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OX BOW 10 MILER

ELKHART, INDIANA

MAY 12, 1979

| <u>NAME</u> | <u>AGE</u> | <u>PLACE</u> | <u>TIME</u> |
|-------------|------------|--------------|-------------|
| Fred Ross | 38 | 13 | 65:02 |

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OX BOW 3 MILER

ELKHART, INDIANA

MAY 12, 1979

| <u>NAME</u> | <u>TIME</u> |
|-------------|-------------|
| Tom Shank | 16:37 |
| Clyde Shank | 18.50 |

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GLASS CITY MARATHON

TOLEDO, OHIO

JUNE 17, 1979

| | |
|---------------|---------|
| Wendell Adams | 3:23:43 |
|---------------|---------|

GILBOA MARATHON

GILBOA, OHIO

MAY 19, 1979

| <u>NAME</u> | <u>DIVISION</u> | <u>PLACE</u> | <u>TIME</u> |
|---------------|------------------|--------------|-------------|
| Wendell Adams | 40-49 | 1st | 3:25:59 |
| Alma Ojeda | Women 19 & under | 2nd | 4:40:12 |
| | * | * | * |

GILBOA 6.7 MILE RACE

| | | | |
|---------------|-------|-----|-------|
| Walt Green | 30-39 | 4th | 42:00 |
| Glenn Moore | 40-49 | 1st | 42:24 |
| Don Goldner | 40-49 | 2nd | 46:40 |
| Herb Chandler | 40-49 | 3rd | 46:55 |
| | * | * | * |

WLS 8-9 MILE RUN FOR THE 200

CHICAGO, ILLINOIS

JUNE 3, 1979

| <u>NAME</u> | <u>AGE</u> | <u>TIME</u> |
|----------------|------------|-------------|
| Dave Fairchild | 33 | 74:32 |

There were 4400 + entries. Ran through Lincoln Park, an excellent start and a flat, scenic course with accurate splits provided. The only problem was the crowding and pushing in the finish chutes.

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INDIANAPOLIS 500 FESTIVAL MINI-MARATHON 13.1 MILES

INDIANAPOLIS, INDIANA

MAY 25, 1979

| <u>NAME</u> | <u>DIVISION</u> | <u>PLACE</u> | <u>TIME</u> |
|-------------|-----------------|--------------|-------------|
| Myron Meyer | 50-59 | 1st | 85:02 |
| Brett Davis | Age 20 | N/A | 1:25+ |
| Mark Davis | Age 13 | N/A | 1:44+ |

MYRON MEYER RACE RESULTS

| | | <u>DISTANCE</u> | <u>PLACE</u> | <u>TIME</u> |
|------|----------------------------------|-----------------|--------------|-------------|
| 5/26 | Kokomo, Indiana | 4.0 Mi. | 1st | 24:19 |
| 5/27 | Skyline Run Brownstown, IN | 6.2 Mi. | 1st | 45:19 |
| 5/28 | Run For Hope Martinsville, IN | 8.0 Mi. | 1st. | 52:17 |
| | | * | * | * |

As many of you are already aware, Court Rooms of America is planning on building a new facility on West 24 called Super Club. The plans do call for an indoor track which will be 23 laps to the mile. I recently had a lengthy discussion with the marketing director regarding the need for a complete track & field indoor facility with no less than a 1/8 mile track. They have been considering a change in the proposed facility but are concerned about interest. I strongly suggested to him that a track any smaller than that would be unattractive to most distance runners. I also suggested that if a larger facility were built and memberships were offered for the track only at a reasonable cost, then their problem would not be lack of interest but would instead be scheduling time for use.

If you agree with these feelings then help show some support. Please tear off the attached form and check the appropriate space. Maybe if enough interest is shown we can encourage the change.

Gary Dexheimer

The following is a petition by the Fort Wayne Track Club to encourage a change of plans for the proposed Supper Club. The Club feels that an indoor track and field facility with no less than eight laps per mile is certainly needed in this area. The Club also feels that if a reasonable fee for a track membership is charged, then in our opinion more than enough interest would be available to prove the facility a success.

_____ I happen to be an avid runner with a strong interest in an indoor facility providing it is available at a reasonable track only membership fee.

_____ I happen to be an area coach with a strong interest in an indoor track facility available for scheduled team use at a reasonable fee.

_____ I happen to be a high school track & field athlete with a strong interest in an indoor facility available for use at a reasonable membership fee.

Send to: Robert Rist _____ Name
Marketing Director _____ Address
Court Rooms of America
4646 U.S. 24 West
Fort Wayne, IN 46804

TRUE CONFESSION OF AN INJURY:

I had a thought the other day for a column to appear in this newsletter. It will require some motivation from any of our members that have recently been injured of "knock on wood", those that are about to be. Like many of us a number of times I've been in the midst of an injury, frustrated beyond belief, with no knowledge of who to turn to. Unfortunately most of us are our own worst enemy. We can usually figure out the logical cause of an injury but rarely can we figure out the cure. Therefore, we usually end up just experimenting. Fortunately many injuries can often be cured through physicians. Yet, with many injuries time seems to be the ultimate cure. Therefore, I felt that if some of us would take time to discuss current problems in this column, we just might accomplish several things. First of all we might help ourselves resist being too greedy and making the same mistake twice. Second we might help our fellow runners by offering a little preventive training advice. Last, although each injury is difficult in how it effects an individual's body, one person's cure for a specific injury may just help another person with the same problem. Therefore, I urge you to take a few minutes and write about your current injury. Send the copy into our editor: Gay Davis, 11225 Shalimar Drive, Fort Wayne, IN 46825. Of course, this is only an idea but I hope that it can become a useful and interesting part of our newsletter.

Let me then be the first to initiate this column with what certainly must be taken as a very sad story. Although there are those who would doubt the truth of this statement, there was a time when I was running well. I spent months building a long base of mileage which I really believe had kept me from the injuries that had plagued me in the past. The last race I ran before becoming injured was Grand Rapids - 25K. I had been running a race almost every weekend. In between I tried to average approximately 65 miles with an interval workout once a week. I found I needed very little time for recovery for races up to 13½ miles; with no accompanying stiffness. So it was interesting that the additional two miles at Grand Rapids appeared to really tighten me up after the race. I had noticed a mild discomfort in my right groin before the race but it was much too mild to worry about. I had read articles about suggested recovery mileage after races but I hadn't been having any problems with recovery. I had planned another race ten days later and due to some success was feeling extremely greedy. I felt this was a good week to put in an easy 80 miles. I did allow for one day of recovery as I only ran an easy 9½ miles on Sunday. Monday I ran 12 in the rain and ignored signs of tightness in my groin. Tuesday was easy and Wednesday I continued to ignore the signals as I ran interval miles on the track. By Thursday I realized that I had to give up on the 80 mile week but only slightly. Friday was also easy and Sunday I continued to ignore the mild problem by running a hard 20 miler. Actually I felt very good, although on Sunday I couldn't run at all. During the next two weeks I alternated rest with a little bit of jogging. This is the initial frustration stage better known as the "I'll try anything" period. The problem is determining how long to go before you try to come back. Heat seemed to do nothing for the leg. Finally at the height of my frustration I called Dr. Costill at Ball State. He advised that I obviously had a deep groin strain with some nerve inflammation. He advised that I try aspirin although it was probably too late to reduce the inflammation. He also suggested that I should do whatever

running I could as long as there was no irritation. Therefore, I convinced myself into running two miles per day even though I still had some pain. It's hard to know whether some stress is actually harmful in terms of increased healing time or in some cases increased damage. After limping for a few days I finally gave up and as is the usual routine I next went into the experimentation phase. Therefore, the bicycle came out. After a couple of days of that I managed to completely leave the frustration phase and finally melted into a "non-runner". Becoming a non-runner is like withdrawing due to a neurosis. After two more weeks of non-running the injury seems to have gone completely. Fortunately since I have now adapted to this stage I will take three more days to insure the cure.

Obviously anyone with any amount of logic can read this and know exactly where I went wrong. It almost sounds too ridiculous to be real. Unfortunately as runners we have much in common and logic is often hidden by the greed of success. We all walk a thin line between stress and over stress. Therefore, preventiveness is actually the cure. If we do happen to go too far then the rule should be to force ourselves through the frustration stage, forget experimentation, and settle down for rest. If the injury is severe enough to require complete rest then usually the minimum amount of time needed will be two weeks. As I said previously many minor injuries can be run through or in many cases a physician can offer a cure. Again in my case it was an obvious case of over stress (atleast obvious now). The cure was prevention or ultimately rest.

Hopefully I won't repeat this mistake twice. By reading this I hope you won't either. A column in Runner's World made reference to the fact that one should recover one day for every mile run in a race!

Once again if this column helped at all or if you would like to contribute some advice, then let's see your, "Confession of an Injury".

Gary Dexheimer

ATHLETE'S FOOT MINI-MARATHON (15 KM)

April 8, 1979 - Muncie, Indiana

| <u>Overall Place</u> | <u>Name</u> | <u>Age</u> | <u>Time</u> |
|----------------------|---------------------|------------|-------------|
| 6 | Rick Reitzug | 27 | 51:46 |
| 16 | Dean Nygard | 18 | 53:07 |
| 53 | Don Cahill | 20 | 58:41 |
| 54 | Bob Cahill | 19 | 58:41 |
| 55 | Walt Green | 31 | 58:43 |
| 64 | Tony Gatton | 23 | 59:21 |
| 66 | Don Lindley | 36 | 59:40 |
| 75 | Wayne Schaltenbrand | 34 | 60:44 |
| 84 | Roger Looyenga | 32 | 61:35 |
| 101 | Cindy Goller | 22 | 62:36 |
| 116 | Lynn Milner | 42 | 63:59 |
| 119 | Herbert Chandler | 45 | 64:21 |
| 129 | Thomas Clagg | 36 | 65:03 |
| 139 | Cindy Caldwell | 23 | 66:22 |
| 140 | Joe Nycum | 24 | 66:30 |
| 151 | Philip Shafer | 30 | 66:58 |
| 166 | Tom Tucker | 35 | 68:16 |
| 227 | Lynn Armstrong | 31 | 72:21 |
| 232 | Richard Hoffman | 36 | 72:36 |
| 250 | Theresa Nycum | 22 | 74:28 |
| 251 | Mike Hill | 37 | 74:32 |
| 253 | Cheri Kukelhan | 22 | 74:52 |
| 260 | Dick Sive | 43 | 75:02 |
| 270 | Terry O'Neil | 44 | 76:22 |
| 333 | Andre Duhamie | 40 | 83:12 |
| 355 | Gloria Nycum | 43 | 88:03 |
| 356 | Julie Nycum | 19 | 88:03 |
| 375 | Joanne Nycum | 24 | 100:51 |

RACE CALENDAR

| <u>Date</u> | <u>Time</u> | <u>Event</u> | <u>Location</u> | <u>Contact</u> |
|-------------|-------------|---|---------------------|----------------|
| Jul 7 | 9:00am | *Prairie Creek 15 KM | Muncie, In. | 32 |
| | 9:00am | *The Madison Courier 10KM Gold Cup Race | Madison, In. | 1 |
| Jul 8 | 7:00am | FWTC 13.0 Mile Prediction Run | Ft. Wayne, In. | 24 & 26 |
| Jul 14 | 8:00am | *National Bristolthon 4.2 & 5.5 Mile & 25KM | Bristol, In. | 2 |
| | 9:00am | All America City Run 10KM | Vincennes, In. | 4 |
| | 7:00pm | *Town Pump Trot 10KM | Bourbon, In. | 3 |
| Jul 15 | 7:00am | Three River's Marathon | Ft. Wayne, In. | 33 |
| | 8:30am | 5,000 Meter Women Only Road Race | Evansville, In. | 5 |
| Jul 20 | 6:00pm | 24 Hour Run | Anderson, In. | 6 |
| Jul 21 | 8:30am | *Pioneer Days 10KM | Fremont, In. | 9 |
| | 9:00am | *Parker City Challenge 7 Mile | Parker City, In. | 8 |
| | 9:00am | *10KM Run To The Moon | Wapakoneta, Oh. | 37 |
| | 9:30am | *10KM Elephant Walk | Peru, In. | 30 |
| | n/a | East Chicago 4 | East Chicago, In. | 7 |
| Jul 25 | 7:00pm | *Glass Capital Race | Dunkirk, In. | 10 |
| Jul 28 | 8:30am | Derby Day Run 10KM | Morristown, In. | 11 |
| | 8:30am | *6th Annual Swiss Days Race 1,3, & 10 Mile | Berne, In. | 13 |
| | 9:00am | *Maxinkuckee Lake Run 15KM | Culver, In. | 14 |
| | 9:00am | *Festival of the Dunes 5KM | Chesterton, In. | 16 |
| | 5:30pm | *Morgan Monroe 10 Mile Run | Bloomington, In. | 12 |
| | 6:00pm | 2nd Annual Celina Lake 10KM | Celina, Oh. | 15 |
| Jul 29 | 8:00am | *Historical Days Stampede 13.3, 5, & 1 Mile | New Carlisle, In. | 17 |
| | 9:00am | *Diet Pepsi 10,000 Meter Series | Connersville, In. | 18 |
| Aug 4 | 8:30am | *Hoosier 8 Miler | Columbus, In. | 22 |
| | 9:00am | *Garrett-Thon 10,000 Meters | Garrett, In. | 19 |
| | 9:00am | *Diet Pepsi 10KM | Lima, Oh. | 20 |
| | 9:00am | *Stride for Epilepsy | Muncie, In. | 21 |
| | 6:00pm | 7 & 2 Mile Run | Evansville, In. | 23 |
| Aug 7 | 6:30pm | Cornfield 4 | Rensselaer, In. | 25 |
| Aug 11 | 4:30pm | *Keep on Stridin 10KM | Kokomo, In. | 27 |
| Aug 12 | 2:00pm | "Media Race" 3 Mile | Ft. Wayne, In. | 28 |
| Aug 18 | 9:00am | Yorktown to Daleville 10KM | Muncie, In. | 34 |
| | 10:00am | Fun Fest 5 | No. Manchester, In. | 31 |
| | n/a | *Big Brother/Big Sister 2 & 5 Mile | Ft. Wayne, In. | 29 |
| Aug 19 | 6:30am | *Crawfordsville Jaycee Marathon & ½ Mar. | Crawfordsville, In. | 35 |
| Aug 25 | n/a | Old Settler 7 Mile | Monticello, In. | 36 |
| Sep 2 | 5:00pm | Saline City 6 Mile | Rockville, In. | 39 |
| Sep 3 | 10:00am | *Blueberry Stomp | Plymouth, In. | 38 |
| Oct 6 | noon | Tawa 10KM Run | Ottawa, Oh. | 40 |

CONTACT ADDRESSES

10KM Gold Cup Race

1. The Madison Courier 310 Courier Square, Madison, In. 47250
2. National Bristolthon R. #1, Box 659, Bristol, In. 46507 (219)-848-7211
3. Tim Gochenour R.R. #1, Box 229M, Bourbon, In. 46504
4. Brenda Cummings 1314 Audobon Road, Vincennes, In. 47591
5. Ron Tubbs or Bob Copeland ()-897-4961, ()-432-0060
6. Carl Bowen R.R.#2, Box 367, Alexandria, In. 46001
7. Jesse Gomez 3827 Grand Blvd., East Chicago, In. 46312
8. Lloyd Townsend Parker Banking Co., Box 418, Parker City, In. 47368
9. Fremont Jaycees P.O. Box 570, Fremont, In. 46737
10. Gary Bird 380 W. Washington St., Dunkirk, In. 47336 (317)-768-7160
11. Carl Romine R.R. #1, Morristown, In. 46161
12. Ray Vandersteen 1358 Mercedes Dr., Bloomington, In. 47401 (812)-399-8620
13. Jack Shoaf First Bank of Berne, P.O. Box 369, Berne, In. 46711
(219)-589-2151
14. Kerry Haenes R.R. #1, Box 11-A, Culver, In. 46511 (219)-842-3085
15. Richard Ramsey 800 E. Wayne St., Celina, Oh. 45822
16. Ron Lim 1543 Candlewood, Chesterton, In. 46302
17. Historical Days Stampede P.O. Box 287, New Carlisle, In. 46552
18. Ron Thomson 1717 Grande Ave., Connersville, In. 47331
19. Carl Rehm 126 S. Randolph, Garrett, In.
20. Gerry Watkins 1750 Greely Chapel Road, Lima, Oh. 45804
21. Marshall Willis P.O. Box 2662, Muncie, In. 47302
22. Dave Harrison 3420 Rost Drive, Columbus, In. 47201
23. Bill Stegemoller IN State Univ., 8600 Univ. Blvd., Evansville, In. 47712
24. Walt Green 4014 Shannon Dr., Ft. Wayne, In. 46815
25. Dave Smith 317 Park St., Rensselaer, In. 46317
26. Don Lindley 6015 Landsdowne Dr., Ft. Wayne, In. 46816
27. Floyd Stinchcomb 5204 Algonquin Trail, Kokomo, In. 46901
28. Don Goldner 9525 Muldoon Road., Ft. Wayne, In. 46819
29. Big Brothers/Big Sisters 919 Fairfield Ave., Ft. Wayne, In. 46802
30. Dan Krause 212 E. Main St., Peru, In. 46920
31. Dick Miller 902 Orchard Dr., No. Manchester, In. 46962
32. Jim Cartwright 4605 Garver Dr., Muncie, In. 47304
33. WKJG TV - 33 2637 W. State St., Ft. Wayne, In. 46808
34. Bill Reider Muncie Recreation Dep't., 2500 N. Elgin, Muncie, In. 47303
35. Marathon 32 Parliment Place, Crawfordsville, In. 47933
36. Joe Milligan R. #1, Monticello, In. 47960
37. Chamber of Commerce P. O. Box 208, Wapakoneta, Oh. 45895
38. Barbara Read R.R. #6, Box 118, Plymouth, In. 46563
39. Bob Lemont R.R. #3, Box 94, Rockville, In. 47872
40. Stephen Hailer Ottawa Home & Savings Assoc., Box 275, Ottawa, Oh. 45875

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