

August 1979



AN OPEN LETTER OF TRIBUTE TO THE FWTC

RE: THREE RIVERS FESTIVAL MARATHON

I want to thank and congratulate all the many FWTC members, families, and friends who helped me make the Fifth Annual Three Rivers Festival Marathon such an outstanding success. A record starting field and oppressive heat and humidity combined to present an unusually awesome challenge to the Club in running the event this year. We should be very proud of our team effort in overcoming that challenge.

The feedback from the competitors has been overwhelming and most gratifying. So many went out of their way to thank Charlie Brandt, FWTC President, or the TV-33 people or myself for an exceptionally well-run race -- in spite of the weather. The many letters we have received contain the common theme that our Marathon was the best run and best organized road race in which the writer had completed.

Fort Wayne Track Club, take a well-deserved bow. Our success produced: (1) the crowning achievement in our club's history, (2) a major contribution to Fort Wayne sports in general, and to the Three Rivers Festival specifically, and (3) as well-organized and well-conducted a marathon as any in the United States.

After last year's Marathon we felt our race had attained enough stature to be billed as "America's Finest Mid-Summer Marathon." With this year's improvement in organization and administrating, our race could well claim the added title "The Marathoner's Marathon." We can only attract more and better runners next year--and in succeeding years, provided we don't rest on our reputation.

I would like to recognize the exceptional contributions of certain Club members and in so doing analyze why our 1979 Marathon was so special:

CHARLIE BRANDT served as an effective liason with me between the FWTC and TV-33, seeking the interests of the Club and of the runners to the fullest degree.

DON LINDLEY and his family did a magnificent job in organizing the personnel and obtaining and distributing all the refreshments for all the aid stations on the course and at the finish. Don's diligent planning -- that is amount of water, Gatorade, ice, cups, sponges, oranges, soup, and the spacing of the on-the-course aid stations --paid off in bearable conditions on an almost unbearably humid day. I was impressed how dedicated and "with it" the aid station people were in dispatching the refreshment of choice to each runner. They did by far and away the most efficient job I have seen in the scores of road races I have competed in. A monumental job, an awesome responsibility because of the weather, and incredible performance by every single aid person involved.

Don, you and your people are the heroes of the 1979 Marathon. The fact that 70% of the field of 906 finished and that only one runner required hospitalization from overheating may well be your highest tribute.

Since the Marathon is a Festival event and consequently will always be held in mid-July, heat and humidity will be normal features of our run. The aid people have done such a critical job so professionally I only hope they know how much every single runner appreciates their efforts and that they will be willing to contribute their tradition of excellence in succeeding years. As our Marathon attracts bigger fields, our need for their expertise will also grow.

DAN WIDMANN for the fifth straight year set up the entire start and finish line areas. Along with LYNN MILNER he also set up the mile markers and painted directions for the entire course. Dan has become our instructor, stationing himself at the 26 mile mark for all 5 Marathons and for three straight hours encouraging every single runner as he approaches the finish. Dan, your attention to detail from year one has set the standard for proper execution of race plans in all areas of responsibility. Each year you do your job well and without nearly enough recognition. Thank you for your dedication.

Steve Lerch and his mile-splits timers could not have done a better job. We gave splits at every mile this year. They were accurate within 5 seconds throughout the course. (We know because Steve was conscientious enough to go out on the course and check.) The timers read the times loudly, clearly and in terms meaningful to the runners. Steve, you and your people attained the highest praise from the runners. Our Marathon can only be a more "class" event because of your diligence. Thank you and please help us again in 1980.

DON AND JOAN GOLDNER operated the official finish times, checking in roughly 635 finishers over a 3 hour 10 minute period. Not one error, foul up, or dispute. Don and Joan, congratulations on a flawless performance.

RUTH WHEARLEY and her team of young ladies again served refreshments to the runners at the finish line. They do a fine job without fanfare. Thank you, Ruth, and I hope we may consider you an integral part of our Marathon tradition.

Charlie, Don, Dan, Steve, Lynn, Don, Joan and Ruth and all your fellow workers, heartfelt thanks again for a job well done. We're an experienced team with a strong tradition of success. Can we keep our act together and dedicate ourselves to an even better Marathon for the runners and for our community next year? I know we can.

Sincerely,

LARRY LEE
FORT WAYNE TRACK CLUB
MARATHON DIRECTOR

By Don Lindley - Three River's Aid Station Director

How does one sum up the super job done by all the volunteers that manned all of the aid stations? As aid station director of ten aid stations, this will be long remembered. However, a lack of time makes such a summary impossible. I think you, the runner, should compliment the persons and companies responsible. It is practically impossible to mention the hundreds that assisted you, but I will run through the route, as you ran it, and pick out a few individuals that made sure that you were well cared for.

When you approached the 2nd and 24th mile marker, you were met by the Bishop Luers Key Club and Jim Delaney and Family. President Paul Gerardot and his assistant, Joan Cucinelli did a fine job. The 3rd and 23rd mile station at Main and Calhoun Streets were managed by Bruce Dunwiddle, President of the Fort Wayne Jaycees, and Steve Havelrigg. As you continued down Calhoun Street, the 4th and 22nd mile station was ran by our own FWTC members, Steve and Susan Tielker, with Louise Jones. The Rudisill and Calhoun station at the 5th and 21st miles was organized by your sponsors of Gatorade, Reggie Primeau, Pete Glass, and Connie Hinsch of LaCross-Penner, Inc. They provided 13 Gatorade coolers and approximately 160 gallons of Gatorade. The 7th and 19th mile marker at Morningside and Calhoun again was the FWTC with the Frank Helmsing and Harold Parker Families. Frank provided his own ice from the Lamp Post. Also, FWTC members were responsible for the 9th and 17th miles at South Foster Park. This was a new station added last year, and again this year it was really needed. Jon and Karen Cavanaugh, Don Hoover, and Dan Hannaford Families with Chuck and Hattie Kiess were your helpers that provided water from the nearby Unitarian Congregation Church. The North Foster Park station between the 10th and 11th mile was manned by your State Farm Insurance Agents and their families. "Like a good neighbor, State Farm is there." Dan McComb, Carl Simon, Sam Sloffer, and Herm Boukamp are a few from State Farm that helped. The turnaround at 13 miles, Pasendena Drive, was also taken care of by FWTC members, headed by Mrs. Ron Motycka. If you were not a DNF (Did Not Finish), you met all of these friendly faces again on the return trip, but Jim Delaney and his family moved to the 1st and 25th mile mark for another aid station. There were other stations between the official stations. These persons can not be thanked, but they were there because they were concerned about you. Since race assistance was to be removed from the course at 11:30 am, most of them stayed longer.

The finish line had an important responsibility. Thank Ruth Whearley and her helpers, Linda Dullaghan, Debbi Shaw, and Wendy Thornson for serving thousands of cups of liquid refreshments. Steve Hartman, FWTC member and owner of Tastee Freeze at Wells and State Street, mixed approximately 70 gallons of McDonald's Orange Drink and 45 gallons of Gatorade and carried about 100 pounds of ice to the finish line. John Lance of Refrigerated Services, Inc. provided ice at the finish line and the aid stations. Over 60 - 18 pound bags of ice were used. Home

Lite Specialities and Lucky Steer, Inc. provided free bean soup for all of the runners. Thank Ed Underriner for usage of the refrigerated truck and their employees, Bill Bird, Don Mason, and Delbert Lindley, and their families for preparing the soup. The bowls and cups were donated by Maloley's Brothers, that were sliced by Myron, Elma, and Rosann Lindley. I want to thank Don Myers and Peter Mahlock of the Memorial Coliseum for the usage of their facilities. The American Red Cross deserves attention, without them, the runners finishing would not recover. They are the greatest! If you have read Runner's World's training method for marathon running by taking four weeks for recovery and four weeks to build up, you have plenty of time to give a pint of blood this week. We had a super race with the festival, persons, companies mentioned above, and others contributing their free time, and hard labor on very early Sunday morning.

TO THE DNF

By Don Lindley

If you were one of the survivors of the Three River's Marathon, it must have been the longest race of your life. The air was dead and the humidity was stifling. If you were a DNF, it must have been lonely and a private world of heat, pain, and delirium. Even so, the first half of the race went well for me; there was a great deal of water and gatorade, many spectators, and several packs of runners. And the heat and humidity! It was awful. I had never experienced anything quite like it. The oven-like heat through Foster Park was an inferno. I was prepared for an all out effort. I did not have a chance. I was not prepared to risk my life out there. I was fine after 13 miles, but then I felt many complications. At 17 miles, I reached a point where I was unable to run and began walking. After nine - twelve minute miles, I crossed the finish line all alone. Oddly, I was not bragging about having finished, having gone so far, or having run at this or that pace. In fact, I was bragging about who had the good sense to drop out the earliest.

WHO CAN ASK MORE OF A MAN,
THAN GIVING ALL WITHIN HIS SPAN?
GIVING ALL, IT SEEMS TO ME,
IS NOT SO FAR FROM VICTORY.

LSD SHORTS LSD SHORTS LSD SHORTS

Joke of the month heard on the Tonight Show, July 20, starring Johnny Carson:

"You can avoid dehydration by making love to a Gatorade salesman".

FWTC Members Note:

Please report any change of address to Janice Shank, 4033 Hampton Avenue,
Fort Wayne, Indiana 46808 (219) - 483-6240 Thanks.

We need FWTC members in Fort Wayne to volunteer to do typing for the newsletter once a month. Can you help? If so, please call Gay Davis at 432-9471 between 9 am and 5 pm weekdays.

Suggestions please:

We are trying to make the newsletter interesting and informative for all members, both racers and non-racers. We would like your input. Please send any and all suggestions to Gay Davis at 11225 Shalimar Drive, Fort Wayne, Indiana 46825.

Due to the size of this newsletter, all race results will be included in next month's newsletter.

Wednesday night Fun Runs will continue at 6:00 pm at Foster Park as usual during the months of August and September.

RACE CALENDAR

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>	<u>Contact</u>
Aug 8	6:00pm	FWTC Fun Run - Foster Park	Ft. Wayne, In.	
Aug 9	8:15am	Wells - Sells 5 Mile	Wabash, In.	7
Aug 11	10:00am	*Potato Creek Tater Trot	N. Liberty, In.	31
	10:00am	*Butler Day's Classic 1, 3, & 6 Mile	Butler, In.	11
	5:00pm	*K. O. S. 10 KM	Kokomo, In.	8
	5:00pm	Muscatatuck River 4 & 8 Mile Run	N. Vernon, In.	9
	6:00pm	*Canal Stop 10 KM	Spencerville, Oh.	28
	n/a	Michigan City Race for Women	No Details	
Aug 12	2:00pm	*3 Mile "Media Race"	Ft. Wayne, In.	10
Aug 15	6:00pm	FWTC Fun Run - Foster Park	Ft. Wayne, In.	
Aug 18	9:00am	*Big Brother's/Big Sister's 2 & 5 Mile	Ft. Wayne, In.	12
	9:00am	Yorktown to Daleville 10 KM	Muncie, In.	13
	10:00am	*Fun Fest 5	N. Manchester, In.	14
Aug 19	6:30am	*Crawfordsville Jaycee Marathon & ½ Mar.	Crawfordsville, In.	15
Aug 22	6:00pm	FWTC Fun Run - Foster Park	Ft. Wayne, In.	
Aug 25	6:00pm	*Old Settler's Days - 7 Mile	Monticello, In.	16
Aug 29	6:00pm	FWTC Fun Run - Foster Park	Ft. Wayne, In.	
Sep 2	5:00pm	Saline City 6 Miler	Rockville, In.	17
Sep 3	10:00am	*Micro Marathon II	Cincinnati, Oh.	18
	10:00am	*Blueberry Stomp 15 KM	Plymouth, In.	26
Sep 8	9:30am	Big Brother's/Big Sister's 10 KM	Piqua, Oh.	30
	10:00am	*10 KM Pioneer Day's Race	Kalida, Oh.	29
	3:30pm	*Anderson YMCA 9.5 & 3 Mile	Anderson, In.	19
	4:30pm	Legion Jamboree 10 KM	Montpelier, In.	20
Sep 15	8:00am	*Columbus Fall 1.5KM, 5KM, 10KM	Columbus, In.	21
	8:00am	Popcorn Panic 6 Mile	Valparaiso, In.	23
	10:00am	*National Road Run 10 KM	Richmond, In.	22
Sep 16	n/a	Two Man 8 Mile Relay	Ft. Wayne, In.	24
Sep 29	n/a	Women's 10 KM	Bloomington, In.	25
Oct 6	12:00pm	TAWA 10 KM Run	Ottawa, Oh.	27

* Contact Don Lindley Wednesday nights at 6:00 pm at Foster Park for entry forms.

Central Administrative Office
369 Elliot Street,
Newton Upper Falls,
Massachusetts 02164
(617) 964-0521

Research Division
4440 Northwest 19th Street
Lauderhill, Florida 33313
(305) 735-9050

Formerly the National
Paraplegia Foundation.
Founded by the
Paralyzed Veterans of
America in 1948

Robert R. Jackson, M.D.
President

Bruce E. Marquis
Executive Director

Regional Divisions
Midwest Region
3575 North Oakland Avenue
Milwaukee, Wisconsin 53211
(414) 332-3930

New England Region
369 Elliot Street,
Newton Upper Falls
Massachusetts 02164
(617) 964-0521

Rocky Mountain Region
1115 Broadway
Denver, Colorado 80203
(303) 623-2581

July 18, 1979

Mr. Larry Lee
President
Leeproxy Plastics, Inc.
324 Ferguson Road
Ft. Wayne, Indiana 46809

Dear Larry:

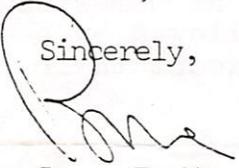
Congratulations on a fabulously successful 1979 Three Rivers Marathon, including the wheelchair division. You should be very proud of the work that you and your associates accomplished in this classic event.

The Three Rivers Marathon was as well-organized and well-run as any marathon in our country. In addition, the people of Fort Wayne made the entire affair an extremely pleasant experience for everyone who was involved. Thank you for the opportunity to participate in your event.

Also, on behalf of 400,000 Americans with spinal cord injuries, thank you for inviting and welcoming the participation of the six wheelchair athletes. They, as class athletes, were a congruent addition to the many, many class folks in Fort Wayne.

I look forward with keen anticipation to my next visit. With all best wishes, I remain

Sincerely,



Bruce E. Marquis
Executive Director

P.S. Please extend our gratitude to Charlie Brandt and the entire Fort Wayne Track Club as well.

BEM:jea





FT. WAYNE TRACK CLUB

Our Fort Wayne Marathon was once again a tremendous success thanks to the efforts of many people. As a runner and participant in this years race, I was very grateful for the help that was given to me by the aid stations, police, and spectators. It was a grim day as far as the weather was concerned. The high temperature and humidity made finishing a very difficult task. Some people have suggested that we might consider advancing the starting time from 7:00 a.m. to 6:00 a.m.. In my opinion this would not be a wise decision because of the difficulty it would cause people who attend our race from out of town. Even people who live in Fort Wayne would have to get up extremely early (4-5 o'clock) to be ready for a 6:00 a.m. marathon. This years race would not have been helped by a earlier starting time since the temperature and humidity were all ready dangerously high at 5:00 a.m.. Let's face it, if we are going to run a July marathon we are just going to have to live with whatever weather we get just as we do in the winter. If you can't stand the heat, don't run in it!

It seems as though a week hardly passes that I do not receive a phone call from somebody that would like to organize a road race. Most of these people are not runners, but people that would like to use running or racing as a method for collecting money or publicity for a wide spectrum of causes. I have taken it upon myself to refuse Track Club sanctions to such events. At this time with running and racing becoming ever increasingly popular, I will continue to receive many more requests for Track Club sanctions of races. We must now, as a club, make some decisions as to what our future role will be in road racing in Fort Wayne. I would like to list some of my ideas and then suggest we discuss these ideas at our next meeting which will be held at Homestead High School on September 23, 1979 at 1:00 p.m. to be followed by a 4 Mile race. Finishers will receive absolutely nothing except their times. (No entry fee.)

Guidelines to be adhered to by Race Directors and Sponsors receiving a Fort Wayne Track Club Sanction.

1. Entry Fees - Shall be reasonable for what the runners will receive. Maximum entry fee should be determined at our next meeting. We hopefully will strive to keep the cost of participating in our races to a minimum and not burden runners with charitable contributions.
2. Course Accuracy - All courses must be measured accurately. Automobile measurement is not acceptable.



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14. Awards - Awards should be somewhat proportional to entry fee unless we have a sponsor. Charging runners an entry fee for a tee-shirt is not acceptable.
15. Eligibility - All runners welcome.
16. Miscellaneous -
 - a. start on time
 - b. qualified race directors for all races
 - c. reliable finish line system

If further points come to mind they can be discussed at our meeting. Our overall goal should be to set forward rules that will allow our race directors and sponsors to produce enjoyable and safe races. It would not be good to have our Track Club associated with disorganized and over priced events. The one way to prevent this from happening is to insist that race sponsors and directors give the Track Club complete authority to direct the race within the above mentioned guidelines.

Charles C. Brandt

2nd ANNUAL FORT WAYNE MEDIA 3 MILE CHAMPIONSHIPS

The Fort Wayne Track Club will sponsor the 2nd Annual Fort Wayne Media 3 Mile Championship at Foster Park on Sunday, August 12.

Members of the sport's departments from various medias in the Fort Wayne area are being invited to participate in 3 person teams, with each member running one mile. Following the media run there will be another 3 mile run at 2:30 which is open to the public. Registration will open at 12:30 with a One Mile Fun Run at 1:30. The entry fee is \$2.00 for non-members; \$1.00 for FWTC members; \$.25 for the One Mile Fun Run. Pre-registration is \$1.00 for non-members and \$.50 for FWTC members. For entry blanks contact Don Goldner at 9525 Muldoon Road, Fort Wayne, Indiana 46819.



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3. Pre-Race Publicity - Race directors shall see that announcements about the race accurately outline what runners can expect; entry fee, awards, divisions, distance, splits, aid stations, starting time, and type of course.
4. Facilities - There must be an adequate number of toilets for both men and women. Indoor facilities would be desirable.
5. Heat, weather, etc. - Races held during the warm part of the year must be scheduled for the coolest part of the day.
6. Course Marking - Each mile should be accurately marked with a large sign as well as painted on the road.
7. Traffic Control - Safety of the competitors from traffic is a primary concern. Whenever possible, our courses should be on lightly traveled roads or in parks or areas where cars are not permitted.
8. Compiling Results - It is recommended that each entrant should receive his/her time and finish place in races in a reasonable time after the event. If due to the size of the field, this is not possible, a large digital clock should be placed at the finish to enable finishers to record their times themselves.
9. Splits - It is recommended that splits be given at as many miles as possible.
10. Cancellations - Races shall not be cancelled or rescheduled because of poor weather conditions or for any other reasons.
11. Medical Assistance - Race directors should provide adequate medical assistance for the size of the event. Small races are urged to have a local hospital emergency room informed of the event and to take other appropriate measures. Larger events are encouraged to have on-site medical personnel.
12. Aid Stations - Particularly during warm weather, aid stations should occur every 2-3 miles in races over 5 miles in length.
13. Divisions - Suggested divisions are: 14 and under, 15 to 19, 20 to 29, 30 to 39, 40-49, 50 and over; Womens 30 and under and Womens 30 and over. If female participation increases or if we expect a large turnout, then womens divisions should be the same as mens. (Exception to be Fort Wayne Marathon)

CONTACT ADDRESSES

1. Dave Harrison 3420 Rost Drive, Columbus, In. 47201
2. Carl Rehm 126 S. Randolph, Garrett, In.
3. Gerry Watkins 1750 Greeley Chapel Road, Lima, Oh. 45804
4. Marshall Willis P. O. Box 2662, Muncie, In. 47302
5. Bill Stegemoller IN Stave Univ., 8600 Univ. Blvd., Evansville, In. 47712
6. Dave Smith 315 W. Clark St., Rensselaer, In. 47978
7. Tim Ravencroft 212 N. Wabash, Wabash, In. (219) - 563-8802
8. Floyd Stinchcomb P. O. Box 1241, Kokomo, In. 46901 (317) - 453-9546
9. Muscatatuck Track Club P. O. Box 612, N. Vernon, In. 47265
10. Don Goldner 9525 Muldoon Road, Ft. Wayne, In. 46819 (219) - 747-4359
11. Charles Ray 212 Meadowmere Drive, Butler, In. 46721 (219) - 868-5216
12. Frank Zirille 919 Fairfield Avenue, Ft. Wayne, In. 46802 (219) - 422-7511
13. Bill Reider 2500 N. Elgin St., Muncie, In. 47303
14. Dick Miller 902 Orchard Drive, N. Manchester, In. 46962
15. Marathon 32 Parliment Place, Crawfordsville, In. 47933
16. Andy Harmon 105 Countrybrook Drive, Monticello, In. 47960 (219)-583-7349
17. Bob Lemont R.R. #3, Box 94, Rockville, In. 47872
18. Bob Heim Micro Marathon II, 3928 Boomer Rd., Cincinnati, Oh. 45239
19. Anderson YMCA P. O. Box 231, 28 W. 12th St., Anderson, In. 46015
20. Tom Schwarzkopf 512 S. Main, Montpelier, In. 47359
21. Dennis Stone 380 Plaza Dr., Suite D., Columbus, In. 47201
22. Wayne County Health Fair Reid Memorial Hospital, 1401 Chester Blvd., Richmond, In. 47374
23. Youth Service Bureau 103 Indian St., Valparaiso, In.
24. John McMillen 12207 Aboite Center Road, Ft. Wayne, In. 46804 (219)-432-7311
25. Ray Vandersteen 1358 Mercedes Drive, Bloomington, In. 47401
26. Barbara Read R.R. #6, Box 118, Plymouth, In. 46563 (219) - 936-6459
27. Stephen Hailer Ottawa Home & Savings Assoc., Box 275, Ottawa, Oh. 45875
28. Bryan McMichael 221 Michael St., Spencerville, Oh. 45887
29. Mrs. Ronald Borst P. O. Box 192, Kalida, Oh. 45853
30. Joe Wilson 1027 W. High St., Piqua, Oh. 45356
31. Harry Griffey 64803 State Road 23, N. Liberty, In. 46554

TOLEDO TRACK CLUB RACE SCHEDULE

Toledo AREA 1979 Summer/Fall Running Schedule (coordinated and published by the Toledo Roadrunners). For further information contact Shirley Taylor, 2337 W. Country Club, Toledo, Ohio, 43614 or call 385-2613 (home) or 247-9320 (work).

July 7, SAT. 9:30 A.M. 6th Annual Delta Chick 'n Run. 10 KM/3 mile race. Age group trophies, awards for all finishers. Delta High School, Delta, Ohio. Registration 8 A.M. \$4 (entry form). Dave's Running Shop, Meadowbrook Plaza, Toledo, O. 531-6879.

July 8, Sun. 9 A.M. Take It Easy Fun Run. Optional distance. Brookside course. U.T. Health Building. No fee.

July 14, SAT. 9 A.M. Summerfield-Petersburg Community Day Fun Run 10 KM race. T-shirts, trophies, age groups. Petersburg, Mich. Community Bldg. \$3.25 pre-registration. \$3.75 after July 8. George Isom (313/279-2107). 1 mile jog 8:45 - 25¢.

July 15, Sun. 8 A.M. Diet Pepsi 10,000 Meter Series Race. T-shirts, plaques, age group awards (medals). T.U. Scott Park Campus. \$3.50 pre-entry. \$5 after July 7. No registration day of race. Phil McHarg (1/636-7154).

July 21, SAT. 9:30 A.M. Wauseon Old Fashion Days 10 KM Race, age group trophies, t-shirts first 300 entries, \$5. After 300 entries - \$3 - no shirt. Registration 8 A.M. Gingerbread House, downtown Wauseon. Allen Holeyton (335-8334).

July 22, Sun. 10 A.M. Perrysburg Three Meadows Run. 10 KM/5KM Predictions. Three Meadows Park, Perrysburg, awards, 50¢. Swimming after run. Robert Sienkowski (874-8176), Kathy Kaczor. 1 mile jog 9:45 - 25¢.

July 29, Sun. 7 P.M. 3rd Annual Buckeye Trophy Trot 5 KM/race/10 KM jog. Swan Creek, age group trophies. \$1. Dave Brunning (476-0922). 1 mile jog 6:45 - 25¢.

Aug. 3, FRI. 6 P.M. to Aug. 4, SAT. 6 P.M. Dave's Running Shop and Fayette H.S. 24 hr. Marathon. 2 to 10 person teams alternate 1 mile legs, t-shirts to all finishers, awards. Fayette H.S. Track, Fayette, Ohio. Dave Mason (531-6879 - Toledo), Larry Armstrong (1/237-2156 - Fayette).

Aug. 5, Sun. 5 P.M. Kaase's Country Run 10 mile/3 mile predictions. Home of Pat Kaase, 26331 Pemberville Rd., Perrysburg, O. (837-5723). 50¢. Potluck, swim 7 P.M. Club meeting 8 P.M. (1 mile jog 4:45 - 25¢)

Aug. 12, Sun. 6:30 P.M. 1 mile Club Championship. Age groups (only TRRC members eligible for trophies). \$1 (members), 50¢ (non-members - ribbons). T.U. track. Tom Swiergosz (242-3746).

Aug. 19, Sun. 7 P.M. Three Bridges Promenade Park Run 10 KM/5KM Predictions. Promenade Park - 50¢. Diane Hires (472-5135). 1 mile jog - 6:45 25¢.

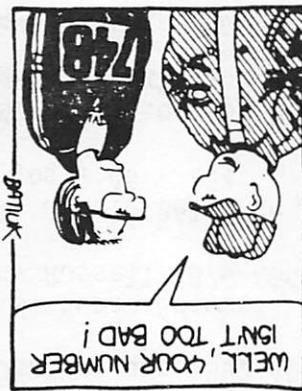
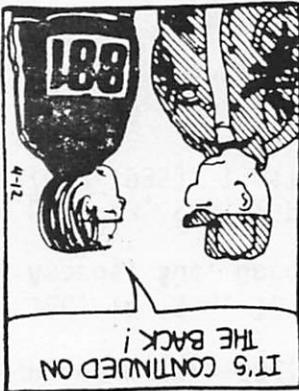
Aug. 26, 8 A.M. 5th Annual Run Against Cancer - Commodore Perry, Seaway Beverage Co. 10 KM Race. Over 200 trophies, medals & awards. T-shirts \$4. Pre-registration - no registration day of race. Downtown Commodore Perry Motor Inn. Mary Lou Warshawsky (874-1647), Walt Tucker (382-1816).

Sept. 3, MON. 6 P.M. National RRC 15 KM Championship (postal), 5 KM prediction. Ottawa Park shelter house. Age group medals. 50¢. Roger Pickel (691-2926). 1 mile jog 6:45 - 25¢.

Sept. 9, Sun. 10 A.M. Back to School Run. 10 KM/2 mile predictions 50¢. Pencil to all finishers and "Master Championship" 10 KM (40 & over age groups). Special awards. Oak Openings (Mallard Lake). \$1 - Fred Fineske (893-7504). 1 mile jog 9:45 - 25¢.

TOLEDO TRACK CLUB RACE SCHEDULE

- Sept. 16, Sun. 9 A.M. The Blade 10,000 Meter Race. T-shirts, age group awards. Look for more information & entry form in Toledo Blade. Fred Lutz (259-6135).
- Sept. 23, Sun. 2 P.M. Walt Churchill III Memorial Cross Country Run. 10 KM Race, age group awards. Wildwood Park. Rich Lachowski (385-4599). 1 mile jog 1:45 - 25¢.
- Sept. 29, SAT. 11 A.M. 3rd Annual Harry's Clothing, City of Glass Cross Country Age Group Championship. Walk course at 10 A.M. Ft. Meigs Park, Perrysburg, O. Pre-entry only. No fee. Dave Matthews (385-7672).
- Sept. 30, Sun. 10 A.M. "Tow Path 18" 18 mile/3mile prediction. Farnsworth Park, Waterville. Picnic at noon. Prizes. Chuck Sprandel (474-1282). 1 mile jog 9:45 - 25¢.
- Oct. 7, Sun. 10 A.M. River East 6 Mile race. Collins Park. Special prizes - 50¢. Omer Holman (693-3890). 1 mile jog 9:45 - 25¢.
- Oct. 14, Sun., 2 P.M. Two Bridge River Run. 20 KM Race/5 KM prediction. Ribbons. Side Cut Park, Maumee. 50¢. Rick & Terri Trame (478-3913). 1 mile jog 1:45 - 25¢.
- Oct. 21, Sun., 10 A.M. Sweetest Day Progressive Relay, 3 mile race followed by mixed couples prediction progressive relay (each runs 1/4, 1/2, 3/4, 1 mile). T.U. Track, \$1. Special Awards. Terri LaPoint (474-6649), Steve Kaczor (531-6879). 1 mile jog 9:45 25¢.
- Oct. 28, Sun. 10 A.M. 3rd Annual 13 Strong, 13 mile race. Trophies to age group winners, medals 2nd & 3rd. T-shirts 4th-10th. \$1 pre-entry. \$2 day of race. Ft. Meigs Park, Perrysburg, Fred Fineske (893-7504).
- Nov. 4, Sun. 2 P.M. National RRC (postal) 1 hr. Run Championship U.T. Track, medals, 50¢. (Bring person to count laps.) Ed Kanney (381-1847). 1 mile jog 1:45 - 25¢.
- Nov. 11, Sun. 1 P.M. Club Championships 10 KM Race & Prediction. Trophies both races (only TRRC members eligible for trophies.) \$1. Non-members - 50¢ (ribbons). Ottawa Park, Bob Morris (536-4845), Pearl Deaniello. 1 mile jog 12:45 - 25¢.
- Nov. 18, Sun. 10 A.M. Annual Turkey Trot, 3 mile race/6 mile prediction. Turkeys to winners. U.T. Track. \$1. Carl & Janice Green (478-5713). 1 mile jog 9:45 - 25¢.
- Nov. 24, SAT. 7 A.M. 2nd Annual Marathon Plus 60 KM/50 mile/100 KM. Awards to everyone that goes at least 60 KM. Ottawa Park shelter house. \$4. Jim & Char Petiniot (248-3168).
- Nov. 25, Sun. 2 P.M. Fun Run Brookside Course, distance optional, no fee. T.U. Health Bldg.
- Dec. 2, Sun. 12 P.M. 17 mile Wilderness Run. 17 boy scout trail/3 mile prediction. Awards. \$1. Oak Openings. John Hojnacki (698-2881), Steve Schmidt (693-3511). 1 mile jog 11:45 - 25¢. (Shorter distance on roads if trail is snowbound.)
- Dec. 9, Sun. 2 P.M. Eggnog Run, 10 KM race/5 KM prediction. Eggnog to all runners. Pearson Park 50¢. Dan Reardon (693-4058), Bob Larson (691-5883). 1 mile jog 1:45 - 25¢.
- Dec. 16, Sun. 10 A.M. Super Snowball Special 20 KM/2.75 mile prediction, Secor Park. Awards, 50¢. Dorothy Russell (829-4656), Pam Robbins (474-3262). 1 mile jog 9:45 - 25¢.
- Dec. 23, Sun. 2 P.M. Jingle Bell Run 15 KM/5 KM Race. Ottawa Park 50¢. Jim Ridner (478-1935). 1 mile jog 1:45 - 25¢.
- Dec. 30, Sun. 2 P.M. Get Ready for New Year's Run 10 KM/5 KM jog. Ottawa Park Shelter House. Gloria Rupert (475-3169) and Donna Wolfe (882-3141).
- Dec. 31, MON. 11:45 P.M. Annual Midnight Run. Ottawa Park.



JANICE SHANK

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