



FT. WAYNE TRACK CLUB

November 1979

FWTC 13.1 Mile Championship Race and 1 Mile Fun Run

On November 11, a 13.1 Mile Major Point Race will be held at Foster Park. The course will be out and back on a 2-Mile course with splits at every mile. Registration begins on race day between 12:30 and 1:30. The 1 mile fun run will begin at 1:30 pm. The 13.1 Mile Race starts at 2:00 pm. Entry fee will be \$2.00 for non-members and \$1.00 for members. Entry fee for the fun will be \$.25, participant ribbons. Refreshments will be furnished by Dannon Yogurt and Pepsi. A total of 52 trophies will be awarded. In the men's division trophies for the first five places will be awarded in the following eight divisions: 13 & Under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-49, 50 & Over. In the women's division trophies for the first five places will be awarded in two divisions: 29 & Under and 30 & Over. Then we have two overall trophies for the first place finisher in the men and women division. Participants ribbons will be given to all. For further information call Dwayne Garrett, 483-1909.

1980 A.A.U. Registration

There has been a change in form in the 1980 A.A.U. application. There has been minor changes but everyone needs to understand that for every sport an athlete participates in, there will be a 50¢ Indiana sport fee charge per sport. The Indiana Association will forward the new applications to our club. DO NOT USE OLD APPLICATION/REGISTRATION FORMS.

Need FWTC Patches

FWTC Patches are available for \$1.50 each. Contact Don Lindley - 456-8739.

Turkey Trot

The Turkey Trot will be held November 17 at 10:00 am. at Shoaff Park. A \$2.00 pre-entry may be mailed to: Dean Slavens, 4217 Richfield Lane, Ft. Wayne, IN. 46816. The post-entry fee will be \$3.00. A 3-Mile Run will be held for Boys 13 & Under and Open Women's Division. A 6-Mile Run will be held for men in the following divisions: 14 - High School, 18-25, 26-35, and 36 & Over. A Turkey will be awarded to the winner of each division except high school.

LSD SHORTS

The Athlete's Foot at Southtown Mall, a sponsor of Myron Meyer's Auld Lang Syne 5, is offering 10% discount to all FWTC members. See Joe, the manager.

Starting Wednesday, November 7, the Pro-Am Sporting Goods Store is selling out their complete line of running shoes 25% off and November 26, 50% off.

DETROIT-FREE-PRESS
INTERNATIONAL-MARATHON

COURSE-RECORD

2:15

Number of Runners
approximately 5,000

JERRY MAZOCK	2:39:44	72nd place
WALT GREEN	2:48:40	167th place
TOM GERBERS	2:52:17	214th place
TOM LOUCKS	2:59:58	350th place
WENDELL ADAMS	3:14:45	643rd place
Dan Hannaford	3:19:18	700th place
Giles Tomlinson	3:34:05	1193rd place

The marathon started in Windsor, Canada. Temperature was a clear 39 degrees with a 10 MPH wind. The course went through the tunnel (approximately one mile), past the Renaissance Center, through Detroit, to Grosse Pointe. The turning point was at 16 miles back to Detroit across a bridge to Belle Isle where we ran the last two miles.

The crowds were large and vocal. The aid stations were excellent with water and ERG. The mile markers were poor. There were not enough splits (1-5-10-15-20-25).

The finish was excellent! Bands playing, wall to wall of screaming spectators, plenty of helpers with blankets and refreshments. 2,000 runners finished under four hours.

Monroe Marathon, Monroe, Ohio
October 28, 1979

Herb Chandler	3:34:14	50th place
Joe Ziegler	3:44:11	61st place

BLUEBERRY STOMP
15 kilometer road race
Plymouth, Indiana
September 3, 1979

<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>
39	53:13	Phil Suelzer	27
40	53:31	Rick Reitzug	27
47	54:43	Kenny Wolfe	29
55	55:07	Robert Bruckner	33
57	55:16	Jerry Mazock	27
72	56:24	Tom Loucks	20
80	56:45	William Schmidt	44
110	58:21	Walt Green	31
116	58:32	Don Lindley	35
141	59:27	Robert Short	30
142	59:27	Tony Gatton	23
154	59:43	Charles Brandt	40
160	60:10	Bill Whitcomb	37
161	60:14	Woody Barker	39
170	60:43	Ronald Motycka	34
179	61:08	John Dyer	37
193	61:54	Bob Nunley	29
194	61:55	Michael Kast	51
202	62:11	Norval Lehman	32
207	62:21	Dick Gatton	36
215	62:38	Glenn Moore	42
234	63:16	Daniel Hannerford	32
237	63:25	David Wilson	45
242	63:39	Charles Tuschling	24
247	63:48	Eugene Striggle	48
261	64:07	Brett Davis	20
291	65:05	Larry O'Herron	44
335	66:29	John Sullivan	29
341	66:36	Fred Ross	38
343	66:37	Daniel McGuire	34
350	66:49	Herbert Chandler	45
358	66:56	Joe Ziegler	43
361	67:01	Stephen Lipp	15
362	67:02	Tim Bolin	28
368	67:11	Leland Sibrel	41
370	67:17	Michael Hill	38
376	67:28	Dave Beachy	30
378	67:30	Thomas Clagg	36
388	67:45	Gaylord Davis	44
412	68:27	Steve Adkison	35
419	68:34	Lynn Milner	42
421	68:36	Bernie Huesing	46
426	68:41	Terry Shipley	32
429	68:43	Stan Lipp	42
468	70:16	Chris Stauffer	46
471	70:20	Phil Dwire, Jr.	25
482	70:39	Cindy Caldwell	23

BLUEBERRY STOMP
 Plymouth, Indiana
 September 3, 1979
 (cont.)

<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>
484	70:42	Phil Caldwell	48
510	71:40	Thomas Donelson	25
524	72:08	Bill Latz	34
527	72:19	John Stein	36
546	72:50	Bernard Drerup	41
550	72:55	Gary Adkison	29
552	72:59	Don Babcock	41
555	73:12	Scott Kingdon	28
566	73:36	Charles Gilbert	46
592	74:28	Benjamin Cox	42
625	75:33	David Milner	13
662	77:10	Roberta Widmann	37
695	78:15	Dick Sive	44
718	79:09	Andre Dwhaime	41
768	82:00	Donald Hoover	35
783	83:02	Carolyn Babcock	38
790	83:21	Chet Fleetwood	60
828	85:39	James Suelzer	42
834	86:12	Linnea Mazock	25
855	87:53	Terry Parker	22
862	88:24	Julia Wilson	39
897	94:00	Eugene Haines	53
912	97:19	Jo Anne Adkison	28
924	100:07	Linda Hill	32

A.A.U.
 U.S. Senior Track & Field
 Miller's Lite Beer
 Denver, Colorado
 August 18, 1979

Ruth Dumas (64) 10KM 69:35 1st Place 50 & Over

1979 Indianapolis
 National Jogging Day
 5 Miles
 October 13, 1979

Berning Huesing (46) 35:51 3rd Place (45-49) 90th Place Overall

FWTC MEETING - October 27, 1979

The meeting was held at Foster Park preceding a Fun Run. Charlie Brandt opened the meeting. We presented the nominees for the 1980 Officers and asked for more nominees. A vote was taken and accepted. Here are the new 1980 FWTC Officers:

President:	Gary Dexheimer
Vice-President:	Mike Hill
Assistant Vice-President:	Tony Gatton
Secretary:	Cindy Caldwell
Treasurer:	Don Lindley
Newsletter Editor:	Rick Reitzug
Co-Editors:	Mrs. Loucks and Tom Loucks

Dave Wilson said he thought the aid stations in the Lincoln 10,000 should have been at the 2 and 4 mile marks. That way the kids that were picking the cups would not have to pick up the cups on Lake Avenue.

The Lincoln 10,000 was discussed by numerous people. It was mentioned that the start of the race was slow. Some people said it took two minutes to get across the starting line. The awards presentation was also mentioned. Maybe going three deep in the actual award's presentation and fifteen deep in actual awards.

Gary Dexheimer and Charlie Brandt run the Homestead Race each year. Gary wants to change it a little. He wants to run two races that day an "Open" and an "Invitational". The Open Race would be for everybody. The Invitational would be good runners that qualified within a certain cut-off time for the distance. It would be a race that would consist of runners like Gary Dexheimer, Phil Suelzer, Rick Reitzug, etc. It would give us average runners a chance to see the faster runners run. There would be a sponsor and no entry fee. It would be very informal. Some of the other members at the meeting expressed their disapproval of this idea. There was a mixed reaction among the FWTC members. Some thought it was a fine idea while others thought it was a step toward eliteism.

It was brought up again, as in last month's meeting, about starting a running program with the Junior High kids. Some of the high school coaches said they would be willing to help.

Charlie closed the meeting and we ran.

Cindy Caldwell
Secretary

THE BATTLE OF FORT WAYNE
OR
WHERE WERE YOU WHEN THE LIGHTS WENT OUT?

A glaring sun beats down on the lone tent. People more cautiously about. The air drips with humidity. Sweat trickles down glistening bodies. A gun fires. The Battle of the Marathon has begun.

Ancient Greece? The Plains of Marathon? Phidippides? Hardly. July 15, 1979. Fort Wayne, Indiana. Parnell Avenue, Calhoun Street, Foster Park. Lehman, Murray, Doppes, and 900 others. Not the Battle of the Plains of Marathon, but the Battle of the Streets of Fort Wayne or, better yet, the Battle of the Spirit. Some will survive this battle for less than thirty minutes . . . others will battle for five hours and more.

The early minutes seem easy enough, but after thirty minutes the heat and humidity can no longer be ignored. Five minute and thirty second miles feel like four thirty, seven thirty like six. The wise slow down. The foolish, caught up in the heat of the battle, continue their deadly pace. Water becomes a more precious commodity than oil. The trees of Foster Park provide a temporary respite from the deadly rays of the sun, but the energy drain continues. By Pasadena Drive, throats are parched, legs wilted and rubbery, bodies overheated from the continued abuse of the sun, the humidity, and the pavement. But the "expression of the spirit" continues. Legs that a year previous could not run to the corner mailbox, have covered 13 miles - continue. Minds that a year ago knew nothing more enlightening than visions of Charlie's Angels, now visualize a thin white line at the end of 26 miles, 385 yards of pavement. But for some, the body is not yet strong enough and the heat triumphs. For others, the spirit momentarily weakens and the quiet, lonely, ride back to the Coliseum begins. For many of these, this year's failure will motivate next year's success.

Many continue. For these the painful steps down Calhoun Street are a journey to Nervana , seemingly, through the center of hell. The battle has long ago evolved from a battle of man against man into a battle of body versus spirit.

As Calhoun Street ends, hopes rise. The endless eight miles, that greeted the already weary warriors upon leaving Foster Park, have dwindled to a seemingly more attainable three miles. But the battle is not yet over. The struggle continues.

It is not until the Parnell Street Bridge comes into view that finishing becomes a certainty. And then the bridge is crossed and up ahead the people line Parnell Avenue to make those last 385 yards easy for those who have conquered the first 26 miles alone. The crowds may not be twenty deep like in Boston but they're all our neighbors and this makes their cheers all the more inspiring. Somewhere, deep inside, a little energy is found and runner after runner sprints those last few yards to that thin white line. It's over. The battle has been won. Sweat saturated bodies collapse in exhausted satisfaction. As Karen Doppes said "Everyone that finished today can be proud of themselves."

Rick Reitzug

THIRD ANNUAL

SOUTHTOWN MALL AULD LANG SYNE 5

Monday December 31, 1979

Sponsored by the FORT WAYNE TRACK CLUB

PLACE: Southtown Mall Fort Wayne
U. S. #27 South and South Anthony Blvd.

DISTANCE: 5 miles

COURSE: 4 loops around Mall on blacktop parking area

TIME: 11:45 p.m.---REGISTRATION at 10:45 p.m. at CINEMA entrance
inside Mall or for pre-registration send to:
Race Director
Myron Meyer 4727 Winter St.
Fort Wayne, IN 46806 Phone 456-6041

ENTRY FEE: \$2.00----\$1.00 for Fort Wayne Track Club Members

PARTICIPANT RIBBONS FOR ALL ENTRANTS

AWARDS and DIVISIONS: Awards will be merchandise or gift certificates
except for High School divisions which will be trophies

MEN:

open to 29	5 awards
30 to 34	2 "
35 to 39	2 "
40 to 44	2 "
45 to 49	2 "
50 to 60	2 "
60 to 70	1 "
70 and up	1 "
14 and under	2 "
High School	2 "

WOMEN:

Open to 29	2 awards
30 to 39	1 "
40 and up	1 "
14 and under	1 "
High School	1 "

REGISTRATION FORM

SOUTHTOWN MALL AULD LANG SYNE 5 Dec. 31, 1979

NAME _____ AGE _____ DIVISION _____

ADDRESS _____

MEMBER OF F.W.T.C. _____ WANT MEMBERSHIP OR DESIRE INFORMATION _____

I hereby fully understand the Sponsors, the Race Director, the Fort Wayne Track Club, and the Southtown Mall are not responsible for my injury, death, or loss of personal property before, during, and after this event. I waive my rights and my heirs to this agreement. Parents and/or guardians must sign for participants under 18 years of age.

SIGNED: _____ Parent/Guardian

RACE CALENDAR

Nov. 10	1:00 p.m.	Fort Defiance 5KM & 10KM Autumn Rambler	Defiance, OH.	1
11	2:00 p.m.	Anderson Jaycee's Indian Summer Run (6.7 Mile Run/ 3 Mile Fun Run)	Anderson, IN.	2
11	2:00 p.m.	Fort Wayne Track Club 13.1 Mile Run and 1 Mile Fun Run, at Foster Park.	Ft.Wayne, IN.	3
11	1:00 p.m.	TRRC 10KM Race & Prediction & 1 Mile Jog	Toledo, OH.	4
18	1:00 p.m.	HRRC & State XC Championship, Eagle Creek Golf Course	Carmel, IN.	5
17	10:00 a.m.	Turkey Trot 6 Mile/3 Mile Run	Ft.Wayne, IN.	6
18	10:00 a.m.	TRRC Turkey Trot 3Mile Run/6 Mile Prediction	Toledo, OH.	7.
22	10:00 a.m.	70th Annual Elks Thanksgiving 10KM Run	Cincinnati, OH.	8.
24	9:30 a.m.	Tree City 10KM Run & RFF	Greensburg, OH.	9
24	7:00 a.m.	TRRC 2nd Annual Marathon Plus 60KM/50 Mile/100KM	Toledo, OH.	10
Dec. 2	12:00 p.m.	TRRC 17 Mile Wilderness Run	Toledo, OH.	11
9	2:00 p.m.	TRRC Eggnog Run 10KM/5KM Prediction	Toledo, OH.	12
15	2:00 p.m.	Fort Wayne Track 3rd Annual 10 KM Run	Ft.Wayne, In.	13
16	10:00 a.m.	Super Snowball Special 20KM/2.75 mile prediction	Toledo, OH.	14
23	2:00 p.m.	Jingle Bell Run 15KM/5KM Race & 1 Mile Jog	Toledo, OH.	15
30	2:00 p.m.	Get Ready for New Year's Run 10KM/5KM jog.	Toledo, OH	16
31	11:45 p.m.	Annual Midnight Run	Toledo, OH.	17
31	11:45 p.m.	New Year's Eve Auld Lang Syne 5 Mile	Ft.Wayne, In.	18

LATE ADDITIONS:

Nov. 10	n/a	AAU X-C, Bloomington Track Club	Bloomington, IN.	19
Nov. 11	10:00 a.m.	Midwest Masters 5k X-C Champion, Veterans Park	Crystal Lake, IL.	20
Nov. 17	10:00 a.m.	Run For Your Health 10KM, Eagle Creek Pk.	Indpls., IN	21.
Nov. 24	10:00 a.m.	Brookville Marathon & 12KM Run	Brookville, OH.	22
Nov. 25	1:00 p.m.	2nd Annual Fall Creek 5 Mile	Carmel, IN.	5
Dec. 1	10:00 a.m.	Snow Flake Derby, 4KM Road Run & 8KM European Style Cross Country	Evansville, In.	23
Dec. 9	12:00 p.m.	Muncie 4 & 10 Miler	Muncie, In.	24

MEMO ONLY

HRRC Annual Family Dinner Meeting, Sunday, Dec. 2, at 2 pm, Carmel H.S., 520 E. Main St., Carmel, IN. No Race, No Entry Fee, Each Family is asked to bring one covered dish plus table service.

CONTACTS

1. Defiance Area YMCA, 514 Third Street, Defiance, OH. 43512 419/784-4747
2. Scott Ambercrombie, 2626 W. 41st., Anderson, IN. 46013 642-6366
3. Dwayne Garrett, 5520 Vance Ave., Ft. Wayne, IN. 46815 219/483-1909
4. Shirley Taylor, 2337 W. Country Club, Toledo, OH. 43614 or call home 385-2613 or work 247-9320. Further detail in FWTC August Newsletter.
5. Chuck Koeppen (HHRC), 1815 E. 116th St., Carmel, IN. 317/844-1823
6. Dean Slavens, 4217 Richfield Lane, Ft. Wayne, IN. 46816 219/447-6393
7. See No. 4
8. Elks Thanksgiving Day Race, P.O. Box 44096, Cincinnati, OH. 45244
9. Carol Staggs, 225 No. Broadway, Greensburg, IN. 47240
10. See No. 4 11. See No. 4 12. See No. 4
13. Don Lindley, 6015 Landsdowne Dr., Ft. Wayne, In. 46816 219/456-8739
14. See No. 4 15. See No. 4 16. See No. 4 17. See No. 4
18. Myron Meyer, 4727 Winter St., Ft. Wayne, In. 46806 219/456-6041
19. Vic Simpson 812/876-2908
20. Dick Kloepfer 815/459-5663
21. Ruth Yacho, American Cancer Society, 2421 Willowbrook Pkwy, Indpls., In. 46205

RIDGE RUNNERS ROMP INDIANA STATE A.A.U.
10,000 meter championship
Nashville, Indiana
October 27, 1979

Tom Loucks	33:18	7th place
Dick Gatton	38:10	49th place

Weather - excellent, sunny, dry, no wind, temperature approximately 38 degrees. Course - out and back, fairly flat with a hill at start and finish; crown in the road was a problem. Approximately 260 finishers.

Contact addresses - cont'd

22. Larry Myers, 8028 Dodson Rd., Brookville, Ohio 45309
23. Bill Stegemoller, Indiana State University, Evansville, IN. 812/477-1755
24. Jerry Pierce, RR# 2 Box 112A, Muncie, In. 47302



FT. WAYNE TRACK CLUB

Are you a long distance runner, a jogger, or a person interested in regaining or maintaining physical fitness? If so, the Ft. Wayne Track Club is for you. You don't have to be a champion to join. All that is required is an interest in running.

The Ft. Wayne Track Club is an organization founded to promote running as a sport and healthy exercise. The Club sponsors monthly events for the jogger as well as the highly trained competitive runner. These monthly events offer everyone a chance to run regardless of age, sex, or athletic proficiency. Special age divisions are provided to encourage equal levels of competition such as: 14 or under, 15-29, 30-39, 40-49, 50 and over and a women's division. Awards are presented to the winners in each division and all participants receive official times which are published in the Track Club Newsletter which is received by members each month. The Newsletter includes training tips, medical advice, running philosophy, road race results, and a schedule of coming events. The emphasis is on participation rather than on winning, however, each race gives us a chance to measure our own fitness and a chance to meet people with a common interest.

On the National level, you will receive from the Road Runners Club of America (RRCA) the quarterly newsletter "Footnotes". All fees and membership dues are used exclusively for the Fort Wayne Track Club and RRCA programs. A treasurer's report is published at least once a year.

(Please Print)

APPLICATION

_____ New Member
_____ Renewal

Name _____ Age _____ Sex _____

Street Address _____

City _____ State _____ Zip _____

Phone/Home _____ Phone/Work _____

Occupation/Employer _____

_____ Annual Membership - \$10.00 - Calendar Year

PLEASE MAKE ALL CHECKS PAYABLE TO THE "FORT WAYNE TRACK CLUB"

Dues include Family Membership. Please list names and ages of those entering the club _____

Please mail to: FWTC - Don Lindley, 6015 Landsdowne Drive, Fort Wayne, IN 46816

For further information, call Don Lindley - 219-456-8739

When you think about it,
In a few ways
We are different.



FWTC
Don Lindley
6015 Landsdowne
Ft. Wayne, In. 46816

Bulk Rate
U.S. Postage Paid
Ft. Wayne, Ind.
Permit No. 1799