

Decemen 1979

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Gary Dexheimer - President
Mike Hill - Vice President
Tony Gatton - Asst. Vice President
Cindy Caldwell - Secretary
Don Lindley - Treasurer
Phil Suelzer - Measurement Chairman



FUN RUNS: Beginning December 8th

Fun Runs will be held beginning December 8th at Foster Park. Distances run will be one, four, and eight miles.

The purpose of the Fun Run Program is to give runners of all ages and abilities the opportunity to run together on an informal, but loosely organized, basis. The degree of competitiveness or noncompetitiveness is up to the individual runner. The one, four, and eight mile distances will be accurately measured. Times will be called out, but neither times nor results will be recorded. No entry fee will be charged and no awards will be given. Whether male or female, young or old, fast or slow, competitive or noncompetitive, the idea is to have a good time. See you Saturday.

NOTE: Fun Runs will not be held on Saturdays when there is a regularly scheduled FWTC race. Thus, there will be no Fun Run on December 15th. Runs will continue on December 22nd.

FWTC RACE SCHEDULED December 15, 1979

A 10KM run will be held at Foster Park at 2:00 p.m. This will be a ribbon race plus trophies to the top five men and to the top three women. No pre-registration; register day of race between 12:30 p.m. and 1:45 p.m. at the end of Hartman Road. Entry fee for FWTC members will be \$0.50 and for non-members, \$1.00. Ribbons and results will be mailed to all finishers. The run will begin with three loops around Foster Park golf course starting southeast of the golf course at the end of Hartman Road.

This will be a good condition run for those who want to get accustomed to winter running. Running in the winter can be just as beneficial as any other season. Appropriate apparel should be selected that will provide as much protection as possible against chilling at a low level of activity, but yet will facilitate sweat evaporation at higher levels. Don't worry about freezing your lungs. There are numerous accounts of runners performing with chill factors of minus 100°F. and lower. Studies have shown that air of minus-25°F is warmed to a temperature of 83° by the time it reaches the lungs. Those that venture out into cold weather, often find that winter is a particularly exhilarating season. The air is cleaner and more invigorating.

Don Lindley - Race Director - 219-456-8739

EDITOR'S NEWS & VIEWS

I was trying to write this column in my head while on a training run several days ago and had come up with a tremendous opening sentence. Rather than write it down as soon as I got home, I decided there would be no way I'd forget it before it came time to put this column to paper. I'll leave the rest unsaid and just dig in and start in the middle of things.

The big news at newsletter headquarters is that we have a new newsletter editor and an expanded and, hopefully, improved format. My qualifications as newsletter editor are numerous: (1) I have Frank Shorter's autograph; (2) I don't have Jim Fixx's autograph; (3) I once talked to Hal Higdon; and (4) I once handed the same paper in for three different college classes.

I hope you enjoy the expanded format of the newsletter. The prime focus will remain threefold. That is, to keep you up to date on club happenings and news; to provide you with race results of track club races, area races, and individual members race performances, and to give you an extensive race calendar of local and area races. At the same time, I think it is possible to give you more than that. I have added a number of new features. These are listed below with a short description of each.

Editor's News & Views - may or may not be monthly, depending on whether I think I have anything worthwhile to say that month.

President's Column - Gary Dexheimer's comments, insights, and requests.

FWTC Meeting Minutes - Cindy Caldwell's summaries of track club meetings.

Coach Gary - Gary Dexheimer masquerades as a Coach.

Feature Article - Article my myself or a track club member covering anything having to do with running. (See Mike Hill's "Off Road Running")

We will also continue to have LSD Shorts.

Members are welcomed and encouraged to make contributions to the newsletter. This is YOUR newsletter. Contributions can range from articles to race descriptions, training tips, insights, thoughts, and race results. A form for this is included in the back of this newsletter. Simply fill out, fold, staple, stamp, and mail. If more space is needed, include another sheet of paper. I would also like to include a question-answer column in which members' questions on running and training are answered by fellow members. These may also be listed on the form at the back of the newsletter. If you wish a particular track club member to answer your question, please include that information also.

A service that the newsletter will perform free of charge for members is the listing of ads for the sale or trade of new or used running equipment. Also please list on form.

Race Directors: please send race announcements and race results to:

FWTC Newsletter
c/o Rick Reitzug
825 Kensington Blvd.
Fort Wayne, Indiana 46805

The newsletter will also begin accepting commercial advertisements. For rates, see LSD Shorts.

Have a good run.

Rick Reitzug

We are nearing the close of our scheduled year and, as you may be aware, the club elections were held and a new executive council has been formed. We owe a great deal of thanks to last year's officers who certainly did a fine job in keeping our club strong. I will not mention everyone who helped in the organization but we know who you are. We all like to participate in the affairs of the club but it takes a special dedication to take on the responsibility needed to move the club forward. A special thanks to Don Lindley for managing our finances so well and filling in other areas whenever needed. Most importantly, we owe a great deal of thanks to our past club president, Charlie Brandt. He put a tremendous amount of effort into this year, including a very well organized finish at the Lincoln race.

My job will be considerably easier this year, as we have a great deal of enthusiasm within the members of the executive council. With occasional guidance from Charlie, our group will be making decisions as a whole. I certainly encourage the membership to contact any one of us on any suggestions or criticisms. We have established a priority action list for our new calendar year and hope to have many accomplishments to look back on at the end of 1980.

I want to insure that this club is run for the membership as a whole and that any decisions benefit us all. I also want to be able to justify any expense incurred by our members, such as our membership dues. One doesn't buy much for ten dollars any more except when you join the Fort Wayne Track Club. Our council has a lot of ideas that will definitely promote that feeling. More on that in our next newsletter. Cindy Caldwell will keep you up to date on the minutes of our council sessions with a summary column in the newsletter.

There is one important item of business to discuss in this first column. Though the direction of Charlie Brandt, we are in the process of purchasing a digital clock -Zetachrom. The cost is approximately \$2,000.00. Lincoln National Bank will be making a sizable contribution toward this and Mike Kast is helping us with the financing. Again, thanks to Charlie's efforts, this will be the only clock of its type (like the one we borrowed from SHC at the Lincoln 10K), in the state. We hope to put together a package including our timer and offer it to other race directors on a rental basis. Of course, it will be utilized for all our club races. The rental money will help recoup our initial investment and should help finance our own racing schedule. I would like to ask for any donations that you might want to offer to help defray our cost. If you are interested in making a contribution, simply mail the amount to Don Lindley, 6015 Lansdowne Drive, Fort Wayne, Indiana 46816. All contributions are tax deductible as the track club has a tax-exempt status. Everyone who races will benefit from the clock, so even if everyone just mailed in one dollar, I'm sure we could just about pay for it.

This is your club and if you joined it you must have an interest in seeking some benefit from it. Let's make it the best club in the state. Get involved, whether its through donations, officiating, race directing, administering, or just commenting. Let the officers know what you want. If you have a strong opinion on an issue, editorialize it in your newsletter. Remember without a jock there's no support and we need your support.

More later.

Gary Dextheimer

The FWTC Newsletter will be offering commercial advertising. Rates are:

- \$50.00 - Full Page
- \$35.00 - Half Page
- \$20.00 - Quarter Page
- \$ 5.00 - Classified Ad

The FWTC reserves the right to reject any ad.

Please contact Rick Reitzug, 219-424-8091, or Gary Dexheimer, 219-432-1439, for details.

Ads for the sale or trade of new or used running equipment is offered free as a service to members.

THE 9,000 METER MISTAKE!

A couple of friends of mine, who recently ran the second annual Lincoln 10,000 meter run, were describing their experiences. To the best of my knowledge, neither had competed in a race before. I would like to share their experiences.

"Personally, I think Mr. Lincoln made a drastic mistake when he decided to attach his name to a 10,000 meter run. He made about a 9,000 meter mistake. For the first 1,000 meters I was looking good. But it wasn't long before I was looking pretty limp. Somehow I kept going, however, especially when so many women and so many people my parents' age kept passing me. I am not sure of my final standing, but it was probably around 1100. That amounts to sixty-two long minutes."

"The race is not always to the swift. I have the distinction of being positively the very last person to finish the Lincoln 10,000 meter run. However, 500 people were either carried off or quit. But they did not have the incentive of a new typewriter to keep them going. After 4-1/2 miles, that's when my knees started to hurt as I passed the funeral home. Then my incentive was to catch up with my friend and punch him for getting me into this mess. Unfortunately, my hands had swollen, and I couldn't make a fist. By the end of five miles, I was used to the pain, and since absolutely no one had found me, I kept going . . . and . . . going until I had stomped on that finish line. Otherwise, it was a good experience. My family was delighted and amazed that I even did it."

Don Lindley

FOR SALE:

Brooks "Johnny Walker" RT-1's
Worn twice, size 11 (fits like 10-1/2)
will sell for \$18.00
Mike Hill - 219-745-9511

MINUTES OF FWTC OFFICER'S MEETING

November 4, 1979

The meeting was held at Mike Hill's house. Gary Dexheimer opened the meeting. We all showed up. Gary told us about the Pro Am Sports Sale of 25% off on all shoes and 50% off starting November 26.

We talked about the Lincoln 10,000 and Gary suggested having ten age groups in Men's and Women's Divisions. In the award's ceremony only the first place in each division would have the awards presented at the award's presentation downtown. We also discussed the T-shirt that we received by running the Lincoln. There was some criticism. The entry fee was also discussed. The bank would like to stick with the \$4.00 entry fee. Maybe in the future we would have a lower fee for FWTC members. Most of us complained a little about the water stations for the race. Nobody was planning for a hot race.

Gary would like to have a 10 KM race before the Midwest Meet of Champions next June. It would be an "Invitational" with a time breakoff at about 32 minutes. The 32 minutes would have to have been run during the last year. It would be run on the track there. The 8 KM Race that was run there last year would still be run. This 10 KM would be in addition to the 8 KM. The awards for the 8 KM could be given while the 10 KM was being run. There would be no entry fee for the 10 KM.

Here is a list of things that Gary thought should be discussed and worked on:

1. Race Schedule
2. Newsletter
3. More Public Relations - Maybe a slide program
4. FWTC Sanctions
5. Treasury
6. Working with Junior High kids
7. Point Races
8. FWTC Banquet
9. Fun Runs - Rick Reitzug

Each person there listed some things that should or could be done or added. We came up with some very interesting things.

Tony Gatton stressed the importance of the newsletter and that it could be improved. Here are some of his other ideas:

1. Car pooling to races.
2. Having a cross-country race.
3. Publishing the names of the President and Newsletter Editor in the FWTC Newsletter.
4. Having an Injury List in the newsletter where one could tell of injuries and recovery methods, etc.
5. Having race reviews in the newsletter.

Rick Reitzug brought up about setting up something for the Junior High kids. We thought that we would do something maybe later when the kids do not have school things available. Here are some of Rick's other comments:

1. Setting guidelines for Sanctioned Races.
2. Having greater variety of races.
3. Rick is going to set up the Fun Run program for us. From the questionnaire that Rick put in the newsletter, most people preferred Saturday at 10:00 a.m. for

Winter Fun Runs. They preferred Wednesday at 6:00 p.m. or Saturday at 9:00 a.m. for summer Fun Runs. Foster Park was most picked for the location. Rick would put the information of our Fun Run in Running Times and The Runner.

4. Rick is also the Newsletter Editor. He thinks that we should still have the Shorts as we have been having and should add a "President's Column", of course, written by the President, Gary. Rick would like to do a profile on different runners to include in the newsletter. Training tips could also be added. More people should be contributing to the newsletter.

Phil Suelzer would like to start keeping records for the best times in the different age divisions. He would like to have the best five times in each age division. Phil also suggested:

1. Putting in the newsletter about shoes that you have purchased that you have found not to fit.
2. Starting a 10 KM Race sponsored by Pepsi or Schlitz Lite, etc.

Don Lindley brought up about prediction races. He would also like to still have a Women's Only Race. It was mentioned that we might forget Phil's Point System because he does not receive race results from all the race directors. Don also mentioned:

1. Timers for the races for 1980 could consist of non-runners.
2. Having a guest speaker at our meetings.
3. For our longer races, have a shorter race in conjunction with the longer race so the women can participate, too.
4. Don also mentioned two non-profit races with sponsors, Lutheran Hospital and Blackhawk Baptist Church. These two organizations want to put on a race to raise money.
5. Mentioned our FWTC Banquet. Could be held at Helmsing's Lamp Post.

Mike Hill was interested in running a 24 hour run in 10 man teams. Here are some of Mike's other ideas:

1. Having a Runner's Clinic.
2. Setting up a slide program for advertisement about the FWTC. He would be willing to put it together if someone would take the slides.
3. Would like to see more done in regard to women's running.
4. Mike asked if we would be interested in purchasing FWTC singlets. We all agreed that would be a good idea.

After we gave all of our points, Gary and the rest of us decided on these eight things to work on:

1. Newsletter
2. Race Schedule
3. Fun Runs - Rick Reitzug
4. FWTC Singlets - Mike Hill
5. FWTC Sanctions for races
6. Big Spring Race with a sponsor
7. FWTC Banquet
8. Age Group Best Records - Phil Suelzer

Cindy Caldwell, Secretary

The longer I run, the more I'm amazed by the variety of human beings, races, shoes, injuries, and opinions that can be found in the sport of "running". One thing I'm quite sure of is that its this very variety that keeps our sport alive and growing.

On November 17, 1979, I traveled to Dowagiac, Michigan, with fellow FRTC members, Gary Cessena and my son, Ryan, for our first Cross County meet. Gary and I happen to be team mates on the "GTCI Roadrunners" and believe it or not, members of the "Michigan Roadrunners" with headquarters at Southwestern Michigan College. The founder and mentor of the Roadrunners at SMC is Track Coach Ron "Thunderbirds" Gunn. For some time now, Gary, Ryan, and I have planned on attending one of their runs. The November 17th event was billed as a 10,000 meter X-Country event with turkeys and ribbons as prizes. Ron believes everyone who finishes is a "winner" and gives away quite a few prizes to participants in a drawing after each race.

The course itself was unknown to me, but Gary and Ron recommended I "take it easy" for the first four miles. Evidently miles 5 & 6 were supposed to be rough. Since this was my first experience with X-Country, I assured them I would go out slow. Needless to say, I went out at my road pace for a "10,000". The first four miles were tough as the course wound up and down hills on beautiful trails through the woods. Several temporary signs were along the trail, such as: "Hal Higdon, are you hung over?", and "There are no turkeys here, just beautiful people". I would have laughed but breathing was too difficult and my four mile split of 26+ was not the greatest. At that point, I passed another cardboard sign which read: "Now for some real X-Country!" My immediate thought was, of course, "What the heck have we been doing for the last four miles?" "All Fours Hill!" At about 4-1/2, the signs became permanent and read: "Slow Death Valley", "All Fours Hill", and "Roscoe's Expressway". You guessed it, "Slow Death Valley" was a swamp, and "All Fours Hill" was just that (half way up and I was crawling). I dragged myself down "Roscoe's Expressway" and finished with a sparkling 46:50. That time should equate to a 39:00 or 40:00 on the road. Gary ran a 44+ and Ryan, who had the flu, won't talk about the race.

I fully intend to go back next spring and try the course again during the Mike-Fair Store 10,000 meter run. In the meantime, I'll clean mud off myself and my Mike's and train more off the road and on some hills. X-Country is one heck of a lot of fun, easy on the shin splints and very good for your overall conditioning. All of us who ran the SMC course highly recommend the trails and work of X-Country to all of you who have not tried it yet. Ron Gunn and the Roadrunners are beautiful people to get to know and I'm sure you would always be welcomed guests. Just remember, X-C's got it all!

RUNNING SAFELY AFTER DARK

Now that the nation has set back the clocks, many runners may be affected. The change obviously will not affect us. Since the days have been getting shorter, it is time to consider running safely after dark.

When running after dark, I wear light-colored clothing. I wear yellow trunks over my white thermal and a jog like vest with reflector tape on my shoes. This tends to stand out sharply in a pair of headlights.

To enjoy running after dark, you must know the course you'll be running. Walt Green and Tom Loucks never take a night run on an unfamiliar course. Never run where you haven't already run in daylight hours. Be sure of your footing and be aware of potholes, patches of ice, obscured logs, rocks, fences, or other obstacles. You can never be too careful.

Women running at night should be particularly careful to avoid dark, secluded places. Never run without a companion. Never assume you can outrun an assailant. Avoid possible trouble spots where your need for help may go unseen and unheard. The most dangerous nighttime hazard to runners comes from automobiles. Never run with your back to traffic. Never assume the driver sees you. This is a good rule to follow during daylight hours; it becomes vital at night. Runners move at different speeds than pedestrians and drivers may have trouble correctly judging your approach. I was jogging up North Anthony Boulevard one evening wearing a jog like vest. Traffic did move to the left lane, but the street was well lighted after dark. Take advantage of extremely illuminated streets. I have found that Paulding Road and South Anthony Boulevard are well lighted. Bicycles can be almost as dangerous as automobiles. They sometimes use the same paths - watch for them.

How many times have you approached pedestrians, especially from behind? It is both practical and polite to warn them of your approach. A cough or simple "excuse me" called out a few yards before you reach them, is sufficient. Most people will move over to let you pass but remember, it's called a sidewalk and a runner has no right of way. The value of your friendly warning serves as a greeting that will put pedestrians at ease.

If you do not run with a companion, let someone know where you will be running and what time you expect to return. For obvious reasons, you'll feel better if someone responsible is going to come looking for you. This guarantees against being left helpless if attacked, hit by a car, or suffering from some physical malady.

You should carry some sort of identification. There are numerous bracelets and necklaces available with ID tags. The best of the Medical Alert tags is the one that contains information of blood type and drug reactions which would be of importance to an emergency room staff.

The above guidelines should be of some importance to you. Running after dark can certainly be a nuisance to you if you are trying to build up a great deal of mileage. It is inevitable that some of the mileage will have to be done after dark, unless you work nights and can afford to run with the sun. I find running at night is refreshing and peaceful. Darkness usually finds the streets less cluttered with people and traffic.

With the onset of early morning and early evening darkness, protect yourself with protective/reflective safety items. Vests, headbands, anklebands, and hot-spots for shoes are good examples.

Don Lindley

Winter will soon be around the corner and unfortunately that means snow and ice. About this time of year it's typical to take a look at your running schedule and project for those non-racing months ahead. Your thoughts will probably lean toward long easy mileage and plenty of that. Certainly, these are months not to be missed but ones where everyone should exercise plenty of care. Winter is simply a maintenance period. Allow yourself plenty of flexibility in your mileage schedule. There are some beautiful days during the winter months, so when the bad days come, don't worry about high mileage. Take the pressure off and get in what you can. If you have to miss a few days, don't worry about it. Believe me, if you have a good base behind you, cutting your mileage or missing a few days will not affect your condition. It's only the anxiety that will kill you in missing a day. Many an international star has been forced to lay off for as long as a month and then come back to set a personal record.

For those of you who worry about running in the cold weather, acclimation is the important thing. Two years ago when we had the blizzard, I only missed two days. I simply reduced my mileage to a bare minimum (3-4 miles), dressed to stay warm and wore a scarf over my mouth so that very little of my face was exposed. The secret here is that I very rarely miss a day (except when injured), therefore my body has a chance to adapt to the weather. Winter is not for everyone, only a fool would go out on a day when it's minus 30 windchill, if he hasn't gradually accustomed himself to the conditions. Remember, if there is a question in your mind as to your condition, consult your physician.

Remember to dress comfortably. Too many clothes can make for a very uncomfortable run. You should feel cold when you first walk outside. Your winter wardrobe should include a turtle-neck, warm-up of course, socks, and light jersey gloves and also a stocking cap. I ran all winter wearing only one layer under by "Guts" warm-up. Occasionally you'll have to add mittens over the gloves. A less expensive way to go is long underwear bottoms under the running shorts and a nylon jacket over a couple layers of shirts.

More on winter running later.

FORT WAYNE TRACK CLUB
13.1 MILE CHAMPIONSHIP
November 11, 1979 - Foster Park

Winner: 1 - Tom Lower - Manchester College - 1.11:12.8
34 - Sue Cleveland - Bloomington, Indiana - 1.27:39

<u>Overall Place</u>	<u>Name</u>	<u>Time</u>	<u>Overall Place</u>	<u>Name</u>	<u>Time</u>
<u>Men 14-19</u>			<u>Men 35 - 39</u>		
7	Dennis Sever	1.16:20	24	Charles Morrisey	1.23:51
8	Scott Miller	1.16:31	27	Ron Baumgardner	1.26:11
10	Jesse Martinez, Jr.	1.17:27	35	John Hamilton	1.27:54
18	Paul McCord	1.20:59	40 *	Tom Clagg	1.29:13
21	Manuel Martinez	1.23:03	46 *	Mike Hill	1.31:03
23	Ed Feygang	1.23:18	51 *	Rick Meyer	1.32:54
30 *	Mike Harmeyer	1.26:22	55	Art McCoy	1.36:08
<u>Men 20 - 24</u>			62 *	Larry Averbeck	1.41:20
4 *	Tom Loucks	1.14:44	64 *	Bob McNary	1.42:45
11	Jim Freygang	1.17:51	65 *	Charles Hall	1.42:46
14 *	Paul Beckwith	1.18:42	68	Charles Eberhard	1.43:30
32	Dan Kelble	1.27:13	78 *	Don Hoover	1.59:57
33	Anthony Skevington	1.27:18	82	Thomas Horton	2.04:48
44 *	Dan Tardiff	1.30:43	<u>Men-40 - 49</u>		
56	John Zakhi	1.37:41	16 *	Bill Schmidt	1.19:57
66 *	Steve Tielker	1.43:02	19 *	Woody Barker	1.22:03
67	Jerry Call	1.43:16	29 *	Jack Morris	1.26:20
<u>Men 25 - 29</u>			39 *	Joe Ziegler	1.29:11
2 *	Phil Suelzer	1.14:32	41 *	Larry O'Herron	1.29:34
3 *	Rick Reitzug	1.14:43	47	Ed Jenkins	1.31:07
6	Chuck Davis	1.15:43	50 *	Dick Duke	1.32:48
9 *	Hal Pearson	1.17:10	52 *	Herbert Chandler	1.33:17
12	Dan Kaufman	1.18:21	63 *	Rudi Florreich	1.41:48
25	Bob Nunley	1.24:49	72 *	Bernard Drerup	1.43:41
26	Dennis Sonntag	1.25:23	73 *	Ray Gilbert	1.43:49
31 *	Lance Wade	1.26:32	75	Joseph Brooks	1.56:37
45 *	Dan Bossard	1.30:45	77	Ken Fahey	1.58:12
58	Bill Moore	1.39:32	85	Alfred Moore	2.12:48
69	John Heath	1.43:30	<u>Men 50 & over</u>		
74	David Gurst	1.45:06	22 *	Myron Meyer	1.23:04
<u>Men 30 - 34</u>			36 *	Mike Kast	1.28:29
5 *	Steve Foster	1.15:42	49 *	Wendall Adams	1.31:40
13 *	Robert Bruckner	1.18:31	60 *	James Jones	1.41:13
15 *	Art Obregon	1.19:43	70 *	Herb Trier	1.43:33
17 *	Walt Green	1.20:15	81 *	Roger Phillips	2.03:58
20 *	Jim Berghoff	1.22:52	<u>Women 0 - 29</u>		
28 *	Dan Hannaford	1.26:15	38 *	Cindy Goller	1.28:40
37	Dennis Kroells	1.28:31	61 *	Alma Ojeda	1.41:14
42 *	Russell Grose	1.29:36	83 *	Betty Jackson	2.05:37
43 *	Mike Zurzolo	1.30:00	<u>Women 30 & over</u>		
48	Lee Pearson	1.31:39	57	Wilma Kyle	1.38:51
53 *	Philip Shafer	1.35:18	76 *	Carolyn Horn	1.57:13
54 *	Dave Fairchild	1.35:22	84 *	Jan Kissingner	2.07:03
59 *	Phil Wisniewski	1.40:56	86 *	Linda Hill	2.26:04
71 *	Edward Garrett	1.43:34	* FWTC MEMBERS		
79	Joe Kimmell	2.00:06			
80	Gary Rickner	2.02:28			

ONE MILE FUN RUN RACE
November 11, 1979 - Foster Park

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	David Milner	13	5.53:6	13	Sharon Wiersma	31	8.59:5
2	Don Cook	32	5.56:9	14	Pat Barker	34	9.04:3
3	Fred Ojeda	12	7.11:4	15	Diana Hamilton	33	9.13:4
4	Chris Hamilton	9	7.19:1	16	Alex Ojeda	5	9.14:4
5	Erin Barker	8	7.20:2	17	Mohammed Hudda	13	9.27:3
6	Jason Wisniewski	8	7.20:7	18	Debbie Wiersma	11	9.28:4
7	Brent Jackson	9	7.38:6	19	Elizabeth Haigh	6	9.40:5
8	Sarah Stalder	11	7.41:8	20	Heidi Heath	8	9.48:9
9	Chris Haigh	8	7.53:7	21	Holly Heath	5	9.49:2
10	Chad Gerbers	7	8.28:7	22	Jeremy Hamilton	5	9.57:3
11	Clinton Wisniewski	7	8.40:4	23	Jessica Wisniewski	5	10.09:7
12	Shelly Barker	11	8.58:8	24	Libby Nunley	6	10.10:2

Results of the Lincoln 10,000 will not be published in the FWTC Newsletter. Results were mailed to all competitors by Lincoln National Bank. Due to space limitations caused by the number of competitors, these results cannot be repeated in the newsletter.

POST-SEASON ROAD RUN
TURKEY TROT - SHOAFF PARK

November 17, 1979

3 - MILE

<u>Overall Place</u>	<u>Name</u>	<u>Time</u>	<u>Overall Place</u>	<u>Name</u>	<u>Time</u>
<u>Women</u>			<u>Boys-13-Under</u>		
1	Alma J. Ojeda	21:12	1	Kevin Bergman	20:05
2	Theresa Ehrman	23:39	2	Kevin Stafford	23:27
3	Karen Weber	23:43	3	Russell Gross	23:35
4	Renee Milligan	24:23	4	Tony Mangette	24:58
5	Betty Jackson	26:37	5	Richie Kersten	26:32
6	Jean Clagg	27:02	6	Danny VanTreese, Jr.	27:09
7	Sarah Stalder	27:19			
8	Phyllis Suelzer	27:25			
9	Anne Stalder	31:00			

6 - MILE

<u>Boys 14-18</u>			12	Robert McKinley	41:19
1	Jesse Martinez	34:00	13	Russell Seuver	42:12
2	Paul McCord	35:53	14	Tom Donelson	42:49
3	Joe Hardesty	36:21	15	Don Cook	45:02
4	Paul Knott	36:27	16	Tom Mangette	45:02
5	Tim Hattery	36:40	17	Dale Turner	45:59
6	Kurt Velot	36:51	18	Gary Graham	46:59
7	Kenny Thomas	36:54	19	David Smith	47:02
8	Dave McGowan	37:53	20	Jorge Jimenze	48:04
9	Tim Regenold	38:12	21	Rick Panning	48:46
10	Steve Zacher	39:31	22	Donald Hoover	51:04
11	Mike Fritzsche	39:34	23	Robert Wiersma	53:15
12	Philip Bozarth	40:57	24	Dan VanTreese, Sr.	55:07
13	Dave Haynes	44:40			
14	Scott Steffen	49:08	<u>Men 36-over</u>		
15	Jeff Kruse	49:12	1	R. W. Schmidt	35:57
			2	Jack Morris	36:47
<u>Men 19-25</u>			3	Charles C. Brandt	37:19
1	Keven Leinbach	32:33	4	Bill Whitcomb	38:22
2	Dave Grim	33:57	5	Jim McGowin	39:00
3	Kenneth King	36:12	6	Tom Clagg	40:28
4	Don Tardiff	39:28	7	DeWain Cobbs	41:36
5	Don Cahill	40:05	8	Don Goldner	41:55
6	Jim Anderson	43:10	9	Ed Jenkins	42:07
			10	Chris Stauffer	42:25
<u>Men 26-35</u>			11	Larry Averbeck	42:55
1	Phil Suelzer	33:36	12	Terry Hippensteel	43:37
2	Ernie Schwartz	34:16	13	James Dumas	46:58
3	Jerry Mazock	34:32	14	Vern Chovan	47:28
4	Robert Bruckner	35:28	15	Michael Keane	48:12
5	Don Lindley	37:05	16	Del Lewis	48:15
6	Bon Nunley	38:59	17	Art Garside	50:26
7	John Hamilton	39:37	18	Rogert Phillips	52:24
8	Ken Yahne	39:53	19	Alfred Moore	54:48
9	Russell Grose	40:33	20	Jack Paul	55:11
10	Dave Milligan	40:33	21	Robert Leeper	57:07
11	James Hoffman	40:48	22	Jack Brewer	64:17

WINNERS AND TIMES OF RACERS IN THE CALLITHUMPIAN CANTER, SUNDAY, OCTOBER 28
5-Mile

Decatur, Indiana

1.	Scott Wareham	25:33.9	50.	Eric Tipton	34:47.4
2.	Tim Grant	26:04.4	51.	Scott Porter	34:48.4
3.	Rick Collins	26:33.8	52.	Timothy Gray	35:27.7
* 4.	Tom Loucks	26:46.6	53.	Chris Dale	35:40.7
* 5.	Phil Suelzer	27:13.2	54.	Nick Miller	35:45.6
* 6.	Kenny Wolfe	27:13.8	* 55.	Doug Curtis	36:10.5
* 7.	Steven Foster	28:13	56.	Rudi Florreich	36:36.8
8.	Dave Pederson	28:30.1	57.	Bill Campbell	36:43.1
9.	Mike Stuglitz	28:49.1	58.	Chris Sluyter	36:49.1
10.	Eric Rhody	28:50.8	59.	Laura L. Prond	36:49.6
11.	Doug Call	28:52.7	60.	Chris Owens	36:50.2
12.	Scott Hinkle	29:18.3	61.	Brad Snyder	36:53.3
13.	Jerry Warner	29:19.5	62.	David Dale	36:55.4
14.	Ken Swales	29:31.9	63.	Steve Yager	37:26
* 15.	Don Lindley	29:46	* 64.	Chet Fleetwood	37:33
16.	Doug Bauman	29:47	65.	Robert Garcia	38:17
17.	Dan Moore	29:49.4	66.	Del Lewis	38:35.1
18.	Steve Mugg	30:03.6	67.	George Wesolaski	38:43.4
* 19.	Myron Meyer	30:16.1	68.	Rex Brewer	38:51.4
* 20.	Dick Shenfeld	30:16.7	69.	Brad Crackel	39:30.2
* 21.	Norval Lehman	30:17.1	70.	Linda Kruneke	39:33.2
22.	Jim McGawin	30:42	71.	Darl Dufendach	39:35.9
23.	Ron Cunningham	30:52.2	72.	Mike Gzybowski	39:42.2
24.	Pat Terveer	30:59.2	73.	Tom Theard	39:46
* 25.	John Schwarze	31:33.4	74.	Jim Boeglin	39:57.2
* 26.	Ron Molycka	31:33.4	75.	Sally Gary	40:16
27.	Rick Murphy	31:36.7	76.	John Rayton	40:25.4
28.	David Quinones	31:15.8	77.	Kathy Michael	40:52.9
29.	Mike E. Fritzsche	32:18.4	78.	Deb Edmonds	41:10
30.	Jim Anderson	32:20.1	79.	Larry Owen	41:17.6
31.	Bruce Fidler	32:21.9	80.	Dan VanTreese	41:48.6
32.	Steve Foster	32:24.1	81.	P. Martin Erlenbaugh	42:01.3
33.	Scott Sheets	32:35.5	* 82.	Gloria Nycum	42:06.3
34.	Eric Burk	32:35.9	83.	Donna Boeglin	42:20
35.	Bill Monroe	32:46.1	84.	Richard Longsworth	42:29.2
* 36.	Cindy Goller	32:47.2	85.	K. W. Purser	42:49.1
37.	Mike Lambert	32:54.9	86.	Danny VanTreese, Jr.	42:55.3
38.	Jim Lamaster	32:55.2	* 87.	John Schwarze	42:55.3
39.	Barry Humbel	33:14.2	* 88.	Jack Paul	43:15.2
40.	Roger Wilson	33:20.3	89.	Brenda Wolfe	43:15.5
41.	Bruce Heiniger	33:22.7	90.	Terry McCaldwell	43:56.7
42.	Bill Kirby	33:36.2	91.	Steve Hays	44:18
* 43.	Dan Bossard	33:37.6	* 92.	Julie Nycum	44:36
* 44.	Lynn Milner	33:39.2	93.	Janet Hueppnet	44:39
* 45.	Richard Duke	33:48.1	94.	Jon Hawkins	45:21.9
46.	Wendell Parson	33:49	95.	Jean Longsworth	47:00
47.	Lisa Creque	34:05.3	96.	Ron Secaur	48:23.4
48.	Dana Grove	34:19	97.	Mike Boeglin	50:13.3
49.	Dom Creque	34:29.8	98.	J. Dreher	50:52.9

* FWTC Members

DEFIANCE AREA WMA "AUTUMN RANBLE"
10,000 Meters, November 10, 1979
Defiance, Ohio

Name	Time	Overall Place	Age Div. Place
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Tom Loucks	33:59	4th	2nd (20-29)
Don Lindley	36:51	11th	1st (30-39)
Giles Tomlinson	39:54	25th	1st (50 & over)
Alma M. Ojeda	44:27	48th	1st (17 & under)

Temperature was 37°F, course had two hills, short and steep, the last two-tenths was slightly uphill. The winner, Robb Boslatter, 31:21; 96 finishers.

HRRC CROSS COUNTRY CHAMPIONSHIPS
10,000 Meters, November 18, 1979
Indianapolis, Indiana - Eagle Creek Golf Course

Tom Loucks	37:53	16th	11th (open)
Don Lindley	40:52	26th	1st (35-39)
Myron Meyer	41:56	33rd	1st (50-59)
Dick Korte	46:59	49th	5th (45-49)

Lots of hills, terrain had good footing, small creeks to cross, the repeat loop was excellent, markers were well placed as well as they could. The temperature was about 68°F. There were 75 finishers, the winning was 34:12, a tie between John Bixler, Huncle, and Bill Sheneay, Carmel. There was a women's race of 3.6 miles. This was won by Diane Bussa in a time of 21:59.

THE AMJA 50 (American Medical Jogger Association)
Chicago, Illinois - October 13, 1979

Dan Bossard finished 30 miles with a body temperature of 101°. A very well organized 50 mile race. It was 38°F with 20+ mph winds coming off the lake. Better luck next time, Dan!

EAST LANSING STATE BANK 10 KM
November 3, 1979

Dan Bossard - 42:32 - It was a really bad finish. Twenty-five minute wait to get out of the chutes. It was windy and cold, 40°F.

WARSAW 10 KM - November 3, 1979 - Warsaw, Indiana

Tom Loucks	33:49	9th	3rd (19-24)
Walt Green	36:49	34th	6th (30-34)
Don Lindley	37:27	40th	2nd (35-39)
Ed Bower	37:45	44th	
Bernie Huesing	42:43	140th	19th (40-49)

There were approximately 350 runners, temperature 40°F, good course, down hill finish. Lots of volunteers at finish line, fast results and award ceremony. For once you didn't have to wait and wait for the awards. The first 30% of the runners did not get a mile split. Understandable, enthusiasm at the start of the race ruled all.

PIZZA HUT MARATHON
Bloomington, Indiana - November 4, 1979

Wendell Adams
3:23.28
120th
2nd (50 & over)

RACE SCHEDULE

12-8-79	10:00 am	FWTC Fun Run - 1,4,8 mile Rick Reitzug - 219-424-8091	Foster Park
12-8-79	10:00 am	4 Mile Handicap Gordon Schaefer, Holt, MI 48842	Holt, Michigan
12-8-79	10:00 am	9.6 & 4.8 Mile Mike Martorano, 6100 W. Cornelia, Chicago, IL 60634	Riis Park
12-8-79	3:00 pm	4 & 1 Mile Mark Bauman, 1453 W. Hill Rod., Flint, MI 48507 313-238-5981	Flushing HS
12-9-79	12:00 noon	Muncie 4 & 10 Mile Jerry Pierce, Route 2, Box 112A, Muncie, IN 47302	Ball State Men's Gym
12-9-79	1:45 pm	Egg Nog 10 KM, 5KM Predication, 1 mi. jog Terri LaPoint, 2653 Edgar, Toledo, OH 43613	Pearson Park
12-15-79	2:00 pm	FWTC 10 KM (end of Hartman Rd) Don Lindley 219-456-8739	Foster Park
12-15-79	10:00 am	4 Mile Prediction Gordon Schaefer, Lansing, MI (see (Dec. 8)	
12-15-79	10:00 am	2 person, 12 mile relay Mike Mortorano, Chicago, IL (see Dec. 8)	Riis Park
12-15-79	9:45 am	Super Snowball Special 20 KM 2.75 mile prediction, 1 mile jog Terri LaPoint, Toledo, OH (see Dec. 9)	Secor Park
12-16-79	2:00 pm	Holiday 5 Mile, 2 Mile Fitness Felix LeBlanc, 1013 Tralee Trail, Dayton, OH 45430	Holt Community Center
12-22-78	10:00 am	FWTC Fun Run - 1,4,8 Mile Rick Reitzug 219-424-8091	Foster Park (tennis courts)
12-22-79	10:00 am	6 Mile Mike Martorano, Chicago, IL (see Dec. 8)	Riis Park
12-23-79	1:45 pm	Jingle Bell 15 KM, 5 KM, 1 mile jog Terri LaPoint, Toledo, OH (see Dec. 9)	Ottawa Park
12-29-79	10:00 am	FWTC Fun Run - 1, 4, 8 Mile Rick Reitzug 219-424-8091	Foster Park (tennis courts)
12-29-79	10:00 am	9.6 Mile Mike Martorano, Chicago, IL (see Dec. 8)	Riis Park
12-30-79	2:00 pm	Get Ready for New Year's-10KM,5KM jog Terri LaPoint, Toledo, OH (see Dec. 9)	Ottawa Park
12-30-79	11:00 am	Midwest Masters 30 KM Champ. Wendell Miller, 180 N. LaSalle St., Chicago, IL 60601 313-236-1315	
12-31-79	11:45 pm	FWTC New Year's Eve Auld Lang Syne 5 mi. Myron Meyer, 4727 Winter St., Ft.Wayne, IN 46806 219-456-6041	Southtown Mall
12-31-79	11:45 pm	Midnight Run Terri LaPoint, Toledo, OH (see Dec. 9)	Ottawa Park



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 (RCA) the quarterly newsletter "Footnotes". All fees and membership dues are used exclusively for the Fort Wayne Track Club and RCA programs. A treasurer's report is published at least once a year.

(Please Print) *APPLICATION*

Name _____
 Age _____ Sex _____
 New Member
 Renewal

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

MEMBERS' NUMBLINGS:
 Please write below anything you would like included in the newsletter. This includes questions, training tips, feelings, insights, race descriptions, ads, trades, etc.

RACE RESULTS REPORTING FORM:

1. Name				
1. Race (Name & Place)				
2. Distance				
3. Overall Place				
4. Age - Group				
5. Age - Group Place				
6. P.R.		yes	no	
7. Comments, Observations, Insights, Descriptions		yes	no	
		yes	no	
		yes	no	

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