

January, 1980



SHINE ON . . .

He sat there, sipping on his coke, clad in a T-shirt, sweat jacket, and running shorts. Even though it was a cold December day, he wore no sweat pants. It was not a day for shorts but he seemed oblivious of the stares of the other restaurant patrons. One gets the impression from talking to Jerry Mazock that he is secure enough about himself as a runner to be unconcerned with what non-runners are thinking about him. Yet, at the same time, he seems somewhat in awe of his own accomplishments.

Jerry states, "I feel as if I went into oxygen debt this year trying to catch Suelzer and Reitzug. Right now I'm just trying to get out of oxygen debt and maintain a physical and mental equilibrium."

For Jerry Mazock, the transition from a 218 pound dough boy to a 6'1-1/2", 142 pound marathon machine has been a fairly rapid one. It started the day after Christmas, 1972. Jerry, a student at Olivet Nazarene College, had made a bet with a fellow student who claimed Jerry "hadn't seen 170 pounds since he was ten years old", that he could again get down to 170 pounds. That first day Jerry went running, he ran approximately a mile, came home, and nearly collapsed. In September of the following year, Jerry collected on his bet. Through a diet and running program, Jerry lost 49 pounds in nine months. He had also discovered that he enjoyed running. That Fall, he went out for cross country at Nazarene. He was last man and claims he doesn't know why they kept him on the team.

After graduation, Jerry continued to run sporadically, usually running two to four miles per day. It wasn't until the beginning of 1976 that the competitive fires started burning. He decided that he was going to run that summer's Three Rivers Marathon. He picked his training up to fifty miles per week. With little information on pre-race diet available at the time, and worried about the possibility of having to make a "pit stop" during the race, Jerry went on an all soup diet the day before the race. He finished the "hardest marathon in my life" in 5:29, frequently walking and "sitting at all the street corners on Calhoun Street".

After the initial "I'll never run another marathon" phase, Jerry started training for the 1977 Three Rivers Marathon. That year, with a stomach pounded full of spaghetti and the incentive that he would have to break five hours in order to get a shirt, he ran 4:57.

After finishing that year's Blueberry Stomp, resting a few minutes and feeling strong again, Jerry discovered a race strategy that is successfully used by many ultramarathoners. He tried this new strategy in that year's Pizza Hut Marathon. The strategy consists of running eight miles, walking one mile, running eight miles, walking one mile, and then engaging in an "S.T.T.F." (struggle to the finish) eight miles. Implementing this strategy, Jerry was able to cut 1-1/2 hours off his previous marathon best and finish in 3:40.

In March, 1978, Jerry finished his first non-walk marathon in 3:24 at Indianapolis. The big goal now became to break three hours. A mere two months later in Saginaw, a carbohydrate loaded, 157 pound Jerry Mazock ran 2:57. He was training approximately 80 miles per week including at least one long run of 15 plus miles per week. He decided to run the Detroit Marathon in late October. Jerry's "public goal" for this race was to run a personal best. Privately, he hoped to break 2:40. The last four weeks before Detroit, he did a twenty miler every week. His times for these runs were 2:13, 2:11, 2:06, and 2:01:30 the week before the marathon. Not exactly a plodder's pace.

At Detroit, Jerry was very aware of his time and of his body throughout the race. He went through twenty miles in two hours and fifteen seconds. At this point, he began to slow down. At twenty-five miles, he knew he had to break six minutes for

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The FWTC reserves the right to reject any ad. Please contact Rick Reitzug, 219-424-8091, or Gary Dexheimer, 219-432-1439.

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RENTAL RATES: Chronomix Timer \$100.00  
Zetachron Digital Clock \$ 35.00  
Package (includes both timer & clock) \$125.00  
Please contact Gary Dexheimer, 219-432-1439

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### SHINE ON . . .

the last mile in order to break 2:40. He ran a 5:45 last mile to give him a 2:39:45. (A FWTC marathon best for 1979.) In a little over three years, Jerry had more than cut his marathon time in half. Although Jerry hates doing long runs, his training philosophy places great importance on them. "I know it's going to hurt around twenty miles in the marathon, but after long training runs you're ready for it. Mentally, they give me confidence. I know they're needed, so I do them." Jerry's training also includes one day a week of speed work. His two favorite speed workouts consist of ten minutes hard, ten minutes jog, six minutes hard, six jog, four hard, or his ladder workout which consists of twenty seconds all out, twenty seconds rest, forty seconds all out, forty easy, sixty all out, sixty easy, eighty all out, eighty easy, 100 all out, 100 easy, 120 all out, 120 easy, and then back down the ladder again until he reaches twenty seconds again. That's enough to put one in oxygen debt just thinking about it.

Jerry most enjoys the comraderie and the "friendly sense of competition" in running. He finds the FWTC to be very motivating in this respect. He also likes the good, healthy feeling he gets from running. Jerry says, "I don't want to look back at age 65 and say 'Once I was a marathon runner, I wonder what I could have done? Today is the day of salvation. I've put a lot into running, but I've gotten tenfold in return through the friendships, the good self-feeling, and the overall benefits of running.'"

Jerry also has other interests aside from running. He has been working on a novel for two years now and has about 250 pages written. The book is not about running although there is a runner in the book and Jerry's running has influenced many of the thoughts included in the book. Jerry's goal for the book is to have at least two people read it, although he admits he wouldn't mind having it published.

Jerry is also currently starting his own business selling Shaklee products. He believes the self motivation necessary to be a distance runner carries over into his work. Jerry says, "Long distance runners are not like bright, shiny stars that burn out quickly, but rather like stars that perform well over a long period of time." That kind of philosophy may make Jerry Mazock a difficult runner to beat for many years.

Jerry's Times: 4 miles - 22:30  
10 K - 34:15  
15 K - 55:10 (feels he is capable of going faster)  
marathon - 2:39:45  
Probable mileage for 1979: 4,100 miles

COACH'S CORNER  
gary dexheimer

The easiest way is to work some easy fartlek into your run. First, pick one of those sunny days when you're sure the roads are dry. Next plan on a six to ten mile run. Warm-up easy for the first two miles. Then pick up your tempo for the next mile at 1 - 1 1/2 min. per mile slower than your race tempo. Drop back to an easy tempo for the following mile. Follow that with a series of 880's. Run an 880 (approximately) one minute over race tempo, then drop back to an easy tempo for an 880. Run four miles of that particular series and then go in very easy for the remaining two miles. If you're only planning on six miles, modify the 880 series. Do only one tempo 880 and one easy 880. This plan is a modified fartlek. Fartlek is usually considered continuous, but don't be afraid to take a short walk if you feel you need a breather along the way. Remember the key here is controlled and easy. Make sure that your faster tempos are still much slower than race tempo. This is simply an opportunity to stretch out a little. You'll be surprised how much a controlled effort can improve your racing ability.

There is another alternative that I picked up during my college days. After a long run and only if the conditions are right, you might try some build-ups. Try to pick one of our warmer winter days. First make sure that you're warmed down from the run itself. Then pick a stretch that is anywhere from 150 to 200 yards long. Run the first leg down at slightly faster than you ran your run, but very easy. Turn right around and jog back to your start. Do two more complete legs, with the third one approximately thirty seconds over your race tempo. Do a total of four complete legs with the third one being the fastest and the fourth leg equal tempo to the first. Plan on at least four legs but probably not more than eight. Again make sure this is controlled work - not all-out speed.

For runners that travel, I'll offer some suggestions on where and how to get on an indoor track. Speaking of indoors, I'll also touch on indoor track meets. If you don't mind traveling some miles, there are several excellent meets around. The competition is challenging but not too severe and the excitement is fantastic.

MIKE HILL  
THE BEAUTY OF RUNNING

Many of the areas we run through contain real beauty. I'm particularly lucky living near a very nice wooded area (Foster Park, Fort Wayne). On several runs recently, after a light snow, I have run a couple of miles along the St. Mary's River. The solitude furnished by the early evening runs is tremendous. With the exception of a squirrel or rabbit, there usually is no one running off the road this time of year. All you will hear is the sound of your shoes on the earth and the rushing waters of the river. It's a wonderful time to think and plan for the future. The miles fly by and seven to ten miles come easy. There is so much out there for us all to enjoy, even in what appears to be the worst of weather. In actuality, these winter months contain some of the best training days available.

AGE GROUP RECORDS: Phil Suetzer is in the process of compiling FWTC age group records. If you have, or know of, any times that might qualify, please contact Phil at 219-486-1745.

CORRECTION: In the "Minutes of the FWTC Officer's Meeting" in the December, 1979, issue of the newsletter, it stated that the "Blackhawk Baptist Christian School" on a race to raise money. This should have read the "Blackhawk Christian School". The newsletter apologizes to all parties involved for this mistake.

INDIANA MAN - IMPORTANT NOTICE: TO ALL TRACK & FIELD AND LONG DISTANCE RUNNING CLUBS & CHAIRMEN - FROM GENERAL CHAIRMAN, PETE JONES - There will be meeting held on Sunday, January 6, 1980, in Studio F - Indianapolis Athletic Club, 350 North Meridian Street, Indianapolis, at 12:00 noon. This is a very important meeting and it will be a long one as there is much to discuss. It is of importance to all, so please make every effort to be in attendance.

**MEMBERS ASK:**

[Editor's note: This is a new column in which track club members' questions will be answered. Questions may pertain to running, training, track club business, etc. Just jot them on the "Members' Humblings" form in this newsletter and send to me.)

**QUESTION:** I would like to see the track club increase race entry fees. I don't know how the IATC can break even with a 50¢ entry fee as for the 10 KM run on December 15th, at Foster Park. With a genuine need for income for the new timing clock, etc., I feel \$2.00 for a "routine" race is reasonable.

**EDITOR:** What a welcome change to hear from someone who is not complaining about inflation, high prices, etc. Granted, a 50¢ entry fee is unheard of in this day of \$4.00-\$6.00 entry fees and even the \$2.00 entry you suggest is cheap. However, the executive council has adopted a "back to the basics" approach to running. We wish to provide well-organized, accurately measured and timed races with adequate but not lavish awards. It is our intent to provide such races as a service to IATC members as a benefit of membership. Thus, on a trial basis, entry fees for members at most races will be dropped. Non-members will be charged \$2.00. The idea is to keep the cost of running a simple very basic activity, minimal and available to all regardless of financial standing. Those runners who can afford to contribute more are encouraged to make donations to the track club in order to enable us to provide "extras" (such as the timing clock) for the benefit of the members. It is also the club's hope that the timer clock will become self-supporting through rental to race directors all over the mid-west.

**QUESTION:** What can be done to encourage participation by the great number of "neighborhood" runners? Fun runs and monthly road races help, but I believe the IATC needs to find ways to increase participation by this group and the over 40 group.

**EDITOR:** Suggestions, anyone? The track club currently tries to offer a wide variety of races for all age groups. In addition, fun runs are held every Saturday at 10:00 a.m. at Foster with a group of runners also meeting informally at 6:00 p.m. every Wednesday at Foster. Everyone is welcome. There will always be those runners who are "neighborhood" runners. They want nothing more from running than to run in their daily 1-2 miles on their home turf. If their running philosophy ever changes, the track club welcomes them and encourages them to participate.

The questions of a Masters only race will be discussed at the next executive council meeting. Over 40 runners, let us know your feelings on this. Also, if you would be willing to direct such a race, please contact Gary Dekheimer, 219-432-1439.

Do you agree or disagree? Let us know. Send your opinion to the newsletter on the "Members' Humblings" form included in this newsletter.

**MEMBERSHIPS DUE**

Fort Wayne Track Club memberships expire on December 31, 1979. If you have not renewed your membership, please do so immediately. Track club membership entitles you to a number of benefits including the newsletter (this is the last issue 1979 members will receive), and free or minimal race entry fees. A membership renewal form is included in this newsletter.

**BANQUET:** The annual Fort Wayne Track Club banquet and awards ceremony is tentatively scheduled for February 8th. This year the banquet will be a potluck. Consult the February newsletter for location and further details.

**SPRING RACE DIRECTORS:** Reserve use of the Fort Wayne Track Club's Chronomix Timer and the Zetatron Digital Time Clock for your spring races. Rates are \$100.00 for Gary Dekheimer, 219-432-1439, for details.

**MEMBERS:** Remember the newsletter will run ads for the sale or trade of your new or used running equipment free of charge.

**KAREN DOPPE:** Karen Doppes, women's winner of last summer's Hook's/TV 33 Three Rivers Festival Marathon, recently finished 10th at the Avon International Women's Marathon in Walden, West Germany. Karen led the race for the first 13 miles. Her final time was 2:46:38.

WHATEVER HAPPENED TO

MAX BLANK - A little over a year ago, Max Blank suddenly dropped from sight. After a respectable finish in the 1978 Lincoln 10,000, little was seen or heard from Max. Max had been plagued for the last year prior to the Lincoln race by a nagging leg injury. I recently had the opportunity to listen to some Max Blank "war stories". Max was holding court in front of an attentive (and adoring?) audience in the Ben Geyer Middle School Faculty Lounge. Apparently, Max's leg is sufficiently healed to enable him to start training again. He is currently running 0-2 times a day at varying shorter distances (under 10 miles). Why haven't we seen Max at any races? My theory is that, knowing Max's competitive nature, he will wait until he feels he can compete at the front of the pack. I predict this will be around the time of the hour run and that Max will run 10-1 1/2 to 10-3/4 miles.

JOE BARRILE - Another familiar face we haven't seen at recent track club races is that of Joe Barrile. Joe also has been having injury problems. Joe tore some cartilage in his knee last spring. In July, he had surgery done on the knee. He was laid up in the hospital for a week and missed six weeks of work. During this time, Joe went through a rehabilitation program for the knee. Fortunately, Joe has not been soured on running because of this experience. He is once again running, but does not want to risk overdoing it and therefore, is building the mileage up slowly. Joe's workout maximum thus far has been eight miles. He hopes to race again this spring and possibly will run some of the Saturday fun runs this winter. Those of you in Joe's age group had better intensify your training now if you wish to stay ahead of him. As Joe half-threateningly says, "Tell my friends I'll be back."

Good luck to both Max and Joe. May the New Year bring you both renewed recuperative powers. Keep in touch.

FORT WAYNE TRACK CLUB UNIFORMS!

For some time now we have been looking for a suitable uniform for FWC members. The difficulty was that no one could provide what we needed. In other words, long-distance running wear for men and women with the appropriate lettering. What we could find was a compromise of high school and college track uniforms which were extremely heavy, made for men only, and expensive. I'm happy to report that by working with Don Rodenbeck of the "Sports Den" in Georgetown Square, we were able to come up with a quality uniform at a decent price.

Very basically, our uniforms will consist of Dolfin solid red singlets with separate cuts for men and women and britches of 1/2 inch red and white stripes. The britches are Wayne Track Club logo at a cost of \$1.50. The total cost of a uniform is \$19.09 and this includes the lettering and sales tax. If you price Dolfin running wear around town, you will see that this is an extremely reasonable price.

The price break is based on the fact that we will order complete uniforms, in other words, the shirts and britches together. If for some reason you cannot do both, please give me a call and we will work something out.

All orders must be in by January 31, 1980, and we expect delivery by mid-March. During the rest of December and January, I'll be wearing one of the uniforms at our fun runs and races or see pictures of the outfit at the Sports Den in Georgetown Square. Don and his boys will be glad to show you what we ordered.

Be sure to order only one uniform per order blank. If you require more blanks, make a copy, call me, or list on a separate sheet of paper. Send check or money order for \$19.09 with order blank to: M. D. Hill

4515 Beaver Avenue  
Fort Wayne, Indiana 46807

Any questions, call me after 6:30 p.m. at 219-745-9511.

ORDER BLANK - DOLFIN RUNNING UNIFORM

MAIL TO: M. D. Hill

4515 Beaver Avenue  
Fort Wayne, Indiana 46807

MAKE CHECKS PAYABLE TO: Fort Wayne Track Club

Item	Description	Color	Size	Cost per Item
T-400	Men's Shirt, Solid Color	Red		\$ 6.90
TW-406	Women's Shirt, Solid Color	Red		\$ 6.90
T-181	Unisex Pants x/Nylon Brief	Red/White		\$10.01
<hr/>				
	Member's Name	Sub-Total \$ 16.91		
	Address	4% tax .68		
	Phone	Printing Charge 1.50		
		Total \$19.09		

ORDER ONLY ONE COMPLETE UNIFORM PER BLANK

7-400 Men's Shirt Sizes: Extra Small (30-32); Small (34-36); Medium (38-40); Large (42-44); Extra Large (46-48); Based on Chest Measurement.

TW-406 Women's Shirt Sizes: Extra Small (26-28); Small (30-32); Medium (34-36); Large (38-40); Extra Large (42-44); Based on Bust or Chest Measurement.

T-181 Men's and Women's Pants Sizes: Extra Small (24-26); Small (28-30); Medium (32-34); Large (36-38); Extra Large (40-42); Based on Waist Measurement.

CONTEST: A contest is being held to name the newsletter. Since it is now being published in a magazine format, it is no longer a newsletter, as such. Please submit all names on the "Members' Humblings" form. The person who submits the winning entry will receive a Fort Wayne Track Club racing singlet and shorts (see article elsewhere in this newsletter). Entries will be judged anonymously by the executive council. Deadline for entries is January 15th.

Rotten day? Tired? Had at the world? You've had it with everyone and everything for?"

Did you ever have a day where you really wondered why you run? Most of us have, and it's a very valid question. Very few of us will ever become Olympic champions or reap any financial benefits from running. On the other hand the cost of running is great in terms of time that could be spent with our family or on the job. But, would you be spending that time with your family or on the job? Probably not. More likely you'd be watching TV, or taking a nap, or getting fat, or otherwise wasting time.

On those days when running becomes a questioned activity, ask yourself "What would I be like without running?" Running adds something to the "Wake up, fell out of bed, dragged a comb across my head" syndrome that the Beatles sang about in late 60's. It makes your life a cut above normal. You feel more fully alive and become more aware of the world in its natural state. Imagine how much of the world you would miss if you got up, drove to work, worked, drove home, watched TV, and went to bed. You could conceivably do this without ever seeing foot outdoors. Meanwhile, leaves are turning colors, snow is falling, the sun is shining, life is passing you by. Running lets you add that one hour to your day in which you can enjoy all these things.

Running gives you a chance to be alone. Without running we seldom have this opportunity. The highest level need that man has is the need for self-realization. Self-realization involves both a mental and a physical component. Our work life gives us the opportunity to mentally reach self-realization. Running gives us the opportunity to discover our strengths, our weaknesses; it gives us the opportunity to discover ourselves. As Dr. David Coriell recently said, running allows you to "refine" your natural talents, to develop parts of you that have lain dormant due to the ease of life in the twentieth century. It gives you the opportunity to become "a human physical animal" living close to its full potential". In so doing, you can't avoid discovering yourself mentally.

Have a good run.

Rick Reitzug

MIKE HILL  
DRESSING FOR COLD WEATHER

This time of year, it seems to take a weather forecaster to know how to dress when leaving the house. The relationship of the temperature and wind makes a tremendous difference. Include the problem of running with the wind and away from it and dressing comfortably becomes a near impossibility.

Each year though new fabrics are coming out which are made for cold weather exercise. I recently purchased a set of "polypropylene" underwear from a local cross country ski shop. This material wicks the perspiration away from your body to the outside of the material. Coupled with a nylon pants-jacket combination and your comfortable down to about zero Fahrenheit. The polypropylene shirt I wear is a nylon jacket zips up the front. You can, of course, regulate your warmth by zipping or unzipping the jacket. Much more below zero and I add cotton football jerseys over the polypropylene liner. For men, the polypropylene pants also come in a style with a special cold weather liner in front for added protection. Even though the polypropylene is extremely light, don't be fooled - it's also extremely warm.

Well, I'm still satisfied with painter's gloves at 99¢ what about face and hands? Well, I have a special pair and it is exceptionally cold, 30 to 50 below wind chill, then a heavier mitten can be added. For your head, try the pull over ski-masks. I have two types. One has holes for your mouth, nose, and eyes. The hood is a normal pull-over cap but gives me an appearance similar to the "tin man" in the Wizard of Oz. Besides scaring dogs and little children, it keeps your face exceptionally warm.

Apparently the executive council must be doing everything right. That is, we haven't received any criticisms yet. As I mentioned last month, it's important for us to have your involvement, so if you have any comments to make, either positive or negative, jot them down and send them into the newsletter.

We really have gotten off to a flying start. Last month we included a priority action list in the newsletter. I felt that it was important to accomplish several of those items as soon as possible. We have all put in a lot of effort and to date we have significantly improved the newsletter, completed the 1980 schedule, set tentative plans for the annual banquet and championship awards, established weekly fun runs, and completed plans for the available purchase of PWT uniforms.

In regard to the 1980 schedule, the council has agreed to have the club treasury subsidize the races on an experimental basis for the first six months. That means that members will be able to run the majority of our scheduled races free. Whereas, we have agreed to charge non-members a \$2.00 entry fee as an inducement to join the club. This does not mean that the past quality of our races will be sacrificed in any way. To the contrary, we hope to upgrade each race and yet maintain the overall philosophy of the club. Money to support the races will come from membership dues, donations, and timing equipment rental fees.

To date we have received a total of \$25.00 in donations from five individuals. This money is in response to my request in last month's newsletter for help in paying for the new Zetachron timing clock the club has purchased. Many thanks go out to Bill Leming and Lincoln National Bank for the rather sizeable donation they contributed. Many of you have already been able to use the services of the clock and certainly all the comments have been extremely favorable. Again, I want to make a strong plea for donations to help pay for the clock. It is a very proud feeling to know that in this era of high finance, we, as a small membership, can support a very strong and purposeful club.

Speaking of support, Myron Heyer is somewhat out of action these days. The tumor is that the rest of you over "50" runners can't wait for him to get back. I hope to see him back soon as a race without Myron just doesn't seem the same. Besides, I need a ride to Windy this winter.

Next time you travel out of town to a race you might take a moment to find out who the local sponsoring club is. Then locate a member and suggest a challenge to initiate some possible intracub competition. As a possibility, we might suggest that the club consider a date on our schedule and then bring down either a team of their best runners or possibly a mixed team. The sponsoring team would then offer a challenge trophy.

If anyone knows of additional local races not currently shown on our schedule, please notify Rick Reitzing on the specifics. Local race directors, it's to your advantage to notify us, as our newsletter goes out all over the state and is also included in a couple of national running magazines. We certainly reserve the right to exclude a race in our schedule if it has repeatedly earned a very poor reputation. Believe me, there are several that have. There is no excuse for not following logical guidelines. If due to lack of experience any race director feels he or she needs some guidance, contact our club. We certainly have a wealth of knowledge in the club. We also want to encourage other members to consider directing a club race. With all our equipment and the past experience we've gained, it's not that large a task to put together a nice local race. Ask Don Lindley - he always makes it look quite simple.

During upcoming meetings, our next efforts will be directed toward finalizing plans for the banquet (mark the date on your calendar), additional improvements on the newsletter (with the effort the editor puts into this, there won't be much need for any discussion), the possibility of doing some club advertising through the local media, and many additional things which hopefully will benefit all of you as members.

Once again, it can only be a good year. Speak up and be counted. Last year we had approximately 363 members but the only way we will know about you personally is if we hear from you. Until next month, keep your body warm, stay on your feet, and pray for roads with no ice.

The Hartman Road 10 Km at Foster Park is one of those races that is surrounded by a certain aura. Much like the Homestead Hill Four or a marathon, there is an extra sense of kinship and comradeship that seems to envelop the competitors. This feeling of closeness stems from adversity waiting to be challenged and conquered. In a marathon, the distance is the adversary. At Homestead, it is the hills. In the Hartman Road 10 Km, it is the weather and the road conditions. Last year the runners braved chilly temperatures and ice covered roads. Two years ago, Don Lindley personally shoveled a path through Foster Park so that the competitors would not have to run through the snow. By the end of the race, the gusty winds had blown the path shut.

To the joy of many and the chagrin of some, this year's race was held in near perfect winter conditions. The temperature was cool but not frigid, and the sun shone brightly in the clear blue sky. There was a slight wind but otherwise conditions were perfect. Yet the special atmosphere that characterized this race remained.

Most entrants used this as a hard training run rather than an all out effort. Yet, several excellent efforts were turned in. Former Harding High School standout Steve Frazer, won in an excellent time of 32:20. Bluffton's Phil Lockwood placed second overall with a 33:40. Phil commented afterward, "My dad was out here today and he doesn't get much chance to see me run so I wanted to have a good race. This is the first time I've ever run a race in Foster Park. I like running here." Other highlights included Cindy Goller's victory in the women's division in 41:47, and Walt Green's 36:36. Walt was experimenting with a pre-race "alcohol loading" diet. Don Lindley once again did an excellent job organizing and directing the race. The only disappointing thing about the race was the weather - maybe next year we can schedule it the day after a blizzard.

See complete results on next page.

(Editor's Note: Don wishes to thank Tom Loucks, Eunice O'Herron, Hyron Lindley, Don Hangelte, and Rosann Lindley for their help. We would also like to thank Don.)

WORDS FOR WOMEN  
Cindy Caldwell

More and more women are beginning to run. In doing so, they are becoming more aware of themselves and their bodies. Women are beginning to use their abilities. We are finding that our bodies are capable of many things and should not be neglected or wasted. It amazes me all the years people go through without having a regular exercise program. Regular exercise, whether running, calisthenics, racquetball, or some other sport, is very invigorating. When your body is in tune, it makes your mind more alert.

Running for me is a way to feel totally in shape, and I believe that is very important. It is just you, your body, and nature. Through running, you tone up your muscles and your overall body. We could go through life without experiencing this physical well-being.

You can't beat the price of running either. All you need is a good pair of running shoes and you're set. It's nice to be able to go out the front door for your run instead of driving somewhere for another form of exercise. It's so accessible. I'm not knocking other forms of exercise at all, I'm just saying that running has many advantages, both physically and mentally.

It's amazing when you do start running how important it is for you to fit your runs into your schedule. It becomes important to you because it's something you are doing for yourself, and you are very important.

I'm very excited that more women are starting to run. We're doing it on our own, but we're also venturing out and finding the spark of competitiveness in us. Isn't it great! In the future, I hope to see even more women hitting the roads.

## 3rd ANNUAL FORT WAYNE TRACK CLUB

10 KM - FOSTER PARK

Saturday, December 15, 1979

Winner: 1 - Steve Frazier (21) - Fort Wayne - 32:20  
 37 - Cindy Goller (23) - Fort Wayne - 41:47

Overall Place	Name	Time	Overall Place	Name	Time
<u>Men 14-under</u>			<u>Men 35 - 39 (cont)</u>		
70 *	Ryan Hill	49:42	45 *	John Barbier	43:00
81	Ron Harmeyer	54:43	53 *	Tom Mangette	45:35
<u>Men 14 19</u>			56 *	Charles Isch	46:31
7 *	Rick Mangette	35:19	59 *	Fred Ross	47:50
8	Tim Hertz	35:25	60 *	Jim Griffin	48:09
11	Manuel Martinez	36:14	63 *	John Rasmussen	48:47
26	Michael Frazier	40:13	68 *	Donald Dian	49:11
29	Paul McCord	40:41	71 *	Tim Thomson	49:43
31 *	Mike Harmeyer	40:47	72	Chuck Stephany	49:44
<u>Men 20-24</u>			73 *	Donald Hoover	50:19
5	Jeff Gangloff	35:00	83	Charles Wallace	54:49
36 *	Don Tardiff	41:11	<u>MEN 40-44</u>		
46	Jerry Call	43:01	15 *	Charles Brandt	37:27
<u>Men 25-29</u>			18 *	Jack Morris	38:06
2 *	Phil Lockwood	33:40	19 *	Woody Barker	38:09
3 *	Rick Reitzug	34:17	48 *	Larry O'Herron	43:30
4 *	Jerry Mazock	34:59	49 *	Robert McCuan	44:03
9	Chuck Davis	35:43	54	David Dale	45:45
12 *	Phil Suelzer	36:34	67 *	Art Garside	49:10
14	Dan Moore	36:46	76 *	Joseph Brooks	51:45
21	Mark W. Smith	39:01	<u>MEN 45-49</u>		
24 *	Pat Youles	39:57	30 *	Chris Stauffer	40:45
35 *	Dan Bossard	41:36	38 *	Eugene Striggle	41:53
44 *	Tim Bolin	42:54	39 *	Herb Chandler	42:01
50 *	Tom Donelson	44:05	43 *	Don Goldner	42:34
55	Murtaza Karim	46:07	51 *	Terry Gautsch	45:08
75 *	Randy Lavine	51:22	52 *	Terry O'Neil	45:20
85 *	Doug Lehman	59:01	65 *	Curtis Nold	49:01
<u>Men 30-34</u>			76	Duane Daggett	51:00
6 *	Steve Foster	35:14	82	Alfred Moore	54:48
10 *	Gary Dexheimer	36:12	<u>MEN 50-59</u>		
13 *	Walt Green	36:36	23 *	Mike Kast	39:25
16 *	Robert Bruckner	37:33	33 *	Giles Tomlinson	41:25
17 *	Jim Berghoff	37:34	64 *	Vern Chovan	48:48
22 *	Dan Hannaford	39:10	80 *	Roger Phillips	53:42
25 *	Russell Grose	40:07	86 *	Jack Paul	59:40
27	George Devine	40:34	<u>MEN 60-over</u>		
40 *	Dave Fairchild	42:04	58 *	Chet Fleetwood	46:44
41 *	Phillip Shafer	42:17	<u>WOMEN 39-under</u>		
42 *	Robert McKinley	42:25	47 *	Alma Marie Ojeda	43:02
57 *	Phil Wisniewski	46:33	78	Theresa Ehrman	53:06
66 *	Rick Ravine	49:09	79	Sabine Florreich	53:08
69 *	Gary Graham	49:23	87 *	Betty Jackson	61:44
<u>Men 35-39</u>			<u>WOMEN 40-over</u>		
20 *	Don Lindley	38:17	62 *	Wilma Kyle	48:40
28 *	Mike Hill	40:39	77 *	Adelma Walternburg	53:05
32 *	Wayne Schaltenbrand	41:18	84 *	Julia Wilson	56:55
34	DeWain Cobbs	41:30			

\* FWTC Members

FUN RUN UPDATE: Fun Runs began on Saturday, December 8th. The first run was very enjoyable with 10-12 runners participating. Fun Runs will be held every Saturday except when a regularly scheduled Fort Wayne Track Club race is scheduled for that day. In January, this would mean every Saturday except January 19th. Fun Runs will always be at Foster Park by the tennis courts, will begin at 10:00 a.m. Distances will be 1, 4, and 8 miles. Don Lindley will also continue to hold Wednesday evening runs at Foster Park beginning at 6:00 p.m. by the tennis courts. There is no entry fee for the runs.

## MUNCIE 10 - December 9, 1979

Name	Time	Overall Place	Age Div. Place
Phil Suelzer	56:49	7th	7th overall
Tom Loucks	60:15	15th	1st - 20-29
Walt Green	61:05	21st	3rd - 30-39
Myron Meyer	62:40	30th	1st - 50-over
Don Lindley	62:48	33rd	
Woody Barker	64:14	40th	
Mike Kast	67:00	59th	2nd - 50-over
Joe Ziegler	69:18	71st	
Herb Chandler	69:40	74th	
Chris Stauffer	70:30	80th	
Lynn Milner	75:40	95th	
Chet Fleetwood	78:40	102nd	
Betty Jackson	140:02	128th	2nd - Women

The course was out and back with a loop. Since it was a very windy day, times were not the upmost best. The temperature was about 35-36 degrees, splits were given at 1, 2, and 5 mile marks. There were 128 finishers.

## Dan Bossard reports:

I ran a 60 K in Toledo, Ohio. You had a choice of 60 K, 50 mile, or 100 K; so I took the easy one. It was run on a 5 K loop like path which was nice other than one steep hill and one section which was under water. The weather was great, 35-45 degrees, and clear. Park Barner was the 100 K winner with a course record of seven hours, 23 minutes. I stumbled through 60 K in 5:35:08. I was shooting for nine minute miles, so I was happy. I plan on running a 48 hour run in Miami, Florida on February 29, 1980.

## WARSAW 10,000 - November 3, 1979

NAME	TIME	NAME	TIME
1 DeWayne Allen	31:21	40 * Don Lindley	37:27
2 Dave Bussard	31:36	41 * Larry Hankins	37:29
3 Scott Wareham	32:40	42 Tim Buchan	37:37
4 Tim Grant	33:18	43 Dave Charters	37:43
5 Harry Ausderan	33:32	44 * Ed Brower	37:45
6 Ron Peters	33:38	45 * Myron Meyer	37:45
7 Cam Boyer	33:40	46 * Woody Barker	37:53
8 Tom Deardorff	33:46	47 Mike Moore	37:54
9 * Tom Loucks	33:49	48 Bill Heck	37:58
10 Frank Thomas	33:52	49 Steve Bozarth	38:02
11 Don Summers	34:05	50 Marshall Kamer	38:02
12 Jim Coon	34:37	62 * Mike Kast	38:58
13 Tim Merz	34:40	64 * Ken Yahne	39:04
14 * Steven Foster	34:58	65 * Bill Whitcomb	39:08
15 Andrew Tarquino	35:04	73 * Dan Hannaford	39:39
16 Mark Moore	35:05	79 * Dave Waldrop	39:47
17 Rod Goodchild	35:09	92 * Eugene Striggle	40:27
18 Mark Russell	35:11	106 * Dick Katte	41:06
19 Gary Williams	35:25	107 * Don Tardiff	41:07
20 * Paul Beckwith	35:25	112 * Cindy Goller	41:26
21 Tim Marvel	35:31	116 * Larry O'Herron	41:37
22 Brian Zellner	35:39	140 * Bernie Huesing	42:43
23 Todd Lozier	35:51	148 * Ben Cox	43:17
24 Greg Davis	35:57	150 * Lynn Armstrong	43:28
25 Daniel Kaufman	36:02	167 * Keith Pettifor	44:25
26 Rex Reed	36:04	169 * Alma M. Ojeda	44:26
27 Terry Woods	36:09	175 * Fred Ross	44:38
28 Kenneth King	36:11	185 * Debby Gehring	45:03
29 * Robert Bruckner	36:12	204 * Wilma Kyle	45:58
30 * Art Obergon	36:27	206 * Herb Trier	46:07
31 Paul McCord	36:30	243 * Lynda Pettifor	48:40
32 Ira Magginnis	36:38	245 * Donald Cook	48:48
33 Paul Hendrickson	36:41	249 * Curtis Nold	48:58
34 * Walt Green	36:49	263 * Mary Kyle	49:31
35 Bill Gallo	37:02	264 * Art Garside	49:34
36 Doug Peterson	37:14	286 * Donald Hoover	50:44
37 Larry Chase	37:15	300 * Stan Lipp	51:57
38 John Yantiss	37:19	338 * Scott Garside	55:52
39 Mike Henry	37:24	346 * Betty Jackson	57:39

RACE SCHEDULE

Date	Time	Location	Director
1-5-80	10:00 am	FWTC Fun Run - 1.4, 8 mile	Foster Park
1-6-80	1:45 pm	New Year's Resolution Run Rick Reitzug - 219-424-8091	Ottawa Park
1-12-80	10:00 am	FWTC Fun Run - 1.4, 8 mile Terry Lapoint, 2653 Edgar, Toledo, OH 43613 (419-474-8425) Foster Park	Foster Park
1-12-80	11:00 am	Duneland Beach Frozen Folic 6 miles (see 1-5-80) Denny Hartinson, 421 Black Oak Dr., Michigan City, IN 46360 6 mile + 2 mile, University of Notre Dame, Stephen Center, South Bend, IN	Flushing HS
1-12-80	3:00 pm	6 mile Mark Bauman, 1453 W. Hill Road, Flint, MI 48507 (313-238-5981) Riss Park	Flushing HS
1-12-80	10:30 am	8.4, 3.6, 1.2 mile Mike Hartorano, 6100 W. Cornelia, Chicago, IL 60634 (312-283-0327)	Riss Park
1-13-80	1:45 pm	Donut Dash - 20 KM, 2.75 mile prediction Terry Lapoint, Toledo, OH (see 1-6-80)	Secor Park
1-19-80	10:30 am	9.6, 4.8, 1.2 mile Mike Hartorano, Chicago, IL (see 1-12-80)	Riss Park
1-19-80	2:00 pm	FWTC 8 mile Dick Shenfeld 10 mile Shoe Race Dave Hason, 5241 Hill Ave., Toledo, OH 43609 (419-531-6879) Foster Park	Delta, OH HS
1-20-80	1:45 pm	10 mile Shoe Race	Delta, OH HS
1-26-80	10:00 am	FWTC Fun Run - 1.4, 8 mile Rick Reitzug (see 1-5-80)	Foster Park
1-26-80	11:00 am	6, 3, 1 mile runs Niles, MI	Niles Brandywine HS
1-26-80	10:30 am	12, 6, 1.2 mile runs Mike Hartorano (see 1-12-80)	Riss Park
1-27-80	8:45 am	Bizzard Breakfast Run 5 + 10 KM prediction Terry Lapoint (see 1-6-80)	Ottawa Park

TENTATIVE FWTC 1980 SCHEDULE

Date	Time	Location	Director
Sun - 2-17	10 K	Windy Marathon	Jack Morris
Sun - 2-24	10 K + 4 mile	11640 Winding Brook, Indianapolis 46280	Jack Beasley
Sat - 3-15	5 mile X-country	Frankie Park	Walt Green
Sat - 4-5	One Hour Run	Snider HS	John Kline
Sun - 4-19	Hilly Four Miles	Homestead HS	John Kline
Sun - 5-4	5 mile X-country	Homestead HS	Charlie Brandt
Sun - 5-25	Track Carnival **	Homestead HS	Gary Dexheimer
Sat - 6-7	Midwest 5 Mile	Northrop HS	Gary Dexheimer
Sun - 7-6	Prediction 13.1	Foster Park	John Kline
Sun - 7-13	3 Rivers Marathon	Coliseum	John Kline
Sat - 8-9	Meda 3 & open 10 Mile	Coliseum	Don Goldner
Sat - 8-16	Big Brothers 5 mile Foster Park	Foster Park	Don Goldner
Sun - 9-14	Two-Man Relay - X-country	Foster Park	John McMillen
Sun - 10-19	Lincoln 10K	Freimann Square	Bill Leming
Sun - 11-9	X-Country Champs 12 K	Frankie Park	Rich Reitzug
Sat - 12-13	10K	Foster Park	Don Lindley
Wed - 12-31	Midnight 5 mile	Southtown Mall	Myron Heyer

\* Ten championship point races - accumulative points will determine each age group champion at our end of year banquet.

\*\* Track Carnival - 1500, 3000, 5000, & 10,000 meter races at on the hour intervals between 3:00 & 6:00.

Any additional races not included in this schedule should be forwarded by the race director to the Newsletter as soon as possible. Newsletter deadline date is the 15th of each month but it is suggested that the race specifics be submitted two months prior to their date.



Track Club

long distance runner, a jogger, or a person interested in regaining or physical fitness? If so, the Ft. Wayne Track Club is for you. You to be a champion to join. All that is required is an interest in running.

The Track Club is an organization founded to promote running as a sport exercise. The Club sponsors monthly events for the jogger as well as trained competitive runner. These monthly events offer everyone a un regardless of age, sex, or athletic proficiency. Special age divisions to encourage equal levels of competition such as: 14 or under, 15-29, 30 and over and a women's division. Awards are presented to the each division and all participants receive official times which are ter includes training tips, medical advice, running philosophy, road race a schedule of coming events. The emphasis is on participation rather ning, however, each race gives us a chance to measure our own fitness e to meet people with a common interest.

national level, you will receive from the Road Runners Club of America quarterly newsletter "Footnotes". All fees and membership dues are velly for the Fort Wayne Track Club and RRCA programs. A treasurer's ublished at least once a year.

**\*APPLICATION\***

\_\_\_\_\_  
New Member  
\_\_\_\_\_  
Renewal

\_\_\_\_\_  
Age

\_\_\_\_\_  
Sex

\_\_\_\_\_  
Address

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

\_\_\_\_\_  
Phone/Work

\_\_\_\_\_  
Employer

\_\_\_\_\_  
Annual Membership - \$10.00 - Calendar Year

ALL CHECKS PAYABLE TO THE "FORT WAYNE TRACK CLUB"

Family Membership. Please list names and ages of those entering the

FWTC - Don Lindley, 6015 Landsdowne Drive, Fort Wayne, IN 46816

Information, call Don Lindley - 219-456-8739

Rick Reitzug  
825 Kensington Blvd.  
Fort Wayne, IN

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