

Feb 1980

YOU ARE CORDIALLY INVITED TO ATTEND THE

SECOND ANNUAL

FORT WAYNE TRACK CLUB

AWARDS BANQUET

Friday, February 8, 1980 - 7:00 p.m.

Pelt Recreation Hall
3333 Freeman Street
Fort Wayne, Indiana

Please bring one covered main dish and one side dish or
dessert (and your own table service).

Donation: \$1.00 per person; \$2.00 per family; to defray
cost of beer, soft drinks, and hall rental.

Dress: Informal

Rick Reitzug
Editor
Tom Loucks
Eulalia Loucks
Co-Asst. Editors

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

COMMERCIAL ADVERTISING RATES: \$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.

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

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 _____ Phone _____
City _____ State _____ Zip _____
Occupation/Employer _____ Phone _____

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

DEAR EDITOR

Dear Editor:

Wanted: Used running shoes. Don't let those worn, but wearable, running shoes die! Donate them to the fitness program at Bunche School. I teach at an inner-city elementary school; and yes, I try to turn my kids onto distance running. A rather difficult task to get them over the 100 yard "mental hurdle"! So if you have kids or adult size shoes up to size 9, I would really appreciate having them and would be glad to pick them up.

MaryAnn Fleger
219-493-4765

Dear Editor:

Thank you for the January issue of the Newsletter. I have just moved to the South Bend area this fall and it was good to read about familiar names.

When I moved here I was concerned there would not be an active club. Since arriving I have been running in the Notre Dame Fun Runs, December through February, and find many opportunities in Michigan with Ron Gunn and his races. Keep up the good work in America's No. 1 sport - "running".

Thanks again.

Gus Kuhn

Dear Editor:

I have enjoyed being a member of the FWTC this past year and look forward to a better year of running.

Steve L. Takals

Dear Editor:

I'm a new member in the FWTC (Sept., 1979), and have been very pleased with the organization.

I am a printing teacher at Harding High School and would be willing to assist in any way I can in the printing of your Newsletter.

Enclosed is a copy of a training log we have printed for our distance runners. If anyone in the Track Club would be interested in having one like it, we will sell them for \$1.00 each.

Jim Dupont
3407 Casselwood Drive
Fort Wayne, Indiana 46816
219-447-1338

Editor's Note: Members,

for \$1.00 this is a real deal. The booklet has a cover with a picture, a plastic spiral binding, and an entry page for every week of the year. Each day's entry has room for a proposed workout, the actual workout, distance, course, conditions, comments, weight, and total miles. Also contains a blank at bottom of each page for total miles for week and total miles for year. If interested, please contact Jim direct.

Dear Editor:

Having just read the January FWTC Newsletter and feeling guilty about my lack of involvement, I was prompted to write this letter to offer some comments, suggestions, and help. I have been a member of FWTC for over a year although the only FWTC race I have run was the 1979 Midwest 5 Mile.

I emigrated from England to Kendallville in August, 1977, after a very active involvement in running in England. I was involved in club administration as well as

representation in one University and three independent Athletic clubs, (track and field in England is referred to as Athletics). Two of these clubs have been operating continuously for over fifty years, the other of which I was a founder member.

Firstly let me congratulate everyone concerned on the obvious success of FWTC. Clubs are vital if running is to continue to develop from an elitist sport to a popular and enjoyable activity. As a runner who prefers 5K to 10K races, and rarely runs more than ten miles continuously, I was pleased to see a track meet on the track club's summer schedule. I hope this is a trend that will be encouraged with a high level of participation as variety (road, cross-county, and track) is the spice of athletic life. Such variety might encourage more high school and college runners to join the club. Recruitment of youth should not be ignored, there are many who require only a little encouragement to develop their hidden talents and find a healthy, enjoyable recreation. Age balance is important to club vitality.

Those empty high school tracks should provide evenings of enjoyable competition for community runners. Have you considered weekly open track meets on evenings in June, July, and August; these are very popular in Europe. Restriction of events (e.g. mile, 3K, 5K, or 10K) and a minimum age limit (e.g. 12 years) would avoid the chaos that mars those Tuesday night fiascos at Northside.

I applaud your adoption of club uniforms although I feel a more modest beginning, say just a singlet which could be sold at FWTC races, might prove more popular.

Have you considered an experimental dual club meet? Team scoring does not have to limit participation (e.g. first six to count). I'm sure that there are clubs in Elkhart, South Bend, Marion, etc., who might be interested.

Well, I hope to be more involved with FWTC in the future. Please let me know if there is any way I can help.

David W. Hockley

Editor's Note: Thanks for the suggestions. See this month's "President's Column" for some comments on your suggestions.

A MAN OF CONTROL
Rick Reitzug

The trophies stood one after another, row after row, completely dominating one corner of the room. A testament to a man who accomplishes what he sets his mind to, a man who goes "whole hog", a man in control of his life.

If one statement could be said to characterize Myron Meyer's life it would be "You have to have the attitude that you're doing something good for yourself rather than that you're giving up something." With this one belief, Myron exhibits a total control over the activities of his life that is rarely found in individuals. If Myron decides that engaging in a particular activity is "something good" for him, there is no doubt that Myron will engage in this activity no matter the amount of self-discipline required. Whereas many people may look at something as a sacrifice, something that they're "giving up", Myron looks at it as something good he is doing for himself. "It's a matter of looking at it in a positive rather than a negative manner. For example, the reason most people can't quit smoking is that they feel they're giving up a part of their life instead of realizing that they're doing something good for themselves."

This philosophy has enabled Myron to become the top 50 and over runner in Indiana for the past several years and one of the top runners in his age group in the United States. Myron's string of accomplishments is as impressive as his trophy wall. He has rarely, if ever, been beaten by anyone in his age group from Indiana. He ran a 2:48.13 at the Boston Marathon (only four 50 and over runners beat him) and he holds every Ft. Wayne Track Club record in his age group.

When did Myron get started in this running road of success? Competitively, it started three years ago. Before that, he had been running a mile or two per day for two years for health reasons and to keep his weight down. A Little League manager for 20 years, Myron became disenchanted and gave up the ball diamond. He felt he needed something to become involved in that would take up his time and substitute for the physical activity he'd had as a Little League manager. Since he had been dabbling in running already, he decided to pursue it more seriously. The result has been the complete domination of his age group, not only in Ft. Wayne Track Club races, but in races all over Indiana, for the past three years.

Myron's reasons for running are numerous. He continues to run partially for health reasons, but he also enjoys the competition, the mental "purging", the confidence, and companionship that running affords. "Running is a new challenge every day. I don't always feel like running, but I always feel a sense of accomplishment after running. At my age (52), job promotion is usually over. Through running, people my age can continue to feel a sense of accomplishment daily." However, Myron sees more than personal satisfaction as by-products of running. "Running is good, because it brings people of all ages and sexes together. They realize how much they have in common rather than how much is different between them. If more people were able to see the things they had in common, we probably wouldn't have all the problems we do in the world today. Look at you and me - we probably would never be talking like this if it were not for running."

He also sees running as a positive way of influencing our surroundings. "We influence others through the actions in our lives. That is the way others have influenced me. I don't give a damn what a person says, it's their actions that I'm influenced by. Through my example (running), I'm influencing others if it's only to make them more aware of a healthier way to live their lives."

Myron does feel that talk of running being "utopia" or of "runner's high" is "Bullshit". He says, "Anything that is worthwhile takes a certain amount of suffering."

An example of the degree of control Myron has over his life is his practice of fasting once a week. He started fasting during his pre-running days during the time of the Civil Rights Movement. He continued fasting during the Viet Nam War as part of a peace program. The fasting has now carried over into his running days. "I don't view fasting as giving up something for a day. I view it as doing something good for myself. It has given me greater self-discipline and greater control over what I eat. I actually enjoy food more because fasting has taught me to eat only when I'm hungry and, thus, I taste food better when I do eat." When he does eat, Myron tries to eat a lot of fruit and vegetables and a minimum amount of salt and red meat.

Myron recently had surgery for a double hernia. In keeping with his practice of always having a challenge before him, Myron says of his hospital stay, "I looked forward to going into the hospital. To me, it was a new experience and I was excited about it. The day of my operation, I had run six miles before going to the hospital. The day after the operation, my goal became to be able to walk to the end of the hospital corridor." Myron hopes to be able to run again in several weeks. He is staying active and attempting to stay in shape by walking every day. "Last week I walked eighty-three and a half miles," he proudly announced.

During healthier times, Myron's training consists of approximately 80 miles per week. Most of this is long, slow distance with one hard distance run and one fartlek-interval type workout every week. During the summer he also races almost every weekend, sometimes running two, and occasionally three, races in a weekend. "I compete almost every weekend because, I guess, like anything else I do, I like to go at it 'whole hog'."

Like most runners, Myron also has non-running interests. He likes to keep abreast of current events (very evident from talking to him), is active in church activities, is a Big Brother, and is much concerned with the problem of world hunger.

Myron's goal for the future: "I want to be able to run until the day that they put me into a box."

A RUNNER'S TRIBUTE

(Dedicated to wives, husbands, parents, lovers, and all those other who are the Valentines of the runner.)

I owe you much, I often give little.
I know you're home alone while I'm out here running.
I know dinner is burning while I'm going the extra mile.
I know the walls don't converse well while I'm running a long one
or racing a race.
I know you can't get into the talk of running - of carbo loading and
miles run in minutes and seconds and of hamstrings and tendons
and on and on.
I know you must get tired of hearing how tired I am.
I know that you put up with this and still keep me and take care of me.
I know this and thank you.
And I love you for letting me be myself.

HAPPY VALENTINE'S DAY

WHY THE MARATHON?

Mike Hill

Each month I write for two running newsletters. Most of the time I attempt to pick a subject of common interest to all, including the jogger, runner, and racer. Hopefully this month will be no exception. Let me assure you before I start that even though my subject is Marathoning, I intend this for almost all levels of runners from the jogger to the high mileage extremist.

Why the Marathon? Well, first of all, let me assure you that I am not one of those who feels you must run a marathon. If you're happy with jogging at a slow pace, LSD training, or shorter distance racing (1 to 13 miles), then that's fine. There is no need to go to the trouble of preparing and running a marathon.

If you are sick and tired of the daily drudgery and routine of an age and life-style that seems unrewarding because of its total lack of challenge and danger, then the marathon is for you! Failure? Yep. That's the trouble with real challenges, you run a good chance of failure. You might not succeed and give up or become injured. What stops you may be totally out of your control. You say it "ain't fair"? Yep, that's right, it ain't fair. You can only do your best and hope to finish in one piece. Why the marathon? Well, if you do finish, it's one of the greatest rewards you'll encounter as an adult. The feeling of accomplishment and self-worth is just tremendous. There is a book out called THE JOY OF RUNNING by Thaddeus Kostrubala, M.D. In one chapter he describes the feelings he encountered while running a marathon. I recommend you read this description prior to making a decision one way or the other. He sums up the rewards, feelings, pain, etc., very well.

Should you decide to try it, there are several books around giving good advice on the minimum time you should have been training and the minimum mileage necessary. One of the best is Manfred Steffny's paperback entitled MARATHONING. His training programs and advice are extremely sound for all ages of runners. Be a little bit skeptical of Joe Henderson's marathon program that is currently so popular and carried by Runner's World magazine. I believe he was dealing with a young group when he set up his statistics or I'm just getting old! You can finish with his program, but may wish you had trained more.

If you have a couple of years to give it a try, you might point towards the Saginaw Bay Marathon in early May. The weather is normally cool and the course flat. Those who have run Saginaw highly recommend it for a "first" marathon. Terre Haute has a marathon in June and, of course, Fort Wayne's in July. Wherever you chose to run, be sure you've put in the required mileage and are aware of what you are getting into. Those people I know who trained lightly and did not learn the in's and out's of marathoning have become soured on running. In some cases they quit completely. Don't let that happen to you. If you get the marathon fever this spring, be sure you're well prepared. While you're running, drum up some conversations with others who have experienced a few marathon's. There's a lot to learn and no time like the present to begin.

MIDWEST MEET OF CHAMPIONS
Gary Dextheimer

This year's track classic will be held on June 7th at Spuller Stadium, Northrop High School. For those that have a curious interest in track and field, this is simply an outstanding meet and one worth seeing. This year's guest for the meet will be Dave Wottle, gold medalist in the 800 meter run at the 1972 Munich Olympics. Dave was an outstanding distance runner at Bowling Green University from 1968 to 1972. Our club will sponsor the second annual open five mile run the morning of the meet. The race has been moved to an 8:00 a.m. start and John Kline has once again volunteered to direct this race. The awards for the race will be given out during the running of the Midwest Meet of Champions Invitational 10,000 Meter Race.

Just prior to the start of the meet, I am organizing an invitational 10K on the track for an elite field of approximately 20 runners. The field will be comprised of athletes who have met a qualifying time of 32:00. Financial arrangements will involve the printing of invitations and awards only. All travel arrangements and expenses will be the responsibility of the athletes. Possibly some of the club members will have an interest in housing an athlete on Friday evening. The above format should provide a very exciting running weekend for Fort Wayne and the FWTC will share in the excitement. We'll have every type of runner involved from age group runners, to former Olympians, to Olympic trial runners, and finally to hopefully future Olympians.

We certainly need club support again this year. Many of our members volunteered to help at last year's meet and I know all really enjoyed themselves. Mark the date on your calendar if you'd like to help this year. I'll have more information on this financial help in seeing that the meet is a financial success. If you have an interest in that matter or have any suggestions, please let me know. It's not all that difficult to find a sponsor for a major road race, but trying to find someone that is willing to support the future development of young aspiring athletes is not an easy task.

THE SHINING SEASON
Don Lindley

I would like to thank CBS, WANE-TV is for presenting a special called "The Shining Season" in December. For those that missed it, it was a true story about Joe Baker of Albuquerque, New Mexico, a potential Olympic miler, and his fight with terminal cancer that took his life in 1969.

The unexpected discovery of cancer made it necessary for Joe Baker to deal with a multitude of physical and emotional problems. He made every day count, including the day his girl's track team won the National A.A.U. Track Meet in St. Louis in 1969 on the day he died.

Running certainly can help many people with incurable diseases to regain their emotional self-esteem and to more easily enjoy their lives and daily activities. For me, it has provided an effective way of keeping in good physical condition. It also has become a very important psychological and emotional outlet. Furthermore, it provides a time when I can reflect on my own thoughts and feelings. The combination of these elements has a relaxing effect. I cherish the time spent running as much as my other daily activities.

EDITOR'S NEWS AND VIEWS

This month this column will attempt to present both sides of the Olympic boycott issue. The presentation against boycotting the Olympics was written by Gary Dexheimer, but does not necessarily reflect the stand of the Ft. Wayne Track Club. The presentation for boycotting the Olympics is adapted from an article entitled "Boycott the Olympics", written by Pete Axthelm and found on page 63 of the January 21, 1980, issue of Newsweek magazine.

POLITICS AND THE OLYMPICS

Gary Dexheimer

The issue is not easy to understand. It's very complex and certainly beyond the scope of what sports is all about. It's reality now that the government intends to use this option against the Soviets. It will be very interesting to see what international support this plan brings.

We all recognize the gravity of the Middle East situation. I certainly can't condone the Soviet's actions in Afghanistan. I also support our government and it's decision making capabilities except when it comes to the Olympic issue. I questions what significant effect a boycott will have other than destroying the dreams of many outstanding athletes.

We all recognize the effort and sacrifice that it takes just to compete on a very local level. It's almost impossible to comprehend the tremendous sacrifice necessary to make the Olympic team. It's easy to assume that we're talking about natural talent but there are a lot of potentials. It's that tremendous dedication and sacrifice that make the difference. What role does the government play in helping our athletes achieve this dream? Yet our athletes must compete against our European neighbors who as we know subsidize their athletes from birth to death. Our government is quick to condemn that as a violation of amateurism. Then we encourage our athletes to find ways to accept money under the table to subsidize their own programs. Certainly we accept that as a violation but we condone it. There are those outstanding athletes that refuse to participate in any violation of amateurism and they're the ones that really pay the penalty. Does our government have the right to take away the athletes freedom to competition when they do nothing for the athlete in the first place?

I've always dreamed of the Olympics but I know that my possibilities are only a dream. I'm not a rebel but if I were able to make my dream come true, I would attend the Olympics no matter what the government said. I would also fight for my country if that same freedom of choice were ever in jeopardy. The athlete in the Olympics stands for peace. When the starter's gun goes off, we're down to the basics of equality and competition. Politics are not a part of the effort needed to complete 10,000 meters in 27:00.

When world peace grows dark, I hope we can all have faith and place hope in the efforts of those athletes that show us peace through sport. For many nations, it's the only hope they have.

BOYCOTT THE OLYMPICS

A United States boycott of the Moscow Olympics would be a tremendous blow to the lofty principles of the Olympic movement.

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I am aware of the sacrifices that will be forced on the athletes who have trained so hard for this summer's Games. But a boycott looks like the only logical option we've got. To participate in the Games would be to legitimize a propaganda charade and to help divert the world's attention from the reality of Soviet aggression. And although it will be inconvenient for our athletes to seek new places in which to run and jump for glory, their problems tend to pale next to those of people dying in

various corners of Afghanistan. At a time of delicate and potentially explosive crises, President Carter has all too few measures that can get his message across without giant risks. An Olympic boycott is one such measure. To deny him that leverage in the interest of sports, it seems to me, is to reduce the idea of sports to the level of the ridiculous.

With every Olympiad, the Games seem to drift farther into their own distorted wonderland. Every nation plays by its own rules for subsidizing its "amateurs," and those who break the rules in the most efficient fashion, like East Germany and Cuba, use their medals as advertisements for their systems.

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To the Soviets, the importance of the Games is staggering. They have waited for years for this chance to show off the best aspects of their system to thousands of tourists and millions of viewers.

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Do Americans want to help the Russians sell themselves to the world?

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Vice President Walter Mondale and President Jimmie Carter have both proposed a change of venue for the Games. Given the make-up of the entire Olympic movement, a worldwide agreement on such a switch seems unlikely. At this point, it seems more sensible to think along these lines The Olympics have simply grown too big, too political, too artificial The Games need not go on.

WORDS FOR WOMEN
Cindy Caldwell

Now that it is winter, I am finding it harder to get out to run. It is so tempting to enjoy the seclusion of the house. On my way home from work I think about my run. At this point there is not that much of a battle going on in my head about getting out there. It does not start until I walk through that front door and unwind from a hard day at work. I usually take a few minutes to relax. That is when the battle starts. I am torn between venturing out in the cold weather or staying sheltered in my nice, warm home. As a woman, I also make another excuse. If I run, I will have to take a shower (the second shower of the day), dry my hair and, if I am going somewhere that night, possibly roll my hair.

Since I have not run the last couple days, my conscience gets the better of me, and I decide to brave it. I put on my long underwear, sweats, shoes, stocking hat, and gloves. The thoughts as I walk toward the door are, "I do not really want to do this"; "Why should I go out in the cold"; "Maybe I should not run at all this winter". I fight through those thoughts and somehow open up the front door and take my first steps outside into the unknown. I slowly, very slowly, start running and instantaneously I am thankful I decided to run and wonder why it was so hard to get myself out there. I am experiencing something that a lot of people during the winter are missing.

It is a little chilly for the first little while but very invigorating. After about the first mile, I start to warm up and loosen up and enjoy the crispness in the air which seems as if it clears my mind. It is hard to describe the revelation I feel as I go past two miles. There is a newness in everything. I suppose that has to do with the whole world being touched by the cold, and I am a part of that world. The difference is that I am enjoying it.

As I come back to the house and walk a little bit to cool down, I can not believe how nice and warm it feels out. It seems strange it was so hard to get outside. I tell myself that winter running is not that bad after all, and I am going to run more often.

As I come home the next day after work I feel the warmth that greets me as I step in the front door. This time it might be a little easier to talk myself into running.

PRESIDENT'S COLUMN
Gary Dexheimer

We can now officially close the book on last year's business and move on into our 1980 schedule. Our first scheduled race has already been run. Your fond memories of the eight mile course at Homestead should be credited to Dick Shenfeld, Charlie Brandt, and myself. I'm sure that race won't be forgotten quickly.

Actually February 8th marks the close of last year's business, as that is the date for our annual awards banquet. We are all hoping for a good turnout. The agenda will be very informal with time for eating, the awards ceremony, and an open discussion with our executive council on future ideas and suggestions.

By now many of you have used or seen our new timing clock. Certainly many of the members will directly benefit from this equipment. We're still in definite need of contributions. We intend to put this clock to work this summer to bring in funds that will be used to subsidize our racing schedule. As members, you will be entitled to run these races free. Most of you will save \$10.00 in entry fees at a minimum. Therefore, if each one of us would at least donate a dollar, we probably would have an excellent start in paying off our loan.

I keep hearing comments about organizing a racing team within our club to compete at various team championship races. I've always felt this is a strong part of what the club is all about. We have taken our first step towards this possibility by making FWTC uniforms available for purchase. We have a number of excellent runners in this community that could well represent our club. I believe it's time to move forward and gain a little recognition. I'm sure we'll never be a Chicago Track Club but with some effort we could be well represented.

I recently received some information from the Sterling, Illinois, Track Club. With a population base of only 65,000, they have managed to build and operate an indoor track for the last five years. They have an age group track program that is one of the best in the Midwest. They also have a superb track club. Over the years, Fort Wayne has produced a number of outstanding athletes. Yet, there is little work done with age group track and field in this community. There are several coaches in this area who have dedicated themselves to extra work with various groups of athletes but there is no one organization heading up this program. Certainly, the Summit City Track Club is a step in that direction but again, it relies on extra dedication from coaches who are already over-involved. There are many club members that put a lot of extra time into directing baseball or basketball leagues. I think that kind of volunteer dedication is fantastic. I wonder if we could stimulate some of the same interest in an age group track and field program. I plan on doing some further work on this and may be asking for some help later on.

See you at the banquet!

COACH'S CORNER

What has happened to typical winter running in Indiana? Just when I had programmed myself for the long winter ahead, mother nature managed to change her mind. It's hard to believe that winter is almost two-thirds over and I haven't fallen down once. Unfortunately, Charlie Brandt can't say the same thing.

Here's the information on indoor running I promised. Usually by this time of year I've had enough of the bad wather, so I look for an indoor track for a little change. Since I do a lot of traveling, it's convenient to schedule myself in cities where I know there's an indoor track. Locations that I'm aware of are: Michigan State University, Western Michigan at Kalamazoo, University of Michigan, Notre Dame, Ball State, Indiana University, Springfield Community College at Dayton, Ohio, etc. These are just a sampling as you'd be surprised how many locations one can find upon some investigation. Some of these facilities are reluctant to allow outsiders in. I rarely have a problem. The best time to enter the facility is during the dinner hour. During the day there are usually classes going on and from 3:00 to 5:30 you'll usually find the track team at practice. From 5:30 to 6:30 the facilities will usually be almost empty. Some facilities will require a student ID. Therefore I usually try to show up at the end of the track team practice and introduce myself to the coach. I then explain my situation and ask for permission to use the track. Of course there have been times I've had to mention my "Olympic capability" and how important it is that I get in an interval workout. Then hopefully no one will notice when I run my interval halves at 2:40.

Once you're on the track the effort becomes really worth it. It's so nice to get out of the weather and peel off those extra clothes. Just make sure you keep the tempo under control as the muscles are still used to slow and easy.

Once you've found the thrill of indoor running, participating in a meet can be even more exciting. There are a number of open indoor track meets in the Midwest and several that are scheduled only for masters. The closeness and thrill of indoor running is beyond comparison. Just remember that running an equal distance on the roads is much tougher on an indoor track. You'll feel like you're really moving, but for some reason it is a little tougher to accomplish the same result.

The following is a list of indoor track meets in the Midwest. You'll need to contact the individual athletic department track offices for the details.

Indiana University - Mr. Schnier 812-337-2794

Feb. 22 6:45 Friday I have entry sheets for these meets. Post entries

Feb. 29 6:45 Friday are accepted until 6:00 p.m. the day of the meet,

Mar. 8 1:00 Saturday and 12:00 noon on Saturday. \$1.00 per entry.

It's possible that a group of individuals may want to go down on the 8th as there is a three mile.

Eastern Michigan U., Ypsilanti, MI - Bob Parks - Athletic Dept.

Feb. 23

University of Michigan, Ann Arbor, MI - Jack Harvey - Athletic Dept.

Mar. 7 I believe they have a masters only meet here.

University of Illinois, Champaign, IL - Joe Abbey - Parkland College

Dates from 1978

2400 Bradley

Feb. 12

Champaign, IL 61820

Mar. 5

These are excellent meets.

Sterling Park District Mens Masters Track & Field Meet

Sterling, IL.

Ray Vandersteem - 815-626-4900

Mar. 23 Sunday

University of Chicago Track Club - Ted Haydon, coach

I don't have any dates on meets but they usually have several of them during the season.

MEMBERS ASK

Question: Do you know where national records for different ages and events can be obtained? I'm interested in knowing what the national records for my age are.

Editor: You can get the book "Running Records by Age" by sending \$3.95 to Running Times Books, 12808 Occoquan Road, Woodbridge, VA 22191, or you could write directly to the National Running Data Center, Box 42888, Tucson, Arizona 85733.

Question: If I become a FWTC member, do I have to do anything.

Editor: Yes, pay your \$10.00 membership fee. Other than that, you are free to be as active (or as passive) in the track club as you desire.

Question: Concerning the question about "neighborhood runners", I would like to propose inclusion of prediction runs in the warm weather races. Why not have 2 to 4 mile prediction runs and award place and participation ribbons (no age groups)? This would give one a feeling of accomplishment and may well help to motivate some of them into racers.

Editor: Your suggestion is a good one and we currently do have a prediction run scheduled in the 1980 track club calendar for July 6th. In order to incorporate prediction runs with already existing races would place too great a work load on already overburdened race directors. If more members were willing to be race directors, we could add more prediction runs to the race calendar. In order to hold a prediction run in conjunction with an already existing race, an additional race director would be needed to handle the details for the prediction part of the race. Any volunteers? It is the track club's desire to lend as much variety as possible to the race calendar. However, we are limited by the number of people who are willing to direct a race. If you are interested in directing a race, please contact Gary Dextheimer - 219-432-1439.

Question: I ran the December 15, 1979, race at Foster Park in a time of 48:13, coming in 61st, but because we were not assigned numbers, no one knew who came in 61st. No big thing, but why no numbers?

Editor: The stick you were given upon finishing the race was to be turned in at the scorer's table. In this way the race director is able to get your place and your name and match it with your time. Without turning in your stick, race directors also have no way of knowing who came in 61st.

FOR SALE: 1 pr. NEW BALANCE TRAINERS - blue/white - size 10 - worn twice - \$15.00
1 pr. SAUCONY FLATS - green/blue - size 9 - worn twice - \$15.00
Wait Green - 219-485-4091

FOR SALE: 1 pr. NEW BALANCE 620 - size 7-1/2 - like new - \$38.00
1 pr. CONVERSE ARIZONA GREY - size 8 - brand new - \$29.00
Tim Bohn - home 219-432-3384/work 219-483-5612

1980 is a census year. So here is some statistical data to ponder from our membership of 1979 (total membership: 323):

Membership per zip-code

A vast majority of FWTC members live in the 46815 code. This area is located in the northern part of the city and has 70 runners. The rest are listed below:

46802 - 2	46808 - 10
46803 - 2	46809 - 8
46804 - 32	46816 - 19
46805 - 21	46818 - 2
46806 - 24	46819 - 8
46807 - 31	46825 - 23

Often runners in our club wonder which age groups have the most competitors. Members between 30-34 have 23% of the club membership and combined with the 16% of ages 35-39 have nearly 40% of the runners in our club. Other approximate percentages:

0-14 - 1%	40-44 - 10%
15-19 - 6%	45-49 - 8%
20-24 - 12%	50-over- 6%
25-29 - 14%	

CONTEST EXTENDED

Due to the late publication date of the January newsletter, the "Name Your Newsletter" contest has been extended until February 15th. Please submit all entries for newsletter names on the "Members Mumbblings" form in this newsletter. Prize for the winning entry is a Fort Wayne Track Club racing uniform.

NIGHT RUNNING

For those of you who need to do most of your winter running after dark, a good investment would be a "Jog-a-Lite" vest. On a recent evening drive I couldn't help but notice twin sets of bobbing stripes moving down the road several blocks in front of me. Upon closer approach, I recognized that it was our own Walt Green and Don Lindley who were so vividly "blazing the trail". These vests are far more visible than light colored clothing (260 times, to be exact), and add a definite measure of safety to those dark, winter runs.

LINCOLN 10K: NATIONAL RECORDS SET

Two national single age 10KM records were set in the Lincoln 10,000 meter race on October 21, 1979. Mara Matuszak set the 10KM record for 8 year old females with a 43:26 and Matt Matuszak set the record for 9 year old males with a 39:51. Two more age records from the Lincoln 10KM race are still pending.

MEN AND WOMEN AGE RECORDS

Phil Suelzer

An initial list of age records is included in this newsletter and will be updated during the year. The present records were compiled by Walt Green and Phil Suelzer and contain the best information received to date. It is assumed that these results contain many inaccuracies and deletions. Many age divisions contain incomplete listings and we need the input of any track club member who feels that he or she may qualify to be listed. We are attempting to go five deep in each age division, so compare your best times against those published and if you have one or more that qualify, send it to Phil Suelzer or Walt Green.

MEN'S RECORDS - 14 and under3 mile

1. 16:55 Tom Shank
2. 21:11 David Milner
3. 21:53 Ryan Hill

4 mile

1. 23:20 Tom Shank
2. 29:26 Bill Habig
3. 31:04 Ryan Hill
4. 31:58 Mark Davis

ONE HOUR RUN (TRACK)

1. 9 mi. 808 yds Tom Shank

1/2 MARATHON

1. 1:43.38 Tom Bickel
2. 2:02.46 David Milner

NO OTHER DISTANCES LISTEDMEN'S RECORDS- 15 - 193 mile

1. 14:06 Greg Orman
2. 15:49 Rick Harkenrider
3. 15:59 Dean Nygard
4. 16:04 Tom Shank
5. 16:31 Craig Schwartz

4 mile

1. 19:33 Greg Orman
2. 21:46 Tom Shank
3. 22:15 Dean Nygard
4. 22:41 Craig Schwartz
5. 23:45 Mike Harmeyer

5 mile

1. 24:35 Greg Orman
2. 27:32 Tom Shank
3. 28:05 Dean Nygard

10 Kilo

1. 30:42 Greg Orman
2. 35:00 Dean Nygard
3. 36:04 Tom Shank

15 Kilo

1. 49:24 Greg Orman
2. 53:05 Dean Nygard
3. 55:55 Tom Shank

10 Mile

1. 52:32 Greg Orman
2. 58:10 Dean Nygard
3. 61:40 Tom Shank

20 Kilo

1. 1:24.30 Dean Nygard

1/2 MARATHON

1. 1:21.10 Dean Nygard
2. 1:24.59 Craig Schartz
3. 1:27.22 Tom Shank
4. 1:26.22 Mike Harmeyer

MARATHON

1. 2:33.38 Greg Orman
2. 2:44.12 Dean Nygard
3. 3:19.46 Tom Shank

NO OTHER DISTANCES LISTEDMEN - 20 - 293 mile

1. 15:09 Gary Dexheimer
2. 15:19 Phil Suelzer
3. 15:35 Paul Emery
4. 15:39 Rick Reitzug
5. 15:50 Tom Loucks

4 mile

1. 20:42 Phil Suelzer
2. 20:43 Gary Dexheimer
3. 20:57 Paul Emery
4. 21:09 Rick Reitzug
5. 21:10 Tom Loucks

5 mile

1. 25:42 Paul Emery
2. 25:44 Gary Dexheimer
3. 26:05 Phil Suelzer
4. 26:35 Rick Reitzug
5. 26:46 Tom Loucks

10 Kilo

1. 31:05 Gary Dexheimer
2. 31:16 Paul Emery
3. 32:46 Doug Osborne
4. 32:52 Phil Suelzer
5. 33:03 Rick Reitzug

15 Kilo

1. 48:59 Doug Osborne
2. 49:36 Paul Emery
3. 50:10 Gary Dexheimer
4. 50:39 Phil Suelzer
5. 50:43 Rick Reitzug

10 mile

1. 53:55 Gary Dexheimer
2. 54:31 Phil Suelzer
3. 55:46 Rick Reitzug
4. 57:46 Jerry Mazock
5. 62:20 Tony Gatton

20 Kilo

1. 67:00 Gary Dexheimer

20 Kilo (cont.)

2. 67:51 Phil Suelzer
3. 73:26 Rick Reitzug

1/2 MARATHON

1. 1:11.19 Doug Osborne
2. 1:12.59 Phil Suelzer
3. 1:13.21 Rick Reitzug
4. 1:13.28 Gary Dexheimer
5. 1:14.44 Tom Loucks

25 Kilo

1. 1:24.05 Gary Dexheimer
2. 1:25.34 Phil Suelzer

30 Kilo

1. 1:46.52 Phil Suelzer
2. 1:54.42 Rick Reitzug

MARATHON

1. 2:32.47 Doug Osborne
2. 2:33.12 Phil Suelzer
3. 2:36.58 Rick Reitzug
4. 2:39.59 Jerry Mazock
5. 2:40.12 Paul Emery

ONE HOUR RUN (TRACK)

1. 10 mi.1718 Gary Dexheimer
2. 10 mi.1278 Phil Suelzer
3. 10 mi.1155 Rick Reitzug
4. 10 mi. 208 Jerry Mazock
5. 10 mi. Paul Emery

MEN - 30 -393 mile

1. 16:04 Tom Gerber
2. 16:32 Bob Bruckner
3. 16:51 Walt Green
4. 17:13 Art Obregon
5. 17:25 Charlie Brandt

4 mile

1. 21:30 Steve Foster
2. 22:36 Bob Bruckner
3. 22:43 Walt Green
4. 22:45 Art Obregon
5. 23:24 Woody Barker

5 mile

1. 27:45 Tom Gerber
2. 28:13 Steve Foster
3. 28:42 Bob Bruckner
4. 28:53 Walt Green
5. 23:24 Woody Barker

10 Kilo

1. 34:34 Bob Brucker

10 Kilo (cont.)

2. 34:58 Steve Foster
3. 35:16 Walt Green
4. 36:15 Tom Gerber
5. 36:27 Art Obregon

15 Kilo

1. 55:07 Bob Bruckner
2. 58:20 Walt Green
3. 58:32 Don Lindley
4. 59:20 Charlie Brandt
5. 60:14 Woody Barker

10 mile

1. 58:30 Walt Green
2. 58:33 Bob Bruckner
3. 61:42 Charlie Brandt
4. 62:05 Don Lindley
5. 62:43 Jim Berghoff

1/2 MARATHON

1. 1:15.42 Steve Foster
2. 1:17.50 Walt Green
3. 1:18.19 Bob Bruckner
4. 1:19.43 Art Obregon
5. 1:21.11 Tom Gerber

25 Kilo

1. 1:40.15 Charlie Brandt

MARATHON

1. 2:48.50 Walt Green
2. 2:52.17 Tom Gerber
3. 2:55.34 Bob Bruckner
4. 3:00.40 Don Lindley
5. 3:00.47 Jim Berghoff

ONE HOUR RUN (TRACK)

1. 9 mi. 1601 yd. Bob Bruckner
2. 9 mi. 1261 yd. Jim Berghoff
3. 9 mi. 1034 yd. Walt Green
4. 9 mi. 1021 yd. Don Lindley
5. 9 mi. 880 yd. Charlie Brandt

NO OTHER DISTANCES LISTEDMEN'S RECORDS - 40 - 493 mile

1. 16:58 Bill Schmidt
2. 17:02 Jack Morris
3. 18:05 Gene Striggle
4. 18:54 Clyde Shank

4 mile

1. 22:59 Bill Schmidt
2. 23:54 Jack Morris
3. 24:52 Gene Striggle
4. 25:04 Clyde Shank

5 mile

1. 29:14 Bill Schmidt
2. 30:19 Jack Morris
3. 30:31 Gene Striggle
4. 33:30 Clyde Shank

10 Kilo

1. 35:59 Bill Schmidt
2. 36:18 Jack Morris
3. 37:06 Charlie Brandt
4. 38:22 Dave Wilson
5. 39:05 Gene Striggle

15 Kilo

1. 56:45 Bill Schmidt
2. 59:45 Charlie Brandt
3. 1:01:54 Clyde Shank
4. 1:03:48 Gene Striggle

10 mile

1. 59:58 Bill Schmidt
2. 1:05:08 Jack Morris
3. 1:06:28 Gene Striggle
4. 1:06:53 Clyde Shank

1/2 MARATHON

1. 1:19:04 Bill Schmidt
2. 1:20:50 Charlie Brandt
3. 1:22:58 Joe Barile
4. 1:25:55 Gene Striggle
5. 1:26:30 Jack Morris

25 Kilo

1. 1:56:00 Gene Striggle

MARATHON

1. 2:57:20 Bill Schmidt
2. 3:05:00 Joe Barile
3. 3:09:04 Dave Wilson
4. 3:18:16 Gene Striggle
5. 3:18:53 Clyde Shank

ONE HOUR RUN (TRACK)

1. 9 mi. 1170 yd. Joe Barile
2. 9 mi. 1148 yd. Bill Schmidt
3. 9 mi. 76 yd. Jack Morris

MEN'S RECORDS - 50-59

1. 17:20 Myron Meyer
2. 21:07 Merrill Metzher
3. 21:41 Chet Fleetwood

4 mile

1. 23:06 Myron Meyer
2. 25:14 Mike Kast
3. 26:09 Giles Tomlinson
4. 26:42 Herb Trier

5 mile

1. 28:26 Myron Meyer
2. 32:44 Mike Kast
3. 34:35 Herb Trier

10 Kilo

1. 38:07 Myron Meyer
2. 38:41 Mike Kast
3. 42:08 Herb Trier
4. 42:12 Gene Whitaker
5. 43:21 Wendell Adams

15 Kilo

1. 56:21 Myron Meyer
2. 61:55 Mike Kast
3. 66:08 Wendell Adams
4. 68:02 Herb Trier

10 mile

1. 1:01:42 Myron Meyer
2. 1:07:00 Mike Kast
3. 1:09:40 Giles Tomlinson
4. 1:11:59 Wendell Adams

20 Kilo

1. 1:16:53 Myron Meyer

1/2 MARATHON

1. 1:21:58 Myron Meyer
2. 1:28:29 Mike Kast
3. 1:31:40 Wendell Adams
4. 1:33:48 Herb Trier
5. 1:41:13 James Jones

MARATHON

1. 2:48:13 Myron Meyer
2. 3:16:28 Herb Trier
3. 3:24:52 Wendell Adams
4. 3:29:49 Mike Kast

ONE HOUR RUN (TRACK)

1. 9 mi. 1137 yd. Myron Meyer
2. 8 mi. 987 yd. Mike Kast

NO OTHER DISTANCES LISTEDAGE 60 and overChet Fleetwood

3 mile - 21:28

4 mile - 29:22

5 mile - 43:07

10 kilo - 46:25

10 mile - 77:25

Chet, who turned 60 years this past year, is the only active member in this age group, but these records may give all the men something to shoot for sooner or later.

WOMEN'S RECORDS 29 and under3 mile

1. 17:43 Michelle Bickel
2. 19:03 Cindy Goller
3. 19:12 Alma Ojeda

4 mile

1. 25:16 Michelle Bickel
2. 25:24 Cindy Goller
3. 26:40 Cindy Caldwell
4. 27:33 Theresa Munding

5 mile

1. 30:50 Michelle Bickel
2. 32:43 Cindy Goller
3. 33:18 Alma Ojeda
4. 33:23 Cindy Caldwell
5. 36:30 Theresa Munding

10 Kilo

1. 39:42 Cindy Goller
2. 40:21 Michelle Bickel
3. 43:01 Alma Ojeda
4. 43:46 Theresa Munding

15 Kilo

1. 1:03:35 Cindy Goller
2. 1:06:22 Cindy Caldwell
3. 1:09:20 Michelle Bickel
4. 1:14:28 Theresa Munding

10 mile

1. 1:07:36 Cindy Goller
2. 1:13:27 Cindy Caldwell
3. 1:16:00 Michelle Bickel

20 Kilo

1. 1:45:36 Cindy Caldwell

1/2 MARATHON

1. 1:28:48 Cindy Goller
2. 1:36:54 Cindy Caldwell
3. 1:39:00 Michelle Bickel
4. 1:42:38 Theresa Munding

30 Kilo

- 2:27:47 Cindy Caldwell

MARATHON

1. 3:22:10 Cindy Goller
2. 3:38:37 Theresa Munding
3. 3:49:03 Alma Ojeda
4. 4:18:19 Cindy Caldwell

ONE HOUR RUN (TRACK)

1. 8 mi.528 yd. Cindy Goller
2. 8 mi. 11 yd. Cindy Caldwell

30 and up3 mile

1. 20:44 Bobby Widman
2. 22:03 Carlyn Horne
3. 22:55 Marsha Schmidt

4 mile

1. 26:15 Bobby Widman
2. 30:25 Carlyn Horne
3. 33:02 Marsha Schmidt

5 mile

1. 35:47 Bobby Widman
2. 41:05 Marsha Schmidt
3. 42:47 Carlyn Horne

10 Kilo

1. 43:27 Bobby Widman
2. 52:52 Carlyn Horne
3. 54:46 Julie Wilson

15 Kilo

1. 1:09:11 Bobby Widman
2. 1:21:20 Carlyn Horne
3. 1:28:24 Julie Wilson

10 mile

1. 1:15:00 Bobby Widman

1/2 MARATHON

1. 1:42:27 Bobby Widman
2. 1:51:55 Carlyn Horne
3. 2:07:00 Julie Wilson

MARATHON

1. 4:00:38 Bobby Widman

ONE HOUR RUN (TRACK)

1. 6 mi.880 yd. Carlyn Horne

FORT WAYNE TRACK CLUB POINT STANDINGS - 1979

Phil Suelzer

The track club point standings were determined on eleven championship races during 1979. Ratings were determined by adding the number of points acquired in these races, e.g. 1 point for a first place finish, 2 points for a second place finish, etc., then dividing the total points to get an average place position, then dividing by the number of races again to determine an individual's point rating. Example: A runner competes in 10 races and compiles 20 points; divide that by 10 (races) his average place is 2.0, then divide that by 10 again and his rating is .200.

In a review of the past year's point system, it was clear that people wanted to know how they were doing during the year so that this year the point standings will be published 4 - 6 times during the year.

This year there were many close finishes in most age categories. David Milner fills in the post vacated by Tom Shank, while Tom finished a close second to repeat winner Dean Nygard in the 15 - 19 division. Phil Suelzer repeats in a close decision over Rick Reitzug who moved up from 4th place last year in the 20 - 29 division. Bob Bruckner and Walt Green were the class of the 30 - 39 division, Bob winning by a small margin. Bill Schmidt (40 - 49) and Myron Meyer (50 - 59) dominated their divisions, although Joe Barile (40 - 49) had four early season wins before becoming injured.

The two women's divisions also had close finishes this year. Cindy Goller replaces Cindy Caldwell as the 29 and under division winner, although not without an extremely closely contested finish with 11 year old Alma Ojeda. In the final championship race of the year, the New Year's Eve run, Cindy beat Alma by 2 seconds and clinched the championship. In the women's 30 and over division, Jan Kissinger finished just ahead of Gloria Nycum, Roberta Widman, and Adelma Waltenburg.

Each of the division winners will be presented with an award at the Annual Track Club banquet. In an attempt to keep pace with the increasing number of women runners, the number of age divisions will be expanded to three age divisions in 1980: 19 and under, 20 - 35, and 36 and over. In reviewing this year's participants in the women's divisions, this appeared to be the most natural breakdown. During the 1978 year, there were approximately 10 active women runners in the club. During 1979, there were more than 30 and early results indicate that number may more than double.

WOMEN- -29 and under

	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Pts.	Place	Rating
1. Cindy Goller	4	2									8	1.333	.222
2. Alma Ojeda	2	5	2			1					24	2.400	.240
3. Michelle Bickel	3										3	1.000	.333
4. Cindy Caldwell			2	3							18	3.600	.720
5. Theresa Mundinger			2	1	1						15	3.750	.938
6. Laura Cartwright	1										1	1.000	1.000
7. Phyllis Suelzer			2	1				2			26	5.200	1.040
8. Linda Ellingwood		1			1	1		2	1		38	6.333	1.056
9. Mary O'Conner		1		1			1				13	4.333	1.444
10. Brenda Wolfe				1			1	1	1		28	7.000	1.750

WOMEN - 30 and up

1. Jan Kissinger	2	2	1								9	1.800	.360
2. Gloria Nycum	1	3									7	1.750	.438
3. Roberta Widman	2	1									4	1.333	.444
4. Adelma Waltenberg	1	1	2	2	1						22	3.143	.449
5. Pat Cartwright	1	1									3	1.500	.750
6. Linda Hill		1		1	1	1	1	1			32	5.333	.889
7. Marcia Schmidt			3			1					15	3.750	.938
8. Carolyn Babcock	1	1	1						1		15	3.750	.938

<u>MEN - 14 AND UNDER</u>											Pts.	Place	Rating
1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th				
1. Dave Milner	3		1								7	1.750	.438
2. Ryan Hill	1	2	1								8	2.000	.500
3. Mark Davis	2		1								5	1.666	.556
4. Matt Emley	1	1									3	1.500	.750
5. Bill Habig	1	1		1							7	2.333	.778
6. Tom Bickel	1		1		1						9	3.000	1.000

<u>MEN - 15 - 19</u>											Pts.	Place	Rating
1. Dean Nygard	2	1											
2. Tom Shank	1	2	1	1							12	2.400	.480
3. Glenn Moore	2										2	1.000	.500
4. Craig Schwartz	2		1								5	1.667	.555
5. Mike Harmeyer	1	1	1	2							14	2.800	.560
6. Tom Lindley	1	1				2					15	3.750	.938

<u>MEN - 20 - 29</u>											Pts.	Place	Rating
1. Phil Suelzer	2	6	1										
2. Rick Reitzug	4	2	2	1							18	2.000	.222
3. Jerry Mazock			3	2	3	1					38	4.222	.469
4. Tom Loucks		2	1	1	3	1	1		1		48	4.800	.480
5. Gary Dexheimer	2	1					1				11	2.750	.688
6. Paul Emery	2				1						7	2.333	.788

<u>MEN - 30 - 39</u>											Pts.	Place	Rating
1. Robert Bruckner	4	4	1	1									
2. Walt Green	2	1	5	1	1		1				35	3.182	.289
3. Steve Foster	2	2									6	1.500	.375
4. John McMillan	2										2	1.000	.500
5. Don Lindley			1	2	1	1	2	1		1	54	6.000	.667
6. Jim Berghoff		1	1	1	2	1					25	4.167	.694
7. John Schwarze		1	1	1	1		1		1	1	40	5.714	.816

<u>MEN - 40 - 49</u>											Pts.	Place	Rating
1. Bill Schmidt	6	3											
2. Jack Morris	1	5	3								20	2.222	.245
3. Joe Barile	4										4	1.000	.250
4. Herb Chandler			2		2	2	1	1			43	5.375	.672
5. Chris Stauffer			1	3			1	1			30	5.000	.833
6. Lynn Milner			2		1	1		1	1	1	44	6.286	.898
7. Dave Wilson		1	1	1		1					15	3.750	.938
8. Joe Ziegler			1	1			3			1	38	6.333	1.056
9. Don Goldner				1	1	2			1	1	40	6.667	1.111
10. Clyde Shank		1			1	2					19	4.750	1.188

<u>MEM - 50 and up</u>											Pts.	Place	Rating
1. Myron Meyer	9												
2. Mike Kast	1	6	1								16	2.000	.250
3. Wendell Adams			4	3							24	3.429	.490
4. Roger Phillips		1	1		3	2					32	4.571	.653
5. Giles Tomlinson		2	1		1						12	3.000	.750
6. J. P. Jones				3	2	1					28	4.667	.778

HILLS, HILLS, HILLS

Rick Reitzug

Ladies and Gentlemen, the same fine folks who gave you the Homestead Hilly Four have now favored FWTC runners with their exciting new race for the 1980's. Their magic formula? Take the first two miles of the Hilly Four and run them once each way. Add four miles of longer, steeper hills in between. Turn loose one hundred shivering runners. What do you get? Dear people, Dick Shenfeld with the cooperation of Gary Dexheimer and the assistance of Charlie Brandt (drum roll) are proud to present the "Homestead Hellish Hills Eight Mile" and featuring (drum roll) "Instantaneous Oxygen Debt".

The date? January 19, 1980. It's 2:00 p.m. with the thermometer registering 32 degrees. The signal is given and the runners leave the line. The pack is bunched with Mike Hill in the early lead. Phil Suelzer soon takes over only to shortly be replaced by Dexter Lehman. From there until the four mile turnaround a tightly bunched pack of Dexter, Phil, Rick Reitzug, and Phil Lockwood ran together. At this point the pack broke up with Dexter Lehman winning his second straight FWTC race in 43:02. When quizzed afterwards on his apparent strategy of toying with the field in the first half of the race and then pulling away the last half, Dexted replied, "I've only been running six miles a day, so I'm not in real good shape right now. I need the first half of the race to 'feel myself out'". When asked about his hopes for this year, he replied, "I hope to break nine minutes for two miles." He also stated that he was planning on defending his Three Rivers Marathon title and said, "I hope Tom Blumer shows up. I'd like to see what I can do against him." It should be interesting!

Complete results of the race follows.

A NEW YEAR'S ALTERNATIVE

Myron Meyer

The Auld Lang Syne 5 mile was started three years ago to give runners an alternative to the traditional booze and smoke filled New Year's Eve parties. The run has grown from 40 entries the first year to 115 this year. The distribution of runners by age the first year was overbalanced with older runners. The distributions this year was about the same as other road runs. This makes the Auld Lang Syne 5 mile run a legitimate road run. Three years do not make a tradition but hopefully it is a good start.

PIZZA HUT MARATHON

Bloomington, Indiana - November 4, 1979

Tony Gatton	-	3:03:27	PR	53rd overall	23rd (18-24)
Dick Gatton	-	3:11:07	PR	81st overall	5th (35-39)
Bob McKinley	-	3:15:44	PR	99th overall	12th (30-34)
Wendell Adams	-	3:23:28		120th overall	2nd (50 +)

Challenging hilly course. Poor traffic control last 7-8 miles.

MUNCIE 4 MILE

December 9, 1979

Tony Gatton	-	25:05		20th overall	7th age group
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Start of race was two miles from registration point. This was very inconvenient. The course was flat and fast.

FWTC-8-Mile
Homestead High School
January 19, 1980
Weather - 32 with 5-6 mph wind

<u>MEN</u>			
<u>14-under</u>			<u>35 - 39</u>
* 1	Tim Harmeyer	60:52	* 1 Don Lindley 50:10
* 2	Ryan Hill	69:31	* 2 Wayne Schaltenbrand 51:59
			* 3 Bill Whitcomb 52:38
			* 4 Mike Hill 55:06
<u>15 - 19</u>			* 5 DeWain Cobbs 55:35
1	Glenn Moore	45:48	6 Jay Peltington 56:13
* 2	Mitch Stauffer	48:30	* 7 John Barbier 56:43
3	Jerry Dolin	51:52	8 Lynn B. Smith 56:50
* 4	Mike Harmeyer	53:02	* 9 Tom Clagg 56:56
5	Dave Pedersen	55:08	10 Don Frey 58:42
6	Steve Zacher	59:31	11 William Young 62:42
			* 12 Don Hoover 67:02
<u>20 - 24</u>			* 13 John Rasmussen 67:27
1	Dexter Lehman	43:02	* 14 Jim Griffin 68:24
2	Dan Moord	46:45	* 15 Bob Gardner 68:25
* 3	Tom Loucks	48:50	* 16 Tim Thompson 69:39
* 4	Tony Gatton	50:46	
5	Larry Helmsing	58:35	<u>40 - 44</u>
6	Pete Galrek	58:36	* 1 Jack Morris 49:36
* 7	Gary Bird	59:29	* 2 Charles Brandt 50:12
8	Frank Adams	61:05	3 Phil Miller 52:31
			* 4 Joe Ziegler 53:44
<u>25 - 29</u>			5 Edwin Jenkins 55:55
* 1	Rick Reitzug	44:09	6 Bub Stiffler 55:59
* 2	Phil Suelzer	45:04	* 7 Andre Duhaime 65:37
* 3	Jerry Mazock	45:53	* 8 Art Garside 67:25
4	Dan Kaufman	46:54	* 9 Joe Brooks 69:40
* 5	John Treleaven	50:18	* 10 James Buchholz 62:48
* 6	Bob Nunley	53:09	* 11 Lyle Young 68:38
7	Bill Moord	53:11	
8	Kevin Wesley	54:44	<u>45 - 49</u>
* 9	Dan Bossard	55:50	* 1 Chris Stauffer 54:18
10	Rod Kent	57:26	* 2 Clyde Shank 55:16
* 11	Pat Hermann	66:15	* 3 Herb Chandler 56:07
			* 4 Don Goldner 56:25
<u>30 - 34</u>			* 5 Curt Nold 65:42
* 1	Phil Lockwood	44:13	6 Alfred Moore 62:44
* 2	Gary Dexheimer	45:30	
* 3	Steve Foster	46:43	<u>50 - over</u>
* 4	Walt Green	48:26	* 1 Wendell Adams 57:24
* 5	Art Obregon	48:51	* 2 Herb Trier 59:32
* 6	Robert Bruckner	49:40	* 3 J. P. Jones 66:35
* 7	John Schwarze	50:30	* 4 Roger Phillips 70:11
* 8	Ron Motycka	51:40	
* 9	Dan Hannaford	51:51	<u>WOMEN 19-under</u>
* 10	Roger Looyenga	52:49	* 1 Alma Marie Ojeda 57:53
* 11	Robert McKinley	53:53	* 2 Betty Jackson 63:25
* 12	Russell Grose	54:01	
* 13	Dennis Kroells	54:42	<u>20 - 25</u>
* 14	Dave Fairchild	55:25	* 1 Cindy Goller 55:45
* 15	Tom Mather	56:16	* 2 Cindy Caldwell 61:41
* 16	Dan McGuire	56:18	* 3 Therese Munding 69:38
* 17	Phil Shafer	56:21	* 4 Connie Krider 84:07
* 18	Ron Habegger	59:09	
* 19	Rick Ravine	61:22	<u>36 - over</u>
			* 1 Gloria Nycum 70:14
			* 2 Wiladene Shively 84:21
			* FWTC MEMBERS

THIRD ANNUAL SOUTHTOWN MALL AULD LANG SYNE - 5 mile run

December 31, 1979 - 11:45 p.m.

Temperature - 25, slight wind, cloudy

MEN

Open-29

1	Dexter Lehman	26:21
* 2	Rick Reitzug	26:27
3	Doyle Houser	26:48
* 4	Phil Suelzer	26:53
* 5	Alexander Kyle	27:32
6	Tom Deardorff	27:46
* 7	Jerry Mazock	27:48
8	Fred Hannan, Jr.	27:59
9	Rick Stucky	28:20
10	Brian Wyneken	28:36
11	Larry Begley	28:54
12	Dan Moore	29:37
* 13	Tom Loucks	29:37
* 14	Tony Gatton	29:40
* 15	Larry Hankins	29:49
* 16	Tim Bowman	30:05
* 17	Brett Davis	30:14
* 18	Tim Hilterbrand	30:22
19	Dan Kelble	31:01
* 20	Pat Youles	31:12
21	Brady Wells	32:05
22	Greg Petro	32:12
* 23	Dan Bossard	32:13
24	Todd Nichols	32:15
25	John McPherson	32:37
* 26	Gary Bird	34:35
27	David Boggs	34:59
28	Jim Anderson	35:03
29	Rick Schimmoller	35:03
30	Gregg Sprunger	35:22
31	Carter Porter	36:52
32	Murtaza Karim	37:17
33	Greg Young	39:25
34	Bruce Cattell	39:48
35	Doug Lehman	44:20

30 - 34

* 1	Walt Green	28:53
* 2	Robert Bruckner	28:56
* 3	John Schwarze	31:29
4	James Scott	31:43
* 5	Robert McKinley	32:17
* 6	Mike Robbins	32:57
* 7	David Fairchild	33:20
* 8	Tom Mather	33:41
9	Monte Smith	40:41
* 10	James Deitle	42:21
11	Jim Davis	42:21

35 - 39

1	Jere Kunkle	30:08
* 2	Don Lindley	30:18
* 3	Bill Whitcomb	31:25
* 4	Bob McNary	32:35
5	Jay Pelkington	32:38
* 6	DeWain Cobbs	33:03

35 - 39 (cont.)

* 7	Jim McGowin	34:59
8	Wayne Payne	39:48
9	Tim Thomson	39:49
10	Dan VanTreese	39:50

40 - 44

* 1	Jack Morris	29:35
2	Dick Miller	32:46
* 3	Dick Duke	33:34
4	Richard Wade	35:32
5	David Thompson	35:33
* 6	Jerry Weddell	41:13

45- -49

* 1	Bill Schmidt	29:14
* 2	Herb Chandler	32:44
* 3	Don Goldner	33:23
* 4	Curtis Nold	39:23
* 5	Robert Waltenburg	44:33
* 6	David Wilson	44:43

50 - 60

* 1	Mike Kast	31:26
2	Harold Morgan	36:38
* 3	Herb Trier	36:49
* 4	Vern Chouan	37:23
* 5	Roger Phillips	41:43
* 6	Jack Paul	45:48
* 7	Richard Longsworth	45:54

14-under

* 1	David Milner	34:24
2	Brett Hess	34:57
* 3	Tim Harmeyer	35:42
* 4	Ryan Hill	35:58
* 5	Ron Harmeyer	36:47
* 6	John Schwarze	42:47
* 7	Gregg Milner	46:07

High School

* 1	Glenn Moore	26:59
* 2	Tom Shank	27:32
3	Mike Betten	27:40
* 4	Craig Schwartz	28:04
5	Gary Grogg	28:48
6	Hike Grossman	28:49
* 7	Mike Harmeyer	29:59
8	Bill Lamberg	30:25
* 9	Rick Larkenrider	31:18
10	Don Branstetter	32:04
11	Curtis Bailey	32:09
12	Kyle Strode	32:15
13	Nate Rettig	32:16

WOMEN

open-29

* 1	Cindy Goller	33:14
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THIRD ANNUAL SOUTHTOWN MALL AULD LANG SYNE (cont).

WOMEN-open-29 (cont.)

* 2	Cindy Caldwell	36:50
* 3	Theresa Mundinger	37:22
* 4	Julie Nycum	41:44
* 5	Betty Jackson	45:44
6	Fran Cattell	47:14

30 - 39

* 1	Vicki Mather	47:21
* 2	Neida McNary	51:59
* 3	Linda Hill	52:50

40 - over

* 1	Adelma Waltenberg	41:31
* 2	Gloria Nycum	44:11
* 3	Julie Wilson	44:34
* 4	Joan Goldner	44:44
* 5	Jean Longsworth	47:18
* 6	Hiladene Shively	52:46

14 - under

* 1	Alma Ojeda	33:18
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* FWTC MEMBERS

RACE DIRECTORS AND POTENTIAL RACE DIRECTORS

Gary Dexheimer

Responsibilities: 1. A standard recording form for results is available from me. I will arrange to bring these to each race. Please make sure that you use these copies and turn them into the proper individuals.

2. For race sign-up, please use two sheets of paper - one for members (Free Entry!) and one for non-members (standard \$2.00 for all races). This way we can go back to the result sheet and know who receives points as club members. That should be designated by you on the recording form.

3. Remember cancellation is not determined by the race director but must be agreed upon by the race director and either the club president or one of the vice presidents.

4. It is the obligation of the race director to see that the club receives the proper publicity before and after the race. You should call the newspaper well in advance to see that the public is aware of the race and make sure you include all the particulars. After the race, please get the results into the newspapers as soon as possible.

5. The awards for the race are your responsibility. It is your option as to whether you want the club to subsidize the awards or you may choose to use an outside sponsor. Be very particular about how a sponsor is used and to what extent they are involved. If you have questions about this, please contact any member of the executive council. The club has money available to finance your race. Please contact Don Lindley on the arrangements. You may have awards billed to Don c/o of the club, but you must have his prior approval.

As a director you are greatly appreciated. Your willingness to volunteer help makes this club the success that it is. Directing a race is not a difficult task as long as you follow some basic guidelines.

Other suggestions:

1. Course certification is a must! Contact Phil Suelzer for this.
2. A well marked course and an adequate number of helpers are essential.

HIGH SCHOOL RUNNERS

It is not the clubs responsibility to police athletes as to awards. As an athlete, it is your responsibility to know what awards you may or may not accept. If you have a question regarding the ISHAA rules, please consult your coach or high school principal. You may not accept merchandise awards if you are in high school and participate on any high school team.

RACE CALENDAR AND SPRING MARATHON GUIDE

<u>Date</u>	<u>Time</u>	<u>Race</u>	<u>Location</u>	<u>Contact</u>
1. 2-2-80	10:00 a.m.	FWTC Fun Run 1,4,8 mile	Foster Park	Walt Green - 485-4091 Tom Loucks - 622-7108
2. 2-2-80	10:00 a.m.	Griffy Groundhog Day Gambol 10 KM	Bloomington Indiana	Bob Hanson - 812-336-7874
3. 2-2-80		Ground Hog Run	Jackson, Michigan	
4. 2-2--80	10:30 a.m.	8.4, 3.6, 1.2 mile	Riis Park Chicago	Mike Martorano 6100 W. Cornelia Ave. Chicago 60634
5. 2-3-80	1:00 p.m.	TRRC 25 KM Champ.; 3 mi. prediction	Mallard Lake	Terri LaPoint 2653 Edgar Toledo, Ohio 43613 419-826-3454
6. 2-9-80	10:00 a.m.	FWTC Fun Run 1,4,8 mile	Foster Park	Walt Green - 485-4091 Tom Loucks - 622-7108
7. 2-9-80	10:00 a.m.	Cabin Fever 5 mile	Nashville, Indiana	Chris Curtain Box 475, Nashville, IN 47448 812-988-7542
8. 2-9-80	3:00 p.m.	Valentine's Sweetheart Run - 6 mile Flushing High School	Flushing, MI	Mark Bauman 1453 W. Hill Road Flint, MI 48507 313-238-5981
9. 2-9-80	10:30 a.m.	6 mile prediction	Chicago	Mike Martorano (see 2-2-80)
10. 2-10-80	1:00 p.m.	Sam Costa Half Marathon	Carmel Indiana	Athletic Annex 5781 Park Plaza Court Indianapolis, IN 46220 317-849-7600
11. 2-10-80	1:45 p.m.	Valentine Sweetheart Special - 3 mile; Mixed Couple Pred. Relay (4x1 mi & 4x1/2 mi) Bldg.	Univ. of Toledo Health	Terri LaPoint (see 2-3-80)
12. 2-16-80	10:00 a.m.	FWTC Fun Run 1,4,8 mile	Foster Park	Walt Green - 485-4091 Tom Loucks - 622-7108
13. 2-16-80	10:30 a.m.	3 Person 18 mile Relay (5-1.2 mi loops)	Riis Park Chicago	Mike Martorano (see 2-2-80)
14. 2-17-80	2:00 p.m.	FWTC 10 KM Championship	Foster Park	Jack Morris 1809 St. Louis Ave. 219-747-7946
15. 2-17-80	2:00 p.m.	10 KM Run For Fun	Kokomo, Indiana	Ricke Stucker 317-455-0427
16. 2-17-80	9:00 a.m.	Indoor Track Meet	Highland Park, Ill.	Wendell Miller 180 N. LaSalle St. Chicago 60601
17. 2-17-80	1:45 p.m.	Swanton 13 and 3 mile	Swanton Ohio	Terri LaPoint (see 2-3-80)
18. 2-23-80	10:00 a.m.	FWTC Fun Run 1,4,8 mile	Foster Park	Walt Green - 485-4091 Tom Loucks - 622-7108

RACE CALENDAR AND SPRING MARATHON GUIDE (cont.)

<u>Date</u>	<u>Time</u>	<u>Race</u>	<u>Location</u>	<u>Contact</u>
19. 2-23-80		5 & 10 mile	Goshen, Indiana	Rick Clark 716 S. 8th St. Goshen, IN 46256
20. 2-23-80		George Rogers Clark Trace Run - 10 mile		
21. 2-24-80	1:00 p.m.	Windy Marathon & Windy 7 Mile	Carmel, IN	Athletic Annex 5781 Park Plaza Court - Indianapolis 46220 - 317-849-7600
22. 2-24-80	10:00 a.m. CST	Valpo 8 Mile	Valparaiso, Indiana	Jere Kunkle 1808 Chicago St., Apt. 87 Valparaiso, IN 46383 219-462-5313
23. 2-24-80	9:45 a.m.	President's Day Run - 15 KM & 5 KM Prediction	Toledo, OH Pearson Park	Terri LaPoint (see 2-3-80)
24. 2-24-80		Bill Walker Memorial 3 Mile	Detroit, MI Belle Isle	
25. 3-1-80	10:00 a.m.	FWTC Fun Run 1,4,8 mile	Foster Park	Walt Green - 485-4091 Tom Loucks - 622-7108
26. 3-1-80	11:00 a.m.	Mad March Miler 6 mile European Cross County	Indianapolis, Indiana	Marilyn Reinhardt IUPUI School of School of Phys.Ed. 1010 W. 6th St. Indianapolis 46260 317-264-3764
27. 3-1-80	10:00 a.m.	Phidippides Marathon	Cincinnati Ohio	Bob Roncker Phidippides 2711 Madison Road Cincinnati, OH 45209 513-321-0959
28. 3-8-80	10:00 a.m.	FWTC Fun Run 1,4,8 mile	Foster Park	Walt Green - 485-4091 Tom Loucks - 622-7108
29. 3-15-80	2:00 p.m.	FWTC 15 KM & 4 mile	Homestead HS	
30. 3-22-80		Lugar Running Series 5 mile	Fort Wayne	Connie Peterson
31. 3-30-80	12:00	Athens Marathon	Athens, OH	Ellsworth Holden, Jr. 26 Northwood St. Athens, OH 45701 614-593-5685
32. 5-3-80	9:00 a.m.	Saginaw Bay Marathon	Saginaw, MI	Saginaw Track Club P.O.Box 6311 Saginaw, MI 48608 517-790-1224
33. 5-18-80	9:00 a.m.	Revco-Cleveland Marathon	Cleveland, OH	Reno Starnri 878 Wellman St. Bedford, OH 44146 216-232-6373

FWTC Newsletter
Rick Reitzug.
825 Kensington Blvd.
Ft. Wayne, IN 46805

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