

**FWTC FIRST ANNUAL
EUROPEAN CROSS-COUNTRY RUN
(FIVE MILES)
April 5, 1980**



I don't know about the rest of you, but when I heard about European Cross-Country Meets, I had no idea what they were. So I found some information on them in Runner's World, September, 1979.

"Most American Cross-Country courses are set on golf courses. The races stick to fast, short-cropped grass fairways, with a few token hills thrown in to give the courses some challenge. European cross-country tends to be much tougher, with courses usually set through woods or bottom-land. Ankle-deep mud over much of the course is quite common, as are natural and man-made barriers."

Well, runners, that is exactly what we are going to have. The course will be run at Franke Park. It will follow along the lake, on the horse trails, over logs, up and down steep ravines, and to top the run off, the soap box derby hill will be put to use a couple of times. With the race in early April, there should be a lot of mud, I hope.

I would advise old clothes and shoes.

An entry blank is included in this newsletter. So, in April, come out and enjoy something different.

Walt Green

Rick Reitzug
Editor
Tom Loucks
Eulalia Loucks
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COMMERCIAL ADVERTISING RATES:

\$50.00 - Full Page
\$35.00 - Half Page
\$20.00 - Quarter Page
\$ 5.00 - Classified Ad
10 x Entry Fee

Race Advertising Rates
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
Zetachon 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

FWTC/ATHLETE'S CORNER
FIRST ANNUAL EUROPEAN
5 MILE CROSS-COUNTRY RUN

Saturday, April 5, 1980

Sponsored by the Fort Wayne Track Club and Athlete's Corner

PLACE: Franke Park, Fort Wayne, Indiana

DISTANCE: 5 Miles

COURSE: Starts at the pavilion and winds around the lake through rugged, very hilly and muddy trails. The soap box derby hill can be expected in this challenging race.

TIME: 9:00 a.m. -- registration from 8:00 a.m. at the park pavilion.

ENTRY-FEE: \$2.00 for non-members and free for FWTC members.

<u>DIVISIONS:</u>	<u>MEN</u>	<u>WOMEN</u>
	0-19	29-under
	20-29	30-over
	30-39	
	40-49	
	50-over	

AWARDS: Gift certificates for first male and first female and for first three places in each division.

FACILITIES: We have the pavilion and rest rooms.
NO SHOWERS (sorry) - lots of mud.

DIRECTORS: WALT GREEN and DON LINDLEY

CONTACT
Walt Green
4014 Shannon Drive
Fort Wayne, Indiana 46815
219-485-4091

REGISTRATION FORM

NAME _____ AGE _____ DIVISION _____

ADDRESS _____

MEMBER OF FWTC _____ WANT MEMBERSHIP _____ DESIRE MORE INFORMATION _____

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

Signed _____ Parent/Guardian

LETTERS TO THE EDITOR March, 1980

Rick:

The Roadrunner just completed their winter training trip (1/15-1/22) in Orlando, Florida. The weather was perfect and I got in some good training. On Saturday (1/19), I ran the Track Shack "Grand Prix" 5-mile at Disney World Village. I tied for first with Bruce Carpenter (28) of Gainesville in 24:40. It was 68^o, sunny, and a flat course. I'll be training here in Dowagiac until classes start on 1/31. The first indoor meet is 2/7. Nationals are March 14/15 in Columbia, Missouri.

The newsletter looks super! Hal Higdon was also impressed.

Fire Up!

Greg Orman

P.S. The '79 Marathon best was 2:33.30.

Editor's Note: My apologies, Greg. The January, 1980, FWTC Newsletter listed Jerry Mazock as having the 1979 Track Club Marathon best with his 2:39. Greg ran his time at the National Junior College Marathon Championship on a hot day last June.

Rick: You asked for it. I'll take feelings.

Some three or four years ago I read a comment by Dr. Geo. Sheehan in which he said "I often snicker to myself when I think in three more years I'll be 60 and a junior in a new age group". I am the same age as Dr. Sheehan and have shared a similar satisfaction.

I'm entering my second year in this age group and have found this only a disappointment with our club. Many out of town races offer this recognition and area of competition.

I very well appreciate the club's reluctance to recognize this age group with a single member. I would like to suggest skipping the awards or trophies. I feel awards should not be offered to a group which doesn't offer competition. A trophy or award to a single entry in an age group is meaningless.

To me the track club race results are satisfactory awards. A first place trophy may fool friends on display but no one is fooled in reviewing race results.

Therefore, if the award was limited to just recognition of the age group, no one would be out anything.

This probably sounds like I'm proud of my age, not really, but it would help explain why I'm always coming in last with those fast 50 year olds. I could wait for the 50 year old group to advance but that's bad also because then I'll be 70 -- complaining still.

C. Fleetwood

Editor's Note: At the recent Track Club Banquet a number of people also expressed concern about the breakdown of age groups. At our February 17th meeting, the executive council discussed the age group question and came up with the following decision. Beginning with our March 15th race, we are adding two age groups: a 40 and over women's group and a 60 and over men's group. These two age groups are being added on an experimental basis. The women's group, which contains 22 members, will have limited awards at races, while the men's group will have no awards, but will be listed as a separate age group in results. These age groups are being added to encourage participation by qualifying runners of these groups. If race participation in these groups at future races warrants it, additional awards will be added.

Rick: At the PWTC runs, why not take the monies from the members who want to pay and put it towards the Zetachron Digital Clock. This way a member could still donate, race, and pay off the clock without even missing the money. I know I come to a race and my habit is to have money set aside to pay for it. Why break my habit? By giving you the money it goes to the best cause, the clock.

Thank you.

Fred Ross

Editor's Note: Great suggestion, Fred! At future races a coffee can labeled "donations" will be located in the registration area for those members who wish to contribute entry fees or other monies toward the race clock.

AGE GROUP TRACK AND FIELD

Gary Dextheimer

In the last newsletter I had indicated that I was going to consider the details of putting together an age group track and field program. Our club philosophy is basic: that is, to promote running as a healthy, challenging activity. Our club goals are also very basic: that is, to satisfy the needs of our members. As the club continues to grow, we should consider expanding into the community to further our goal of promoting running. I would like to see us take an interest in developing programs which will provide positive recognition for the club.

The following are my suggestions on how to organize such a program. To make the program go, I would need several volunteers to administrate and coordinate this. I would want to be involved, but there is a limit to how many things I have time to get involved in. If I receive positive support for this and get people to start things rolling, we could activate this program this summer. As I mentioned before, many of our members are involved in other children's sport leagues. I think that type of involvement is great and I hope we can find the same kind of interest in this.

As a children's sport, track and field provides an excellent activity. The expense is minimal, the exercise is excellent, and if the program is run right, everyone is girls can often compete equally, even with special needs or handicaps.

Initially, I would suggest that the program be limited to elementary children ages 6-12. The time involvement would be limited to one and a half hours every other week and one Saturday morning every other week - June through August. It would involve locations centered around a neighborhood club. Each neighborhood club would nearest two club members as coaches and hopefully they could gain the assistance of the parents' involvement in helping officiate, etc. The weekend program would involve an informal clinic and practice. Saturdays would involve a league meet with possibly three to four clubs. There would be a minimal charge to each family for the program to cover the cost of awards and possibly to purchase T-shirts (neighborhood club name on the front and PWTC on the back). The events would be limited to an abbreviated schedule such as: two field events, one sprint, 440, mile, hurdles, and one relay.

Obviously this will take some further planning and refinement. This could be a very positive program for the club. I hope we can find a few individuals willing to offer their time. The results could be extremely rewarding. If you would consider volunteering some of your time, or would like further information, please contact me at 432-1439.

TAKING IT TO THE LIMIT
Rick Reitzug

A runner falls asleep during a race and loses 24 miles to the second place runner, another runner goes to work for six hours and comes back to finish the race, a third runner, of national class, arrives late for a race, unpacks his gear, leisurely gets ready, and goes on to win the race in a course record time. Behaviour characteristic of the typical racer? Not really. Behavior of the fanatical, half crazy, ultramarathoner? Impossible! Impossible, but true! Take, for example, the events surrounding Fort Wayne Track Club member, Dan Bossard's first 24 hour run.

The night before the run, Dan slept five hours. The day of the run, Dan worked at his job as a State Highway Inspector, for ten hours. That same day, Dan packed his dog into his pickup truck and drove to Anderson, Indiana, the location of the 24 hour run. Once in Anderson, Dan could not find the location of the run. After making inquiries, he finally arrived at the starting line ten minutes before the run was to start. However, Dan was not yet ready to run. His dog had to be fed and a temporary 24 hour home for him had to be set up. Unrattled, Dan went about his work. The thought of the 24 hours to come did not intimidate him. He started, more or less, on time and held back to a steady 10 minute per mile pace while the other seven starters clipped off successive seven minute miles. At ten miles, Dan took his first break. Through a young boy who just started "hanging around", he discovered that he was psyching out the other competitors because he hadn't taken any break before this. Dan continued running and eventually worked into a rhythm of running three laps and walking one. At one point during the race, Dan was 16 miles behind the leader. The leader, however, decided to take a short nap. When he woke up, Dan was eight miles ahead of him and running in the lead. The run, which was to be a training run to prepare Dan for the Copper Harbor, Michigan, 50 miler, now became a competitive effort. From this point on, Dan said he "did what needed to be done to win". Dan, whose goal had been to run 50 miles (which he did in the first 12 hours), finished in first place with a distance of 85 miles.

It becomes evident from talking to Dan Bossard that the ultramarathoner is a different breed of runner. Contrary to the impression one may get from reading the previous paragraphs of this article, ultramarathoners are fanatics. They are not fanatics in their competitiveness, but rather in their love of running. If there is such a thing as a running purist, it would have to be the ultramarathoner. He runs not for awards, or even competition, but because he loves running. Consequently, if running is enjoyable, the farther you run, the more enjoyable it becomes. The pace, much like the atmosphere surrounding the race, is leisurely. Competition is solely with the self to see how far the body and mind can be pushed. What most runners and racers do mentally and physically on a small scale, ultramarathoners take to the limit. And what better way to take it to the limit than in the company of other people of like persuasion, in a race which does not produce muscle soreness that prohibits one from doing what one loves best the following day.

This is not to say that running an ultra is a piece of cake. As Dan Bossard says in talking about his 24 hour run, "Mentally, there were periods where I couldn't remember what happened afterwards. Running around a track for 24 hours can get awfully boring, but, in a way, it's good because you don't have to worry about hills, traffic, or where the course is going." Or in speaking about his 50 miler on a hilly but beautiful course in Copper Harbor, Michigan, "It got pretty lonely at times because you didn't see another runner for miles and miles. The last ten miles were very demanding, but by that time, I figured, 'I've run forty miles, what's ten more.'"

According to Dan Bossard, the secret to running and finishing an ultramarathon is managing your time correctly. "You need to break the race down into smaller segments. The thought of running 50 miles or 24 hours straight is too mind boggling. For example, at Anderson I broke it down into one mile segments. I would run three laps and then reward myself by walking one." Before the race, mental preparation

consists of getting one goal for the entire race imbedded in your mind. Because of the slower speed, Dan claims that running an ultra is far easier than racing a marathon and does not produce the muscle soreness that accompanies marathons. Dan says, "The day after the 24 hour run, I was able to go out and run without stiffness, although it took me a week until I felt as strong as I did before the race." Mega-mileage weeks also are not necessary to complete ultras. Before the 24 hour run, Dan was training only 40-45 miles per week. By the time of his next ultra-marathon, the 50 miles in Copper Harbor, Dan was running about 60 miles per week. In that race, he ran an 8:20 per mile pace for the first forty miles but died badly in the last ten miles. He finished in the middle of the pack (including many of the best ultramarathoners in the country) in 7 hours and 47 minutes.

After this effort, he ran 30 miles at a 50 mile in Chicago with a 101° temperature. Then on Thanksgiving weekend, he participated in a 60 and 100 kilometer race in Toledo. Runners were permitted to decide at 60 kilometers whether to quit and be counted as finishers in the 60 kilometer race, or continue as part of the 100 kilometer race. Dan had planned on running the 100 kilometer race, however, he was wearing a pair of Nike Elites and discovered that they didn't afford him nearly the protection that the Nike Tailwinds he generally ran in did. As a result, he decided to call it a day at 60 kilometers. He finished in 5 hours and 35 minutes.

Dan has been running for about two years and is currently running about 90 miles a week. This generally includes a long run of 15-20 miles once a week. He is training for a 48 hour run in Miami, Florida, on February 28th. The day I interviewed him, he had gotten up at 4:00 a.m., and had run 28 miles. "I got a little carried away," he claims. Dan's goal for the 48 hour run is to complete 200 miles. He states, "The record is 258 miles which was set back in the late 1800's. This is the first sanctioned 48 hour run since about 1880. I'd like to run at least 125 to 130 miles the first 24 hours so I can have an easy second day." Who else but an ultramarathoner would call 75 miles of running in one day an "easy day"? Dan further states, "Who knows, I may fall apart at 100 or 150 miles. I've never gone that far before. I guess it's the unknown that appeals to me." It was an injury that first motivated Dan to try an ultramarathon. "I have a bad knee, a cartilage problem, that still bothers me occasionally. Speed seemed to irritate it, so I decided to slow down and go farther." Dan, however, does compete in shorter races. He claims that the longer ultras help him mentally in the shorter races. "After all," he says, "what's two more miles in a four mile race if you're used to running 50 miles?" Dan feels that running has had a positive influence in his life ("I've cut down on the beer."), and that it is currently the most important thing in his life. For those of you disillusioned with the commercialism and populism currently prevalent in road racing, ultramarathoning offers a new area to explore. It seems to maintain the purist roots from which road racing sprang. If it's motivation you desire to run an ultra and "take it to the limit".

CONTEST WINNER
W. Stowers was recently voted as the "Name Your Newsletter" Contest winner. His winning entry and the new name of your newsletter is "THE INSIDE TRACK". Congratulations! Please contact Mike Hill with sizes for your FWTC uniform.

NEW FUN RUN DIRECTORS

Walt Green and Tom Loucks have been named the new FWTC Fun Run Directors. Fun Runs are held every Saturday at 10:00 a.m. at Foster Park. Please contact Tom or Walt if you have any questions concerning the Fun Runs.

ATTENTION BOSTON MARATHONERS

Any FWTC members planning on running the 1980 Boston Marathon, please contact Rick Reitzug (219-424-8091) by March 10th.

FOR ALL OF US WHO DON'T PLACE

Mike Hill

Alright. I admit it. If I could be fast, I'd sell out to Darth Vader. Sitting and watching the Olympics, the Walter Mitty comes out in me and I dream about what might have been. Most runners are dreamers. Why else would they go out in winter weather and run 40 to 50 miles per week? Why else would they pay large amounts of money for running shoes, shorts, Gortex suits, socks, orthotics, sweat suits, stocking caps, antihistamine tablets, Gator Ade, vitamins, etc., etc., etc. I've spent more on doctors in the last two years of my life than in the first 36. I'm so healthy I limp to work and sleep with some difficulty. Quite honestly, I felt better when I smoked three packs a day and drank beer. So who bother? Good question! I know all of you reading this are perceptive enough to ask.

Let me tell you just a few of the reasons why. It's because we all hope, we all want to be heroes. Inside all of us is somebody who always wanted to be something. You've got to keep it in perspective though. I mean, I don't want to beat Craig Virgin or Bill Rodgers. Shucks, folks, I'd be glad to run with Rick Reitzug, Walt Green, Phil Suelzer, and the gang (in case you don't know them, they're the fast skinny guys who run in the front pack at the local races). The truth is I can't even catch my friend Don Lindley.

At the Homestead 8 Miler, I got fed up, ran to the front of the pack and destroyed Dexter Lehman for 15 or 20 yards. At that point I could no longer breathe or he would have been in real trouble. At the 1/2 mile, I was in 10th place, at the mile about 20th. Walter Mitty crashes again!

This spring I'll do it again. Fast intervals at Bishop Luer's High School. 60 or 70 mile week, and 20 mile runs on Saturdays. Making fun of the way Jerry Mazock runs (until he runs off and leaves me). And more injuries, etc.

And all for the same damn stupid reason. I hope someday to run that one perfect race; to win; to be the hero; to take home the big trophy; to be better than I have ever been before. It's worth all the work, all the money, all the time, and all the discomfort. If somebody mentions the runners high to me one more time, I'll I'll I'll just puke.

LOCAL CORPORATE RACE?

A few of the officers have been mulling over the idea of having a company team race. We were thinking of a three mile race on the grass at MULIC/General Telephone around the 3rd weekend in June.

The idea is to encourage your colleagues at work (men and women) to run. Only full time employees eligible, no upper limit on number of team members. The first four men and first two women from each team score. Add up the finishing places, lowest score wins (cross-country style).

This is strictly a small time operation with low entry fee (possibly \$1.00 per runner) and modest awards. Almost anybody can run three miles and the slower runners won't hurt the team with cross-country scoring.

For companies that want to participate but don't have two women runners, we may go to separate races or come up with some system of handicapping.

What we need is an idea of how many teams would participate. Unless we had at least four teams, the race would not be very interesting. So far Central Soya and possibly General Telephone have expressed interest in entering a team. If you and your running buddies at "Acme Widgets" think you can enter a team, call Tony Gatton (Res. 422-2776, Bus. 425-5353).

If there is enough interest, we will go ahead with our plans.

AN INFORMAL EVALUATION OF POPULAR RUNNING EQUIPMENT

Rick Reitzug

The following equipment survey does not pretend or intend to be scientific in nature. It merely reflects the opinion and evaluation of the editor and other track club members of the running equipment listed.

Rain Suits

Etonic - For \$50.00, this is an attractive suit, but not very functional. The suit does not protect me from the rain any more than the \$3.88 nylon windbreaker I bought at Ayr-Way. The zippered pants are too wide at the bottom and tend to get in the way when running. Eventually, the zippers ripped out of mine and I had to get the bottoms sewn together. The problem with this is that now I can no longer remove the pants without taking off my shoes.

Frank Shorter - The protection this suit offers from rain is debatable. Its chief advantage is its comfort and wind resistance. In cold weather, all that's needed underneath is thermal underwear, no matter what the wind strength.

Russell - This is not the most attractive rain suit on the market, but if it's protection from the wind and rain you're looking for, this suit is better and cheaper than most (approximately \$30.00). These two piece suits are all one color (yellow, dark blue, or orange), with zippered jackets and snap adjustable pants. The Russell suit is made from a heavier material than most rain suits and although not rain proof, they are definitely rain resistant. They do tend to keep body heat in, but this problem can be partially alleviated by using the zipper as a heat regulator.

Shoes

Nike Tailwind - Cushioning on the Tailwind is very evident to the point that the shoes feel strange until you get used to them. If worn daily, the rear of the leg between the calf muscle and the Achilles tendon tends to become sore. I use mine every second or third day, usually when my legs are tired, since they are excellent "shock absorbers". Sole wear on the Tailwind is poor due to the extremely soft nature of the midsole. Approximately \$50.00.

Nike Daybreak - Overall, the Daybreak is a far better buy than the Tailwind. A little cheaper (approximately \$45.00), it does not have the excesses of the Tailwind. The soles are not as soft and, as a result, sole wear is better. Considering the thickness of the sole, the Daybreak remains relatively flexible. They can be worn daily without developing muscle soreness.

New Balance 620 - The track club member questioned here was on his second pair of 620's and stated that the quality of the second pair was far better than the first. This shoe is the lightest training shoe available (lighter even than all but ten of the top racing shoes surveyed by Runner's World). Shock absorption is excellent, as is rearfoot control. The shoe comes in several different widths - it is important that you get the correct width as the upper will tear away from the sole if the shoes are too tight and become wet. Sole wear, supposedly, is better than what Runner's World gives it credit for.

Brooks Vantage - The track club member asked about this shoe had just bought his fourth straight pair of Vantages. I think that, in itself, speaks for this shoe. This shoe has excellent sole wear, excellent heel shock absorption, contains a varus wedge and is relatively inexpensive by today's standards (\$30.00). The shoe is also fairly light.

Brooks John Walker RT-1 - For the money (\$30.00), probably the best racing shoe on the market. Designed for both racing and training, it is probably too light for continued serious training. The shoe is very comfortable, although it tends to be a bit narrow until broken in. Sole wear is better than I've experienced on any running shoe. Flexibility and shock absorption are good for a racing shoe.

Miscellaneous Running Equipment

Jog-a-Lite Vests - There are two types of jog-a-lite vests available. One is a mesh type which affords plenty of ventilation. The disadvantage of this vest is that it is fastened with strings which tend to come undone while running. Safety pins can be used to alleviate this problem. The other type of vest is made of all nylon reflector material. This vest has elastic straps for fasteners that hold quite well. Due to the material, this vest holds in more body heat and thus would not be as good for summer running. Each vest costs approximately \$10.00 and reflects 260 times as much light as ordinary clothing and four times as much as a stop sign.

Runner's Backpack (Runner's Diversified) - This backpack is excellent for those of you who would like to run to and from work. Spacious enough to carry an entire change of clothes (minus suit), the pack also comes with an optional waterproof envelope in which to carry your papers. The pack itself is lightweight and made from waterproof nylon pack cloth. The pack is comfortable while running, does not cause shoulder soreness, and includes a "belly band" to keep it from bouncing. Pack costs \$13.00, envelope \$3.00 extra.

COACH'S CORNER

Gary Dexheimer

It sure is great to be getting back in good shape. I like feeling strong and knowing that I can handle 60 miles per week. As a runner I've always felt, almost in a child-like sense, that when I was in shape I could do anything. That is, until I played hockey the other day. I expected to have a hard time skating since it had been years, but actually, the skating wasn't a problem. I didn't even mind the bruises. What did kill me is that after only an easy 30 minute game I felt like I was a smoker who did ten packs a day. My legs may be strong but my upper body strength is zero. Unfortunately, that's a real problem with running. Certainly it's an excellent exercise method but it certainly doesn't do much for strength. The problem with running is that, for me, I spend so much time at it that there's no time left for other types of athletics. My point is that distance running alone doesn't do much for upper body strength and certainly won't keep the stomach muscles from sagging. Unfortunately for many of us there aren't many solutions. Interval training definitely helps develop the upper body. Weights are excellent when used properly but they can be very dangerous when used improperly. There are many other sports, such as racquetball, tennis, or basketball, that are excellent but as I said before, who has time? The best solution is to supplement your training with a few sit-ups, push-ups, or other types of simple strength type exercises.

So the next time you're feeling smug about the type of shape you're in, go play a 30 minute game of ice hockey. I'll guarantee push-ups and sit-ups will soon become a regular part of your routine.

Next month I'll tell you everything you ever wanted to know about podiatrists.

FOR SALE - THE COMPLETE BOOK OF RUNNING by Jim Foxk - \$4.50

Contact Vern Chovan, 3712 Lindbergh Blvd., Fort Wayne, IN 46806
219-447-3048

Two pairs Frank Shorter running shorts; size medium; like new;
one yellow, one orange; \$5.00 each
Contact Tom Loucks, 622-7108

In the days of old, when a runner prepared himself for a race, he would put on his cotton gym shorts and T-shirt, pull up his gray sweats, and lace up his \$20.00 pair of Adidas running shoes. He would pay his 25¢ entry fee, run the race to the best of his ability and, afterward, collect his time and his ribbon. The runner of the '80's, in preparing for a race, slips on his unisex nylon tricot running briefs with the build-in insert, slides his matching running singlet over his head, steps into his rain and wind proof, multicolored running suit, straps his specially designed running chronograph to his wrist, fastens his air shoes to his feet making sure the stabilizer is properly positioned. He pays his \$8.00 entry fee and after finishing the race, he discovers that the color TV set that was to be his award for winning his age group has been claimed by an imposter who jumped into the race during the last mile.

Exaggerated? Perhaps, but the reality remains that running is no longer the simple, unadulterated activity it once was. With the advent of James Fixx's COMPLETE BOOK OF RUNNING, many individuals discovered that it was possible to materially profit from the running boom. Thus we have been bombarded with a host of books, movies, running apparel, shoes, and other running related products of dubious worth. The sole value of some of these products is that they provide most of us with a good laugh. Below are my eight favorite "running ripoffs", taken straight from the pages of Runner's World:

1. For only \$35.00 you can send to California and get your old wornout running shoes bronzed. My question is, does bronzing them seal in the smell?
2. Twenty dollars will buy you a framed, red brick inlay wall emblazoned with "Respect the Wall". Space remains on "the wall" to personalize it with your own graffiti. The perfect addition for the house decorated in "late tackiness".
3. For ten dollars you can get your own magic cassette that let's you overcome all physical barriers and run "Your Four Minute Miles".
4. If that doesn't work, you can save \$7.50 and "run without tiring, without thirst, without feeling (?)" by purchasing a "superb training tool" which allows you to have "fantastic success in marathons". The revolutionary breakthrough? A three inch onyx stone with a thumb imprint! If I buy two of them I wonder if I'll be able to run twice as fast!
5. For those of you who prefer training to onyx stones, you can now listen to the Rolling Stones on your training runs by purchasing your very own "radio active headband" for \$15.95.
6. Or you can "run happier" by using your "super wrist radio" for only \$11.95.
7. Before you tune in to the Rolling Stones you can warm up with the "theme song for runners" entitled "Goin' on a Run" (how creative), available in record for \$1.85 or cassette for \$2.85.
8. What runner's marathon experience would be complete without the "Marathon Ring of Achievement"? For a mere \$175.00 in 10 Kt Gold or \$80.00 in Silver (undoubtedly higher by now), you can own this "lasting symbol of pride".

I don't mean to imply that there are only disadvantages to the rise of commercialism in running or that everyone is out to rip runners off. Personally, I like to look good while running. I enjoy the comfort that racing uniforms and rain suits afford, and I appreciate the tremendous improvements made in running shoes. However, manufacturers of running equipment no longer always have the best interests of runners in mind. For this reason, the runner must become a discriminating consumer if he is to avoid exploitation. Let the runner beware!

HAVE A GOOD RUN!

I was certainly pleased with this year's turnout for our annual banquet. Unfortunately, a large number of the award winners weren't able to make it. I hope everyone who attended enjoyed the evening.

To the delight of non-runners, we managed to stay away from conducting any type of meeting, although there was ample time to corner an officer and offer opinions regarding the club. All discussions centered mainly on one topic: age group breakdowns. We all understand that the purpose of the club is to promote running. Many of the women felt that we could better serve this purpose by further breaking down the women's groupings. In the last newsletter, it was stated that to better represent the growing number of women in the club, we would go from two age divisions to three. There is some strong feeling within the women that this discourages women over 40 from competing. It was felt that a better breakdown would be: 19 and under, 20-29, 30-39, 40 and over. This also brings up the fact that we should possibly offer an over 60 division for men. Obviously, there is a limit as to how far we should go with this. Yet, to many of us, a little recognition makes the running challenge worth it. It is important that we meet the needs of our members and that we promote the sport to encourage future participants. On the other hand, let's not lose sight of the reason that we're out there for in the first place. This will be discussed at our next executive council meeting on February 17th. I'd like to think that we're a progressive club and if the change needs to be made, then we'll make it.

I'd like to make a statement regarding donations. In conducting club business, you'll see this word used a lot. To many people, the word appears very negative. In terms of our club I feel that we can best serve the membership by the use of donations. This puts the option for club growth in the hands of those members who will directly benefit from such programs. The club functions on a fairly tight budget. Many members are only interested in the newsletter and possibly a few races. For those people, the \$10.00 fee is enough. Others are very involved in the club. We run all of the races, attend the banquet, win our share of awards, benefit from the club owned equipment, and would like to see additional club expansion. For those people, paying only \$10.00 is a deal. Therefore, from time to time, you'll see the word "donation" used.

I'm sending a challenge to the Hoosier Runner to pick a race on our schedule and send up two teams for a little fun and competition. We'll probably use two teams. One will be comprised of the five best male runners and the other will be a mixed team of one individual from each age group. We'll combine the two team scores and they pick, that is, if they accept the challenge. I'll let you know later what race

BANQUET REVISITED

For those of you who weren't able to attend, the Second Annual FWTG Banquet on February 8th was a big success. The potluck format resulted in an abundance of tasty delights being present. Your editor made a pig out of himself and set a new track club record for most desserts eaten in one meal. Charlie Brandt was an early challenger but dropped off the pace at the five dessert mark. Gary DeKheimer set a personal record (shortest speech) and Don Lindley's kids set the record for "most slides across the floor without ripping holes in the pants".

RACE DIRECTORS - CLOCK RENTAL

The Track Club's Zetochron Clock and Chronomit Timer are rapidly becoming booked for spring and summer races. If you wish to make your race a success at the finish line, please contact Gary DeKheimer, 219-432-1499, for clock and timer rental. Also, get publicity for your race by advertising it in the FWTG Newsletter. A full page ad including race application costs ten times your entry fee. All ads must be submitted by the 15th of the month to be included in the following month's news-letter.

WORDS FOR WOMEN
Cindy Caldwell

I had moved to Fort Wayne in December, 1975. At that time, I was running about three miles three times a week. I continued this until about May when I heard about the Three Rivers Marathon. I knew nothing about races, to say the least about 26 miles and 385 yards. I upped my mileage to include a five miler once in a while. My good intentions of putting in more mileage just did not pan out.

I started the marathon having no idea what to expect. The day of the race I was more worried about whether my shorts matched my shirt than about what was ahead. I thought if I really tried I could just keep plodding along until I finished the 26 miles. I was a nervous wreck and had to go to the bathroom a hundred times. It was hot out and predicted to reach 90 degrees.

This was my first race ever. The gun went off and soon the pack thinned as everybody barreled out of there. I went with the crowd and started out very fast. I was whipped after five miles and had to slow down the pace. At six miles, I was so out of breath that I stopped for a second to catch my breath. But I started right back up again and ran for another three or four miles. By this time I really started to tire and get bad blisters on my feet and the heat was really getting to me. I could not wait to get to the next aid station. I decided to stop for a few minutes and walk. As soon as I stopped, my legs started to tighten up and I really had to push myself to start up again. I ran to the thirteen mile mark with a few walks in between. That was the turn-around and by that time the thing that was bothering me most of all was the heat. It seemed to completely zap me.

I wanted to finish so badly! I continued along running a half mile and walking a half mile all the way up to eighteen miles. At this point, I was completely worn out and it hurt to even lift my legs to walk. I wanted to keep going, but so many things went through my head, "Can I make it the last eight miles if I walk it?", "Will I get back before the finish line closes?", "Will I be the last person to finish if I go on?". A few "rescue" vans passed by. I looked back and I didn't see any other runners behind me. "Here comes a van." I thought "It could be the last one." I took it and once I got inside I felt like jumping out and continuing to run.

I learned so much from that run. I learned that the marathon is not something to take lightly. You need to train for it physically and mentally. You should wear clothing that does not chafe. I have found that the inside of my thighs get very scraped up in a long run unless I apply vaseline. It may be due to women having bigger thighs than men. That was probably the sorest part of me after that run. If you wear socks, it helps to prevent blisters if you have socks that do not slip around in your shoes. That produces friction. When running a long run, especially in the heat, you should be sure to take advantage of the aid stations. Most important of all, do not go out too fast! You have a long ways to go and should conserve your energy. Your mind has to be set on finishing that distance. In a marathon, your training and determination pay off. I chalked that first Three Rivers Marathon up to experience and decided to train from there.

Banquet or Bust

Track Club member, Ed Jenkins, who lives in the Foster Park area and does much of his running in the park and on adjoining Hartman Road, recently made several calls to the police department and other local officials about the number of cars speeding up and down Hartman Road. "It's a dangerous situation. One of these days a runner will be seriously hurt or killed by one of the speeders," Ed told them. On February 8th at 6:57 p.m., three minutes before the start of the Fort Wayne Track Club Banquet, a policemen stopped and cited a vehicle on Hartman Road for traveling 45 miles per hour in a 25 mile per hour zone. "We've had a number of complaints about speeders on this road," the officer said. "I know," Ed replied. Maybe next time Ed will concentrate on long, slow distances! Needless to say, Ed did not make it to the banquet on time.

NAME _____
 ADDRESS _____
 CITY & STATE _____
 ZIP _____
 TELEPHONE _____
 SIGNATURE _____
 RETURN ENTRY WITH REMITTANCE TO:
 Y.M.C.A. WARSAW 10,000
 1401 E. Smith St.
 Warsaw, IN 46580

(All applications must be signed-
 parent's signature required if
 runner is under 18 years of age)

12 and under
 13 to 15
 16 to 18
 19 to 24
 25 to 29
 30 to 34
 35 to 39
 40 to 44
 45 to 49
 50 to 54
 55 to 59
 60 to 64
 65 to 69
 70 and over

18 and under
 19 to 29
 30 to 39
 40 to 49
 50 and over

ENTRY FEE: \$4.00 prior to April 26, 1980 deadline; \$6.00 after deadline.
 ENTRY FEE MUST ACCOMPANY REGISTRATION.
 I attest and verify that I have full knowledge of the risks involved in this event and have trained so that I am physically fit to participate in this run. I also accept full responsibility for my participation in this event and hereby release from any and all responsibility Deputy, the Kosciusko Community Y.M.C.A., the city of Warsaw and any other club, agency, corporation, or business affiliated with this race, with respect to any damages, claims, demands, or action stemming from or in any way connected with my participation in this event.

WARSAW TRIATHLON

REGISTRATION: \$4.00 before April 26, 1980
 \$6.00 after April 26, 1980
 Payable to: WARSAW 10,000
 Y.M.C.A., 1401 E. Smith St.
 Warsaw, IN 46580

CATEGORIES: MALE FEMALE

CHECK IN: Registration
 Race Day - 9:00 to 10:30 AM;
 to receive race packets

COURSE: Mostly flat
 rolling terrain
 through residential areas around
 Winona Lake.

START AND FINISH: Start and Finish at the
 Kosciusko County Fair-
 Grounds, Warsaw, IN

AWARDS: To top
 three in age group
 or 10% of advance
 registration.
 WARSAW 10,000
 souvenirs to first 600
 entrants.

DEPUTY

MAY 10, 1980 11 A.M.

Y.M.C.A. Community

RACE RESULTS REPORTING FORM

Name	Race	Distance	Time	Overall Place	Age - Group & Place

MEMBERS' NUMBLINGS:

Please write below anything you would like included in the Newsletter. This includes race comments, insights, etc., questions, training tips, feelings, ads, trades, etc. Deadline for April Newsletter is March 15th.

Staple

Fold Here

Fold Here

Rick Reitzug
825 Kensington Blvd.
Fort Wayne, Indiana 46805

Stamp

FOSTER PARK - 10 KM

February 17, 1980

Phil Suelzer outran Mike Maycock to win the February Fort Wayne Track Club points race. The two runners ran neck and neck for the first six miles but Phil's blazing finishing kick prevailed on this chilly day. Gary Dexheimer continued his comeback, placing third overall. A number of upsets also took place in this race. Charlie Brandt was able to defeat Bill Schmidt to win the men's 40-49 division, while Mike Kast accomplished a rare feat by defeating Myron Meyer in the men's 50 and over division. This was Myron's first race since a hernia operation sidelined him for several months. Cindy Goller and Alma Ojeda continued their domination of the women's divisions with Cindy being the overall women's winner and winner of the 20-35 age group with a 45:19. Alma won the 19 and under division with a 47:39 while Adelma Waltenburg won the women's 35 and over division with a 53:10.

Times were generally slow due to the cold and the ice and snow covered roads. With the number of upsets and position jockeying that has taken place in the first two points races this year, it looks like some real interesting and close battles are shaping up in many of the age groups. The next points race will be a 15 KM on March 15th at Homestead. By that time we may be rid of the snow but once again we'll be facing the well known Homestead Hills. Rumor has it that the 15 KM course to be run that day makes last month's 8 mile course look like a pancake. See you there!

RESULTS

MEN

19 and under

7 Mark Herndon 37:26
28 Jerry Dolin 42:16

20 - 29

1 Phil Suelzer 35:03
2 Mike Maycock 35:06
4 Rick Reitzug 35:57
6 Jerry Mazock 36:04
8 Tom Loucks 37:33
11 Dan Moord 38:19
14 Bill Moord 39:29
16 Tony Gatton 39:57
25 Anthony Skevington 41:43
29 Bob Nunley 42:28
31 Bruce Barton 42:58
42 Dan Bossard 46:03

30 - 39 (cont.)

38 Mike Hill 45:07
40 David Waldrup 45:52
41 David Fairchild 45:53
43 F. L. Averbek 46:13
44 Tom Cavacini 46:28
45 Dwane Garrett 46:37
47 Jay Pelkington 46:45
48 Lynn Smith 46:46
49 John Barbier 46:53
50 Donald Frey 47:37
52 Tom DeLong 49:13
54 Larry Haworth 49:28
55 Mike Nowling 50:22
59 John Rasmussen 51:23
61 William Young 53:14
64 Mike Scudder 55:24
67 Jeff Shull 57:21

30 - 39

3 Gary Dexheimer 35:19
5 Steve Foster 36:02
9 Walt Green 37:42
10 Robert Bruckner 37:48
15 John Schwarze 39:51
17 Don Lindley 40:11
18 Wayne Sclaltenbrand 40:27
19 Dennis Kroells 40:30
21 Jim Berghoff 40:57
22 Dan Hannaford 40:59
27 Dan Paflas 41:55
34 Bob McKinley 43:40
36 Ron Habegger 44:13

40 - 49

12 Charlie Brandt 38:41
13 Bill Schmidt 39:21
23 Woody Barker 41:12
24 Chris Stauffer 41:34
30 Joe Zeigler 42:51
32 Edwin Jenkins 43:30
33 Robert McGuan 43:33
35 Don Goldner 44:00
37 Larry O'Herron 44:40
46 Terry O'Neil 46:44
56 Art Garside 50:49
58 Curtis Nold 51:00
65 Lyle Young 56:51

FOSTER PARK - 10 KM - 2-17-80 - RESULTS (cont.)

<u>40 -49 (cont.)</u>			<u>WOMEN</u>		
69	Ross Moyer	59:05	<u>19 and under</u>		
70	Robert Waltenburg	72:00	51	Alma Ojeda	47:39
			68	Betty Jackson	57:54
<u>50 and over</u>			<u>20 - 35</u>		
20	Mike Kast	40:49	39	Cindy Goller	45:19
26	Myron Meyer	41:48	53	Theresa Munding	49:24
51	Jim Jones	47:39	66	Kenya Beasley	57:10
63	Al Moore	54:34	71	Kathy Statz	74:00
			<u>35 and over</u>		
			60	Adelma Waltenburg	53:10
			62	Gloria Nycum	53:18

SAM COSTA HALF-MARATHON
Indianapolis, Indiana
February 10, 1980

<u>Overall</u>	<u>Division</u>	<u>Name</u>	<u>Time</u>
<u>Place</u>	<u>Place</u>		
1st		Tom Blumer	1:08.25 (Course Record)
2nd		Bill Cavaghan	1:09.18
6th	2nd	Doug Osborn	1:14.18
8th	4th	Tom Deardorff	1:15.01
23rd	13th	Tom Loucks	1:20.34
49th	14th	Don Lindley	1:26.17
147th		Frank Adams	1:40.10

Gently rolling hills, very cold (20^o) and windy. Splits were good. Results were posted immediately and award presentation was held 2-1/2 hours after start of race.

RACE CALENDAR

<u>Date</u>	<u>Time</u>	<u>Race</u>	<u>Location</u>	<u>Contact</u>
1. 3-1-80	10:00 a.m.	FWTC Fun Run 1,4,8 mile	Foster Park	Walt Green - 485-4091 Tom Loucks - 622-7108
2. 3-1-80	11:00 a.m.	Mad March Miler 6 mile European Cross Country	Indianapolis, Indiana	Marilyn Reinhardt IUPUI School of Phys.Ed. 1010 W. 6th St. Indianapolis 46260 317-264-3764
3. 3-8-80	10:00 a.m.	FWTC Fun Run 1,4,8 mile	Foster Park	Walt Green - 485-4091 Tom Loucks - 622-7108
4. 3-9-80	9:45 a.m.	Get It In Glass 20 Km	Secor Park Toledo OH	Mike Cameron 419-531-3639
5. 3-14/15-80	2:00 p.m.	NCAA Indoor Track Championships	Detroit, MI	Jack Harvey Joe Louis Arena Univ. of Michigan 1000 S. State St. Ann Arbor, MI 48109
6. 3-15-80	2:00 p.m.	FWTC 15 KM & 4 mile fun run	Homestead HS	Mike Kast Herb Trier

7.	3-15-80.	9:00 a.m. CST	2nd Annual Lepre- chaun Leap 10 Km	Chesterton, IN	Georgianne Eikman, 1517 Portage Ave. Chesterton, IN 46304
8.	3-16-80	12:00	Wearin' o' the Green Run 10 Km prediction (5 KM, 17 and under)	Toledo, OH Swan Creek	Steve Nagy 419-531-1375
9.	3-16-80	9:00 a.m.	Midwest Masters Indoor Track Championships (30 and over)	Highland Park HS Highland Park, IL	Wendell Miller 180 N. LaSalle St. Chicago, IL 60601 312-236-1315
10.	3-16-80		Walter P. Green Memorial Run 10 Km	Jackson, MI	
11.	3-22-80		Lugar Running Series 5 mile	Fort Wayne	Connie Peterson
12.	3-23-80	1:00 p.m.	Athlete's Foot Mini-Marathon 15 KM	Ball State Univ. Gym Muncie, IN	Scott Bredehoeft Sigma Chi Frat. 830 W. Riverside Ave. Muncie, IN 47303
13.	3-23-80.	8:00 a.m.	Heartwatcher's Marathon & 3 and 6 person 26.2 mile relay	Bowling Green Univ.	Tom Balon P.E.Dept. Univ. of Toledo Toledo, OH 43606 419-537-2742
14.	3-23-80	1:00 p.m.	Cincinnati Heart 15 Km	Fountain Square Cincinnati- OH	Robert MacVeigh American Heart Assoc. 2831 Vernon Place Cincinnati, OH 45219 513-281-4048
15.	3-23-80	2:00 p.m.	Kokomo 5 Km	Kokomo, IN	Floyd Stinchcomb 5204 Algonquin Kokomo, IN 46901
16.	3-24-80.		Spring Fitness Clinic	Dowagiac MI	Ron Gunn Southwestern Mich. College, Dowagiac, MI 49047
17.	3-29-80	10:00 a.m.	FWTC Fun Run 1,4,8 mile	Foster Park	Walt Green - 485-4091 Tom Loucks - 622-7108
18.	3-29-80	1:45 p.m.	Century 21 Easter Seal 5 Km	Ottawa Park Toledo, OH	Bill Kakmis 419-865-4321
19.	3-30-80	12:00	Athens Marathon	Athens, OH	Ellsworth Holden, Jr. 26 Northwood St. Athens, OH 45701 614-593-5685
20.	3-30-80	1:00 p.m.	AAU Mid-West Weight Class Championships for Men (5 KM (160 lbs. & over)	Ottawa Park Toledo, OH	Tom Kovacs 419-698-3487
21.	4-5-80	9:00 a.m.	FWTC 5 Mile European Cross- Country	Franke Park	Walt Green - 485-4091
22.	4-19-80	9:00 a.m.	FWTC Hour Run	Snider HS	John Kline 482-1956

RACE CALENDAR (cont.)

Date	Time	Race	Location	Contact
23. 5-3-80	9:00 a.m.	Saginaw Bay Marathon	Saginaw, MI	Marathon: Forddy Kennedy c/o Phys.Ed Office Delta College University Center, MI 48710 517-686-9018 (weekdays) 517-753-5053 (weekends)
24. 5-10-80	11:00 a.m.	Warsaw 10,000 (see ad in this newsletter)	Warsaw, IN	Kermit Welty, YMCA 1401 E. Smith St. Warsaw, IN 46580 219-269-1592
25. 5-18-80	9:00 a.m.	Revco-Cleveland Marathon	Cleveland, OH	Reno Starnon 878 Wellman St. Bedford, OH 44146 216-232-6373
26. 5-23-80	9:30 a.m.	Indianapolis 500 Festival Mini-Marathon 13.3 miles	Monument Circle, Indianapolis IN	500 Festival Assoc. Inc., One Indiana Square, Suite 1665 Indianapolis, IN
27.* 7-20-80	7:00 a.m.	Three Rivers Marathon	Coliseum	Larry Lee
28.* 10-26-80	2:00 p.m.	Lincoln 10 Km	Freimann Square	Bill Leming

* Please note date change from FWTC 1980 Race Schedule printed in the January 1980 Newsletter.

FORT WAYNE TRACK CLUB

FWTC NEWSLETTER
Rick Reitzug
825 Kensington Blvd.
Fort Wayne, IN 46805

Bulk Rate
U.S. Postage Paid
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*

FAMILY LINDLEY, DONALD
6015 LANDSDOWNE DR
FT WAYNE IN 46816