



34 Hour Fun Run

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46 WAYS TO GET IN MILEAGE



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NEWSLETTER OF THE FORT WAYNE TRACK CLUB

APRIL 1980

**the inside track**

**FORT WAYNE  
TRACK CLUB**



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

Gary Dexheimer - President - 9614 Wolf River Place  
Fort Wayne, IN 46804 - 219-432-1439  
Mike Hill - Vice President  
Tony Gattton - Asst. Vice President  
Cindy Caldwell - Secretary  
Don Lindley - Treasurer  
Phil Suelzer - Measurement Chairman

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\$20.00 - Quarter Page  
\$ 5.00 - Classified Ad  
Race Advertising Rates 10 x Entry Fee

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 \$ 35.00  
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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: men's, 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over; and women's, 19 and under, 20-29, 30-39, 40 and over. Awards are presented 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\*

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Occupation/Employer \_\_\_\_\_ Phone \_\_\_\_\_

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

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

Now that I have several newsletters under my belt, it's interesting for me to reflect on the "newsletter process" that has been established. When I first consented to become editor of the newsletter, I didn't think it would be all that time consuming. After all, if I didn't have to type any of it myself, and race results were sent to me already compiled, what else was there to do? I also wondered why we had to have a deadline of the 15th of the month when the newsletter wasn't in the member's hands until the beginning of the following month. I soon discovered the answers to these questions and also discovered why the newsletter had gone through a series of editors over the past several years.

Strangely enough, the "newsletter process" starts with several days off. The first half week of every month is the time when everyone involved in producing the newsletter basks in the, hopefully, successful production and reception of the previous month's newsletter. The only work done during these days is informal discussion and evaluation of ways to improve the following month's newsletter. The next several days are generally spent lining up appointments for interviews and discussions which become the following month's articles. The second week of the month, the writers that regularly contribute articles to the newsletter submit these articles to me. During this week I also do most of my "article" writing for the newsletter and compile the following month's race schedule. These finished articles are then edited and picked up by Tom Loucks who in turn gives them to his mother for typing. During these first two weeks I am also receiving letters to the editor, individual race results and other member input. This brings us to the 15th of the month, our deadline, and generally an executive council meeting. At the executive council meeting, I and any member suggestions I have received are discussed and afterwards, I formulate an answer to be published in the newsletter.

From the 15th until the end of the month the "newsletter relay" takes place. Generally, by the 18th, I have the newsletter completely written and compiled. The remaining pages are then relayed to Mrs. Loucks via Tom. Due to limited time available on her special office typewriter, it generally takes until approximately the 23rd to finish the typing. After typing, Tom proofreads the newsletter which is then relayed back to me for "cutting, pasting, and arranging". This is usually completed either the same day or the following day. The 24th begins the "printer's leg" of the relay. Jim Dupont and his Harding High School Graphic Arts Students print the newsletter and put in finalizing art touches (they also designed the cover for the newly christened "The Inside Track"). This generally takes two days, which brings us to the 26th. Don Lindley now runs his leg. He and his wife, Kosann, collate, staple, paste mailing labels, and send out the newsletter. A tedious two-three day process. A day or two in the mail. What do we have? The first of the following month.

A lot of work, I've learned, but also a lot of fun and a real sense of accomplishment in seeing a finished newsletter. What makes it doubly worthwhile is the appreciation and thanks I've received from so many of you. As you can see, the thanks do not belong all to me. Gary Dexheimer, Mike Hill, Don Lindley, and Cindy Caldwell, have all become regular contributors. A special thanks need to go to Mrs. Loucks for the excellent typing job she does "after hours". Thanks also to Tom Loucks who cheerfully proofreads and cheerfully does much of the legwork, occasionally putting up with my forgetfulness. Don Lindley and his wife probably have the most tedious job in the newsletter process and deserve our thanks. And speaking of wives, thanks to Mary, my wife, for enduring thirty days per month of phone calls and numerous other inconveniences. Last, but not definitely not least, a deeply felt thanks to Jim Dupont and what must

certainly be a fine group of Graphic Arts students at Harding High. They gave our newsletter that "professional" look which it had last month.

I think the newsletter has improved. I would like to see it continue to improve every month. Please remember, the newsletter, "The Inside Track" is the voice of the Fort Wayne Track Club. You also are the voice of the Fort Wayne Track Club. Let your voice be heard. Send me your thoughts, experiences, and race results, not only through "Member's Mumbblings" but also in the form of articles. You've heard from Gary, Mike, Don, Cindy, and me. Now let us hear from you. Be aggressive. "The Inside Track" belongs to you.

Have a good run!

#### TREASURY NOTES

Don Lindley

Third class mailing bulk has advantages - mostly price - but the disadvantages are minimum, 200 pieces per mailing and everything must be sorted by zip code. The rate per piece is 8.4 cents. The post office sends out third class bulk mail at the same time it sends out first class mail. Therefore, it should arrive in about one or two days. The post office is concerned that there could be a delay. So are we! We sort each address by zip code down to the last digit, put them in bunches, label the bunch, and secure it with rubber bands before we take them to the post office. With all this work, we expect you to get proper service.

It's especially important to send a "Change of Address Card" to us. The Post Office will not forward third class bulk mail. . . . .

The RRCA membership dues are exclusively paid by the FWTC as a continued service to you at a rate of \$0.55 per member. We honestly believe that this is a small amount in comparison to the services provided. Their quarterly newspaper, Footnotes, alone is worth more than that. In addition, all sanctioned events are fully covered by a one million dollar policy in event of a lawsuit.

#### Reminder: Corporate Race

Six teams have expressed an interest in the June corporate race proposed by Tony Gotton in last month's newsletter. If you or your company are interested in more details, contact Tony - 219-422-2776 (home) or 219-425-5353 (business).

#### Point Standings Coming

The FWTC Point Standings, inclusive of the January, February, and March points races, will be published in the May issue of "The Inside Track".

#### Help Wanted

The Fort Wayne Track Club needs someone to type up address labels for "The Inside Track". This is best done with a computer. Any computer programmer with access to a computer for 5-10 minutes should be able to do this. The Track Club would be willing to pay for the cost of the labels. If you are capable of helping out in this capacity, please contact Don Lindley - 219-456-8739.

For Sale: 1 pair Adidas TRX Competition, Size 11, like new \$18.00  
Mike Hill 219-745-9511

## A 34 HOUR FUN RUN

Dan Bossard

It wasn't just another late night run. It was about 2:00 a.m. when I looked into a lighted area ahead of where I was running. There was a small child headed towards a swimming pool. I kept a steady pace towards the child knowing I could catch him before he could reach the pool. I got to within 25 yards and couldn't believe that the child I saw was really a yellow fire hydrant.

That's the kind of trick your mind can play on you when you're moving around a 1/4 mile track for 24 hours without sleep. That incident happened to me during a 48 hour race in Miami.

I really lost track of time during this event, so all of the times except paces are approximate.

I arrived at the Tropical Park Stadium at 7:00 a.m., February 29th. The start of the 48 hours was to be at 8:00 a.m. and there were still things to get ready. We had to make 20 gallons of ERG, set up tables for timers and drinks, receive shirts and numbers and get our final instructions.

Most everyone seemed busy talking to old friends and getting things ready. As I looked around, most of the faces were familiar to me. I didn't know all their names, but I knew their faces. It was just like being around here when you see the same faces at almost every race, except these people came together from all over the nation for this crazy event.

I managed to get away by myself for about ten minutes to enter some positive thoughts into my mind. I try to keep several sayings in mind while I'm on the track. You must truly believe in whatever your positive thoughts are because there are so many hours that negative thoughts will be trying to enter your mind. When I catch these negative thoughts entering, I must instantly counteract them by insecting overpowering positive thoughts. Your mind is always, or at least almost always, thinking of something, so your thoughts might as well be pleasant and positive.

I knew I had to keep moving with no sleep for the first 24 hours to reach my first goal of 125 miles. Then I could take a two hour nap and continue on for the last goal of 75 miles. I also knew I couldn't break down during the 70°+ heat of the mid-day which I wasn't used to. The week before the race I spent about an hour a day in a sauna in hopes it would help me cope with the heat. My thanks go to Pat O'Rourke and Cindy Goller at Court Rooms of America for their helping me out with that.

The night before the race I accidentally loaded with a pound of chocolate covered donuts. I was in a grocery getting a few last minute things when I passed by a display of pastries you can only buy in Florida. They are my favorite, so I bought a box of donuts. Need I say more!

The race director, Ken Loveless of Miami Runners, is on the megaphone calling everyone to the starting line. As the three women and 14 men starters grouped up on the track, no one seemed to crowd the starting line. I guess everyone decided a couple of feet won't make much difference in a 48 hour run.

I can't recall a gun going off, but we were on our way. Ray Krolewicz, from South Carolina, took an early lead with a 7:36/mi pace for the first ten miles. Eddie Phillips, a friend of Ray, also from South Carolina, said "He does this every time, you think he would learn." Ray is still buzzing around me making the sound of an engine with his lips while he passes. I can't remember doing that since I was a kid, but he sure was having a good time. In the meantime, Park Barner kept at his steady

9:30/mi pace and by 30 miles, Park maintained his sub-9:30/mi pace through the first 70 miles before he slowed.

I didn't wear a watch which was one of my biggest mistakes. I just ran a fairly steady pace keeping in mind the heat.

John Kennel, of New York, stayed about 20 feet behind me for the 20 miles. I would ask him if my pacing was even and he would return with an accent, "very good pace". I didn't realize we were moving at a 11 $\frac{1}{2}$ mi/mi pace. The timers were pretty busy so they didn't call out our miles or times. John and I would keep our talking to a minimum, but we would discuss when we were going to take an ERG & ice break. After the first five miles, I started putting a handful of ice in my hat. That seemed to keep me cool until the sun set behind the stadium.

At about 10:00 a.m., the local TV station was out to get some views of these crazy people on the track. I had a hard time keeping a straight face during an ERG & ice break as the cameraman took advantage of the shot.

At around 3:00 p.m., a high school track team of men and women were bused in to work out for a couple of hours. They stayed off the track stretching, high jumping, and exchanging batons. It was kind of nice to see a change of scenery, but it wasn't long and they were gone.

In the late afternoon, a couple of runners outside the fence asked how far I had gone. As I came past them I said I wasn't sure, but about 50 miles. They just looked at each other and smiled.

Since 4:00 p.m., I had been running one lap and walking one lap because the balls of my feet were getting warm. I knew I had a problem beginning. I stopped at around 50 miles for 20 minutes to repair my feet. I retaped the heels and tried to tape the hot spots but was unable to do so.

Most everyone was still on the track as the sun went down, but we had lost one of our women runners early due to foot problems. The other two women were still looking real strong.

At 65 miles, my feet were becoming blistered and negative thoughts started to enter my mind. I was sitting in a lawn chair for 20 minutes trying to figure out what I could do to correct the problem when Ken Lovelless came up to me and wondered why I wasn't on the track. I explained my problem and told him I wasn't sure if I was going to complete 100 miles in 24 hours. He went over to the timers table, talked to them for a minute and came back smiling. He said, "You only have 35 miles to go and you have 10 hours to do it in!" Once I looked at it that way, it didn't seem so bad. He said, "I don't know what I'm doing telling you what to do. You've done these things before." As I was trying to stand up, he said, "All you have to do is go out there and run about eight laps and after you're warmed up again just keep on going; you can do it!" So I took his fatherly advice and headed for the track. I ran one or two laps, but decided walking was the least painful way to go. A combination of running and walking isn't too boring, but just walking for 10 hours in the night isn't that much fun. I ran a few laps during the night to break the monotonous chore of walking.

By midnight, there were only about eight runners on the track. There were still two of three women on the track, Sue Ellen Trapp and Lidi Fallares. The did a super job all night long.

At around 3:00 a.m., I was a runner laying in the grass on the back side of the track. I went over thinking something must be wrong with him. He looked unconscious. I laid my hand on his shoulder and he moved. He woke



I went to the locker room for the last time to get my bag and a few of my other things, so I could catch a ride to a motel. In there I saw Cahit Yeter. He didn't look like the same man. I told him I was sorry the weather had spoiled his chances. He then explained that he had quit his job two months before the race to train approximately 160 miles per week. He then said, "But I've lost it all now." There wasn't much I could say.

So that's how the weather can turn a R.R.C.A. National Championship 48&24 hour race into a 34 hour fun run.

Saturday night I got a room with Eddie Phillips, from Columbia, South Carolina. Before the night was over he had me geared for my next ultra, "The Old Dominion Cross Country Endurance Race", June 14. This 100 mile cross country run has to be more scenic than a 1/4 mile track. It seems like I just finished training for a race and in a couple of weeks I'll be started up again. Oh, well . . .

(Editor's Note) Dan Bossard finished 12th out of 23 runners with a total distance of 100 miles. Dan actually ran this in the first 23 hours, 41 minutes, 10 seconds of the "34 Hour Fun Run". He went by 50 miles in 10 hours, 30 seconds.

### Runner's Prayer

Lord I Thank Thee:

- For another day without injury.
  - For those beautiful miles of nature exposed.
  - For the feeling of self-worth and self-esteem generated by this avocation.
  - For the friendships I have made with other runners, their families and friends.
  - For the many quiet hours in this time of turmoil, where I can meditate and plan for a better way of life for those around me.
  - For the knowledge that I can give of myself to others after the exhaustion of training and competition have removed the roadblocks of stressful living.
  - For the balanced health of body and mind given to us through this wonderful sport of running.
- Amen.

Anonymous

### "CALLING ALL NEIGHBORHOOD RUNNERS"

On Sunday, June 1, 1980, at 2:00 p.m., there will be a 2.75 mile Prediction Run (predict your time and you will place according to how close you come to your predicted time). Since this is a race against time and not against another individual, we are hoping to bring a lot of the neighborhood joggers out and give them a shot at an award. Because of this desire, we have kept the distance down. We also would like the help of all FWTC members. How? Simple, just spread the word about this race to everyone you know who jogs or runs and encourage them to come out. Explain the difference between a prediction run and a race. If you will do this, I am sure we will have an overwhelming turnout and our track club will gain a great deal more exposure.

For information, contact: Bob McKinley, 219-747-5002, or  
Don Lindley, 219-456-8739.

BOSTON  
Rick Reitzug

At 12:00 noon on April 21, 1980, thousands of top marathoners in the world will leave the village of Hopkinton, Massachusetts, on a 26.2 mile journey to the Prudential Center in downtown Boston, Massachusetts. Of these thousands, only a few dozen will have the slightest chance of winning. Yet each individual runner will have a goal he wishes to accomplish. That goal may range from running several miles of the most famous marathon of all, to finishing, to running a particular time. The Fort Wayne Track Club will be represented by four runners at Boston on April 21st. None of them will win. But to each of them, it is worth the 850 mile trip to Boston to be a part of the 1980 Boston Marathon. Below are some of their thoughts and expectations.

Walt Green - Age 32

Previous Marathon Experience:	Three Rivers	3:30	7-78
	Crawfordsville	3:10	8-78
	Grand Valley	3:36	11-78
	Bowling Green-Toledo	3:26	3-79
	Marathon-Marathon	2:55	6-79
	Three Rivers	3:07	7-79
	Detroit	2:48	10-79
	Boston	?	4-80

Walt's goal for this year's Boston is to break 2:50, although he dreams of a time ten minutes faster for the April 21st race. Walt may very well find himself close to that 2:40. For his Detroit effort, he only averaged 45-50 miles per week, while his current training consists of 60 miles per week. He feels he is getting into excellent shape since he has been able to run his 17 mile long runs without experiencing soreness afterwards. Walt psychs himself for a marathon effort by drinking 4-5 beers the previous evening. Since he generally has difficulty sleeping the night before a marathon, this helps him relax and get a little sleep. He then "dreams" the race over and over in his mind and on race day is "rarin' to go". How does Walt deal with the pain that any seasoned marathoner knows will become a dominant factor late in the race? "I try to block it out by concentrating on other runners. I tuck in behind them and just concentrate on their feet. I just try to stay with the guy right in front of me."

Walt wants to run Boston because "It might be my last shot. It's the marathon. It's prestigious because you have to get in it. You never know if you'll get another chance to run it."

Larry Lee - Best Previous Marathon: Three Rivers 3:28 7-77

Larry Lee has a completely different reason for wanting to run the Boston Marathon than most of the 5-10 thousand other runners who will meet in Hopkinton on April 21st. Larry is a member of the National Wheelchair Marathon Committee. This year, the Boston Marathon is the site of the National Wheelchair Marathon Championships and, afterwards, the Committee will hold a national meeting. Larry decided this would be a good opportunity to renew his romance with the Boston Marathon. He has twice previously run the Boston Marathon while attending law school in Cambridge, Massachusetts, in 1968-1969. "That was in the days when there was no time restriction," says Larry. "I would train for 30 days before the marathon and then run it. Those were the first marathons I ever ran. I want to refresh my recollection of those Bostons this year and experience that tremendous feeling again." Larry says he has not run since mid-November

but does plan on resuming training before Boston. Larry, who is an unofficial entrant, plans on running at least half the marathon. He says, "I think everyone owes it to himself to run Boston, at least once, even if he is an unofficial entrant, in order to be able to experience the tremendous thrill of Boston."

Larry is quick to point out that it is because of Fort Wayne's wholehearted reception of the wheelchair marathoners last July that he was named to the National Wheelchair Marathon Committee. He states that the WKJG-TV 33 Marathon film was sent to the National Wheelchair Marathon Committee and was shown at their last National Convention. "It was the highlight of the convention," Larry says. "It was shown several times. Wheelchair marathoners are not always accepted at other marathons. The National Convention was tremendous in its praise of the Three Rivers Marathon."

Myron Meyer - Age 52

Previous Marathon Experience:	Windy Marathon	3:05	3-77
	Three Rivers	2:57	7-77
	Boston	2:48	4-78
	Three Rivers	2:49	7-78
	Honolulu	2:57	12-78
	Boston	2:35	4-79
	Three Rivers	3:04	7-79
	Boston	?	4-80

Myron Meyer is currently on the comeback trail from a hernia operation earlier this year. Although he may not be in peak condition, he has decided to run his third Boston Marathon this April. "The Boston atmosphere is just so special. I believe it's one of the great traditional events which we currently have in America. In a way, I also feel a responsibility. I don't know if I'm the only 50 and over runner from Indiana that qualified for Boston, but I think I might be. I almost feel a responsibility to go and run and represent Indiana and the 50 and over runners.

Myron feels that his training is progressing about as he'd expected, with the distance coming a little better than expected, with the speed progressing slightly slower than he had hoped. Myron is currently running about 80 miles a week, and hopes to be running between 80 and 100 miles per week between now and the Boston Marathon. Mentally, Myron thinks he'll be ready. "Mental confidence comes from knowing you've done the work, that you've run the long ones. The mental confidence enables you to run well physically. My goal is to run a 3:10. Mentally, I'll be ready to run that."

Myron plans on continuing his rigorous training until six days before the marathon. Then he will run short and easy in order to be physically rested and mentally ready to break loose.

Rick Reitzug - Age 28

Previous Marathon Experience:	Three Rivers	2:56	7-77
	Detroit	2:44	10-77
	Cleveland	2:36	5-78
	Toledo	2:47	6-78
	Three Rivers	2:37	7-78
	Mayor Daley	2:45	9-78
	Windy	2:40	3-79
	Boston	2:39	4-79
	Three Rivers	2:48	7-79
	Grand Valley	2:39	11-79
	Boston	?	4-80

After a two year period without a marathon PR, I'm hoping Boston will be the race in which to end this drought. My training has been going fairly well. I've been averaging 70 miles per week, which generally includes one long run. I plan to increase this to 80 or 85 miles weekly for several weeks before resting the last week prior to the marathon.

This will be my second Boston Marathon. Running last year's Boston Marathon was the fulfillment of a dream for me. Having dreamed of Boston so frequently in the previous years, it would have been impossible for any reality to live up to that dream. Boston didn't. It is not the best organized marathon in existence. The crowds do not make the pain of the last miles any less real. Initially, I was disappointed. But after Boston had a chance to sink in, I had a chance to realize what a great experience I had gone through. For the two days prior to the marathon that I was in Boston, the marathon was Boston. As far as marathon enthusiasm goes, Boston's Patriot's Day was indescribable. This year, knowing what to expect, I want to absorb and enjoy Boston, the marathon, the experience, the thrill, and run a good time.

#### HIGH SPEED TUNE UP FOR SUMMER!

Mike Hill

I would hope, by the time you read this the weather will have broken and we will find it possible to get on the neighborhood track and begin our speed workouts for the summer season. I'm certainly no expert on interval workouts since I've only been running a short time. I do believe, though, that I have something to offer all of you as the next best thing to a personal coach. I also agree with Dr. George Sheehan who says, "Intervals build character." In addition I can add that, if improperly done, they will hurt your old body. So for the sake of a sensible interval program let me recommend that you purchase a copy of a book by James B. Gardner and J. Gerry Purdy. The book is entitled COMPUTERIZED RUNNING TRAINING PROGRAMS and is available through TAF News Press, P.O.Box 296, Los Altos, California 90422. The cost is \$6.00 plus 50 cents postage. You will also find order blanks for this book in many of the currently popular running magazines and in Track and Field News. What can be gained from the book is summarized below:

1. The book will help you determine at what distance you really want to compete. Most of the serious runners in the club are training for the marathon distances but racing at much shorter distances! What you'll gain in this area is a specialized workout program for your chosen distance.

2. The workouts will be based on your present level of performance and not Sebastian Coe's. You'll do the same workouts, but at different speeds and with a different number of repetitions. As you improve, your workouts will be minutely improved to better your performance.

3. You'll learn what step-up and step-down workouts are. How about pyramid workouts and inverted pyramids? Try some speed pick-ups, etc. There is just no end to the variety of workouts you can do to avoid getting bored on the track. There are so many, in fact, that I have to sit down the night before and spend some time working up a program at my level for the next day's intervals.

4. You'll know how fast, how far, and how often, to run. It's a little like having a coach in a book, but without the personal touch.

The system is used by some of the best college and high school distance coaches in the country. Barrie Peterson used them locally and Ron Gunn up at Southwestern Michigan College will be glad to give you his opinion of the book. Beginning in mid-March, I'll be training on Monday and Tuesday nights from 5:30 p.m. to 6:30 or 7:00 p.m. at the Bishop Luers H.S. Track. If any of you want to join me and give intervals a try, come on over.

Lately the word "podiatrist" has been a well discussed subject in running circles. Most of us know at least one person who has been to a podiatrist and is now using orthotics. Actually if you go to a podiatrist nowadays for a running related injury, you might as well plan on buying a pair of orthotics. Please keep in mind that the following thoughts are my own. In no way am I suggesting that podiatrists are not an extremely important part of the medical society.

Several months ago I came off a series of injuries and decided that it was time to look into orthotics. I had heard many positive things about them and although uninjured at the time, I felt that this might offer me some preventive security. I received a recommendation to an excellent podiatrist. During my visits I spent a great deal of money and naturally came out with a pair of soft orthotics. I did learn a lot of good things about myself and have adjusted my training accordingly. I found out that I have extremely rigid joints and that high mileage can be disastrous for me. It appears that my joint structure is more adapted for speed, therefore, I'm going to incorporate more of that into my workouts.

I initially used the orthotics for three weeks. During that time I developed a number of nagging injuries which completely went away once I stopped using the orthotics. This does not mean that orthotics aren't for me or that I won't begin using them at some point in the future.

My advise is that you very carefully consider every alternative before consulting a podiatrist. If you do, keep in mind that you most likely will be advised to purchase a pair of orthotics and they are very expensive. Sports medicine has come a long way in the past few years, although many runners are very capable at diagnosing their own injuries. Many orthotics are being prescribed to anxious runners that really don't have a specific problem, but are simply looking for an insurance policy to gain that extra mileage.

If you have a very specific problem, such as a bone spur, you may want to consider a podiatrist. I do know of many runners that might not be running today if it weren't for their orthotics. Certainly there are cases where these will correct imbalances and put you back on the road. Finally, don't be like many of us who spent a lot of money only to leave your new orthotics in the closet. Do consider the alternatives very carefully if you become injured. Don't look for pain free running since for the majority of us aches and pains are part of the game.

### THE RUNNER'S HIGH REVISITED MIKE HILL

A friend of mine mentioned that he felt my article last month might "turn off" a new runner or someone who was trying to quit smoking. Let me assure everyone - it was rewritten from a humorous point of view. I still get a high from running and other than the normal leg aches and pains, I feel 100% better than I did when I smoke. I could not have quit smoking without an exercise program. Quite frankly, I spend what free time I have talking to Smoker's Clinics and encouraging folks to quit smoking and start an exercise program. One of my tricks at these sessions is to run ten miles, then come in the door and start talking. How about a few of you ex-smokers going with me sometime? Give me your names and I'll give you a call. It would be very impressive to come in with a bunch of runners who have quit smoking. It provides much needed motivation for these people to try to "kick the habit".

In preparing for the Midwest Invitational 10,000 meter run, I asked for acknowledgments of interest from athletes who had a desire to receive an invitation. This has given me the opportunity to learn up to date information on recent achievements of runners that most of you know. Therefore, for those that are interested, here are some interesting bits of information. By the way, most of these individuals are planning on being here for the invitational.

Dexter Lehman - One week after winning our Homestead eight mile race, he went to IU and ran 9:09 for two miles. Not a bad time for claiming that he was only doing six miles per day and no speed work. He hopes to run under 9:00 this winter. Several weeks later he duplicated that first effort in a 3000 meter race at Western Michigan. His best 10,000 on the track is 30:14.

Taylor Oliver - Unfortunately he won't be coming but we have seen him in town for past Three Rivers Marathons and Lincoln 10,000's. He wrote that he had run 4:11 this winter. Several weeks later I bumped into him at IU and watched him run a 4:14.

Doug Osborn - Doug usually shows up at most major Indiana road races. I received a very nice letter from him and was quite surprised to find out that several years ago he had a mile best of 4:10. No wonder he usually does so well.

Matt Wyneken - Many of you probably know that Matt is an old Fort Wayne boy. He has had some real successes in the past but really seems to be on this winter. He has hopes of running 30:00 for 10 KM this year and he feels he's right on schedule. Matt recently finished 7th in a three mile race indoors at the U. of MI in 13:57. Bill Lundberg, a 1979 Lincoln 10,000 winner, won it in 13:41. Bill is hoping for a berth on the Olympic steeplechase team. Matt says he's really looking forward to returning to Fort Wayne for the Midwest meet.

Dave Bussard - Dave is from Elkhart and last year placed sixth in the Lincoln race. He ran 31:36 at Warsaw last year and is also looking forward to coming.

Tom Blumer - Tom is a familiar name in Fort Wayne since he was the 1978 Three Rivers winner. A car breakdown prevented him from getting here on time last year. Tom now has a new car and says that he is in super shape. He recently qualified for the Olympic Marathon trials and is looking for an early spring 10,000 on the track. He believes he's in good enough shape to take a crack at the Olympic trials standard for 10,000 meters. That's a quick 28:30. He says he'll be here on June 7th.

Bill Gavaghan - I saw Bill down at IU and he told me he has been putting in 140 miles per week in preparation for the Olympic Marathon trials. Some of you may not realize that Bill's 1978 marathon best was used as the cut off standard (100th best time nationally among marathoners) to determine the qualifying times for the Olympic trials. Bill recently ran a very torrid 1:09:18 at the Sam Costa half-marathon only to be worked over by Tom Blumer-1:08:25. Bill told me he ran one of the middle miles in 4:58 and didn't gain an inch. He also told me that had he known Tom was going to show up he wouldn't have run 16 miles the day before.

Dan Cloeter - Certainly this is a very familiar name in Fort Wayne. I remember watching the former Concordia Senior College seminary student clip off five minute miles at our hour run in 1978 just like he was out for a Sunday jog. Earlier this winter, Dan turned in a PR 2:14:23 and I'm sure in the back of his mind he believes he has as good a chance as anyone at the trials. He'll also be back in Fort Wayne on June 7th.

## President's Column

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Several weeks ago I happened to be down at Indiana University for a track meet. I ran into a lot of old friends and although I didn't watch much of the meet I did share a lot of conversation on running. I found out the FWTC has really come of age. We are gaining quite a reputation throughout the state. Certainly much of our recognition can be attributed to our newsletter. We owe our thanks to Rick Reitzug, who as editor, has put a lot of hard work and creativity into the newsletter. It certainly shows. The fact is, we're creating an image of strength and unity in the club. Your contributions to the newsletter will help continue this growth image. When you see Rick at races, make sure you offer him your thoughts and suggestions and most importantly offer him your appreciation for a job well done.

Our club has been awarded a regional championship race for 1980 by the Road Runners Club of America. The Lincoln 10,000 will be the Northern Region Championship for 10,000 meters. Sometime ago I sent in our bid for possible selection and was recently notified that it has been selected.

Thanks to the efforts of Mike Hill, many FWTC members will now be showing up at races in our own FWTC uniforms. If you haven't had the chance to see one, you will this spring. Several of us are attending an indoor track meet at IU on March 8th. We hope that our new colors will cause a few eyebrows to raise. Mike will probably be accepting a batch of new orders in the near future, just in case you missed the first opportunity.

I've been contemplating the possibility of holding an annual business meeting. If there is an interest, we would probably arrange to hold the meeting at the Marriott hospitality suite prior to number pick up for the Three Rivers Marathon. The meeting would center around a discussion of our budget, completed projects, future projects, club image, etc. If enough members express an interest in this (please let me know), then I'll go ahead with the plans. Either drop a note to Rick, c/o the newsletter, or see me, at races to express your feelings.

Well, spring is around the corner which means better weather for all those long miles. There are a number of excellent races coming up this spring including our 15K and four mile at Homestead, March 15th; our European cross county five mile at Franke, April 5th; the one hour run at Snider, April 19th; the well known Hilly Four mile at Homestead, May 4th; and our first annual track carnival at Homestead, May 25th. There are many other races that look excellent such as the Old Kent River Bank Run 25K on May 10th. A group of us are planning on going up together. Let me know if you're interested. Warsaw also has an excellent 10K race on May 10th. I hear the Saginaw Marathon on May 3rd is very good. It appears that Bluffton is putting on a 10K race on April 26th. They always do an outstanding job down there.

To date we have already rented out our clock eight times which means that we almost have the loan paid off already. I strongly urge any race directors that have plans on using our clock to contact either Don Lindley or myself immediately.

Months ago, I wrote a column on guidelines for directing a race. Later I remembered that, last year, Charlie Brandt had written an article on 16 steps to directing a race. You'll find that article reprinted in this newsletter.

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This pamphlet was printed as a learning experience by the students in the Graphic Arts Department at Harding High School.

GUIDELINES TO BE ADHERED TO BY RACE DIRECTORS AND SPONSORS RECEIVING A FORT WAYNE TRACK CLUB SANCTION (reprint)

1. Entry Fees - Shall be reasonable for what the runners will receive. Maximum entry fee should be determined at our next meeting. We hopefully will strive to keep the cost of participating in our races to a minimum and not burden runners with charitable contributions.
2. Course Accuracy - All courses must be measured accurately. Automobile measurement is not acceptable.
3. Pre-Race Publicity - Race directors shall see that announcements about the race accurately outline what runners can expect: entry fee, awards, divisions, distance, splits, aid stations, starting time, and type of course.
4. Facilities - There must be an adequate number of toilets for both men and women. Indoor facilities would be desirable.
5. Heat, Weather, etc. - Races held during the warm part of the year must be scheduled for the coolest part of the day.
6. Course Marking - Each mile should be accurately marked with a large sign as well as painted on the road.
7. Traffic Control - Safety of the competitors from traffic is a primary concern. Whenever possible, our courses should be on lightly traveled roads or in parks or areas where cars are not permitted.
8. Compiling Results - It is recommended that each entrant should receive his/ her time and finish place in races in a reasonable time after the event. If due to the size of the field, this is not possible, a large digital clock should be placed at the finish to enable finishers to record their times themselves.
9. Splits - It is recommended that splits be given at as many miles as possible.
10. Cancellations - Races shall not be cancelled or rescheduled because of poor weather conditions or for any other reason.
11. Medical Assistance - Race directors should provide adequate medical assistance for the size of the event. Small races are urged to have a local hospital emergency room informed of the event and to take other appropriate measures. Larger events are encouraged to have on-site medical personnel.
12. Aid Stations - Particularly during warm weather, aid stations should occur every 2-3 miles in races over 5 miles in length.
13. Divisions - Suggested divisions are: Men - 14 and under, 15 to 19, 20 to 29, 30 to 39, 40 to 49, 50 and over; Women - 30 and under, and 30 and over. If female participation increases or if we expect a large turnout, then women divisions should be the same as men. (Exception to be Fort Wayne Marathon)
14. Awards - Awards should be somewhat proportional to entry fee unless we have a sponsor. Charging runners an entry fee for a T-shirt is not acceptable.
15. Eligibility - All runners welcome.
16. Miscellaneous -
  - a. start on time
  - b. qualified race directors for all races
  - c. reliable finish line system

Our new track uniforms are in. If you've seen them, I'm sure you will agree they are sharp looking! It seems some of our runners feel that you should be a "big time" racer to wear one of our uniforms. Let me assure all of you that the uniforms are for all club members. Nothing would make me happier than to see Fort Wayne Track Club uniforms spread all the way from front to back in the next race here in town. As our membership pitch says: "Are you a runner, a jogger, or a person interested in maintaining physical fitness? If so, the Fort Wayne Track Club is for you." And so it is! Orders must be submitted by April 30, 1980, on the order blank in this newsletter. If you have a question concerning which size to order, it is recommended that you go to the next higher size. This will be the last time uniforms are ordered for several months, possibly for the remainder of this year.

If you wish your last name put on the back of your uniform, please drop it off at:

Shurtz Unlimited  
4220 South Calhoun

They will put your name on in 2" tackle twill lettering, white. The cost is 60 cents per letter. Glad my name is Hill, not Dexheimer. Please use only this type of lettering as we want all of our uniforms standard.

ORDER BLANK - DOLFIN RUNNING UNIFORM

MAIL TO: M. D. Hill  
4515 Beaver Avenue  
Fort Wayne, Indiana 46807

MAKE CHECKS PAYABLE TO: Fort Wayne Track Club

Item	Description	Color	Size	Cost per	
				Item	Cost
T-400	Men's Shirt, Solid Color	Red	_____		\$ 6.90
TW-406	Women's Shirt, Solid Color	Red	_____		\$ 6.90
T-181	Unisex Pants w/Nylon Brief	Red/White	_____		\$10.01
				Sub-Total	\$ 16.91
Member's Name _____				4% Tax	.68
Address _____				Printing Charge	2.00
Phone _____				Total	\$19.59

ORDER ONLY ONE COMPLETE UNIFORM PER BLANK

7-400 Men's Shirt Sizes:

Extra Small (30-32); Small (34-36); Medium (38-40); Large (42-44);  
Extra Large (46-48). Based on Chest Measurement

TW-406 Women's Shirt Sizes:

Extra Small (26-28); Small (30-32); Medium (34-36); Large (38-40);  
Extra Large (42-44). Based on Bust or Chest Measurement.

T-181 Men's and Women's Pants Sizes:

Extra Small (24-26); Small (28-30); Medium (32-34); Large (36-38);  
Extra Large (40-42). Based on Waist Measurement.

ALMA  
Rick Reitzug

At the age of eight, she began her running career. At nine, she finished her first marathon. By the middle of her tenth year, she had run a 3:49 marathon in sweltering heat and had established herself as one of the top female runners in the Fort Wayne Track Club. What lies in the future for Alma Marie Ojeda? When I asked Alma, she replied, "I'd like to break forty minutes for 10,000 meters and break 3:30 for the marathon this year and run in the Olympics someday. I'd also like to run for the rest of my life."

It was indirectly through her father than Alma began distance running. He had noticed that in the neighborhood races Alma was soundly defeating all the other kids. He decided to find out if she could maintain this pace over a longer distance. Packing eight-year old Alma into the car, he drove to nearby Foster Park to see how far she could run. Alma was able to run approximately two miles that first time out. While she was running, her Dad met Don Lindley who was at the park measuring a course for a Fort Wayne Track Club race. By the time Alma finished running, Mr. Ojeda knew far more about distance running and training than he had earlier in the day. He says, "I have to give credit where credit is due. It was Don Lindley that really got us going during those early days."

Alma soon discovered that she enjoyed distance running. She often runs under the supervision of her father, generally doing distance work, but with an occasional speed workout. On days when her father can't supervise her, Alma runs for forty-five minutes on the road in front of her house. There are days when training is not easy for Alma and she would rather do other things. Those are the days her father becomes especially important in her running program. He says, "I try to encourage her rather than push her. I explain to her that if she takes a couple of days off, her "getting in shape" pains will return."

It is the races that make the training worthwhile for Alma. When asked what it was that made races special, Alma smiled the "Alma" smile which seems to hide so much more than she verbalizes, and replied, "I like the competition." Competing is something that the shy fifth grader does extremely well. She has established herself as one of the top female runners in the Fort Wayne Track Club and one of the best in her age group in the state. In the process, she has run 13:03 for two miles, 28:00 for four miles, 43:00 for 10,000 meters, and a 3:49 in last summer's hot, humid Three Rivers Marathon.

What do Alma's freinds think of her running? Alma says, "Most of them think it's neat." "How about when you tell them you've run 26 miles without stopping?" "Then some of them don't believe me." Alma's running has not motivated any of her friends to become runners. She explains, "Some of them have tried, but they always quit after a few days." I asked why she thought she was able to run every day when none of her friends seemed to be able to accomplish this. Insightfully, Alma replied, "I guess it's because they're interested in some things, I'm interested in other things. Some like cheerleading, I don't. Others like football. Each person has his or her own thing to be interested in." It may also be likely that her friends become discouraged after trying to keep up with Alma. Mr. Ojeda relates one amusing incident: "Alma had grabbed a boy's hat and started running away with it. When the boy started chasing her, the other kids all laughed. They knew he wouldn't catch her quickly and that Alma would never get tired."

Alma, however, enjoys other things besides running. When asked what her other interests were, she replied, "Baseball, basketball, golf, and a

*(Continued on page 29)*

## SPRING, SUNSHINE, AND RED UNIFORMS

Rick Reitzug

The bright yellow light of the sun bathed the scene. A light breeze meandered by as runners shed the sweats of winter to absorb as much of the spring sunshine and warmth as possible. Red running singlets and striped red and white shorts prevailed as numerous track club members showed off their newly purchased uniforms. The beautiful weather and the impressive scene made it almost too nice to run hard! Apparently, though, it had the opposite effect on many of the runners as there were some impressive performances on the hilly 15 km course.

The first mile and a half the uniformly clad quartet of Gary Dexheimer, Tom Loucks, Rick Reitzug, and Phil Suelzer presented a picture of unison as they strode along at the head of the pack. At that point I dropped back while Phil, Tom, and Gary went on to push each other to a fine race. Gary was the eventual winner, running a 51:33 on a course that was difficult despite the favorable weather conditions. Phil Suelzer finished second overall and won the 20-29 division (that's two in a row for Phil) in 52:21. Tom Loucks, showing tremendous improvement, was nipping at Phil's heels, running a 52:34. "Running with Phil really helped keep me going," Tom commented afterward. Bob Bruckner turned in a fine performance in placing second in the 30-39 division. Charlie Brandt continued to dominate the 40-49 group with his victory while Myron Meyer returned to the winner's circle in the 50-59 division.

Familiar faces dominated the women's divisions. The women were led by Cindy Goller in 65:18. Alma Ojeda won the 19 and under division in 69:32, and Adelma Waltenburg won the 40 and over division with an 80:59.

The four mile race held in conjunction with the 15 km points race was won by Dick Shenfeld in 24:19 (the course was 100 yards long). Alice Scott won the women's division of the four mile in 33:45.

First time race directors Mike Kast and Herb Trier gave the appearance of seasoned veterans as they did a commendable job in putting on two well-organized, well-marked races.

The sunshine, the uniforms, the well directed races, and the fun of getting together, made it an afternoon typical of what running is all about.

### HOMESTEAD 4 MILE (100 yds)

March 15, 1980

#### MEN'S OPEN

1 *	Rich Shenfeld	24:19
2 *	Ed Kerr	25:39
3	Bud Asher	26:00
4 *	Bill Blosser	26:06
5 *	Dave Beachy	26:36
6 *	Russell Grose	26:48
7	Dave Bracht	27:20
8 *	Tom Clagg	27:25
9 *	Tom Mangette	28:31
10 *	Eugene Striggle	28:57
11	Randy Yarger	29:27

#### MEN'S OPEN

12	Bob Barnett	29:37
13 *	Joe Nycum	30:19
14 *	Chet Fleetwood	31:09
15 *	Tony Mangetts	32:01
17	Robert Wiersma	36:29
18 *	Burneal Flick	36:55

#### WOMEN'S OPEN

16 *	Alice Scott	33:45
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\* FWTC MEMBERS

HOMESTEAD - 15 KM

March 15, 1980

MEN

19 & under

74 Stan Reed 77:46

20 - 29

2 \* Phil Suelzer 52:21  
 3 \* Tom Loucks 52:34  
 4 \* Jerry Mazock 52:46  
 5 \* Paul Beckwith 52:53  
 7 \* Rick Reitzug 56:02  
 10 \* Tony Gatton 57:31  
 14 \* Dan Moord 58:18  
 16 Ben J. Boyle 58:38  
 21 Jim Anderson 59:53  
 22 \* John Treleaven 59:55  
 24 Tim Hilterbrand 60:10  
 25 Kenneth King 60:19  
 28 Chris Armen 61:22  
 29 \* Dave Glover 61:32  
 39 \* Bruce Banton 64:42  
 40 \* Bill Moord 64:46  
 51 \* Frank Adams 67:33  
 53 \* Mike Krunmillen 68:01  
 54 \* Dan Bossard 68:04  
 55 \* Scott Kingson 68:19

30 - 39

1 \* Gary Dexheimer 51:33  
 6 \* Robert Bruckner 54:54  
 8 \* Walt Green 56:55  
 12 \* Art Obregon 58:03  
 17 \* Jim Berghoff 58:42  
 18 \* Ron Motycka 58:59  
 19 \* Don Lindley 59:01  
 20 \* W. Schaltenbrand 59:47  
 23 \* John Schwauze 60:08  
 26 Dan Hannaford 60:33  
 30 \* John Scott 61:56  
 32 \* Dick Gatton 62:51  
 33 \* Mike Hill 63:04  
 34 \* Robert McKinley 63:17  
 35 \* Joe Clark 63:59  
 37 \* Mike Zurzuld 64:36.3  
 38 \* Dennis Kruells 64:36.9  
 41 \* Bill Henry 64:52  
 42 \* John Barbier 65:06  
 45 \* Jay Pelkington 65:28  
 46 \* Tom Mather 65:53  
 47 \* Philip Shafer 66:08  
 49 \* Lynn Armstrong 66:14  
 50 \* F. L. Averbek 67:00  
 56 \* David Waldrup 68:27  
 57 \* Mike Novosad 68:28  
 58 \* Ronald Habegger 68:30  
 62 \* Donald L. Frey 68:55

30 - 39 (cont.)

65 \* Dave Fairchild 70:40  
 66 \* Phil Wisniewski 72:09  
 69 \* Steve Adkinson 74:53  
 72 \* John Rasmussen 76:29

40 - 49

9 \* Charlie Brandt 57:25  
 11 \* Bill Schmidt 57:44  
 13 \* Jack Morris 58:05  
 15 \* Joe Barile 62:25  
 31 \* Woody Barker 62:39  
 36 \* Joe Ziegler 64:24  
 44 \* Edwin Jenkins 65:24  
 59 \* Don Goldner 68:35  
 60 \* Larry O'Herron 68:36  
 61 Bud Stiffler 68:49  
 64 \* Keith Pettifor 70:37  
 67 \* Terry Gautsch 73:42  
 68 \* Art Garside 74:52  
 71 \* Jim Dumas 75:50  
 73 \* Curtis Nold 76:46  
 80 \* Ross Moyer 91:39  
 82 \* Robert Waltenburg 101:00

50 - 59

27 \* Myron Meyer 60:43  
 48 \* Giles Tomlinson 66:12  
 52 \* Wendell Adams 67:41  
 75 \* J. P. Jones 77:47  
 77 \* Vern Chovan 82:19

WOMEN

19 & under

63 \* Alma Ojeda 69:33  
 81 \* Betty Jackson 92:03

20 - 29

43 \* Cindy Goller 65:18  
 70 \* Teresa Munding 74:59  
 79 Karen Rocker 89:21

30 - 39

No Entries

40 & over

76 \* Adelma Waltenburg 80:59  
 78 \* Gloria Nycum 83:04

\* FWTC MEMBERS

### LINDLEY CAPTURES FIRST RACE

Don Lindley nipped Walt Green and Tom Loucks at the finish line to finish first overall in the Indianapolis European Cross County Mad March Miler II, March 1, 1980. The field was limited to 300 registered runners. The definition of "mad" is "crazy", "enraged", "angry", "rash", and "foolish". The trio above were the "lucky" ones who were "mad" enough to hold a race of their own after the official race was postponed.

The new 1980 Maurwood Lake course fit all of the definitions of a European cross country race except that it did not have plenty of mud because of the cold weather. It did have the hills to run, the creeks to cross, and the fences to jump. Also included in the race was very cold weather and lots of snow. The course was well marked with poles and flags. Splits were not given, but they were not necessary. The 10° and 20° below wind chill factor made the time mediocre. The course might have been covered faster by mad cross country skiers. There were four inches of old snow and one inch of new snow on the ground on "race day". Don Lindley led the field for awhile but the concrete rubble and ravine slowed him down and Tom Loucks took the lead over the flat weedy terrain before hitting the wire fence. Loucks' indecision as to what pair of running shoes to wear became apparent when Walt Green took over the lead before arriving at the steep hill that was about a 50° incline for 50 yards or more. Fully exhausted and ahead of the field, the trio raced downhill on the slick road to the creek crossing that was partially frozen. Green and Loucks, fighting for the lead, got their feet wet and Lindley waited and made his move - but they would not relinquish the lead. Patiently, Lindley waited again because speed would not be the governing factor for winning the race. Green and Loucks, unfortunately, slipped going up the last hill, and, as they hesitated, undecided upon which way to turn going down the hill, Lindley zipped up the hill and dashed down the other side and madly ran to the finish line to capture his first win of the season.

### RACE RESULTS

Overall Place	Division Place	Name	Time
1st	1st	Don Lindley	*No Time Given
2nd	1st	Walt Green	Race Director
3rd	1st	Tom Loucks	was absent!

\*If time were recorded officially, it would have been a new course record!!

### MAPLE CITY

Goshen, Indiana  
February 23, 1980

10 mile - Joe Ziegler	32nd overall - 4th (40-49)	65:34
Alma Ojeda	1st Women's	71:57
2 mile - Freddie Ojeda	40th place	16:19
Alex Ojeda	60th place	20:40

### VALPO 8 MILE

Valparaiso, Indiana  
February 24, 1980

Betty Ann Jackson	68th place - 3rd (19-29)	76:14
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WINDY MARATHON & 7 MILECarmel, Indiana  
February 24, 1980

<u>MARATHON</u>			<u>7 MILE</u>		
<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Place</u>	<u>Name</u>	<u>Time</u>
14	Steve Foster	2:55:47	10	Jerry Mazock	39:22
	5th (30-39)		11	Tom Loucks	39:25
68	Wendell Adams	3:24:16	42	Tony Gatton	43:17
	1st (50 & over)		51	Don Lindley	44:06
112	Steve Tielker	3:56:46	53	Mike Kast	44:11
	28th (20-29)		60	Myron Meyer	44:46
113	Dan Bossard	3:56:47	88	Ed Jenkins	47:41
	29th (20-29)		148	Teresa Munding	53:28
			176	Chet Fleetwood	55:55
			203	Gloria Nycum	60:18

Member's Comments: This was my first marathon, which I ran on a mileage base of 45-55 miles a week. Temp was 25°-30° with up to 20 mph winds. The course was rolling and scenic, with aid stations few and far between. I owe the last 6.2 miles to my friends, neighbor, and (now famous) ultra-marathoner, Dan Bossard, with whom I ran the entire distance, and who encouraged, cajoled, and practically carried me through those last painful miles. Thanks, Daniel.

Steve Tielker

Member's Comments: Bad News - Starting line was located 1/4 mile away from Registration/Finish area and 7 Mile racers started West while Marathon racers were heading East! Excuse me. Pardon me. Ooops. Sorry. Coming through! Watch it! Good News - Typed results were available to all entrants in the finish area very shortly after the race.

Edwin Jenkins

I.U. ALL COMERS INDOOR TRACK MEET

February 22, 1980

1 mile - Gary Dexheimer	4:41
2 mile - Gary Dexheimer	10:22

I.U. INDOOR TRACK MEET

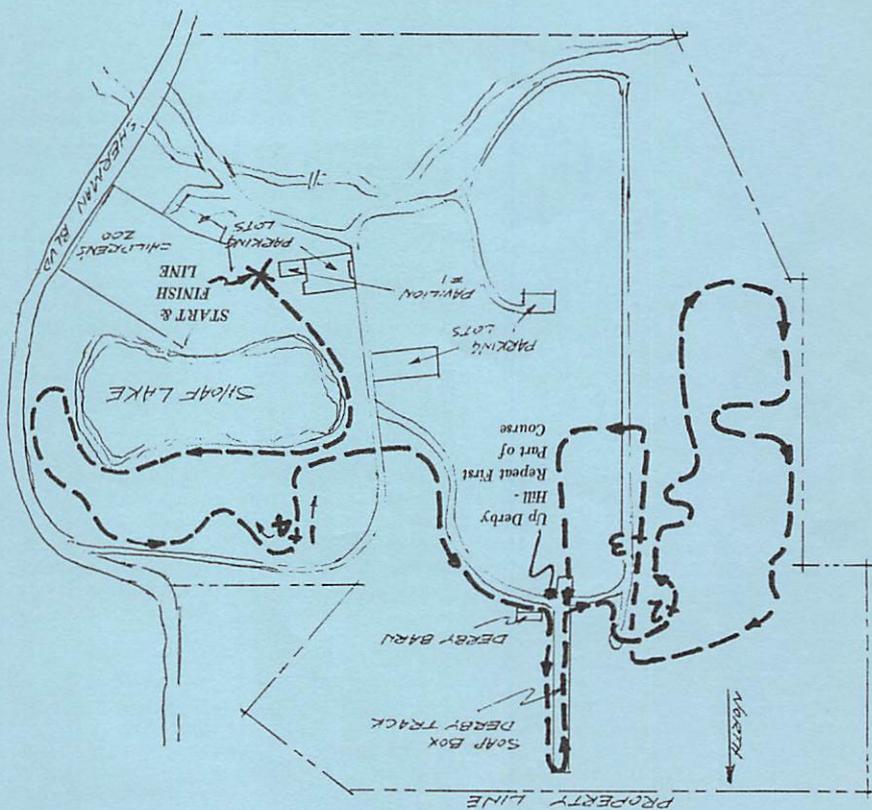
March 8, 1980

1 mile - Gary Dexheimer	4:47
2 mile - Phil Suelzer	10:13
Tom Loucks	10:41
Jerry Mazock	10:56
3 mile - Gary Dexheimer	15:22
Phil Suelzer	15:38
Tom Loucks	16:09
Jerry Mazock	16:32

Apology: The March Newsletter results and article for the 10 km race at Foster Park on February 17, 1980, listed Mike Maycock as finishing second overall in 35:06 and Gary Dexheimer as third overall in 35:19. It should have read Gary Dexheimer second in 35:06 and Mike Maycock third in 35:19. Sorry, Gary!

Above is a map of the 5 mile European Cross Country course to be used in the April 5th race at Franke Park.

## FRANKE PARK



RACE RESULTS REPORTING FORM

Name	
Race	
Distance - Date	
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 May Newsletter is April 15th.

Staple

Fold Here

Rick Reitzug  
825 Kensington Blvd.  
Fort Wayne, Indiana 46805

Stamp

**FWTC ONE-HOUR TRACK RUN**  
Sponsored by the Fort Wayne Track Club

Date: April 19, 1980

Place: Snider H.S., Reed Rd. & Vance Ave., Ft. Wayne, IN

Time: Promptly at 9:00 a.m. / Registration: 8:00 a.m. at track

Entry Fee: FREE for FWTC members; \$2.00 for non-members

<u>Divisions:</u>	<u>MEN</u>	<u>WOMEN</u>
	14 and under	19 and under
	15 - 19	20 - 29
	20 - 29	30 - 39
	30 - 39	40 and over
	40 - 49	
	50 - 59	
	60 and over	

Awards: Trophies to first three finishers in each age division, male and female; ribbons to all participants.

Facilities: Outside restrooms available at Snider. No showers available at this writing. Aid stations will be set up on the track.

Directors: Tony Gatton, Jerry Mazock, Mike Hill

Pre-registration: Send check, if applicable: Jerry Mazock  
6135 Orchard Lane  
Ft. Wayne, IN  
46809

Additional INFO: Every participant must bring someone to count his laps. Every participant must bring a pencil. Counters must arrive with participants.

There will be more lanes available this year for those running in the 6-7 minute per mile range.

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REGISTRATION FORM

Name \_\_\_\_\_ Age \_\_\_\_\_ Division \_\_\_\_\_

Address \_\_\_\_\_

Member of FWTC? \_\_\_\_\_ Want membership? \_\_\_\_\_ Desire more info? \_\_\_\_\_

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

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Parent or Guardian

# Letters to the Editor

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Dear Editor:

In reply to Gary Dexheimer's suggestion for a child's track and field program, let me point out a few pitfalls from past experience. In 1968, Fort Wayne started a track and field program for young people from 6-18. It was sponsored by the Police Athletic League (PAL) and Mike Gall was the head coach. PAL provided a budget and uniforms and Mike had access to the Portage Jr. H.S. track and some equipment.

The program grew and so did the budget and the need for more equipment and a better track. In 1970, I became the head coach for the girls and Jim Gurnell coached the boys. We had close to 80 kids in each program. In order to have a track, we made financial arrangements with North Side and we sponsored meets, sold stickers, and asked for donations to keep the program going.

We spent most of our time transporting kids, raising money, and sponsoring meets. It takes expensive equipment to teach field events and hurdles, it takes a track to practice on, it takes cooperation from parents, and it takes a budget of \$1,700.00 to run a reasonable summer program, and that was in 1976 when the PAL team was disbanded.

Your idea is tremendously utopian because parents will drop their children off as a babysitting service and forget to pick them up on time. Parents will sit in the stands as they did at the Northside Meets and watch you struggle to give their kid a chance to win a ribbon and never offer to help. You will have difficulty securing a practice site (track) and the kids soon give it up because it is hard work to run.

One and a half hours every other week from June 6 when school is out until August would be approximately seven meetings plus seven Saturdays, but don't forget family vacation -

Also there is the "joy" of coaching someone else's children! Even if you have the credentials of a bona fide coach you will receive much unwanted criticism and interference with the program.

These are a few of the negative aspects of a club for track and field. Your one reward will be that child who is talented and dedicated, like Tommy Shank was when he came to PAL. Think it over carefully.

Bobbi Widmann

(Editor's Note) The age group track program proposed by Gary Dexheimer was not intended to be a detailed guide as to how such a program should be set up, but rather an outline of how it might be set up. We realize that there are many details to work out and we thank you for bringing some of them to our attention. A further purpose of Gary's article was to see if there were track club members willing to volunteer their time to organize and run such a program. There are problems to be overcome in organizing an age group track program, but yet there are cities that have them. The problems can be overcome. The question is, "Is it worthwhile to put forth the time and effort to overcome these problems?" For those of you who think it is and would like to become involved in this challenge, please contact Gary Dexheimer at 219-432-1439. If sufficient support is not forthcoming for such a program, it will be shelved for the present time.

Dear Rick,

Enclosed find a letter from Ron Gunn concerning Greg.

Don't know if Fort Wayne Track Club would make a donation, but thought you would be interested in knowing that Greg, as a member of the Southwestern Michigan College Cross Country team, will be going to Ireland to represent the U.S.A. Quite an honor!

If a donation is sent, it can be sent to Greg at

108 Telegraph St.  
Dowagiac, Mich. 49047

and Greg will get it to Coach.

Thanks  
Tim & Barbara Orman

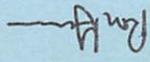
SOUTHWESTERN MICHIGAN COLLEGE  
CHERRY GROVE ROAD • DOWAGIAC, MICHIGAN 49047

February 28, 1980

To Whom It May Concern:

This letter is to confirm that Greg Orman is one of our student-athletes who is authorized to solicit support for our team's trip to the World University Cross Country Championships in Coleraine, North Ireland on March 29, 1980. It is quite an honor for our team to be selected by the United States Collegiate Sports Council and the NCAA to represent the USA in this meet. However, very little financial support comes with the invitation and each student-athlete is required to gain \$250.00 support from his home area to help finance the expensive eight day project. Greg has distinguished himself in college both as a student and as an athlete and any support that you can give him for this international experience would be greatly appreciated.

Sincerely,



Ronald Gunn

Dean of Sports Education

(Editor's Note) The executive council of the Fort Wayne Track Club has voted to show their support of Greg in his efforts as a representative of the Fort Wayne Track Club and of the United States against the athletes of 22 other countries through making a contribution toward Greg's expenses. If any members would like to make a donation toward this contribution, please make out your checks to the Fort Wayne Track Club, memo: "Greg Orman", and send to Don Lindley, 6015 Handsdowne, Fort Wayne, IN 46816. All contributions are tax deductible. Greg, by the way, has been having a fine indoor season running a 14:09 three mile at the University of Illinois on February 17th. Then on March 15th at the National Junior College Athletic Association Indoor Meet in Columbia, Missouri, Greg placed third in the two mile in 9:09. Greg led early in the race, but a

leg cramp forced him to drop back. He had hoped to run an 8:58. Nevertheless, his third place finish earned him All-American honors in the two mile. Congratulations, Greg, on all your accomplishments, and good luck.

Dear Editor:

What is it like to race under six minutes per mile?

Dan Bossard

(Editor's Note) I would venture to say that racing under six minutes per mile feels no different for me than racing at seven, eight, ten, or five minutes per mile does for others. I think it all boils down to a question of ability level and training. I seriously doubt whether Bill Rodgers endures much more pain in many of his races than does the average Fort Wayne Track Club runner in a local race.

Dear Editor,

As you know, the FWTC has a policy for the race director to follow. The race director does not have the right to cancel or postpone a race without the consent of the executive committee.

I recently attended a European cross country race that was postponed. It was a long distance drive from Fort Wayne and although the weather was very cold and windy, I saw no reason why the race should be postponed.

When I arrived at the race site, there was a big sign at the gate before entering the park, saying "RACE POSTPONED UNTIL MARCH 15". Even with one inch of new snow and four inches from last week's storm on the ground the course was well marked, and I could not understand why the race was postponed. I was informed that the race was postponed the previous evening because of a forecast of bad weather. Although the local radio stations broadcast postponement, nothing was done to contact those runners that were registered from out-of-town. The race required pre-registration and limited the field to the first 300 runners. I would have accepted a collect telephone call from the race director and his committee just to save the gas. Also, I would have helped if he could have provided a list of other runners from Fort Wayne to call.

I observed many other runners who were turned away, some from Muncie, and even saw one runner from Michigan. Like many others, I intended to race, I was in condition for this type of weather and any type of terrain. Even though it was inconvenient for the race director to time me, I chose to run the race anyway.

*Don Lindley*

(Ed. Note: See Don's "Race" story elsewhere in this newsletter.)

March 2, 1980

Dear Editor;

The letter that follows is one that was written after Don Lindley, Tom Loucks, and myself drove an approximate total of 250 miles to a race that never happened because the race director thought there was too much snow and that not enough runners would show - Neither of which was true. There was not that much snow and there were a lot of runners that did show.

Walt Green

Dear Race Director;

May the fiasco of a thousand camels interest your running shorts. We had nothing better to do Saturday, March 1st, than drive from Fort Wayne to Indianapolis, approximately 120 miles, to run the March 1st Mad Miler. What happened? We got there only to find a sign stating that the race was cancelled until March 15th. You want to talk about mad! There are three runners that could bite nails in two.

One of your helpers happened to be at the locked gate when we arrived. He told us you cancelled the race because you thought there would not be enough runners show up. Well I have news for you, if you came out to course you would have seen cars, trucks, and vans full of runners ready to run. After all, I thought a European Cross-Country race was run in adverse conditions. You would also have seen a few runners including the three of us run the course anyway. The concept of the race is a good one, all it needs is a harder race director. Enclosed is an entry blank to the Fort Wayne Track Club European Cross-Country Race which will not be cancelled.

Sincerely yours,  
Walt Green

Dear Editor,

I saw a copy of the FWTG newsletter, very impressive. Your race schedule and program is worth the membership dues itself. Although I will not be able to become involved at the organizational and operational level of the club, I look forward to running in some of your races and reading the newsletter.

Jere Kunkle,  
Valparaiso, In.

Alma cont.

"Little bit of soccer." Her father, who believes it is his duty to help his children explore their talents, promotes these other interests. He says, "Alma's running may suffer this spring because I'm planning on taking the kids out and teaching them how to play golf."

Alma Ojeda has accomplished a great deal as a distance runner although she is still only ten years old. Although running is an important part of her life and her father's life, the Ojeda's have managed to maintain a mature one-sided and Mr. Ojeda has not become a "little league" parent. Both Alma and her father seem intent that she explore a wide range of interests, as is befitting a ten-year old. If both can maintain this attitude, thereby helping Alma avoid "pressure to perform" and loss of interest, the Ojeda team should experience even greater successes in the future.

# Race Calendar

<u>1980</u>	<u>Time</u>	<u>Race</u>	<u>Location</u>	<u>Contact</u>
4-5	9:00 a.m.	FWTC 5 Mile European Cross- Country	Franke Park	Walt Green 485-4091
4-5	9:00 a.m.	Spring Running Festival 10KM	Bloomington, IN	YMCA 812-332-5555
4-5	9:45 a.m.	Easter Egg Hunt 5km, 10km	Toledo, OH	Ford Kebker 419-836-6701
4-12	10:00 a.m.	FWTC Fun Run	Foster Park	Walt Green 485-4091 Tom Loucks 622-7108
4-12	noon	Run for the Health of It 5 km	Chesterton, IN	Mike Bachuchin 219-926-4204
4-12	10:00 a.m.	West Boggs Run	Washington, IN	Gordon Hochmeister
4-12	10:00 a.m.	Lake Sullivan 10km	1007 N.3rd St. Washington, IN 47501	Gary Arnett 446 Star Ave. Sullivan, IN 47882
4-13	1:30 p.m.	Muncie Symphony Run 10 KM	Muncie, IN	Linda Branam 317-288-3168
4-13	10:00 a.m.	Cookie Classic 15 & 5 predictions	Toledo, OH	Dave Barnes 419-248-8382
4-19	9:00 a.m.	FWTC Hour Run	Snider H.S.	Jerry Mazock 219-747-1064
4-20	8:30 a.m.	Camp Millhouse 2,5,10 km	South Bend, IN	Camp Millhouse 219-234-1169
4-20	1:45 p.m.	Point Business- man's Assoc. 10km	Toledo, OH	Ken Riedeman 419-726-1133
4-25		Roadrunner Relays	Dowagiac, MI	Ron Gunn 616-782-5113
4-26	10:00 a.m.	FWTC Fun Run	Foster Park	Walt Green 485-4091 Tom Loucks 622-7108
4-26	4:00 p.m.	Caylor-Nickel Hospital Run For	Bluffron, IN Health	Jane Thompson 219-824-3500
4-26	8:30 a.m.	Grand Prix Distance Classic 5 & 10 km	W.Lafayette IN	Grand Prix Distance Classic, Box 513, Purdue Memorial Union, W.Lafayette, IN 47907
4-26	10:00 a.m.	Jaycee Run 10KM	Plainfield, IN	Don Roby 317-839-9813
4-26	10:30 a.m.	Zionsville "499" 4 & 9 mile	Zionsville, IN	Robert Dwyer 317-269-7285

4-26		Southside Spring 5 & 10 km	Indianapolis, IN	Greg Meyer 509 W.Bonta Indpls 46217
4-26	10:00 a.m.	National Run for Life Day - 1-10 mile	Toledo, OH	Jim Strasser 419-882-8485
4-27	2:00 p.m.	Super Crost Six 10 km	Kentland, IN	John Young, Ph.D. P.O.Box 67 Kentland, IN 47951
4-27	1:00 p.m.	Lima Run'in Jog Club 10km	Lima, OH	Don Bergman 419-229-8901
5-3	10:00 a.m.	FWTC Fun Run	Foster Park	Walt Green 485-4091 Tom Loucks 622-7108
5-2/4		RRCA Convention	Spokane, WA	
5-3		Terre Haute Distance Classic 20 km	Terre Haute, IN	John S. Newlin 601 Ohio St. 47807
5-3	9:00 a.m.	K.P.R.D. Highland Park Run-4 mile	Kokomo, IN	Jeff Rudolph 317-452-0063
5-3	10:30 a.m.	Citizen's Bank ISUE 25k & 5k runs	Evansville, IN	Bill Stegemoller ISUE 47712
5-3	9:00 a.m.	Saginaw Bay Marathon	Saginaw, MI	Forddy Kennedy (517)-686-9018 (weekdays)
5-4	2:00 p.m.	FWTC Homestead Hilly Four	Homestead H.S.	G. Dexheimer 219-432-1439 C. Brandt 219-432-9110
5-4	12:30p.m.	2nd Annual South Bend Spring Classic 10KM	South Bend IN	Margaret Crockett 1152 Whitehall Dr.
5-10	9:30 a.m.	Lugar Series 10 KM	Muncie IN	Steve Kehoe Muncie YMCA 500 S. Mulberry Muncie, IN 47305
5-10		Oxbow 10 m & 4 m	Elkart, IN	
5-10	11:00 a.m.	Warsaw 10,000	Warsaw, IN	Kermit Welty 219-269-1592 (see ad in March newsletter)
5-10	10:00 a.m.	Old Kent River Bank Run 25 KM	Grand Rapids, MI	Old Kent River Bank Run Box 2194 Grand Rapids, MI 49501 Deadline 4-25 Limit; 3000
5-11	9:00 a.m.	Bank of Ravenswood Chicago 10 mile (Lakefront 10)	Chicago, Ill	Noel Nequin 312-878-8200 ext. 5327

5-10	10:00 a.m.	FWTC Fun Run	Foster Park	Walt Green 219-485-4091 Tom Loucks 219-622-7108
5-17	4:00 p.m.	HRRC & Club Kokomo One Hour Run	Kokomo, IN	F. Stinchcomb 317-453-9546
5-17	10:00 a.m.	Sunrisers Kiwanis Spring Run - 10 mile	Noblesville, IN	Noblesville Sunrisers Kiwanis 317-773-1073
5-18	9:00 a.m.	Revco-Cleveland Marathon	Cleveland, OH	Reno Starnoni 216-232-6373
5-23	9:30 a.m.	Indianapolis 500 Festival Mini - Marathon 13.3	Indianapolis, IN	500 Festival Assoc. Inc. One Indiana Square Suite 1665 Indianapolis
5-24	10:00 a.m.	American Heart Assn. Run for Life 1 - 10 mile Pledge Run	Foster Park	Mike Hill 219-745-9511
5-24		Welborn Fitness Festival Marathon	Evansville, IN	John R. Meyer 812-426-8235
5-25	3:00 p.m.	FWTC Track Carnival	Homestead H.S.	G. Dexheimer 219-432-1439
5-26	8:30 a.m.	2nd Annual Run for Hope 5 & 10 KM	Martinsville, IN	Dennis C. Lind 317-831-5514
5-31	10:00 a.m.	FWTC Fun Run	Foster Park	Walt Green 219-485-4091 Tom Loucks 219-622-7108
5-31	7:00 a.m.	Marathon-Marathon and Six Mile	Terre Haute, IN	Dave Phegley 812-232-6311 ext 2522 or 2559

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## FORT WAYNE TRACK CLUB

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