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CLOETER
BOSTON
AND MORE



NEWSLETTER OF THE FORT WAYNE TRACK CLUB

MAY, 1980

the inside track

FORT WAYNE
TRACK CLUB



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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.

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Editor's News & Views

They dropped out by the thousands. They tuned in and they turned on. They explored their limits physically and mentally. They preached peace, love, and brotherhood. Drugs were their god. They became known as "hippies" and "flower children". But the drug god became overpowering. The highly touted peace and love were forced into submission, so that the powerful god could be satisfied. The flowers wilted and died.

Recent events in the lives of three of my friends have caused me to recall and consider certain parallels and differences between those turbulent days of the late sixties and early seventies and the running movement today.

It is a rainy afternoon in the summer of 1979. I'm running next to Paul, a talented runner, but at the time being hampered by a job requiring him to work fifty or more hours per week. On this particular run Paul is telling me that he is giving up the security of his job for the uncertainty of the running environment of Boulder, Colorado. I can still hear him telling me that he had thought it over and that this might be the last chance that he would have to do this. Said Paul, "Right now, I have no commitments to anyone or anything. In a couple of years, I probably will." Paul was going to Boulder in order to be in an environment in which he would be able to explore his running potential to the fullest. His goal was to qualify to the Olympic Marathon Trials. Upon arrival in Boulder, he was planning to move in with a friend until he found a place of his own. He had no job, but planned to tend bar or do whatever needed to be done that enabled him to eke out a living while still giving him sufficient time to train. Paul ran a 2:20:56 marathon qualifying him for this month's Olympic Marathon Trials.

In April of 1979, Jerry worked eight backbreaking hours a day in a factory. With the beginning of the downturn in the economy, he was laid off. His wife had a good job and Jerry would be collecting unemployment compensation every week. So, Jerry decided to take advantage of the situation and concentrate on training. Several months later he told me he wouldn't go back to his job even if he were recalled. He eventually found a job which enabled him to set his own hours and still maintain his, by now, rigorous training schedule. Jerry's marathon best at this time was 2:50. Since then he has run a 2:39 and, considering his current training and condition, he should cut ten minutes off that time in his next marathon.

Tom graduated from high school in 1977 and was undecided as to which course to take in his life. He worked, tried continued education and several part time jobs, but didn't find satisfaction in any of them.

Meanwhile, he had taken up running and began showing some improvement. Tom decided to postpone his career and devote himself to running and exploring his talent in this area. He is currently showing tremendous improvement and should break thirty-two minutes for ten kilometers in the very near future.

Three runners that have dropped out of the "normal" societal lifestyle in order to be able to explore their physical and mental limits. Running is their god. Three runners who are typical of thousands of other runners throughout the country. Will these "running hippies" be caught up in the excesses of the previous decades? Flower children? Will they shirk their responsibilities to family and others and become submissive to the power-ful running god? The possibility is there, but the probability is not likely. As long as their current lifestyles continues, these running hippies will never get rich, but to them wealth is obviously a low priority, exploration of self potential a high priority. Whereas the flower children of the sixties and early seventies explored their physical and mental potential by temporarily heightening their senses only to have them gradually deadened as the effects of drugs wore off, today's running dropout temporarily tears down his body only to have it recover in a stronger state. In the process of the workout, mental toughness and willpower are developed. The flower children "grooved" on being "laid back" and "mellow". The runner hippie sets a goal and then dedicates himself physically and mentally to the attainment of that goal.

The appeal of becoming a running hippie is strong for anyone who has the mental constitution of a distance runner. How many people ever have the opportunity to fully explore their potential in any area? Generally, we go through life being average in a number of areas without ever excelling in anything. This is because very few people ever dedicate themselves fully to any one thing and therefore ever have the opportunity to realize their potential greatness. The possibility of being at the summit of having one glorious moment in which we fully realize our potential as a living breathing human being seems well worth the giving up of several years of mediocrity.

The choice is definitely appealing. But the choice is not for all of us to make. Many of us have given up this option and have chosen the various "options of mediocrity". These options offer their satisfactions and advantages, but yet there are times when you dream and wonder, "What could I have been?"

Have a good run!

Help Wanted: "The Inside Track" is in need of volunteers to donate several hours of their time one month to help collate, staple, and prepare "The Inside Track" for mailing. If interested, please contact Rick Reitzug, 424-8091, or Jim Dupont.

President's Column

The FWTC wins again. The spring racing season is now upon us and I expect that the club will be well represented at many races. Last month I mentioned the notoriety that our club has been gaining from an administration and organization standpoint. I expect that we'll also be gaining a little competitive notoriety this spring, especially since many of our members are now wearing club colors. It is a great satisfaction to see the masses of FWTC members at various races. Certainly our club is growing tremendously. As previously pointed out by Mike Hill, you don't have to be a front runner to wear a uniform. For every member that shows up at a race in our uniform, we show the strength that our club represents and the contribution that it makes to running.

Although our club is made up of the masses, there are those members that in uniform offer our club a little special recognition. Our club is probably as well represented as any in the state, with a number of talented runners. Certainly we have one of the best masters runners in the state and a few others in that senior division that have recorded some very impressive PR's. The club is also represented by several outstanding women including a fantastic ten year old and Cindy Goller who will be representing us at the Lugar Championship finals in November. Other members have been specifically invited to various races such as the Old Kent River Bank Run which last year had a field of 2000. Last month we all were notified that one of our members, Greg Orman, has been selected to compete internationally. We certainly will be well represented at Boston this year. If you look at every division in our club, each one is represented by several members, who will place well in any race in the state. So when you go to a race this summer, not only will you probably see a lot of FWTC uniforms but there's a good chance that you'll see some of those same people at the awards ceremony.

Best wishes and a speedy recovery to Cindy Caldwell who recently had a slight stint in Parkview Hospital. As competitive as Cindy is, I expect that she'll be back putting in the miles real soon.

Dean Slavens recently advised me that this year's Turkey Trot will be held once again at Shoaf Park on Saturday, November 22nd. Mark your calendar accordingly as we failed to include this in our 1980 schedule.

Our executive council is being very selective of races to which we choose to offer club support. Recently we declined to get involved in the Lugar series race held at Shoaf Park. We have also declined to become involved with tentative plans to hold a Diet Pepsi race in Fort Wayne. In using the word "support", I simply mean in terms of organization. We certainly do encourage our members to support by running any qualified event held in our community. We are not personally judging either of these races. Obviously many of us did support the Lugar race and for a first year race it came off fairly well. The reason for declining involvement is that in both cases the races were or are being organized in a two to three month

period of time. Since all of our time is volunteered and since several of us have first hand experience in large race preparation, we believe that it is impractical for us to get involved unless we have at least six to ten months to prepare. Beyond that, we have an excellent club race schedule that includes involvement in both Three Rivers and Lincoln. What we do, we do extremely well. Therefore, the council wants to make sure that the club continues in that light and does not become spread too thin.

AEROBICS PERFORMANCE CENTER

Gary Dexheimer

Two months ago, I visited with an old friend who had recently returned to his home state to direct the newly formed Aerobics Performance Center in Indianapolis. During college I had the opportunity to work as a lab assistant for Dr. David Costill at Ball State University. Dr. Ken Sparks was then a graduate assistant working with Dr. Costill.

Dr. Sparks gave me a tour of his new facility and I was quite impressed. The center had been designed to advise, diagnose, and prescribe individual exercise programs for everyone from the post coronary patient to the beginning runner and to the conditioned athlete. Upon subscribing to their service a member is given a complete physiological analysis for strengths and weaknesses. The member is then placed on a personalized monitored program. Many of their clients are professional people who desire a medical approach to their personalized program. Besides Dr. Sparks, the center has a complete staff of therapists, and an advisory board of well known medical people from the community. The service is surprisingly inexpensive and a much better alternative to the local health spa.

Dr. Sparks' knowledge and credits are outstanding. He was formerly an assistant professor at Colorado University. He is also on the board of directors for Frank Shorter Sports. He is a current member of the world record holding two mile relay team for the University of Chicago Track Club. Besides being a member of several U.S. International teams, he also competed for a short time with the professional ITA. Now that the ITA athletes have been reinstated, I imagine we will probably have to deal with him competitively around Indiana. At 34 years of age, he still hopes of once again joining the Chicago Track Club for another shot at that two mile relay.

If you have an interest in this type of program, stop in and see Dr. Sparks. Their service is extremely complete, much more so than I could possibly explain. Keep in mind that they do make their programs available to people outside the community and will prescribe programs that can be followed without supervisions.

Words For Women

Cindy Goller

Sunshine, warmer temperatures and longer daylight hours seems to bring the running spirit out in many of us. For a great deal of ladies however, their enthusiasm for running is short term. Attempting too much too soon resulting in nagging aches and pains or even many an injury might be enough to call it quits. For some, the reasons may be more psychological than physical. Even today, with the growth of womens' participation in sport, taking the first step out the door and down the block may be the biggest stumbling block. Let me assure you, running is probably one of the best things you are doing for yourself. So don't be intimidated by what you might think your neighbors or, worse yet, your family, is thinking about your new interest. There are always lots of reasons not to run but hopefully you'll discover the best reason in the world to run - the simple enjoyment of it!

Whatever your initial reason for running or beginning a running program, I believe you need to remember one key phrase - keep it simple and fun. You've got to enjoy yourself, otherwise you will never last past the initial aches and pains.

For those of you beginning a running program or thinking about it, let me offer you a few suggestions. First of all, you need a respectable pair of running shoes. There are lots of good shoes on the market now so that should be not problem. As far as your running program goes, it should consist of three phases: a warm-up, the run itself, and a cool-down.

1. The warm-up: Emphasis is on stretching the main muscle groups of the body along with walking and slow jogging. The purpose being to prepare the body for your run.
2. The run: You may run for a certain period of time or a predetermined distance. I suggest a period of time because it is easy to get "stuck" on training mileage.

Step 1 - Jog 1 minute
walk 30 seconds

Do 8 repetitions, add a set each workout until you can do 12 repetitions for two days in a row.

Step 2 - Jog 2 minutes
walk 30 seconds

Do 5 repetitions, add a set each workout until you can do 10 repetitions for two days in a row

Step 3 - Jog 4 minutes
walk 1 minute

Do 4 repetitions, add a set each workout until you can do 6 repetitions for two days in a row

Step 4 - Jog 8 minutes
walk 90 seconds

Do 2 repetitions. When you are able to do 3 repetitions for two days in a row, go to the next step

Step 5 - Jog 12 minutes
walk 2 minutes

After you jog for 12 minutes, and walk for 2 minutes, try to jog another 12. When you can, go to Step 6.

Step 6 - Continuous run
25 - 30 minutes

3. Cool-down: A tapering off period. Should consist of walking and stretching.

I realize that many of you reading this article are far above this level. But my intention for starting at the grass root level is to present a logical sequence for the many women out there desiring to participate but for some reason still at the spectator level. So if you would, please, pass the good work along and bring a friend out to the next fun run or race.

FROM THE NOVICE NOOK

Burneal Fick

I would like to begin this article with a word of appreciation to Walt Green. He was the one who helped this novice runner find out what a Fun Run is. Without his help, I'd never have learned what a joyous experience it is to run at the back of the pack. Thanks a lot, Walt!

Running at the back of the pack does have its advantages. In the first place, it keeps you humble; especially when, as happened to me in the four mile at Homestead in March, you set a personal record in the process of finishing last.

Another advantage of being a novice running from the rear is that you can see your improvement coming along so easily; you simply can tell you're doing better because you're less far behind.

I think probably the biggest advantage of being a first year runner is setting PR's with the secret joy of knowing that if you can stick with it for another year and lose that extra thirty pounds, you can't help but break all those records just by mere loss of weight. How many front runners can expect to break just about every record they set in one year? My problem is being sure I don't enter so many events I end up killing myself before next year comes around.

In all seriousness, I must admit I'm hooked on running, even from the back of the pack. I find joy and self-satisfaction in just being able to finish a one hour training run (that's the longest run of the week for us novices in case some of you front runners may have forgotten). I must admit I hold a secret envy for the people who run up front. I don't intend to keep on running in order to stay at the rear. I may never run up front, but if there are any mediocre joggers who get in front of me after I lose these thirty pounds of ugly fat, and if they should find themselves ambling along and hear what sounds like a cage ball on self-destruct coming up from behind, don't panic, it's only this novice newcomer making his move to join them somewhere near the back of the middle.

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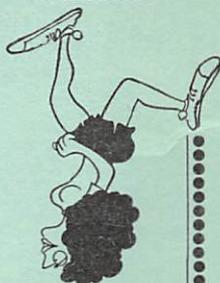
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Coach's Corner

The real racing season is here! At least many of us tend to think of the hard racing season as April, May, and June, and again in September, October, and November. If you arrange your schedule this way, then you'll probably want to arrive at some kind of peak during the latter stage of each season. I believe the best way to accomplish this is to include some type of interval work either through track work or fartlek. I prefer the track as it gets me off the roads and onto a semi-soft surface. Most of the experts agree that it is advisable to have at least a four month base before you begin any type of faster work. I've tried to pattern myself on that basis.

You should begin your interval program in April with long easy intervals. I like keeping the repetitions constant for a given distance while slowly diminishing the rest interval and increasing the tempo. Begin in April with a slow tempo, a full rest interval (rest interval equals the distance), and longer distances such as 880's, 1320's, and miles. I believe the biggest mistake that most people make is assuming that they have to do an interval workout equal in distance to their normal daily mileage. Interval work is more intense and certainly can be dangerous if over-done. Personally, I want to walk off the track feeling fresh and sharp. Even if I do it often, it still hits me the next day. I don't want to leave the track exhausted. If I'm feeling tired that day, I will either put the workout off for another day or I'll modify the plan to insure that it feels easy.

As you progress into the peak racing season, you'll want to decrease the rest interval and increase the speed. As an example I like to shoot for two track workouts during the week depending on how I feel and whether I have an upcoming race or have recently run one. For the easy workout, I prefer quarters such as 10x440 @ 68-70. Then two or three days later I'll do a speed interval, such as 2x880 @ 2:14 and 1x440 @ 62. Currently I'm not attempting to hit those tempos and by June, I may be a little bit faster than those that I suggested. I started in April trying to hit the 440's in 78. Obviously, you'll need to vary the tempo according to your goals and your speed.

Bear in mind also that my mileage base is only 60 miles. For those that Gavaghan (2:18 marathoner) mentioned to me that he'll do 8xmile @ 4:50 but than Bill trains at a minimum of 100 miles per week.

Just don't overdo it. Make it enjoyable!

It's also very important to make sure that you're properly warmed up prior to any interval work. Personally I like to use the same warm-up that I use prior to a race. I combine about a mile of easy running with some stretching and then do some moderate speed build-ups of say 4x150 yards,

April 18 - April 21, 1980
BOSTON: JOURNAL OF A MARATHON
Rick Reitzug

4-18-80 - Friday

On the road at last. We got going about 4:00 p.m. Now we're on the Ohio Turnpike after a harrowing two hour drive along U.S.24 to Toledo. My mind is a jumble of thoughts, doubts, hopes, and dreams. I'm determined to run a PR. Am I really in the condition to be able to do it? In terms of speed workouts, I've probably worked out harder in the last month than ever before. I've averaged more miles weekly before, but my 70-80 miles per week for the last eight weeks should be sufficient for a PR, considering the speed work. I've felt strong in workouts lately, but that could have been just an illusion.

I'm hoping to break 2:35. I'm hoping to get over the hills, feel good, and run in strong the last five miles through the cheering throngs in downtown Boston. I'm dreaming of a perfect day, 55° with a healthy tailwind. I'm dreaming of a 2:29 on such a day. I know dreams don't often come true, but that doesn't stop us from dreaming them.

The last two days have been filled with pre-Boston anticipation and excitement. I've gotten up early both days to get in an easy, restful three miles. Yesterday, I had a near mishap, slipping on some leaves and mud, skinning my knee and hand. The early start in the beautiful, sunny weather, the well wishing phone calls of track club members, teachers at school, the curiosity of my students, have all filled the last two days with a special kind of excitement.

It's hard to believe that in another 15 hours, I'll be in the city of brightly colored sweat suits, of runners, and, at least for the next two days, the city of spaghetti and beer and running.

As I sit here thinking, the worries crop up again. Is it going to be too hot? Fort Wayne is supposed to get up to the mid-70's which would probably feel like mid-90's in a marathon after the cold weather we've been having. Will my weight be too high? It's been down lately, but I'm planning on eating a lot of pasta between now and Monday. I've been trying, somewhat unsuccessfully, to watch my food intake this week since I've cut down on my running.

Daylight is rapidly fading. A long night of driving lies ahead. When light returns we should be in New York State.

4-19-80 - 11:00 a.m.

The long drive is over. Boston at last. My body and mind are rebelling. Twenty-nine straight hours and 850 miles are too much. I feel spacy, not quite all there. At least the weather is nice although too hot for marathoning. It's to be in the low 60's for Monday. That might be barely tolerable.

10:00 p.m.

We spent our first afternoon and evening in Boston walking around. Stopped at the Eliot Lounge for a beer. I noticed they had several new pictures of Bill Rodgers and last year's marathon on the wall. Ate dinner at Robert's, an Italian restaurant in Boston's North End. The food was excellent compared to the barely edible spaghetti I had in a cheap joint last night.

4-20-80 - 11:00 p.m. - Sunday

The day before. Spent a relaxing, restful afternoon visiting my sister in nearly Wayland, Massachusetts. Walt (Green) arrived this morning. Went to the Prudential Center with him to pick up his number. Guess I'm unofficial. My fake AAV number didn't make it. Received a telegram from the FWC wishing Walt, Larry (Lee), and me well. It sure means a lot to hear from friends. Went out to dinner with Mary, Walt, his wife and son. We went to an Italian restaurant again - this one was a disappointment. Our waiter was a space case, the hostess could barely speak English, the chairs had cud on them, they were out of salad, and the food was barely passable. Stopped at the Elliot Lounge for a beer afterward. Walt is definitely excited and enjoying the running atmosphere in Boston. They had a list of runners taped to the wall at the Elliot. Walt was a funny sight contorting his body and the list in attempting to read his name which was on the back side.

4-21-80 - 11:30 a.m. - Patriot's Day - Marathon Day

Half an hour until race time. It's hot. I'm nervous. I woke up at 6:00 this morning. Couldn't sleep anymore. Had a couple cups of coffee and a blueberry muffin. Met Walt at 7:30 to walk to the Pru to catch the bus. The bus ride seemed to take forever. It was scary thinking that we'll have to run back the entire way. Finally, Hopkinton. It's sunny today, so we sat on the Hopkinton High School Athletic Field for an hour. We ran into several area and state runners during this time - Tom Deardorf and Rex Reed from Warsaw, Sol Epstein and Willie Young, Indianapolis, and Pat Davis. Half an hour ago we made our way down to the village green. Since then the heat has really made its presence known. It seems to be getting hotter by the minute. Walt and I have just been sitting here talking, watching the other runners, spectators, and vendors, and taking in the festivities. Walt has gotten about 10 drinks of water while I've visited the restroom approximately that number of times. Many of the runners have already lined up, but Walt and I have held off until now. Since it's now 11:45, we better push our way through the crowd of spectators and into the crowd of runners. It's hot. We're not heat acclimated. I'm scared.

4:00 p.m.

It's over. Believe it or not, most of it was fun. As far as 26 miles 385 yards of hot blacktop can be. The beginning was not fun. The beginning was filled with the fear of not finishing. Just standing among the other runners from 11:45 to 12:00 was enough to make the sweat bead and drip off my forehead. Thoughts of a PR were fading, being replaced with thoughts of survival. Maybe it wouldn't be as bad once we started running. It was worse. The first two miles were downhill. Even so, my split was slow. A little over 12 minutes - 25 seconds slow already. It didn't seem too difficult, but yet it seemed harder than the first two miles of a marathon should. For some reason I had a sideache, I was sweating profusely and water was nowhere in sight. I was irritated at the spectators. Where in the hell were the famous helping crowds of Boston? Why didn't the spectators have water for us on this hot day? I knew there would be no way I would run a PR today. I could live with that. There would be other marathons. I could not live with not finishing. I had

(cont on page 28)

Walt Green
MY BOSTON MARATHON

Two and a half years ago, I weighed 180 pounds, smoked a pack a day, and thought running was something you did with your nose. In 1978, I ran my first marathon. Fantastic. In 1979, I qualified for the Boston Marathon. Now I know there is more to Boston than the Tea Party.

April 20, 1980, standing in line to pick up my number. Number 2303. Holy cow! I'll probably line up in the next county. Runners all over the auditorium. No big deal, I'm not even nervous. That night I ate as much pasta as I could. At 10:00 p.m. I went to bed, still calm. Next day, the bus ride to Hopkinton. I'm not worried about the marathon. Rick and I are trying to decide where to eat that night. April 21, 1980, 10:00 a.m., the marathon finally hits me. Wanted to line up for the race at 10:30, race starts at 12:00. As I stood in line five minutes before race time, I realized I had a Walter Mitty dream come true. I was getting very nervous now, just a couple of minutes to go before the gun is fired. Finally, ready to go. Could hardly hear the gun fire. Start my watch and ran into the runner in front of me. It took 56 seconds to get to the starting line, all walking. Finally started running. Had to remember to take my time and wait for the runners to thin out. That never happened. I never did run alone.

What I want to tell you about is the mistakes I made. The temperature at race time was approximately 72°, road temp in the 80's. I did not think it was that hot and did not take any water for the first five miles. Five miles. Now I know it's hot and remember the Three Rivers Marathon. I start taking in liquids. At ten miles I was tired, ready to stop, drank ERG and felt a lot better. At 13 miles got a surge and picked up the pace. I sure wish the hills were at the start. Hit "Heartbreak Hill" at approximately 20 miles. It was longer and steeper than I thought. I got to the top, had to walk a little. From there on I had to gut it out. I made it, crossed the finish line and smiled. Two hours later I fainted twice, ended up in the hospital with two bottles of saline solution. Dehydration. I thought I drank enough. Boy, was I wrong! I feel good now, ready to run another marathon, hopefully a little smarter.

The Boston Marathon was a fantastic experience. The crowds were huge and very vocal, approximately one million. I can't wait until my next Boston Marathon.

Time: 2:59:56
Place: ?????

Preview: Can you swim? Ride a bike?

Kermit Welty of Warsaw informs me that they are planning on hosting a triathlon this August. It will probably consist of a 1/3 mile swim, a 45 mile bike ride, and a 7-1/2 to 8 mile run. Sounds painful, but fun! More details will be forthcoming in future issues.

Essentially, I'm recommending you take a serious look at what you are reading. Please give Running Times a try. It's really a well-written magazine and enjoyable reading, even if they didn't publish my poem.

But what the heck, let's be positive! Those California nerds don't have the only running magazine. There is one being published by some people in Woodbridge, Virginia, called Running Times magazine, which seems willing to do an honest and realistic look at the future of running. In contrast to the other "rags", which affectively predict you can ascend into heaven while on a 10K run through the woods, Running Times takes an honest look at the 1980's in their March issue. Editor and publisher Ed Ayres paints one of the best pictures of running in the coming decades. You will not be euphoric and looking at the world through Gortex colored glasses after reading it. You will be glad you're a runner though and willing to deal realistically with the future. Ayres and his gang didn't rest on their laurels though, and in the April issue of Running Times, the associate publisher, Jeff Darman, wrote a straight-forward and historically accurate account of "Hitler's Olympics". Read it - whether you agree or not - he writes well and thought about it before taking pen in hand. The sense of history in most other running magazines goes back to when Mary Decker was a teenager! Yes, I like Mary, think she's a great athlete, but don't give a hoot about who she is intimate with, even if he is a Marathoner!

This is the third time I have attempted to write something for the May newsletter. The problem is that there are so many things going on that I would like to write about and quite a few to complain about. For example, the Lugar fitness run, Runner's World Magazine, high paid athletes, athletes who insist on playing in Moscow, and last but not least the Sanger 10K. The difficulty is that running is supposed to be fun and I intend to try and keep it that way. So I'll "cool it" and only make one negative statement. They say it takes 901 Californians to replace a light bulb. One to screw it in and 900 to experience it. I'm afraid this "Laid back" lifestyle is reflected in the editorial and advertising pages of Runner's World Magazine. "Laid back" used to be obscene, now it's a way of life! But only in California, brother, cause I ain't lettin' it get east of Elkhart. This running magazine must be written in the midst of a large philosophical vacuum. I mean, even Hugh Hefner has a philosophy! It's simple, childlike, chauvinistic, and superficial, but he did have an idea of his own. What brought on my strong dislike of the magazine? Well, I'm afraid it's been coming for some time. I've honestly felt that it paid enough, they would recommend we all stop running! They finally permitted in their last issue one of the stupidest ads I have ever seen. It's for a face supporter! Evidently all of those miles of jogging are going to make your face fall. My question is very simple. Who gives a damn? I will not be renewing my subscription.

MIKE HILL
FACE SUPPORTERS, CALIFORNIANS, AND RUNNING MAGAZINES

AN INTERVIEW WITH DAN CLOETTER
 Rick Reitzug

Inside Track: Dan, you've had an apparently successful year as a runner. Would you track for me the accomplishments and progress you've made in the last year?

Cloetter: Diet Pepsi 10,000, Omaha, winner, April; Lincoln Marathon, May, 2:16:47; Diet Pepsi, Boston, 6th, 30:00, June; Litchfield Watercade 25 KM, 1:18:51, first; Nike-OTC, 9th, 2:14:23, September; Chicago, first, 2:23:20, October; Honolulu, 5th, 2:20:48, December; Bermuda, 10K, 12th, 30:36, January; San Blas 1/2 marathon, 15th, 1:06:36, February; Marathon improvement - 3-1/2 minutes. (These are my biggest races - ran others as well.)

Inside Track: To what do you attribute this success?

Cloetter: Consistency at training is the key to my success. At school, I ran to work and back and my workouts were too close together. I had no track work. Now I have more rest between workouts. I get on the track for speed work and I do many more 10-12 mile runs instead of 7-8 miles.

Inside Track: What has your training been like in the past year?

Cloetter: Last winter (1979) I ran a lot. My best winter mileage ever. Despite horrid weather, March was close to 500 miles. April was a lot of track work. Hitting 100/week consistently for ten weeks. 110 was my big week, which isn't too high. I ran a PR for 10,000 at Drake so I knew I had good speed, better than for some time. My 2:16 was easy but could have been faster had I had company. I won by nine minutes. I did some long weeks and runs in summer to prepare for Nike and ran 2:14. Still feel I could improve as I let speed slip in summer. I felt I could have run 2:13 if I had kept up with my speed.

The Harding High School Graphic Arts Department has printed a DISTANCE RUNNERS LOG BOOK. This plastic bound booklet contains space for recording a full year's record of your running activity. There is space for daily workouts, the course, conditions, comments, weight and total miles. Space is also provided for weekly and yearly totals. This Log sells for the low price of \$1.00. You may purchase these by filling out this form and mailing it to:

Jim Dupont, Harding High School, 6501 Wayne Trace,
 Fort Wayne, IN 46816
 Please send _____ copy(s) at \$1.00 per copy to:

name _____
 street _____
 city _____
 state _____
 zip _____



Inside Track: Dan, you've qualified for the Olympic Marathon Trials. Do you plan on running in them? If so, what is your goal for them?

Clotter: Yes, I plan on running. My goal is to make the Olympic Team. I was attacked by a dog February 24th, and haven't done any speed work since. I am strong but slow and I hope I can accomplish a lot in these last eight weeks.

Inside Track: How do you feel about all the controversy concerning the Olympic boycott?

Clotter: I could write four pages on this. Most people seem to favor the boycott because they fear we will be held hostage over there as in Iran. This is next to impossible. Russia wants only positive publicity from the games, not negative reactions which holding athletes would do. Why do something stupid and ruin world opinion completely. They want to show Socialism at its best, not worst. Hitler never threw Black or Jewish Olympians, like Owens, into concentration camps. An economic boycott and a boycott of all ceremonies by the athletes would be more effective. Had the hockey team won in Moscow and not in the United States, and wouldn't have shown for the awards, that would have had greater effect than not going at all. Same with Eric Heiden.

Inside Track: Dan, would you briefly trace your running career for me, i.e., How did you get started? When did you experience success? What motivated you to continue? Etc.

Clotter: I'll try to keep this brief. My family moved from Milwaukee to Seward, Nebraska, when I was fifteen. I went from a large to a small school - 54 boys. I was a basketball player and then became a football and track man, too. I had almost instant success. Despite an eight week season, I won two State two mile titles in Class C (Boys (150-50)A-B-C-D). In college (no offers) I ran cross-country for the first time and was All-American NAIA my first year. Only two freshmen made All American that year - Rex Madadford, a New Zealand Olympian, and myself. I improved steadily in college. I quit after graduation. In Springfield, Illinois, at Concordia Seminary, I got a job in a stockroom at J. C. Penney. My wife got a teaching job thirty miles away, so I began to run to work and back. I worked in the stockroom so it was no problem. Soon I got the itch to race again. I joined the University of Chicago Track Club and ran well on the track for two years. I got into marathons by accident. I got hurt just before the 1976 trials in the Eastern Express 20 KM in Terre Haute. It took me three months to get straightened out. I needed orthotics and I got started again after eight months off from racing and won the RRCA Marathon Title in St. Louis. That fall I won Chicago and between the two races, I became better known and had many offers to travel. Now the travel and the Olympics keep me going. I'd like to run in Europe or Japan or Israel - or anywhere. Hawaii and Bermuda were really enjoyable. It is hard to keep training hard but I love the trips.

Inside Track: What is your personal philosophy of running, i.e., why do you run, what keeps you going, what rule does it play in your life, etc.?

(cont. on page 26)

KEEPING TRACK
MIKE HILL

I would like to pass along one of my "cheap but (I hope) effective" methods of recording training statistics. In the fall of every year, the running magazines are filled with calendars, diaries, books, etc., aimed at recording your mileage in assorted ways. I have always been easy prey for this type of "gimmick" and have tried several over the last few years. Here is the system that I use. It is very simple to fill in the blanks.

Date - Enter the current date.

Day - Day of the week. You may begin your training week with any day of the week. Since Saturday is normally my long run or race, I use Sunday.

Planned-Workout - It is best to have a plan. What speed and distance should you run. Remember, do not increase your mileage more than ten per cent each week.

Miles Run - Enter the number of miles you actually finish.

Elapsed-Time - Total time in hours and minutes.

Pace - Average minutes per mile in minutes and tenths.

WTD - Accumulated mileage week-to-date.

MTD - Accumulated mileage month-to-date.

Accum - The total of all mileage you have run.

Rmks - You can enter short remarks here or refer the reader to the back of the sheet for longer notes. Examples are weather, temperature, shoes worn, unusual occurrences, etc.

Why bother? Well, I honestly feel that a steady pace and mileage progress you are necessary elements of injury-free but improved running. You must plan ahead to achieve a goal. If it is mileage, make sure you do not increase more than ten per cent per week. If it is pace, be sure you increase your speed gradually. Finally, there are some other tracking methods you might want to try. I graph my monthly mileage on a five-year graph and also keep track of my monthly average minutes per mile. When my mileage peaks, my speed is usually heading down and, if overdone, an injury is sure to follow. I am sure there are other significant items that can also be statistically evaluated.

(Editor's note) This is very similar to the set up used in Jim Dupont's Running Log advertised elsewhere in "The Inside Track".

FWTC 2.75 MILE PREDICTION RUN

- Sunday, June 1, 1980
- Foster Park
- 2.75 Miles
- 2:00 p.m. (Registration 1:00 - 1:50 p.m.)
- 50¢ (Free for FWTC Members)
- No Age Divisions
- Final results and standings will be mailed to all runners except FWTC members (results will be in the newsletter)
- All place ribbons for first 20 places will be mailed to winners

Course - Run on black top road closed to traffic except for very short section at end of Hartman Road.

Times will be given at 1 mile and at finish. As soon as possible, your official course completion time will be posted.

- Contact** - Bob McKinley
3115 Willow Oaks
Fort Wayne, Indiana 46809
219-747-5002
- Don Lindley
6015 Landsdowne
Fort Wayne, Indiana 46816
219-456-8739

FORMER FWTC MEMBER QUALIFIES FOR TRIALS

I recently heard from former FWTC member, Paul Emery. Paul finished 8th with a time of 2:40:29, in last summer's Three Rivers Marathon. Shortly after that, he moved to Boulder, Colorado, to more fully devote himself to running. He is currently employed as a proofreader for the Boulder "Daily Camera" and is devoting most of the remainder of his time to running. His intensive training, which consists of approximately 120 miles per week, recently paid off at the New Orleans Marathon where he ran a 2:20:56, qualifying for the Olympic Marathon Trials. However, Paul's Olympic trials participation may be in jeopardy. As we all know, the U.S. probably will not participate in the 1980 Olympics and, thus, there may be no Olympic trials. If there are trials, Paul may not participate since the New Orleans Marathon Committee neglected to have their marathon sanctioned by the AAU (a prerequisite for a marathon time to become legitimate trials qualifying time). Paul is still trying to get his time accepted. If he fails, his contingency plan is to run and qualify at the Boston Marathon.

Whatever course events may take, we wish you luck, Paul, and are proud to know you and to have had you as a member of our track club.

MONDAY, MAY 26, 1980 (Memorial Day)

Hickory Grove Lakes Campground

10 km. X-Country

Hickory Groves Lakes Campground is 8 miles south of Portland, Indiana, on 27. Three miles east on Road 180, then ¼ mile north on Road 173. Registration is at 9:00 a.m.. Race starts promptly at 10:00 a.m.. The age divisions for men are: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, and 60 and over.. For women: 19 and under, 20-29, 30-39, and 40 and over.

Awards: Trophies to first 3 finishers in each age division, male and female; ribbons to all participants.

Facilities: Modern restrooms and showers on site. Owners/managers trained in First Aid and CPR. Possible EMS on site day of race.

Director: John McCory

Pre-registration: Send \$2.00 check to: Hickory Grove Lakes Campground
R.R. No. 1, Box 257
Portland, IN 47371

Additional Information: This is a cross-country type race over 88 acres of slight hills, gravel roads, across creeks, trails, woods, and grassy areas. If this race proves to be a success we will plan a September or October weekend race and 5 - 10 - 15 km or more in future years, possibly with 2 days of activities.

REGISTRATION FORM

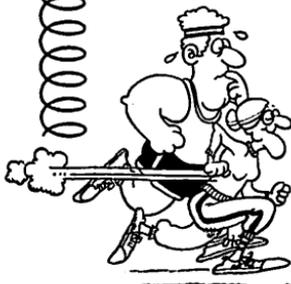
ENTRY FEE \$2.00

Name _____ Age _____ Div. _____
Address _____

I hereby fully understand the sponsors, the race director, Hickory Grove Lakes Campground, Inc., and all associated with this event are not responsible for my injury, death, or loss of personal property before, 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.

Participant signature _____

Parent/guardian signature _____



THOUGHTS ON THE WORLD STUDENT
CROSS-COUNTRY CHAMPIONSHIPS
Greg Orman and Rick Reitzug

(Ed. Note: On March 29, 1980, FWTC member, Greg Orman, competed in the World Student Cross-Country Championships in Coleraine, North Ireland, as a representative of Southwestern Michigan Junior College and the United States. Here are some of his thoughts on his experience as told to "The Inside Track".)

Northern Ireland is a country with 300 miles of coastline. It is a beautiful, scenic country. The land is very green, and hilly, and dotted with castles giving the appearance of a giant's stepping stones. There are numerous cliffs that overlook the ocean. Most of the countryside is uninhabited with the existing houses containing thatched roofs.

The lifestyle of the Irish people is very slow, much slower than that of the United States. It seems as if we in the U.S. may grow old before our time because we work too fast. Life flies by for us, while the Irish watch themselves grow old. The Irish people are incredibly hospitable! During our entire stay there, they constantly went out of their way to please the American runners.

We did not know what to expect in regards to the political situation. There did not seem to be any real problems now with the exception of an occasional bombing. There is, however, very tight security in the stores, airports, and streets. Military police with rifles and machine guns are common in towns such as Londonderry and Belfast. Thankfully, Coleraine contained no police. Even with the guns, the country's political problems don't seem nearly as bad as the media makes them out to be.

Coleraine, North Ireland, a rural town, is the location of the New University of Ulster on whose campus the cross country championships were held. The course itself was 10,500 meters of mud, hills, peat moss, straw, and water. The participating runners came from all over the world - England, Switzerland, Belgium, West Germany, France, and Spain, to name a few. They came from many diverse backgrounds and lifestyles, but they came with one purpose in mind: to compete to their utmost, to their fullest capabilities. It reminded me of a mini-Olympics.

We attended numerous receptions and parties for the athletes, both before and after the race. It was fun before the race, but it was afterwards that things really loosened up and the real craziness set in. With so many different countries present, it was a blur of excitement and color from day one. It seemed hard to believe it was all real.

As different as the athletes backgrounds so diverse also was their range of abilities. The U.S. team was the youngest team present and had also traveled farther than any other team there. We were not an all star team from our country, such as many of the teams there, but just a team of runners from one college, Southwestern Michigan. Whereas we were basically in a preparation stage for the track season, the Europeans were

right at the peak of their cross country season. They too, were far more experienced than we were.

The course itself was incredible. It was very slow, very wet, and very muddy. It started on a hill, which meant instant oxygen debt. It was very windy during the race. All in all, it was an extremely tough race. In fact, I have run marathons which have hurt less.

There was a BBC film crew present which filmed the entire race. Maybe this is what spurred on the team from Great Britain. They started fast, led most of the race, and were the eventual winners.

As we were running, people we did not know were cheering, "Go, U.S.A.", and, at times, even cheering us by name. The winner was a runner named James from Great Britain, in 33:57. Mark Wozniak was the first U.S. finisher, finishing in 26th place with a time of 36:29. I finished 31st in 36:40. Our team finished in 8th place. Mike Haag from Bremen, Indiana, Paul Soto from Milwaukee, Jay Conway from Indianapolis, and Steve Maves from Muncie, were the other U.S. competitors.

As soon as we hit the finishing chute, our team jerseys came off. All the other teams wanted to trade with the United States. Soon you couldn't tell who was from what country. The word "swap" seems to be internationally understood.

The whole race was a great experience. I felt a sense of unity with my team, my coach, and my country, more than ever before. Although I feel as if I should have run faster, I think the whole U.S. team competed well and did out best as an "unknown quantity" in the meet. We represented the spirit of the U.S. more than anything. I felt like an ambassador for the United States. We had had to fight for the chance to go to Coleraine but it was well worth the effort.

There was an awards ceremony after the race and a dance that evening which was very rowdy. Music and dance were the international language of the evening. The next evening, we played the Swiss team in an informal volleyball game and emerged victorious - 2-1!

The entire event in Ireland was organized perfectly, from the socials to the race itself. The only possible complaint was the food. It was a bummer - very tough beef, runny eggs, and warm beer. The corn flakes were fine, though!

The international experience is one I will remember throughout my life. I feel very privileged to have been able to represent my country, my school, and myself in the true spirit of competition. Seeing life in another country makes me appreciate life in my country even more. It all would not have been possible without the financial support and sponsorship of the many individuals, groups, and corporations who answered our call. I thank the Fort Wayne Track Club for myself, and on behalf of the U.S.A. Team, for having make this great dream a reality.

ON RUNNING SHOES

Mike Hill

It might be helpful to pass along my experience with three new pairs of running shoes. I'll certainly try to avoid a numerical rating but since shoes are getting darned expensive, it's best to avoid a "bad" pair.

Super Villanova's by Brooks: These shoes are just excellent. The sole wear is very good and heel impact is great. I wear orthotics and find they work very well with the Super Villanova since no "varus wedge" is present. If you want a good training shoe with a lot of protection, try this one.

Converse Arizonas: This is another great training shoe. This gray nylon mesh upper has a dark blue swoosh and five pointed star. Again there is plenty of support and the self-molding inserts. Converse has finally come up with a running shoe! Two great attributes are the wide toe box and a sole that wears better than any I've seen previously. If you want a training shoe that will last, the Arizona fits the bill.

Addidas TRX Competition: This is a racing shoe with some protection. I had problems wearing orthotics with this shoe since the insole is so narrow. As with the Johnny Walker RT-1, the orthotics are sitting on thin air over the arch area. The foot collapses inward and leads to inner ankle soreness. Yet it's a good racing shoe for someone without a pronation problem or one who does not wear orthotics. The Converse and Villanova are available to the Athlete's Foot at Southtown Mall. If you are a member of FWTC, they will give you a ten per cent discount.

I hope to rate the New Balance 420 and 620 combination for you in the next newsletter. Since the purchase of either of these shoes will result in the termination of my marriage of fifteen years, I need some help. Anyone who wears these shoes, give me a call and let me know their good and bad points.

On Challenge Programs: I hope to start a "Runner's Challenge Program" for members of our club. This program will allow you to earn a patch or similar memento for each 500 miles you run in a calendar year. As a FWTC member, you will only pay for the cost of the patch or patches you earn each year. Shown below is a sample of the patch we will be giving out. I'll try to give a cost estimate in the next issue of the newsletter. Yes, we will have an artist "purdy" it up.

1980 MILEAGE AWARD
1,500 MILES
FORT WAYNE
TRACK CLUB

Again the emphasis of this program is on participation, not speed. You

FORT WAYNE TRACK CLUB

members receive

10 % DISCOUNT

SOUTHTOWN MALL

NEW SHOE ARRIVALS:

BROOKS CONVERSE

RT-1 Arizona



LUGAR RESULTS: The results of the Fort Wayne Lugar Series 10KM, held on March 22nd, were not yet available at press time. They will be published in the June issue of "The Inside Track".

For further information contact either Charlie Brandt, 432-9110, or Gary Dextheimer, 432-1439.

The race will again be run at 2:00 and registration will begin at 1:00. The location is, of course, Homestead High School. Come prepared to run as there may or may not be showers available. The awards have been slightly changed this year as trophies will be awarded in each age group. Ice cream cones will hopefully be available, courtesy of Atz's. The entry fee will be the standard \$2.00 to non-members and free to members. As in the past, the directors are working on some last minute details to hopefully offer a few surprises and make the race as enjoyable as in the past.

again this year. The race will again be run at 2:00 and registration will begin at 1:00. The date has been moved this year from its previous March date to protect the luck of its directors. This annual points race once again offers all members the opportunity to purge their bodies of oxygen while tackling the rollercoaster hills at Homestead. The course is the same, certified, and, believe it or not, fast. We have had one runner of note well under 20 minutes and another club member barely over. Who knows, that barrier could well be tested again this year.

HOMESTEAD HILLY FOUR MILE - May 4th

On a Fun Race: I'm sure it will be written up elsewhere, but I've got to make a short comment about the five-mile European Cross-County race at Franke Park. Great fun! I loved every minute of it and was glad to see a couple of friends from Elkhart here to run in it.

and start keeping track of your mileage. need only complete 500 miles to earn an award. That's less than 10 miles per week! Even Jerry Mazock runs that much. Let me know what you think

NATIONAL HONOR SOCIETY OF MARTINSVILLE HIGH SCHOOL PROUDLY PRESENTS.

SECOND ANNUAL

RUN FOR HOPE



HRRC POINTS RACE

MEMORIAL DAY, MAY 26, 1980

BLOOMINGTON TRACK CLUB RACE

7:00 - 8:30 A.M. REGISTRATION (HIGH SCHOOL GYM)

18 DIVISIONS

Course: 5,000 m (3.1 mile) is entirely flat. 10,000 m (6.21 mile) the middle part of the race is rolling to hilly around a scenic lake, with the rest flat. (We have cut out Lincoln Hill - the killer hill from last year.) All paved roads, the gravel section has been paved.

Support: Use of all restrooms, dressing facilities, showers in the new high school gym. Police escort and traffic control at all intersections. City and County Police and Civil Defense will help, and there will be medical aid available.

Softly: Will be given at each mile.

Aid Stations: In 5,000 m one aid station at approximately 1.5 mile. In 10,000 m two aid stations at approximately 2 and 4 mile.

Results: Will be mailed to all finishers.

AWARDS: Overall man and woman winner in each race will receive a bucket especially designed by Thomas Hussey of the Bucket Factory for the Run for Hope. The overall man and woman in the 10,000 m will also win a pair of shoes from Brooks.

MORE AWARDS: The first 25% based on pre-registration in each division will receive trophies. If pre-registration warrants it we will present more than 150 trophies. (Last year we gave out 90 trophies out of 350 runners.)

AND MORE AWARDS: The next 25% based on pre-registration will receive a glass mug imprinted with a special Run for Hope logo. We have purchased 150 mugs to be given away.

AWARDS TO MORE THAN 50%

Other Incentives: A Brooks T-shirt will be given to the first 500 who pre-register. A coupon for a hamburger at Burger Chef will be given to all who pre-register. A free coke to each runner after the race.

At the Award Ceremony, we will have a drawing for 8 prizes donated by Runners Forum and Greek's Plaza. Prizes include a watch, two pizzas, men and women shorts set, etc. Those who have pre-registered are eligible for the drawing.

A Panel consisting of Chuck Koeppen (Cross Country Coach at Carmel), Tom Hathaway (Cross Country Coach at Southport), Marshall Goss (Cross Country Coach at Bloomington South), Barry Maxwell (Cross Country Coach at Martinsville) and Ken Long (owner of Runners Forum) will start at approximately 10:00 A.M. in the gym. Time will be given for questions.

Entry Fee: \$4.00 Pre-registration. \$5.00 the day of the race. **ALL OF THE ENTRY FEES GO TO THE MORGAN COUNTY ASSOCIATION FOR RETARDED CITIZENS.** Last year we gave \$1,513 to the retarded in Morgan County.

Make check out to Morgan County Association for Retarded Citizens and mail to Dennis C. Lind, Box 163, Brookhaven, IN 46111. Please enclose a stamped self addressed envelope if you want verification that your entry has been received. Information: 1-317-831-5314



8:30 5,000 M

9:00 10,000 M

The following comments were made about the first annual "Run for Hope":
Tom Hathaway - "For a first year race, I think it was outstanding."
Damien Howell - "On the whole, I must compliment you on the race organization."
Solomon Epstein - "A very good race event."
Tony Morgan - "All in all, the finest race I've run in Indiana."
Willis Young - "Just that I'm planning on being back next year, not because I won the 4 mile, I enjoyed the race."



Name _____ Division _____ Age _____ Sex _____

Address _____ Telephone _____

5,000 m _____ 10,000 m _____

I hereby waive and release any and all rights and claims for damages I may have against the sponsors and officials and Martinsville High School of Run for Hope to be held on May 26, 1980, and of any injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for this event.

Signature _____

After the awards, have your lunch in the school cafeteria prepared by Frisch's Big Boy.
Big Boy \$1.15 (Sandwich only) Check shirt size: S _____ M _____ L _____ XL _____
Big Boy Sandwich, potato salad and cold slaw \$1.45 (regularly \$2.00)
FREE 16 oz. Coke with your meal. If you want one of these, please send money with entry.

DEADLINE FOR THIS - MAY 20, 1980 (for meals)



EDITORIALWhy the United States should participate in the Moscow Olympics
Rick Reitzug

For the last several months the question of the United States' participation in the Moscow Olympics has been kicked back and forth. By this time you are probably sick of hearing the pros and cons of the argument. The question is, "Have you decided whether we should or should not participate in Moscow?" Personally, I found it a difficult issue to resolve. On the one hand, I didn't want to see people in Afghanistan suffer needlessly if a U.S. boycott of the Moscow Olympics could possibly alleviate that suffering. On the other hand, I didn't want to see dedicated athletes suffer needlessly if a boycott was to prove ineffective. Several articles by Don Kardong, former Olympian and current Olympic hopeful (there is always hope, isn't there), and the recent decisions of the U.S. Olympic Committee, helped me solidify my position.

I think it is difficult for anyone who has not trained, at least semi-seriously, in some sport to understand the importance of the Olympics to an athlete. Contemplate, if you will, the number of hours of training a Jerry Mazock spends weekly. Think of the sacrifices necessary in the daily schedule in order to run 70-80 miles per week. Then think of training half again the number of hours Jerry does. Or think of doubling the sacrifices to the daily routine in order to be able to train 150 miles weekly. Now try to imagine a job that will permit you to do this. Imagine that with a great deal of luck you have found such a job. Not exactly what you had in mind in the way of a career? Well, at least it keeps you in groceries and permits you to train for the Olympics. Imagine even further trying to actually work at this job after the exhausting regimen of training that is necessary to be an Olympic athlete. Now imagine that after having dedicated your life to this Olympic ideal for anywhere from 3-10 years, someone comes along and tells you that the Olympic ideal of suspending wars and differences between countries for several weeks in order to promote friendship and understanding through peaceful competition isn't so ideal and that there will be no Olympics because of those very same wars and differences. Now tell me about patriotism and selflessness. Think back to the Nazis in 1936, to the Russians in Hungary in 1956, and later in Czechoslovakia. Isn't there always a valid political reason not to have an Olympics?

My question to anyone who is in favor of the Olympic boycott is this: "If you had the opportunity to participate in the Moscow Olympics, would you be in favor of the boycott?" When President Carter put the grain embargo into effect, farmers were paid for wheat that was originally bound for the U.S.S.R. What type of subsidy are Olympic hopefuls offered for their years of sacrifice? After the Olympics are over, after the world has gone home and the United States has stayed home, athletes will once again be left to fend for themselves with no government intervention but also with no government subsidy. At least until the next time the government needs some tired, sweaty young bodies for sacrifices. First Viet Nam, then Moscow. Where will the next sacrifice take place?

Finally, to quote Don Kardong in speaking of Jesse Owens participation in the controversial 1936 Berlin Olympics: "In seeing movies of Owens in Berlin, I have always been awed by his ability to project human greatness in that hostile environment, to transcend the immediate political sphere and state some eternal truths about human endeavor, and to do it all so effortlessly. His performance was a brilliant ray of hope in a world that was being engulfed in darkness. I ache for the Olympics to be that same beacon of light now, in 1980, when it's so sorely needed."

The above does not necessarily reflect the viewpoint of the Fort Wayne Track Club. It does reflect the viewpoint of the writer. Opposing opinions are welcomed.

MIDWEST MEET OF CHAMPIONS

June 7th is right around the corner. I'm extremely excited about the upcoming Midwest Meet of Champions and its impact on running in Fort Wayne. That day will start off with the FWTC sponsored open five mile race at 8:00 a.m., at the Northrop Stadium. John Kline will again be the race director. The awards for that race will be distributed during the running of the second event of the day. I hope everyone will look forward to seeing some of the best open 10,000 meter runners in the midwest compete on the track in an invitational race. Everyone had to meet a 32:00 minute qualifying time to be invited so the times should all be quick. Unfortunately, they may be slowed down some by the 12:30 start. Let's hope for clouds and cool weather. Shortly after, the Midwest Meet of Champions track and field meet will start. It's a fantastic meet to watch. I hope you'll either stay and watch or else consider helping officiate the meet itself. A number of members volunteered their time last year. Most of them knew very little about track and field but they learned quickly. I know they all really enjoyed themselves and they certainly saw a great track meet.

It's going to be a great day in Fort Wayne for running. I hope to see you there. If you're interested in helping either at the meet itself or for one of the other races, please contact me as soon as possible.



THE RUNNING PAINTER

Keep your editor in donuts, beer, and running shoes this summer. Six years painting experience, interior and exterior. Free estimates. References upon request.

Contact: Rick Reitzug
Call: 424-8091

1ST ANNUAL COMPANY TEAM CROSS COUNTRY CHALLENGE

The first annual company team cross country challenge will take place Saturday, June 21st, at the General Telephone Company. General Telephone is located just east of the I-69 Interchange on U.S. 24 West. Race time if 10:00 a.m.

ELIGIBILITY Teams only -- no individuals

Area businesses (40 to 50 miles radius) are invited to send teams to this race. Only full time employees eligible. No summer help and no non-local runners. We would like to encourage all runners and joggers who are full time employees to participate.

THE RACE

A 3 mile cross country race on grass. (American style)

SCORING

Teams will be scored using the finishing position of the first four male finishers and the first woman finisher for each team. Lowest score wins. Tiebreaker is next male finisher. Minimum team size is four male full time employees. There is no maximum number of runners from each team.

Teams with no women runners will use the finishing position of (number of women runners X 70%) rounded to nearest whole as their handicap. For example, if 10 women run the race, the handicap will be the finishing position of the 7th woman runner.

AWARDS

Trophies -----	first 4 teams
Medals -----	scoring members of first 2 teams
Place ribbons -----	non-scoring members of first 2 teams
	entire third and fourth place teams
Participant ribbons -----	to all finishers

REGISTRATION

Team captain or representative should send a list of team members (note male/female) and \$1.00 per runner to Tony Gatton, 1437 St. Mary's Avenue, Fort Wayne, Indiana 46808. All teams must be registered by June 7, 1980. Additional runners may sign up race day, but all teams must be pre-registered. Captains pick up team packets (maps, name tags, etc) race day.

COMPANY NAME _____	ENTRY FORM
	CAPTAIN'S NAME _____
	ADDRESS _____
	Phone _____

I and my team understand that General Telephone and the organizers of this race will not be held responsible for losses or damages, to property or person, before, during or after this 1st Annual Company Team Cross Country Challenge.

Captains' signature _____ Date _____

(cloeter, cont. from page 14)

Cloeter: I believe that God has given me a talent which I should use to His glory. My running and my faith in Jesus Christ as Lord and Savior go hand in hand. St. Paul says the Christian body is the temple of the Holy Spirit - we are not our own - glorify God in your body. I want my body to be a fit place for the Spirit to dwell - not a fat, sickly, grotesque home. Some have special visitations (as Job did and as St. Paul too had a thorn in the flesh) which may hamper fitness. This is generally not the case. Running helps me to glorify God in my body. My goal is not to win praise and attention by my success but to glorify and honor God in what I do. As I age, I may cut back but I will always run as it is a reflection of my faith - a response of thankfulness to how God has blessed me.

Inside Track: How do you combine the ministry and running? Are they compatible? Does it ever present problems?

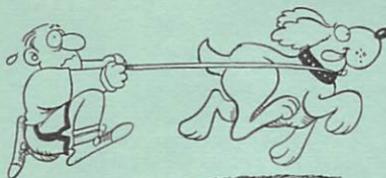
Cloeter: This is very difficult and takes great discipline. Running and any profession is compatible, if you are disciplined. People who value the spiritual but ignore or deny God's interest in our physical health are upset with my running. Jesus spent as much time healing people physically as he did spiritually. There are problems. Some people unrealistically feel a pastor's time is never his own and that he should live at his office twenty-four hours a day, making calls eight of those hours, while his recreation should be talking to those who are hospitalized and shut-in, and occasionally attending a church dinner. All people need outlets. Running is mine. I never neglect my work - unfortunately I probably do neglect my wife at times. This is the main reason I am ready to cut back on my running in the near future.

Inside Track: Besides your ministry and running, do you have any other interests? (You probably don't have time for any!)

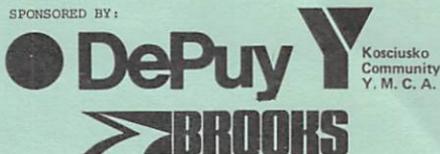
Cloeter: Time is the problem. We bought a house and I enjoy working and fixing things up. But the time isn't there. I enjoy almost all other sports, especially basketball, but I train too much and want to avoid silly injuries, so I stay away from them. I enjoy cooking and make my own granola, yogurt, and things like this. Again, because of time, my wife does most of this, like bake bread (whole grain), make home made soup, etc.

Inside Track: What lies in the future for Dan Cloeter, the runner, and Dan Cloeter, the person, in terms of goals, aspirations, hopes, dreams, etc.?

Cloeter: Tough question. I am sort of at a crossroads and am struggling with this right now. I've thought a lot about values since I got hurt five weeks ago. I spoke of my desires to travel a bit more yet while I am at the peak of my career. I also am ready to cut back, say, to seventy miles a week and race shorter distances rather than to sacrifice quite so much time from home. We have one daughter, Amy, who is three, and as our family grows and my ministry takes me into new and challenging areas, I might well slack off in my running and disappear from my successful status of today.



SPONSORED BY:



MAY 10 - START at 11 a.m.

CATEGORIES:

Female		Male	
18 & Under	30 to 39	12 & Under	
19 - 29	40 to 49	13 to 15	45 to 49
	50 and Over	16 to 18	50 to 54
		19 to 24	55 to 59
		25 to 29	60 to 64
		30 to 34	65 to 69
		35 to 39	70 & Over
		40 to 44	

AWARDS:

To Top Three
In Age Group
or 10% of
Advance
Registration.
"WARSAW
10,000
Souvenirs to
First 600
Entrants.

COURSE:

Mostly flat with some
rolling terrain through
residential areas around
Winona Lake. BEAUTIFUL!

CHECK IN:

Registration on Race Day
9:00 to 10:30; to receive
race packets.

FEE: \$4.00 Before April 26, 1980
\$6.00 After April 26, 1980

PAYABLE TO: Warsaw 10,000
c/o Y.M.C.A.
1401 East Smith Street
Warsaw, IN 46580

WARSAW 10,000

This 10,000
meter course starts
and finishes at the
Kosciusko County Fairgrounds
in Warsaw, Indiana. (Course
certification is pending.)

REPORT TO THE FAIRGROUNDS FOR
REGISTRATION AND INFORMATION.

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 releases from any and all responsibility DePuy, the Kosciusko County 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 anyway connected with my participation in this event.

Name _____ Age _____ Sex _____

Address _____ City & State _____ Zip _____

Telephone _____ Signature _____

Return Entry with Remittance to: WARSAW 10,000 (All applications must be signed; Parent's signature
1401 East Smith required if runner is under 18 years of age.)
Warsaw, IN 46580

(Boston Journal, cont. from page 10)

come too far; I had too many well wishes on my shoulders. I slowed down. The sideache and the heat remained. Four and a half miles. Water! Up ahead, a sight I hadn't seen in any previous marathon. An official water station but without any filled cups of water. The first several hundred dried out, overheated runners had slurped down all the prepared water cups. What I saw were dozens of runners hurriedly grabbing empty cups, crowding around a single garbage can full of ERG, dipping, drinking, and running off. I managed to grab a cup, drink, grab another, drink, and take off. The sideache diminished but didn't disappear. An unbelievable water station, but after this, things improved. The crowds of Boston were, after all, fantastic. They alone made survival possible. From five miles on, water was available at least every half mile. Even so, spectators were filling cups as quickly as humanly possible in order to satisfy as many of the thirsty runners as they could. Ice cubes were also in abundance. What was hard to believe was the number of orange slices available. Every store in the greater Boston area must have sold out of oranges the previous week. The combination of water, ice cubes (which I sucked on a while and then dropped them down my running shorts), and the hoses, enabled me to cool down. At about ten miles my sideache left and at this point I began enjoying the marathon. I was still afraid of what I'd feel like after running the hills, but I stopped worrying about it. A few miles later, I began running with a girl who was alternately hailed by the spectators as "Diane", "San Diego", and "Number 66". By this time the pace (about 6:30 per mile) felt comfortable for me. Diane seemed to be having more trouble with it than I was. She didn't seem to be drinking enough so I started passing her water and ice cubes. We soon hit Wellesley. Running next to a woman, there was an unbelievable torrent of noise from the college girls. Even in the heat, it sent shivers up and down my body. Eighteen miles. The first hill. Diane seemed to be having some trouble, but it felt easy for me. What a contrast with a year ago. This is where I started dying badly last year. Nineteen miles. Hill two. A piece of cake. I began to feel ecstatic. I felt stronger than I had at four miles. It was time to say good bye and good luck to Diane and give what I had left in me to the Boston Marathon. The next five miles were great. I remember passing runners in various stages of distress, five and ten at a time. Cresting "Heartbreak Hill", feeling strong and hearing the policeman with his "Congratulation, five miles left" message - I felt super! I remember slapping kids' outstretched hands, smiling, and running strong. But all at once, I ran out of gas. I didn't die a marathon death, but I died. From 24-3/4 to 25-3/4 miles it once again felt like a marathon. But then I turned onto Commonwealth Avenue and the Prudential stared me in the face, two blocks ahead. The joy returned! I took off, passed a half dozen runners, waved to Mary, who I knew was watching from around there, and ran to meet the Pru. With arms upraised and a smile on my face, I crossed the finish line.

Later, I met Walt. He, too, was in good spirits. We walked down the street in our matching Fort Wayne Track Club uniforms drawing numerous stares. A radio reporter stopped us and interviewed us for several minutes on a live broadcast from the Prudential Center. We stopped at a bar across the street for a beer. More stares and congratulations. A

Letters to the Editor

Dear Rick,

As a novice jogger (began in January), I incorrectly read my body's signals. Having read several books in which the phrase, "... learn how to read your body ..." was coined, I wondered what could be difficult about that. Now I know.

Normally a "never sick" person, after continued running with a cold, I came down with bronchitis. Goodbye eight weeks of hard work. I couldn't jog for a month, so now it's back to square one!

Any insights on this topic by contributing writers would be especially helpful to this beginning, often bewildered, jogger!

An article in the newsletter by a female or written with the woman jogger in mind would be a worthwhile contribution to the publication.

I know that the percentage of females in the FWTC is small (do you know it, i.e., the %), but I know that I usually skim through the newsletter to see if there is an article for "me" before reading the others. Perhaps other women do the same thing.

You could ask for volunteer writers and set up a schedule. Even an article bi-monthly would be nice. Just a suggestion.

Kenya Beasley

P.S. Just read your editorial and realize that anyone can send in articles. I thought you had just a few selected writers, my error. If women want articles for them, we'll just have to write them! If I had some experience under my belt, I would write. Unfortunately, all I know about jogging is that January and February in Fort Wayne, Indiana, is not the easiest time of year to take it up!

The new look of "The Inside Track" is indeed more "professional". Congrats to all that contributed to the improvement.

Dear Rick:

Mainly a note of congratulations to you, Tom Loucks, and Mrs. Loucks for putting together the calibre of monthly newsletter that all we FWTC members can really be proud of. The articles are interesting, informative, well-written, and "light" enough not to read like a manual or textbook. Input from the officers has been impressive. Hope you'll all keep up the good work - and know that your efforts really are highly lauded and recognized by every FWTC member.

I've started training the last couple weeks but will never enjoy cold weather running. These days of 40-45° temperature with 15 mph winds are not much fun for me. Definitely a hot weather runner!

Larry Lee

Dear Editor:

I have been asked by members of the Indy Runners Club to extend a challenge to your club to take part in an interclub race - perhaps a 10 or 15 K? We hope this will be on "neutral" ground and everyone can enjoy themselves. Our schedule suggests sometime in June or July but I leave it to you and your members, if interested, to come back to us and to decide on an agreeable date.

Thank you for your cooperation.

Yours running,

Sol Epstein, President
Indy Runners Inc.

(Editor's note: The FWTC has never been one to back down from a challenge! Maybe Gary and Sol can work out the details.)

FWTC/ATHLETE'S CORNER 5 MILE
EUROPEAN CROSS-COUNTRY RUN
Walt Green

Mother Nature could not have cooperated any better if we had asked her. We were afraid that there was not going to be enough rain for the race. But we were blessed with heavy rain two days before and with sunny, 40° temp. on race day, which made the course ideal.

Don and I didn't understand why a few runners promised to throw us in the lake as we were giving race course instructions. Just because we mentioned that there might be a little mud and water with a couple of rolling hills.

Don fired the starting gun and, boy, did the mud fly! For five miles approximately 120 wild and crazy runners played in the mud and on the hills. What a way to spend a Saturday. The last two-thirds of the race turned out to be a battle between Phil Lockwood and Tom Loucks. Phil came out on top to be the overall winner with a time of 30:14. Cindy Goller was the overall winner for the women with a time of 40:39.

From reports we got there were a lot of spectators, plus a couple of geese that cheered and honked at all the runners that went by them. One young runner lost his shoe in the mud and spent a couple extra minutes digging it out. After the race, Don and I cleaned the pavilion and retrieved the markers on the course, which turned out to be as much fun as directing the race. We found a pair of running shoes, trunks, and socks in the trash, muddy of course. I guess whoever left them had enough mud without taking any home. On the course it looked like a herd of elephants had been on a rampage. A few runners tried to stay away from the mud and judging by their tracks all they did was get deeper into the mud. Also a few runners went off course, but don't worry about it, you ran farther than anyone else. The best statement I've heard so far came from Tom Williams, sports-



Don and I would like to hear criticism, complaints, and any comments that you have to help make next year's race even better. We would like to thank everyone who volunteered and helped us direct a successful race. Also, thanks to Don Schmidt of The Athlete's Corner who sponsored the race. A special thanks to all the runners who made the race a good run.

caster for WANE 15, when he said, "People that ran this race either had to be sadistic, crazy, or members of the Fort Wayne Track Club."

FWTC/ATHLETE'S CORNER
FIRST ANNUAL EUROPEAN

5 MILE CROSS-COUNTRY RUN

Saturday, April 5, 1980
Franke Park, Fort Wayne, In.

MEN'S OVERALL - Phil Lockwood - 30:14

WOMEN'S OVERALL - Cindy Goller - 40:39

MEN19 & under

3	Brad Stevens	30:51
18	Greg Lorains	35:27
22	Mike Harmeyer	36:06
39	Jim Basaburo	38:03
55	Jerry Ziegler	41:19
60	Todd Holmes	43:30
71	Bruce Duhaime	46:50
75	Benny Drerup	47:20
81	Tony Mangette	48:37
84	Andy Cauffman	50:18
94	John Schwarze	54:02
98	Dwight McKinley	59:11
100	Phil Moyer	64:04

20 - 29

2	Tom Loucks	30:32
4	Brian Crosley	31:23
5	Fred Hannan, Jr.	31:26
6	Dan Moord	32:58
8	Tony Gatton	33:15
11	Jim Anderson	34:32
12	Bill Moord	34:45
13	Anthony Skevington	35:21
14	James Hoffman	35:22
15	J. D. McPherson	35:24
17	Brett Davis	35:26
19	David Hockley	35:35
21	Larry Hankins	35:52
23	Bob Nunley	36:18
28	Dave Glover	36:44
30	John Treleaven	36:52
33	Harvey Steinbacher	37:24
42	Steve Tielker	38:31
43	Ron Nelson	39:07
44	Gary Bird	39:22
45	Mike Kronmiller	39:32
54	Dave Smith	41:09
56	Bruce Bickley	41:37
64	Bruce Lockwood	44:08
66	Joe Maupin	45:15
67	Jerry Mazock	45:24
70	Dan Bossard	46:31
74	Barry VandeZande	47:16
97	John Hoylman	56:20

30 - 39

1	Phil Lockwood	30:14
7	Robert Bruckner	33:04
10	Ron Pfeiffer	33:55
20	John Schwarze	35:49
24	Wayne Schaltenbrand	36:19
25	Gary Cessna	36:31
27	Larry Shively	36:42
29	Bill Whitcomb	36:46
31	Mike Hill	36:53
32	Robert McKinley	36:56
34	Jim Berghoff	37:33
35	Dennis Kroells	37:41
36	Ed Kerr	37:46
37	John Barbier	37:58
40	Jim Mills	38:09
41	Lynn Armstrong	38:23
46	Phil Shafer	39:34
47	DeWain Cobbs	39:36
49	Charles Morrissey	40:11
50	Tom Mather	40:33
51	Russell Grose	40:37
57	Phil Wisniewski	41:37
58	Tom Mangette	41:46
59	Stephen Hartman	43:19
61	Duane Cessna	43:32
65	Dennis Demeritt	44:57
68	Richard Panning	46:28
78	Tim Thomson	48:18
85	Jerry Cauffman	50:19
87	Tony Ventrella	50:36
90	Gene Faley	51:23
91	Robert Wiersma	52:20
93	David Stark	52:29

40 - 49

9	Joe Barile	33:41
16	Jack Morris	35:25
26	Woody Barker	36:38
38	Chris Stauffer	38:00
48	Eugene Striggle	39:41
53	Joe Ziegler	40:57
62	Herb Chandler	43:52
63	Rudi Florreich	44:04
69	Art Garside	46:28
72	Andre Duhaime	46:51

5 MILE CROSS-COUNTRY RUN - (cont)40 - 49 (cont)

76	Jerry Weddell	47:21	<u>WOMEN</u>	
77	Bernard Drerup	48:15	<u>29 & under</u>	
88	Phil Caldwell	50:37	52	Cindy Goller 40:39
99	Bob Waltenburg	63:22	80	Sabine Florreich 48:30
101	Ross Moyer	64:05	86	Cindy Caldwell 50:35
			92	Betty Jackson 52:22
			96	Connie Schnelker 56:19

50 & over

73	J. P. Jones	46:54	<u>30 & over</u>	
83	Chet Fleetwood	50:16	79	Debbie Irwin 48:28
89	Roger Phillips	50:41	82	Adelma Waltenburg 49:46
95	Al Moore	54:21		

MUNCIE SYMPHONY RUN - 10 KM - April 13, 1980

Gary Dexheimer	32:45	5th overall	1st age group
Tom Loucks	33:00	6th overall	4th age group
Don Lindley	37:10	45th overall	3rd age group

ATHLETE'S FOOT - 15 KM - Muncie, In. - March 23, 1980

Jerry Mazock	50:57	11th overall	24-29 age group
Wayne Schaltenbrank	56:20	44th overall	30-39 age group

HEARTWATCHERS MARATHONBowling Green University to Toledo, Oh. - March 23, 1980

Wendell Adams	3:22:38	101 overall	50-over age group
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ATHENS MARATHON - March 30, 1980

David Fairchild	3:56:15	204 overall	
Betty Ann Jackson	4:48	310 overall	9th 30-under age group

Excellent race, well organized and directed, over scenic, hilly course. Race was demanding because of hills, falling temperatures (15° during race) and wind/rain during last six miles. Route was closed to motorized traffic, well patrolled by Athens Bike Club members. I strongly recommend this race for an early season marathon. (Next year's race will be March 29.)

INDIANAPOLIS GREENWOOD PARK 10K CLASSIC

Saturday, April 12, 1980

Edwin L. Jehkins	41:06	91st of 350-400
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ONE-HOUR CHAMPIONSHIP RUN
SNIDER HIGH SCHOOL April 19, 1980

OVERALL WINNERS: Tom Loucks - 10 miles, 1434 yards
Cindy Goller - 8 miles, 1197 yards

<u>MEN</u>		<u>40 - 49</u>	
<u>14 & under</u>		Bill Schmidt	10 mi, 377 yds
Jeff Murphy	7 mi, 1444 yds	Joe Barile	9 1534
John Schwarze	6 795	Charles Brandt	9 1380
		Eugene Striggle	8 1572
<u>15 - 19</u>		Joe Ziegler	8 1523
Vince Quinones	9 1265	Don Goldner	8 1336
Dan Uhrick	8 523	Chris Stauffer	8 1062
		Bud Stiffleur	8 712
<u>20 - 29</u>		Ed Jenkins	8 560
Tom Loucks	10 1434	Art Garside	7 1242
Phil Suelzer	10 1390	Robert Waltenburg	7 336
Jerry Mazock	10 1103	Burneal Fick	6 1072
Dan Kaufman	10 177		
Jerry Williams	9 1239	<u>50 - 59</u>	
John Treleaven	9 797	Mike Kast	8 1687
Dave Glover	9 733	Gene Whitacre	8 658
Anthony Slevington	9 184	J.P. Jones	7 1355
Dan Bossard	8 1701		
Mark Mikel	8 1393	<u>60 & over</u>	
Joe Ruppert	7 1330	Chet Fleetwood	7 626
<u>30 - 39</u>		<u>WOMEN</u>	
Phil Lockwood	10 1320	<u>19 & under</u>	
Gary Dexheimer	10 948	Alma Ojeda	8 108
Steve Foster	9 1393	Betty Jackson	7 1640
Don Lindley	9 1306	Sarah Stalder	6 972
Wayne Schaltenbrand	9 1063		
John Schwarze	9 941	<u>20 - 29</u>	
Mike Zurzalo	9 856	Cindy Goller	8 1197
Dennis Kroslis	9 459	Theresa Mundinger	7 1662
Mike Robbins	9 437	Tammy Hauser	6 995
Robert McKinley	9 244		
Larry Shively	8 1715	<u>30 - 39</u>	
Dick Gatton	8 1216	Linda Hill	5 1324
Rich Meyer	8 1039		
Stephen Hartman	8 844	<u>40 & over</u>	
Tom Clagg	8 818	Adelma Waltenburg	7 548
DeWayne Garrett	8 739	Julia Wilson	6 1118
Tom Wangatte	8 250		
Ken Wolfe	7 988	<u>ONE MILE FUN RUN</u>	
Dan Nolan	7 604	Brent Jackson (10)	7:28
Ed Garrett	7 433	Brian Lindley (7)	8:24
Gene Faley	7 51	Jeremy Jackson (13)	9:05
		Michael McKinley (6)	11:34

FWIC POINT STANDINGS
thru March, 1980

<u>WOMEN</u>	<u>Place</u>	<u>Rating</u>	<u>MEN</u>	<u>Place</u>	<u>Rating</u>
<u>19-under</u>			<u>30-39</u>		
A. Ojeda	1.00	.333	G. Dexheimer	1.33	.444
B. Jackson	2.00	.666	P. Lockwood	1.00	1.000
			D. Shenfeld	1.00	1.000
<u>20-29</u>			W. Green	3.33	1.111
C. Goller	1.00	.333	S. Foster	2.50	1.250
T. Munding	2.33	.777	B. Bruckner	4.00	1.333
C. Cladwell	2.00	2.000	D. Lindley	6.66	2.222
K. Beasley	3.00	3.000	A. Obregon	4.50	2.250
			J. Schwarze	7.33	2.444
<u>30-39</u>			W. Schaltenbrand	8.66	2.889
no entries			D. Hannaford	10.00	3.330
			J. Berghoff	7.00	3.500
<u>40-over</u>			R. Motycka	7.50	3.750
A. Waltenburg	1.00	.500	R. McKinley	13.00	4.333
G. Nycum	1.66	.556	D. Kroells	12.00	6.000
W. Shively	2.00	2.000	M. Hill	13.00	6.500
			B. Whitcomb	12.00	12.000
<u>MEN</u>			R. Grose	15.00	15.000
<u>14-under</u>			<u>40-49</u>		
T. Harmeyer	1.00	1.000	C. Brandt	1.33	.444
R. Hill	2.00	2.000	J. Morris	1.66	.556
			B. Schmidt	2.00	1.000
<u>15-19</u>			J. Ziegler	4.66	1.556
J. Dolin	1.00	1.000	W. Barker	4.00	2.000
			C. Stauffer	4.00	2.000
<u>20-29</u>			D. Goldner	7.66	2.556
P. Suelzer	1.33	.444	E. Jenkins	6.50	3.250
R. Reitzug	2.66	.889	J. Barile	4.00	4.000
J. Mazock	3.00	1.000	C. Nold	12.00	4.000
T. Loucks	3.33	1.111	L. O'Herron	9.00	4.500
T. Gatton	6.00	2.000	C. Shank	5.00	5.000
J. Treleaven	6.50	3.250	H. Chandler	6.00	6.000
D. Bossard	10.57	3.556	A. Garside	12.00	6.000
B. Nunley	7.50	3.750	R. Moyer	15.00	7.500
P. Beckwith	4.00	4.000	A. Duhaime	8.00	8.000
B. Barton	9.50	4.750			
B. Moord	5.00	5.000	<u>50-59</u>		
A. Skevington	7.00	7.000	M. Kast	1.00	.500
			M. Meyer	1.50	.750
<u>60-over</u>			W. Adams	2.00	1.000
none listed			J.P. Jones	5.00	1.111
			G. Tomlinson	2.00	2.000
			H. Trier	2.00	2.000
			A. Moore	4.00	4.000
			R. Phillips	4.00	4.000
			V. Chovan	5.00	5.000

Race Calendar

- 5-2/4-80 RRCA CONVENTION - Spokane, WA
- 5-3-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
Walt Green 219-485-4091; Tom Loucks 219-622-7108
- 5-3-80 TERRE HAUTE DISTANCE CLASSIC - Terre Haute, IN
20 KM & 5 KM, 9:00 a.m.; John S. Newlin, 601 Ohio St.,
Terre Haute, IN 47807
- 5-3-80 K.P.R.D. HIGHLAND PARK RUN - Kokomo, IN
1.5 mile & 4 mile; 9:00 a.m., Jess Rudolph, 317-452-0063
- 5-3-80 CITIZEN'S BANK, ISUE, Evansville, IN
25 KM & 5 KM; 10:30 a.m., Bill Stegenoller, ISUE,
Evansville, IN 47712
- 5-3-80 SAGINAW BAY MARATHON - Saginaw, MI
9:00 a.m., Forddy Kennedy, 517-686-9018 (weekdays)
517-793-5053 (weekends)
- 5-3-80 FLATLANDER'S FOLLY - Nashville, IN
5 K & 15 K; Brown County Big Brothers/Big Sisters, P.O.Box 496,
Nashville, IN 47448
- 5-3-80 SOUTHPORT SPRING ROAD RUN - Indianapolis, IN
5 K & 10 K; 9:30 a.m., Greg Meyer, 317-783-0835
- 5-3-80 DELAWARE COUNTY CORPORATE RACE - Muncie, IN
3 mile & 10 KM, Muncie YMCA
- 5-4-80 FWTC HOMESTEAD HILLY FOUR - Homestead H.S.
4 mile; 2:00 p.m., Gary Dexheimer 219-432-1439,
Charlie Brandt 219-432-9110
- 5-4-80 2ND ANNUAL SOUTH BEND SPRING CLASSIC - South Bend, IN
10 KM; 12:30 p.m., Margaret Crockett, 1152 Whitehall Drive,
South Bend, IN
- 5-4-80 OLYMPIA LADY - Indianapolis, IN
10 KM (women only); 10:00 a.m., Olympia Lady, 317-842-4940
- 5-4-80 DIET PEPSI 10 KM SERIES - West Lafayette, IN
8:00 a.m., Penni Ainsworth 317-463-3571
- 5-10-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
Walt Green 219-485-4091; Tom Loucks 219-622-7108
- 5-10-80 WARSAW 10,000 - Warsaw, IN
11:00 a.m.; Kermit Welty 219-269-1592

- 5-10-80 LUGAR SERIES 10 KM - Muncie, IN
9:30 a.m., Steve Kehoe, YMCA, 500 S. Mulberry, Muncie, IN 47305
- 5-10-80 OXBOW 10 M & 4 M - Elkhart IN
9:00 a.m. EST; Leo Denault 219-264-4368
- 5-10-80 OLD KENT RIVER BANK RUN 25 KM - Grand Rapids, MI - 10:00 a.m.
Old Kent River Bank Run, Box 2194, Grand Rapids, MI 49501
- 5-11-80 BANK OF RAVENSWOOD CHICAGO 10 MILE - Chicago, IL
(Lakefront 10), 9:00 a.m., Noel Nequin, 312-878-8200 ext.5327
- 5-17-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
Walt Green 219-485-4091; Tom Loucks 219-622-7108
- 5-17-80 HRRC & CLUB KOKOMO ONE HOUR RUN - Kokomo, IN
4:00 p.m., F. Stinchcomb 317-453-9546
- 5-17-80 SUNRISERS KIWANIS SPRING RUN - 10 MILE - Noblesville, IN
10:00 a.m., Noblesville Sunrisers Kiwanis 317-773-1073
- 5-17-80 MAPLE CITY 10 KM - Laporte, IN
9:30 a.m., David Hever 219-362-9709
- 5-17-80 SPRING SPRINT 4 M - Portage, IN
9:00 a.m. CST, Portage Parks & Recreation Dept.,
2100 Willowcreek Rd., Portage, IN 46368
- 5-17-80 BLOOMINGTON T.C. 15 KM - Bloomington, IN
9:00 a.m., George Lalin 812-332-1612
- 5-18-80 REVCO-CLEVELAND MARATHON - Cleveland, OH
9:00 a.m., Reno Starnoni 216-232-6373
- 5-18-80 DEFIANCE OPTIMIST PEPSI 10 KM - Defiance, OH
1:00 p.m., James J. Borland 419-782-8846
- 5-23-80 INDIANAPOLIS 500 FESTIVAL MINI-MARATHON 13.3 - Indianapolis, IN
9:30 a.m., 500 Festival Assoc. Inc., One Indiana Square,
Suite 1665, Indianapolis, IN
- 5-24-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
Walt Green 219-485-4091; Tom Loucks 219-622-7108
- 5-24-80 AMERICAN HEART ASSN. RUN FOR LIFE PLEDGE RUN - Foster Park
1 - 10 Mile; 10:00 a.m., Mike Hill 219-745-9611
- 5-24-80 SB MEDICAL FOUNDATIONS 5 MILE - South Bend, IN
531 N. Main, South Bend, IN 46629
- 5-24-80 WELBORN FITNESS FESTIVAL MARATHON, 10K & 5K - Evansville, IN
9:00 a.m. (M); 8:15 a.m. (10K); 10:15 a.m. (5K);
John R. Meyer 812-426-8235 (see ad in this newsletter)
- 5-25-80 FWTC TRACK CARNIVAL - Homestead H.S. - 3:00 p.m.
Gary Dexheimer 219-432-1439

- 5-26-80 2ND ANNUAL RUN FOR HOPE 5 & 10 KM - Martinsville, IN
8:30 a.m., Dennis C. Lind 317-831-5514
(see ad in this newsletter)
- 5-26-80 HICKORY GROVE LAKES CAMPGROUND 10 KM - Hoosier Lakes Campground
10 KM X-Country; 219-637-3524 (see ad in this newsletter)
- 5-31-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
Walt Green 219-485-4091; Tom Loucks 219-622-7018
- 5-31-80 MARATHON-MARATHON AND SIX MILE - Terre Haute, IN
7:00 a.m., Dave Phegley 812-232-6311 ext 2522 or 2559
- 6-1-80 NORTH AMERICAN VAN LINES 10 KM
- 6-1-80 HART SHOE VILLAGE MARATHON - Marion IN
1:00 p.m., 3.5 mile & 10 mile; Hart Shoe Village
1001 S. Baldwin Ave., Marion, IN 46952
- 6-7-80 FWTC MIDWEST 5 MILE - Northrop H.S. - 8:00 a.m.
- 6-13-80 HOOSIER TRACK CLUB 10 KM RUN - Indianapolis, IN
5:00 p.m., Bob Coughlin 317-241-5446
- 6-14-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
Walt Green 219-485-4091; Tom Loucks 219-622-7018
- 6-14-80 CHAIN O' LAKES 2ND ANNUAL MINI-MARATHON - Albion, IN
8:00 a.m., Albion Parks & Recreation Dept., 109 S. Orange St.,
Albion, IN 46701
- 6-14-80 HOOSIER TRACK CLUB TRACK AND FIELD MEET - Indianapolis, IN
(ages 30 and up); 8:00 a.m., Bob Coughlin 317-241-5446
- 6-14-80 BEECH TREE 10 KM - Indianapolis, IN
9:00 a.m., George Porter 317-862-3624
- 6-15-80 SANGER SIX - Foster Park, Fort Wayne, IN
10 KM, 10:15 a.m., Ed Garrett 219-456-2447
- 6-15-80 NEWS-DISPATCH 15 KM RUN - Michigan City, IN
8:00 a.m., Denny Martinson, Box 42, Michigan City, IN 46360
- 6-21-80 COMPANY TEAM CROSS COUNTY CHALLENGE - Fort Wayne, IN
3 mile; 10:00 a.m., General Telephone (FW), Tony Gatton,
219-422-2776 (see entry form this newsletter)
- 6-21-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
Walt Green 219-485-4091; Tom Loucks 219-622-7108

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Fort Wayne, IN 46805



- 6-21-80 LUGAR RUNNING SERIES 10 KM - Indianapolis, IN
8:30 a.m., Fitness Festival, Butler University,
4600 Sunset Lane, Indianapolis, IN 46208
- 6-21/22-80 CARMEL CLASSIC TRACK AND FIELD MEET - Carmel, IN
Carmel Classic, Registration Committee, P.O. Box 635,
Carmel, IN 46032
- 6-22-80 CARMEL CLASSIC MINI-MARATHON - Carmel, IN
15 KM; 9:00 a.m. (see address above)
- 6-22-80 TOYOTA ROHRATHON 10 KM - Lafayette, IN
8:00 a.m., J. R. Rohrman 317-447-9402
- 6-22-80 FREEDOM FESTIVAL ROAD RACE - Evansville, IN
10 mile & 3 mile; 7:30 a.m., Capt. D. G. Felhoefer, U.S.M.C.
812-476-4112
- 6-28-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
Walt Green 219-485-4091; Tom Loucks 219-622-7108
- 7-4-80 CHICAGO DISTANCE CLASSIC 20 KM - Chicago, IL
- 9-1-80 BLUEBERRY STOMP - Plymouth, IN
15 KM, 10:00 a.m., Rebecca Gangloff 219-936-6459
(see ad in this newsletter)