

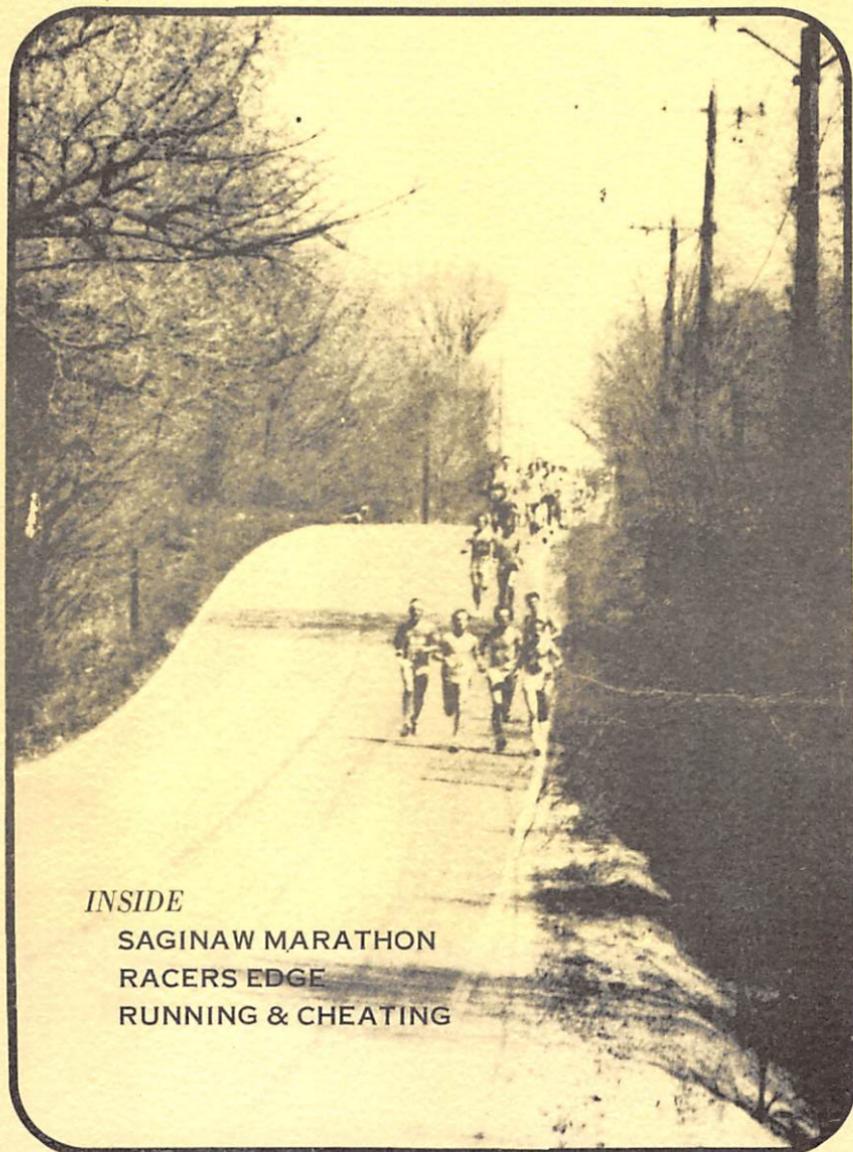


FORT WAYNE
TRACK CLUB

the inside track

JUNE, 1980

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



INSIDE

SAGINAW MARATHON

RACERS EDGE

RUNNING & CHEATING

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

Are you a long distance runner, a jogger, or a person interested in regaining or maintaining physical fitness? If so, the Ft. Wayne Track Club is for you. You don't have to be a champion to join. All that is required is an interest in running. The Ft. Wayne Track Club is an organization founded to promote running as a sport and healthy exercise. The Club sponsors monthly events for the jogger as well as the highly trained competitive runner. These monthly events offer everyone a chance to run regardless of age, sex, or athletic proficiency. Special age divisions are provided to encourage equal levels of competition such as: men's, 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over; and women's, 14 and under, 20-29, 30-39, 40 and over. Awards are presented and all participants receive official times which are published in the Track Club Newsletter which is received by members each month. The Newsletter includes training tips, medical advice, running philosophy, road race results, and a schedule of coming events. The emphasis is on participation rather than on winning, however, each race gives us a chance to measure our own fitness and a chance to meet people with a common interest.

On the National level, you will receive from the Road Runners Club of America (RRCA) the quarterly newsletter "Footnotes". All fees and membership dues are used exclusively for the Fort Wayne Track Club and RRCA programs. A treasurer's report is published at least once a year.

(Please Print)

APPLICATION

New Member

Renewal

Name _____ Age _____ Sex _____

Street Address _____ Phone _____

City _____ State _____ Zip _____

Occupation/Employer _____ Phone _____

Annual Membership - \$10.00 - Calendar Year

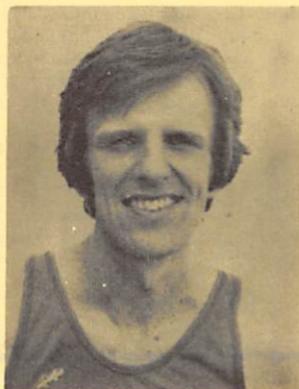
PLEASE MAKE ALL CHECKS PAYABLE TO THE "FORT WAYNE TRACK CLUB"

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

Please mail to: FWTC - Don Lindley, 6015 Landsdowne Drive, Fort Wayne, IN 46816

For further information, call Don Lindley - 219-456-8739

EDITOR'S NEWS & VIEWS



RICK REITZUG

For many of us running is a way of self-fulfillment and sense of accomplishment that is not found in other facets of our lives. As humans, we have a continual need for success and reinforcement. While we may be successful in our jobs and personal relationships, tangible and reinforcing evidence of this success is often not present nor even possible. Careers and relationships deal with too many abstractions and variables for us to ever be sure whether it was because of our efforts that a success was achieved. Are you on good terms with someone because of your efforts or theirs? Or is your relationship merely a mutual need for both of you? Is your relationship even a truly good one? Or is it just so-so? Most of life deals with these various shades of gray. It is far easier to evaluate success or failure if we can narrow the choice to black or white. Running allows us to make such a choice.

While running is for many a very philosophical experience, the results are measured in facts. Goals are established using factual data. Their success or failure is measured in terms of fact. How many miles did I run this week? How many more, or less, was this than I planned? What was my time? How many seconds was this better or worse than last week? Than my best? How far was I able to run without stopping? How far could I run without stopping this time last year? The numbers are there. We are the ones responsible for our numbers. Those numbers are good or bad because of miles we have run, effort we have poured forth.

But what happens when our running leaves the kingdom of black and white and enters the realm of gray? What happens when the numbers keep coming out the same every week? This is what has happened to my running in the last two years. In a time when one must run faster every year just to stay even, I have been falling behind. I can give you a dozen excuses for why this has happened, but it all boils down to one simple grain of truth: I have not run hard enough. I have not made the sacrifices necessary for excellence. I have become complacent. Gray has become my favorite color. However, to a person of distance running temperament, gray can only remain appealing for a limited period of time. Eventually, gray loses its stranglehold and one becomes tired of losing to runners who are not better, but merely reaching closer to their potential. One gets tired of being an also-ran, of rationalizing mediocre times, of self-deception.

The hunger returns. The hunger for that moment in a race or a workout when one feels mentally supremely confident and physically fast, smooth, powerful, and elegantly effortless. But that moment can occur only after the body has been bathed again and again in sweat, only after the legs have slogged through numerous two hour runs, only after the body and mind have united to push through endless intervals, only after the sacrifices have been made and the effort put forth.

If your hunger has reached the stage of mine, if gray reminds you of dirty white or faded black, if you're ready to cut the chaff from your life, then, hey, let's do it together! Let's once again add a touch of nobility to our mundane existence. Let's become a little more today than we were yesterday. And, let's measure it in black and white. Let's make it a PR summer.

Have a good run!

THREE RIVERS MARATHON
Assistance Needed

No experience necessary, must be able to organize all needs for the runners at the finish line.

1. Capable of handling lots of cups and containers.
2. Coordinate all volunteers and locations and form the following committees:
 - a. Fresh orange committee;
 - b. Gatorage committee;
 - c. Orange drink or other refreshment committee;
 - d. Soup committee;
 - e. Crushed ice committee;
 - f. Water committee.
3. Provide and secure "Runners Only" area.

Contact Don Lindley - 219-456-8739 (home) - 219-422-5541 ext. 244 (work)

ATHLETE'S CORNER

Glenbrook Center

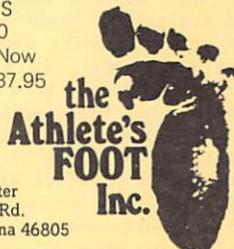
"Shoe of the Month"

Converse Arizona

Reg.	Now
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"Shoe of the Month"
ADIDAS
SL - 80

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Glenbrook Center
4201 Coldwater Rd.
Ft. Wayne, Indiana 46805
(219) 483-8372

PRESIDENT'S COLUMN



GARY DEXHEIMER

As our club expands the executive council will continue to review ways to service the needs of our members. I anticipate that our total membership will be in excess of 750 by the end of the year. We all recognize that the greatest percentage of members falls into the male 20-29, 30-39, 40-49 age groups. Therefore we recently discussed expanding those age groups for our 1981 race schedule. Our tentative plans call for breaking these down into five year groupings such as 20-24. Certainly as our membership continues to expand, we may want to consider further age group expansion.

We are also tentatively considering slightly revamping our race points system for 1981. We feel that it's time to initiate an eligibility minimum of five races. We also plan on adding two races next year: the marathon and very possibly an ultra-marathon. We feel that an ultra would be a nice addition to our race schedule. The race would most likely be held at Foster Park sometime in the fall of 1981. We still plan on scoring only ten races, that is, one's ten best out of a possible twelve.

I recently attended our first organizational meetings for both Lincoln and Three Rivers. I expect both races to again be outstanding. Three Rivers will remain a free race. Lincoln will hold their entry fee to \$4.00. Bear in mind that a very sizable portion of that entry fee is returned to our club each year as a donation from the bank. As previously reported, Lincoln will be the Northeastern Regional Championship for the RRCA. The bank has decided to increase the over-all number of awards by expanding the age groups to ten in both the male and female categories. In order to speed up the ceremony we have decided to recognize only the top three in each division. The other awards will either be mailed or personally distributed by a Lincoln Branch Manager. The course will remain the same as last year and will be certified.

The executive council would like to apologize for asking for donations at the Snider Hour Run. We were extremely concerned since this went against our policy of offering free races to our members. Unfortunately we found ourselves in a very difficult situation with the Snider administration. Only two weeks prior to the race we learned that we would be assessed a maintenance fee and rental charges for the use of the track. Unfortunately it was too late to change the location. As a taxpayer I was personally very disappointed in these actions, especially since the only services rendered were turning a key to open up the track and opening up two outside bathrooms. Needless to say we will probably refrain from any future use of Snider High School. At the time we felt that it was necessary to ask for donations to help defray these unexpected costs. We

greatly appreciate the contributions that we did receive that day.

I'm once again looking forward to the Midwest Meet of Champions with great anticipation. The date is June 7th and it certainly will be filled with running events. Whether you participate or not, make sure you come and watch an outstanding high school track and field meet.

THE NOVICE NOOK

BURREAL PICK

As I sit to write this, I'm still somewhat stiff from my first 10K run, Warsaw, Indiana, May 10, 1980. History was made as the Novice struck again! I made a new and most startling discovery. This aging, overweight beginner made the big move from the back of the pack all the way to the front of the pack. Now it's true, that's not quite up to the back of the middle yet, but I'm still a novice. I'm also still 29 pounds too heavy, but I've lost another pound, so I'm still making head-way.

In all seriousness, I'd really like to encourage any and all novices who may be reading these words: all you closet runners who don't talk too much about it to the veterans; all you 15, 20, 30 mile a week joggers who wouldn't dare try and keep up with the likes of Rick or Phil or some guy by the name of Dexter. He was at Warsaw too, but I never saw him and he never passed me until the awards ceremony. We nervous novices can find some real confidence builders by getting out there and running in races! This is how it worked for me: Pick a race you're sure you can finish. Since I've been going close to 80 minutes on Saturdays and ran more than 6-1/2 miles in the one hour run, I knew I could finish. I didn't know how well, but I thought it might be nice to run in a little bigger race. I figured I needed the experience since my secret goal is to run well in the Lincoln 10K. The next step is to pick the biggest race you can find for that distance. The people at Warsaw were looking for some 600 runners. Now it's true with a big race there are even more of those faster type animals than in the little local events, but what we novices need to look at is the fact that there are even more of the regular human variety. There were even some not as experienced or frightfully fast as I. I passed one young fella who gave me a word of encouragement and explained he was only trying to finish since this was his first race since high school about 6-7 years ago. That put him at least three age groups younger than me and this Novice beat him! Let me tell you, that's a real boost for the ego even if the over-all woman winner beat me by 12 minutes and was only 10. Nice going, Alma!

So all you novices, get out there and run, enter a race, a race you know you can finish and is the biggest one you can find! You'll give your confidence a real boost!!

In the future I may be dealing with some subjects like the Novice secret to patience power and the Novice finds the persistence producer. Your comments and suggestions would be appreciated.

See you on the road, from some where near the front of the back!

If you are a more serious runner and are training for competition, the goal of a marathon, or a regular running routine, you try to go beyond your moods. Sometimes when you are down, depressed, or just whipped, you might have one of your best runs. It is very hard to argue with your feelings, but if you try settling down for a few minutes and think about

When its beautiful out it seems to change moods very quickly into anticipating a nice run. On dreary days it might be a little harder to get psyched up for it.

Running does have a tendency to relax you and works very well for a person returning home from a tough day at work. Instead of taking frustrations out on a loved one, running can be a very nice way to unwind without the need of a shot-glass.

As you get into a regular running program, sometimes your mind does not always want to cooperate with your running schedule. You have many emotions throughout a day, and they may not always be the best. When you have had a hard day, it might be difficult to ask more of yourself (by running) when you would rather throw up your feet and relax.

For a beginning runner, who is a little overweight, the tendency is to charge out there and immediately run off those three extra pounds - especially after that big Mother's Day dinner. Once you overeat, you vow that you won't do it again. So along comes Father's Day and somehow you forget how full you were last Mother's Day and have another helping of mashed potatoes. You decide you will wait an hour and then, frustrated as you are, you are going to pound that pavement until you are skinny again.

It is easy to relate our moods to the reasons we go out for each run. Probably when a person starts running it is to get in shape or lose weight. As you continue to run, it is for a wide variety of reasons. It could be to keep your weight down, stay toned up, for cardiovascular reasons, for competitiveness, or the sheer enjoyment of it. Whatever the reason for your continuance of running, hopefully each day is a new experience.

I was just thinking about the many moods of people. Our minds are very complex things and control everything we do and say. Do we have control over our minds, or do our minds have control over us?

CINDY CALDWELL



WORDS FOR WOMEN

the benefits, you will probably talk yourself into running.

Anything is easier to handle with a friend. If you have someone to run with on a regular or semi-regular basis, you don't have to worry about whether you want to or not. It is already something that is planned and there is no decision. Usually once you are out there you are so glad you decided to run. The bad happenings of the day seem to fade away, and you return a more refreshed, healthy, and fulfilled person.

Women's running in Fort Wayne seems to be increasing, but at a moderate pace. When I first started running, I saw only a few women on the streets. In our FWTG races, there were a few regulars who would always show up. We would enjoy the oneness of the race within ourselves, but also be sparked along by a little competition once in awhile. We know who would be there. Now we are beginning to see new faces, and I think it needs to grow and grow. I am thrilled when there are many girls and women at the starting line. It is great to run with the men, but it is nice to have the women well represented also. More and more women are testing their own bodies and tapping their potential. It is amazing how much your body can do and how much endurance it has.

I am getting back into my running again and am looking forward to feeling strong once again. I believe a little speed work does wonders and with Cindy Goller and Alma Ojeda around, I need it. If you are looking for competition, ladies, try sticking with them in a race. They are both very good runners. Alma has shown growth in her running ability over the last year. Look out, ladies, Alma is only ten! She is going to give us a lot of years of competition.

You don't have to be a competitor to join our FWTG races. You should have your own goals whether it is to finish, set a pace, or compete. So, come on, ladies, let me see you at our next race.

GUSTO MAN GOING: Walt Green, well known FWTG runner and beer drinker is leaving us. No, Walt is not "heading for the mountains" as one beer company would have him do, but he is heading for the Lone Star State, Texas, instead. He will be settling in Dallas where he recently found a new position. We'll miss you, Walt. Good luck and keep in touch.

APOLOGIES: Apologies to race directors Bob McKinley and Don Lindley for inadvertently leaving their June 1st Prediction Race off the Race Calendar. A flyer for the race appeared in last month's "The Inside Track" but somehow the race was not included in the race calendar. Sorry!

SUPER ATHLETES -- The 1980 YMCA Three Rivers Festival Super Athletes competition will be during the Festival, July 12-20. The event will offer sports fans an opportunity to move from spectator to participant. The competition will place persons against others of the same sex and age group. Each competitor will participate in the following seven events: 50-yard swim; 1/2 mile run; bowling; golf; basketball shooting; a bicycle race and racquetball. Persons 16 and older are eligible and registration is open from June 1-30. Entry blanks may be obtained at the Y or Harrier's Sport Shops or Classic Trophy. The \$15.00 entry fee will include a Super Athlete T-shirt plus golf and bowling fees. A total of 294 individual awards and 70 place winner awards will be presented.

TO RUN IS TO WIN

DAVE FAIRCHILD

George Sheehan asks, "Where have all the heroes gone? They've gone with the simplicities and pieties and the easy answers of another era. Our lack of heroes is an indication of the maturity of our age. A realization that every man has come into his own and has the capacity of making a success out of his life. Of being able to say 'I have found my hero and he is me.'"

There are as many reasons for running as there are runners. Some of us run for fitness, some for fun, and some who are fast enough run to win -- to come in first in races. If there is a common thread binding all of us who run, it is the recognition that we each have the possibility of finding ourselves a hero, of finding within ourselves something more than we thought was there before we ran. What does this mean?

Running is essentially a play-ful activity. Play is a way of comporting ourselves, a way of approaching the world and extending ourselves to the world. Play is a fundamental human activity by means of which we attempt to come to terms with our own human destiny. Play is not merely an idle pastime, but an achievement.

The aim of play is the Socratic aspiration toward self-knowledge, self-discipline, and self-fulfillment. Play, in other words, is the medium through which we move toward becoming all that we are capable of being. As human beings, we are always less than we could be, our activity is always marked by a striving to become complete.

In a highly technological age such as ours, play provides an opportunity for each of us to choose the character of his life, to project meaning into his life. For many of us who run, our belief in ourselves is strengthened as we (successfully) challenge our limitations in distance races. Long distance running allows us the opportunity to transcend the everyday, to prove that we are more than our workaday finitude suggests. In running, we can take arms against ourselves and become our own perfection. Each runner tries to forget within the smithy of his own soul the still uncreated, unformed, or unreconstructed conscience of his humanity.

Finishing times and places are significant indications of how well we have met the challenge presented by others, but they do not speak to the challenge presented from within. Am I my own hero through my running? Of course! And this is a point recognized by every one of us who runs, whatever the reason for the running and whatever our (objective) level of mediocrity. The more interesting question is what kind of hero will I be for myself. Am I a hero because I challenged the limits of my ability, attempted to find my perfection through my run? Or am I a hero because I crossed the finish line first? Both reasons are legitimate if the question is asked honestly.

Did I win the Athens Marathon in 3:56:15? Yes, definitely. Did Rosie win the Boston Marathon in 2:36? No, definitely. And the elapsed times have absolutely nothing to do with these answers. The answers have only to do with whether Rosie and I were attempting to find our own perfection as runners, and we have both answered that question. I have found my hero, and he is me. Most importantly, I know I will find my hero again tomorrow, and tomorrow, and . . . Will Rosie?



AND

2-Mile Fun Run starts at 8:30 a.m.
 10K starts at 9:15 a.m.
 The start and finish is on the south
 side of the Court House.
 Check-in is 7:45 to 8:15 for the
 Fun Run. 7:45 to 8:45 for 10K
 The Fun Run is run in town. The
 10K is town and country both.
 Awards are distributed at 10:45.
 *T-Shirts to Fun Run participants.
 *T-Shirts to 10K participants.
 *Medals to top 3 in each age group
 in Fun Run.
 *Medals to top 3 in 10K.

Old Settlers Day 10K

Water at 2 and 4 mile mark and at
 finish.
 Splits every mile mark.
 No showers, but restroom facilities
 in the court house and municipal
 building.
 Chronomix Timer and ZETechron
 Digital Clock at finish line.

Sponsors for the 2-Mile Fun Run are:
 Columbia Plaza Merchants
 Strouss Menswear
 Sponsors for the 10K are:
 Old Settlers Day Assoc. Inc.
 Thomson's Whitley County Motor
 Sales
 J & K Communications

CATEGORIES:

MALE	FEMALE
10 & Under	10 & Under
11 - 14	2 11 - 14
15 - 18	3 15 - 18
19 - 24	4 19 - 24
25 - 29	5 25 - 29
30 - 34	6 30 - 34
35 - 39	7 35 - 39
40 - 49	8 40 - 49
50 & Over	9 50 & Over

ENTRY FEE: (Check one)

\$3.00 for Fun Run
 \$3.00 for 10K
 \$5.00 for both
 2-Mile Fun Run or OSD 10K
 Make checks payable to:

****NO LATE CHARGE - FEE MUST ACCOMPANY REGISTRATION**

In consideration of the acceptance of the entry, I waive for myself, my heirs, and assigns, any and all claims for damage against Columbia Plaza Merchants, Old Settlers Day Association Inc. and their representatives, for any and all injuries received during, before and after these events.

NAME _____ AGE _____ DIVISION _____ SEX _____
 ADDRESS _____ CITY & STATE _____ ZIP _____
 TELEPHONE _____ SIGNATURE _____

(All applications must be signed; Parent's signature required if runner is under 18 years of age.)

RETURN ENTRY WITH REMITTANCE TO: 2-Mile Fun Run or OSD 10K

T-SHIRT SIZE:

S M L XL

c/o The Columbia Clipper
 535 North Line Street
 Columbia City, IN 46725

KILLER ON THE LOOSE

RICK REITZUG

The hotel room telephone rang. "Rick, can you come down? It's Walt. He's really bad and I don't know what to do!" It was several hours after the completion of last April's Boston Marathon. The call was the second such call I had received from Sylvia Green, Walt's wife, in the hours since the end of the race. I rushed down to their room to find Walt passed out on the hotel room floor. Once again I tried to recall what it was that one was supposed to do with victims of heat sickness. And was this heat exhaustion or the more dangerous heat stroke? I couldn't remember the symptoms of each. All I could remember was that you were supposed to somehow try to cool the body. Sylvia and I went to work on Walt, bathing him with ice cubes. This had temporarily revived him several hours earlier. At the time he had insisted he felt better and did not want to go to the hospital. Now I decided he had no choice. We half carried, half dragged the by now incoherent Walt to the car and then rushed him to a nearby hospital. Upon arriving at the hospital, Walt mumbled that he couldn't walk. We placed him in a wheelchair and wheeled him into the emergency room. They quickly took his pulse and his blood pressure and hooked up an intravenous saline solution. They didn't seem to be wasting any time. Several minutes of intravenous solution and the color began returning to Walt's ghostly pale cheeks. Soon Walt, began talking intelligibly rather than mumbling. The crisis was over. We all breathed a sigh of relief.

My personal involvement in this incident caused me to reflect on the responsibility we, as runners, have to our fellow runners. A doctor may be well versed in the symptoms and treatment of heat illnesses, but the average layman is not likely to know the first thing about it. As runners, we need to make it a point to be able to recognize heat exhaustion and heat stroke in ourselves and other runners and to know what to do upon recognizing it. After all, who is most likely to be around when a runner suffers a heat illness during or after a race? That's right, a fellow runner. For me, it was a frightening experience. Always before there had been other runners or individuals to take charge. This time I was the only one. Luckily, I was able to recall a few of the basics I had read about in articles dealing with heat and its effects. At the time, however, I was not at all that certain that I was doing the right thing. I did make one mistake. When Walt first experienced problems, I should have insisted on taking him to the hospital. Don't mess around with the heat. It can be a killer!

There are two basic types of heat illness, heat exhaustion and heat stroke. Heat stroke, the most dangerous of the two, is heat exhaustion in an advanced state and occurs when the body has lost the ability to rid itself of excess heat. If not treated promptly and properly it can be fatal.

Below is a chart for you to clip out and keep in a handy place (your wallet or duffel bag?) for easy reference in time of emergency. The next few months will bring many hot races. You may be forced to become personally involved in the treatment of heat exhaustion or heat stroke. When the heat's on, will you be ready?

	HEAT EXHAUSTION	HEAT STROKE
Symptom	<ol style="list-style-type: none"> 1. weak or rapid pulse 2. cold skin 3. extreme thirst 4. feeling of weakness 5. nervousness 	<ol style="list-style-type: none"> 1. rapid pulse 2. hot skin 3. generally dry skin 4. irritableness 5. incoherency 6. aggressiveness
Treatment	<ol style="list-style-type: none"> 1. lie down in cool or shady place 2. drink lots of water 3. receive medical attention if condition does not improve 	<ol style="list-style-type: none"> 1. lie down in cool place 2. fan to lower body temperature 3. rub body with ice or give ice water bath 4. after temporary cooling, rush to hospital for intravenous solutions

ORMAN ALL-AMERICAN

FWTC member, Greg Orman, recently placed 2nd in the 5,000 meter run at the National Junior College Track Championships in Texas. Greg ran a 14:30 which was only two seconds behind the winner. The 2nd place finish earned Greg All-American honors. It was the fourth time Greg has made Junior College All-American. Greg also recently ran a 3:54 1500 meter which is approximately equal to a 4:11 mile. Greg will be attending Western Kentucky in the fall on a track scholarship.

FWTC INSTITUTION NO MORE: The famous "Lindley Camper", almost a track club institution, is a thing of the past. The familiar green and white transporter of running paraphernalia, dressing room of runners, and storebox of cold ones, was recently traded in by Don for a new brown Ford pickup truck. Rumor has it that the Lindley Camper was sold to the Track Hall of Fame where it will be bronzed and displayed for public viewing.

JOGGING -- What is it? How do I begin? What do I wear? How about shoes? What's a proper warm-up? All questions are answered in this beginning jogging class. Evaluations such as blood pressure, flexibility, percentage of body fat, and pulse recovery are administered. Based upon the results, an individualized program will be designed for you. Y personnel will determine what amount of jogging will have a training effect on your heart and better yet, at what point you are doing too much. Interested persons should make individual appointments with Central Y's physical director, Lyn Schlegel, by calling 422-6486. The program is free to Y members; non-members' fee is \$5.00.

Many thanks to all track club members who have been contributing articles, letters, comments, and race results to "The Inside Track". Keep up your active support and participation. Let's continue to make "The Inside Track" the newsletter of the entire Fort Wayne Track Club rather than the select opinions of a few members. Thanks again!

ON ROSIE RUIZ

SCOTT KINGDOM

Like many observers, this writer stared in amazement while watching Rosie Ruiz trail across the finish line of the Boston Marathon on the night of April 21. It was not difficult, even then, to cast Ms. Ruiz as an impostor. As everyone now knows, Ms. Ruiz was later stripped of the women's marathon title on the basis of circumstantial, but nonetheless overwhelming, evidence.

Absent a future confession by Ms. Ruiz, we may never fully comprehend the motivations that drove her to her deed. But if we may harbor a degree of uncertainty as to Rosie's inner motives, we can hold much less doubt as to what her feat represents as an objective social phenomenon. As a social force, Rosie's act illustrates the propensity of certain restless souls in this electronic age to employ any and all means to gain nationwide publicity and exposure. From the perspective of generating press and success in the sports sections and front line exposure on television news shows. Others benefited from the hoopla as well. For Rosie's employer, Metal Traders, Inc., in New York City (who, incidentally, are reported to have paid Rosie's expenses for running Boston), the scam meant untold dollars worth of free advertising. For Steve Marek, a race promoter and known in some quarters for running road races in a Superman costume, Rosie's action provided an opportunity to feed his ego as her "representative" before the glare of television lights. The objective for Marek, clearly, was not to make intelligent statements in Rosie's defense but to utter any outrageous remark that would keep interest simmering.

There is an interesting contrast to be drawn between the requisites of becoming a competent long-distance runner and the requisites of attaining widespread exposure in the mass media. As every runner knows, effective long-distance running requires a combination of discipline, dedication, hard work, and an inclination to strive for hard-won goals. The requisites of attaining nationwide publicity, however, impose no such exacting standards. To be sure, national acclaim is won by individuals who are highly successful in some form of endeavor. This level of success usually necessitates either extraordinary talent, which few of us have, immeasurable good fortune, which few of us receive, or intense effort, which too few of us are willing to give. For a person interested in publicity at all costs, there is a far easier route to becoming a show-piece in the public eye. This is the path of notoriety. Notoriety requires no great creativity or long hours of toil but only the flouting of some accepted societal norm or cultural tradition. On occasion, a small amount of original thought is necessary, but this is only to concoct some new outrage never before attempted. Notoriety, then, is the fast lane to being a news item.

We can perceive the low standards for achieving notoriety in Ms. Ruiz's dismal performance during the period of controversy over the legitimacy of her run. One could hope at least that some enterprising, but mischievous, individual might try to cleverly bluff his or her way to victory

in Boston. Not Rosie Ruiz. Rosie did not lift a finger to conduct even the bare minimum of research needed to pull off her stunt. Instead of failing to recall major landmarks on the Boston course, she could have surreptitiously driven over the course to chart out the terrain. Instead of being unable to react to questions including familiar running terms, such as interval workout, she could have reviewed a *Runner's World* article or two. Instead of encountering difficulty remembering her weekly mileage (her answers ranged from 15 miles a week to 70 or more), she could have experienced a few role-playing sessions. Rather than appearing like a wounded antelope crossing the finish line, she could have closely observed a few road races to develop a credible running style.

Rosie Ruiz is not just a fake, she's a sloppy fake. She made no genuine effort to pull the wool over the eyes of the running establishment, amusing few of us in the process.

Rosie Ruiz deserves our sympathy not our scorn. What self-respecting individual would stoop to such a pitiful example of tomfoolery? Rosie's little trick cannot be compared to major athletic scandals of the past, characterized as they are by an overemphasis on winning. Rosie's act is more like the recent ploy of a liquor manufacturer to spirit a wild turkey (wild turkey being a label on one of its offerings) onto the White House lawn. But at least the wild turkey was a dead ringer for an honest to goodness lost wild turkey.

ON GIVING BLOOD

TONY GATTON

Blood is one of the few gifts we can give during our lives that can really make a difference to another human being. Gifts of money and time are helpful and appreciated, but a gift of blood is a gift of life itself.

As a runner and a donor, I have become more aware of the hazards of giving blood. The donation, like our training, is a stress on our body. Too much stress and the body breaks down. Seems simple, but you know how stubborn runners can be.

I have given blood four times since last July. Two of those times, I had no trouble. I was running thirty miles or less a week and generally taking a break from hard training. The other two times my training was 40-50 miles plus per week. This mileage included fartlek and hill workouts. Both times one week after giving blood, I crashed. Colds, flu, aches, and generally drained (no pun intended) feeling. Giving blood did not give me the colds but it did lower my resistance.

This spring I had been improving at all distances until I gave blood on April 18th. That following week I was sluggish and tired, developing sniffles and sore throat by April 25th. The coup de grace at the Caylor-Nickel Run for Health (?) on April 26th. I ran a respectable time, but struggled from 1-1/2 miles wheezing, gasping, dizzy with burning and wobbly legs.

As I write this, I am trying to recover so that I can run the Homestead Hilly Four this weekend. I have not been able to run for four days now. I will still give blood but only during very light training. Don't underestimate this stress on your body.

BULLETS, ROCKET MEN & A HOT TROT

With sweat streaming down his body, FWTC President, Gary Dexheimer, painfully struggles across the finish line. "I don't know what happened out there," panted Gary. "It suddenly felt as if someone put a bullet right into my chest." Gary was not the only runner experiencing difficulties on this beautiful, but hot, May afternoon. "I ran terrible, just terrible," Mike Kast complained. Times were slow all around as the heat and the hills ganged up on the 114 finishers.

Nonetheless, a good race took place. Don Lindley and the Saginaw Bay Marathon Rocket Men immediately sprinted to the front at the start of the race. Fortunately, oxygen debt was written all over their bodies and no one took them seriously. At the 75 yard mark, the Rocket Men hit the wall. At this point, Gary Dexheimer shot out of the pack like a bullet, only to die from a self-inflicted wound a mile later. With the wind sprits over, the actual race began. For awhile, I thought I was part of it, but I was only experiencing delusions of grandeur. The heat and the hills quickly brought me back to reality. That left Phil Snelzer, Tim Grant, Glenn Moore, and Dave Cloeter battling it out for supremacy on the hills. Phil was eventually crowned king of the hills as he outdueled Tim Grant, covering the course in 21:31:5. Alma Ojeda won the women's title in 28:23:7. The rest of us were left behind with nightmares of bullets, hills, and heat, the distraction of ice cream and pop, and the consolation that the race was only four miles long.



HOMESTEAD
HILLY
FOUR

May 4, 1980

HILLY FOUR MILE RACE RESULTS

MEN		30 - 39 (cont)	
<u>14 & under</u>		38	F. L. Averbeck 26:20:8
14	Phil Lemaster 27:26:8	39	Robert McKinley 26:25:9
67	Jerry Ziegler 30:27:4	41	John Stafford 26:32:8
74	Andy Cauffman 31:21:8	42	Larry Lee 26:46:1
77	Ron Harmeyer 31:31:4	43	Russell Grose 26:51:7
84	Eric Schwartz 33:06:0	45	Stephen Hartman 27:17:2
100	Carl Waltenburg 38:10:3	46	Laynn Armstrong 27:21:8
109	Aaron Raudenbush 39:53:6	51	Dan McGuire 27:36:4
113	Paul Stephany 50:27:4	53	DeWain Cobbs 27:41:5
		55	Dwayne Garrett 27:46:3
		59	Dave Fairchild 28:32:7
<u>15 - 19</u>		62	Steven Karn 28:54:4
3	Glenn Moore 21:56:7	63	Phil Wisniewski 28:59:4
10	Vince Quinones 23:17:3	64	Charles Dwyer 29:26:9
17	Gary Williams 24:15:8	68	Edward Garrett 30:31:0
25	Steve Zacher 24:44:6	71	Pat Raudenbush 31:12:6
61	Dave Quinones 28:43:2	73	Tony Vantrella 31:19:1
112	Terry Meyers 42:15:5	75	Jerry Cauffman 31:22:5
		87	Randy Patten 33:34:4
<u>20 - 29</u>		89	Jorge Jimenez 34:06:8
1	Phil Suelzer 21:31:5	104	Robert Wiersma 39:49:1
2	Tim Grant 21:41:8	106	Charles Stephany 39:09:3
4	Rick Reitzug 22:17:6		
5	Dave Cloeter 22:23:1	<u>40 - 49</u>	
7	Tom Loucks 23:06:1	9	Bill Schmidt 23:11:1
8	Kenny Wolfe 23:07:5	13	Joe Barile 23:41:6
11	Gerry Williams, Jr. 23:17:9	34	Chris Stauffer 25:18:6
14	Dan Moord 23:42:3	40	Joe Ziegler 26:32:4
19	Tony Gatton 24:26:8	47	Terry Gautsch 27:24:0
20	Dave Glover 24:31:6	50	Larry O'Herron 27:34:5
22	Jim Anderson 24:39:4	52	Don Goldner 27:40:0
23	John Treleaven 24:40:4	54	Herbert Chandler 27:42:8
24	Bill Beebe 24:41:0	57	Bud Stiffler 28:20:2
36	Bruce Barton 26:13:3	65	James ? 30:00:1
44	Bill Moord 26:54:2	78	Tim Orman 31:19:1
49	Bill Blosser 27:29:5	81	Jerry Graff 32:41:3
56	D. L. Smith 28:07:0	83	Joseph Brooks 33:03:2
60	Bret Rickman 28:40:1	85	Rudi Florreich 33:24:4
66	Scot Kingdon 30:07:2	93	James Mertz 36:23:1
69	Stan Gamble 30:40:3	95	Ross Moyer 36:57:3
82	Dave Warshauer 32:44:5	96	Robert Waltenburg 37:19:1
108	Scott Trauner 39:49:3	97	Jack Gable 37:38:1
111	Newton E. Vctor 42:14:6	102	Lyle Young 38:24:1
<u>30 - 39</u>		<u>50 - 59</u>	
6	Robert Bruckner 23:00:4	28	Myron Meyer 25:02:3
12	Steven Foster 23:26:2	30	Giles Tomlinson 25:10:4
15	Tom Gerbers 23:51:5	33	Mike Kast 25:16:7
16	Paul Sibrary 23:58:8	70	Vern Chovan 31:03:7
18	Sean Callentine 24:16:9	86	Alfred Moore 33:24:7
21	Dennis Kraells 24:33:2	92	Roger Phillips 35:41:1
26	Gary Dexheimer 24:51:1	107	Jack Paul 39:24:4
29	Ed Kerr 25:05:6		
31	Larry Shively 25:11:6		
32	Dick Shenfeld 25:14:8		
35	Ron Matzcka 26:02:8		
37	Jim Sauder 26:17:2		

COACH'S CORNER

With all the races that there are this summer, the question is: "How much is too much?" It's so easy to find yourself becoming over serious about races. It's simply mentally impossible to get up for every race and if you try you'll eventually end up with an injury or mentally in a rut. I feel that it is important to arrange your racing schedule well in advance and then key on certain races. It's not impossible to race almost every weekend as long as you can maintain a very relaxed attitude. You might try experimenting with different ways to run a race during these low key efforts. Typically you'll probably run a PR when you least expect it. Racing is like golf, the harder you try, most likely the worse you'll do. Personally, I try to key on only about ten races per year, although if healthy I may run 2-1/2 times that many.

I recently met a client who told me how he consistently runs one mile every morning. He went on to complain that it really never felt good or any easier, although he had been running for at least a year and a half. I asked him how fast he ran this mile and he responded that he ran almost as fast as he could every day. I'm sure we all know people that feel that they will only derive benefits out of exercise by going all-out. I really was at a loss as to how to explain to my client that he was approaching his running the wrong way. As previously mentioned, I would be hard pressed to race all-out once a week, let alone once every day. Unfortunately these type of people rarely stick with any definite running program.

Good exercise isn't easy, but whether you're an accomplished runner or just an occasional jogger, I hope you enable yourself to find some enjoyment in the activity you choose.

Hilly Four Mile Race Results - (cont)

WOMEN

19 & under

58	Alma Ojeda	28:23:7
90	Betty Jackson	34:32:5
101	Sarah Stalder	38:11:2
110	Hally Cauffman	42:11:4
114	Jodi Ziegler	52:20:4

30 -39

80	Carolyn Horn	32:31:6
91	Phyllis Kerr	34:47:8
103	Sharon Wiersma	38:48:6
105	Anne Maradik	38:54:7

20 - 29

72	Cindy Caldwell	31:18:0
88	Sabine Florrich	33:49:4
94	Betty Strother	36:47:5
99	Theresa Ehrman	38:02:4

40 -49

76	Adelma Waltenburg	31:26:4
79	Gloria Nycum	32:23:9
98	Julia Wilson	37:46:2

MIDWEST MEET OF

CHAMPIONS

Saturday

June 7



★ Stars from four states ★

Indiana - Ohio - Michigan - Illinois

Northrop High School

Spuller Stadium

Former Olympian, Dave Wortle will be honorary starter.

The second annual open five mile road race will start at 8:00 a.m. at Spuller Stadium. At 12:30 p.m. approximately twenty of the most outstanding distance runners in the Midwest will run in the invitational ten thousand meter race on the track.

HILLS & TALES

MIKE HILL

This time of year is great for those of us who love races. There's one in the neighborhood every weekend and 10,000 meter races are a dime a dozen. One race which is very special is held in early May of each year. It's called the "Old Kent River Bank Run" and begins in Grand Rapids, Michigan. "Old Kent" is a 25 kilometer (15.5 mile) race which has now completed its third year. There were 3,000 official entries and quite a few unofficial this year when the race began on May 10. The weather the last two years has been excellent with the temperatures in the 50's and low 60's and an overcast sky. There were aid stations on both sides of the road every five kilometers and plenty of warning signs to let you know what was coming up. About a block from the first aid station, a sign read "aid station one block ahead", then each table had a sign which read "water", "ERG", or "oranges". There was a portable John, medical assistance, radio communications, spotters, and many other services available at each station. In addition, splits were given at five mile increments. The crowds are tremendous and bleachers, food service, and restrooms are available for them at the start/finish line. After the race, a free meal is available for runners and an extremely well equipped first aid station to tend to their needs.

The night before "Old Kent" is also a blast with a runner's clinic and display put on by Old Kent Bank and the Grand Rapids Track Club. This year, Hal Higdon, Greg Meyer, and Dr. Alex Kattelie were a few of the prominent speakers.

The only weak point in the entire event was the finish chute. Anyone finishing after the first 500 was backed up, and at one point people were waiting five or ten minutes to cross the finish line. I don't know what the solution is, but I know the people who put on this great race will be working on it. Put this 25K race on your calendar for 1981. . . .

I would personally like to see more half-marathons, 25K and 30K races around. I find 10K races wash me out worse than the longer runs! . . . We have ordered ball caps for the club. They are ideal to run in hot sun or when it's raining. The caps are red with a white front and our track club emblem in red. They are real sharp looking and should help in our continuing program of putting our club on the map. The price is only \$3.50 and one size fits all. Both Don Lindley and I have the caps, so see us at one of the races or stop by the house to get your cap. . . . TRACK CLUB UNIFORMS . . . Another thirty uniforms have been purchased from the "Sports Den". Since this is the busy or peak time for Doltin Sports wear, we were told that it may be as much as eight weeks before the uniforms arrive. Hopefully, we will have them to you by mid-June. Don Rodenbeck at the "Sports Den" has indicated to me that he will order some extras. That way you can purchase directly from him if you wish. The difficulty will be in getting the logo put on the singlet at a reasonable cost. "Shurtz Unlimited" is presently doing our work but charges us more as the quantity goes down. Their prices are based on large quantities, not printing up one or two shirts. If any of you have any ideas on a cheaper way to do this, I would appreciate hearing from you. In fact, I feel we need someone to handle the ordering of uniforms, hats, sweatshirts, etc. Please let me know if you are willing to accept

the supply responsibilities. . . . MILEAGE AWARDS No comments were received concerning the idea for annual mileage awards. For that reason, the idea has been dropped. . . .

Some of you who are in your first year or two of running may find you are extremely tired and not running well early in the summer. I find that racing once a week or three times a month can really make you tired. Some of those individuals who have been running for years can race every weekend but don't feel you need to do the same. After one year of running, a good rule of thumb is to race once a month. After two years, twice a month. From there on, I think it depends on your ability and desire. Be especially careful during these first warm weeks of summer. There are a lot of races around, but pick and choose only the best for your participation!

"Nike" President Phillip H. Knight has notified all Nike dealers that they will no longer participate in running shoe surveys put on by magazines. In particular, they mention Runners World magazine. In addition, Nike indicates they will no longer advertise in Runners World until the relationship of its publisher Bob Anderson and Brook Shoes is clarified. I have a copy of the letter and news release if anyone is interested. . . .



HOUR RUN

April 19, 1980

Snider High School

RACE RESULTS PUBLICATION: With numerous summer races coming up, many Fort Wayne Track Club members will be traveling throughout the state and nation to participate in races. Please keep "The Inside Track" informed about your race results through use of the "Race Results Reporting Form". Due to a lack of time, I cannot contact you even if I know you have participated in a race. Also, don't rely on a friend to report your results for you unless you have made specific arrangements with that friend to do so. Unless you report your results to "The Inside Track", chances are they won't get published.

THE RACER'S EDGE

(Ed.Note) This column will contain advice, hints, tips, and the latest in running science and technology that, hopefully, will help you shave off those few seconds necessary to give you "The Racer's Edge".)

Scientific findings, reported in national running magazines, have brought both good news and bad news for runners. The bad news is that drinking beer is bad for you. The good news is that eating more is good for you.

Running Times in its June issue states that alcohol consumption by runners can lead to numerous detrimental effects. Since runners out-drink nonrunners by two to one, these findings should prove interesting to the distance runner.

Several studies have found that drinking just one beer can reduce a runner's heat tolerance for one to two days. Drinking three or more beers or drinks within a 24 hour period can reduce heat tolerance for up to ten days. So much for that refreshing cold one after a hard summer distance run!

As far as nutritional value is concerned, it has been found that modern beers are nothing like the vitamin rich beer of yesteryear. Modern beers have been virtually stripped of their vitamins and instead contain unhealthy preservatives and additives to make them sensually more appealing. One of these is a cancer causing substance named nitrosamine. This carcinogenic substance is also found in bacon, but yet one bottle of beer will contain anywhere from six to 66 times the maximum legal limit of nitrosamine found in two slices of bacon. To top this off, beer contains approximately 150 calories per bottle. This is slightly less than a 12 ounce can of most soft drinks, but yet it doesn't exactly make beer a diet drink.

The main culprit contained in beer, however, is the alcohol. While it has been found that a moderate amount of alcohol consumption will help prevent heart attacks, there are also a number of negative side effects to alcohol consumption. One of the effects of alcohol is the damaging of heart muscle cells and thus a reduction of the heart's pumping capacity. Another effect is the increase of triglycerides and other fatty substances in the blood that promote clogging of the arteries. Finally, alcohol reduces the oxygen flow to the brain, which may or may not have a negative effect on you in races shorter than the marathon.

Now for the good news. Let's go out and eat! Dr. David Costill conducted a series of experiments with varying diets, the results of which are published in the May issue of The Runner. As most runners know, carbohydrates are the most efficient form of energy for the body. The body converts carbohydrates into glycogen which is then burned as fire by the body during a run. One of Costill's experiments involved a comparison of rates of glycogen restorage of a simple carbohydrate diet (sugary foods) versus a complex carbohydrate diet (bread, spaghetti, etc.). He found that both diets restored the body's glycogen to normal after 24 hours. However, after 48 hours, only the complex carbohydrate diet caused the body's glycogen to continue to rise.

Further studies by Costill showed that glycogen levels continued to rise with increasing intake of carbohydrates. An upper level of what is too much was not identified, but this study would seem to suggest that the carbohydrate-loading runner ingest as much carbohydrate as his stomach can tolerate.

How close to race time should this carbohydrate filling take place? Your major pre-race meal should occur, of course, in the early evening the day before the race. Several hours later, a simple carbohydrate snack would be appropriate. If the race is a late morning or early afternoon affair, a light carbohydrate meal should be eaten three/four hours before race time. This has several purposes. First, it assures a high glycogen apply in the liver. Second, it will promote emptying the lower intestine, thus ridding it of any waste before race time. Thus it would seem that in order to help gain that racer's edge, two things to be done are lay off the beer, and lay on the bread, pasta, and potatoes. The way to the winner's circle seems to be through the kitchen. See you there!

FWTC MILE RUN - May 4, 1980

1	David Milner	5:36	6	Freddie Ojeda	8:46
2	James Cauffman	6:52	7	Julie Cobbs	9:01
3	Jerry Bean	7:15	8	Lynette Brandt	9:02
4	Becky Cauffman	8:07	9	Elizabeth Brandt	9:03
5	Robert Wiersma	8:10	10	Andrea Bean	9:21
			11	April Cobbs	9:24

WARSAW 10,000 METER May 10, 1980

Jerry Mazock	33:50	6th overall/3rd age group
Rick Reitzug	34:13	8th / 4th
Jerry Williams, Jr.	34:52	12th / 5th
Steve Foster	34:56	13th / 2nd
Tom Gerber	36:23	20th / 3rd
Kenny Wolfe	36:24	21st / 4th
Lynn Armstrong	39:00	61st / 13th
Jeff Murphy	41:00	87th / 4th
Burneal W. Fick	43:29	127th / 8th
Burneal Fick	53:43	285th / 27th

I thought the Warsaw Race was the best handled race I've every run in. Also there was no waiting around for your official time. On a scale of 1 to 10, I rate it a 9! P.S.: Excellent Course and Fast!

Jerry Williams, Jr.

Race was well organized, handled, weather was good - track was fast. I was surprised somebody didn't push 30 minutes.

Burneal Fick

CLUB KOKOMO ONE HOUR RUN Kokomo, Indiana - May 17, 1980

Myron Meyer 9 mi, 902 yds 1st age group

LETTERS TO THE EDITOR

Dear Rick:

I don't know why I'm in the Point Standings let alone how. Would you please print the formula you use to determine the place and rating. I'm not sure if I can take the pressure of being in the standings.

Dan Bossard

(Ed.Note) The formula for determining the point standings is as follows:

1. Your age group places are totaled. Example: first place = 1 point, second place = 2 points, etc.

2. This total is divided by the number of races you have participated in.

3. The number obtained in Step 2 is once again divided by the number of races you've participated in. This gives you your point standings rating. For example, if you have participated in three races and have placed fourth, fifth, and sixth in your age group, the calculation would look like this:

1.	4 + 5 + 6 (places)	=	15
2.	$15 \div 3$ (races)	=	5
3.	$5 \div 3$ (races, again)	=	1.667

This points system attempts to give credit for both race participation and race placement.

Letter from Ron Gunn to supporters of the U.S. team in World University Cross-Country Championships

Our trip to the World University Cross-Country Championships in Northern Ireland as representatives of the United States was a fantastic experience. In actual competition our team finished a creditable eighth with a hard fought effort over an extremely tough European style course. I was very proud of our team's performance as the rest of the competing nations brought older, experienced national "all star" teams. Our individual times and places were Mark Wozniak (36:29-26th), Greg Orman (36:44-31st), Mike Haag (37:19-36th), Steve Maves (37:31-40th), Jay Conway (37:31-41st), and Paul Soto (38:16-44th). The winning team was Great Britian followed closely by West Germany and the winning individual was Dr. James of Great Britian in 33:57 over the rugged 11 kilo course.

The Roadrunners did emerge as big winners as ambassadors. The "young American team" stole the hearts of everyone involved in the six day international event. Our enthusiastic, handsomely groomed team continually charmed people of all nationalities with a spirit and personality that is certainly reflective of the USA.

This was our first experience at an international championship function. It was incredible. I wish that everyone could have the opportunity to learn and grow as we did. A chronicle of our trip will be published in the June issue of "The Michigan Runner".

I feel that I can appropriately express my feeling by using a popular British saying. To our student-athletes who competed and to our many friends who supported us - well done!

Ron Gunn

Proud Coach of the American Team

Dear Rick:

We wish to express our sincere gratitude to the officers of the FWTC and the newsletter staff for all their efforts for the benefit of so many. We greatly appreciate the many hours required by those involved to make these efforts so enjoyable, efficient, and professional.

It appears that efforts to establish running programs for children are not meeting with much success. Having children who love to run and yet know so little about the sport, may we suggest that those adults who would like to help children learn more about running let you know. Perhaps a list of those interested, along with their address or the area in which they run, along with the time of day they run, could be published.

If those individuals would be willing to have a child run along with them (even just once a week), we're sure it would be great for the kids and most informative. The children would gain knowledge and inspiration as they truly do admire and respect the various "heroes" they see running so often with the FWTC.

I would think that parents would appreciate this also, since we often wonder how safe it is for kids to run long distances alone. Usually they run the same routes over and over near their homes. Thus boredom is the greatest challenge to overcome.

I don't think I have said this very well - hope you understand the idea. Perhaps this could be discussed. Maybe a list of anyone willing to "run with a kid" once a week or so, along with the location, time, distance, etc.

Thank you so much!

Jim & Beth Stalder

Mr. Fordy Kennedy
c/o Physical Education Office
Delta College
University Center, MI 48710

Dear Mr. Kennedy:

Congratulations on a job well done!!!!

Your Saginaw/Bay Marathon was one of the best organized and well-run Marathons I have witnessed in some time. The attention to the runners at the finish line (the cold towels; the spray from the hose; the water, Gatorade, and oranges; and the EMS ready to help), the well-marked course, the accurate timing, the friendly volunteers and people along the race route, the hot showers, and a perfect day made your Marathon a "super event".

Several of us from the Fort Wayne Track Club were in your Marathon and I am sure you will see us again next year.

Again - "thanks" - keep up the terrific work!

Tom Mather

CAYLOR-NICKEL RUN FOR YOUR HEALTH

Bluffton, Indiana
10K - April 26, 1980

Jerry Williams, Jr.	35:49	15th overall/ 7th age group
Jerry Ziegler		50th / 7th
Dan Bossard	40:31	60th

It's hard to find races with as much organization. They just don't come any better.
Dan Bossard

DIET PEPSI 10,000 METER SERIES

West Lafayette, Indiana - May 4, 1980

Lynn Armstrong	39:57:3	86th overall
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SECOND ANNUAL FLORIDA FEDERAL 10,000 METER RUN

Clearwater, Florida - April 27, 1980

Lynn Armstrong	41:50:3	89th out of 374
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SECOND ANNUAL FLORIDA FEDERAL (5,000 METER) FUN RUN

Clearwater, Florida - April 27, 1980

Dale Lynn Armstrong	23:20:3	96th out of 300
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The Florida races were held at Countryside Mall, Clearwater, Florida.
Weather: approximately 80°, 5 mph wind, 76% humidity.

BETTY JACKSON

4-13-80	Muncie, Indiana	10 KM	54:09	365th/9th age group
4-26-80	Columbus, Ohio	5 Mile	41:10	11th/2nd
4-27-80	Columbus, Ohio	10 KM	55:00	202nd/1st
5-10-80	Muncie, Indiana	10 KM	51:08:2	253rd/8th

TERRE HAUTE DISTANCE CLASSIC - 20K

Terre Haute, Indiana - May 3, 1980

Phil Lockwood	68:12	2nd overall/ 1st age group
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OXBOW 10 Mile

Elkhart, Indiana - May 10, 1980

Phil Lockwood	54:15	2nd overall/ 1st age group
Myron Meyer	63:55	22nd / 1st

PARKVIEW - 10,000 M

May 18, 1980

Sarah Stalder	52:38	1st place age group 15 & under
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It was pouring rain and she loved it! Said she stayed cool and comfortable the whole time. Now, how long does it take before the shoes stop "squishing"?

*Every Child deserves
to be wanted*



1ST ANNUAL Sanger 6 10 KM RACE

Time: 10:00 AM 1 Mile
10:15 AM 10K Race
Date: JUNE 15, 1980
Place: Foster Park, Ft. Wayne, IN

Splits: At 1, 3 & 5 miles
Trophies: All age groups in 10K
Tee Shirts: All 10K participants
Aid Stations: At 3 & 5 Miles
Age Groups: 19 & under
20 - 29
30 - 39
40 - 49
50 & Over
Open

Refreshments
Pepsi, Gatorade, etc.

Time Clock:
Accurate Course

SPONSORED BY: *Planned Parenthood of Northeastern Indiana, Inc.*
Suite 300, Medical Center Building
347 W. Berry St., Ft. Wayne, IN Phone (219)423-1322

Donation: \$4.00 pre-race paid 10K
\$6.00 day of race 10K
\$1.00 Fun Run

Make checks payable to *Planned Parenthood of NE Indiana*

Name _____ Fun Run _____
Address _____ 10K _____
Age _____ Age Group _____
T-Shirt Size S _____ M _____ L _____ XL _____ Male _____ Female _____

I waive any rights I may have against the organizers of the "Sanger 6" and 1 mile Fun Run for damages or injuries occasioned by my participation in this Race and Fun Run. I attested that I am physically fit and have sufficiently trained to run these races.

Signature _____
(Parent's signature required if 18 years of age)



DEATH IN THE AFTERNOON

JERRY MAZOCK

As we sipped out beer at the Pizza Hut, the evening after last October's Detroit Free Press International Marathon, we knew that the major running event for the fall was over for most of us. Winter and its refuge of long slow distance awaited for Walt Green, Tom Loucks, Don Lindley, and myself. Sure, there would be the club's early season championship races, but other than those there would be nothing for many of us to specifically train for until winter loosened it's grip on this clime in the spring.

Well The winter was good to us this year. There were many euphoric runs for all of us I'm sure. But, it was also a fast winter. (Time always flies when you're having a good time!) The end of February arrived and the time for goal-oriented training was at hand once again. As February became March, and it, likewise, April, a group of ten FWTC members began preparing for the Saginaw Bay Marathon. Our runs became longer, some became shorter but greatly intensified in speed and, in general, our weekly mileage climbed as the May 3rd race date approached. Needless to say, our pre-marathon race anxiety soared also.

The Saginaw Marathon, as the ten of us knew from previous runnings, is an exceptionally flat course with race day temperature usually in the mid 40's to mid 50's. PERFECT CONDITIONS!!! It was an excellent race to prepare for. Word filtered among the FWTC that here was an excellent opportunity to set a PR, or qualify for Boston, or successfully complete your first Marathon.

Those interested in going to the race increased rapidly to over 20. By the middle of April, driving plans and motel accommodations were finalized. In some cases, training hit a feverish peak. Don Lindley determined as ever to break the three hour barrier and possibly run a Boston qualifying 2:50. Dan Hannaford wanting to crack the intimidating 180 minute nemesis also. Wayne Schaltenbrand, with his rapidly improving times, hoping to be a "dark horse" three hour candidate. Recently, he has increased the speed and determination to do it. Phil Shafer and Art Garside wanting to finish their first marathon. And many others whose silent goals prompted them to make the 230 mile odyssey to Michigan. Jack Morris trained diligently to lower his PR on A FLAT COURSE WITHOUT CALHOUN STREET LIKE HILLS to dissipate his strength. . . . We were ready!

I wanted a PR also. I trained vigorously to lower my marathon time from 2:39 (ran at Detroit last October). I ran four twenty milers (1:56 to 2:00), three days of 20 quarters on the track (66 sec. to 79 sec. . . . For me literal ballbusters. I learned to dislike these workouts more than any other. Sorry, Gary D.), and three days of 5 x 2 miles (10:45 to 10:58). Much as I hated them, these intervals shed some light on where I need to improve.

I was now averaging 90 miles a week. And even though many of the workouts were difficult, they were made much easier by the people I ran with. Here, I extend my thanks to Phil Suelzer, Rick Reitzug, and Tom Loucks for

running huge segments of my training regimen with me. Without their encouragement and advice, those hard days would have been more arduous. I also want to thank Dan Hannaford for running with me on LSD 15 milers once a week, all through the winter. They were great conditioners. Then, there's my wife, Linn, whose enthusiastic support gives me an inner confidence which helps me be a "somewhat" better person than I would normally be.

The last week of April became the first week of May. Friday morning, May 2nd, the various car caravans left Fort Wayne for Saturday's race in Saginaw. In every car, the conversations differed - some talked about the race, some discussed religion and politics, and still others spun a few colorful jokes. (Sorry, they will not be repeated in this column. For more information, write to Art Garside and send \$4.00 for postage.)

Yes, we had a great time driving up. But something dreadful was occurring on the outside of our cars. Even Bill Rodgers fears its consequences. The temperature was rising. It was DOWNRIGHT WARM!! Everyone prayed that this unseasonable early afternoon temperature of 75° and sunshine would go to Florida. (I would have been willing to perform an Indian rain dance if I thought it would bring back the 40's and clouds.) We all thought of Rick and Walt in the heat at Boston. The only thing our winter-trained bodies could do was hope for the best.

At the Holiday Inn that night everyone relaxed (or tried their best to anyway). Don Hoover strummed a few soothing songs on his guitar and others watched the tube. We were as relaxed as we possibly could be (considering). Yet the aura of marathon paranoia lingered in many of our minds. Perhaps a Divine Revelation of what was to happen the next day was disclosed to us who were watching TV in Jack Morris' room: "The Towering Inferno" was being telecast!!

At 11:00 p.m., most of us went to bed. I fell asleep at 2:00 a.m.

At 5:30, MANY OF US arose to the theme song from "Rocky". Don Lindley, Phil Shafer and company went out for a pre-race carbohydrate breakfast.

We stepped outside the motel and felt the WARMTH of the sun. It was already 60°. Disenchantment, disgust, fear, pervaded my mind as we drove to the race.

After arriving at Delta College at 8:00 a.m., we went through our warm up routines (not much needed today), took pictures, and tried to stay calm.

The field assembled at 9:50. The temperature as a sunny 68°. The gun was fired and we started the 26.2 mile trek. I ran a 5:30 first mile and then settled back to a 5:40-5:45 pace. For me it was a great thrill to be with the leaders at the eight mile turnaround, running back by the rest of the field. I saw Lindley running smoothly and Phil Shafer, but the rest of the field fades into my memory with faces bearing various tell tale expressions of this rigorous event.

After ten miles I ran virtually alone. I couldn't see third place in front, and I couldn't see fifth place behind. I passed the half marathon in 1:15:02. Right on schedule. But DEATH IN THE AFTERNOON was creeping up on me in the mid-race 76° heat. I knew I was becoming dehydrated and I drank as much as I could. But it was not enough. I was fading. When I passed the 21st mile, I looked down the road and I couldn't focus my eyes.

Fifty yards later, the world seemed to turn on me and I became disoriented slightly. In this precarious situation, I decided to pack it in and jog the rest of the way very slowly. I was very tired and sore at the finish and glad that I was not out at mile 23 again. I guess you could say I was somewhat disappointed with the weather along with everyone else. But I gave it my best shot. To have started out slower and run an intentional 2:45 was not in my game plan. Needless to say the heat soundly defeated my efforts for a PR on this day. When I finished it was 80°.

Five minutes later, an exuberant Don Lindley passed the finish line in a 2:58:53. He ran a smart race. Congratulations! He was one of the few to partially achieve his goal for the race. At this time, we became concerned for those who were still out on the course in the heat. Fortunately everyone finished safely, though some were pretty wiped out because of dehydration. We agreed that this year's race was as hot as the 7:00 a.m. Three Rivers Marathon. But at least by then we were somewhat heat trained. Nature had delivered a severe blow to this assemblage of runners. But this experience will make us better runners in the future.

Relief replaced anticipation during the drive home to Fort Wayne. Don Lindley let those in his car in on a training secret which he feels helped him run so well. Don placed ice cubes in his shorts!!!

Still, there were those who could rightfully celebrate. Art Garside and Phil Shafer finished their first Marathon. Wayne Schaltenbrand and Jack Morris set PR's, even though they felt the heat slowed them somewhat. (Sorry to those I missed here, but these are all the notable performances that I was aware of - a thousand pardons and congratulations to the others.) The rest of us, I suppose, can claim a victory in just finishing a very difficult race. And yet, I still can't help but feel we were robbed a little by the weather, but that's the way the road-racing-cookie crumbles, I guess. Maybe . . . just maybe . . . I can try again in a couple of weeks . . . maybe this whim will turn out to be foolish. But seven days after this marathon I set a PR in a 10K race!!! And I feel strong. Maybe . . . maybe not . . . but . . . just maybe . . . I'll challenge the Marathon again this spring. (TO BE CONTINUED? . . . MAYBE.)

(Ed. note: After writing this article, Jerry did challenge the marathon again. On May 17th, at the Gilboa Marathon in Gilboa, Ohio, Jerry ran a PR 2:37:28 and placed third overall. Conditions, once again, were less than ideal as the runners faced a 10-15 mile per hour wind and continual rain during the race. Congratulations, Jerry!).

3rd ANNUAL SAGINAW/BAY MARATHON at DELTA COLLEGE May 3, 1980

Name	Time	Overall	Place/Age Group
Jerry Mazock	2:54:53	15th	6th/20-29
Don Lindley	2:58:53	22nd	8th/30-39
Wayne Schaltenbrand	3:15:26	62nd	30th/30-39
Jack Morris	3:16:58	67th	19th/40-49
Wendall Adams	3:22:34	85th	3rd/50-8-over
Dan Moore	3:25:02	93rd	23rd/20-29
Michael Zirzolo	3:30:17	122nd	53rd/30-39
John Scott	3:31:25	126th	55th/30-39
Phil Shafer	3:34:13	141st	62nd/30-39
Daniel Hannaford	3:34:24	143rd	63rd/30-39
John Schwarze	3:37:10	156th	68th/30-39

Donald Frey	3:37:40	163rd	71st/30-39
Woody Barker	3:37:56	165th	38th/40-49
Jay Pelkington	3:43:31	191st	45th/40-49
Frank Best	3:54:25	237th	58th/20-29
Steve Yager	3:58:25	258th	67th/20-29
Richard Burrows	4:05:06	281st	14th/50-&-over
John Heath	4:09:11	293rd	72nd/20-29
Art Garside	4:16:25	309th	66nd/40-49
Gary Bird	4:30:01	325th	77th/20-29
David Gunter	4:31:48	326th	135th/30-39
Harold Miller	4:39:17	344th	141st/30-39
Donald Tardiff	4:41:01	348th	83rd/20-29
Rick Ravine	5:16:54	372nd	146th/30-39

A total of 522 runners started the race, with 382 finishers. The winner was John Young (19), 2:32:02 and the last place finisher was timed in 5:59:14. The temperature at 10:00 a.m., was 62°. Three hours later, it was 80°. No shade, the blistering sun and heat, the first aid station at the five mile mark and then only every three miles thereafter, it all made it an almost impossible race to finish. It was still a well-directed race but they were not ready for their first hot marathon. Average temperature is usually 42°. In the women's division, the winning time for the 29-&-under group was 3:25:36, and for the 30-&-over group, 3:33:53.

OLD KENT RIVER BANK RUN

25K - March 10, 1980

Gary Dexheimer	1:27:23	30th overall/8th age group
Phil Suelzer	1:28:16	36th
Charlie Brandt	1:36:11	114th /6th
Mike Hill	1:48:20	412th
Dave Fairchild	1:52:00	568th

Good News: Extremely well organized, aid stations with water, erg, and oranges; enthusiastic crowd support, especially at halfway turnaround and last mile; interesting course.

Bad News: Only one finishing chute for 3000+ runners. I finished 568 and the back-up from the chute extended beyond the finish line. This is especially annoying when everything else was so well done.

Dave Fairchild

3KM Run Linda Hill 14:50

GIL DODDS MARATHON

Wheaton College, May 18, 1980

Mark Mikel 3:33:06 90th overall

GILBOA, OHIO - 26.2

May 17, 1980

Joe Ziegler 3:30:52 35th overall/ 7th age group

BUILD A GOAL AND THE GOAL WILL BUILD YOU.

Dan Bossard

FORT WAYNE LUGAR RUN - Results

MEN

17 & under

11	David Ostendorf	35:07
18	Doug Peterson	36:35
26	John Ely	37:20
27	Eric Eschenfelder	37:27
46	Rick Meyers	40:06
50	David Milner	40:22
67	Tim Hattery	41:43
135	Andy Krueger	48:50
152	Mark King	51:48
154	Scott Forster	52:24

18 - 24

2	Dexter Lehman	31:22
6	Tom Loucks	33:29
9	Paul Beckwith	34:03.9
14	Bradley Stevens	35:38
21	Tony Gatton	36:50
24	Mike Bultemeier	37:17
34	Larry Hankins	38:49
62	David Fry	41:12
96	Andrew Havernes	44:09
98	Bruce Koezman	44:19.3
109	Mike Auila	45:34
114	Ray Laborde	46:31
116	Carl Cullar	46:48
134	Dennie Dueries	48:45
139	George Rimscher	48:59
144	Steven Hilker	49:70
174	Bruce Van	59:28

25 - 29

1	Harter Swag	31:21
5	Gary Green	33:18
7	Tom Deardorff	33:51
8	Phil Suelzer	34:03.3
10	Rick Reitzug	34:47
12	Bill Steen	35:16
13	Rod Hattery	35:33
17	Fred Hannan	36:04
29	John Treleaven	37:43.1
37	Ron Wilkinson	39:02
41	James Hoffman	39:16
48	Bruce Barton	40:12
49	Keith Demeritt	40:15
51	Dennis Sonntag	40:23
52	Tom Kovach	40:37
54	Theodore Krug	40:44
56	Harry Steinbacher	40:49
60	Dave Bracht	41:08
65	John Heath	41:29
78	Hud Feiffer	42:38
83	Joe Kofwski	43:13
84	Robert Weismann	43:19
92	Scott Kingdom	43:37
95	Gary Graham	44:02

25 - 29 (cont)

99	John Koezman	44:19.6
100	Rick Cartheuser	44:28
104	David Smith	44:49
112	Gregory Fahl	45:59
121	Lee Wisroth	47:36.6
126	Dennis Mock	48:05
138	Paul Gresk	48:58
140	Randall Hacker	49:00
145	Mike McEntee	49:40
146	Joseph Ruppert	49:50
151	John Ziegler	50:34
158	Doug Morris	53:08
162	Dan Sackash	53:36
164	Joel Pratt	53:38.7
170	Berry Vandezande	56:10

30 - 34

3	Patrick Davis	32:50
4	Gary Dexheimer	33:00
15	Robert Bruckner	35:44
19	Walt Green	36:36
28	Ken Lissy	37:38
36	Mark Smith	39:00
44	Dan Hannaford	39:32
58	Bill Halte	40:58
63	Mike Zurzola	41:15
66	James Vierzba	41:39
69	John Slavich	41:50
70	Dave Beach	41:52
73	Tom Mather	42:15
76	Lynn Armstrong	42:23
82	Dave Fairchild	43:03
86	James Abbott	43:22
87	Michael Novasad	43:23
88	Steve Weiss	43:23.1
94	Dan Seltenright	43:56
97	Phil Wisniewski	44:15
113	Charles Hissong	46:30
123	Dennis Demeritt	47:38
127	Rick Ravine	48:15
128	Richard Panning	48:16.2
136	David Abraham	48:52
142	Tom DeLong	49:10
143	Raelif Raterink	49:20
159	Charles Harrold	53:24.3
171	Robert Wiersma	56:47
175	David Fleming	1:00:39
176	Monte Smith	1:01:16

35 - 39

23	Dennis Lind	37:16
30	Jere Kunkle	37:43.9
31	Don Lindley	37:50
42	Mike Hill	39:20
43	David Stookey	39:23

LUGAR RUN Results (cont)35 - 39 (cont)

47	Joe Clark	40:09
55	John Barber	40:47
59	Charles Morrissey	41:01
68	Kenneth Yahne	41:48
77	Tom Clagg	42:26
91	Larry Averbeck	43:32
93	Steve Clemmer	43:43
103	Dwane Garrett	44:47
108	Tom Mangette	45:18
115	John Stein	46:40
131	Tim Thomson	48:36
132	John Rasmussen	48:37
148	Ed Garrett	50:21
150	Jerry Kauffman	50:32
153	Bill McCormick	52:21
156	Chuck Lons	52:39
160	Robert Hassley	53:24
163	Steve Bales	53:38
166	Jim Englewood	54:26
25	Mike Carroll	55:02

40 - 44

20	Charles Brandt	36:40
25	Ken Archibald	37:18
33	Jerry Guntsch	38:46
35	Woody Barker	38:57
40	Paul Eschenfelder	39:14
53	Rudolf Stoeckel	40:41
64	Joe Ziegler	41:18
74	Tony Clouse	42:16
81	Ed Jenkins	42:59
90	Larry O'Herron	43:30
101	Benjamin Cox	44:36
118	Art Garside	47:04
125	Jim Dumas	48:02
147	Lynn Miwer	50:00
161	Stan Lipp	53:25
179	Robert Waltenburg	1:03:06

45 - 49

16	Jim Caviness	35:46
22	William Schmidt	37:07
45	Robert Ransturg	39:33
57	Chris Stauffer	40:50
61	Dick Sims	41:10
79	Dick Katte	42:48
80	Ron O'Beiner	42:51
85	Berne Huesing	43:20
89	Herbert Chandler	43:24.4
102	Eugene Striggly	44:40
110	Terence Gautsch	45:42
111	Gay Davis	45:45
117	Dick Lugar	47:03
122	Thomas Nuss	47:36.9
137	Don Pauley	48:55

45 - 49 (cont)

167	Robert Habig	54:49
173	Ross Moyer	58:20

50 - 54

32	Myron Meyer	38:39
39	Mike Kast	39:10
75	Giles Tomlinson	42:17
107	Elwood Peel	45:06
124	John Hilker	47:45
129	Jim Peterson	48:16.9
157	Roger Phillips	52:48
181	Jack Brewer	1:09:52

55 - 59

172	Jack Paul	58:12
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60 - 69

133	Harold Fricke	48:40
141	Chet Fleetwood	49:05

70 & over

130	Ed Wiberg	48:26
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WOMEN17 & under

105	Laura Ostendorf	45:03
106	Alma Ojeda	45:04

18 - 24

71	Cindy Goller	42:01
72	Lori Moore	42:14
155	Betty Jackson	52:35
169	Betty Huesig	56:03

25 - 29

none listed

30 - 34

119	Betty Hite	47:08
120	Mary Forster	47:13
178	N. J. Marsh	1:01:53

35 - 39

165	Katherine Maki	53:42
177	Heide Christman	1:01:17

45 - 49

38	Rabaka Caviness	39:02.7
149	Adelma Waltenburg	50:31

50 & over

180	Jeannine Defilippo	1:07:46
182	Ruth Dumas	??

Staple

Fold Here

Fold Here

RICK REITZUG
825 Kensington Blvd.
Fort Wayne, Indiana 46805

POSTAGE
REQUIRED

RACE RESULTS REPORTING FORM

Name	Race	Distance - Date	Time	Overall Place	Age - Group & Place

MEMBERS' MUMBLINGS

Please write below anything you would like included in the Newsletter. This includes race comments, insights, etc., questions, training tips, feelings, ads, trades, etc.

(Deadline for the Newsletter is the 15th of the month)

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
 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.

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 _____

COMPANY NAME _____

CAPTAIN'S NAME _____

ENTRY FORM

ADDRESS _____

Phone _____

MRS. EULALIA LOUCKS

"The Inside Track" Co-assistant Editor

(Her son, Tom, also a co-assistant editor is the one who runs so fast. You know what he looks like!)



 FWTC 2.75 MILE PREDICTION RUN

- Date - Sunday, June 1, 1980
- Place - Foster Park
- Distance - 2.75 Miles
- Time - 2:00 p.m. (Registration 1:00 - 1:50 p.m.)
- Entry-Fee - 50¢ (Free for FWTC Members)
- No Age Divisions
- Awards - 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

RACE CALENDAR

- 5-31-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
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 FWTC 2.75 MILE PREDICTION RUN - Foster Park - 2:00 p.m.
Bob McKinley - 747-5002; Don Lindley - 456-8739
- 6-1-80 HART SHOE VILLAGE JOGATHON - Marion IN
1:00 p.m., 3.5 mile & 10 mile: Hart Shoe Village
1001 S. Baldwin Ave., Marion, IN 46952
- 6-1-80 HAMMOND MAYORS RACERS - 5K - Riverside Park - 9:00 a.m.
- 6-3-80 5K FUN RUN - Kokomo, IN - 6:30 p.m. - 3209 Albright Road,
Park at Church - R. Stucker - 317-455-0427
- 6-7-80 FWTC MIDWEST 5 MILE - Northrop H.S. - 8:00 a.m.
- 6-7-80 GAS CITY JUBILEE (6.5 mile) - 12:00 noon - Gas City, IN
- 6-7-80 HOOSIER HILLS FESTIVAL (Three 5K) 9:00 a.m.
The Point on Lake Monroe - Lakewood School
B.T.C., P.O.Box 1755, Bloomington, IN 47402
- 6-7-80 MICHIANA LUNG RUN 5 & 15 K - 5 K FITNESS WALK - 8:00 a.m.
Howard Park, South Bend, IN - Julie Frantz, American Lung
Association, 319 S. Main St., South Bend, IN 46601 - 219-287-2321
- 6-8-80 STRAWBERRY RUN - 5K & 10K - Hartford, MI - 1:00 p.m.
- 6-11-80 MIDDLETOWN LIONS MINITHON - 5K (5:30) - 15K (5:45) - Middletown, IN
Middletown Park - \$4:50 by June 4; \$6.00 day of race
Mr. D. L. Vanderluit, Route 1, Box 994, Shirley IN 47384
- 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.
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

- 6-14-80 GREENTOWN GLASS FESTIVAL 5 MILE - 9:00 a.m. (no registration after 8:15) \$4.00 (\$6.00 after June 7) - Brad Shrock, 229 East Lincoln St., Greentown, IN 46936 - 317-628-3729
- 6-14-80 NORTH JUDSON FIREMANS SIX - 6:00 p.m.
North Judson Fire Station, Intersection of Highways 10 & 39 in center of North Judson, Indiana - 219-806-2108 or 896-2622
- 6-14-80 HOG JOG - Flora, IN - 10 K & 1.9 Mile - 8:00 a.m.
Flora Comm. Park
- 6-14-80 ANDERSON DAILY BULLETIN WHITE RIVER RUN 15 K, 5 K FUN RUN
YMCA, 12th & Jackson, downtown - 5:00 p.m.
- 6-14-80 HUNTINGTON HERITAGE DAYS 10 K - Huntington, IN - 11:00 a.m.
Brown & Rowe Shoes, 323 N. Jefferson Pk. Mall, Huntington, IN 46750 - 219-356-3026
- 6-14-80 KALAMAZOO KLASSIC 10K - Kalamazoo, MI - 9:00 a.m.
Kalamazoo Klassic, P.O.Box 602, Kalamazoo, MI 49005
- 6-14-80 RILEY CREEK RUN 10K - Pandora, OH - 2:00 p.m.
- 6-14-80 ST. MARYS HERITAGE DAY CLASSIC - 8 mile St. Marys, OH - 9:00 a.m.
- 6-15-80 KICKAPOO TRAIL TRIAL 12 K Euro.Style XC - 9:00 a.m.
Kickapoo Park, Danville, IL
- 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
- 6-15-80 GLASS CITY MARATHON - Toledo, OH - 7:00 a.m.
- 6-21-80 COMPANY TEAM CROSS COUNTRY CHALLENGE - Fort Wayne, IN
3 mile; 10:00 a.m., General Telephone (FW), Tony Gatton,
219-422-2776
- 6-21-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
Tom Loucks 219-622-7108
- 6-21-80 LUGAR RUNNING SERIES 10 KM - Indianapolis, IN
8:30 a.m., Fitness Festival, Butler University,
4600 Sunset Lane, Indianapolis, IN 46208
- 6-21-80 ISAAC VAN WERT DAYS 10K - Van Wert, OH - 9:00 a.m.
- 6-21-80 THREE RIVERS ATHLETIC BOOSTERS 10K - Three Rivers, MI - 10:00 a.m.
- 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. Felhoelter, U.S.M.C.
812-476-4112
- 6-28-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
Tom Loucks 219-622-7108
- 6-28-80 RENAISSANCE RUN, Muncie 15 K - 6:00 p.m.
Central H.S., 801 N. Walnut St., Muncie IN
- 6-28-80 NORRIS INSURANCE RUN 5 Mile - 8:15 a.m.
Bunker Hill, IN
- 6-28-80 ALL AMERICA CITY RUN 10K & 1 mile Fun Run
ONRC, Box 869, Vincennes, IN 47591
- 6-28-80 PRE BRISTOLTHON 10 K & 6K (14 & under) - 8:00 a.m.
Bonneyvill Mill Park, Bristol, IN - Dave Foutz 219-262-3908
- 6-28-80 10 MILE RUN - Decatur, IN - 8:00 a.m.
- 6-28-80 TURTLE TOWN 10,000 - Churubusco, IN - 8:00 a.m.
- 6-28-80 BURR OAK 10-5-1 MILE - Burr Oak, MI - 9:00 a.m.
- 6-28-80 FREEDOM RUN - 4 Mile - Bluffton, OH - 9:00 a.m.
- 7-4-80 CHICAGO DISTANCE CLASSIC 20 KM - Chicago, IL
- 7-4-80 FIRECRACKER 6 (10K) - Twelve Mile, IN
Dale Sullivan, Route 5, Box 178B, Logansport, IN 46947
- 7-4-80 LIBERTY 10,000 & 1 MILE FUN RUN - Hartford City, IN - 5:00 p.m.
Doug Osborn, 818 S. Pearl St., Hartford City, IN 47348
317-348-4739
- 7-4-80 INDEPENDENCE RUN (10,000, 5,000, 1 mile)
Kendallville, IN
- 7-4-80 TOPEKA ROAD RUN (9 & 5 mile) - 9:30 a.m. - Topeka, IN
- 7-4-80 PEACHTREE ROAD RACE 10,000M - 8:00 a.m. - Atlanta, GA
- 7-5-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
Tom Loucks 219-622-7108
- 7-5-80 GOLD CUP 10K - Madison, IN
- 7-5-80 CHESTERFIELD DAYS 20K & 2 mile Fun Run - 10:00 a.m.
Makepeace Park, Chesterfield, IN - Bill Steele - 378-5134
- 7-6-80 FWTC 13.1 PREDICTION - 7:00 a.m. - Don Lindley,
6015 Landsdowne Dr., Fort Wayne, IN 46816
- 7-12-80 FWTC RUN RUN - Foster Park - 10:00 a.m.
Tom Loucks - 219-622-7108

- 7-12-80 TOWN PUMP TROT, Bourbon, IN
Tim Gochenour, 2488 - 13th Trail, Bourbon, IN 46504
- 7-12-80 FAIR STORE/RTC 10,000 ROAD & TRAIL RACE - Dowagiac, MI - 10:00 a.m.
- 7-12-80 DENIM EXPRESS - 6:00 p.m. - Marion, IN
- 7-12-80 RACE AGAINST CANCER 5M - 10:00 a.m. - \$5.00
American Cancer Society, Terre Haute, IN
- 7-15-80 8K FUN RUN - 6:30 p.m. - Kokomo, IN
Stucker 317-455-0427
- 7-19-80 CARL REHM GARRETT-THON - Garrett, IN
5,000 meter & 10,000 races: 1 mile fun run
Fun Run 8:00 a.m. - Race 8:30 a.m.
Lowell R. Nees, YMCA of Augurn, 310 N. Main St.,
Augurn, IN 46706 - 219-925-4112
- 7-19-80 OLD SETTLER'S DAY 10K - *Columbia City, IN*
9:15 am, Columbia Clipper, 535 North Line Street.
Columbia City, IN 46725
- 7-20-80 THREE RIVERS MARATHON - Fort Wayne, IN - 8:00 am
Cal Mahlock - 219-422-7474
- 9-1-80 BLUEBERRY STOMP - Plymouth, IN
15 KM, 10:00 a.m., Rebecca Gangloff 219-936-6459

FWTC NEWSLETTER

Rick Reitzug
825 Kensington Blvd.
Fort Wayne, IN 46805



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