

SPECIAL THREE RIVERS
MARATHON ISSUE

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

JULY, 1980

the inside track

FORT WAYNE
TRACK CLUB



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

Are you a long distance runner, a jogger, or a person interested in regaining or maintaining physical fitness? If so, the Ft. Wayne Track Club is for you. You don't have to be a champion to join. All that is required is an interest in running.

The Ft. Wayne Track Club is an organization founded to promote running as a sport and healthy exercise. The Club sponsors monthly events for the jogger as well as the highly trained competitive runner. These monthly events offer everyone a chance to run regardless of age, sex, or athletic proficiency. Special age divisions are provided to encourage equal levels of competition such as: men's, 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over; and women's, 19 and under, 20-29, 30-39, 40 and over. Awards are presented and all participants receive official times which are published in the Track Club Newsletter which is received by members each month. The Newsletter includes training tips, medical advice, running philosophy, road race results, and a schedule of coming events. The emphasis is on participation rather than on winning, however, each race gives us a chance to measure our own fitness and a chance to meet people with a common interest.

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

(Please Print)

APPLICATION

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

ON THE COVER:

*Kevin Higdon winning the Midwest Invitational 10 KM
on June 7, 1980.*

The Europeans of the 14th and 15th centuries boarded their ships and sailed the yet uncharted seas. The early Americans packed their possessions into their covered wagons and went West to blaze the trail for a new country. The select few astronauts strap themselves into their space capsules and engage in interplanetary travel. But what challenges are left for the common man of the late 20th century? The universe is, to a great extent, explored or not within our means to further explore. The only frontier open to most of us is the frontier of our own bodies and minds. It is this frontier that we attempt to explore in distance running. The event which perhaps symbolizes this exploration better than any other is the marathon.

Much as the European explorers, the pioneers going West, and modern day astronauts embarked on their adventures expecting anything and everything, so does the marathoner begin his race preparations expecting the unexpected. In a ten kilometer race, a runner is fairly certain of finishing and even fairly certain of his approximate time. But before the marathon there exists within most runners a slight fear, a fear of not knowing what will happen during the next few hours. Environmental factors such as heat and humidity make a monumental difference in a race of this length. They can, in fact, make the difference between finishing and not finishing. A temporary mental resignation can destroy an entire marathon by prohibiting a runner from regaining his stride and rhythm. Any number of factors can prevent a runner from finishing. There is no certainty in a marathon. This year's Boston was a classic example for me. I had planned on a PR. The last several days before the marathon were unseasonable warm. I became worried. Yet it was not until several miles into the race that I realized a good time was an impossibility. An all out effort preceded by months of preparation suddenly became a fun run.

No marathon is to be taken lightly. After last summer's Three Rivers Marathon, I made two promises to myself. I would never again run a hot weather marathon and I would never again run an all-out marathon without being confident of my conditioning. I have since broken both promises simply because the challenge to see what I could do became irresistible. Last fall, I went to Paw Paw, Michigan, to run the Grape Escape Marathon as a training run. At the 15 mile mark, I was in sixth place and easily maintaining 6:30 miles. I started thinking that if I ran hard maybe I could win. I gave in to my competitive urges and picked up the pace. For

RICK REITZUG



EDITOR'S NEWS & VIEWS

the next five miles I ran strongly and moved up to fourth place. However, I wasn't gaining on the third place runner. I suddenly became mentally discouraged and shortly after felt extremely tired. I walked and slogged through the next six miles barely finishing. The marathon is as much mental as physical. Proper preparation of both the mind and the body is essential. It is always a challenge to be taken seriously. As Bill Rodgers has said, "The marathon can always humble you."

It is this that makes the marathon such a challenge. Yet with all its difficulty, with all its unpredictables, even with the fear involved, we run marathons. Why? It is in that last mile, in particular in that last half mile, that the answer is found. When that finish line comes into sight, the numbers in minutes and seconds become momentarily unimportant, as we realize that we have made it. We have conquered the fear, the unpredictability, the challenge of the marathon. We have triumphed! The human spirit reigns! The race, in being run, has been won! We are marathoners! We are champions!

Have a good run! (Especially on July 20th)

MARATHON-MARATHON - Terre Haute, IN - 5-31-80

Robert McKinley	3:03:25 PR	88th overall	29th age group
Gay Davis	3:46:+		
Rick Meyer	3:54:00	532nd	218th
Dave Fairchild	3:58:31	567th	

Weather was exceptionally warm and humid (about 70 degrees at start, about 85 at finish). Good traffic control, runner assistance, aid stations. Interesting, rolling course. 750 official finishers. - Dave Fairchild

The marathon at Terre Haute was my first to complete. Also, I'd like to say that I think "The Inside Track" is a great newsletter. - Rick Meyer

Very good race - nice spaghetti dinner night before (included in \$5.00 fee) - great aid stations every 2-1/2 miles - hot weather 72 degrees at 7:00 a.m. start and humid. - Gay Davis

MARATHON 6 MILE - Terre Haute, IN - 5-31-80

Rick Reitzug	33:03	29th overall
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GILBOA MARATHON - 5-17-80 (Rainy)

Wendell Adams	3:18:07	24th overall	1st age group
Alma Marie Ojeda	3:32:51	2nd (women's)	1st

OLD KENT RIVER BANK RUN 25KM - 5-10-80

Bruce Barton	1:46:03	331st overall
Joe Clark	1:48:00	400th

Alma Marie Ojeda

Texas Striders 10KM

Mission, Texas	4-13-80	44:19	2nd	1st age group
Warsaw 10,000	5-10-80	41:21	1st	(women's)

PRESIDENT'S COLUMN



GARY DEXHEIMER

Rick has featured this month as Three Rivers Marathon month. This is a very important month for the club. Certainly for many years this is what the FWTC was all about and this very special race was a time of recognition for our club. The club has come a long way and the marathon is now only a part of what the club does so well. Yet, for many of us, this race is still the highlight of our scheduled year. It's a fantastic race and for Fort Wayne it's "the marathon". I only hope I can for once cherish the excitement of finishing it. I don't think I can take one more year of Charlie Brandt asking me just what mile mark I dropped out at.

This is a good month for us all to do a little missionary work for the FWTC. Tentative plans call for having a membership booth set up at the marathon. As members we are all very proud of what the club has to offer. Yet, out of the thousands that run in this immediate area, our membership is only around 600. Unfortunately there is a feeling among many runners that the club is only for an "elitest" group of racers. The truth is only about 10% of our members would be considered overly talented in their running. Yet, obviously the other 90% are finding a real purpose in the club. Let's all go out and spread the word that the FWTC (and even the uniforms) are for everyone.

As previously mentioned last month, the executive council has agreed to revise the points race schedule for 1981 to reinstate the marathon and add an ultramarathon. To be eligible for the points championship next year, an individual will have to compete in a minimum of five points races out of a scheduled twelve. Two of those will be optional as your best ten races will be counted. To date, the details have not been finalized on the proposed untramathon.

Our club recently purchased an additional new timer. Based on our present financial condition and with a donation guarantee from Lincoln National Bank, we agreed that this would be a worthy investment for the club. Most of the small races can be timed very nicely using our chronomix timer and that device has paid for itself several times over through rental costs. With races continuing to grow in number of participants, we felt that a new and more sophisticated chronomix timer would be an excellent investment. This device will be available to race directors after August 1st. Our proposed rental costs call for a \$200.00 fee. The device has nine independent timers built into it so it's excellent for use with lanes or multiple chutes. Plus it can be hooked up to a starting gun for automatic starts and the running time is displayed on the front panel. Although we

do rent our equipment to race directors, we have made it a practice to make our equipment available on a first come first served basis to local high schools, compliments of the club.

Many of you may have noticed our new finish board which was constructed by Phil Suelzer. We want to make every effort to see that our races are as well organized as possible and especially that the awards ceremonies come off as quickly and efficiently as possible. Through Charlie Brandt's and Phil's efforts, we now seem to have a system that is extremely efficient. Make sure you make a note of the information regarding the state open club championships. We hope that as many of you as possible will compete so that we can field a number of teams. This will be an excellent opportunity to show just how strong the FWTC really is. I'll need a team captain for each category. If interested in this, please let me know.

The executive council was extremely pleased to have Tony Ventrella attend our last meeting. He came as an interested representative of the press and offered us tips on how to best utilize the media. As you all know, running is continuing to grow by leaps and bounds and we feel there should be a lot of media interest in the FWTC and its activities. We really appreciated Tony's advice and have tentative plans for implementing some media programs.

See you at the start of Three Rivers and here's hoping for a cool race.

2.75 MILE PREDICTION RUN

June 1, 1980

<u>Place</u>	<u>Name</u>	<u>Prediction</u>	<u>Actual</u>	<u>Difference</u>
1	Ed Freygang	16:30	16:37.4	7.4
2	Robert Wiersma	25:00	25:14.9	14.9
3 *	Jim Dupont	26:28	26:51.4	23.4
4 *	Don Goldner	18:30	18:05.1	24.9
5	Julie Neilands	24:30	24:57.8	27.8
6	Sharon Wiersma	26:00	25:30.2	29.8
7 *	Ward Krause	17:55	18:42.2	47.2
8 *	Phil Wisniewski	19:50	18:57.6	52.4
9 *	Eugene Striggle	19:15	18:16.0	59.0
10 *	Myron Meyer	19:15	18:16.0	59.0
11 *	Philip Shafer	20:30	19:27.0	1:03.0
12	Robert Wiersma	24:00	22:48.0	1:12.0
13 *	Alfred Moore	23:15	21:59.8	1:15.2
14 *	Don Lindley	20:00	18:40.9	1:19.1
15 *	Charles Welch	23:00	21:39.8	1:20.2
16 *	Tom Braun	22:00	19:38.9	2:21.1
17 *	Chris Neilands	21:00	23:24.3	2:24.3
18	Lou Weber	24:00	21:29.8	2:30.2
19 *	Alma Ojeda	16:00	18:37.5	2:37.5
20 *	Dwight McKinley	20:00	22:54.1	2:54.1
21.	Elizabeth Weber	27:00	24:03.0	2:57.0
22	Mike Braun	30:00	26:09.0	3:51.0
23	Tess Weber	30:00	25:49.6	4:10.4
24 *	Brian Lindley	31:00	26:29.8	4:30.2
25 *	Freddie Ojeda	30:00	36:03.0	6:03.0

* FWTC MEMBERS

WORDS FOR WOMEN



CINDY CALDWELL

I was off from running for the month of March and started up again April 1st. It is hard to believe how much training you lose in a very short time. My very first run after starting again was three miles and that was plenty. I felt just like I was starting all over again. I was very weak and my legs were very tight. Gradually I started feeling a little stronger and now I am feeling more relaxed in my running.

I missed out on a nice cool month of running and was thrust a little sooner into hotter weather. Since it is getting very hot outside, we should take extra precautions in our runs. I am affected very much by the heat and can see the possibility of a heat stroke happening in anybody.

Always make sure you drink plenty of water and wear light clothing. I am really one to talk about wearing light clothes. I always wear either my 13 Strong black shirt or my dark green Firecracker 4 shirt. There is a reason for this. I am sure other women must have this same problem. If I wear a bra when I run, I get so scraped up. My solution up to now had been to do without it and wear a dark shirt. Wearing a light shirt could have been very interesting! I thought I would try something, so I tried a Lily of France bra and it worked for a short run. When I ran a longer run, I got chaped again. The few times I did wear light shirts, I felt so much cooler. I was not like a magnifying glass attracting the sun. If anybody has any other suggestions, I would be glad to hear them.

You should gradually adjust yourself to the heat. If it is steaming out, try a few short runs to get heat acclimated. You will get used to the heat, but you have to remember it is a very dangerous thing and not to be taken lightly.

I think everybody gets the urge to get out and run on a beautiful sunny day. If running a long run or race on an 80+° day, just adjust your pace and water intake accordingly. On my own long runs, I plan to run where there is water at certain places. I also carry a paper towel (a scarf or cloth would also work) which I get wet and stick in my shorts. I use it to cool my face every once in a while.

I have to take these precautions because I feel heat's warning signs at times. We all can enjoy our summer runs if we just use a little common sense.

RUN FOR HOPE 10 KM - 5-26-80

Tom Loucks	34:05	8th overall	3rd age group
Don Lindley	37:51	56th	4th
Myron Meyer	38:26	67th	1st

Approximately 700 runners started; too many slow runners up front. Very hilly and rolling hills and 78 degree temperature made it difficult to run. Well directed race for the numbers that participated. Two aid stations made the run a lot easier. Downhill racer, Myron Mayer, ran the fastest 4th mile in his life and surefooted Tom Loucks ran so fast he lost his shoes. The best part of the race: 18 awards in the 35-39 age group. This was based upon the number of participants in that age group. - Don Lindley

Betty Jackson

Indianapolis 10 KM	6-13-80	56:19	45th	2nd age group
NorthSide Summer Track				
1600 meter	6-3-80	6:31		1st
800 meter	6-10-80	2:55		1st
200 meter		?		1st

SANGER SIX (10KM) - 6-15-80 Fort Wayne

Phil Suelzer	33:37	1st overall	
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CHAIN O'LAKES MINI-MARATHON (13.1 miles)Albion, Indiana - 6-14-80

Tony Gatton	1:23:12	10th overall	5th age group
Rick Meyer	1:33:07	38th	6th
Tom Clagg	1:33:30	40th	7th

The organization in this race was as good this year as it was bad the year before. I had written them a letter after last year's race making a number of suggestions, all of which were implemented this year. The miles were marked, water and splits were available. This went from one of the worst races I've run in to one of the best in a period of one year. - Tony Gatton

15 KM - Carmel, IN - 6-22-80

Phil Lockwood	51:18	10th overall	2nd age group
Tom Loucks	52:35	15th	12th
Myron Meyer	58:36	47th	1st

CARMEL CLASSIC - 6-22-80

Gary Dexheimer	1 mile	4:36	1st
Gary Dexheimer	5000 M	16:14	
Brad Stevens	800 M	1:56	

"Marathoning is a one of a kind satisfaction resulting from a sound base, planning, training, preparation, determination, and just plain luck."
Mike Kast

HILLS

& TALES



MIKE HILL

"PEAKING" - Like everyone else who runs and trains seriously, I've found that I can't maintain my "peak" all of the time. I was recently reviewing my runner's log and found that six to seven weeks of good performance led to two or three weeks of very bad performance. During the low periods, I've found there are several indicators of my poor condition:

1. Allergies, nasal drainage, chest congestion and breathing problems become more prominent.

2. Injuries, leg soreness, tendonitis are quite common.
3. Sleepless nights. Many problems getting a good night's rest.
4. Washed out or generally tired feeling. Lack of motivation to train or race.

5. Infection - if there's a bug around, I'll catch it!

In reading Dr. George Sheehan's book, SPORTS MEDICINE FOR RUNNERS, I find quite common. Sheehan feels the only cure is rest until the symptoms subside, then run every other day until you feel like running and training again. You can minimize these negative indicators of fatigue if you are capable of knowing you are at your peak. When you feel you're at your best, back off to two-thirds your normal workout and begin to rest. Hopefully, your peak will last longer and the resultant valley will not be so deep. If you have been an athlete all of your life, I'm sure you are aware of the cycles your body goes through. For those of you who are new to this sport though, I can recommend the book mentioned above, by Dr. Sheehan, as a good source of answers to the many, many questions you will have. So don't give up if all of your efforts seem to be moving you backwards. Simply rest and wait for your vim and vigor to return! . . .

New Balance 420's - Recently, I purchased a pair of New Balance 420's and have sufficient miles on them to make a few comments. First of all they are a good-looking, lightweight training shoe. I put about twenty-five to thirty miles on them and than ran the 25K "Old Kent" run in Grand Rapids. During the race I felt great and the 420's light feeling really helped. They are well cushioned and extremely comfortable to wear. The days and weeks after the race I found the outside of both my knees hurting. This to me indicates that the soft insole in the 420's was breaking down each time my foot rolled inward and exerting pressure on the outside of my knees. Yet I really like the shoe! By breaking the shoe in longer and not wearing it on the longer runs (25K to the Marathon), I feel I'll still be able to wear the 420 quite a bit. If I have any complaint about the

shoe at all, it's the fact that it is actually over-cushioned. There has been a lot of discussion about sole wear on the N.B. 620 and 420 shoes. They do not wear as well as Brooks shoes but are very competitive with other manufacturers. The price at \$42.95 is a little high, but so is the price on most running shoes these days.

re: State Open Club Championships - August 9, 1980
Wendy's 10,000 meter - Kokomo, IN

This idea has evolved from an initial challenge that the FWTC offered to the Hoosier Road Runners Club to have a team race at a chosen site. The Indy Runners then picked up on the idea and offered the challenge to pick a neutral race location for a possible club championship. Since that time, Floyd Stinchcomb contacted me regarding the Wendy's race and asked that I set up the ground rules.

Obviously the idea is to encourage informal interclub rivalry. There will be team awards sponsored by Wendy's. Hopefully this will develop into an annual affair. If from an organizational standpoint I miss something, please make it a point to contact me.

Eligibility: Three team minimum

- A. Open - five runners needed from any age group
- B. Masters - 40 & over three runners make up a team
- C. Womens - three runners needed to score

To be eligible each club must enter all three teams although a club may enter as many teams as they choose in each category. Competing club runners must reside in the State of Indiana and must be a registered member of the chosen club. If a club decides to enter more than one team in a particular category, it will not be necessary to establish a number one or two team, etc. For scoring we will simply use your best scoring team. We will use cross-country type scoring, that is, team points will be determined by individual places and combining the total of the teams for each club. The club with the lowest score will be determined the champion.

There will be no team entry as each individual will pay the standard race entry fee. Team entries should be sent to Floyd Stinchcomb, 5204 Algonquin Trail, Kokomo, IN 46901, no later than July 18th. Simply indicate to Floyd your club's desire to compete with a tentative list of entries. Again all runners should simply enter as individual entries.

If you are interested in running on one of the Fort Wayne Track Club teams, or if you have any questions, please feel free to contact me at 219-432-1439.

Gary Dexheimer
FWTC President

"The Three Rivers Marathon is a challenge beyond other marathons."

Tom Gerbers

5 marathons - Best: 2:52:17

Three Rivers Best: 3:24

FIVE YEARS OF FORT WAYNE MARATHONING

RICK REITZUG

At seven o'clock on Sunday morning, July 20th, the sixth running of the Three Rivers Marathon will commence. Much as running has grown over the last five years, so also has the Three Rivers Marathon grown. But Three Rivers has grown not only in numbers, but also in excellence. The Three Rivers Marathon is unique. I know of no other marathon in which you get start, to the water stations, to the course, the finish, and even the awards ceremony. There is no entry fee, yet every finisher receives a T-shirt, a certificate, and complete results. There is a half hour TV program on the marathon. Where else can you run a marathon for free? I truly believe that if the Three Rivers Marathon were held during a season more conducive to marathoning, it would be one of the major marathons in the country. Following is a brief history of the five years of Three Rivers.

July 13, 1975 - The first Three Rivers Marathon was held. There were 117 entrants but only 60 finishers. Dr. Kenneth Ellingwood of Gainesville, Florida, won in 2:33. Lora Cartwright triumphed over nine other women in winning the women's division in 3:04:12. After his victory, Ellingwood said, "I'm just a jogger by Florida standards." Tim Zumbach was the first Fort Wayne finisher garnering third place. A runner from Mokena, Illinois, named Pat Davis, finished fourth. Phil Suetzer, using the marathon as a training run, dropped out at seventeen miles while in 7th place. Newspaper coverage the day after the marathon consisted of two columns stretching three-fourths of the way down the page.

July 18, 1976 - The second Three Rivers Marathon was the beginning of the Pat Davis era. Davis won his first Three Rivers Marathon, setting a new record by running 2:30:08. Lora Cartwright once again won the women's division, setting a women's state marathon record by running 2:50:48. Phil Suetzer was the first Fort Wayne finisher running 2:34:05 for third place. The previous year's winner, Dr. Kenneth Ellingwood, finished fifth in 2:38:36. Cindy Goller was the first Summit City woman across the line, finishing 7th in the women's division. Newspaper coverage was skimpy as the opening day of the 1976 Olympics crowded the marathon for space. There were 409 entrants.

July 17, 1977 - Once again Pat Davis was the headliner as he won his second straight in 2:29:26. Celia Peterson, a recent high school graduate, beat Muncie's Cartwright sisters to win the women's division in 3:03:31. Karen Doppes, a lady we were to hear more from later, finished third in 3:38:56. The race was run on an extremely hot day with six of the 591 entrants being treated at hospitals for heat problems. An injured Phil Suetzer finished second in 2:34:51. Phil, who had trained up to 148 miles per week before the marathon (a sample training diary page is included elsewhere in "The Inside Track") claims he was "fired up through the beginning of June, but the last month before the marathon was a down time for me since I couldn't get up in the morning without pain. By the marathon, I was strictly going for second place. I was mentally down. It didn't help to have some clown gaining on me going down Calhoun Street on

the way back." Phil says that after the marathon "I was on crutches for two days. My mental outlook was grim, suicidal. I was considering going "under the knife" to get my foot problem corrected." Newspaper coverage of this race was, if not accurate, at least funny. One of the local papers claimed that "Davis glided through the first twelve laps" and that Suelzer put a "superlative move on Davis near the finish and finished "five seconds behind Davis".

July 16, 1978 - The first half hour marathon TV program, which is always shown on the evening of the race, was jokingly dubbed "The Pat Davis Show" this year by a number of marathoners. Two time champion Davis had been featured the previous two years and was once again featured this year. However, Davis did not win. He led at the 24 mile mark but was passed by a hard charging Tom Blumer at this point. Davis, who had run behind Taylor Oliver for most of the race, said afterward, "I thought I was going to win. After I passed Oliver, I let out a big smile. Now I can run my own pace and take it easy. Then Blumer came on really fast. I used everything I had to get Oliver and I didn't have anything left to get him (Blumer). I never saw him the whole time until he was gone." Blumer's winning time was a record 2:25:22. Celia Peterson set a U.S. women's marathon best for the year (broken later that year) of 2:41:47. Rick Reitzug was the first Fort Wayne finisher, running 2:37:27 for tenth place. Dean Nygard followed in 2:44:12 for 17th, Greg Orman ran 2:45:21 for 19th (even though he walked across the Parnell Avenue Bridge), and Myron Meyer finished 27th in 2:49:43. The temperature at race time was 63° with 43% humidity, which enabled 559 runners to finish. Newspaper coverage was both accurate and comprehensive including prominent coverage on two pages, numerous pictures and a list of the top 75 finisiers.

July 15, 1979 - The 1979 Three Rivers Marathon was different from all the others in that for the first time a Wheelchair Division was added. George Murray won this division in 2:14:12 and said afterwards, "This is an expression of the spirit. It doesn't matter if you're handicapped or not. You can still express the spirit." Dexter Lehman won the overall championship in 2:26:58.9. Pat Davis once again placed second. Paul Emery was the first Fort Wayne finisher in 8th place, while Karen Doppes won the women's division in 3:05:23. Jay Helgerson, who spent 1979 running a marathon per week, finished 33rd in 2:56:40. Of the 905 entrants, 629 finished on this hot and humid day. Temperature at race time was 72°, up to 74° by 8:00 a.m. and 76° at 9:00 a.m. Those who ran it remember that it certainly didn't get any cooler after 9:00 a.m. The Journal-Gazette featured a full page of pictures and devoted most of another page to the marathon.

July 20, 1980 - Dexter Lehman, Tom Blumer, Pat Davis, Karen Doppes, and George Murray are all expected to be back. A large group of Fort Wayne Track Club runners, including Gary Dexheimer, Phil Suelzer, Tom Loucks, Rick Reitzug, Jerry Mazock, should all finish near the front. Although there are no age groups, Charlie Brandt, Bill Schmidt, Myron Meyer, Mike Kast, should be among the top finishers of their age. Alma Ojeda and Cindy Goller should finish, well in the women's division. With the wheelchair marathoners now running the marathon under two hours, the wheelchair division should be fast and exciting. It should be an exciting day for marathoning in Fort Wayne.

FWTC Uniforms In - The second order of Fort Wayne Track Club uniforms recently arrived. If you ordered one and haven't received it yet, contact Mike Hill at 745-9511.

PHIL SUELZER'S 1977 PRE-THREE RIVERS MARATHON TRAINING DAIRY

May 9	a.m.	10 miles in 62 minutes	
	p.m.	5 miles in 28:45	Daily total: 18 miles
10		20 miles	
11	a.m.	10 miles in 60:30	
	p.m.	mile in 4:54	
		3/4 mile in 3:32	
		1/2 mile in 2:22	
		660 in 1:46	
		440 in :67	
		220 in :31	Daily total: 15 miles
12	a.m.	10 miles	
	p.m.	7 miles	Daily total: 17 miles
13	a.m.	7 miles	
early	p.m.	5 miles	
late	p.m.	6 miles	Daily total: 18 miles
14	a.m.	5 miles including 4x3/4 mile in 3:34	
	p.m.	7 miles including 4 miles in 23:00	Daily total: 12 miles

Week's Total 118-1/2 miles

Week of June 6 - 12 Total: 146 miles

June 20	22 miles
21	23 miles
22	12 miles
23 a.m.	14 miles
p.m.	12 miles - total 26 miles
24	20 miles
25 a.m.	12-1/4 miles at 6:30 per mile
p.m.	10-3/4 miles - total 23 miles
26 a.m.	12 miles
p.m.	10 miles including 33:10 10KM race

Week's Total 148 miles

(June 27th was also 22 miles, giving Phil a total of 170 miles for 8 days)

"The marathon is a long race."

Phil Suelzer - Best: 2:29:08

(Phil says of his goal for Three Rivers: "I've committed myself to running Three Rivers, or at least part of it. I want to finish the race looking strong. However, I will never spend more than two hours and forty minutes running a marathon. If I haven't crossed the finish line by then, don't expect me to ever cross it.")



2nd ANNUAL



FAMILY RUN

10,000 meter (6.2 miles)
for prizes or 1 mile fitness
run for fun and prizes

DATE: Saturday, August 9, 1980
TIME: 1 Mile Run — 8:30 a.m.
10,000 Meter Run — 9:00 a.m.
RACE SITE: Taylor High School
Kokomo, Indiana



FACILITIES: Complete for men and women

TRAFFIC CONTROL: Radio City React

"HRRC POINT RACE"

HEAVYWEIGHT DIVISION

THE FIRST 10 MEN AND FIRST 5 WOMEN OVERALL RECEIVE
WINDBREAKERS

10,000 meter AGE DIVISIONS

MALE			
AGE	AWARDS	AGE	AWARDS
14 & under	10	40-44	10
15-19	10	45-49	5
20-24	10	50-59	5
25-29	10	60-69	3
30-34	10	70+	3
35-39	10	HWY 1980 Mar	10

FEMALE

AGE	AWARDS
14 & under	5
15-19	5
20-29	5
30-39	5
40+	5

1 mile run DIVISIONS

MALE AWARD	AGE	FEMALE AWARD
1	10 & under	1
1	11-14	1
1	15-19	1
1	20-29	1
1	30-39	1
1	40 & over	1

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1 mile RUN winner

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- Female Age Division Winner - Custom Wendy Earriage

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- 4.00 for 1 mile run
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Wendy's. FAMILY RUN

OFFICIAL ENTRY BLANK

NAME _____ AGE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

RUN (Check one only) 10,000 METER _____ 1 MILE _____

DIVISION: MALE _____ FEMALE _____

THE LIMIT

Larry Lee

I entered this year's Boston Marathon as an unofficial entry, very unofficial at that. The National Wheelchair Marathon Championship is held in conjunction with the Boston Marathon; as a member of the National Committee for that competition I planned to be in Boston anyway to attend committee meetings and to drum up interest for a large Wheelchair Division for our 1980 Three Rivers Festival Marathon.

If I was going to be in Boston on Marathon Day, why not participate in this country's most spectacular and tradition-rich foot race? It would be kind of a homecoming; my first and second road races ever were the 1968 Boston Marathon (rushed by ambulance to the Wellesley-Newton Hospital with heat stroke after only twelve miles - groani) and the 1969 Boston Marathon (3:54:18), both while a student at nearby Harvard Law School.

My big problem was that I refused to get into condition in order to finish the 26.2 mile grind. I've enjoyed a love affair with distance running since age fourteen but will not run when the temperature drops below 50°. I can't stay loose and fluid at lower temperatures and running then becomes a "tedious ordeal" more than "hard-earned gratification".

I started my training for April 21 Race Day on March 18, 1980. I had just recovered from bronchial pneumonia the week prior but that factor was irrelevant to my late start. Before March 18 it was usually too cold and windy roads. Matter of fact, after March 18 it was usually too cold and windy to hit the roads. As a result the entire extent of my preparation for Boston were LSD runs of 2.5, 3.5, 4.5, 5, 3, 4.5, 8, 10.5, 4, 12.5, 4.5, and 5 miles. One month of training, 12 jaunts, 67.5 miles total. Period.

Boston, April 21, Race Time. Following is my stream of consciousness during the ordeal that was to unfold:

70° and bright sunshine. My kind of day. Might say I'm rested and fresh! No gut-wrenching fear that normally precedes my road races. Only race that I ever knew before starting that I wouldn't finish. No pressure. Go as far as you can and then stop. Enjoy the crowds. Relish the passing countryside and towns - relive memories of this race from eleven and twelve years ago.

The start of the race. An incredible surge of animal energy as 10,000 nervous runners are unleashed. "He who harnesses his energy wisely will win his race today." Remember that, Larry. Keep it smooth, but above all, hold it back. Seven minute pace for three miles. Too fast - won't you ever learn? Better start getting some water, but where? Four and half miles. First chance for water. Stop, walk, drink, take your time - you're way ahead of a viable pace. Start using your head before it's too late and you're out of control.

Six miles. Hey, it's a lot warmer than I thought. Keep sucking those orange slices. Grab those cups of water and douse yourself. Stop and drink, too. Get it through your fool head: time doesn't matter. Dis-

tance is the only thing that counts. Nine miles. No longer a fun jog. First signs of fatigue. Sit, rearrange those socks, rest sixty seconds, drive those negative thoughts out of your mind about how much farther and about calling it quits. Drink three cups of water. Ah, feel much better now. Ten miles - seven minute thirty second pace, with all those water stops even. Not bad, Larry. Run smooth, run strong, and flow, Big River. Twelve mile mark and entrance to Wellesley College. The crowds so far have been unbelievably large and enthusiastic but this is incredible: a human gauntlet of madly cheering females more than a half mile long. What an ego trip. Keep your perspective, Larry. Miles to go before you sleep. If you keep a cool head.

Rejuvenated a bit by the Wellesley experience. Half way mark. Time 1:39. Surprisingly fast, surprisingly steady. Good day's work, Larry, but keep going and see how far you can push it. Fourteen miles. Far enough. This is it: the Wall, and so soon. Hardly surprising in light of my training. No miracles today. Legs are so weary and any last vestige of enjoying "participating" in the famous Boston Marathon has long disappeared. Okay, so stop but keep walking and don't make any binding commitment about dropping out. At least until you've quenched your thirst, caught your breath, and thought your decision out very carefully, very rationally.

Quarter mile later. Got this thing into perspective finally: I'm here to run. And walking hurts almost as badly as jogging. Screw the Wall. Let's start 'er up again, Larry, and see how much you've got left. Don't worry about time; keep running as smoothly as possible, keep moving as long as possible. Sixteen miles. Right thigh muscle tightened as hard as a steel ball. Want to stop, Big Fella? - You've met your pre-race goal. Walk, drink, suck those oranges. Drive those self-pitying thoughts out of your head. Think positive. Keep moving. You're strong, remember? You're strong.

Eighteen and a half miles. Right thigh as tight as can be. Right calf muscle flirting with cramps but they pass, thank God. Series of three hills they call Heartbreak. Let's see what you're made of. How far can you get up this first one? Okay, well walk the last couple hundred yards. Easier to run downhill than to walk. Good. Use that momentum. Keep moving. Drink, douse, suck oranges, walk when you must but not further than that tree, no further than that light pole, damn it. Where are your guts? Where are they? Don't baby yourself, Larry. No self-pity. Keep plodding and don't you dare cool down from walking so much that you tighten up.

Top of Heartbreak Hill. Twenty miles. Time - 2:50:00. Nothing to brag about; but see what you can do, Larry, if you just keep moving. So stop when the pain in those legs becomes unbearable but, buddy, start up the moment the thought to start running again first hits. Do it now; the thought might not flash again. You can finish this "mother". Think positive. You came to run, not to quit. Nothing better to do this afternoon than run. So run and quit complaining. Legs beyond hope. Okay, concentrate on arm swing and breathing. Jog as efficiently as possible.

Cleveland Circle. Twenty-two mile mark. End of the line, Larry. But helluva job for the shape you were in. Absolutely nothing left in those legs. Pump those arms but those legs don't follow. Run on your toes, run on your heels. Use different leg muscle groups. Run faster for a hundred yards. Keep walking and drinking; but if you don't cramp up, you can walk the last 4.2 miles.

(continued on page 26)

MIDWEST 8K

Northrop H.S. - June 7, 1980



Greg Orman, winner of the Mid-West 8 KM

Open

1 *	Greg Orman	26:14
3	Jeff Shoemaker	27:05
4	John Jordan	27:17
5 *	Brian Crosley	27:22
7 *	Tom Loucks	27:33
10 *	Phil Suelzer	28:09
12 *	Rick Reitzug	28:23
14	Doug Sundling	28:52
15	Rick Reist	28:55
17 *	Jerry Mazock	29:03
21	Francis Lanciaux	29:17
22	--- Painter	29:18
23 *	Jerry Williams	29:22
24	Dan Kaufman	29:27
27 *	Fred Hannan	29:34
37 *	D. Hockley	30:43
38	Pete DePrimio	30:48
44 *	Jim Kruse	31:09
47 *	James Hoffman	31:17
48 *	John Treleaven	31:29
54 *	Tony Gatton	32:17
63	Brent Munro	33:13
66	Kevin Blanchard	33:32
71 *	Dave Smith	34:01
80 *	Scott Kingdon	34:35
84	Tim Ravenscroft	34:58

Open(cont)

92 *	Terry Pulley	36:03
93	Jeff Kalb	36:13
95 *	George Irmscher	36:15
96	Larry Hague	36:16
100	Rick Stensrud	36:33
101	Dave Milligan	36:39
102	R. Hartzell	36:42
107	Murtaza Karim	37:04
121 *	Pat Herman	39:29
124	Bill Rickard	39:47
130 *	Ron Klopfenstein	41:14
145 *	Dan Bossard	43:38
149	Kevin Stone	44:52

30-39

2	George Cyr	26:24.5
8 *	Gary Dexheimer	27:42
13 *	Steven Foster	28:46
16	Paul Sibray	29:01
20 *	Tim Gerbers	29:16
25 *	Robert Bruckner	29:31
28 *	Kenny Wolfe	29:37
31 *	Art Obregon	29:45
40 *	Don Lindley	30:54
41	Sean Collentine	30:55
45 *	Larry Shively	31:10
52 *	Bill Whitcomb	31:54
53 *	Dan Hannafor	32:11
57 *	Robert McKinley	32:35
59 *	Lynn Armstrong	32:43
60 *	Charles Brandt	32:45
67 *	Mike Zorzollo	33:49
74	Martin Bixby	34:12
76 *	DeWain Cobbs	34:17
83 *	Dave Fairchild	34:54
86 *	Tom Clagg	35:05
99 *	Ward Krause	36:25
104 *	R. Waterfield	36:52
105	Bob McNary	36:58
108 *	Ron Habegger	37:08
112 *	Harry Miller	38:01
122 *	Dale Zumbaugh	39:45
123 *	Jorge Jimenez	39:47
129 *	Robert Clay	40:55
133 *	D. Hoover	41:50
137	Ed Garrett	42:33
139 *	Dave Benschneider	42:56

30-39 (cont)

143	* Lee Goldberg	43:29
144	DARTH VADER	43:38
146	* Michael Jinks	44:17
161	* Mike Brodrick	52:54

40-49

26	* Charles Brandt	29:22
29	* Joe Barile	29:43
32	* Bill Schmidt	29:05
35	* Jack Morris	30:39
36	* Woody Barker	30:41
42	* Dick Clevenger	30:59
64	* David Wilson	33:27
69	* Chris Stauffer	33:51
72	Larry O'Herron	34:05
73	* Joe Ziegler	34:08
75	* Bud Stiffler	34:15
79	* Don Goldner	34:32
81	* Herb Chandler	34:38
90	* Dick Duke	35:51
94	R. Stambaugh	36:15
109	* Lynn Milner	37:27
128	* Art Garside	40:51
134	Joe Brooks	42:01
152	* R. Waltenberg	45:59
155	* Ross Moyer	47:01

50-59

59	* Myron Meyer	31:29
61	* Mike Kast	32:55
70	* Giles Tomlinson	33:54
78	* Gene Whitacre	34:25
148	* Roger Phillips	44:46
151	* Alfred Moore	45:27
153	* Jack Paul	46:41
159	* Jack O'Neil	50:17

60 & over

136	* Al Gumbert	42:26
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High School

6	Mark Moore	27:28
9	* Glenn Moore	27:46
11	* Mitch Stauffer	28:16
18	Tim Merz	29:10
19	Mark Herndon	29:13
30	Greg Fowler	29:44
33	* Brian Pelkington	30:21
34	H. Buddaugh	30:37
43	Dennis Krepis	31:01
46	* Dan Daly	31:10

50	Nick Zello	31:36
51	David Hess	31:40
56	David Geiger	32:29
58	Bryan Thomas	32:39
77	Montz Cosby	34:25
98	* Mike Jinks	36:24
103	* Don Just	36:49
119	Brad Berggoetz	39:18

8th grade & under

55	David Mendez	32:20.5
62	John Heinkel	33:05
65	Tim Duncan	33:28
68	* David Milner	33:50
85	* Phil LeMaster	35:03
89	* Mike Zumbaugh	35:45
97	* Jerry Ziegler	36:22
113	* Dale Armstrong	38:08
114	* Chris Zumbaugh	38:19
118	Jess Messman	39:08
120	* Richard Kersten	39:30
126	* Jeff Murphy	40:18

WOMEN8th grade & under

87	* Alma Ojeda	35:05
106	Laura Didion	36:59

High School

131	Tammy Mendez	41:22
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Open

82	Robin Tobin	34:39.2
91	* Cindy Goller	36:03
111	* Cindy Caldwell	37:48
116	* Robin Zeigler	39:00
117	* Tamera Byer	39:05
135	* Betty Jackson	42:20
140	Sue Sorrick	42:57
141	Eunice Weis	43:01
147	* Theresa Ehrman	44:27
150	Renee Milligan	45:27
154	* Phyllis Suelzer	46:47
158	* Deborah Aiken	49:50
160	* Terry Brodrick	51:36

30 & over

110	* Gloria Nycum	37:35.6
115	Maureen Bixby	38:21
125	* Aldema Waltenberg	39:59
127	* Joan Goldner	40:21
132	Sharon Rhinehart	41:44
138	* Dede Benschneider	42:55
156	* Julie Wilson	47:14
157	* Dana Zumbaugh	49:02

DO IT YOURSELF

Mike Hill

There have been several thousand articles telling what's right about running. In past months, I have attempted to keep running in its proper perspective and not over emphasize the good aspects of our sport. Yet each spring I watch at least a hundred enthusiastic new faces appear in Foster Park on the road and at the Par-Course. These on the Par-Course are only seen once or twice, then disappear forever. I don't really blame them, no matter how you dress it, the Par-Course reminds me of a military obstacle course and to me, is the epitome of boredom and useless exercise. The second set of "Sunshine Supermen" (and/or women) are the skate-boarders, roller skaters, and bicyclists. This group is seen off and on during the spring and fall, but seldom after that.

Then there is the epitome of the nonathlete or "exercise pretender", the golfer. I have felt for many years that any sport (?), which allows its participants to smoke, drink, and ride in a cart while practicing their vocation, is at the most a sedentary game and probably a joke. Recently I saw a teenage friend riding in a golf cart at Foster Park. After screaming obscenities at him and explaining how he was killing himself, he stood open-mouthed by the side of the cart while I continued my run. I'm sure he feels I'm just another "demented" parent and need to be humored. Now when I run past him in the park, he graciously stands beside the cart until I am out of sight.

Well, I'm not just another "demented" adult and I've found an ally. In the April 28, 1980, issue of Newsweek magazine there is an article by Pete Axelrod on Page 84 called: "The Trouble With Golf". Pete points out that people, and especially the younger generation, are becoming less and less interested in spectator sports. About golf in particular he has this to say:

"Sedentary: The root of it all, seems to me, is the golf cart. Most modern duffers - presumably the audience for the (pro) tour - no longer walk their positions only to execute their shots. They ride around and force themselves into upright positions only to execute their shots. To many young people, this places golf on a fringe of the athletic spectrum once reserved for hailing a taxi. Amid a trend toward fitness and activity, golf grows increasingly sedentary. And while I will defend veranda-sitting and similar sedentary civil rights to the hilt, the fact is that they have declining appeal for youth."

On that last point, Pete and I disagree. I won't defend veranda-sitting sedentary types and I feel that golf and other non-sports have a declining appeal for young and old alike!

It's my contention that we have no "right" to let our bodies "go to the dogs". Those "sunshine supermen", skaters, bikers, and Par-Course participants are missing the entire point of participative sports!

The idea is, of course, to get your heart rate and breathing up to an aerobic exercise level on a regular basis. Most physicians state that this should be done on a minimum of two to four times a week for twenty to thirty minutes. Certainly those of us who jog and run, normally achieve

The next time one of your sedentary friends tries to justify their vulgar life style by labeling running boring or crazy, just bluntly read off the advantages of the sport to them. It may do you little good, since they are totally unaware of the "quality" of life you lead. But you will have at least made the effort.

As Myron Meyer pointed out to me last week (in his own special way), "running doesn't mean we're going to feel good all of the time. We're still going to have minor aches and pains, the flu and a cold or two." But I submit, and I know Myron agrees, that the advantages of running far outweigh the disadvantages of the sport.

What about the bad side of running you may ask? I'll be the first to admit there are some disadvantages. I have had stress fractures, muscle pulls, muscle strains, and many a tired and sore day. Most of the injuries have been due to "over-training" or to too many races too soon. Its taken a year or two to switch from a totally sedentary life to one of an "athlete". (Gee, even the word "athlete" sounds good when applied to a 39 year ex-smoker.)

8. Increased sensory perception, sights, sounds, and smells are more prominent. The personal feelings of physical strength and security are increased. Life is simply more enjoyable. I'm sure those people who find their "sex life" improved would fall into this category.

7. Relaxing. I find that I am now much more relaxed and able to deal with problems in a more confident manner. My attention span and left brain activities have increased, that is, I'm more "creative".

6. Good diet. Since I've been running I have gravitated toward a "well-balanced" diet. Prior to taking up running, I existed on a diet of fried foods. For example, my idea of a good meal was two cheeseburgers, french fries, and a coke. A large portion of my diet was meat protein, fats, and high cholesterol foods. Fruits, green vegetables, fish, and unbleached grains, etc., were very seldom a part of my diet. Now I eat primarily "natural foods". A lot of green vegetables, fruits, poultry, fish, whole grains, etc. Meat protein is only a very small portion of my diet and I strongly avoid any food which has been chemically treated. In addition, if you're running enough you can eat as much as you want and still maintain your weight!

5. Running relieves tension and stress. I had made repeated attempts to quite smoking over the years, but always took it up again after a day or two of anger, tension, and nervousness. Running allowed me to "burn off" that excess energy and make it through those tough days.

4. Smoking becomes impossible. If you run competitively, you must eventually make the decision to quit smoking or quit running. In my case after twenty-two years of smoking two and a half packs a day, I chose to quit smoking.

3. Breathing becomes easier and colds are fewer and further between.

2. Blood pressure decreases. Again I noticed a slight decline in my blood pressure.

months of running.

1. My heart rate decreased significantly. In my case I went from 70 to 80 beats per minute to 40 to 50 beats per minute after six to eight

those minimum levels of exercise. Although I'm not totally sure what all of the benefits are from this form of activity, there are several things I personally have experienced.

Spectator sports are for the uneducated masses. We've known that for thousands of years. The gladiators were watched by a corrupt group of Roman spectators; yet, one of the great philosophers of ancient Greece, Plato, was a wrestler, a participant, not a watcher. I'll leave you with this parting shot. There are some things we must do for ourselves, such as getting our exercise or making love to our spouse. You just don't want to turn on "Wide World of Sports" and watch someone else do it for you!

500 FESTIVAL HALF-MARATHON - 5-23-80

Indianapolis, IN

Myron Meyer	1:23:46	130th overall	2nd age group
Larry Lee	1:29:25		
Dave Fairchild	1:32:56		

This year's race was much better organized than previous years. There were splits given at every mile and numerous official aid stations. The distance was an accurate 13.1 miles this year, unlike the 13.6 miles it formerly was. The winner ran a 1:08:37. - Larry Lee

This year's course was certified as a half marathon and concluded with nearly a full lap around the 500 speedway oval. The course was mostly flat, paved, with good aid stations and medical attention. Traffic control was pretty good, with one interesting exception: at the 4 mile point an officer attempted to stop a large group of runners to allow a single car to leave an alley; he was literally run over by the racers. Finish line problems, about which I had heard a great deal prior to the race, were mostly solved. I would recommend this race for next year. This year listed 3400 official starters, and many bandits.

- Dave Fairchild

Nygaard Returns - Dean Nygaard (2:44:12 - Three Rivers '78) is making a comeback after an extended layoff due to an injury. Dean, who has been attempting to stay in shape by riding his bike 40-50 miles per day, has nonetheless put on several pounds. Dean was to start running again on June 17th. Good luck, Dean! Hope your legs stay healthy.

"The marathon is a tremendously grueling event. It's just impossible to run a bunch of them. You have to train so hard to run each one. However, no other race can compare with the feeling that you get at the end of a marathon, especially in Fort Wayne when you get to the Coliseum and the people are lining the course and yelling for you. A ten kilometer race doesn't even begin to compare with it."

Pat Davis
1976-1977 Three Rivers Champion
1978-1979 Three Rivers Runner-up

(Pat also told me that his goal for Three Rivers is a 2:25 no matter what the weather may be, since it's always bad here for marathoning. Pat ran a 2:42 at Boston earlier this year, but says he was in terrible shape then. Three weeks later he ran a 2:30:50 at Cleveland and expects to be in even better shape for Three Rivers.)

Aerobic running is running with oxygen. Your body is able to get as much oxygen as is necessary to maintain the pace at which you are running. Anaerobic running is running without oxygen. Your body is not able to get the necessary oxygen to run a certain pace. We can all run anaerobically for a period of time since our body is able to undergo a reconversion process in order to supply a little extra oxygen. However, this reconversion process can be maintained for only a certain period of time. As the body supplies the oxygen that the lungs cannot take in, oxygen debt occurs. As oxygen debt becomes greater, a waste product called lactic acid accumulates in the blood. Lactic acid causes a tired, burning feeling in the muscles and, as a result, a runner's pace slows down. Your maximum steady state is the fastest pace at which you can run aerobically, that is, using only oxygen that you are able to take in with your lungs. The purpose of all training is to increase the pace at which we can run

Aerobic - Anaerobic. Maximum steady state. Lactic acid. Oxygen debt. Puzzled? Many runners get a steady diet of these words, but often don't fully understand what they mean. Thus, what they hear and read about different methods of training is, to a certain extent, lost on them. In order to understand the necessity for different facets of a training program, a basic understanding of these words is necessary.

(Ed.Note): In the Words for Women column of the May issue of "The Inside Track", Cindy Goller presented a fine running program for both women and men who are just taking up running. This month, "The Inside Track" is beginning a several parts series on different philosophies and systems of training for those who are past Cindy's initial stage. This month's article deals with Arthur Lydiard's philosophy of training. Lydiard is probably the most well-known and respected distance coach in the world today. Many world class runners as well as serious runners of all ages and abilities are advocates of Lydiard's methods. Some of the more famous runners whom Lydiard either directly or indirectly coached are Olympic champions Peter Snell (Rome-1960) and Lasse Viren (Munich-1972 and Montreal-1976).

Rick Reitzug

THE FIRST PHASE OF THE LYDIARD'S SYSTEM IS MARATHON TRAINING



TRAINING:
LYDIARD

LYDIARD'S SECOND PHASE IS ANAEROBIC TRAINING INCLUDING HILL RUNNING



aerobically or with oxygen and increase the amount of time that we are able to run anaerobically or without oxygen.

Lydiard's three phase system of training is designed to bring you to a six-eight week "racing peak" in which you are running at your maximum capabilities. The first phase of Lydiard's system is to increase the body's ability to run aerobically. This is done through "marathon training". Marathon training involves no speed work whatsoever, but yet cannot be classified as jogging either. In order to gain the greatest benefit from marathon training, that is, raising your aerobic capacity to it's maximum potential, your training should be done at 70-100% of your maximum steady state. If you "die" during any part of your run, you are running too fast and need to cut back your speed. Failure to do this during this phase could lead to breaking down your system as your body is not yet ready to run at faster speeds. Keep in mind that it is the speed at which you run rather than the distance that will "kill" your legs. On the other hand, if you don't feel "pleasantly tired" after your run, you have probably run too slow. The object of marathon training is to run as far, as fast, and as evenly paced, as possible while maintaining a pleasantly tired rather than an exhausted state when finished. A long mileage day should always be followed by a shorter day in order to let the body fully recover. In order to further speed recovery, very easy running should also be done to supplement your marathon training. Both the distance and the speed at which you run should improve as you continue with your marathon training. Ideally, marathon training should continue for as long as possible since this is the foundation upon which your racing success stands. Without a good foundation, phase two and phase three of Lydiard's program will only wear you out and mentally sour you on running. Marathon training should end two-three months before your peak racing season begins, but only if you feel your aerobic capacity is at its maximum.

After developing your aerobic capacity, you are ready to embark on six weeks of anaerobic training. Lydiard's anaerobic program concentrates heavily on "hill circuit running". A hill circuit basically involves a 300 yard hill sprint (not sprint!), a recovery jog, a 50-440 sprint shortly before the foot of the hill and then back up the hill again. Preferably this workout is to be done over a loop course and should be

Lydiard's training system is ideal for those runners who build one-two distinct racing seasons into their year. Those runners who prefer to race at a competitive level throughout the year will have to concentrate their training primarily on Lydiard's aerobic phase as well as possible. They may never attain the peak racing form or the times they would be able to achieve by more closely following Lydiard's training regimen but, on the other hand, they will enjoy moderately good form all year long. It all boils down to what you want from your running and racing.

For a more complete explanation of Lydiard's training, read "Running the Lydiard Way" by Arthur Lydiard with Garth Gilmour - World Publications.

Thus, in a nutshell, Lydiard's program consists of the following: (1) Aerobic running for as long as possible; (2) Anaerobic running for four weeks including hill workouts; (3) Track training of up to ten weeks to put the finishing touches on anaerobic development and to promote speed. (4) Lightening up for ten days to rebuild strength. (5) Racing.

Lydiard's training program is the track training segment that promotes more rapid recovery. The third phase of Lydiard's training is the track training segment. This is basically a sharpening period for speed, flexibility, and coordination. This segment of your training can last up to ten weeks and may partly overlap your racing season. The first four weeks of track training are very similar to the anaerobic segment of training, the main difference being that the workouts gradually become more intense. Speed workouts (short, intense, but relaxed sprints) should be alternated with more taxing anaerobic workouts (hill work, longer, hard runs). Each week should contain two-three of these workouts with the other days consisting of easy jogging or striding to give the body a chance to recover from these intense workouts. As this training segment proceeds, the emphasis should shift more and more to speed work and away from anaerobic work. Approximately the last week and a half before major competition is to begin, the workouts should lighten up in order to give the runner a chance to mentally and physically rebuild his reserves. The track training segment should also be supplemented by easy aerobic jogging in order to promote more rapid recovery.



LYDIARD'S THIRD PHASE IS THE TRACK TRAINING SEGMENT

INJURY PREVENTION

Greg Orman

Injuries always occur at the worst possible time. Usually when one is about to hit peak condition as immediately before a big race. This has happened to me on several occasions in my six years of running. The following are a few methods of injury prevention I employ.

First and foremost, don't overload mileage - especially younger or less mature runners. I have witnessed many runners become too mileage conscious which frequently results in some sort of overuse injury. I only put in 55 to 65 miles a week when training hard. When I first attended Southern Michigan College, I was troubled by recurring knee pain due to the sudden increase in the intensity of my workouts. This problem is common for many first year college runners and overzealous trainers. You should realize you are in a stress situation when it hurts to get out of bed in the morning. In this situation, a brief rest is usually advised.

Another preventative ploy is to run on soft surfaces whenever possible. Fortunately, at Southwestern, there is an abundance of trails, parks, and spacious grassy areas. Road shoulders also can be used. One of my teammates, Mike Haag, usually runs on the road shoulder and is never injured. He also stretches more than anyone else on the squad, which I'll cover next.

Stretching - you can't do enough! We have a popular saying at SMC: "Great athletes are always stretching." It was once reported that multiple national champion, John Roscoe, stretched while going to the bathroom. Whether or not this is true, I don't know, but it sounds good anyway. "The key to proper stretching and flexibility," preaches Coach Ron Gunn, "is to stretch until you feel a slight burning sensation in the muscle, then count to eight Roadrunners." (If you can't count to eight, you can count to four Roadrunners twice.)

The basic stretching exercises are the hurdler stretch, Achilles stretch on incline board, back overs, and groin stretches. Many runners plead boredom while stretching. I agree, since sitting on the floor like a pretzel is about as action-packed as a Saturday night in Dowagiac. To avert this I usually gaze at the latest issue of Playboy while on my Achilles board. (Actually, any issue usually does the job). Women may wish to use Playgirl. I stretch a minimum of twenty minutes each day.

My final injury prevention tactic, much to the dislike of the athletic department budget, is that I frequently replace my shoes. Once the uppers become uneven, I visit the Fair Store for a new pair. Two pairs of shoes are mandatory for most runners. For diverse conditions or injury prone runners, four pairs may be necessary. I myself (a convicted "shoe-break") have about eight pairs of quality training shoes. It was once stated by Coach Gunn that I hold the unofficial school record for the most pairs of shoes. Well, at least my legs don't complain.

So, remember, don't increase mileage more than ten miles per week. Don't simultaneously increase mileage and intensity. Do run on soft surfaces when possible. Do your stretching religiously (at least twenty minutes

each day). And do employ the use of more than one pair of training shoes (even if it does mean the possibility of no beer for two weeks). In case an injury does arise, don't hesitate to see a sports medicine specialist. Doctors usually do know something after eight years of medical school.

All of these preventative maintenance ideas keep my mind and body happy. I hope they will keep you on your feet also. See you at the races!

Orman Sets FWTC Marathon Record - Greg Orman set a new Fort Wayne Track Club Marathon record on June 14th at the National Junior College Marathon in Dowagiac, Michigan. Greg ran a 2:28:00 which was good for second place. His splits were 1:14:20 at the half marathon mark and 1:52:03 at the 20 mile. Doing some quick calculating you can see that Greg ran his second half 40 seconds faster than his first half. Greg thus ended an outstanding career at Southwestern Michigan College. Greg will be going out to Western Kentucky next year where I'm sure he'll continue to excel. Congratulations, Greg!

NAVL 10K - Well organized race, except the split timers didn't know how to read stopwatches. Luckily, Dexter had a watch with the correct time. That helped until he blew me off the course at 3-1/2 miles. Dexter looks and races like he is much stronger than last year. Look out for him at Midwest 10K and Fort Wayne marathon. I hope to give him a serious challenge later this summer.

Greg Orman

North American Results - The results of the North American Van Lines 10 KM race held on June 1st will not be published in "The Inside Track" since complete results were sent to all finishers.

Nycum Marathoners - It is believed that the Nycum family holds an unofficial FWTC record. Four members of the Nycum family have completed marathons. Gloria and Julie Nycum both ran a 4:18:54, on May 31st, in the Marathon-Marathon. Teresa ran a 3:38:37 in the 1979 Three Rivers Marathon, and Joe a 3:38:42 in the Marathon-Marathon in 1979.

Runner's Wife Quote - The following comment was recently made at 1:20 p.m. by a runner's wife about her running husband: "He's out running. He told me he'd be back at 1:00, but that probably means 2:00 or 2:30." Typical!

Ultramarathoner Brandt - In preparation for next year's proposed ultramarathon, Charlie Brandt recently bought a book on ultramarathoning. Charlie got so fired up reading the book that he went out on a Sunday morning and ran 30 miles. Charlie's technique consisted of running 1-3/4 miles and then walking a quarter mile. He tried to complete each two mile segment in 17 minutes. Charlie claimed afterwards that the run was "a piece of cake".

"The marathon is a real challenge just to finish. It's different from other races in that you totally test your limits. No matter what, the end of a marathon will always be difficult."

Dexter Lehman
1979 Three Rivers Champion

(Dexter's goal, if we get a cool day, is 2:23. He has been averaging about 90 miles per week, which is the most he's ever run. He has been running five-six miles every morning, and then another ten miles in the evening at 6:20-6:40 per mile.)

COACH'S CORNER

I have always believed that, to a great degree, training in relationship to success is simply a state of mind. If you firmly believe that your training is right for you, then it will most likely bring you success. I have seen many athletes lose faith in their coach's training methods and usually that will mean poor performances. There are so many concepts on how distance runners should train. There are just as many runners using different training methods and all finding success. Certainly there are some basics that everyone should follow but whether one does interval miles or ten miles of fartlek is purely up to the confidence needs of the individual.

In previous columns I have discussed both interval and fartlek training. I personally happen to feel that I need a day on the track every week as much for a mental break as anything. Recently I talked to Dexter Lehman about his training. He had just run 30:43 for 10,000 meters. Even though Dexter is an extremely talented runner, I just assumed that he was obviously hitting some intervals on the track. Instead, he told me that he hasn't been on the track for some time. He simply does surges between telephone poles to work on his speed. He did tell me that those surges are all-out.

There are many ways to achieve the same result. Certainly natural talent and motivation have a lot to do with it. Just because you have seen success in a friend that does two interval sessions per week on the track, doesn't mean that it's right for you. The same goes for piling on the miles. There are many runners who need at least 100 miles per week to stay in top shape, yet there are also many world record holders who got there only putting in 50 miles a week.

You must believe in your training for it to be right for you.

Fun Run Time Change - Due to the large number of races on weekends during the summer months, the fun runs that are normally held at Foster Park on Saturday mornings have been rescheduled for Wednesday evening at 6:00 p.m. Fun runners are to meet at Foster Park on the parking lot by the tennis courts. This change is effective immediately. July fun runs will take place on July 2nd, 9th, 16th, 23rd, and 30th.

FWTC For All Runners - The Fort Wayne Track Club is for all runners, not only for racers. If you have any friends who run but are reluctant to join the FWTC because they feel that they "aren't good enough", please set them straight and encourage them to join the club. The more the merrier!

"Even though I'm not overly fond of the distance, Three Rivers has a certain appeal to it. I'd hate to miss it, but more importantly, I just hope to hell I can make it this year. I'm praying for cool weather."

Gary Dexheimer

Hey, what is this? Who is this gung-ho kid telling me I can't stop now. Why is he picking on me? Thanks for the encouragement, Bubba, but I am utterly wasted. Not a fibre of energy left in my legs. Oh great, he and his buddies are starting a cheer and the whole damn crowd is picking it up: "Go, go, go, go, go, go, go, go." What the devil, let's see if I can move these legs . . .

Let that be a lesson to you, Mr. Willpower. Let yourself be duped into believing you had nothing left. There will be no quitting. Plo down to the street corner, okay the next, now the next. Walk, but only to that street pole. Now pick it up again. Your arms are still strong; use them. Pump, pump, pump. Breathe easy. Find that rhythm. Got it. Now keep it. Know it's slow but at least you're moving, moving, moving. Keep the rhythm; keep it moving. Poise. Composure. Keep a cool head. Keep control over your body. Keep it moving.

Twenty-four miles. Two miles to go. Just once around Foster Park, Larry, you can do that. How bad do you want it? How bad? Don't you even think about walking in now. Relax those shoulders, pull with your arms, lean a little forward. Stagger Lee. So what, you're going to make it. Walk, plod, walk, plod. Got to keep moving and not cramp up.

Twenty-five miles. A mile to go and can taste it. Still got to walk every few hundred yards. Just once around the lake back home in Bittersweet Moors, that's all. You big baby, less than a mile and you still have to walk? What did that man say? Three hours fifty minutes? Can finish under four hours? Seven-tenths of a mile to go is all. Is it true?

Show time, Larry. If you keep plodding and don't stop again you can break four hours. Don't panic. Pull with those arms. Lean. There's the firehouse. Up the last hill and there's the Pru. Finish strong, Larry, every race, every run; it's your duty. Use those arms. You've got it now. Last turn. Now pull. Two hundred yards and all downhill. There's the clock. 3:55.20. It's done."

Post-Mortem: I averaged 7:20/mile for the first 13.1 miles while I was actually running. I walked and drank several times in that span so that my overall pace was about 8:00/mile while actually running. I walked at least 30 times in that span so that my overall pace was about 10:25/mile for the last half of the Marathon.

Even in the last .7 mile when I learned I had a shot at breaking four hours and I tried to pick up my pace a little, I couldn't. Even the last 200 yards did not inspire me to move faster. At the finish I had no last shot of adrenalin. I felt no emotion, no joy, no thrill of accomplishment. I was lucid, clear-headed, and felt I could have run further if forced to, but no faster.

The muscle above my right knee remained knotted for three days. My hip bones ached for five days. My abdominal muscles pained for a week and I couldn't eat for the next four days. The usual huge blisters and killed toenails. But these were minor, temporary inconveniences compared to the gratification of discovering my limit. For a "middle of the pack" calibre runner in our IATC races (when he's in shape) who started from scratch and trained an average of only 17 miles per week (all "non-quality", LSD in

nature) for only four weeks prior to Boston, I may have come as close as I ever will to realizing my admittedly limited potential for any one distance race.

That possibility is relevant strictly within the realm of the personal; it means something to me and only me. Any pride and sense of self-fulfillment is tempered strongly with shame for not adapting the same discipline and willpower evidenced when I do run to any kind of a true training program. It's not how fast I ran in light of my condition at the start; it's how fast I ran, period. Race time is pay off day. If I've trained hard and long and paid my dues, my times will be good or at least they will be improving. That's what really counts. Improved performance from rigorous, disciplined training deserves the glory and is the fountainhead for the deepest form of self-fulfillment. One of these summers maybe I will place running high enough on my priority list to enjoy that glory, that self-fulfillment. Till then I'll try to give it all I've got every race, searching for the same courage and commitment that I mustered one April afternoon on the road to Boston.

As a postscript, I strongly encourage anyone who enjoys distance running, not necessarily competitively nor for any where near marathon distances, to enter the Boston Marathon sometime in their life. It's a unique experience and what makes it unique is the people of Boston. They support their Marathon. They come out to yell and cheer and applaud, to offer water and oranges, to urge those nameless faces, those anonymous struggling bodies on to the finish.

Over one million people witnessed the 1980 Boston Marathon in person from one point or another between Hopkinton and the Prudential Center. They turned out, as always, to cheer local hero Bill Rodgers and to see the world-class marathoners. But they stayed and cheered as enthusiastically for the three hour and four hour and, I'm sure, the five hour marathoners, too. They are so sophisticated; they seem to have learned over the years how much the personal battle of conquering 26.2 miles means to each runner, regardless of his calibre.

From the 25,000 spectators that jammed the starting line at tiny Hopkinton on to the eighteen mile mark at Newton, the crowd was fantastic. Non-stop applause from wall-to-wall people almost the entire way. Then at Newton and the last eight miles through Boston, the crowds became even more incredible. Shoulder-to-shoulder, many persons deep at many spots, both sides of Commonwealth Avenue. All the way to the Pru. Clapping, pleading, cajoling, scolding, praising. Caring. Having a rowdy good time but in no way mocking or disparaging. The people of Boston reveal the best of human nature on Patriots Day for their Marathon. They are a caring, giving, marathon-savvy community. They won't give up on you. You'll find you won't give up on them either.

Imagine the last quarter mile of the Blueberry Stomp or of the Lincoln 10,000 as far as spectator density and support. That's Boston for almost the entire last eight miles and much of the previous eighteen miles, too. For those who have experienced nothing but the loneliness of long distance running in training runs or even in most races, it is a mind-blowing number, one that you owe to yourself to experience. Never in your life will you forget it.

Unofficial entrants are not hassled. If you start at the back of the pack and don't impede the start of the official entrants, you should feel

welcome and right at home. There may have been three times as many unofficial entries as there were official ones for the 1980 event. Out-of-town marathoners, official or not, are treated like distinguished guests on the streets, in the shops, hotels, and restaurants before and after the race, too. It's so unreal to be not only recognized but also appreciated for simply being a serious runner. 1981 maybe should be your year for Boston!

FUTC POINT STANDINGS
thru June, 1980

MEN	Races	Place	Rating		Races	Place	Rating
<u>14-under</u>				<u>30-39 (cont.)</u>			
T. Harmeyer	1	1.00	1.000	D. Hannaford	4	10.00	2.500
J. Murphy	1	1.00	1.000	R. Motycka	3	8.00	2.667
D. Milner	1	1.00	1.000	L. Shively	3	8.33	2.778
J. Ziegler	2	2.50	2.500	D. Kroells	3	9.33	3.111
				J. Berghoff	2	7.00	3.500
<u>15-19</u>				M. Zurzalo	2	10.50	5.250
V. Quinones	2	1.50	.750	B. Whitcomb	2	10.50	5.250
G. Moore	2	1.50	.750	M. Hill	2	13.00	6.500
J. Dolin	1	1.00	1.000	R. Grose	2	14.50	7.250
G. Orman	1	1.00	1.000				
				<u>40-49</u>			
<u>20-29</u>				C. Brandt	6	1.50	.250
P. Suelzer	6	1.50	.250	B. Schmidt	5	1.80	.360
T. Loucks	6	2.50	.417	J. Morris	4	2.25	.561
R. Reitzug	5	2.60	.520	J. Barile	4	2.50	.625
J. Mazock	5	2.80	.560	J. Ziegler	6	5.33	.889
T. Gatton	5	7.20	1.450	C. Stauffer	5	5.20	1.040
J. Treleaven	4	7.00	1.750	D. Goldner	6	7.83	1.305
J. Williams	2	4.50	2.250	W. Barker	3	4.33	1.444
D. Bossard	5	11.60	2.320	E. Jenkins	3	7.33	2.444
B. Moord	3	8.00	2.667	L. O'Herron	3	8.00	2.667
B. Barton	3	10.33	3.111	H. Chandler	3	8.67	2.889
D. Glover	2	7.00	3.500	A. Garside	3	11.33	3.778
A. Skevington	2	7.00	3.500	C. Nold	3	12.00	4.000
B. Nunley	2	7.50	3.750	E. Striggle	1	4.00	4.000
P. Beckwith	1	4.00	4.000				
				<u>50-59</u>			
<u>30-39</u>				M. Meyer	4	1.25	.313
G. Dexheimer	6	2.00	.333	M. Kast	5	1.60	.320
S. Foster	5	2.40	.480	J. Jones	4	3.00	.750
P. Lockwood	2	1.00	.500	G. Tomlinson	3	2.33	.778
B. Bruckner	5	3.40	.680	W. Adams	2	2.00	1.000
W. Green	3	3.33	1.111	R. Phillips	3	5.00	1.667
D. Lindley	5	6.18	1.240	A. Moore	3	5.00	1.667
T. Gerbers	2	3.00	1.500	H. Trier	1	2.00	2.000
A. Obregon	3	5.00	1.667	V. Chovan	2	4.50	2.250
J. Schwarze	4	7.00	1.750	J. Paul	2	7.00	3.500
W. Schattenbrand	4	7.75	1.938				
R. McKinley	6	11.67	1.945	<u>60-over</u>			
D. Shenfeld	2	4.50	2.250	C. Fleetwood	1	1.00	1.000
				A. Gumbert	1	1.00	1.000

"What's to say? I'm behind in my training and don't expect anything outstanding, but I do expect to break 2:50."

Tom Loucks

3 marathons - Best: 2:59:58

LETTERS

TO THE EDITOR

Dear Rick:

Interested in running outdoors on a semi-shaded, quarter-mile cinder track? The YWCA at 2000 N. Wells Street is the ideal location for noon-hour joggers. Centrally located, just three minutes north of downtown, the YW's cinder track can be reached by driving north on Harrison Street and entering the YWCA Villa at the Putnam and Harrison Street entrance. Parking is available in front of the track.

Besides the excellent track, the YWCA can provide joggers with hot showers and locker facilities in the school building adjacent to the track. Locker rooms are open Monday-Friday, 7:30 a.m. to 3:30 p.m., Saturday 8:30 a.m. to 3:30 p.m. Joggers are asked to take out a \$12.50 per year adult membership in the YWCA for use of the track and locker room facilities. For further information, call: YWCA Business Office, 424-4909, ask for Vivian Lansky, YWCA Community Relations Director.

Sincerely,

Vivian Lansky

Dear Rick:

I have been running for five years. I started in high school. I am glad about my running and I am glad to be in the Fort Wayne Track Club. My friends say I'm a very good runner and they smile and feel good. Thanks to my coach at Northside High School. His name is Kenneth Ormerod. He kept his eye on me. I would like any women who would like to go running to let me know. I can work out my work day. I'm writing this letter because I feel better since I started running. I'll be looking forward to seeing you at our next race. Thanks a lot.

Betty Jackson

FWTC POINT STANDINGS thru June, 1980

	<u>Races</u>	<u>Place</u>	<u>Rating</u>		<u>Races</u>	<u>Place</u>	<u>Rating</u>
<u>WOMEN</u>				<u>30-39</u>			
<u>19-under</u>				L.Hill	1		1.000
A.Ojeda	6	1.00	.167	C.Horn	1		1.000
B.Jackson	6	2.00	.333	D.Zumbaugh	1		1.000
S.Stalder	2	3.00	1.500				
				<u>40-over</u>			
<u>20-29</u>				A.Waltenberg	5	1.20	.240
C.Goller	5	1.00	.200	G.Nycum	5	1.60	.320
C.Caldwell	3	1.66	.556	J.Wilson	3	3.33	1.111
T.Mundinger	4	2.25	.561				
T.Ehrman	2	4.00	4.000				

FWTC DISTANCE CARNIVAL
Homestead H.S. Track - May 25, 1980

1500 meters - overall winners - Glenn Moore - 4:19
Alma Ojeda - 5:29

MEN14 & under

Jeff Murphy	5:12
Chris Zumbaugh	5:19
Dwight McKinley	6:11
Greg Kennelly	6:56
Brian Lindley	7:55
Freddie Ojeda	8:09
Alex Ojeda	8:44
Michael McKinley	10:42

30-39 (cont.)

Dick Shenfeld	4:43
Bill Whitcomb	4:58
Mike Hill	5:02
Dan Hannaford	5:09
Tom Clagg	5:22
Tom Mather	5:37
Rick Ravine	5:48
Jerry Cauffman	6:05
Bob McKinley	10:47

15-19

Glenn Moore	4:19
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20-29

Tom Loucks	4:21
Rick Reitzug	4:26
Wayne Sowels	4:41
Tony Gatton	4:44
David Hockley	4:49
John Treleaven	4:52
Michael Sutterthwartz	5:38
Bob O'Leary	?

30-39

Steve Foster	4:26
Gary Dexheimer	4:30
John Stafford	4:40

40-49

Jack Morris	4:51
Dick Duke	5:19
Burneal Fick	6:52

WOMEN19 & under

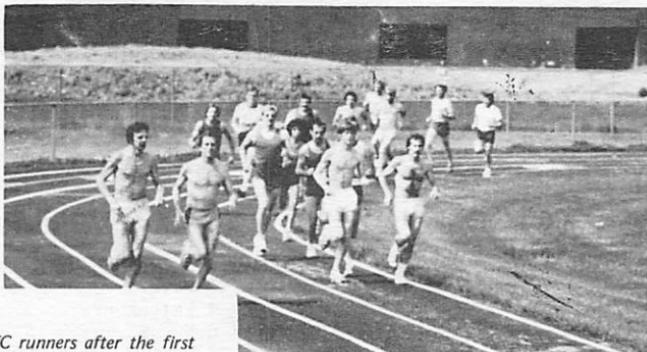
Alma Ojeda	5:29
Betty Jackson	6:08
Karen Kennelly	7:02

30-39

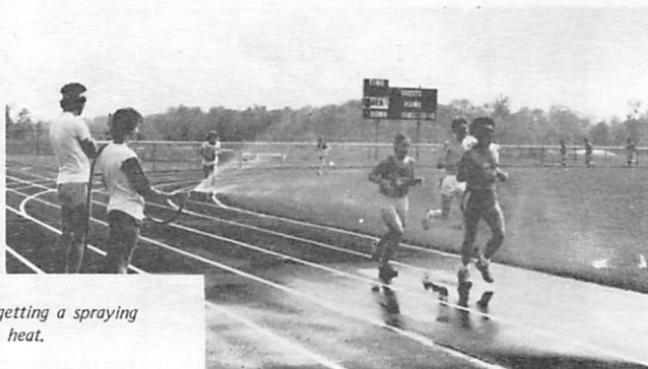
Becky Cauffman	7:58
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40 & over

Wilma Kyle	6:00
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A bevy of FWTC runners after the first lap of the 5,000 meter race.

FWTC DISTANCE CARNIVAL

A group of runners getting a spraying during the sweltering heat.

3000 meters - overall winners - Rick Reitzug - 10:16
 Betty Jackson - 14:32

MEN14 & under

Mike Zumbaugh 11:58

15-19

Kenny Williams 10:41

20-29

Rick Reitzug 10:16

Kevin Grider 11:31

Murtaza Karim 12:36

Bob O'Leary 12:40

Dr. Dennis Chubinski ?

30-39

Steve Foster 10:33

Bob McKinley 10:56

30-39 (cont.)

Dan Hannaford 11:20

Tom Mather 12:22

Tom Clagg 12:05

Jerry Cauffman 13:43

Rick Ravine 14:19

40-49

Dick Duke 12:16

50 & over

Bob Kennelly 15:09

WOMEN19 & under

Betty Jackson 14:32

"I believe in pursuing life actively, in reaching for goals and working toward them. The marathon is one of these goals. It is not an end in itself, but a step along the way. Like any goal worth achieving, it is not easily reachable and thus must be properly prepared for."

Tony Gatton

3 marathons - Best: 3:03:27

(Tony is "going for a sub three hour marathon but is somewhat concerned that the heat may be an obstacle.)

FWTC DISTANCE CARNIVAL

Overall winner, Gary Dexheimer, with a lap to go in the 5,000.

5000 meters - overall winners - Gary Dexheimer - 17:03
 Betty Jackson - 21:14

MEN14 & under

David Monday	18:56
Jeff Murphy	19:52
Mike Boeglin	25:42

15-19

Gary Williams	18:32
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20-29

Jerry Williams	17:26
Rick Reitzug	18:03
Tony Gatton	18:35
David Hockley	18:36
Dave Bracht	18:55
Bob O'Leary	20:50

30-39

Gary Dexheimer	17:03
Bob Bruckner	17:44
Larry Shivley	18:58
Bill Whitcomb	19:04

30-39 (cont.)

John Stafford	19:13
Mike Hill	19:39
Jorge Jimenez	22:05
Rick Ravine	23:35
Jerry Cauffman	24:45

40 & over

Jack Morris	18:48
Dick Duke	21:05
K. Staumbaugh	22:24

WOMEN19 & under

Betty Jackson	21:14
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20-29

Theresa Ehrman	24:47
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30-39

Jeanne Fick	27:09
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"The marathon is a very grueling and rewarding experience combined into one. The marathon is one of the biggest challenges. Your mind and your body have to come to a happy medium to accomplish this task."

Cindy Caldwell

FWTC DISTANCE CARNIVAL

10,000 meters - overall winners - Phil Suelzer - 35:27
 Alma Ojeda - 44:37

MEN14 & under

Phil LeMaster 44:26

20-29

Phil Suelzer 35:27
 Rick Reitzug 36:45
 Alexander Kyle 37:34
 Brett Davis 38:03
 Wayne Sowles 40:27
 Tim O'Conner 41:33
 Dan Bossard 49:00

30-39

Bob Bruckner 39:23
 Bob McKinley 40:51
 Dan McGuire 45:07
 S. Atkison 45:53

40-49

Norm Whisler 41:23
 Burneal Fick 55:21

WOMEN19 & under

Alma Ojeda 44:37
 Betty Jackson 55:44

20-29

Cindy Goller 46:01

30-39

Wilma Kyle 52:24



*Alma Ojeda winning the women's
 division of the 10,000*

"As the marathon is the ultimate in distance running, Fort Wayne's heat and humidity make Three Rivers the ultimate in marathoning."

Mike Steiglitz
 2 marathons - Best: 3:41

"I go out to bust a marathon but I also go out to enjoy it. Toward the end of a marathon, I'll let up rather than really hurt myself."

Walt Green

HELP !!!

Don Goldner needs assistance in directing the 10 Mile Points Race and 3 Mile Media Race on August 9th. The races will be held at Carroll High School with the 10 Mile beginning at 7:00 a.m.. If you are able to help, call Don at 219-747-4359.

NORTH JUDSON FIREMAN SIX MILE - 6-14-80

Tom Loucks	33:26	2nd overall	2nd age group
Myron Meyer	37:00	24th	1st

"Ran out of fish at fish fry after the race. Got only three dried up pieces. (Wife was madder than hell.)" - Myron Meyer

MICHIGAN CITY NEWS DISPATCH 15KM - 6-15-80
52 degrees - rain

Tom Loucks	51:19		5th age group
Myron Meyer	57:02		1st

DIET PEPSI 10,000 METER SERIES Sunday May 18, 1980

PLACED	NAME	TIME	PLACED	NAME	TIME
1	Dexheimer, Gary	33..40.7	28	Curts, Bob	37..45.8
2	Suelzer, Phil	34..07.6	29	Hardesty, Joe	37..47.6
3	Loucks, Thomas	34..12.0	30	Fortman, Bob	37..48.3
4	Bultemeier, Mike	34..13.6	31	Anderson, Jim J.	38..04.4
5	Crosley, Brian	34..27.5	32	Hockley, David W.	38..11.4
6	Reitzug, Rick	34..37.0	33	Kroells, Dennis	38..15.7
7	Foster, Steven	35..15.0	34	Beebe, Bill	38..19.2
8	Williams, Jerry Jr.	35..17.5	35	Nunley, Bob	38..25.9
9	Hannan, Fred B. Jr.	35..22.5	36	Morris, Jack	38..30.4
10			37	Bachan, Timothy	38..34.2
11	Williams, Gary	35..56.6	38	Meyer, Myron	38..34.7
12	Collins, Richard	36..01.7	39	Schwarze, John	38..48.9
13	Cahill, Donald	36..07.4	40	Freygang, Ed	38..53.7
14	Merz, Tim	36..17.0	41	Borkowski, Ron J.	38..57.4
15	Barile, Joseph	36..22.8	42	Whitcomb, Bill	39..01.3
16	Wolfe, Kenny W.	36..24.9	43	Kruse, Jim	30..03.4
17	Schmidt, Bill	36..32.7	44	Bergman, Mike	39..05.6
18	McCord, Paul S.	36..34.0	45	Steele, Gary	39..08.4
19	Septer, John S.	36..34.5	46	Lambert, William	39..11.3
20	Wharton, Thomas	36..35.5	47	Shively, Larry L.	39..14.8
21	Reed, Rex L.	36..47.8	48	Davis, Brett	39..21.7
22			49	Blosser, Bill	39..26.9
23	Slater, Larry	37..10.7	50	Repass, Joe	39..33.3
24	Babcock, Ken	37..12.2	51	Roberts, Jim	39..36.2
25	Campbell, Steve	37..19.2	52	Hissony, Chris	39..40.0
26	McManus, Mike	37..25.9	53	Kelly, Terry	39..41.8
27	Lindley, Don	37..28.8	54	Clevenger, Rich.	39..43.0

I was not at all impressed with the "Diet Pepsi 10K Series". There was a lack of organization in registering, a very poor start, and pressure from the sponsors to wear their T-shirts.

Steve Tielker

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)

**POSTAGE
REQUIRED**

***RICK REITZUG
825 Kensington Blvd.
Fort Wayne, Indiana 46805***

Fold Here

Fold Here

Staple

55	Connellly, John J.	39..43.9	114	Whitacre, E.H.	42..30.1
56	Hoffman, James	39..48.3	115	Connolly, Mary The	42..33.4
57	Barbier, John	39..53.1	116	Stoltz, Tom	42..35.7
58	Cain, Brent	39..55.0	117	Kronmiller, Mike	42..38.4
59	Zurzolo, Mike	39..56.8	118	Desper, David L.	42..42.7
60	Harmeyer, Mike	40..04.3	119	Odum, Mel	42..43.5
61	Kast, Mike	40..05.0	120	Novosad, Michael	42..44.5
62	Bergman, Kevin	40..08.5	121	Dunn, James	42..45.6
63	Stafford, John	40..08.8	122	Weiss, Stephen	42..46.3
64	O'Connor, Timothy P.	40..12.3	123	Adams, Frank	42..49.0
65	Geiger, David L.	40..22.4	124	Lovell, Bob	42..52.2
66	Williams, H. Douglas	40..23.1	125	Kent, Timothy J.	42..58.7
67	Juve, John B.	40..30.9	126	Wilson, Roger	43..03.2
68	Clouse, Tony	40..31.5	127	Tielker, Steve	43..04.9
69	Sowles, D. Wayne	40..42.6	128	Walker, Corey	43..09.3
70	Moord, Bill	40..44.4	130	Curry, Bret	43..15.7
71	Thorn, Erick	40..45.4	131	Clarrett, Dwayne	R43..20.0
72	Ray, Kenneth	40..48.6	132	Needham, Mark	43..22.1
73	Lekaster, Phil	40..53.2	133	Miller, Matt	43..24.9
74	Laurent, Tim	40..55.5	134	Wims, Harold J	43..28.9
75	Grose, Russell	40..04.3	135	Bartels, Thomas	43..29.8
76	Zuercher, Brian	41..07.0	136	Ferguson, Philip	C43..31.2
77	Averbeck, F.L.	41..08.3	137	Wiegmann, Robert J	43..31.8
78	Buchholz, Jim	41..08.3	138	Morris, Doug	43..33.1
79	Habegger, Ken	41..08.9	139	Neal, Paul	43..33.8
80	Beachy, Dave	41..15.5	140	Fahl, Gregory A.	43..38.2
81	Philpot, John	41..16.4	141	Sheets, John N.	43..40.3
82	Cooper, Dave	41..16.9	142	Boger, Larry	43..41.0
83	Heiges, Dan	41..17.6	143	Milligan, Dave	43..42.6
84	Rickman, Bret	41..22.4	144	Huber, Rick	43..45.0
85			145	Zakhi, John V.	43..45.8
86	Hartleroad, Voyle OI	41..29.8	146	Case, Tim	43..46.6
87	Stoeckel, Rudolph	41..31.1	147	Schmidt, Terry	43..50.3
88	Lengacher, Mark A.	41..31.6	148	Heiges, James	43..55.7
89	Greene, D. Joe	41..32.3	149		
90	Dekko, Ted	41..37.3	150	Elick, Alan	43..57.5
91	Neher, Larry	41..38.8	151	Stambaugh, Roy	43..58.3
92	Wise, Ron	41..42.8	152	Emley, Matt	43..59.0
93	Fritzsche, Mike	41..45.2	153	Longenbaugh, John	43..59.7
94	Nolan, Thomas	41..49.0	154	Schmid, Martin	44..01.8
95	Tardiff, Don	41..52.1	155	Holmes, Douglas	44..02.6
96	Hoepfner, Mitch	41..57.2	156	Souder, Jim	44..04.5
97	Graham, Gary	41..57.9	157	Gautsch, Terry	44..07.5
98			158	Rinz, Tom L.	44..10.3
99	Latham, Barry	42..05.1	159	Duke, Dick	44..11.0
100	Saverbrey, Klaus J.	42..07.2	160	Cronin, Joseph	44..14.8
101	O'Herron, Larry	42..07.7	161	Smith, David E.	44..15.5
102	Mather, Thomas L.	42..09.6	162	Burns, Kyle S.	44..16.2
103	Jenkins, Edwin L.	42..16.4	163	Ziegler, Jerry	44..18.6
104	Hartman, Stephen	42..17.7	164	Garrison, Jeffrey	44..20.2
105	Halte, Bill	42..18.6	165	Shook, Harry F.	44..23.9
106	Seiler, James N	42..19.2	166	Garst, Dave	44..26.4
107	Foiland, Fred	42..20.1	167	Goller, Cindy	44..29.2
108	Clagg, Tom	42..23.0	168	Avila, Mike	44..31.3
109	Stanton, Timothy J.	42..23.5	169	Harmeyer, Tim	44..32.0
110	Murphy, Jeff A.	42..24.1	170	Gunter, David	44..32.7
111	Chandler, Herbert R.	42..25.2	171	Hunter, Justin	44..33.3
112	Thompson, Jack	42..26.8	172	Grable, Roger	44..36.1
113	Lyons, Glen	42..28.7			

173	Daley, Stephen	44..38.8	232	Lipply, Ron	46..52.3
174	Davis, Gaylord	44..42.8	233	Thompson, Jeff	46..54.3
175	Clemmer, Steven I	44..45.3	234	Cauffman, Andy	46..56.8
176	Schmidt, Robert	44..48.8	235	Rasmussen, John	46..57.2
177	Wolf, DeWayne	44..50.6	236	Buchholz, J.G.	46..59.9
178	Worster, James R	44..53.8	237	Taylor, James E.	47..02.5
179	Harrison, Michael	44..57.3	238	Vachon, James A.	47..09.2
180	Lee, Terry V.	45..00.6	239	Logue, Daniel E.	47..16.9
181	Hamm, Steve	45..01.5	240	Lettau, Matt	47..19.2
182	Garside, Art	45..04.9	242	White, Mark E.	47..28.3
183	Just, Don	45..08.4	243	Duhaime, Andre B.	47..29.4
184	Curless, Craig	45..12.4	244	Neher, Chris	47..31.0
185	Williams, Scott	45..14.8	245	Hoesch, Martin	47..35.3
186	Jarvis, Marvin E	45..15.9	246	Graham, Gary	47..36.5
187	Lamson, Curt	45..16.9	247	Pulley, Terry	47..41.5
188	McClurg, Dennis	45..19.9	248	McGinnis, Lizann	47..43.1
189	Casaburo, Jim	45..20.6	249	Cauffman, Jerry	47..44.7
190	Mendez, David	45..21.2	250	Gamble, Stan	47..48.6
191	Patton, Robin M.	45..21.7	251	Stemen, Dan	47..49.5
192	Zeigle, Robin	45..22.4	252	Benschneider, Da	47..50.3
193	Eakin, John	45..24.2	253	DeLong, Tom	47..53.5
194	Vongunten, Steve	45..28.4	254	Johnson, Jim	47..54.4
195	White, Bruce R.	45..37.0	255	Weddell, Jerry	47..55.5
196	Chovan, Vern	45..37.4	256	Compos, Jeff	48..02.5
197	Buschur, James	45..38.4	257	Maldia, Robert	48..06.2
198	Karst, Kevin	45..38.9	258	Florreich, Rudol	48..07.9
199	McAfee, Tim	45..40.0	259	Ross, Bob	48..11.3
200	Smith, R. Todd	45..40.8	260	Blake, Dave	48..13.3
201			261	Moore, Bill	48..16.6
202	Lundquist, Donal	45..43.6	262	Wissel, Mike	48..17.2
203	Bess, Dan	45..44.3	263	Hower, Rick	48..19.1
204			264	Haynes, John	48..30.0
205	Heller, Cherylyn	45..56.8	265	VanDusen, Raymo	48..33.9
206	McCoy, Larry	45..57.4	266	Snow, Lloyd D.	48..44.0
207	Dwyer, Charles	45..57.9	267	Garrett, Ed	48..51.5
208	Robertson, Ron	45..58.4	268	Patten, Randy	48..53.7
209	Rickner, Gary J.	46..00.0	269	Fleetwood, Ches	48..54.5
210	Shilts, Perry	46..01.5	270	Schwartz, Gerry	48..55.9
211	Kimmell, Joe	46..02.0	271	Van Treese, Dan	49..01.0
212	Neer, Greg	46..02.8	272	Davis, John H.	49..02.8
213	Yost, Gary L.	46..07.2	273	Miller, Ray	49..06.9
214	Miller, Larry	46..07.8	274	Atkinson, Bill	49..08.7
215	Coile, Jay	46..09.6	275		
216	Scheumann, Stan	46..11.4	276	Stowers, Bill	49..13.5
217	Milles, Robert	46..12.2	277	Shutters, Richa	49..15.5
218	Ventrella, Tony	46..13.3	278	Jones, Charles	49..18.6
219	Shorb, Brett A.	46..15.8	279	Dwight, David	49..27.8
220	Martin, Gary M.	46..16.4	280	Heminger, Mike	49..29.1
221	Caldwell, Cindy L.	46..18.0	281	Simmons, Stephen	49..31.7
222	Wilson, Ralph	46..19.5	282		
223	Rager, Terry	46..20.3	283	Adams, Tom	49..38.0
224	Hartzell, Robin C.	46..29.3	284	Thomson, Tim	49..39.0
225	Niedermeyer, David	46..38.8	285	Raterink Roelot	49..41.9
226	Richter, Mark S.	46..39.4	286	Pressler, Micha	49..43.6
227	Dunn, Gary	46..41.2	287	Maupin, Joe	49..45.1
228	Dwire, Phil Jr.	46..47.4	288	Grawcock, Rober	49..45.2
229	DeMeritt, Dennis	46..48.2	289	Waltenburg, Ade	49..46.1
230	DeSong, Kevin	46..49.0	290	Jackson, William	49..47.1
231	Landez, Bart	46..49.6	291		

292	Grant, Charles	49..51.5	350	Philipp, Tom	53..28.3
293	Huettner, Heather	49..55.3	351	Weis, Eunice	53..29.7
294	Sutton, Bill	49..56.5	352	Wahl, David E.	53..34.5
295	Knisely, Tom	50..02.3	353	Borkowski, Freder	53..38.1
296	Haye, S.N.	50..04.4	354	Recker, Karen	53..42.3
297	Kotchey, Bruce	50..05.7	355	Kiermaier, Jim	53..44.2
298	Turner, Dale	50..09.0	356	Patton, Jane	53..51.7
299	Jamison, Ann M.	50..11.1	357	Grant, David	53..52.8
300	Jamison, Jay	50..22.3	358	Stahl, Tad	54..03.9
301	Putt, Arthur G.	50..23.0	359	Stafford, Tom	54..07.7
302			360	Vanderford, Roy	54..09.2
303	Johnson, James	50..30.4	361	Moore, Alfred	54..17.0
304	Zumbaugh, Dale	50..31.1	362	Gruber, Lynn Alan	54..17.8
305	Keane, Michael	50..39.4	363	Zuber, Ken	54..18.5
306	Stellner, Bob	50..40.0	364	Butcher, Randy	54..24.3
307	Arnold, Bill	50..40.6	365		
308	Martin, Jim	50..41.1	366	Boyce, John	54..32.8
309	McClure, Russ	50..47.7	367	Miller, Mickey Le	54..35.8
310	Wilson, Roy	50..50.6	368	McGuire, Linda	54..38.9
311	Slocum, Rob	50..56.2	369	Roberson, W.F.	54..42.4
312	Hoover, Donald W.	50..57.4	370	Greider, Steven H	54..45.0
313	Fritz, Jeff	51..00.8	371	Myers, Barry	54..52.0
314	Jackson, Betty	51..03.2	372	Rupel, Ada	54..52.9
315	Busch, Steve	51..09.1	373	Freeman, James R.	54..58.1
316	Coy, Mark	51..09.9	374	Rutsell, Steve	54..59.4
317	Vachon, Randal	51..11.0	375	Sommers, Michael	55..09.3
318	Ahlersmeyer, Larry	51..17.1	376	Duron, Pedro S.	55..19.7
319	Shady, Neal	51..20.9	377	Hayden, Everett	55..24.4
320	Murphy, Ken J.	51..23.0	378	Gilbert, Ellen	55..33.8
321	Remeta, Richard	51..25.3	379	Sullivan, John	55..38.1
322	Widmeyer, James	51..27.3	380	Walls, Robert Lex	55..56.6
323	Brooks, Joseph L.	51..36.2	381	Knipscheer, Fred	56..00.7
324	Arnett, Bill	51..44.9	382	Ellett, Jean M.	56..04.1
325	Stark, David W.	51..51.1	383	Schwarze, John	56..16.1
326	Horn, Carolyn	51..51.7	384	Eby, Laura	56..18.6
327	Larson, Terry	51..52.4	385	Pesa, Paul	56..19.4
328	Holle, Karl	52..03.4	386	Moyer, Ross H.	56..21.4
329	Ahlseen, Jeff	52..04.5	387	Brown, Greg	56..23.2
330	Habig, Bob	52..08.7	388	Lauderdale, Andy	56..39.6
331	Goldner, Joan	52..10.1	389	Bidwell, James	56..47.1
332	Young, Bill	52..17.9	390	Sheets, Kenneth	56..48.2
333	Florreich, Sabine	52..19.7	391	Rickner, Elisabeth	56..49.9
334	King, Steve	52..21.7	392	Carnes, Neal	57..04.5
335	Hawley, Michael W	52..23.9	393	Hendrix, Charles	57..11.9
336	Bush, Russell A.	52..27.8	394	Miller, Richard	57..17.7
337	Isaacs, Russ	52..28.2	395	Ummel, Richard A.	57..18.4
338	Bossard, Dan	52..30.9	396	Anders, Mary	57..21.3
339	Machlan, Michael	52..32.3	397	Michell, Jeff	57..24.3
340	Miller, David H.	52..35.7	398	Ellett, John	57..33.3
341	Scherschel, Dave	52..39.4	399	Schmidt, Kathy	57..35.8
342	Clay, Robert	52..44.5	400	Schnelker, Conni	57..38.2
343	DeVoe, Rex D.	52..47.0	401	Barrett, John A.	57..39.2
344	Shields, Michael	52..54.1	402	Mathieson, Richa	57..41.1
345	Gabet, Gregory J.	53..07.2	403	Fabini, Gregory	57..51.3
346	Zimmerman, Guy	53..12.8	404	Roberts, Gene	57..54.5
347	Bohrer, Tom	53..17.8	405	Piepenbrink, Pat	58..02.8
348	Gilbert, Alan	53..24.6	406	Fetcho, Michael	58..23.4
349	Monroe, B. Wade	53..27.8	407	Bryan, James	58..24.0

RACE CALENDAR

Assistant Editor, Tom Loucks, is now in charge of the Race Schedule. Please send race announcements to him at RFD 1, Ossian, IN or call him at 219-622-7108.



- 7-2-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 7-4-80 Firecracker 4 Mile - Northrop High School - 9:00 a.m.
- 7-4-80 CHICAGO DISTANCE CLASSIC 20 KM - Chicago, IL
- 7-4-80 DYER "STARS & STRIPES" 10 KM CLASSIC
Kahler Field, Dyer, IN - 9:00 a.m.
- 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 GOLD CUP 10K - Madison, IN
- 7-5-80 MAIL-JOURNAL FLOTILLA ROAD RACE 3.3 & 8 mile
Syracuse City Park, Syracuse, IN - 5:30 p.m.
- 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
- 7-9-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 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
- 7-16-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 7-19-80 NATIONAL BRISTOLTHON - Bristol, IN - 8:00 a.m.
(25 KM & 5.5 mile & 4.2 mile)
- 7-19-80 CARL REHM GARRETT-THON - Garrett, IN
5,000 meter & 10,000 meter races; 1 mile fun run
Fun Run 8:00 a.m. - Race 8:30 a.m.
Lowell R. Nees, YMCA of Auburn, 310 N. Main St.,
Auburn, IN 46706 - 219-925-4112
- 7-19-80 CIRCUS CITY FESTIVAL ELEPHANT WALK - Peru, IN - 10:00 a.m. - 4 mile
- 7-19-80 MARATHON MINITHON - Portland, IN - 9:00 a.m. - 10,000 meters
- 7-19-80 OLD SETTLER'S DAY 10,000 METER - 2 mile fun run - 8:30 a.m.
Columbia City, IN
- 7-19-80 PIONEER ROAD RUN - Warsaw, IN - 3:00 p.m. - 2 mile
- 7-19-80 PIONEER DAYS 10,000 - Fremont, OH - 8:30 a.m.
- 7-20-80 THREE RIVERS MARATHON - Fort Wayne, IN - 8:00 a.m.
Cal Mahlock - 219-422-7474
- 7-23-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 7-23-80 GLASS CAPITOL RACE - 10,000 meter - Dunkirk, IN - 7:00 p.m.
- 7-26-80 WESTFIELD FESTIVAL RUN - 16,000 meters - 9:00 a.m.,
2400 meters - Westfield, IN - Westfield-Washington Schools,
324 West Main St., Westfield, IN 46074
- 7-26-80 12 MILE RUN - Decatur, IN - 8:00 a.m.
- 7-26-80 AUBURN MILI-MARATHON - 5 KM & 10 KM - 8:30 a.m. -
1 mile fun run 8:00 a.m.
- 7-26-80 SWISS DAYS RACE (1,3,10 miles) - Berne, IN - 8:30 a.m.
- 7-26-80 MAXINKUCKEE ODD FELLOWS LAKE RUN - 15 K & 5 K - 9:00 a.m.
Culver Town Park, Culver, IN - 219-842-3085
- 7-27-80 BASS LAKE RUN-AROUND (8.1 mile)- Bass Lake, IN - 8:00 a.m.
- 7-30-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 8-2-80 WOODLAWN CLASSIC 10K & 5K - Ligonier, IN - 8:30 a.m.
Hal Pearson 219-894-4978
- 8-2-80 DIET PEPSI 10,000 METER SERIES - Faurot Park, Lima, OH - 9:00 a.m.
- 8-6-80 FWTC FUN RUN - Foser Park - 6:00 p.m.

- 8-9-80 WENDY'S 10,000 - Kokomo, IN (see ad in this newsletter)
- 8-9-80 BUTLER DAYS CLASSIC ROAD RACE - 3 & 6 mile - Gary Flood 219-868-2427
- 8-9-80 MEDIA 3 MILE & 10 MILE OPEN RACE - Fort Wayne, IN - 7:00 a.m.
- 8-10-80 WILDERNESS STOMP - Bendix Woods County Park, New Carlisle, IN
6 KM Hilly Terrain
- 8-13-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 8-16-80 MR. WIGGS/YMCA MINI-MARATHON, Auburn, IN - 8:00 a.m.
10K & 5K & 1 mile run
- 8-17-80 CRAWFORDSVILLE JAYCEE MARATHON - Crawfordsville, IN - 6:30 a.m.
(26.2, 6.2 mile)
- 8-17-80 FUN FEST FIVE, North Manchester, IN (5 mile) - 10:00 a.m.
- 8-20-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 8-23-80 ARBY'S BIG BROTHER/BIG SISTER PARK RUN Fort Wayne, IN
Foster Park - 8:00 a.m. - 2 & 5 mile
- 8-23-80 LAKE JAMES JAZZ FESTIVAL 10,000 - 1 mile run - 8:15 a.m.
Bledsoe's Beach
- 9-1-80 BLUEBERRY STOMP - Plymouth, IN
15 KM - 10:00 a.m. - Rebecca Gangloff - 219-936-6459
- 9-13-80 MUNCIE 80 DURATION - 8:00 a.m. - 1-1/4 mile swim; 44 mile bike
ride; 13 mile run - Registration limited to 50 by 8-1-80;
\$20.00 before 7-1-80; \$30.00 till 8-1-80; Prairie Creek Reservoir,
Paul Porter, P.O.Box 2279, Muncie, IN 47302 - 317-284-6339
- 9-20-80 PARLOR CITY TROT - Bluffton, IN - 11:00 a.m.
Phil Lockwood - 219-824-2412

FWTC NEWSLETTER

Rick Reitzug
825 Kensington Blvd.
Fort Wayne, IN 46805



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