



AUGUST, 1980

*the exodus*

THREE RIVERS PICTURE EDITION

SPECIAL!

\$ 1.00

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

**the inside track**

FORT WAYNE  
TRACK CLUB



*August 1980*

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The FWTC reserves the right to reject any ad. Please contact Rick Reitzug,  
219-424-8091, or Gary Dexheimer, 219-432-1439.

RENTAL RATES: Chronomix Timer \$ 35.00  
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Package (includes both timer & clock) \$125.00

Please contact Gary Dexheimer, 219-432-1439

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

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

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

(Please Print)

\*APPLICATION\*

\_\_\_\_ 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:

790 runners leave the coliseum parking lot to battle the streets of Fort Wayne and the 80 degree plus heat during the recent 3 Rivers Marathon.

As humans, there come moments in our lives when we escape the tunnel vision with which we have been looking at our lives and develop a broader perspective. I had such a moment during the past week. For eight weeks I ate running. ("Can't eat too much, have to watch my weight.") I drank running. ("Have to keep drinking, don't want to get dehydrated!") I slept running. ("Need to get enough sleep, body needs a chance to rebuild itself.") I lived running. ("Not enough time, have to go running, need a hundred miles this week.") I was obsessed. I was a maniac. I was not normal. What? Running not normal? Is this the same person who wrote about striving to reach self potential, about making the sacrifices necessary for PR's, about conquering the marathon challenge, about giving up the normal life to fully explore our potential? Yes, it is, and I still believe in the nobility of those sentiments. But I also mentioned the "options of mediocrity" that most of us have chosen. In choosing them, we gladly accept their benefits but, as with everything, we must also accept their responsibilities. Running can become a negative addiction. It can cause us to overlook these responsibilities. When we don't do anything but sleep and run, when we feel guilty about eating because we need to stay light for running, when our lives become nothing but running, running, and more running, then it's time to back off.

During my recent moment of lucidity, I examined my life and in particular, the part that running plays in it. I discovered that running for me had become a negative addiction. Rather than being a relaxing time at the end of the day before the Three Rivers Marathon. For me, it is a day of rest - one of the few rest days I've had in the last eight weeks. During that period of time I have run 715 miles, that is an average of almost 90 miles per week. Included in that mileage are 21 days of over 15 miles per day and eight races. This I have accomplished while working eight hours per day, editing "The Inside Track", and trying to attend to numerous other responsibilities. Physically I'm ready for the marathon. Mentally I'm not so certain of my readiness. A week ago I was fired up. I was ready to attack the marathon, to shatter my PR, to run my competitors into the ground. Today I am less certain.

### RICK REITZUG



NEWS

EDITOR'S

of a work day, running was one more thing I had to push my body through. In a way, it was enjoyable and deeply satisfying. I lived from one run to the next. Meanwhile, life was passing me by. I suddenly realized that I was missing a lot by taking running too seriously. Running should supplement your life rather than life supplementing your running.

People run for many different reasons. But mainly we run because it's fun. I love running. It should not be something we have to do or something that dominates us. Life is to enjoy. There are too many unavoidable things that get in the way of this enjoyment. Don't make running one of them.

Have a good run!

NORTH SIDE SUMMER TRACK - Betty Jackson

6-17-80	400 meter	77.0	1st (19-24)
	1600	6:51	1st (19-24)
6-24-80	200	32.9	1st (19-24)
	800	2:48	1st (19-24)
7- 1-80	400	73.0	2nd (19-24)
	1600	6:42	1st (19-24)
7- 8-80	800	3:06	1st (19-24)

ISAAC VAN WERT DAYS - Betty Jackson

6-21-80 10K 49:15 2nd (19-29) 119th

10,000 METER RUN, Lima, Ohio - Betty Jackson

7-12-80 49.26 1st (19-25) 68th

There were over 200 people. I was the fifth girl in the race. It was rainy. Seven miles away they had a golf ball size hail and power lines down.

STEAMBOAT CLASSIC - David Fairchild

6-21-80 15K 65.45 PR 155 Overall

400 finishers - The Steamboat Classic is an excellent race on the single most demanding course I have ever run. The first 2 miles and the last 2 miles are absolutely flat, but the middle 5.4 miles consist of 3 loops of Glen Oak Park with a major steep hill (once up and once down) each lap. Excellent aid, good start, results posted within an hour after the race. The only negative comment concerns the weather; 80 degrees, 80% humidity, and sunny. Lots of spectators at the finish. Well worth a drive to Peoria to run in this one.

VAN WERT, OHIO 10K 6-21-80

Joe Ziegler	37:52	2nd (40-49)	19th overall
Jerry Ziegler	42:23	3rd (14-19)	61st overall

MAIL-JOURNAL FLOTILLA RUN -. Syracuse, .IN - Tony Clouse

7-5-80 8 mile 53.23\* 20th (40-49) 1st

\* New record for this age group (40-49) at this distance - former record 56:26

TERRE HAUTE MARATHON-MARATHON - Jane Scarpino - Time: 4:06

# PRESIDENT'S COLUMN



GARY DEXHEIMER

As most of you already know, your club president finally finished Three Rivers, not very fast, but then this guy really doesn't care. The accomplishment is a good feeling but that was the only feeling that was good. It's a great feeling when you cross that finish line. There's only one problem. Now that you all know me as a finisher, you'll probably expect me to do it again next year.

As usual, the race was one of a kind - unbearable heat - but just a beautiful race in every other aspect. Those spectators are something else. Plus it's just a super time of sharing and friendship. Many of you put so much into this race whether through participation or through that and helping administrate the race also. Obviously the end result shows the results of our efforts. We owe a big thanks to TV-33 and Hooks for their financial support and direction.

It certainly was a lot of fun being involved in the telecast of the marathon. It was an honor to be asked and I felt that the publicity would be extremely positive for the club. I do want to share one personal disappointment. Unfortunately I blew it in not making a remark about Rick Reitzug and his tremendous finish. I was quite nervous and frankly the thought didn't come to mind until I was later driving home. In any case, I know we all share the same pride in knowing that a FWTC runner and our editor no less came through in such a super finish. Obviously there were many members who did extremely well but fourth place is certainly something for all of us to be proud of. Of course, since you all will expect me to finish the darn thing again next year, I expect Rick to improve upon that fourth.

I hope most of you saw our ad in the special Three Rivers section of both newspapers. Unfortunately our response hasn't been what we would like to see. There are a large number of runners in this area that I would like to see as FWTC members. We just have to come up with a way to convince them. I did notice that our information table at the marathon did a brisk business, thanks to the help of a couple of super wives.

I'm not going to give much space to commenting on the infamous cheater at our marathon. I only hope he isn't a club member as he certainly has a lot to learn about running and racing and I mean in a moral sense.

It appears that the club should be well represented at the State team club championships at Kokomo, August 9th. We do have our ten mile point race and Media Championships on schedule that day. Don Goldner is the direc-

for. Certainly I'd like to see our usual support of that race. If you do happen to be going down to the Wendy's race, make sure you contact Tom Loucks at 622-7108 and enter as a FWTC member. There is no requirement saying that you must be a strong competitive racer to be entered on the team. What we do want is a good showing in terms of support. The overall idea is really beginning to catch on and I'm sure that we'll see more club championships at other races around the state.

There is a possibility that we may host the RRCA State Cross-Country Championships this fall. In past years, the HRRC has hosted this event at Eagle Creek Park in Indianapolis. It was mentioned to me that they would be interested in seeing us host it. I'm looking for someone that would be interested in directing this. If interested, please let me know. We feel that we need to put more emphasis on our fun run schedule next year and would welcome any suggestions on organization.

Here's hoping that just a little cooler weather is around the corner. See you at a race.

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DAVE BEACHY  
"RUNNING BLUES"

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Got those "running the same old road" blues. This seems to be a problem with me this year as I have been averaging about eleven miles per week. No marathons for me this year.

Finally a change of scenery has come my way. On May 25th we headed west for a three and one-half weeks vacation.

My first thoughts of running came a few days later in Boulder, Colorado, when I stopped at Frank Shorter Sports, Inc. My wife and son thought Mark & Mindy's house was more interesting.

However, thoughts of running didn't turn into action until June 2nd while we were camping at the Grand Canyon National Park. While there, I enjoyed a thirty minute training run on the South Rim. The weather was beautiful, the view was breathtaking, and the trail was very close to the edge at times. I ran at a seven minute per mile pace, and at 7,000 feet elevation, breathing didn't come easy.

On June 9th, as we were walking beneath the Golden Gate Bridge in San Francisco, I couldn't help but notice the runners on the waterfront. Having on my old Brooks and a pair of shorts, my conscience got the best of me. I jogged about a mile on the waterfront and under the bridge. Probably so I could say "I did it".

Once again in June 11th, I had an enjoyable training run. This time we were in the Avenue of the Giants, the 360 foot redwood trees of Northern California. I managed a thirty minute run among the peaceful giants. The quiet trails with the fern plants nearby and the sunlight filtering through here and there made me feel as if I were in prehistoric times.

Well, back home again after driving 7,300 miles and running only nine miles. My conditioning has slipped so much now, it would be easier to give up on running. I can't quit now, I bought that all-weather running suit at Frank Shorter's shop. I was wishing for it all last winter.

WORDS

FOR

WOMEN



CINDY CALDWELL

I would like to stress to women and men alike that track club races are for all joggers and runners no matter what ability. The most important thing is going the distance, not necessarily the speed.

I joined the track club because I wanted something to keep my running going. I needed a little added something so I would not get bored with running. The track club runs and races provided the added spice that was needed to keep things interesting and to help me set goals.

I am sure everyone is afraid of taking that first step and actually running in a race. I remember I was. I did not know what a race would be like because I had never even seen one before. I was very anxious about that first race, but I did it. My main thoughts (or worries) before the race were, "Don't stop no matter what" and don't come in last."

I found that everyone is running their own run. All the runners are wondering how their run is going to go. No one is looking to ridicule anyone. No matter how many races you have been in there is still a little nervousness before the gun goes off. Once the gun goes off you are on your own. You experience the many states of a run. Usually the first mile Middle miles are usually used for maintaining the pace which you have now set. Your finish depends upon what type of runner and person you are. (Whether you are competitive or not.) For me, the last mile is always a bear. It doesn't matter whether it is the last mile of a three mile or a thirteen mile run. The last mile is always the hardest for me. After the run it is always very enjoyable to have the chance to talk to other crazy people who are doing the same thing you are. The people are fantastic.

Everybody runs for a different reason, so you will see a wide range of running talent. Each run is unpredictable and each person is different which makes it very interesting. There is a mutual respect among runners no matter what your running ability is. It is the fact that you are out there and doing it that is seen and respected.

If your running is getting boring, come join us at one of the Fort Wayne Track Club Races.



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	10
20-24	10	50-59	10
25-29	10	60-69	3
30-34	10	70+	3
35-39	10	HWT (over 100 lbs)	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

## 10,000 meter AWARDS

- Male/Female Winner - Championship Trophy and Windbreaker
- Male/Female Overall and Age Division Winners - Wendy's Windbreakers
- Male Age Division Winner - Custom Wendy Belt Buckle
- Female Age Division Winner - Custom Wendy Earrings

## 1 mile RUN winner

- Male/Female Winner - Wendy Windbreaker
- Male Age Division Winner - Custom Wendy Belt Buckle
- Female Age Division Winner - Custom Wendy Earrings

## REWARDS FOR ALL ENTRANTS

- Colorful Wendy's Towel
- Free Large Soft Drink at any Wendy's in Kokomo

## ENTRY FEE:

\$ 4.00 for 10,000 meter  
4.00 for 1 mile run  
10.00 for family of 3 or more  
6.00 late entry fee after Aug. 5, 1980

Make check payable to  
Floyd and Linda Stinchcomb  
5204 Algoopsis Trail  
Kokomo, In 46901  
Ph. 317-453-9546

# 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 \_\_\_\_\_

## HILLS

## 2 TALES



MIKE HILL

One of the finer aspects of Distance Running is the many friends you meet on the road. If you're training aerobically, it is no problem to carry on a conversation and get to know someone a little better. During the 1978 and 1979 seasons, I trained a lot of miles with a fellow who lived down the street, by the name of Ed Jenkins. He, like many others, was a victim of the recent Magnavox move to Knoxville, Tennessee.

Ed knew that I had a tendency to overtrain and would talk to me for hours about taking it easy and letting my latest injury heal. Yet when we teamed up last fall and ran the eight mile relay together, Ed ran all out and we finished quite well for a couple of duffers.

We've sat in the back yard and had a cool drink after a long run and the other day after our last training run together we took a swim in Ed's pool. What a contrast to the many snowy nights in Foster Park we've been through.

I've just finished talking to Ed, standing in his empty home getting ready to head south. He was wearing a T-shirt from some long lost 10K and drinking a Blue Ribbon. It was hard to talk him into joining the track club at first, now I know he will really miss the group.

I'm not sure how two grown men say goodbye when they know they are losing a friend. Maybe one of them writes an article about it and hopes the other one reads it. I promise I'll take it easy, Ed. . . . ON NEW EVENTS

I want to pass along my compliments to Tony Gattton for coming up with one of the better race ideas this year. I'm referring of course to the Company Team Challenge held on June 21, 1980. If you weren't there, you missed a fun event! There were 17 local company teams participating and upwards of 175 individuals. Tony is looking for someone to be chairman of the event for 1981. Please let him know if you're interested.

Another event I would like to see started by the Fort Wayne Track Club is a 24 hour, 10 man/woman team event. I really don't know that much about the event but am very interested in trying to run one. If anyone is willing to set up this event, please let me know. I believe I know where we can find a cinder track to run on. The proper procedures to follow are available from "Runners World" magazine (YURKI) and I believe Phil Suelzer participated in a 24 hour run several years ago. Anyone interested in starting a new event? . . .

TIME OFF

Having to miss the Three Rivers Marathon this year has been one of the most disappointing things to happen in my short running career. In fact, I have not been able to force myself to sit down and write my monthly column until somewhat later than usual (sorry, Rick).

My problems started back in December with an infection and several months of taking antibiotics. As spring arrived, I began intervals and racing every other week. Suddenly I went from feeling better than ever to absolutely terrible. By mid-May, my mileage had dropped to around 25 to 35 miles per week. Not enough mileage to run a decent marathon, but I fully intended to try anyway. Then a lower leg injury brought on by wearing new shoes at the "Old Kent River Bank Run" got increasingly worse and my friendly Orthopedic Physician suggested I take ten days off. With the marathon just two weeks away, I knew it was time to withdraw.

The hardest part is having enough sense to know when to quit and then doing it!

I hope those of you who did run Three Rivers achieved your personal goals. By the time this issue is out we should have all of the results. Me? I'm looking forward to next year! . . . COLUMBUS BANK ONE MARATHON - November 16

If you enjoyed the local marathon, there is one in Columbus, Ohio, that looks like a great event. It's a flat, out and back, course, and wind-breakers will be given to all finishers. In addition, there are Race Directors and Runners Clinics the day before. On race day there is a music festival with groups playing all along the route of the marathon.

Lots like we will have quite a few people going down from Fort Wayne. Let me know if you need more information.

GLASS CITY MARATHON - Toledo, OH - 6-15-80

Giles Tomlinson 3:25:00 4th (50+) 233 overall

Wendell Adams 3:16:45 2nd (50+) 191 overall

Bob McKinley 2:55+ (30-39) 78 overall

Temp in 60's. Aid station every 2 miles. Start and finish at Toledo U. well organized.

GILBOA MARATHON - 5-24-80 - Wendell Adams

5-24-80 3:18:07 1st (50+) 24th overall

TOPEKA ROAD RUN - 7-4-80

Tony Clouse 3:20:01 1st (40-46)

Larry Shively 5 mile 55:40 1st (26-35) 7th overall

DENIM EXPRESS - Marion, IN - 7-12-80

Larry Shively 10K 37:21 9th (30-34) 54th overall

Myron Meyer 38:27 1st (50-59)

Total 561 runners

78th DIVISION CHAMPIONSHIPS - 6-19-78 - Grayling, MI

Gary L. Bird 6 miles 36:40 2nd (22) 2nd overall

HARTFORD CITY 10,000 - 7-4-80

Myron Meyer 38:32.1 1st (50+)



**FINISH**

# Three Rivers Marathon

*SPECIAL SECTION*

Jane Scarpino, after finishing 4th in the women's division in 3:34:16



the agony . . . . .

This poem is dedicated to those runners who finished around four hours or more in the 1980 Three Rivers Marathon.

HEROS!

They were there!  
All of those great  
American Heros.

Faces pinched  
and white.  
The salt collecting on the corners of their mouths.

They had started fresh  
in the cool of the  
morning.  
More than four  
hours ago.

All hope,  
excited  
about the run ahead.

Now they lurched to the  
finish  
Trying to remain upright  
and proud.  
After having pounded the damn hot pavement  
those long 26.2 miles.

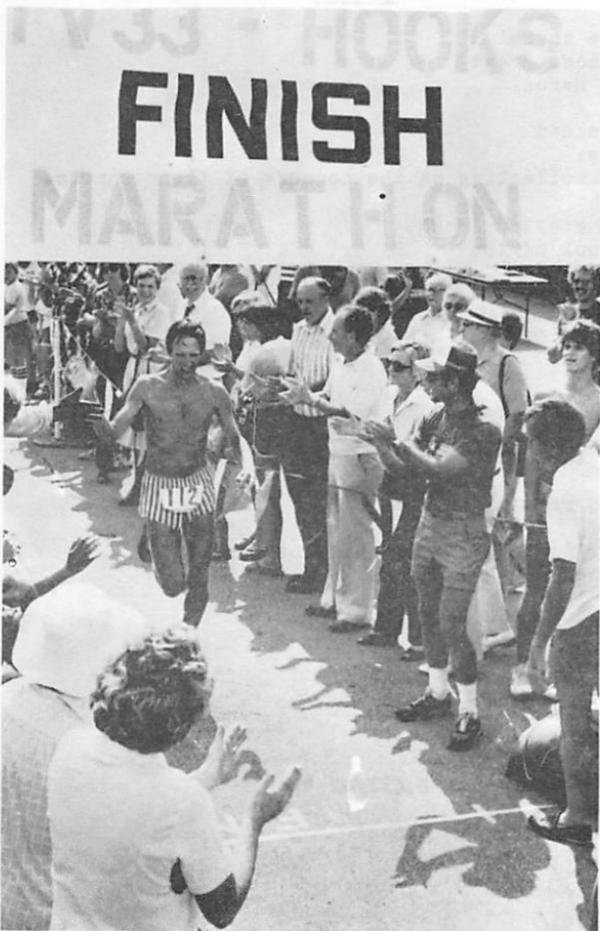
They were totally exhausted.  
Sick  
Tired  
Yet elated.

And I stand and applaud  
and sometimes help.  
So very, very proud of all of them,

Those great American Heros!

Mike Hill  
July 21, 1980

*the ecstasy . . . . .*



An ecstatic Rick Reitzug slaps hands while dashing to a 4th place finish in 2:38:02

## AN INTERVIEW WITH RICK REITZUG

MIKE HILL

One sunny Sunday morning a couple of years ago, I wandered down to the corner of Westover and Old Mill to watch that year's edition of the Three Rivers Marathon. My knowledge of marathoning at that time was absolutely zero, but I was quickly caught up in the intoxication of the event. I must have shot four or five pictures of the top ten runners at the 11-1/2 mile mark and they are now in my photo album at home. One of those slightly blurry SX-70 color prints is of a tall, angular faced, thin runner by the name of Rick Reitzug. Watching Rick and others run by that day was a large part of the motivation which led me into running. We have since run a lot of miles together in races here in town (well at least in the same race, if not together) and have become friends and fellow board members of the FWTC. On Sunday, July 20, 1980, I was working the FWTC "Information" booth with Rick's wife, Mary, and my wife, Linda. As the race progressed, I began preparing to shoot pictures of the finishers and hope that Rick did well. He finished 4th overall and posted the best finish of any Fort Wayne runner with a 2:38:02.

Rick and I ate lunch together on Tuesday just two days after the marathon. What follows is a transcript of that interview lunch.

Mike: "Rick, we're two days past a rough and hot Three Rivers Marathon. You finished fourth, how do you feel today, right now?"

Rick: "Well, I'm just starting to come down off of a cloud. I've really been mentally and emotionally on a high the last couple of days. Physically, I don't really feel too bad either. I'm not as sore as I have been after a lot of marathons."

Mike: "What was your race strategy that day and did you really stick with that strategy all the way through the 26.2 miles?"

Rick: "Well my basic strategy was that Gary (Dexheimer), Tom Loucks, myself, and Jerry Mazock planned on going out the first 13 at 6 minutes a mile. I figured from my training runs that 6 minutes ought to be a piece of cake for me because I felt like I was really in good shape. Then at 13 miles, I wanted to pick it up to 5:50 per mile or faster if possible. Then just finish with whatever I could."

Mike: "OK, well 6 minutes per mile would take you through the half in 78 minutes. Do you remember what you went through the 13 mile mark at?"

Rick: "Yes, I was at 77:40, so I was just a few seconds faster than I had planned on at the half way point."

Mike: "So, pretty even pacing! It appears to me that the people who do run up front keep even pacing all the way through the marathon."

Rick: "Well we went through the 1st mile in 5:48, then slowed down to 6:10 for a couple of miles. At this point, I said this is going to be too slow, I want to run six's. So I picked it up a little and Tom Loucks went

A determined Joe Barile "gutting it out," finishing 40th in 3:04:54



*the determination . . . . .*

(Continued from page 13)

with me; we ran all the way through 13 at 6 minutes per mile. In fact, the last couple of miles from 10 to 13 were actually, probably, 5:50's. I continued that until around 16 miles where I began to feel it and slowed down somewhat."

Mike: "Why don't you tell me what you felt about the race. Fans, terrain, the finish, and emotionally what was it like?"

Rick: "Well let's go back even before the race. My mental outlook was that I was going to do it this time! I was going to bust one! I was either going to run a good race or I was going to drop out and be taken to the hospital if necessary, with heat exhaustion or something. I don't think I've been running that well the last two years. I really dedicated myself to this race and trained as hard as I ever did the last eight weeks. So I started out and at the three mile mark when we were running 6:10's and I picked it up to a 6 minute pace, I figured this may be too fast. I may have to pay the price later, but I'm going to do this for as long as I can. Then by the 6 mile mark I was in 17th place and I figured, well, I'm either going to have a helluva finish today or I'm going to die miserably. As the race went on, I continued to move up from 17th. Mentally, that started to really motivate me. By the 20 mile mark I was in fourth place. Jeeze, this is fantastic, I thought. If only one or two guys pass me going down Calhoun, I'll be OK! I think being up in the front as far as I was really motivated me. It kept my concentration going, let me relax. It kept me from thinking about the pain. As a result, I was able to maintain a 6:10 to 6:12 pace up to 23 miles. At that point I started hitting the wall and slowing down."

Mike: "What did you do to keep yourself going at that point? Secondly, how did you feel at Parnell, coming up over the bridge when you saw the Coliseum?"

Rick: "Phil Suelzer was riding along with me that last few miles. He had a jug of ice water with him. By this point all of the water on the course was warm because it had been sitting out for two or three hours. From 23 miles on I was starting to get hot and notice the heat. I borrowed Phil's jug and started pouring ice water over my head which really helped me. Whenever I'd feel myself getting really hot I'd pour more ice water on myself. Mentally from the 20 mile mark on I had developed this little chant which I kept repeating to myself. When I hit 20 miles and I was in fourth, I kept saying to myself - 6 miles, 4th place - 6 miles, 4th place. Just kept repeating this to myself and it gave me a running rhythm. As I hit 21 it became 5 miles and 4th - 5 miles and 4th. Just that little chant kept me from thinking about pain. At 23, I thought . . . if I can make it to 25 I'll be OK . . . anybody can run that last mile. You get there and there's no way you're gonna quit, you'll crawl in if you have to at that point. So I figured I have two more miles to go and I concentrated on relaxing, which is very important. When you get tired you tend to tighten up and waste energy. Then I figured how much time I had left to run. Twenty minutes left to run, then 15 minutes left to run, in those terms it didn't seem that long. When I got to the 25 mile mark, I said Ok - only one mile to go - and I tried to pick it up with what little I had left. When I got to the Parnell Bridge and could see the people, I thought, Well this is what you have been training for for the last eight weeks. I'm going to really enjoy this from here on in. As you run onto the Coliseum parking lot the emotional part really starts picking you up and sends shivers down your spine. I picked up my pace and kicked it in. Being in fourth place was much better than I expected and I was waving to everyone. It was a tremendous feeling, I wasn't tired, just smiling and on a mental high."

(Continued from page 17)

Gary Dexheimer, hampered by a cold, crosses the finish line.



*the exhaustion . . . . .*

Mike: "Rick, what does it take to run this kind of a marathon? What kind of training?"

Rick: "I think I thrive on high mileage. The last eight weeks I averaged 90 miles per week. My mileage varied from 80 to 100 miles and this wasn't just all jogging mileage either. In the morning I would run three miles easy and then on hard days 10 to 12 miles in the evening at a 6:00 to 6:30 pace, plus 10x100 yard sprints and a couple of miles warmup and warmdown."

Mike: "How many years have you been running to be able to handle that kind of mileage?"

Rick: "I've been running about 3-1/2 years. The thing is, I don't think at this stage I could maintain 100 miles a week for more than eight weeks. I was starting to break down from the mileage just prior to the marathon and was worried whether I was fresh enough mentally and physically."

Mike: "OK, one last question. We talked about the people who run the three to five hour marathons. There are a lot of Fort Wayne Track Club members in this group. What do you think of them?"

Rick: "I don't think the marathon would be nearly the race it is without the people who finish in three, four, or five hours. Whatever it takes to finish it, I think the marathon is for everyone from first place to last place. It's a challenge to better one's self. I think that's why running has taken off so much - people don't have many challenges in life. Running is a chance to feel success. If you fail, you can come back next year or next race and try again and eventually if you keep pursuing that and keep trying, you will reach success. It took me four tries to finish my first marathon. Whether your success takes five hours or 2-1/2 hours, Lehman's 2:26 doesn't mean any more to him that someone else's 4:26 or 5:26 means to them."

Mike: "Rick, I think your high mileage and great finish with 3-1/2 years of running behind you reflects tremendous potential. I'm glad I've gotten to know you and I wish you the very best in the future. I know the entire Fort Wayne Track Club is proud of your performance."

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#### MARATHON STORIES WANTED

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Members, please send me stories of your experiences in the recent Three Rivers Marathon. These need not be lengthy - anything from 25 words to 25 pages is fine. We all experience the marathon in different and interesting ways. I'm sure other members are interested in reading about your experience.

**TURTLE 10K - Churubusco, IN - 6-28-80**

45:05 1st (20-29) 1st (women)

54:19 5th 1st overall

(I was registering for Turtle 10K and asked the girl behind the desk if they were giving "splits". She said "no, but I think they're giving oranges.")

Myron Meyer  
Larry Shively

39:35.8  
37:53

1st (50+) 3rd (30-39) 14th overall

Dexter Lehman victoriously crosses the finish line in 2:26:22.



*the triumph . . . . .*

# DEXTER'S DEVASTATING DAY

GREG ORMAN

Dexter Lehman was standing in the recovery tent after the TV-33/Hooks Marathon showing no signs of just completing a hot 26 miles 385 yards race. As he accepted congratulations and talked with reporters about his race, a young blonde emerged from the group and caught Dexter's eye. After offering her praise, she asked if he would like to appear in an advertisement for a local car dealer the following day. Lehman obliged the lady and a star is discovered. Look out, Bruce - here comes Devastating Dexter.

Moving away from the pack at five miles with former winner Pat Davis, it was clearly a record attempt. Lehman professed being very fit and the 5:30 per mile pace definitely proved it. Davis dropped back at eight miles, and later out of the race. Lehman had only the oppressive heat to contend with for the duration of the event.

Twelve miles saw Don McClellan moving up on the fading Davis, with Scott Maves in fourth. At halfway, Lehman was running below Tom Blumer's record pace set in 1978 (2:25:22) but beginning to feel the heat. Fourteen and one-half miles brought the finish for Davis, leaving McClellan, Maves, and John Hanley from Terre Haute to battle for the number two spot.

At 18-1/2 miles, with Scott Maves very close, the unpredictable McClellan called it quits. Maves, looking strong, assumed second place while exiting Foster Park. Hanley was in third. Moving up quickly, in fourth, was Rick Reitzug. Going out easy and running in tenth, Reitzug was using the heat to his advantage.

By 21 miles, Lehman had built up a six minute lead, but had dropped off the record pace. Maves, Hanley, Reitzug, and Glen Urbaniak would hold their positions in the top five. Forty-two year old Robert Rouiller would move into sixth by the finish. Scott Beasley, Bob Keubler, former Harding standout, Mike Bultemier, and ?? Sponseller would complete the top ten.

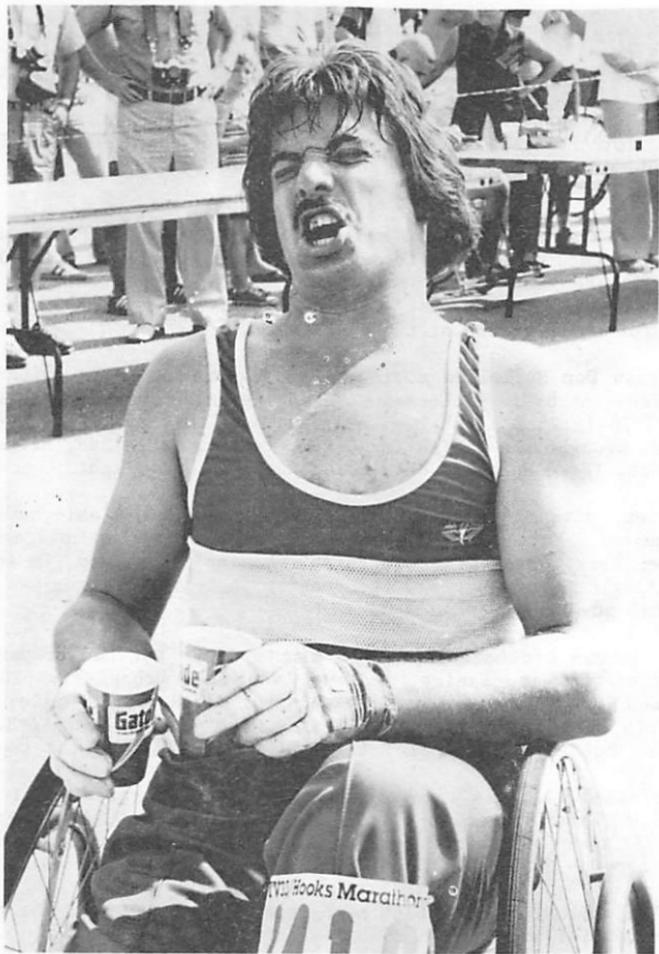
Lehman was pleased with his time over the course. His plans call for a cool weather marathon sometime, hoping to dip below the 2:20 barrier. Lehman is still undecided about next year's race. Could a third victory mean commercials for Hooks?

(Ed. Note: The following Track Club members also finished near the top of their respective divisions:

	16th	Jerry Mazock	2:50:22
	21st	Bob Bruckner	2:55:56
Women:	4th	Jane Scarpino	3:34:16
	5th	Cindy Goller	3:36:54
	8th	Mary Theresa Connolly	3:54:16
	9th	Adelma Waltenburg	3:59:22

Quite an impressive showing - especially by the women!)

*the relief . . . . .*



Don Vandello grimaces in relief while helping himself to Gatorade shortly after finishing the marathon.

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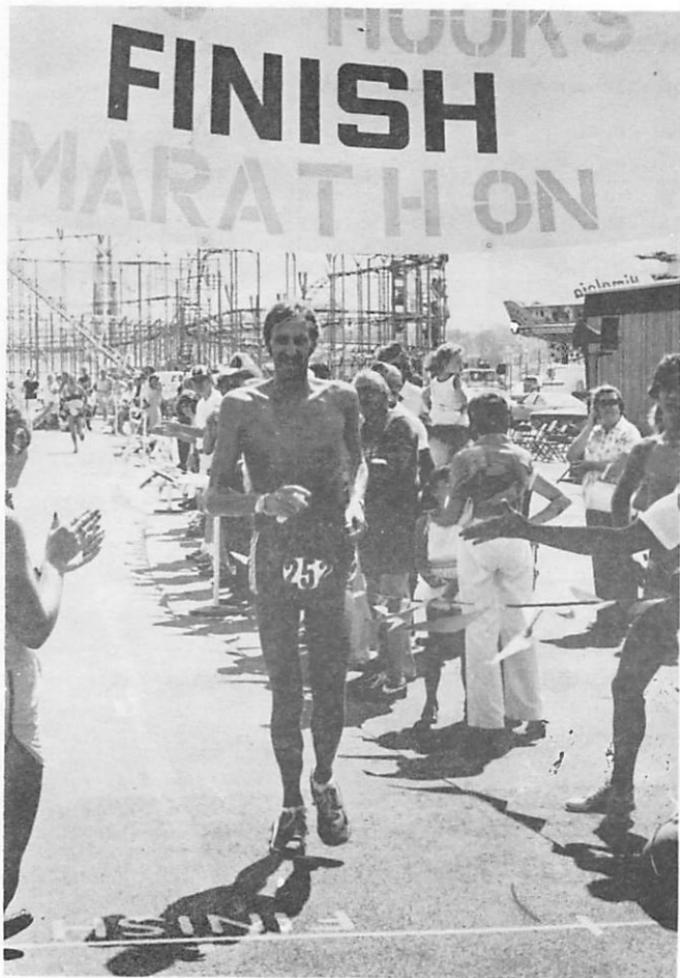
 TOP TEN AT CHECKPOINTS
 

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Compliments of Greg Orman

<u>6 miles</u>	<u>10 miles</u>	<u>13.1 miles</u>
32:56 - Lehman	54:54 - Lehman	1:11:22 - Lehman
32:56 - Davis	55:50 - Davis	1:13:46 - Davis
33:10 - McClellan	56:15 - McClellan	1:13:50 - McClellan
33:14 - Whitaker	- Whitaker	- Maves
34:30 - Hanley	- Maves	- Hanley
- Smith	- Hanley	- Smith
35:00 - Maves	- Smith	- VanZoeran
35:15 - Treckman	- Treckman	- Urbaniak
35:15 - #825	- Urbaniak	- Reitzug
- Urbaniak	- Rouiller	- Whitaker
<u>17 miles</u>	<u>21 miles</u>	<u>26.2 miles</u>
1:33:15 - Lehman	1:56:08 - Lehman	2:26:22 - Lehman
1:37:22 - McClellan	2:02:01 - Maves	2:35:36 - Maves
1:37:30 - Maves	2:03:30 - Hanley	2:37:07 - Hanley
1:38:36 - Hanley	2:05:40 - Reitzug	2:38:02 - Reitzug
- VanZoeran	2:06:51 - Urbanizk	2:41:16 - Urbaniak
1:41:08 - Reitzug	2:08:06 - Smith	2:41:45 - Rouiller
1:41:40 - Smith	- Rouiller	2:43:46 - Beasley
- Urbaniak	- Davie	2:44:24 - Keubler
1:41:53 - Davie	- Bultemeier	2:44:39 - Bultemeier
- Roullier	- #766	2:45:44 - Sponseller

*the enjoyment . . . . .*



Charlie Brandt smilingly crosses the finish line. "A piece of cake" said Charlie afterwards.



Dexter Lehman, wheelchair victor, Phil Carpenter, and wheelchair runner-up Marty Ball exchange success stories after the race.



*the fellowship . . . . .*

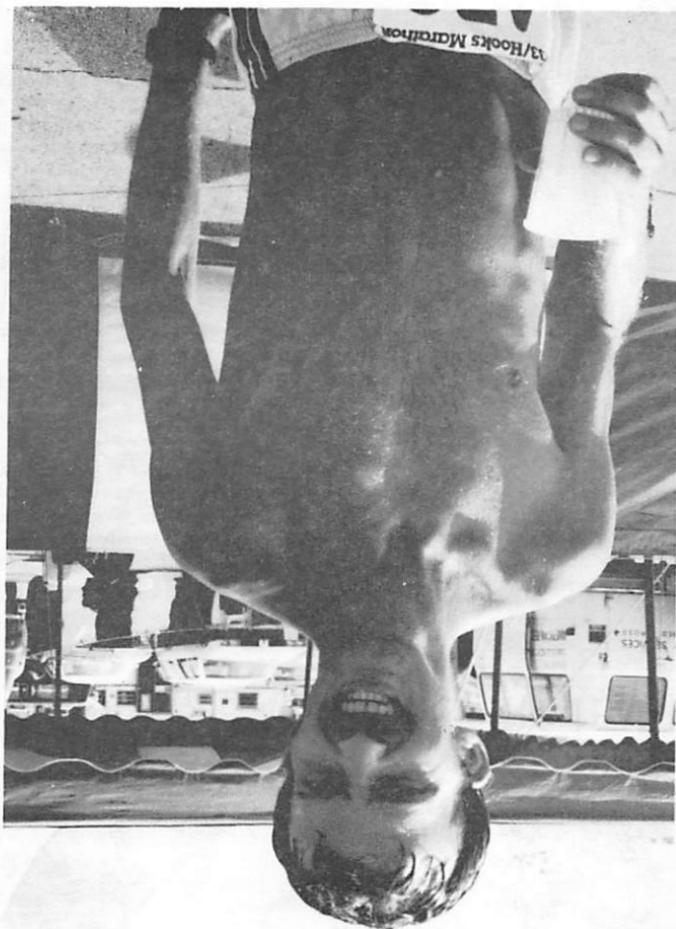


Mary Reitzug and urban cowboy, Mike Hill manned the track club information booth at the marathon, passing out information to any, and all, prospective runners. A policeman looks on in disbelief.



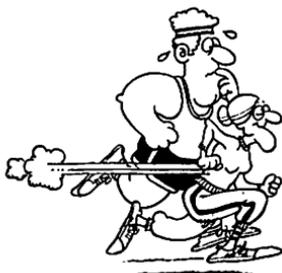
the bizarre . . . . .

*Anytime, Anywhere!*



*A marathon?*

# COACH'S



# CORNER

This month I thought I would just offer some general thoughts on training for this time of year. My plans for July and August call for backing off any interval or speed work at least through mid-August. I plan on keeping my races low key as I never expect to do very well during the heat of the summer months. I plan on beginning some easy interval the latter part of August to get ready for those fall races that I hope to do well in.

It seems that injuries come easier during the summer as the tendency is to increase mileage and do harder work. Everyone wants to take advantage of the warm windless days. The problem is that I think we forget that those ideal, but hot, days produce as much stress as the 20 degree windy days do. Obviously the key is consistency all year long with only minor variations for the time of year. I try to be fairly consistent with my base mileage and then simply vary the type of work I do depending on the season. Check your schedule and see if maybe you're trying to push too hard through these summer months.

I recently found that there is some truth to building your mileage prior to running a marathon. It's one thing to run or race 16 miles but throw in ten more and therein lies the problem. I know for a fact that Rick Reitzug was putting in a lot of long miles just prior to Three Rivers and we all know how he did. I guess I've got to believe that if you want to race a marathon it will be necessary to put in a couple of hard twenties and several other long runs besides.

There are a lot of cross-country races coming up this fall. You might want to consider a couple in your racing schedule.

---

**FOR SALE:** A fast pair of shoes. They've done eight kilometers in 26:14 during a training run. About fifteen miles total on them. I can't stand the killer wedge, but others aren't bothered by it.

Brooks RT-1, size 7-1/2, \$20.00.

Greg Orman 485-4340

# RUNNING IN THE BIG APPLE

THE NEW YORK DIET PEPSI REGIONAL

Gary Dexheimer

My initial thoughts were how lucky I was to be going to this race. Never before had I won anything this significant. I tried to keep the idea low key in my mind as I was very unsure of how I might be able to do. I really hadn't planned on any hard races during the summer and had not done any track work since early June. I felt that I was in fairly good shape as I had run some good track races in June but I worried about my capability in the heat. The Churnbusco 10,000 that I ran the week before didn't do much for my confidence. Although I used it as a training run it still turned out to be a struggle in the heat. Then on Tuesday of the next week I decided to do an interval workout. The workout was fantastic, although I did manage a slight strain on the back of my right leg. To make things worse, I planned on being on vacation during the race which confused matters a little.

Even though I was uneasy about making the trip, I simply decided to enjoy it and make the best of it. I drove down to Muskegan, Michigan, on Friday to catch a plane to New York. I had never been to New York before so from that aspect I was extremely fascinated. I stayed at the Marriott Essex House which is right across the street from Central Park. After arriving, the first thing I noticed was how hot it was. The forecast wasn't very optimistic, either. I went out for pizza that night and then later went for a long walk in Central Park. It's hard to describe the feelings that I felt as I walked by Carnegie Hall and around Central Park. I'm really not a fan of extremely large cities but I found New York unbelievable. Once back at the motel I got together with Mary Connolly and her brother John for a drink. Mary was the women's entrant in the race from Fort Wayne.

Six a.m. came very early. All of the sponsored runners were to meet in the lobby to board a bus out to the start. There were approximately twelve of us on the bus including Bill Rodgers, who just happened to sit right behind me. The race was to start in Ft. Lee, New Jersey, and cross the George Washington Bridge into New York. With well over 4000 runners the race organization was fantastic. There were plenty of port-a-johns and water at the start. It's certainly easy to get psyched when you line up in front of 4000 runners.

Nine o'clock and we were off with no countdown and a surprise start. I was disappointed not to see Steve Harek (the director) in his superman costume. I had planned on taking the first mile very easy so at the half Rodgers just ten yards in front of me. I hit the first mile in 5:05 and felt great. I'd guess that Bill went through in 4:50 or slower.

I'm sure the leader went through in at least 4:30. The next mile was very shady and I went through two in 10:11. At this point I was really feeling good and found myself flying by people. Even though I was moving quite well the three mile mark must have been off because I heard 15:10. Now began some extremely long hills and they were tough especially in the heat. At this point I was thinking extremely nice thoughts about Steve

Marek as he had told me that the course was relatively flat. I must admit, though, that I like hills and feel quite confident running them. Four miles flew by in 20:39 and I was still feeling strong. At this point I had visions of a fast time, if I could just hold on. Unfortunately the heat finally got to me at 4-1/2 miles. The race would now turn into a struggle just to finish. I didn't hear a five mile split but I knew I was really slowing down. Fortunately no one was close to me either in front or behind. Therefore I kind of let the pressure off and just thought about finishing. Soon I saw Columbia University and the stadium. The finish line was on the grass in the center of the track. They had a clock over the finish and I saw that my time was 32:45. A spectator had yelled 43rd to me so I assumed that was my place. Initially I was very disappointed that I had slowed down that much in the last two miles. Later I realized that that was as fast as I had run all year and although I ran the same time earlier in the spring, the conditions certainly were different.

After the race I stayed only long enough to watch John Glidwell accept the first place trophy. He had out kicked Bill Rodgers 29:24 to 29:27. I watched Bill very graciously sign autographs for all of his fans. I also talked to Mary Connolly who had placed 12th in her division and her brother John who had also run the race. I then caught a ride back to the motel and a fast taxi to the airport.

After arriving back home from vacation I contacted our local Pepsi people and surprisnly found out I had actually placed 23rd overall. The race turned out to be a great experience and certainly a confidence builder. At this point I'm just looking forward to fall races and cooler conditions and, who knows, maybe I'll be able to go back to the finals in New York.

MONUMENT CITY 10,000 METER RUN - Angola, IN - 6-28-80

Ken Babcock	35:50	2nd	4th overall
Vern Chevron	48:16	2nd	70th
Burneal Fick	56:18		116th
Jeanne Fick	58:20		124th
Mara Fick	62.59		143rd " (2nd-12-)

(A bit disorganized. Insufficient water at the first aid station - it ran out after about 50 runners. Finished line was understaffed.)

CHAIN-OF-LAKES MINI-MARATHON -- 6-14-80

Larry Shively	1:28:6	4th (30-39)	22nd overall
Vern Chovan	1:47:7	2nd (50+)	88th

(Oldest runner award)

Chain-o-Lakes was especially well directed and executed. A good primer for Three Rivers.

DIET-PEPSI 10K - Fort Wayne, IN - 5-18-80

Vern Chovan	45:45	4th (50+)	204th overall
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(Name did not appear in last month's Diet Pepsi results.)

NORTH WEBSTER MERMAID FESTIVAL - 6-21-80 - 5000 M

Larry Shively	18:25	2nd (30-39)	25th overall
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FIRECRACKER 4 - Northrop H.S. - 7-4-80

Carolyn Horn	32:06 approx.		
Sue Sorrick	30:54.6	1st (25-29)	131st

Come on, Larry Lee!! We know the blank space for finisher #85 at the Diet Pepsi 10K on 5-18-80 belongs to you. Turn in those tags, Larry, 41:25 is respectable. Got you this time.

# THOUGHTS ON THE 1980 "NON-OLYMPIC TRIALS"

LARRY YANT

(Ed. Note: Larry Yant recently attended the Olympic Trials in Eugene, Oregon. Here are some of his thoughts and observations reported exclusively for "The Inside Track".)

## THE CITY

Everything you have ever read or heard about Eugene, Oregon, claiming to be the running capital of the U.S. is probably true. This city of about 104,000 supported the Trials in great fashion; setting attendance records and showing an interest and enthusiasm for Track and Field that I've seldom encountered. Chanting, clapping, stomping, and standing ovals were the rule rather than the exception. Tailend runners were treated like kings and queens as opposed to the hee-haws sometimes given here in Indiana. The fans were extremely knowledgeable. Several people recited off the names of all Indiana qualifiers as soon as they found out my home state. . . . The Eugene Register-Guard just has to have the top running sport's department in the nation. Color photos, European race results, and complete road run summaries were daily features and such minor sports as baseball seemed to take a back seat. . . . Runners at all levels seem to enjoy a special status in Eugene. Bike and pedestrian hard surface paths border most main streets and roads. The trails along the rivers were forest type; very well maintained but crowded. I wish the Fort Wayne Park Department could visit Pre's Trail to assess the value that such an addition to our city would provide. There were plenty of competitive opportunities for runners. At least 8-10 publicized runs were held during the week from the fun level to those involving the best runners in the nation. There would be no need to mail order running gear in this locale. All major suppliers had outlets and the prices seemed about 20% lower than those in Fort Wayne. . . . The weather was near-perfect, the city and University combined to create a great atmosphere and I think it would be a wonderful place to reside.

## THE MEET

Hayward Field is a site to behold. Imagine a facility holding 17,000 spectators, with roofed grandstands, a 50' electronic Track scoreboard and NO Football field gracing its interior. The urethane track surface was quite fast and shed water effectively. It was soft and yet had great traction quality. Most runners were contested within the stadium and were given equal billing with the running portion of the meet. The announcers were the best I've ever heard. They kept you up to date with schedule information, split times, and the personal records of all competitors. . . . While no World Records were set, numerous Field, Trials, and American marks were broken. The main effect of the boycott seemed to be a lessening of both the quantity and quality of the athletes. The 1976 Trials had 4-6 top flight competitors clashing in each event but this year's version boiled down to 2-3 world class people per event. The addition of three unofficial women's events provided extra interest as well as some fine efforts. The 5,000, 10,000, and 400 hurdles were included as a plea

to the powers that be for a change in the 1984 Olympic program. Strongest ovations went to Mary Decker, Mac Wilkins, Madalyn Manning, Craig Virgin, and anyone wearing the green and gold colors of the University of Oregon. . . . The single negative aspect of the meet was that it dragged terribly. The Trials are set up to duplicate the Olympic 8 day schedule but small fields didn't necessitate lots of heats and few athletes attempt doubling at this level. The whole meet could have been conducted in four days. Perhaps the monetary greed of the Olympic Committee members overshadowed the needs of athletes and spectators. . . . Overall, the meet was excellent from organization to execution and one can easily see why Eugene has been the site of the last three Olympic Trials.

#### POST SCRIPTS

In spite of all the grumblings about the weakness of our 1980 team, its showing in the pre-Olympic meets in Europe seem to prove that we could have been a strong force in the Games if politics had allowed. . . . The July 19 meet in Philadelphia between the boycotting teams of the U.S., Kenya, Canada, West Germany and others should be a dandy. Will television carry it or the Cubs?? . . . If you get the opportunity to attend an Olympic Trial meet, don't hesitate. It's the best stateside chance to see this caliber Track and Field. See you in Eugene in July of 84. . . .

**Diet Pepsi Results:** Many members sent in results of the Diet Pepsi 10K race held on May 18th. The results were published of the first 407 finishers in the July issue of the "Inside Track". If your results for this race were not included, please send them on the Race Results Reporting Form and they will be published in the September "Inside Track".

#### FOR SERIOUS RUNNERS ONLY!

*I told my wife recently that I was tired of being tired. She convinced me to try a new sports vitamin formula called SPORTS PAC 30.*

*Very faithfully I took the combination each day and within 2 or 3 weeks I found myself looking for something to do after spending the day operating a painting business and running. My energy level was amazing and my recovery time from long runs and races was unbelievable.*

*The SPORTS PAC 30 is a complete balanced formula of natural vitamins, minerals, proteins, lipids, liver, yeast, etc., and is available in daily packets.*

*Use the SPORTS PAC 30 for one month and see the difference in your body's performance and recovery. Only \$24.95.*

Contact: Bob McNary  
Route 2  
Churubusco, IN 46723  
Phone 693-9501

**NEO & LIFE**  
A NEW LIFE WITH NEO-LIFE

## THE NOVICE NOOK

BURNAL FICK

PATIENCE! Oh how difficult it is to achieve patience with yourself when you're first drawn to the track. As a new-born "runner" with a slimmer body than has been around for so many years, you can't remember that sense of vigor and energy that makes each day a fresh, new, and exciting thing. How does the yet inexperienced beginning runner develop patience? How can we develop enough tolerance for ourselves and the slow progress that is the safe and sane way to successful running? How can we avoid all the terrible pitfalls we keep hearing and reading about and occasionally tumble into inadvertently because we have our noses stuck in an article or your minds are dreaming about Boston? Patience!

Patience is learned! But patience is not taught, it's caught! No one has the magic formula for giving someone else patience. It's a difficult lesson to learn, because we have to teach it to ourselves. But we all need it, don't we? The new runner without patience will soon be the new ex-runner, getting fat again, picking up all the old bad habits, and still, by the way, without patience with him or herself. And since patience is usually something that can often be a need of some of the very fastest and best runners, experienced track people aren't going to be much help, unless they have patience.

If you want to learn patience, you have to be around people who are. You have to watch them, associate with them, copy them, imitate them, and if at all possible, find one to run with you. My very limited experience as a runner has not been a handicap in this regard. I run with my wife. That take patience right there, not because she's slow (she runs training runs as fast as I can master), but because she is so patient with herself. Five time mothers, especially those who still have tiny babies around, either have patience or are prime candidates for Parkview's South Unit. I have, on occasion, run with other mothers of young children and they have been a real encouragement to me. I hope I have been able to do the same for them. Patience?

Some tips with regard to patience that I have gleaned from the "experts": Henderson wrote in one of his books: "It'll take a full month of base building for every year of inactivity before you get in shape. Mike Hill told me: get your full base of distance well established before any speed work. And the great philosopher Fick says: if weight is a factor, you'd better get rid of it before getting into top condition and then worry about doing something with your speed. Take it easy on yourself. Run with novices. Don't try to run with those speed freaks up front, or you could end up with a heel stress fracture, or maybe a severe sciatic back problem, or even a torn calf muscle like one novice I run with rather regularly. He's getting more patient by the day. Right now he's my patience hero, and he's me!

P.S. Novices unite! Let's appeal for an additional division in any future inter-club competitions - for those running less than eighteen months!!! It would have to be the honor system but it could also mean experienced runners would have to be doing some mission work on the side!

In Conjunction with the 1980 ROANN FESTIVAL

ROANN, INDIANA

Located 8 miles north of Wabash, Indiana.

One mile west of Junction State Roads 15 & 16.

SATURDAY, SEPTEMBER 13, 1980

## Roann Covered Bridge Run

Men	Women		
12 and under	18 and under	7:00 AM	Registration
13 - 18	19 - 29	8:30 AM	Ten Mile Race
19 - 29	30 - 39	10:00 AM	Three Mile Race
30 - 39	40 - 49		
40 - 49	50 and over		
50 and over			



### DIVISIONS

All runners report to Roann Run Headquarters located at the corner of Chippewa and Allen Streets between 7:00 and 8:30 for same day registration, race instructions, race packets and T-shirts.

There will be two courses . . . 10 miles for the spirited individuals, and 3 miles for the more leisure runners. Both courses are basically flat, some rolling hills, no gravel roads. A covered bridge, Lukens Lake, the Eel River highlight the scenic Roann Covered Bridge Run

### AWARDS

PRE-REGISTRANTS (by August 20th) will receive a specially designed covered bridge T-Shirt. Late and same day registrants will receive T-Shirts only if any are left. Trophies to winners in each division. Trophies to youngest and oldest participant. Training shoes to best overall men and women times. Ribbons to top 5 places in each division.

### STATIONS-SPLITS

Four water stations in 10 mile race. Medical assistance through out course. Splits every two miles. Electronic digital clock and finish apparatus will be used to help facilitate accurate times.

### ENTRY FEE

\$4.00 PRE-REGISTRATION; \$5.00 late and day of race registration. Make checks or money orders payable to Roann Covered Bridge Run. Remember, pre-registration ends August 20, 1980. Come prepared to run and have fun at the Roann Festival, one of the best events in Wabash County. Lots of things to do, enjoy the fantastic flea market and rides after the run.

### OFFICIAL ENTRY FORM

SHIRT SIZE \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL IF SMALLER, PLEASE STATE SIZE \_\_\_\_\_

NAME \_\_\_\_\_ DIV. \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ SEX \_\_\_\_\_

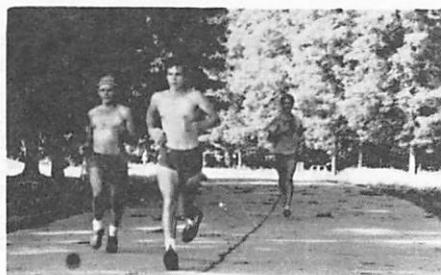
PHONE \_\_\_\_\_ 3 MILE \_\_\_\_\_ 10 MILE \_\_\_\_\_

I HEREBY WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE SPONSORS, OFFICIALS AND ROANN FESTIVAL COMMITTEE DURING THE COVERED BRIDGE RUN, TO BE HELD SEPTEMBER 13, 1980, OF ANY INJURIES SUFFERED BY ME IN SAID EVENT.

PARTICIPANTS SIGNATURE \_\_\_\_\_

SEND ENTRY AND REGISTRATION FEE TO: STEVE BRYANT, ROANN  
COVERED BRIDGE RUN, PO BOX 124, ROANN, IN 46974

FWTC 13.1 MILE PREDICTION RUN  
July 6, 1980



A trio of runners heads toward the finish line in the marathon warm-up prediction run.

	<u>Pred.</u>	<u>Actual</u>	<u>Diff.</u>
<u>Men</u>			
<u>14 &amp; under</u>			
David Milner	1:35:00	1:33:31	1:29
Andy Cauffman	2:00:00	1:58:12	1:48
Brett Hess	1:30:00	1:35:12	5:12
<u>15-19</u>			
Tom Lindley	1:31:30	1:30:57	:33
Vince Quinones	1:23:00	1:23:41	:41
Jeff Beam	1:45:00	1:44:13	:47
Gary Beam	1:46:00	1:43:52	2:08
Rick Harkenrider	1:18:30	1:21:51	3:21
Dennis Kreps	1:30:00	1:25:35	4:25
Mark Didler	1:44:00	1:39:31	4:29
Scott Langford	1:32:00	1:38:04	6:04
Ed Freygang	1:30:00	1:38:36	8:36
<u>20-24</u>			
Tim O'Connor	1:30:00	1:30:10	:10
Jeff Gangloff	1:33:04	1:32:54	:10
Tony Gatton	1:28:00	1:27:37	:23
Larry Helmsing	1:40:00	1:40:42	:42
Ken King	1:42:25	1:43:29	1:04
Roger Grable	1:45:40	1:44:34	1:06
Tom Loucks	1:20:01	1:18:36	1:25
Jeff Werling	1:30:00	1:32:07	2:07
Steve Tielker	1:55:00	1:57:35	2:35
Mike Kronmiller	1:30:00	1:35:53	5:53
James Freygang	1:20:00	1:40:45	20:45
Michael Freygang	2:01:01	1:31:55	29:06
<u>25-29</u>			
Phil Suelzer	1:35:00	1:35:02	:02
Steve Yager	1:44:00	1:44:14	:14
Dan Bossard	1:58:25	1:58:00	:25
Frank Adam	1:36:00	1:36:28	:28

FWTC 13.1 MILE PREDICTION RUN (cont.)

	<u>Pred.</u>	<u>Actual</u>	<u>Diff.</u>
David Garst	1:44:00	1:43:32	:28
Doug Sundling	1:33:25	1:32:56	:29
John Treleaven	1:30:00	1:29:22	:38
Tim Bolin	1:40:26	1:41:20	:54
Dave Smith	1:33:15	1:34:10	:55
Bill Moord	1:36:00	1:33:33	2:27
Rick Reitzug	1:18:00	1:15:17	2:43
Dan Kelble	1:25:00	1:28:40	3:40
Tim Ravencroft	1:40:00	1:31:50	8:10
<u>30-34</u>			
Phil Lockwood	1:32:50	1:32:48	:02
Dan Hannaford	1:38:00	1:38:03	:03
David Fairchild	1:38:15	1:37:44	:31
Mike Zurzolo	1:28:30	1:29:09	:39
Larry Haworth	1:42:00	1:42:55	:55
Tom Gerbers	1:22:00	1:21:04	:56
Dennis Kroells	1:25:00	1:24:02	:58
Robert Wiersma	2:10:00	2:08:45	1:15
Harry Miller	1:40:00	1:38:08	1:52
John Schwarze	1:23:00	1:25:22	2:22
Mike Robbins	1:27:40	1:24:03	3:37
<u>35-39</u>			
John Barbier	1:32:54	1:32:58	:04
Bill Henry	1:44:30	1:44:48	:18
Bob McNary	1:44:00	1:44:29	:29
Don Lindley	1:30:00	1:29:20	:40
Larry Lee	1:33:00	1:33:47	:47
Dick Gatton	1:30:00	1:31:18	1:18
Larry Averbeck	1:30:00	1:28:39	1:21
Jerry Cauffman	1:58:00	1:56:28	1:32
Wayne Schaltenbrand	1:31:42	1:29:58	1:44
Steve Adkison	1:36:00	1:41:20	5:20
<u>40-44</u>			
Lyle Young	2:00:00	1:59:57	:03
Lynn Milner	1:51:00	1:50:34	:26
Jack Morris	1:32:01	1:33:30	1:29
Art Garside	1:56:00	1:54:31	1:29
Bob Harter	1:40:00	1:37:23	2:37
Joe Ziegler	1:32:30	1:35:08	2:38
Joseph Brooks	2:02:00	1:58:21	3:39
Richard B. Duke	1:31:00	1:35:29	4:29
Ben Cox	1:46:00	1:38:48	7:12
<u>45-49</u>			
Jerry Weddell	1:51:44	1:52:04	:20
Eugene Striggle	1:35:00	1:35:21	:21
Larry O'Herron	1:37:10	1:35:42	1:28

FWTC 13.1 MILE PREDICTION RUN (cont.)

*Myron Meyer still running smoothly  
after 12½ miles.*

	<u>Pred.</u>	<u>Actual</u>	<u>Diff.</u>
Guy Zimmerman	2:00:00	2:01:58	1:58
Curtis Nold	1:57:00	1:54:39	2:21
Robert Waltenburg	2:18:23	2:10:18	8:05
Bob Schweppe	2:21:00	2:06:23	14:37
<u>50 &amp; over</u>			
Vern Chovan	1:50:00	1:48:54	1:06
Myron Meyer	1:26:08	1:27:15	1:07
Mike Kast	1:30:00	1:31:17	1:17
Wendell Adams	1:32:48	1:34:19	1:31
Jack O'Neil	2:00:00	2:02:53	2:53
Roger Phillips	2:03:30	2:06:23	2:53
<u>Women</u>			
<u>19 &amp; under</u>			
Betty Jackson	1:59:00	1:59:23	:23
Alma Ojeda	1:40:00	1:39:12	:48
Theresa Helmsing	2:09:00	1:54:39	14:21
<u>20-29</u>			
Jane Scarpino	1:38:00	1:35:53	2:07
Louise Weber	1:54:00	1:59:46	5:46
Robin Ziegler	1:48:00	1:39:02	8:58
<u>30-39</u>			
Ann Jamison	1:51:30	1:52:19	:49
Sharon Wiersma	2:15:00	2:08:44	6:16
<u>40 &amp; over</u>			
Adelma Waltenburg	1:50:00	1:52:06	2:06

COMPANY TEAM RACE UPDATE AND RESULTS

Tony Gatton

My intent with the Company Team Cross-Country Challenge was not only to have team competition, but also to encourage joggers and non-runners to try a race. Hopefully they would find that running is fun.

I figured the veteran runners from each company would recruit the joggers and non-runners in order to get a complete team. I know that many participants were running and racing for the first time in their lives, so I consider my experiment a success.

Next year I will not be directing the race. In order for this event to continue, some individual or company will have to assume this responsibility.

I hope that this will remain a local low-pressure event. Going big-time will take a lot of the fun out of the event and replace it with pressure to win. Also joggers and non-runners will feel less welcome to participate.

Of course, whoever directs the race next year will be in control of these things.

I will be available as an advisor, if necessary.

(Ed. Note: If you are interested in organizing and directing next year's Company Team Cross-Country Challenge, please contact Gary Dexheimer - 219-432-1439)

TEAM STANDING

1.	Lincoln National Life	125 points
2.	F.W. Community Schools	158
3.	International Harvester	162
4.	General Telephone	164
5.	Central Soya (F.W.)	183
6.	F.W. State Hospital & Training Center	206
7.	United Steel Workers of Am., Local 12775	246
8.	Lincoln National Bank	270
9.	General Electric	276
10.	North American	278
11.	Essex (Columbia City)	302
12.	Essex (F.W.)	342
13.	MULIC	351
14.	Eckrich	360
15.	Manco Products	362
16.	Central Soya (Decatur)	442
17.	Superior Iron Co.	442

(Tie breaker takes next finisher per company. Superior Iron Co. did not have extra runner for tie breaker.)

1	Brian Crosley	General Telephone	16:20:3
2	Steve Gradless	Lincoln Life	16:40:3
3	Rick Reitzug	F.W. Community Schools	16:45:6
4	Phil Suelzer	F.W. Community Schools	16:51:3
5	Dan Kaufman	Lincoln Life	16:53:7
6	Tom Gerbers	International Harvester	17:02:8
7	Jerry Mazock	International Harvester	17:21:9
8	J. Shneider	F.W. Community Schools	17:26:8

COMPANY TEAM CROSS-COUNTRY CHALLENGE (cont.)

9	Jim J. Anderson	General Telephone	17:31:4
10	B. Blosser	F.W.Community Schools	17:36:4
11	Todd Nichols	F.W.State Hospital	17:40:0
12	Ken Wolfe	International Harvester	17:40:3
13	Mike Stieglitz	International Harvester	17:47:9
14	Tony Gatton	Central Soya (F.W.)	17:52:5
15	Calvin King	Lincoln Bank	18:08:0
16	Don Lindley	Superior Iron	18:10:4
17	Wayne Schaltenbrand	F.W.State Hospital	18:12:2
18	Mel Odum	Eckrich	18:14:0
19	John Treleaven	North American	18:14:6
20	J. Kline	F.W.Community Schools	18:38:8
21	Woody Barker	Lincoln Life	18:40:8
22	Mike Robbins	Lincoln Life	18:44:0
23	Myron Meyer	USW of A - Local 12775	18:51:7
24	Jim Mills	USW of A - Local 12775	18:57:3
25	Mike Morman	General Telephone	19:14:2
26	Bill Halte	Lincoln Bank	19:20:6
27	Gary Bird	Essex (Columbia City)	19:31:4
28	Gene Striggle	USW of A - Local 12775	19:48:8
29	Paul Bauman	Lincoln Life	19:55:9
30	Scott Kingdon	Lincoln Life	20:06:0
31	Mike Hill	General Telephone	20:06:9
32	Jim Seiler	Central Soya (F.W.)	20:08:1
33	Jim Abbott	Lincoln Life	20:13:1
34	Don Thorp	Central Soya (F.W.)	20:14:9
35	Mike Beltz	General Electric	20:29:8
36	Tom Clagg	Lincoln Life	20:32:0
37	Ken Yahne	Lincoln Life	20:34:5
38	Dave Heyerly	General Electric	20:40:0
39	Terry Gautsch	General Electric	20:50:5
40	Gary Martin	General Electric	20:56:7
41	Doug Boyles	Essex (Columbia City)	21:08:2
42	Mark S. Richter	North American	21:16:0
43	Craig Amacker	F.W.State Hospital	21:17:7
44	Denny DeMeritt	General Electric	21:18:4
45	Garry D???	General Electric	21:24:5
46	Pat Butterbaugh	Essex (F.W.)	21:27:3
47	Denny Shuler	USW of A - Local 12775	21:27:6
48	Martin Schmid	North American	21:28:5
49	Jeff Blake	Essex (Columbia City)	21:31:4
50	Tom Mangette	Central Soya (F.W.)	21:36:0
51	Denny Walker	Lincoln Bank	21:41:1
52	Dick Schwartz	MULIC	21:44:4
53	Cindy Caldwell	Central Soya (F.W.)	21:45:1
54	Bill Bolin	MULIC	21:48:6
55	Dan Studer	MULIC	21:50:6
56	Don Babcock	Manco	21:54:6
57	Peter Colovos	Essex (F.W.)	22:01:1
58	Max Fuelling	General Electric	22:02:8
59	Tom Bentz	General Electric	22:09:5
60	Bob Riggs	General Electric	22:13:4
61	Craig Leeper	Essex (F.W.)	22:16:0
62	Tom DeLong	Manco	22:20:6
63	Mike Vance	North American	22:21:2
64	Jane Scarpino	F.W.State Hospital	22:21:5
65	C. Eberhard	Eckrich	22:22:2

COMPANY TEAM CROSS-COUNTRY CHALLENGE (cont.)

66	Joe Ochoa	Essex (Columbia City)	22:33:8
67	Jorge Jimenez	International Harvester	22:43:9
68	Steve Hatlem	Manco	22:45:7
69	Tim Orman	MULIC	22:59:0
70	Todd Seiman	Essex (F.W.)	23:04:8
71	Mike Zeis	F.W.State Hospital	23:06:5
72	Bill Rickord	International Harvester	23:13:3
73	Tom Chambers	Lincoln Bank	23:21:1
74	Jim Kiermaier	Manco	23:25:1
75	Gloria Nycum	Lincoln Life	23:33:1
76	Ken Miller	Eckrich	23:37:9
77	Larry Spreen	Eckrich	23:41:9
78	Larry Justice	Central Soya (Decatur)	23:46:2
79	Steve Haye	Central Soya (Decatur)	23:51:4
80	Brad Crackel	Central Soya (Decatur)	23:58:3
81	Tom Theard	Central Soya (Decatur)	23:59:5
82	Ken Uhrick	General Electric	24:00:0
83	Henry Schroeder	USW of A - Local 12775	24:14:7
84	Jeff White	Essex (F.W.)	24:32:3
85	Ron Stopher	MULIC	24:52:3
86	Mark Trakhtenburg	Superior Iron	24:53:1
87	Diek Unnel	General Electric	25:06:5
88	Mike Heminger	General Electric	25:08:1
89	Dave Baute	Essex (F.W.)	25:10:6
90	Roelof Raterink	Central Soya (Decatur)	25:20:2
91	Rob Copeland	North American	25:31:5
92	Steve Hunter	Essex (F.W.)	25:32:0
93	Roy Jordan	Central Soya (F.W.)	25:34:6
94	Brian Scott	Manco	25:34:8
95	Steve Williams	General Telephone	25:57:7
96	Norm Cox	Central Soya (F.W.)	26:00:7
97	Chuck Stephany	General Telephone	26:06:6
98	Linda Renner	General Telephone	26:20:9
99	Chris Hunter	General Telephone	26:34:5
100	Mickey Cohen	Superior Iron	26:36:9
101	John Donnelly	General Electric	26:47:4
102	Kim Rodey	Manco	26:50:0
103	John Gospoderik	Central Soya (F.W.)	26:53:4
104	Mike Blaugh	Eckrich	26:54:3
105	Linda Gospodarik	Lincoln Bank	26:54:7
106	Pam Fox	North American	27:03:5
107	Brian Payne	Central Soya (F.W.)	27:07:9
108	Phyllis Suelzer	Essex (F.W.)	27:11:2
109	Lon Diehl	Essex (F.W.)	27:12:5
110	Bill Klotz	Essex (F.W.)	27:39:0
111	Jack Leary	Essex (F.W.)	28:01:0
112	Ralph Sheets	MULIC	28:36:1
113	Steve Konngren	Essex (F.W.)	28:41:7
114	Dan Patton	Essex (F.W.)	28:58:7
115	Harold Hampshire	General Electric	29:10:0
116	Terry Sowles	Superior Iron	29:13:5
117	Jack Paul	Lincoln Life	29:13:7
118	Dick Shafer	Essex (F.W.)	29:18:9
119	Candy Marshall	Essex (Columbia City)	29:22:7
120	Dave Kennedy	Essex (F.W.)	30:00:3
121	Jayne Schipper	MULIC	30:00:6
122	Janie Reifsnider	MULIC	30:29:6

COMPANY TEAM CROSS-COUNTRY CHALLENGE (cont.)

123	Patty Batesole	Central Soya (F.W.)	30:38:9
124	Wanda Weesner	Essex (F.W.)	30:54:0
125	Jim Widemeyer	Eckrich	31:01:0
126	Ron Horner	North American	31:30:3
127	Kim Konkle	North American	31:30:8
128	Susan Potter	General Telephone	31:59:1
129	Larry Price	Essex (F.W.)	32:31:3
130	Roger Hoogenboom	Eckrich	31:40:8
131	Vicki Mather	Central Soya (F.W.)	32:56:2
132	Nate Mitchell	Eckrich	33:36:9
133	Doris Fleetwood	F.W.Community Schools	33:55:5

# LETTERS TO THE EDITOR



Dear Rick:

Each month I look forward with anticipation to receiving the FWTC news letter. I must congratulate you and your colleagues on such an excellent publication. Thank you for adding so much to my interest and love for running.

Yours appreciatively,  
s/Patrick Youles

P.S. The July issue was, in my opinion, the best to date.

Dear Rick:

I think Mike Hill may have been a little rough on the par courses for the sake of the "quitters" who use them. If it weren't for the par course at I.U.P.U., I wouldn't be running today. Besides, if you take a good look at what a couple loops around that par course demands and compare it to what has become known as circuit training such as is done by people like Seb Coe and others like him, you'll find there's not too much difference. If it can help Coe why couldn't it help a 9:30 miler like me?

s/Burny Fick

Rick:

Sorry it took me so long to get my race results to you. I enjoyed your article on the psychological aspects of a marathon and the victory of finishing.

The Marathon-Marathon in Terre Haute was a personal victory for me - a psychological victory (not a victory time-wise!). Although this was my fifth marathon (I've been running for four years), I was far from confident. I was apprehensive about this marathon since my last marathon was at Three Rivers in 1978. In August, 1978, I suffered a fractured hip and have a lower back injury that kept me from any physical activity for eight months (how depressing). Let my caution runners about racing in the grass - it's easy to fall in a hole and get injured as I did - and not so easy to recover.

I ran Terre Haute cautiously - waiting for back and/or hip pain. I had to talk myself through the race -- my time (4:06) was my worst ever, but I won since I finished - without pain. (Last summer, a run over seven miles crippled me.) I regained confidence in myself as a runner, and have started racing again, and training harder. It feels terrific (I've been averaging 80 miles per week).

The Turtle 10,000 at Churubusco was a second physical/mental victory. Although I did win it (it was hot), I ran six miles with two bleeding knees. One of the runners who got off course (I won't mention any names) cut me off at about 2/10 of a mile into the race. I tripped and cut both knees and the palms of both hands on the asphalt. Because the pain was external, I decided to try to finish the race. My finish was dramatic and bloody -- but the runner did apologize to me about fifty times.

So far, this year has been a good running year. I'm planning to give the Three Rivers Marathon all I've got this year - hope to see a lot of FWTC runners also. And I wish everyone the best of luck.

C. Jane Scarpino

W GREEN  
9704 FOREST LN APT 27D  
DALLAS TX 75243

western union

Mailgram



RICK REITZIG  
323 KENSINGTON BLVD  
MT WAYNE IN 46009

WY ALL TRAINING MILES PAY OFF SUNDAY HOPE YOU HAVE GOOD WEATHER GOOD  
LUCK TO YOU AND THE TRACK CLUB HAVE A FAST AND ENJOYABLE MARATHON  
WISH I WAS THERE  
WALT

TV-33 and the Fort Wayne Track Club are to be congratulated once again for doing a first rate job in producing this year's marathon. As a race director and runner, I am aware of every detail that must be attended to in order to have a high quality marathon. When you consider all the people who must take care of the infinite number of details of this race, it seems almost miraculous that each year everything comes together to form a flawless event. Few people are aware of the work that is done by Cheryl Defay, Cal Mahlock, and Bill Nichols, but if they did, they would also want to express their gratitude to them for a job well done. I would also like to thank you because without your enthusiastic support, the idea of a marathon in Fort Wayne would not have become a reality. As a middle-of-the-pack marathoner, I am in a good position to know how most runners feel about the Fort Wayne Marathon. They all rate this race as one of the very best. It is also important for you and the Track Club to protect the traditions that surround this race through the six years of it's evolution. There will always be people who would like age groupings, including many of my own running friends, or a change to early spring or late fall for a race date, but this would be unwise. However, I think that improvements can still be made. One area that I would like to make a suggestion is your half-hour Marathon Show and the T.V. promotion prior to the race. Each year I have enjoyed the marathon coverage on T.V. 33 and each year the half-hour show seems to improve and be better than the previous year's show. The addition of Gary DeKheimer to this year's show was a good idea and added a new dimension to an already good program. But something is missing.

Dear Hilliard:

(Ed Note: The following are copies of two letters that were sent to Hilliard Gates - WKJG-TV - by FWTC members.)

After watching this year's show, it finally occurred to me that we did not learn very much about any of the Fort Wayne people that participated in this year's race. We knew about the winners in each division, we knew who was leading at each stage of the race, and we had beautiful panoramic pictures of Fort Wayne and the field of runners as they ran over the course. But what about Rick Keitzug, Don Lindley, Theresa Mundingier, Cindy Goller, Gloria and Julie Nycum, Jerry Mazock, Bob Brunckner, Bill Schmidt, Mike Kast, Myron Meyer, Joe Barlier? The list could go on ad infinitum. Each of these runners represent an interesting story. Since you are not a runner, it would be impossible for you to know who these people are, or to be aware of the many facets of each person's running history that makes them every bit as interesting and exciting as Dexter Lehman. The fault lies not with you and the other media people covering the race, but with us as runners and race organizers. You have taken the first step in the right direction by including a Fort Wayne Track Club official and a knowledgeable runner in your marathon television show. The next step would be to work with the Track Club in order to find out more information about local runners. We can help you create stories of interest and features that will bring a little more balance to your program. This can not be done on race day but must be planned weeks in advance. We have knowledgeable, talented, and enterprising men and women in our Track Club who will be most happy to work with you in whatever capacity you would feel is appropriate. I would be happy to discuss with you some of my ideas in this regard when you have available time; perhaps at one of your post marathon meetings.

I would also like to congratulate you for your judicious treatment of this year's cheater. This unfortunate situation could have clouded an other-

wise pleasant day. His name and address information should be exchanged with the race directors of the Honolulu, New York, and Boston Marathons who are attempting to keep known cheaters out of their races. No publicity or attention for cheaters is definitely the best policy.

If I can be of any help in the future, please let me know.

Sincerely,

s/Charles C. Brandt

Dear Mr. Gates:

I am a local runner who has participated in the Three Rivers Marathon for the past six years. I wish to congratulate you on the marathon - it is one of the best organized marathons in the country. However, there is one segment of this marathon that has left me increasingly disgruntled every year. This is your thirty minute marathon telecast. Although people from many states participate in the Three Rivers Marathon, the great bulk of participants are from Fort Wayne as are those fine people who distribute water, gatorade, and ice, cut orange slices, man the Red Cross tent, etc. Yet, during your telecast this year, very few of these people were shown. Hundreds of local runners completed the marathon challenge - running the full 26.2 miles - on a sweltering day when most people were reluctant to step out of the confines of their air conditioned houses. For many of these people it may be the greatest challenge they conquer this year, or even in their lifetime.

Five Fort Wayne runners finished in the top twenty, after having trained up to 100 miles per week in order to do well in our local marathon and thus make their friends, neighbors, and their hometown, Fort Wayne, proud of them. Yet, your station did not find it important enough to reward any of them for their efforts by mentioning them on your program. Personally, I have finished in the top twenty the last three years, placing in the top ten two of those years, but have yet to hear my name mentioned on your telecast. Instead you spent the greatest part of your program showing Pat Davis, a non-finisher, and Dexter Lehman, the eventual winner. Pat and Dexter are extremely dedicated runners and fine human beings, but I would venture to say that they are both embarrassed by the inordinate amount of time you spent covering them while neglecting the remainder of the marathon. The winner is important, but there is so much more to a marathon - hundreds of people trying to overcome a challenge, and hundreds more attempting to help them succeed by offering them water, gatorade, ice, sprinklers and hoses to run through, and encouragement. This is what makes a marathon such an interesting and great event. Your telecast misses these elements.

In conclusion, your television station has succeeded in bringing a class marathon to Fort Wayne. I thank you for that. The telecast of the marathon could greatly add to the stature of the race. Local people watch it to see how their friends, neighbors, and acquaintances fared. Participants watch it to see themselves or hear their names mentioned. Every year most of us turn off our television sets disappointed. Please improve this part of your marathon. Doing so will put you well on the way to staging the perfect marathon.

Sincerely,

s/Rick Reitzug

## TAKING IT EASY

MIKE HILL

It has been extremely difficult to write a feature article this month. I put in my normal small notes and comments, but then struggled for an idea that could lead into a larger article. When you're injured and not running, it's hard to get your enthusiasm up for the task of talking more about running. Yet there's always something to get me "fired up". This month it was an article in Sports Illustrated about runners who destroy themselves physically by running through pain. Sports Illustrated, like many of the major commercial sports magazines, is primarily a spectator sports rag. As such, it does not surprise me that they would attempt to sell magazines by portraying the "fringe" of the running community as the normal everyday runner. I doubt even that they do it intentionally. When you know very little about the subject, it's easy to miss the target!

Gary Dexheimer wrote a very sensible article on injuries in a previous issue of the "newsletter". In his article, Gary talked a bit about the psychological difficulties of resting when injured. What I would like to do is mention a few of the things I do during a layoff to allow an injury to heal. Hopefully, these ideas will help those of you who will run into a minor problem from time to time. By the way, most of the big injuries I see around my work location are knee, eye, and ankle injuries. Many require surgery and time off. The cause? Well it sure as hell ain't runnin! They are racquet ball, baseball, basketball, and motorcycle injuries. Most of the overuse injuries we find in running can slow us down, but very few will bring you to a standstill. What should you do if injured and no improvement is seen while you continue to run? Well, I suggest the following:

1. Go see your favorite Orthopedic or Sports Medicine Physician. Even if he's not a runner (Orthopedic types are too smart to run), he knows the best way to approach the healing of bone, tendon, muscle, etc. We have several good people here in town and the doctor I go to will not recommend a layoff unless it's needed. He also happens to know that most injuries for runners start in the foot. I don't feel he would needlessly recommend orthotic devices but can refer you if he feels they are necessary.

2. Do what the doctor says! During my recent ten day layoff, I felt my leg was okay after seven days. But I stuck with the recommended ten days off and am happy I did.

3. While you're off, do your stretching routine several times a day. Be sure you're not stretching the injured part excessively.

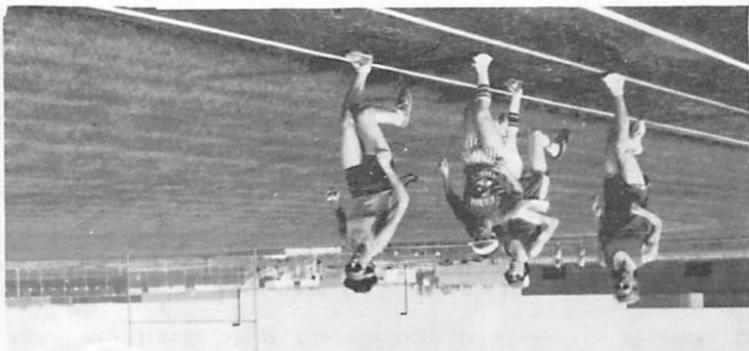
4. Take a mile or two walk in the evening at an enjoyable pace. If your injury bothers you though, give up the walking also.

5. Ride a bike. I borrowed a Fuji racing bike from a friend here at work. Riding a bike requires that you go farther, but means you can keep

aerobically fit. Take it easy starting out as you do with running. A good set of rollers in your basement will allow you to do stationary riding. Biking does not help heal serious knee injuries. I wouldn't recommend it if you're having runner's knee difficulties.

6. Catch up on other things that need to be done. Paint the house, do your lawn work, spend time with the wife/husband or kids. Enjoy the rest and take it easy. Do something as an administrator at the next IWTG race.

The time off, of course, will pass quickly. If you're really interested in running you won't have any problem getting started again. Going into my recent layoff, I was getting very tired and stale; now after a couple of weeks off I'm looking forward to racing again. I realize this will strike fear in the hearts of Dexter Lehman and others. But don't worry, fellas, it takes a little while to come back up to my previous peak!



A group of track club runners at a recent race.

## THE RUNNING PAINTER

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

Contact: Rick Reitzug  
Call: 424-8091



**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)*

*Sample*

---

*Fold Here*

*Fold Here*

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

**POSTAGE  
REQUIRED**

# RACE CALENDAR

- 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.
- 8-2-80 CLEAR LAKE 10K RUN FOR THE BLIND - Fremont, IN - 8:30 a.m.  
Clear Lake Lutheran Chapel; 270 Outer Drive
- 8-6-80 FWTC FUN RUN - Foster 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.  
Don Goldner - 747-4359
- 8-9-80 DICK LUGAR FITNESS FESTIVAL - Jeffersonville, IN
- 8-9-80 MARATHON, 2 and 7 MILE RUNS - 5:30 p.m. - ISUE - Evansville, IN  
Bill Stegemoller - 812-477-1755
- 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
- 8-16-80 RENO BROS. 5 MILER - Seymour, IN - 9:00 a.m.  
Seymour H.S. - Gary Green - 812-522-9696
- 8-16-80 RAINTREE CO. JAMBOREE 10K - New Castle, IN - 9:00 a.m.  
New Castle Chrysler H.S.
- 8-16-80 HAYNES-APPERSON 10K - Kokomo, IN
- 8-17-80 CRAWFORDSVILLE JAYCEE MARATHON - Crawfordsville, IN - 6:30 a.m.  
(26.2, 6.2 mile)
- 8-17-80 FUN FEST FIVE, North Mancester, IN (5 mile) - 10:00 a.m.
- 8-19-80 5K CROSS-COUNTRY HIGHLAND PARK - Kokomo, IN  
317-455-0427
- 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
- 8-23-80 OLD SETTLERS DAY 7 mile RACE - Monticello, IN - 6:00 p.m.  
Twin Lakes H.S.

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Please send race announcements or changes to Tom Loucks, RFD 1, Ossion, IN 219-622-7108

Information in the race schedule reflects the latest information available to "The Inside Track". Mistakes are possible. Please double check with race directors or other sources before traveling to a race.

- 9-23-80 FOREST PARK CHARGE 10K - Forest Park, OH H.S.
- 8-23-80 BEARS OF BLUE RIVER 10K - Shelbyville, IN
- 8-24-80 BEARS OF BLUE RIVER 5 K CORPORATE RUN (5 men)  
C. Ray Sears - 730 Berkeley Dr., Shelbyville, IN 46176
- 8-27-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 9-1-80 BLUEBERRY STOMP - Plymouth, IN  
15 KM - 10:00 a.m. - Rebecca Gangloff - 219-936-6459
- 9-1-80 REDBUSH PARK 4 MILE RUN - Seymour, IN - 8:30 a.m.  
Randy Ude - 812-497-2480
- 9-3-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 9-6-80 ROANOKE 10,000 METER RUN - Roanoke, IN - 9:00 a.m.  
Russ Gross - 219-672-3562 - \$3.00 - (downtown for directions)
- 9-6-80 TIPTON COUNTY PORK FESTIVAL 10K - Tipton, IN - 9:00 a.m.  
Tipton Middle School - South on Ind. 19
- 9-13-80 MUNCIE 80 ENDURATHON - 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
- 9-13-80 ROANN COVERED BRIDGE RUN - 3 & 10 mile - Roann, IN  
8:30 a.m. - 10 mile; 10:00 a.m. - 3 mile (see ad in this issue)  
Steve Bryant, P.O. Box 124, Roann, IN 46974
- 9-20-80 PARTLOR CITY TROT - Bluffton, IN - 11:00 a.m.  
Phil Lockwood - 219-824-2412