

\$ 1.00

INSIDE: EIGHTEEN ARTICLES TO READ AFTER RUNNING



NEWSLETTER OF THE FORT WAYNE TRACK CLUB

SEPTEMBER, 1980

the inside track

FORT WAYNE
TRACK CLUB



ON THE COVER: Big Brothers and Little Brothers run side by side
in the Arby's Big Brothers/Big Sisters Park Run on August 23rd.

For further information, call Don Lindley - 219-456-8739
Please mail to: FWTC - Don Lindley, 6015 Landsdowne Drive, Fort Wayne, IN 46816

(Please Print) *APPLICATION*

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

 New Member

 Renewal

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 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.

RENTAL RATES:

Chromomix Timer	\$ 35.00
Zetatron Digital Clock	\$100.00
Package (includes both timer & clock)	\$125.00

Please contact Gary Dexheimer, 219-432-1439

COMMERCIAL ADVERTISING RATES: \$50.00 - Full Page
 \$35.00 - Half Page
 \$20.00 - Quarter Page
 \$ 5.00 - Classified Ad
 10 x Entry Fee

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

- Rick Reitzug Editor
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 Fort Wayne, IN 46804 - 219-432-1439
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 Cindy Caldwell - Secretary
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EDITOR'S

NEWS

& VIEWS



RICK REITZEL

"Elite. The best or most skilled members of a social group. A narrow and powerful clique."

Elitism. Generally considered a dirty word in the Fort Wayne Track Club. But is there a basis for the negative connotations associated with the word? Is there something wrong with being one of the best or most skilled members of a social group? Isn't "the best" what we, as runners, all ultimately strive for, if not within our social group, then at least the best that we are capable of? What about the fun runner who has no desire to be the best in a race, but runs only because he enjoys it? Why does he enjoy running? I would venture to say his enjoyment comes because in some way running is helping him be, not the best runner he can be, but the best human being that he can be.

"A narrow and powerful clique." It is this definition of elite that causes many a peace loving runner to bristle. I've heard the word elitism used in connection with certain activities of the Fort Wayne Track Club several times within the last year. It is not the purpose of this column to defend the activities of the FWTC. The record of the club over the past year speaks for itself. To the best of my knowledge the club has sponsored only activities at which all members were welcome. As editor of THE INSIDE TRACK it is my main concern. Is THE INSIDE TRACK only the voice of the elite? Absolutely not! All members have been encouraged month after month to submit any copy which they felt might be of value or interest to other members. All such copy received has been published. Why then do the names of some members appear more frequently than others? As runners most of us from time to time during the year engage in serious training in preparation for a particular race. During these periods of intensive training we often seek out other runners to help us through our hard workouts by running with us. In order to insure a productive workout, we generally run these workouts with runners of a similar ability level. Thus we run and talk and train and develop the bonds of friendship. We share thoughts, ideas, and experiences of ourselves and acquaintances we've recently run or talked with. It is this information, often gathered "on the run", that finds its way into the pages of THE INSIDE TRACK. It is for this reason that the names of running partners of

mine appear in THE INSIDE TRACK more frequently than the names of other runners. I am not an investigative reporter, nor do I have the time to be one, so I cannot periodically contact the FWTC membership for newsworthy items. If you want something known, drop me a note. If you want something published, send it to me. We have many interesting and good writers in the FWTC (as evidenced by the numerous marathon and race stories appearing in this issue).

THE INSIDE TRACK is not an elitist publication. It is for everyone. One member's ten minute miles are as interesting and important as another's five minute miles. We all share common bonds, joys, pains, and experiences - only at different speeds. Once again, let us hear about yours. Otherwise, I'll tell you some more about mine.

Have a good run.

FORT WAYNE TRACK CLUB
2.75 MILE PREDICTION RUN

Date: Sunday, September 21, 1980
Time: Registration 1:00-1:50 p.m.
Start 2:00 p.m.
Place: Foster Park at the Par Course entrance
Fort Wayne, Indiana
Course: Out and back on closed off asphalt road
except for short stretch at the end of
Hartman Road.

Results: Course completion time will be posted
as soon as possible for each runner.
Final place standings (the difference
between predicted and actual times) will
be mailed to all non-FWTC members. For
FWTC members, results will be published
in "THE INSIDE TRACK".

NO ENTRY FEE - THIS RUN IS FREE FOR EVERYONE

For additional information, contact Co-Race Directors

Robert McKinley
3115 Willow Oaks
Fort Wayne, IN 46809
219-747-5002
Don Lindley
6015 Landdowne Drive
Fort Wayne, IN 46816
219-456-8739

PRESIDENT'S COLUMN



GARY DEXHEIMER

Tentative plans are in the wind for TV-15 sponsoring a 15K race around Thanksgiving. We have had a couple of initial discussions and it appears that they really want it to be big time. They would like to plan on taping segments of the race which include focusing on local runners. This would be shown several days later.

During the last Lincoln 10,000 meeting, Charlie Brandt and I were shown examples of the new medals and T-shirts to be used for the race this year. Both are a nice improvement over last year. There is also a possibility that we may be able to use the bank's computer center as a back-up system for the finish. If this proves successful, then they would most likely generate a finish card for each runner similar to the Diet Pepsi card. So far things are really shaping up and this should prove to be the greatest Lincoln yet.

Our new timer is in and has already been used at a couple of races. In this issue you will find a copy of a notice that I have sent to some of the bigger races in our area. The timer will be available for use at local cross-country races this fall. This will be done on a first-come first-serve basis to local area schools only. Schools outside of the immediate Fort Wayne area will be required to rent the equipment as usual. Interested coaches should contact Don Lindley or me.

Congratulations to our FWTC and the team that brought us home the first place team trophy from the Wendy's race. As this was a first time affair the competition was apparently weak. Only Kokomo and the Indy Runners took up the challenge to compete. Hopefully we can now look forward to some additional team challenges. A special thanks to Tom Loucks for being captain of the team. There are a number of team races this fall so maybe we'll see the FWTC earn a few more first place trophies.

I hope everyone is well healed after your marathon effort. I must admit it took me close to three weeks before I started feeling good again. There are a lot of good races coming up this fall and I'm especially looking forward to some cross-country.

ATTENTION: RACE DIRECTORS

The Fort Wayne Track Club recently acquired a new Chronomix timer which will be available for immediate rental. This item is the newest in the line of Chronomix timers. It is extremely sophisticated and will primarily be utilized for timing large races where multiple chutes are in use. This item will compliment our existing equipment as we also own a Zetachron clock and the original type Chronomix timer.

Certainly as a director of a race where timing every runner continues to be an overwhelming task, we felt that you might have an interest in renting this equipment.

We are already scheduling our equipment rental for 1981. If you are interested, it will be necessary for you to confirm this by calling or writing me. We do require a 50% deposit prior to January, 1981, and the remaining 50% as soon as possible thereafter. This will insure a scheduled commitment on behalf of both parties.

The FWTC also has a tremendous amount of experience in organizing finish lines and consulting on race administration. If interested, I'd be happy to discuss our experience and capabilities with you. Our fee would simply be based on a donation to the club plus free race entry and travel expenses for up to three members. Our costs would include use of the equipment.

Rental Rates:

Zetachron	- - - - -	\$100.00
Chronomix Timer	- - - - -	\$ 35.00
Chronomix Model CC721 Nine Lane Timer	- - - - -	\$200.00

We offer a \$10.00 discount on any package utilizing two pieces of equipment.

If you have any further questions, please feel free to contact me at 219-432-1439 (9614 Wolf River Place, Fort Wayne, IN 46804) or Don Lindley at 219-456-8739 (6015 Landsdowne Drive, Fort Wayne, IN 46816).

Gary Dexheimer
FWTC President

GLASS CITY MARATHON - 6-15-80

Wendell Adams	3:16:47	3rd (50+)	190	overall
Giles Tomlinson	3:25:00	5th (50+)	232	overall

GARRETT 10,000 Meter - 7-19-80

Betty Jackson	54:04	1st (15-19)	134	overall
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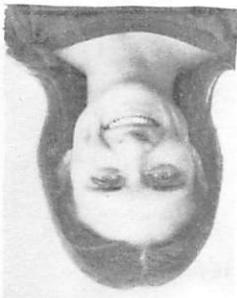
I was the one woman finisher and therefore the overall women's winner.

CRAWFORDSVILLE MARATHON - 8-17-80

Dave Fairchild	3:32:20 PR	34th (30-39)	74	overall
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(Ed. note: Super, Dave! That's approximately 30 minutes faster than your previous PR, right? Will we see a story on your marathon in the October issue? (I'm putting you on the spot!))

WORDS FOR WOMEN



CINDY CALDWELL

Day in and day out we run. If you step back for a few minutes, it is amazing to think about what you are doing. Did you ever think you could run 1, 5, 10, or more miles a day and look even better by doing it? It really is incredible if you stop to think about it. Instead of being exhausted, we become more alert and refreshed. Our bodies and minds feel a sense of fulfillment.

Onlookers think we are fanatics, as we thought runners were before we started. As each one of us became intrigued and decided to begin running ourselves, we changed our point of view. You decide to start running and build up slowly. At first a half mile is a real struggle. You work on a half mile and add a little at a time. Day by day you have more breath, looser legs, and feel stronger.

It is still hard for you to believe that you could run very many miles without stopping. You have worked up to two miles and that seems plenty. You keep on running and decide to try a little more each day. One day you are feeling pretty good so you decide to go past three. You do, and feel as if you could run forever. You return home having made a giant step in your running. You went past the initial tight legs, lack of breath, and became relaxed in your running. At this point you are in rhythm, your breathing is smooth, your legs feel loose, and you just feel good.

This is what I think makes "joggers" who run a few miles a day lose interest and only run sporadically. Most likely they haven't gone far enough to give their body a chance to adjust to the run. In this case, they might just go through the warming up phase of the run and never get the full enjoyment of it. Possibly they think they don't like running but it's only because they haven't kept with it long enough or far enough.

You could run from one to three miles for a long time and benefit from it. In my opinion, though, until you go past the first few warm-up miles and go into the more relaxed stages of the run, it seems as if you are missing the enjoyment of running. It is a thrill to be really in rhythm in your running and to feel your body becoming stronger.

Running can be very fun if you work at it and let it be fun. I think most important is to realize that running should be something to look forward to and not to be treated as a chore.

FWTC TEN MILE RACE
Carroll High School - August 9, 1980

	<u>Name</u>	<u>Age</u>	<u>Time</u>		<u>Name</u>	<u>Age</u>	<u>Time</u>
1	Gary Striggle	27	57:27	21	Tom Clagg	37	71:17
2 *	Dan Kaufman	29	58:32	22	George Letz	36	71:29
3	Tony Gatton	24	61:17	23	Russell Grose	33	71:50
4	Bob Bruckner	34	61:44	24 *	Rick Stensrud	25	72:22
5	Francis Lanciaux	23	63:14	25	Bud Stiffler	42	72:30
6	Robert McKinley	34	64:11	26	Dave Fairchild	33	72:36
7	John Schwarze	33	64:34	27	Steve Adkinson	36	72:47
8	Mike Robbins	31	64:35	28	Phil Caldwell	48	73:14
9 *	Dave Monteith	40	65:31	29	Greg Fahl	27	73:24
10	John Treleaven	28	65:52	30	Lynn Milner	44	74:43
11	Joe Ziegler	44	66:51	31	Scott Kingdon	29	75:29
12	Mike Kast	51	67:19	32 *	Roy Spambaugh	46	76:16
13	Larry Averbek	40	67:45	33	Cindy Caldwell	24	77:14
14	Mike Zurzolo	32	68:06	34	John Peterson	32	79:51
15	Larry Lee	35	68:08	35	Adelma Waltenburg	45	81:39
16	Bill Henry	35	68:57	36	Jerry Ziegler	14	87:17
17	Chris Stauffer	48	69:24	37	Betty Jackson	19	89:07
18	David Milner	14	70:05	38	Roger Phillips	51	95:03
19	Eugene Striggle	49	70:11	39	Robert Waltenburg	46	96:31
20	Larry O'Herron	45	70:46				

* non-FWTC members

Forty starters - thirty-nine finishers - an out and back course with some hills about mid-way - rain stopped just before race started and turned hot and humid.

Race Directors: Don Goldner and Cindy Caldwell

RESULTS OF MEDIA RELAY

1.	<u>WANE-TV</u>	<u>Time</u>	2.	<u>WKJG-TV</u>	<u>Time</u>
	Tony Ventrella			Victor Glover	
	John Hoylman			Bill Townsend	
	Terry Conway			Bob McNary	
		18:13			19:18

BUTLER DAYS CLASSIC ROAD RACE - 6 miles - 8-9-80

Jerry Williams, Jr. 32:58 4th (20-29) 4 overall

SWISS DAYS - Berne, IN - 3 mile - 7-26-80

Jerry Williams, Jr. 16:15 7th (20-29) 10 overall

SWISS DAYS - Berne, IN - 10K - 7-26-80

Tom Loucks 58:41 4th (20-29) 8 overall

DENIM EXPRESS - 10K - 7-12-80

Sue Sorrick 53:20 (20-29)

OSD - 10K - 7-19-80

Sue Sorrick 52:05 1st (25-29)

HILLS

& TALES



MIKE HILL

Sometimes I get the feeling that meeting deadlines can actually detract from the fun of running. So I thought this month I'd take it easy and just put in several short items, hopefully of interest to some of you.

BEE POLLEN

After reading an article in "Runners World" and talking with some friends while running one day, I decided to give bee pollen a try. It's readily available at several of the local health food stores and a 30 day supply costs about \$4.50. I'm sure its cheaper in larger quantities. There seems to be a fairly high incidence of allergic reactions so I took a small amount the first time just to see how I would tolerate it. I had no problems so I began to take the one tablet a day recommended on the container. Just to make a long story short, it's one of the few vitamins or foods I've taken which really makes me feel better. I'm not saying it would work for everyone, but if you're interested you might give it a try.

DANGERS ON THE ROAD

While vacationing this last week in Central Michigan, I was resting and really enjoying my runs on the rural roads around Croton Pond. I noticed a red Datsun pick-up slowing down as I approached it running against traffic. I was off the road running on the soft shoulder but the truck edged over and slowed down. As it went by a young passenger leaned out and attempted to hit me. Since I saw it coming, I simply side stepped and went on by. After clearing the truck I turned and flipped them the international symbol of discontent. They stopped and the passenger got out and let go with the longest stream of profanity and filth I've heard since the military. My concern at that point was that they might turn around and try to run me down. Lucky for me they didn't turn back but I'm not sure that truck would have done too well chasing me through the pine trees. My point is that it's getting really dangerous (or maybe always has been) to run on the roads. What do I mean the roads? Ask some of the women runners about getting through Foster Park, especially down near the ball diamonds. Today I found the water fountain busted for the 25th time in the last year or two. Yet no one cares or can afford to police our parks. I'm tired of having my rights infringed upon by a group of people who don't seem to give a damn about anybody or anything. Oh well, it's probably just old age setting in.

HOME-MADE LINIMENT

Do you ever get the feeling that the old ways are better? Last month I

tried a recipe for Old Fashioned Medicinal liniment printed in "Back to Eden". The book is billed as "old-fashioned, time-tested good health advice". The recipe is as follows:

"How to Make Herbal Liniment"

Combine two ounces powdered myrrh, one ounce powdered golden seal, one-half ounce cayenne pepper, one quart rubbing alcohol (70 per cent). Mix together and let stand seven days; shake well every day, decant off, and bottle in corked bottles. If you do not have any golden seal, make it without.

Old is simpler, right? Well, it sure as hell ain't cheaper! Linda helped and found all of the items needed at the Three Rivers Food Co-op. The total cost was roughly five or six dollars with a result of two pints of liniment. The liniment works fine but quite honestly, many of the athletic balms or salves available today are better and cheaper.

Yet if you want the satisfaction of brewing your own . . .? Well, give it a try.

WOODLAWN 10,000 & 5,000 METER CLASSIC - Ligonier, IN - 8-2-80
 Craig Schwartz (10,000) 37:75 4th (15-19) 6 overall

GRANDMA'S MARATHON - Duluth, MN - 6-21-80
 John G. Scott 3:09:32 590 overall
 Louis Romain 3:12:12 672
 Dennis Kroells 3:35:56 1382

2375 finishers - race was won by Garry Bjorklund in 2:10:20 - beautiful route along Lake Superior lakeshore from Two Harbors to Grandma's Saloon in Duluth - some rolling hills - terrific spectator support the whole route.

AUBURN 10K - Auburn, IN - 7-26-80
 Jane Scarpino 45:40 1st/women/20-29

FIRECRACKER 4 - Northrop H.S. - 7-4-80
 Jane Scarpino 37:15 1st/women/20-25

DUNKIRK 10,000 - 7-23-80
 Tom Loucks 33:15 5th (19-29) 5 overall
 Jerry Williams, Jr. 34:35 7th (19-29) 9
 Myron Meyer 39:02 1st (50-60)

Dunkirk course was very fast. Was run very nice except for the entry fee. I think the entry fees are getting out of hand. One reason for this is the price of shirts. I have one reasonable suggestion. Give the runner a choice if he wants a shirt or doesn't want one. Example: If a race costs \$4.00 with shirt, cut the cost to \$2.00 without shirt like the Fun Fest 5 in Manchester does. P.S. Dresser overflowing with shirts. Might open a shop! Jerry Williams, Jr.

(Ed. note: With all the high race entry fees, I bet it's a refreshing change for you when you run the FWTC races for free!)

MORGAN MONROE 10 MILE - 7-26-80
 Myron Meyer 64:27 1st (50-60) 59 overall

RUNNING

THE BRISTOLTHON

Burreal Fick

July 19 had come much too quickly for me. I had planned this day for weeks, still when it came, I was anything but ready. Up at the crack of dawn only to hear the radio announcer tell me the temperature was already in the 70's with the humidity well over 80%. How in the world could anybody run in that kind of oven? The temperature was 80 at race time and there was a line about four blocks long waiting to get into the bathrooms. This was going to be a new adventure for me. In training I had never run more than 12 miles, and now I was about to go 25K!!!! Running 15.5 miles for a beginner who's never gone the distance is something like suddenly being written into the script of "One Step Beyond" or "The Twilight Zone". I had some very serious doubts as to whether or not I should even be there.

In my preparation I had dreamt of a surprisingly cool day in mid-July that would allow me to run at a steady 10 minute clip and finish fresh even after running 2:35. But when the gun went off reality hit me like a ton of bricks, perspiration poured from every pore and I hoped and prayed the Lord would allow me to finish in 2:43 without too much dehydration.

The split for my first mile was 8:47 and I knew I was in trouble. I spent the first six miles trying to slow down and hit that "magic" 10 minute pace I hoped would make it possible for me to survive. At the turn for the 5K race I debated taking it and shutting down early but kept going. Then the 8.8K split off came and I slid over into the 25K turn lane and there was no turning back. Of the over 900 runners that began, there were now only about 260 left on the roads. I hit the 6 mile split at about 54 minutes flat and knew I'd slowed. By the time I hit 8 miles, Randy Thomas was all worth it. I hurt. My feet were beginning to tell me that the gravel that began about the 9-1/2 mile mark was going to make me forever remember Bristol.

Then something happened as I passed the Grange Hall with about five miles to go. The attendant at the fire truck that hosed me down told me I was number 244. That number didn't have any particular significance except that when he said it, he made it sound very important, almost as if #244 was the reason he was there at all. My spirits picked up and I got off that awesome gravel after 4 miles and was faced with "misery hill". Thomas has said of it that it's worse than "heart-break" hill in Boston because it's steeper on both sides. The up side will kill you, and the down side will roll you up into a ball.

By the time I hit the top I knew the rest would be a piece of cake. My pace had slowed to almost 11:30 per mile but from there on in I began to pick it up. I ran the last mile and a half in just under 13 minutes and finished with a sense of joy and accomplishment such as come seldom if ever to a mere spectator.

30th in age group.

The people of Bristol run an excellent race. The citizens of Bristol are to be commended. There were literally dozens of unofficial aid stations, both stationary and mobile (rolling pick-ups handing out ice and water along the way). Their encouragement along the route more than made up for a lack of people at the finish more than an hour after the winner crossed the line. Besides there were plenty of runners there. There aren't enough people in the whole town to man all those aid stations AND be at the finish, and they knew where the runners needed them most and were there throughout the whole race.

I ran this race to resist the temptation of starting in our own Three Rivers Marathon and then not having the sense to quit when I had run out of gas. I was not disappointed. For anyone who doesn't feel quite ready for the 26 mile 385 yard jaunt, I'd highly recommend giving the National Bristolthon a run. It's a very competitive field for the quality runner and a very knowledgeable and supportive citizenry so that even the Novice can enjoy a successful day.

CLEAR LAKE RUN FOR THE BLIND - 8-2-80

Don Lindley	38:15	8th (36-44)	33 overall
Giles Tomlinson	42:14	3rd (46+)	
Jerry Williams, Jr.	35:18	2nd (20-29)	8

Gently rolling hills on south side of lake and fairly flat on north side of lake. Too hot and humid for good time, should have pace myself evenly. Winning time was 33:00. C. Brandt and Woody Barker finished 31st and 32nd; 6th and 7th in same age group. - Don Lindley

Question: Why do they give out so many awards in women's division. Example: In a recent race they had 4 women's divisions. When it was time for awards the same old thing happened, three awards but only one or two women runners. In the men's divisions there were 30 or more runners and only two or three awards. Not fair! Solution: You either must give awards based on the number entered per age group or sub-divide age groups in men's and women's age groups 29 and under and 30 and up. This may not sound fair but at the next race see how many women show up. See you at the next race. P.S. They need to divide the 20-20 age group in half (20-24/25-29). Jerry Williams, Jr.

AUBURN MR. WIGGS YMCA MINI-MARATHON - 10K

Rick Reitzug	32:52	1st (20-29)	2 overall
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Well-organized race. Awards ceremony started minutes after the last finisher. Record albums to top 25; lined windbreakers, trophies, plaques, and medals to top age group finishers. Cindy Caldwell won her age group and placed third overall among the women. Jane Scarpino was also one of the top women finishers, while Jerry Mazock and Phil Suelzer both finished in the top 25 overall. A number of other FWTC members also ran but these are all the results I can remember. The rest of you will have to send them to me.

AUBURN MINI-MARATHON 5K - 7-26-80

Giles Tomlinson	19:09	3rd (40+)	11 overall
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TOMLINSON & SHORTER DUEL IN BOULDER

Giles Tomlinson

Having been entered in the Bolder Boulder 10K by my brother-in-law from Denver, Bob Lehnert (3:12 marathoner), I decided I might as well settle the Shorter question once and for all.

With 5300 starters in the largest race ever held in Colorado, it was difficult to keep track of Shorter as we wound through the streets of Boulder with everyone shoulder to shoulder.

I made my break at two miles as I passed a race walker who had made a move on me earlier. Not being acclimated to altitude was having its effect on me as my splits were indicating a slow down of 45 seconds per mile from my sea level pace.

Still not seeing Shorter, I continued to press the pace even though my chest was burning and I couldn't feel my legs.

Coming into the stadium for the final 300 yards on the track, I put on my finishing kick and crossed the line in a personal record altitude time of 45:21. I had just entered the finishing chute when Shorter came charging in with a time of 45:48.

There it was, what a thrill, I had bested Shorter in Boulder.

Note: In case there's a question. This was Nannette Shorter. Frank placed 8th in 31:30 after running a marathon two days earlier.

(Ed.note: Giles Tomlinson's finish was good for 4th place in the 50-54 age division. Good going, Giles!)

Fun Runs - Last winter and spring the FWTC held some very successful and enjoyable Saturday fun runs which were often attended by 30-50 runners. To a certain extent these fun runs continued on Wednesday evenings during the summer months. The late fall of 1980 will bring a new and improved Fun Run Program for track club members. Watch next month's THE INSIDE TRACK for further details.

Correction - In the July and August issues (and also this issue) of THE INSIDE TRACK, our local marathon was continuously (and often is) referred to as the "Three Rivers Marathon". The correct name of the marathon is the "TV-33/Hooks Marathon". THE INSIDE TRACK apologizes to WKJG-TV-33 and the Hooks Drug Company for this mistake.

Sunday

Saturday

Monday - Friday

We're open!

1:00 - 5:00

10:00 - 6:00

10:00 - 9:00

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DAN GEBHART

MANAGERS

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OPEN

POSTSCRIPT

THE 1980 TV-33/HOOKS

MARATHON

Larry Lee, Marathon Director
Member, National Wheelchair Marathon Board of Directors

The sixth annual TV-33/Hooks/Three Rivers Marathon is history. It proved to be another successful culmination of much planning and diligent exertion by members and friends of the Fort Wayne Track Club working in close cooperation with the staff of TV-33. In a sense the Marathon is the Club's "finest hour" - it represents our best chance to show Fort Wayne and the road-racing world what a top caliber organization we have and what a class race we can put on. Again in 1980, we took full advantage of our high-profile circumstance by revealing our most positive side.

The feats of FWTC members competing in the Marathon have already been chronicled in last month's newsletter. Rick, Jerry, Bob, Jane, Cindy, Mary Theresa, Adema, and a host of fellow Club members carried our banner high with gutsy individual efforts on a hot July morning. To all who competed, who "won" their race - well done!

It is the efforts of those members of the Club whose hard work and resourcefulness in planning and organizing such an ambitious event that I would like to recognize at this time. The number of FWTC members and friends who played a vital role in making the 1980 edition of the Marathon another big success runs well over one hundred. Unfortunately, space won't permit naming each individually; but as Marathon Director, I feel compelled to single out for special thanks for a second year in a row: Don Lindley, aid stations - Don organized 120 volunteers to distribute ample water and gatorade (20,000 cupsful!) quickly and courteously for the field of 790. Clean up after the race was prompt and thorough. Don, you and your crews could not have done a better job -- or a more invaluable one on such a day.

Steve Leach, on-course times - Steve organized timers for each mile marker plus three teams of spotters to prevent cheaters. Times were read loudly, clearly, accurately, consistently for all the field. Another professional job, Steve and your timers.

Don and Joan Goldner, finish line timers and officials - Don and Joan had the nerve-wracking, critical job of accurately timing and recording the official finishes of over 500 runners, too many of whom did not wear their entry numbers in a visible manner. Donald, Joan, you and your crew did another super-human job under less than ideal working conditions.

Dan Widmann, marking the course (with Phil Suetzer) and setting up the finish line area (with Ron Kieess) - This year the accuracy of each mile mark was reconfirmed to the foot and the integrity of our marathon distance and splits remained impeccable. The starting and finish line

approach and finish line aid areas all were set up professionally, a tremendous undertaking that Dan and Ron began in the wee hours and completed well before the 7:00 a.m. starting time for the race. Dan, Phil, and Ron, beautiful job - thanks for another great effort.

Thanks also to Ruth Wharley, Linda Dullaghan and her lovely crew of helpers at the finish area aid station; to Paul Phillips and his REACT team; to the American Red Cross for their first aid tent and attendance; to the City Street Department for cleaning the entire route late the night before the Marathon so we runners had a clean, debris-free course to travel; to the Police Department for excellent traffic control, thereby allowing us to host a highly visible in-the-city Marathon instead of a 26.2 mile out-in-the-boonies road race; and to all the generous, giving people of our hometown who offered aid and assistance in an unofficial unsolicited capacity along the course.

We have created something special here in Fort Wayne. We have blended in a healthy dose of Hoosier Hospitality to form our own brand of Marathon. In the six years of its existence, many civic-minded people have shared in this unique celebration of the human spirit and made it a community happening - and one of the finest marathons in the country.

While thanking those who made the 1980 race such a success, I hope we never forget those who worked so hard to make the first Marathon, back in 1975, a reality and provide the building blocks and the inspiration for the following years efforts. My dream of having a true 26.2 mile marathon through the streets of Fort Wayne was encouraged by Bill Hausman and the Three Rivers Festival back in the fall of 1974. Hilliard Gates and TV-33 quickly volunteered to sponsor the event financially, thereby assuring not only its birth but also its image as a well-planned, well-organized "class" event. TV-33 successfully solicited the co-sponsorship of Hooks Drugs, thus broadening the financial and promotional base for our Marathon and enhancing its name.

We FWTG members would be wise to note the crucial role that TV-33 has always played in elevating the status of our race. There was a TV-33/ Hooks Drugs/Three Rivers Festival Marathon before there was a Fort Wayne Track Club. Hilliard Gates, Cal Mahlock, Bill Nichols, Cheryl DeFay, and their staff at TV-33 are genuine professionals; their standards for excellence have been consistently high from year one. They have learned over the years to respect the insight and administration capabilities of those in the running community committed to the growth of the Marathon: myself, Roberta Widmann, Danny Widmann, Don Lindley, and later Charley Brandt. The joint enterprise is now a good, solid one. Cal Mahlock, Marathon Director for TV-33, is a very capable, no-nonsense pro; as Marathon Director for the FWTG, I have appreciated his efforts in particular and look forward to many more years of close co-operation with him.

The 1980 Marathon was another super-production. Congratulations to all the competitors - "the field makes the Marathon" and another big thanks to all the members and friends of the FWTG and to TV-33 and Hooks Drugs for making this event possible.

THINKING AHEAD TO 1981

In the five TV-33/Hooks/Three Rivers Marathons following the inaugural race in 1975, the Marathon Directors (Gobi Widmann in 1975-1977 and myself in 1978-1980) have tried to fine-tune the event in order to make it indeed "a marathon for the marathoners". By adding aid stations on the

course, increasing refreshments at the finish, giving split times at every mile mark, and featuring a band at the start/finish area, we have improved a good thing -- without unduly tampering with the basic ingredients that made the first Marathon an immediate success.

The most significant changes have been to move the starting time up in order to avoid some of the worst heat and humidity of race day and to introduce a Wheelchair Division. I would like the FWTC to consider the following ideas for expanding the "Fort Wayne Marathon Experience".

1. FWTC host a Saturday night, 6:00-9:00 p.m., after registration, pre-race spaghetti dinner - all the salad, spaghetti, bread, and soft drinks you can handle for, say, \$3.00. Spouses and friends of the FWTC to do meal preparation - have it at Ceruti's, Lester's, the Lantern, or Goeglein's, etc. - very informal. Meal price to cover cost of food, supplies, and hall rental.

2. FWTC host a Sunday evening post-race party and awards program, again very informal, at one of the banquet halls listed above. Nominal admission charge to cover hall rental or gratia, depending on the Club's financial status.

A. To FWTC finishers only, present awards by age groups (not to conflict with the trophies and awards presented to over-all top finishers). Many Club members in the past have complained about (1) lack of age group competition and tabulation and (2) not enough recognition to FWTC finishers.

B. If TV-33/Hooks would like, have the over-all Awards Ceremony held at this time, conducted by the officials of TV-33 and Hooks Drugs, instead of at 12:30 p.m., too long after most finishers have finished to attract the crowd and fanfare that the ceremony deserves.

C. Offer light refreshments - fresh fruit, beer, and punch, perhaps. D. Rent a wide-screen TV (6'x4' variety) for viewing the TV-33 filmed highlight show on the Marathon at 10:30 p.m.

What do you FWTC members think? We can do all, part, or none of the above. We could try the Saturday night pre-race spaghetti dinner for 1981, see how it flies, and if it is popular, add the Sunday night party and Awards Ceremony in 1982, or vice versa. In any event, we would need the co-operation of TV-33, especially as regards publicizing either program in the Entry Forms and other pre-meet publicity. The dinner and the party/awards ceremony both should be open to all entrants and FWTC members whether they are competing or not, not just to local entrants nor just to FWTC entrants. For our out-of-town guests, we may even want to volunteer to house them for Saturday and/or Sunday night in our homes in order to facilitate their being on hand to share the comradere and enjoy the Hoosier Hospitality - FWTC style!

We can have a Marathon weekend as ambitious and as uniquely enjoyable as our imagination and volunteer-help resources allow. The number of members, families, and friends of the FWTC manning aid stations and timing stations and otherwise helping to organize and conduct the Marathon is phenomenal - can we attract enough new, enthusiastic folks to plan and carry off a successful spaghetti dinner? And a Party/Awards Ceremony? I believe we can. Our Marathon seems to bring out the best in our Club.

Hard to believe? God, I hope so. But I can't speak for all of Fort Wayne or the whole FWTC. It is possible that some runners will feel that the wheelchair athletes, in a national championship especially, will steal the limelight and media pre-meet publicity and post-race plaudits that are

are not welcomed by race directors and sponsors. them completely from the marathon. In other cities, large and small, they from complete. In New York City the NWRRC has even gone to court to ban Divisions, is not the case elsewhere. In Boston the integration is far recognized and tried to accomplish on our 1979 and 1980 Wheelchair which the wheelchair marathoners desire most and which desire I have country. The total integration into the competition with the runners, shared, is not revealed in the Boston and the New York City of this unabashedly in appreciation of courageous athletic achievement is not we take for granted in sharing with guests, what we reveal freely and One thing we do have in Fort Wayne is friendliness and hospitality. What

add up to the kind of hospitality anyone would be proud of. housing and meals, a Recognition Buffet, and all the little amenities that done a fabulous job the last two years (on a zero budget) in arranging of the local chapter of the National Spinal Cord Injury Foundation, has extended to these athletes. Beyond that, Anne Sheets, executive secretary reorganization our runners, our Marathon spectators, and our local media have stems from the genuinely warm, enthusiastic welcome, hospitality, and time of year and geographic centrality are two minor ones. The major one a switch to Fort Wayne will be favored, for a variety of sound reasons: fabled Boston Marathon and its two million spectators, I am confident that Fort Wayne as host city? Despite its traditional connection with the national championship event is also self-evident. Does the NM Board want prestige lent to our town, to our Club, to our Marathon by hosting a obviously vital and inspirational that it need not be belabored. The The social message that these athletes will bring to Fort Wayne is so

Bobby Hall, Sharon Limpert, Karen Jacobs. athletes like George Murray, Curt Brinkman, Phil Carpenter, Jim Martinson, ships. These indeed are the cream of the crop, national and world-class on official qualifying times posted in the year prior to the Champion- to compete are the top 20-30 wheelchair marathoners in the country based Invited The National Wheelchair Marathon Championships (NWMC) have been held for

so only if the Fort Wayne Track Club supports the motion. tion with the 1981 TV-33/Hooks/Three Rivers Marathon. However, I will do 1981 National Wheelchair Marathon Championships in Fort Wayne in conjunc- the 1979 and 1980 marathons, I have been encouraged to bid to hold the and the wheelchair marathoners themselves, to our Wheelchair Division in Because of the tremendous response of the FWTC, the people of Fort Wayne,

NATIONAL WHEELCHAIR MARATHON CHAMPIONSHIPS IN FORT WAYNE IN 1981?

It's our day in the sun, our chance to shine and show our stuff. It's our finest, proudest hour. If you would like to help out on the 1981 Marathon or know someone who would, please contact me at 219-747-7411 (office). If you have any ideas to improve the Marathon or the Marathon Weekend, get in touch. We have always risen to the occasion in the past - let's elevate our sights in 1981 a little and see if we can get things done. The time to study the viability of any new programs for 1981 is RIGHT NOW.

justly ours. What do you FWTC members think? Please express your thoughts to our officers or to me. If I am unable to get the NWMC in 1981, I will try for a Midwest Regional Championship status for 1981 and the Nationals in 1982 - if the Club is behind the plan.

CELINA LAKE RUN - Celina, OH - 10 mile - 7-26-80

Don Lindley	38:14	2nd (36-39)	61 overall
Tom Lindley	42:10	19th (19-24)	110

A total of 425 runners started with 398 finishing. The temp. was 86° and the winning time was 32:24. This was an out and back course along the lake front. The race started 1/2 hour late because of many runners registering the day of the race close to the starting time. Also, there was only one registration table. Then runners had to be transported to the start located 1-1/2 miles away. Splits were okay. There should have been more water stations due to the heat. One station at 2-3/4 on the way out and 4-1/4 on the way back was not enough. A lakefront proprietor had his outside shower on at 1-3/4, that was refreshing. I almost stayed on the return trip. It was a tough hot race considering I was still tired from last week's marathon.

CASIO C-80

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I cheerfully (?) accepted his absence in the evening as he began to put in the miles of practice and conditioning. (Have you ever noticed how your husband says, "I have to go run" as if it's equal to doing the dishes?) I got a map of the course and plotted which aid stations I would be at to lend moral support. (I actually made it to three of them which is no easy task with a baby and stroller in tow.) I plotted Emily's naps and meals around the race so that she, too, could cheer her daddy on. At one point, I had my bike mounted on my car so that I could ride along and offer encouragement during those last grueling miles. I abandoned that idea because I was afraid I'd be more of a hindrance than a help, especially to the other runners on the course. I even cooked the proverbial spaghetti dinner on the eve of the race.

Then came the day! I had secretly vowed that if he couldn't look up, smile, and say at least "hi" at each aid station, I would drag him off the course before the EMS did. Eleven miles and looking good; fifteen miles - still on pace and able to talk coherently; twenty-two miles - had he dropped out, were his legs cramping - no, he looked super, probably because he knew by then he'd make it! Reality began to sink in. He was actually going to do it! Tired and hot, Emily and I raced back to the finish. Running 26.2 miles was akin to an Olympic gold in my mind. My natural instinct as a cheerleader finally took hold. I never knew I'd feel so proud. With my last bit of strength, I hoisted Emily up on my shoulders and shouted, "That's your daddy." To me there was no better runner in the race that day, and there was no doubt in the crowd who I was cheering for. Dexter Lehman - eat your heart out.

I saw Rick's call for articles concerning the marathon in the last issue of THE INSIDE TRACK and thought "why not?" A sportswriter I'm not, but I could shed some light on the wife's point of view; in particular, on some of the concern, frustration, and pride you feel when you're the wife of a marathoner and assigned the cheerleading job on the sidelines. You should understand that my husband, Bruce, is not one of the track club stars. He's just an average runner who look up this all-consuming hobby two years ago and usually finishes around the middle of any race he runs. The TV-33/Hooks/Three Rivers Marathon was his first marathon. He didn't set his hopes too high; he only hoped to finish, and make it in less than four hours.

Let me say from the start that I wasn't exactly enthusiastic about his running a marathon. I think my response was something like, "You're crazy. If you pass out I'm not coming to hospital to pick up the pieces." (Cheerleading has never been my forte.) I envisioned myself waiting at the finish line long after everyone else had gone home and no Bruce. But then I began to remember how he loyally coached me through labor and my attitude began to improve.

Caryl Barton

FROM A WIFE'S POINT OF VIEW

THE LESSONS OF A MARATHON
Steve Foster

On the morning of the TV-33/Hooks Marathon, I was talking to Tom Gerbers. We were going over our strategy for the race.

"Well, I'll say one thing, Tom, right now I can't think of anything powerful enough to stop me from qualifying for Boston - I feel great - better shape than windy, which I ran in 2:55." That was a quote from the conversation that I'll stick with me for a long while.

At the seventeen mile, I experienced my first heat cramp ever! That moment was about to become the power I hadn't anticipated. I quickly got sponged from my cyclist friend, Mike. We managed to control that cramp but from that point on, I knew there was a new lesson to be learned. At three miles. I cleared my mind of all negative thoughts and began my attack. Did I say attack? A half mile further down the road I was struck by cramps in my legs. I tried to go on but my calves were suffering from lack of oxygen and heat. I felt like I had a heating blanket on my thighs. I stopped by a lady with a hose and she cooled down my legs. At that point the thought of quitting was as real as the 26.2 miles itself.

At this point Mike spoke up. He wasn't about to ride that far on a hot day just to see me give up. I started walking slowly, looking at my watch - 2:54 it read. I wondered how fast I could walk 2-1/2 miles. We decided I could do it in 3:20 or give it one hell of a try. I probably looked like a clown, walking stiff-legged, waving my arms as fast as I could pump them. It was more like a German goose step. Along the way I kept pouring water on my legs for cramps. Oh, what a sight - Parade! bridge! I finished the 26.2 miles in 3:21:24 and 89th place. But these lessons are killing me.

As I laid in the recovery tent the attendants were packing ice around my legs. Boy, did I feel like a dope! Never thought I'd end up in there. I still don't have the answer for my cramps. I thought I was totally prepared.

I'm not going to worry about it. I've conquered Three Rivers twice and that's enough! Give me a 36 degree marathon anyway!

Well, Detroit or Columbus? Can't seem to choose!

THE WALL
Alma Marie Ojeda

You talk about hitting it. I did. Ran right into it. Now I know what the runners mean when I hear them talking about "hitting the wall".

I trained real hard for the Three Rivers Marathon. My goal was for second place or top five. I made the turn in one hour and 37 minutes, just the way I had planned. I was shooting for a 3:20. Earlier in the year I ran a 3:32 and I didn't even train hard for that one.

Now the question is, should I try again next year? July is just too hot.

(My dad is teaching us to play golf. I think I like it better.)

MY TV-33/HOOKS/THREE RIVERS MARATHON
Lynn Milner

1980 is an off year for me. For some reason (maybe the 3,000 miles I ran in 1979) I didn't get off my "duff" in the winter like I normally do and accumulate 500 or more miles in the months of January and February. This year I ran only 183.8 miles in January and February and gained 15-20 pounds.

As a result, getting back into serious training was difficult and painful, as I sustained a groin pull in March and severe shin splints in May. By the 20th of July, I had averaged 9.4 miles per day through a 98 day training period beginning in April and including five runs of 20 miles or more. With no serious short races or any speed work, I could see a four hour or more marathon in my future; so I decided on some realistic goals for this one. I decided to run an 8:30 pace if the temperature was 75° or less and hold it as long as I could. When the heat wave hit us a week or two before the marathon, I found I could only maintain about a 9:15 pace for slightly over 10 miles and feel comfortable in 90°-100° weather.

I settled on the following goals: (1) to have fun - no one but the first 10 to 20 were going to do good anyway and besides this year's marathon wasn't a points race; (2) to feel and look as good as the finish line as I did at the six mile marker, and (3) to have a good time at Mazock's party and live to run another day.

I accomplished all three goals, and actually gained weight at the end of the race because I drank so much on the way. When I turned the corner to cross the bridge, I was overcome with the same emotion that always hits me when I see the crowd at the finish line. I was just as proud of this 4:12:02 marathon as I was of my 3:19:44 in the '79 Saginaw and my 3:34:43 in the '79 Three Rivers. This year's certificate will go on the wall with my five other marathon certificates and I'll wear this year's shirt with the same pride as I do with all of my marathon shirts.

To me, the marathon, no matter how fast or slow I run it, is the only race. It's a man's race. It's my race, and I've come back and it's on to Kansas City, November 9th, and Nancy's marathon with more sacrifice and miles to run between now and then.

HOW I FELT IN MY FIRST MARATHON
David Milner (age 14)

At the start of my first marathon, I was excited when the seconds were being counted down. To me it felt cool at the start, because running in the breeze made me feel good. The first 15-1/2 miles, I ran at an 8-1/2 minute pace. At 15-1/2 miles, I was still feeling good as I decided to pick up the pace, and I began to pass many runners walking and jogging. At 20 miles my legs began to get stiff and sore. Before the 24th and 25th miles, my legs were really hurting, and I had to walk for a minute or two. I never gave up or thought of quitting and ran most of the last few miles. When I crossed the finish line, I was really tired and sore; however, I was very impressed that I could run 26 miles 385 yards in 3:38:39, and I thought the whole thing was a dream. It was a fine day and I enjoyed myself.

Surely this hill must end somewhere - a road cannot keep going up for-
 ever - ah! There's the crest - just a little ways now - up just a little
 more - my calf hurts - ah no; it goes on higher - oh, just shift down
 another gear - take shorter steps - concentrate on getting a lot of air in
 and out - a strange never felt before feeling in my right calf - not pain
 but something like a burning feeling - up and up some more - come on now,
 you can do it - just a little more and you can relax on the downhill
 side - what's the matter with my calf? - breathe - come on breathe
 harder - breathe harder - breathe harder! - maybe if I take real shallow
 breaths and make them really fast that'll work - maybe that'll pack my
 lungs really full! - come on now - use your butt muscles - calf hurts now -
 pull yourself up with your arms - "work your arms and your legs must
 follow" (who said that?) - imagine a rope up to the top and you're pulling
 yourself up hand over hand - push - push harder - push, dammit, push! - is
 that guy hurting? he looks fresh - like he's not even pressing - I must
 be doing ok if I can pass him - up and up - you can do it - when is it
 going to end - maybe I need to concentrate more - withdraw - shrink inside
 myself - just legs and lungs - breathe in breathe out - work those legs -
 pump and press and concentrate - heartbeats - surely this is my max heart-
 beat - pulses are booming - I'm sure those watching people can see my
 pulse - my face must be really red - how long has it been? how much
 longer is it? - am I going to join the walkers? - keep it going - keep it
 going - you can do it - press a little - maybe if I take great deep
 breaths in rhythm with my steps -breathe 2, 3, 4 - breathe 2, 3, 4 -
 breathe 2, 3, 4 - how can he be passing me? - am I slowing down? - no, no,
 I'm still at it - he must be misjudging the pace - I'll surely pass him
 when he slows to walk - what if he doesn't slow down? - I better stay with
 him - press on, press on, press on - you can do it - I don't think he's in
 my age group - why wear yourself out running at his pace? - I know he's
 going to crash anyhow - let him go - he'll beat himself - it's obvious
 he'll never make it - am I going to make it? - why are you doing this?
 why? - this is stupid - it's too damn hot - I ought to wait till I swear never
 again - I ought to wait till I fall - think how much easier this would be if
 it were cooler - cool weather - cool - cool - maybe I should just quit till
 fall and then race when a sensible person would - I'm sensible - I'm
 sensible - this hurts - "if it hurts a little, make it hurt some more"
 (who said that?) - press - don't let up - concentrate - press harder - why
 can't I breathe? - Maybe if I concentrate on breathing - am I hurting myself?
 - breathe - breathe - concentrate on breathing - am I hurting myself?
 - I mean am I hurting myself permanent? - am I really doing damage? - sup-
 pose I tear something then I'll have to lay off for weeks - maybe months -
 not worth it - not worth it - I'm probably right on the edge of injury
 right now - don't remember doing my stretches today - what if I hurt
 myself - I'm due - maybe I should walk awhile - just until someone starts
 going to pass me and then I'll run to keep my place - I know my time is not
 going to be that good anyway - so as long as no one passes me - just a
 short walk - just till I get my breath back - if I walked awhile I'd
 probably be avoiding a serious injury - maybe torn muscles or ligaments or
 whatever else it is that tears - when does this damn hill end? - "Gently

Edwin Jenkins

GENTLY ROLLING HILLS

rolling" - "gently rolling" - they said - gently rolling my ass! - this is a mountain! - my calf is on fire - breathe - if only I could just breathe - my feet are all slid back in my shoes - a blister is growing on my heel - high on my heel at the top of the shoe - is it bleeding? - can those smiling people see that I'm bleeding? - what do they care? - if they cared, they'd give me drink - they don't care - they probably think we're crazy for running up this damn mountain - my left thigh is trembling - is it going to quit? - I wouldn't blame it if it did - go on and quit - tear something loose - then I could stop - that's a good reason for quitting - a torn thigh muscle - "poor guy, he pulled a thigh muscle on that big hill" - maybe that dog will bite me - maybe he'll jump out and trip me - maybe I can fall as I go past and then blame the dog - "he tripped me" - "I was doing great until your damned dog tripped me!" - hey! is that the top? - maybe not - maybe another false crest - it is!! - it is!! - don't let up now - just a little further - this is where everyone lets up - now is the time to press - press hard - press on - that guy looks dead no - get him - just a little harder while he's slacking off - press now - "you can breathe tomorrow" (who said that) - come on you can get him - do it - do it now - now - let it out! - down feels good - down feels easy - you can do it - you can fly! that really wasn't so bad - those walkers gave up too soon - giant steps now - I can fly! I can fly!!

Knoxville, Tennessee

July 26, 1980

"RUN FOR THE SUN"

10K Race

39th of 157

48:41

FINISHING THREE RIVERS

Bob Gardner

Finishing the Three Rivers Marathon was a real high. It was the first marathon that I had entered. I trained hard and conscientiously and it paid off. I beat my goal of 4:30.

I averaged 41 miles per week over the past three months with most of the past six weeks over 50 miles. It was all LSD, except for one 10K race.

That doesn't sound like many miles to the experienced runners. But to someone who had never run more than a couple of miles at one time until last August, it was a fairly rigorous schedule.

Add my congratulations and thanks to everyone involved in making this race so enjoyable. It was extremely well run.

Get Involved - Race directors are needed for two FWTC races this Fall. One is the Road Runners Club of America State Cross Country Championships which the FWTC is in a position to host if a race director can be found. The other race is the TV-15 race tentatively scheduled for Thanksgiving Day (a.m.). This race is still in the planning stages and most of the groundwork will be completed by TV-15. The race director would have to oversee last minute and race day preparations and, hopefully, be willing to work with the race in future years. If you are interested in directing either of these two races, or if you have further questions, contact Gary Dexheimer - 219-432-1439.

FWTC WINS STATE TEAM CHAMPIONSHIP

Greg Orman and John Jordan

The cold, rainy, grey dawn of August 9th gave little indication of the heat which would become such a factor in the Wendy's 10K Family Run in Kokomo later that morning. The large field, led by three of Kenny Long's Runner's Forum team, covered the broiling asphalt course in exceptional time, considering the heat. Few runners equalled their best efforts.

The first mile rolled by easily, the leaders cruising at 4:52. FWTC runners Dexter Lehman, Greg Orman, and Dave Painter maintained contact with the sartorially resplendent Runner's Forum squad, while John Jordan fought off a bad start to move into 15th place with a 4:56. The pace didn't slow much the second mile, with the lead pack clocking a 9:57, but hills and heat spread the field as the leaders neared the halfway point. Carl Meininger led for a time, followed by Orman, John Carlson, and eventual winner Duane Allen.

After the three mile mark, Carlson and Allen caught the tiring Meininger while Orman, bound for Western Kentucky University this fall, fell out of contention as the Wendy's Corvette, complete with an absurd life-size hamburger queen, pulled away. He maintained his fourth place position until the finish, but an impressive charge by 17-year old Curt Carey swept him by FWTC's Dave Painter and Dexter Lehman. The former Heritage standout who now attends the University of Illinois held off Lehman, who may still have been feeling his Three Rivers effort. Duke University's Jordan finished in the merchandise (stunning red Wendy's windbreakers) by holding off Masters' ace Carl Carey in the last 300 yards. Phil Lockwood was the last open scorer for the Summit City squad, which garnered a handsome 2-1/2 foot trophy for defeating the Indy Runners club. Support from the women and masters competitors was a key to the victory, since Runner's Forum was technically not a club and will be excluded from future inter-club competitions.

The race was well-organized and attracted a strong field, making it a worthwhile trip, though Orman was once again denied a date with the sweet young franchise symbol with the orange yarn hair. Tom Loucks deserves a pat on the back for his organizational efforts, though it has not been fully ascertained whether he or anyone else fully understood the scoring system.

(note in re the last part of the last sentence: Tom and his assistant scorer overwhelmedly concurr.)

Place	Name	Time	Division
4	Greg Orman	31:56	open
6	Dexter Lehman	32:08	open
7	Dave Painter	32:22	open
12	John Jordan	32:52	open
20	Phil Lockwood	33:44	30-39/2nd
22	Tom Loucks	33:50	20-24/3rd
51	Jerry Mazock	35:51	25-29/9th
77	John Kline	37:16	25-29/17th
78	Joe Barille	37:21	40-44/4th
94	Phil Suelzer	37:57	25-29/19th
97	Bill Schmidt	38:04	45-49/5th

101	Larry Shively	38:25	30-34/11th
104	Jack Morris	38:38	40-44/5th
106	Don Lindley	38:43	35-39/5th
203	Herb Chandler	42:55	45-49/6th
222	Dick Duke	43:09	HWT/3rd
246	C. Shank	44:46	45-49/11th
348	Tim Bickel	50:30	14-under/19th
450	Jim Dupont	63:03	HWT/16th
<u>Women</u>			
83	Alma Ojeda	42:35	14-under
84	Cindy Goller	43:29	20-29
98	Jane Scarpino	?	20-29
117	Michelle Bickel	?	14-under

TEAM COMPETITION

Runner's Forum	- - - - -	313
FWTC	- - - - -	482
Indy Runners	- - - - -	557
Athletic Annex	- - - - -	582
Club Kokomo	- - - - -	718

If you ran this race but are not listed in the results, our apologies. If you want your result published, please submit it on the Race Results Reporting Form and it will be published next month.

Clock Rental - Race directors, there is still time left to rent the Fort Wayne Track Club's finish line equipment for your Fall races. Our equipment now includes two different Chronomix timers and the Zetachron race clock (see article elsewhere in this newsletter). Also, it is not too early to make equipment reservations for your 1981 races. Contact Gary Dexheimer -219-432-1439.

(Race Calendar, Continued from back cover)

- 10-1-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 10-5-80 MINSTER OKTOBERFEST 10K - 11:00 a.m. - 419-628-3336
- 10-5-80 2ND ANNUAL AMJA ULTRAMARATHONS 50 mile, 100K - 7:00 a.m.
10 mile loop course - Noel Nequin, M.D. - 312-878-8200
- 10-8-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 10-11-80 PUMPKIN CITY 10K - Bradford, OH - 10:00 a.m.
Dean Shafer, 11885 W. Klinger Road, Bradford, OH 45308.

Information in the race calendar reflects all information received by THE INSIDE TRACK. Double check with race directors or other sources before traveling.

Send race announcements or changes to Tom Loucks, Route 1, Ossian, IN 46777 - 219-622-7108

COACH'S

CORNER



Recently I ran one of those races that are better forgotten. They're the ones that it takes you three days to get enough courage to write down in your running diary. To add to the humiliation the race happened to be in my hometown and several weeks earlier a column citing my Diet Pepsi success had appeared on the front page. It certainly was embarrassing for my parents especially since there were many people that knew me and I'm sure they all expected me to win. The winning time was even extremely slow but I just bombed. Naturally I had all the post race excuses: a marathon just three weeks ago, a hard ten on Thursday, and oh, the humidity! I even thought I should have dropped out to at least save some dignity.

The topic is the same and you have seen it many times. No matter how often we read about it, it's something that is an important part of competition. There are days when we simply just don't have it. There are always excuses and there may even be a legitimate excuse but then I'm talking about the bombs. For all my excuses I just simply ran out of gas. 49:27 for eight miles can't even be considered a respectable finish, when you're capable of a time several minutes faster. Although I thought about it I'm glad I didn't bow to the embarrassment and quit. Fortunately running isn't only about winners and losers. Finishing is what's important. Three Rivers proves that every July. I received the same encouragement finishing 20th as I'm sure I would have had I won.

The point that I'm trying to make is that there will be those races when no matter what the conditions, you'll simply bomb out. Leave your frustration out on the roads, finish the race, and plan on a better day tomorrow.

THE NOVICE NOOK

BURNEAL FICK

Hang in there! Be persistent! Don't give in to the temptation to quit. PERSISTENCE! Where does it come from? At first it isn't too hard, because everything seems to improve so rapidly your enthusiasm grows with leaps and bounds. Then reality hits home with a bang! Your first race and you know it's going to be back to the drawing board. All that fleetness of foot you were sure would carry you to glory barely made it possible for you to avoid the embarrassment of coming in last, and to have some little ten year old girl run past you five or six times in an hour was about all your ego could take. How do we get the persistence to keep going after we thought we were going so well and found out that we'd only just begun?

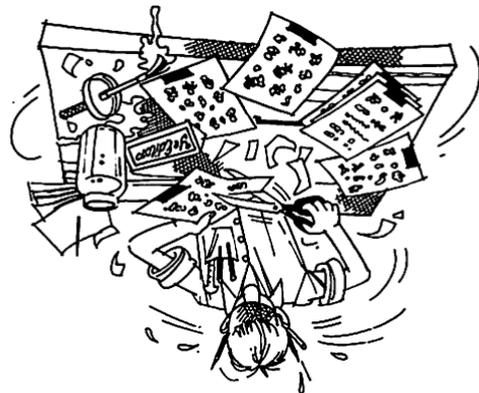
I believe there are three things that have been of prime importance to building the persistence that makes for sustained effort over the long haul. There is little doubt in my mind that I will be hitting the roads for the rest of my life, come sun, sleet, rain, snow, hot, cold, or what have you. But the keys to making that possible, especially for the beginner who can easily be turned off, for the most part lie entirely within his/her own control.

The first thing that turns people to jogging is usually health. Maintaining good health can continue to be a powerful incentive to watching the diet, keeping track of weight. That in turn becomes the means to running faster, better, lighter, and more successfully, which makes it even more important to watch the diet and weight, and helps you feel even more healthy, and the circle goes on and on. I have personally lost 50 pounds, gradually, slowly over eight months. But the next 20 that I will lose will come more slowly, only by careful watching of the diet, consideration for enough rest, and all the other things involved in good sensible health. (Besides, only healthy people with proper rest and controlled weight can afford to really go on a pizza, pretzels, and beer binge once in a while! And not feel guilty about it either!)

The second item that I suggest for the beginning runner is a running diary. To chart the course according to the road you have traveled can provide some valuable information in terms of how much training you can tolerate in future increase plans, but it also provides a record of your progress when it seems like you're not making any. A quick reading once a month over the last six or seven weeks usually shows you've come farther than you think. As I write this I'm nursing a very irritated sciatic nerve. I'm wondering what my run will be like on the day after tomorrow and how I will tolerate three days without being on the run. Then missing almost a whole week of training, how will I be able to run the Blueberry Stomp? But then I pick up my running diary and read the entry from the evening of running Bristol in mid-July: "To have it behind you is a strange feeling - there is of course a very real and satisfying sense of accomplishment, but along with that there is the enormous fatigue - and a little of what might be described best as sadness. It's over. Always it is but a fleeting moment even when it lasts for more than 2-1/2 hours. Now it's back to the mundane and common. So few will ever appreciate what has been accomplished by the human body and will." And I know I'll be back to try again.

The final thing that will serve to keep you going when you're not sure if it's all worth it, is to be sure to keep that very important racer's edge. A proper balance between running and racing isn't always easy to maintain. Probably the tendency at first is to avoid races like the plague, but then the opposite problem sets in. Once the fun of getting in the thick of it is found, it becomes so easy to sign up for everything in sight. A general rule of thumb for me has been to simply not out run my training. As a novice, a beginner who has with some effort worked himself up to about 30-35 miles a week, I know my daily average is somewhere in the 4-5 mile category. That means I won't enter any race more than 15 miles because that would be to go beyond my "collapse point". It also means that I take one day of rest for every mile I race, active rest, easy jogging, but NO hard training or running or I'll end up with a problem or injury of some sort to be sure. How else do you think I got this static messed up????

LETTERS TO THE EDITOR



Dear Editor:

Is big really better? That is the question that has been in the minds of a lot of Fort Wayne Track Club members the last two months and rightfully so.

When I joined the track club two years ago I was impressed at the attitude of the membership. They were friendly and eager to help me in any way they could. You see I work in a factory and am not used to that type of treatment.

Since that time I've noticed new management ideas, our newsletter turn into a magazine and receive a new name. The president and staff have taken new growing ideas and rebuilt, revitalized, and shined the brass that put our club equal or in my opinion superior to any club in the state. It's ten race program has something for everyone. Our point races supply an in-club challenge where anybody can win.

So what happened? Why in the last two months was there a race set for a select few (Wendy's), our own point race was an after thought (50

attended), and to top things off can someone show me that it states in THE INSIDE TRACK where the Media race was held?

Constructive criticism should not be made without having proposed solutions to the problems. Here are my proposals and hope they supply foundation for thought of mind.

1. No sponsored point race to be published without detail of when, where, and time.

2. Once our own curriculum for the year has been set, no change shall be made. We are not show offs. Wendy's was secondary.

3. When an organization gets growth to the point that it is bulging at the seams, you staff to meet that growth. Staffing a separate board with a female and male from each age group to make a final decision on all activities by the president and his staff. This would secure that activity was for the club as a whole.

4. For an activity that a choice of a few is needed, let it come from a member who has been in the club for at least three months or who has run in three point races. This will stop any accusations that we sought top notch runners to win an activity.

You have heard the saying, don't judge the book by the cover. Well, judgment hasn't been made. But what's under our club's cover?

Steve Foster

(Ed. Note - First of all, Steve, let me thank you for writing to THE INSIDE TRACK and making your feelings known. The purpose of THE INSIDE TRACK is to be the voice of the Fort Wayne Track Club. Only if members, such as yourself, make your feelings known can it truly serve its purpose. In response to your letter, let me express the thinking and rationale of the Executive Council of the Fort Wayne Track Club leading to some of the recent races and practices you question. The August 9th Wendy's Team Championship Race in Kokomo was not for a "select few" and the points race was not "after thought". In the August issue of THE INSIDE TRACK, Gary Dexeimer in his President's Column states: "It appears that our club should be well represented at the State team club championships at Kokomo, August 9th. We do have our ten mile points race and Media Championships on schedule that day. Don Golder is the director. 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 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." Due to an oversight, the team championships and the points race were scheduled on the same day. By the time this was discovered, commitments had been made, and although a date change was attempted, it was not possible.

In response to your proposals:

1. In the July issue of THE INSIDE TRACK, complete information on the Media race is given on page 34. However, this information did not appear in the Race Calendar of the July or August issue as it should have. You will find some Race Calendar guidelines printed in this issue which, hopefully, will avoid such mistakes in the future.

2. You state that a curriculum for the year should be set and then not deviated from. If the FWTC did this, many valuable opportunities would be lost (such as the TV-15 race currently in the planning stages, the possible State Cross Country Championships, and the Wendy's Team Championships which did receive good review from many of the runners who attended).

3. The members of the Executive Council were elected at a FWTC meeting held last Fall. Anyone is welcome to attend the Executive Council meetings which occur on an irregular basis approximately once every four to six weeks. Information on the date and location of the next meeting (if it has been scheduled yet) can be obtained by calling Gary Dexheimer or Mike Hill. If you have something to bring up, but cannot attend the meeting, send it to THE INSIDE TRACK and I will make sure it gets discussed - as your letter was discussed at our last meeting, Steve.

4. All the runners that ran in the Kokomo race are FWTC members, although some of them joined specifically to be able to run this race. I, too, am not in 100% agreement with the way in which the "first" FWTC team was selected - I had no personal stake in the matter since I was in Pennsylvania that weekend and couldn't run the race anyway - but I do feel that the track club should have been represented by "regulars". However, everyone and anyone in the track club was welcome to run on a FWTC team.

Unfortunately the first team race led to some disagreements and confusion both here and in Kokomo, but this should be expected of a first time attempt at anything new. Hopefully the problems that arose will be solved and wholesome, enjoyable team competition that is not characterized by a "winning is the only thing" attitude will take place in the future. In conclusion, Steve, the Kokomo race was not for a "select few" or the points race an "after thought". Any track club member could choose to run either or neither. It was one more option available that weekend. As one track club member said "The points race was kind of nice. Since all the usual award winners were down in Kokomo, it gave the rest of us a chance to win some of those trophies." Thanks for writing, Steve. I hope I've given you a satisfactory answer. Any further comments, suggestions, or insights by members are welcome.)

Dear Editor:

Soon after I began jogging, prominent FWTC member Larry Lee started encouraging me to enter races. One thing led to another until I committed myself to enter the TV-33/Hooks Drug Marathon.

I anticipated the Marathon to be a challenging and (hopefully) satisfying experience, but really just another race. What I got out of it was far more than I ever expected. Even though I was one of those 4-hour plus finishers, the warm and sincere interest demonstrated by my friends was fantastic. I had forgotten that the Marathon represents an impossible feat to so many people - even, or maybe especially so, to many joggers.

Because of this interest and support in what was certainly one of the most difficult things I have ever attempted, I'm already dreaming about next year's 3:59!

s/Richard D. Waterfield

Dear Editor:

This is not necessarily for the newsletter but I do have a training question. Simply put, I have had a constant problem all year long with muscle soreness in the front of my thigh. This is not an injury but a condition of some kind which hurts equally in both legs. When I'm done running sometimes, especially on the roads as opposed to grass, my muscles are sore enough that I'm limping almost as if I had just run a marathon. The soreness hurts when I'm running for up to around two or three miles. What happens also is that I'm sore enough that my legs feel dead, like they have no bounce. I've gone through four running shoes, tried landing on various parts of my feet, walking for about a half mile after my runs. All to no avail.

The differences between this year and the last two years (which were injury free) are that I moved and am running on different surfaces in a different part of town (maybe the surfaces are harder), I'm training at a faster pace (simply because of improvement), and I'm running my 30-35 miles almost every week instead of having occasional lapses as before. As to surfaces of roads, I've tried some running on grass in my old area of town - still no apparent help. This problem is becoming very frustrating.

Any helpful hints? Is the solution still another shoe, orthotics, lifting weights, or otherwise strengthening the front thigh muscles, or heat treatment such as a sauna?

I'd really appreciate your comments. Thanks.

Scott Kingdon

(Ed. Note: Scott, I've held off replying because I don't have the answer. Have you tried writing to Dr. Sheehan or talking to a local doctor? Can any of you readers out there give Scott the solution to his problem? Sorry I can't be of more help, Scott. If you have a possible answer to Scott's problem, either contact Scott directly or send me your suggestion and I'll make sure Scott gets it.)

(Ed. Note: Following is a copy of a letter I received from Hilliard Gates in response to my letter which appeared in last month's issue of THE INSIDE TRACK. Also following is a letter from Larry Lee to Hilliard Gates. I agree completely with Larry's letter. I think what TV-33 and Hooks Drugs have done for Fort Wayne through the marathon is tremendous. The race itself is unique in that it is superbly organized and carried off while charging runners no entry fee whatsoever - and that includes a T-shirt and complete results for all finishers. In fact, I have not run in a better marathon anywhere and that includes Boston, Detroit, Cleveland, and Chicago among other places. The purpose of my letter was merely to point out the one area in which I felt some improvement could be made. I published it in THE INSIDE TRACK in order to spur others to criticism - either in agreement or disagreement with my feelings.)

Dear Rick:

Thank you for your letter of July 22. I appreciate your comments and am sorry that you are disappointed with the film of the race. It is obvious you did not see the Monday night sports show where we showed the first five runners in each category receiving their awards. You were shown and mentioned.

Perhaps we approach this event differently than we should. We have always considered it a "race". We recognize the importance of the entire field because without them there could be no marathon "run" or "race".

Our film report is a report of an athletic event like a football or basketball game with leaders and winners gaining our attention. I know of no way we can distribute camera people through the field, get certain runner's pictures and then be sure that they will finish in the top 10 or 20.

In reviewing our film I find that many, many runners are shown. In most instances it is not possible to identify them because their numbers are not distinguishable on our film. Also, how would we identify some and not others? It is true that we identify Larry Lee and Bob McNary for obvious reasons. The same for Roberta Widmann.

As you point out the hours and hours of preparation that go into preparing for the marathon, and I respect that, I also want to point out that we have an extremely short time to process our film, edit it, write the script and get it on the air within a very few hours. It cannot be perfect with such a short turn around time -- yet we receive many letters complimenting us on its quality -- even though we know that in some areas it falls short of some expectations. I suppose if we had several days to handle this film, we could identify everyone who is shown, but then others would be disappointed because they are not shown or identified.

What I am trying to point out is that what we do is not perfect or complete because there is not enough time to do that. I am sorry that you are disappointed. We will try to do a better job next time.

Thank you for running in our race. Congratulations on being one of the top entries each year.

Cordially,

s/Hilliard Gates
Vice President and General Manager
WKJG/TV

Dear Hilliard:

Now that the dust has settled from the 1980 TV-33/Hooks Drugs Marathon, let me congratulate you and Cal Mahlock again for another superb effort and professional job well-done. The stature of our Marathon, its degree of acceptance by both the road racing community and the people of Fort Wayne, is testimony to your commitment to excellence. That commitment was made back in the fall of 1974 when you volunteered to sponsor the first Marathon in 1975 and has become further galvanized with your sponsorship of five succeeding annual Marathons, each one an unqualified success.

As founder of our Marathon, active member of the Fort Wayne Track Club, and Marathon Director representing the FWTC each of the last three years, I offer my heartfelt thanks as well as my congratulations: you have made a dream, an important dream to one so long and deeply dedicated to distance running, come true. My hometown each year hosts a popular, widely recognized Marathon all run well within its city limits. That recurring fantasy starting while I ran cross country at South Side High School about racing the classic 26.2 mile marathon distance through the streets of Fort Wayne, cheered by thousands of people ala the Boston Marathon - that fantasy has come true.

Yes, I had the dream and I may have started the wheels turning in the summer of 1974 for a Three Rivers Festival Marathon. But TV-33, along with Hooks Drugs, guaranteed its successful birth in July, 1975. Thanks for your critical contribution in providing a proud showcase for me and hundreds like me who love the sport of running and have been driven to accept the ultimate challenge in that challenging sport, the marathon.

Looking forward to working closely with Cal, Cheryl, Bill, your staff and you again in 1981 and the years that follow.

Sincerely,

s/Larry Lee
Fort Wayne Track Club
Marathon Director

Dear Rick:

I want to thank you and the other members of the FWTC who volunteered to help during the summer months assisting in the printing and production of "THE INSIDE TRACK". It was a good group of people and they did a commendable job on this monotonous chore while working in our "un-airconditioned" print shop. School will be back in session for the September issue and we can turn this back over to my "rookie" students at Harding High.

Keep in mind that school will have been in session only two days when we go to press so I can't predict how it will turn out. After twenty-three years of teaching, my students still amaze me with their ability to create new and ingenious ways of "goofing things up". This is not a put-down of my students, as I am proud of each of them; however, I can guarantee that we will make some unforeseeable errors.

The main purpose of our graphic program at Harding High is to train students in the field of printing and "THE INSIDE TRACK" offers them valuable experience to develop these skills. Mistakes are a part of the learning process.

Members of the FWTC have been very complimentary of our work thus far and I hope they are equally understanding when we make our errors.

Sincerely,

s/ Jim Dupont, Printer

(Ed. Note: You're all mixed up, Jim. We should be thanking you, your wife and kids for all the time you spent this summer printing THE INSIDE TRACK. I know you spent several full days each month working on THE INSIDE TRACK. Many thanks from all of us.)

Dear Rick:

The second annual RUN FOR HEALTH will be September 28, 1980, at Foster Park. This event is held to benefit the Harold W. McMillen Center for Health Education. I hope that all FWTC members are aware of the Center and the organized program of instruction that will be offered to school, youth, and adult groups.

I encourage everyone to support the RUN FOR HEALTH. It will be an afternoon for the entire family. In addition to the various running events, Slim Goodbody (Captain Kangaroo Show) will entertain children during the four mile run. Hope to see you there!

s/ MaryAnn Felger

Dear Rick:

You and you start really outdid yourselves with the August issue of the newsletter. The special eighteen-page section on the TV-33/Hooks/Three Rivers Marathon was beautifully done - the pictures and captions just super!

Fact is, the whole newsletter, and all of them lately, have been tremendous. I find I can't put it down without reading it cover-to-cover as soon as it arrives in the mail - and end up re-reading most of the stories several times. Your "Editor's News" column is normally the highlight of the newsletter for me - can't decide whether it's your unusual sensitivity or your unusual articulateness in sharing your sensitivity about the "Running experience". Running, for those of us who have embraced it as a lifestyle/spiritual experience/favorite sport, indeed stirs the deepest, most essential emotions. It is a joy to read how you express those emotions, Rick, and Gary, Cindy, Mike, and Burnell, too. I urge others besides the regular contributors to write about what running means to their life and what needs it may gratify.

Re the Marathon, the entire RWTC and the entire city is very proud of your achievement, Rick, Jerry's too. And how about Bob Bruckner, unassuming, hardworking Bob Bruckner, who has quietly, but firmly, established himself as one of the top 30-39 runners in the area. The quartet of RWTC ladies finishing in the top ten was a fabulous feat, also.

My proudest experience from this year's Marathon? Seeing my best friend over the last 25 years, a non-runner whom I have cajoled, prodded, insulted, and otherwise schemed to get involved in running and who finally did three years ago, seeing him finish his first attempt at a marathon - and in a very creditable time, too, Dick Waterfield, you did it - how sweet it is!

Rick, I've never seen newsletters from other track clubs but I'd guess those clubs that even have one at all, even the big city clubs, don't have a newsletter as ambitious and well-done as ours. You are the editor, Tom and Mrs. Loucks are your assistants, you deserve the credit for making it happen. Great job and thanks from all of us.

Sincerely,

s/ Larry Lee

RACE CALENDAR

Guidelines for Race Calendar:

1. The following races are to be listed:

- A. Only races occurring within the next six weeks with the exception of marathons and those races advertised in THE INSIDE TRACK or previous issues of THE INSIDE TRACK.
- B. All races advertised in any issue of THE INSIDE TRACK from the time the advertisement appears until the race occurs.
- C. All Indiana races.
- D. Races within a two hour radius of Fort Wayne.
- E. Major races (1000+ runners) within a four hour radius of Fort Wayne.

2. No race is to appear if there is no "contact" information available.

3. Races are to appear in this manner:

- A. Name of Race
- B. Distance
- C. Location (city, state - for local races, Park, School, etc.)
- D. Time
- E. Contact (person or place, phone number - if not available, person or place, mailing address; if neither is available, do not list race)

Hopefully these guidelines will make our race calendar an even more valuable service to track club members. If you have further questions, please contact the race director. As a last resort, contact Tom Loucks, 219-622-7108, our race compiler. Do not contact THE INSIDE TRACK editor. He has no more information than you, the reader, have. Thank you.

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. - Kandy 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
Jay Wheelchel, 421 N. Conte, St., Tipton, IN 46072
- 9-6-80 POPCORN PANIC 5 MILE - 8:00 a.m. - Valparaiso, IN
Courtthouse Square - Jim Snyder - 219-464-9585
- 9-6-80 JAMBOREE JOG 10K - Montpelier, IN - 4:30 p.m.
Tom Schwarzkoph - 317-728-5333
- 9-7-80 DIET PEPSI 10K - Indianapolis, IN - 10:00 a.m.
Eagle Creek Park - Jack Beasley - 317-844-0229
- 9-10-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 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
- 9-13-80 MATTHEWS COVERED BRIDGE FESTIVAL 10K - 9:15 a.m. - Matthews, IN
Bill Glock - 317-358-3697; Jerry Pierce - 317-284-3978
- 9-13-80 P-TOWN 10K - Pendleton H.S. - 5:00 p.m.
Gary Estle - 399 North A, Elwood, IN 46036
- 9-13-80 ST. JOE VALLEY BANK STAMPEDE 5 mile and 10 mile - Elkhart, IN
Memorial H.S. (reg. deadline 9/11) - Steve Pletcher, Race
Director, YM-YWCA, 200 E. Jackson Blvd., Elkhart, IN 46514
- 9-13-80 FALL FOR ART FESTIVAL 6 mile & 1 mile fun run - Marion, IN
10:00 a.m. - Gary Hall - 317-662-1890
- 9-13-80 DANNON ORRRR 11 mile - Dayton, OH
Ray Olfky - 513-434-8939
- 9-13-80 MONTGOMERY 10K, 1 MILE - 9:00 a.m. - Washington, IN
Gordon Hochmeister, 1007 NE 3rd St., Washington, IN 47501
- 9-14-80 TWO MAN X-COUNTRY RELAY - Fort Wayne, IN
John McMillan - 219-432-7311
- 9-14-80 LUGAR FITNESS FESTIVAL 10K - 8:00 a.m. - Lafayette, IN
- 9-14-80 LITTLE COUSIN JASPER FESTIVAL HERITAGE 10K - 12:00 noon -
Jasper County Courthouse, Rensselaer, IN
Gene Edmonds - 219-866-3040/Dave Smith - 219-866-4374
- 9-17-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 9-20-80 PARLOR CITY TROT - Bluffton, IN - 11:00 a.m.
Phil Lockwood - 219-824-2412
- 9-20-80 DIET PEPSI 10K - Connersville, IN
Linda Fitzgerald, Fayette Memorial Hospital
1941 Virginia Ave., Connersville, IN 47331

- 9-20-80 NATIONAL ROAD RUN - 10:00 a.m. - Richmond, IN
Al Cook - 317-962-5942
- 9-20-80 RUN DOWN BIRTH DEFECTS 10K, 1 mile - 3:00 p.m. - LaPorte, IN
Leslie Strickland - 219-362-1725
- 9-20-80 BOY SCOUT/WRIGHT MOTORS 5K & 10K - Evansville, IN
Warren Hankin - 812-426-8245
- 9-21-80 2.75 MILE PREDICTION RUN - Foster Park - 2:00 p.m.
Robert McKinley - 219-747-5002; Don Lindley - 219-456-8739
- 9-21-80 BLADE 10K - Toledo, OH - 9:00 a.m.
Shirley Taylor - 419-385-2613 (deadline 9/15/80)
- 9-21-80 LUGAR FITNESS FESTIVAL 10K, Clinic - South Bend, IN - 9:00 a.m.
Pinhood Park - Joe Badger - 1214 E. Hawey, South Bend, IN 46613
- 9-21-80 MILLER LAKESHORE RUN 10K - Gary, IN - 10:00 a.m.
Pat Rhodes - 219-938-6878
- 9-24-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 9-27-80 BUCKEYE "50" - 50 miles on 1 mile loop - 8:00 a.m.
Munro Falls, OH - Doyle Carpenter - 216-688-9099
- 9-27-80 DANNON ROAD RUNNER CLUB SERIES 30K - Indianapolis
Indy Runners, Box 2641, Indianapolis, IN 46206
- 9-27-80 PRAIRIE CREEK 15K - Muncie, IN
Becky Pierce - 317-284-3978
- 9-27-80 RUSHVILLE NATIONAL BANK RUN FOR COVER 10K - 10:00 a.m.
Contact: P.O.Box 97, Rushville, IN
- 9-28-80 RUN FOR HEALTH - Foster Park, Fort Wayne, IN - 2:00 p.m.
4 mile run plus 1/4 mile (6 & under); 1/2 mile (7,8,9)
1 mile (10-14); 1/2 mile family run - 219-493-3078 or 493-4765

(Continued on page 24)



FWTC NEWSLETTER

Rick Reitzug
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