

INSIDE:  
 Running On Empty  
 Jack O'Neil Interview  
 Fairchild's Marathon Mutterings  
 and  
 The 1980  
 BLUEBERRY STOMP  
 in pictures

ROANN  
 EEL RIVER  
 BRIDGE BUILT 1877

\$ 1.00

OCTOBER, 1980 NEWSLETTER OF THE FORT WAYNE TRACK CLUB

**the inside track**

FORT WAYNE  
 TRACK CLUB



**RUN FOR FUN . . .**



**RUN FOR YOURSELF . . .**



**RUN FOR HEALTH . . .**



**WANT TO RUN? If so, the FORT WAYNE TRACK CLUB IS FOR EVERYONE!**

You don't have to be a champion to join. All that's required is an interest in running.

**MEMBERSHIP INCLUDES:**

- ★ FREE MONTHLY RACES FROM 4 TO 26 MILES, INCLUDING SOME TRACK AND CROSS COUNTRY EVENTS.
- ★ WEEKLY FUN RUNS FOR ALL AGE GROUPS
- ★ FWTC MONTHLY MAGAZINE "THE INSIDE TRACK" plus a subscription to "FOOTNOTES" quarterly newsletter.
- ★ FRIENDSHIP AND FELLOWSHIP WITH OTHER RUNNERS AND THEIR FAMILIES



**FORT WAYNE  
TRACK CLUB**

INTERESTED? JOIN US!

MAIL THIS APPLICATION IN TODAY. Find out how RUNNING can benefit you.

Name .....Age .....Sex .....  
.....New Member  
.....Renewal  
Street Address ..... Phone .....  
Occupation/Employer ..... Phone .....

.....Annual Membership—\$10.00—Calendar Year  
PLEASE MAKE ALL CHECKS PAYABLE TO THE "FORT WAYNE TRACK CLUB"  
Dues include Family Membership. Please list names and ages of those entering the club  
Please mail to: FWTC—Don Lindley, 6015 Landsdowne Drive, Fort Wayne, IN 46816.  
For further information, call Don Lindley—219-456-8739

**ON THE COVER:**

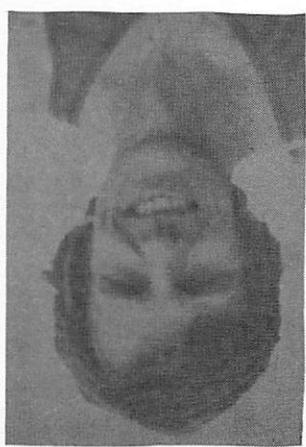
Brian Crosley takes an early lead in the Roann Covered Bridge Run and went on to win the 10 mile event.

# EDITOR'S

# NEWS

# 2 VIEWS

RICK REITZUG



Due to a new job, which has kept me more than busy the past week, this month's column may not be very cohesive, but rather will consist of a number of disjointed thoughts and feelings, I've contemplated over the past month that perhaps, you, too, can identify with.

It's been rather strange this past week to be spending such a minimal amount of time running. Having just gone through a summer in which I seldom ran less than 80 miles per week, and several times as much as 100, the 3-5 mile jaunts of the past week have seemed like warmup runs. Speaking of warmups, it seems that this week as soon as I stepped out the door to begin my run, I was instantly loose and did little slow warmup jogging before picking up the pace. It made me wonder whether the 80-100 mile weeks of the summer had, perhaps, caused some muscle breakdown which had necessitated a longer warmup period. There is, however, a hazard to feeling "ready to roll" shortly after beginning a run. Wanting to get maximum benefit out of my run, short as it was, I several times gave in to the urge and was clipping along at a good pace a scant quarter mile into the run. The next day, while not stiff, I noticed several areas of localized muscle soreness. Probably a minimum of a mile of easy jogging would be advisable before running hard, even if one feels sufficiently warmed up after only a few yards. . . . after a long, sometimes stiffing hot, summer, we're entering what is probably the most beautiful running season of the year. The hot, humid air of summer, while not yet cold, has taken on an edge of crispness that is undeniably exhilarating. The leaves in their dying stages are blessing us with some final beautiful and colorful days. Soon they will fall to the earth and line our path with a crunching softness that is so pleasant to run through. It almost makes you want to slow down, forget that Fall marathon, and become a fun runner. If you're not that gung-ho on your Fall racing goals, you may want to consider slowing down and enjoying the world during this beautiful season of the year. If you are gung-ho, good luck, the cool weather should produce some great times for you. . . . I heard a chant while running today that brought back memories of my high school running days and those runs four years ago before the sweat suited runner became a familiar sight along our roads. The chant? Some poor soul in his mufflerless gas guzzler leaning out the window yelling, "Hup, two, three, four - hup, two, three, four." The sad thing about it was that that was probably the most intelligent thing he said all day!

Have a good run!

EIGHT MILE - TWO-MAN RELAY  
September 14, 1980 - Foster Park

Overall Winning Team - Tom Loucks & Phil Suelzer		41:36
<u>Men</u>		
<u>19 &amp; under</u>	Vince Quinones & Ken Swales	42:56
	Gary Williams & Jerry Williams	43:18
	Mark Davis & Tim Brauner	55:49
<u>20-29</u>	Jeff Schneider & Bill Blosser	44:01
	Brent Munro & Phil Shafer	46:47
<u>30-39</u>	Steve Foster & Tom Gerbers	42:02
	John Kline & Gary Dexheimer	43:19
	Jerry Mazock & Jack Morris	43:41
<u>40-49</u>	Bill Schmidt & Joe Barile	45:20
	Ronald Motycka & David Wilson	48:46
	Dave May & Bill Sohaski	55:56
<u>50 &amp; over</u>	Myron Meyer & Gene Striggle	48:45
	Chet Fleetwood & J. Cauffman	57:30
<u>Women</u>		
<u>29 &amp; under</u>	Holly Cauffman & Alma Ojeda	55:54
	Phyllis Suelzer & Theresa Ehrman	58:46
<u>30 &amp; over</u>	Marsha Schmidt & Julie Wilson	1:05:58
	Debbie Blumer & Bonnie Taylor	1:12:01
	Peg Glover & Diane Waldrop	1:16:39
<u>Mixed</u>		
<u>29 &amp; under</u>	John Schwartz & Jennifer Schwarze	1:10:30
	John Schwartz & Angie Theiss	1:16:39
<u>30 &amp; over</u>	Bob Bruckner & Jane Siebe	51:16
	Theresa Mundinger & Mike Kast	51:23

FWTC ONE-MILE FUN RUN  
Foster Park - September 14, 1980

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Age</u>
1	John Schwarze	5:14	33
2	John Schwarze	6:29	10
3	Tracy Sohaski	7:05	12
4	Angie Theiss	7:30	13
5	Chad Gerbers	7:33	8
6	Todd Latz	7:50	8
7	Brian Lindley	8:10	7
8	Carol Theiss	8:28	11
9	Debby Gerbers	8:47	31
10	Marilee Theiss	9:23	35
11	Michael Lindley	9:25	5
12	Jin Schwarze	9:45	5
13	Carolyn Schwarze	9:46	33
14	Michael McKinley	10:03	6
15	Robert McKinley	10:04	34

# PRESIDENT'S COLUMN

GARY DEXHEIMER



I recently accepted Rick Reitzug's resignation from the executive council. I hated to see the council lose Rick as his contributions have always been greatly appreciated. Like most of us, Rick has found himself simply over-involved. As newsletter editor, Rick has a tremendous responsibility which involves a great deal of time. He will, of course, continue on as editor which is a very lucky thing for the club. Although I was disappointed to lose Rick's thoughts at our meetings, I understand his position and am just very happy that he does want to continue as editor. There is a point to Rick's resignation. The club simply demands so much of those that are willing to get involved. The reason for that is that very few of the members are willing to get involved, therefore we keep having to rely on the same people all of the time. There are those people that can see the involvement and advise us to check our involvement and just keep things simple. Unfortunately, you don't administrate for a thousand members and keep things simple. All of the small things involve time. Do we want to give up free races, or for that matter, FWTC races period? Should we do away with the banquet? What about the newsletter? Without the same people contributing articles month after month, there really wouldn't be one. How many members remember our old newsletter? And even that took a strong personal commitment from several people. I guess I've said enough on this matter. I guess I just wonder where we are headed. It's been a growth year and I hope that it continues.

Charlie Brandt has asked to fill Rick's spot on the council and we're very happy to have him. Speaking of Charlie, he is once again the official director of this year's Lincoln Bank 10,000.

It will soon be time to hold our annual elections. As I have already stated, I'm not sure how optimistic I can be about having actual elections. Certainly if enough people come forward to serve then we will, and if not, then we will simply appoint those people that show an interest.

I thoroughly enjoyed reading Rick's statements on elitism last month. Unfortunately I have heard that word surface in a negative fashion quite a lot lately. Rick put things in perspective quite nicely. I probably would not have been as nice. Personally I strive to be good at what I do and I think that is pretty true of just about everyone. The reward for being good is honest recognition. Every month I look forward to receiving my Track & Field News so I can read about the elite athletes and the recognition that they have earned. I simply don't see anything negative in the word whatsoever. If our club were made up solely of joggers there would still be those that were better than the others and, hopefully, they

would be respected for their ability. Being elite does not necessarily mean being the best, yet we all strive to be successful at something and by achieving that personal goal we become part of the elite.

I'm very proud of the direction that the club is taking. Although the year is not over, I'm also very proud of what the executive council has accomplished to date. We've learned a lot this year. Being on the council is of course basically a thankless job, yet we are certainly convinced that the members will view this as a great year of accomplishment.

---

FWTC ELECTIONS ARE JUST AROUND THE CORNER! - Gary Dexheimer

The executive council is nearing the end of it's elected year. It has been a very positive year for the club and an exhausting one for the officers. For some of our members this may have been a year of confusion. Unfortunately it is impossible to know about all the long hours and decision making work that goes into administrating the club. In some cases decisions made are not always the best decisions but in all cases, they are always made with the welfare of our members considered. It is extremely important that the council receives input from the members so that the council can run the club with an overall philosophy in mind. Criticism with no action is unforgivable when you're dealing with a council that is unpaid and sometimes overworked.

I am looking for some people to come forward that believe in action. If as a member you are pleased with what you have seen this year and you don't want to see it die, then make an effort to get involved. This year's officers are slightly worn out mainly because it is the same people that direct the club year after year. We offer a lot for your ten dollars but there is no guarantee that it will continue without some help. As club president, I intend to see that the club continues as strongly as I left it. That responsibility only goes so far. If you are interested in being an officer I invite you to attend the next several council meetings so that our transition can be smooth and strong.

Please take time to answer these questions and return this survey to me at 9614 Wolf River Place, Fort Wayne, IN 46804.

1. As a member of the FWTC, has the club fulfilled your needs with respect to your membership fee?
  2. If not, then what changes would you make?
  3. For what reason were you most attracted to the club?
  4. In your mind, is the club growing in the right direction?
  5. Would you be willing to serve on the executive council for one year beginning in December? If so, please plan on attending our next executive council meeting at my home on October 19th at 7:00 p.m.
- 

For Sale: Nike Vainqueur (spikes) size 9 - like new - \$15.00 - Rick Harkenrider - 484-4951

## JACK

A SPECIAL KIND OF COURAGE.....  
Mike Hill



Jack O'Neill and I met for lunch early in September at the "Natural Eats" restaurant on Fort Wayne's west side. Editor Rick Reitzug had given me the assignment of interviewing Jack after his unusual performance in the 1980 TV-33/Hooks Drugs Marathon.

Jack is a distinguished 55 year old who operates his own glass company here in Fort Wayne. As a child he had tuberculosis and spent two years of his life in a sanitarium for his illness. As an adult, Jack has done a daily exercise routine, but really did no strenuous exercising. He was a two pack a day smoker for thirty years, but finally kicked the habit some seven years ago. He didn't even dream of running until the fall of 1979. Admittedly, Jack was not your best prospect for the 1980 TV-33/Hooks Drugs Marathon. But he did run it and felt fine when he finished. I believe the story of how Jack accomplished this will be of interest to all of you. It certainly shows what a human being can do if he puts his mind to it.

About September of 1979, Jack started walking three or four days each week, early in the morning with a goal of four miles per day. He didn't always make it, but by October or November, he felt good enough to jog from driveway to driveway (about 1/3 of a block). By December of 1979, Jack was doing a mile on his morning runs, but stretching it to 1-1/2 miles on occasion and finding the entire process extremely difficult. One morning in January of 1980, Jack met a neighbor, Debbie Aiken, who was out on her daily three mile run. Jack decided to run with her and on the first day he made three miles. "I was pooped and elated", Jack says, "but very satisfied with my progress."

Debbie and Jack became running partners and by February they were running 4-1/2 miles on their long runs, stretching it to six miles by March. Jack explains that Debbie really helped motivate him, he knew she would be there each day, and he made every effort to be as dedicated as Debbie. His first race was the Midwest Meet of Champions 5 miler (what a hot day!) and he ran a 50:22, finishing 3rd from last. But by this time Jack was hooked and several 10K races later, he ran a 50:32. Not bad time for a beginner!

In July, Jack tried the 13.1 mile prediction run, he predicted two hours and ran a 2:02. At this point, Jack says the 13.1 mile race "triggered the insane notion of running the marathon".

Two weeks before the marathon, Jack was averaging 25-30 miles per week and ran a ten mile training run. He had heard that "Marathoners" should run a 20 miler, so exactly one week before the marathon at 7:00 a.m. he left the Coliseum headed south on the marathon course. All he remembers of this run is Jerry Mazock passing him like a freight train passing a tramp on South Wayne Avenue (boy do I know how that feels!), and the crash at 17 miles. But he was committed and fully intended to give the marathon his best shot.

I remember talking to him a week before the race. He couldn't be discouraged and it was evident he was going to run with or without my advice. I recommended that he run two miles, walk a quarter for the entire distance, and stop at all water stops. Charlie Brandt had done a 30 miler early in July using this method and from what Charlie said, this was a humane way to pick up new distances. In addition, Jack and I talked about his ever present problems of tender feet. On my advice, he cut the toe box out of his running shoes and used tough skin and tape on the bottoms of his feet. I'm glad to report the advice worked well for Jack; I'm certainly no marathon authority, yet I wanted him to do well.

On race day Jack came prepared and ran well until the 19 mile mark where he was completely whipped. Jack tells me he decided at this point to "Make it to the Coliseum or they would have to take me to the hospital!"

The last few miles were the same rough ones that we all have faced, but Jack got a lot of help. His wife, Bert, was there and Jack's voice softens as he speaks of her support on that day. "Bert really got involved," he said, "and showed up at several prearranged spots with wet towels and ice."

In addition to Bert, Debbie and her husband, Mike, rode along on their bikes encouraging Jack. Jack also remembers Bob Schweeps, Wally, and other members of the Fort Wayne Fire Department who left their cars and helped him finish. They were doing their best to get Jack in under five hours. "You're lookin' good", Schweeps would say. "Just take little steps", chimed in Wally, and Jack ran on.

I was at the finish line and felt as good about Jack's finish as I did about Rick Reitzug's 4th place. The big enjoyment for Jack was getting sponged down afterwards!

I asked Jack if he felt that he had enough training under his belt when he ran the marathon. He did not feel he had trained enough and wants to be in better shape when he tries another marathon in the spring of 1981. Jack wants his weight down and he speed up for his next endeavor and looks forward to running Boston someday.

Although I wouldn't recommend that anyone try a marathon on the mileage Jack had run, you just can't say enough about his guts and determination. It's wonderful to have guys like Jack in the club. Say hello to him when you get a chance and congratulate him on a great run! You "Done good" Jack!

---

Roanoke 10K - September 6, 1980

Phil Suelzer	34:45	1st	1st-20/29
Larry L. Shively	37:05	13th	5th-30/39

Attention - Those of you who are running the November 16th Columbus, Ohio, Marathon: It looks like we have a sizable number of people going to Columbus and it would really be great if we all wore our track club uniforms. If you don't have one, then why not a FWTC T-shirt and ball hat?

UNIFORMS

Harry Miller recently left Fort Wayne for new employment in Stamford, Connecticut. Harry ran a lot of miles and was a good friend. I know he will be missed by a lot of people. I got Harry hooked up with a friend in Stamford who is a member of the local Stamford Running Club. You could imagine my surprise when I received a call from a new FWTC member, Andy Tubin. It turns out Andy was active with the Stamford Runners and just moved here to Fort Wayne. Hmmm . . . seems like we could get a challenge race going.

NEW FRIENDSHIPS AND OLD FRIENDSHIPS

I went back later with Jack O'Neil, Pat Herman, and my wife, Linda. Luckily we did find my ring. It was buried in the dirt by the side of the road with a few golf-spike marks around it. Let this be a warning to all of you.

After writing the article about golfers two months ago, I should have known they would attempt to get even. Yet the red pick up truck in Michigan which almost ran me down didn't convince me. But finally it happened, at the Bluberry Stomp. About four miles out and running fast (fast is relative), I passed behind one of our taller Fort Wayne Track Club runners and "POW!!!!" I crashed head on into a trash barrel, flipped completely, college class ring flying off my finger and into the grass. As I picked myself up, I noticed something stamped in small letters across the bottom of the trash can! They had left their mark. They had been there. Those three simple initials which strike fear in the hearts of all runners were staring me in the face. You guessed it - PGA! I'm not one to be intimidated, but that's the last article about golfers I'm going to write.

After writing the article about golfers two months ago, I should have known they would attempt to get even. Yet the red pick up truck in Michigan which almost ran me down didn't convince me. But finally it happened, at the Bluberry Stomp.



MIKE HILL

2 TALES

HILLS

(Continued from Page 7)

RUNNER'S DATA SHEETS

In this issue you will find my ad for "Runner's Data Sheets". Over the last three years I have altered and changed these sheets to make them an important part of a total running program. You simply slip them in an old three-ring binder. You'll find your data on the left and a remarks section on the right. I use the right side for listing my important goals and objectives for the week. In addition, I include race times, place, pace, etc. You might find the section for recording pulse and pounds each morning of interest. I track these two variables to avoid overtraining and so far, so good. If you have comments on the sheets, please write me at The Runners Closet, 4515 Beaver Avenue, Fort Wayne, IN 46807.

Roann Covered Bridge 10 mile - September 13, 1980

Larry Shively	63:11	10th	3rd-30/39
Mike Hill	63:33	11th	4th-30/39

Well organized but a tough hilly race. Awards ceremony within an hour of finish. Good job!! Larry Shively

Arby's 2 mile - August 23, 1980

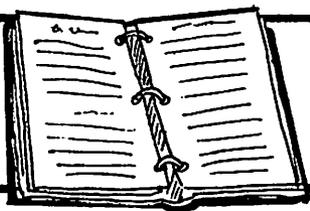
Jeff Murphy	12:50	14th	4th-12/17
-------------	-------	------	-----------

Arby's 5 mile - August 23, 1980

Mike Hill	30:42		
Steve Tielker	31:48	72/473	32nd-18/29

Matthews Covered Bridge

Tom Loucks	33:18	2nd	1st-20/29
------------	-------	-----	-----------



## Runner's Closet

### RUNNER'S DATA SHEETS

*8½ x 11 sheets, printed on both sides  
2 weeks per page - use with any three ring binder*

*1 years supply \$1.98 post paid  
3 years supply \$5.35 post paid  
5 years supply \$7.98 post paid*

Runner's Closet  
4515 Beaver Ave.  
Fort Wayne, IN  
46807

- Data on left, remarks on facing page!
- ALL of the data you need to record!
- Provides for once or twice daily workouts!
- Keep daily, weekly, monthly, yearly and total mileages!
- Record your pace and monitor your pulse and weight

AN EXCELLENT CHRISTMAS PRESENT!

# MARATHON MUTTERINGS

DAVE FAIRCHILD

"Runners do not run a marathon. They run them again and again. They are much like surfers seeking the perfect wave." Sheehan is absolutely correct in this assessment. The excitement resulting from a good marathon performance leads to an almost immediate assessment of weak points and preparation for their overcoming. After a good marathon we can't wait to run another one. The pain, psychic as well as physical, resulting from a poor marathon performance requires an almost immediate preparation for the next one. After a bad marathon we can't wait to run another (good) one.

The 1980 TV-33/Hooks Drugs Marathon was a BAD one for me. Unheeding of symptoms that I knew from experience indicated at least a low-grade fever, I pushed myself through a hard six miles on Thursday and four miles each on the Friday and Saturday before the race. Pre-race anxiety on Sunday agitated my wife's much better judgment, I started the race. This was my third marathon of the year, fourth altogether. I had earlier run a 3:56 (Athens, March) and a 3:58 (Terre Haute, May). The Terre Haute marathon was warm, and based on my experience there and my subsequent training I was confident I could run somewhere around a 3:45 in Fort Wayne for a new PR. I even pinned a pace card with appropriate splits on my shirt.

I was running very comfortably with Vern Chovan and Bob McNary when my wife and daughter (Jan and Emily) saw me at McDonald's. We were only about 15 seconds ahead of my projected pace, and holding at about an 8:15 pace. I continued to feel great through 11 miles, and was exactly on schedule when I saw Jan and Emily on Old Mill Road. But by the 12 mile mark I was struggling; my chest was constricted, my shoulders tight, and jogging tighter with every step, and I could not breathe deeply. I jogged, SLOWLY, though the turnaround and back to Jan and Emily at 15 miles, where I changed shoes (primarily because it provided a reasonable excuse for sitting down). I walked the rest of the way to the Parnell bridge (no water left at the Main/Calhoun aid station), mostly alone, very sore, and cursing my own stubbornness for refusing to quit. Yes, I finished, but I have no memory of the final 385 yards. Jan has a picture of me in a "jog" (really!) crossing the line, but I don't know how I did that. Time: 4:43. Two minutes faster than last summer, one hour off my projection, 45 minutes off my other efforts for the year. I was SORE in every muscle and joint for the next week, and struggled to limp through a 30 mile week. Such "races" are most easily forgotten (indeed), I convinced myself, by running a faster one soon. I had been satisfied with my training for Fort Wayne (averaging 65 miles per week, with a weekly 20 mile at about an eight minute pace for each of the eight preceding weeks), but believed that without the fever I would have "peaked" on July 20th. So, to redeem some measure of running self-respect I decided to run at Crawfordsville on August 17th. I still thought a warm weather 3:45 was possible for me, and

such was my expressed goal. Race morning, to everyone's surprise, the temperature was 60 degrees with heavy overcast, high humidity but no rain. My schedule for a 3:45 marathon required an 8:26 pace for the first three miles. Although I went slowly and comfortably, I passed the mile mark in 8:14, two miles at 16:18, and three at 24:18. I was already a minute and a half ahead of my schedule as we began a series of gradual downhill at about the four mile mark. I was running easily at 7:55 when I saw Jan and Emily just past six miles, and tossed them my shirt. I caught Jim Stark (from Columbus, IN - the fellow who runs with a tape recorder on his waist) just before seven miles. Together we passed ten miles in 78 minutes and change. I continued to run easily to 13 miles, which I passed in 1:43:40. This was more than five minutes ahead of my schedule, but I was still comfortable with the pace. I had moved several hundred yards ahead of Stark by now, and for most of the remainder of the race I ran alone.

I saw Jan and Emily again at 13-1/2 miles, halfway up the first real hill on the course. For the first time I noticed that I was passing people as I began to maintain pace on the uphill and charge the downhill. My support crew was at 16-1/2 miles, shouting that I still looked strong. They didn't have to tell me; I FELT strong. I passed 20 miles in 2:40, some nine minutes ahead of my schedule. We began a 3/4 mile long hill just after 20 miles, and my pace slowed to 8:06 - but I was still passing people, one or two of whom were beginning to walk. Jan saw me again at 22 miles (Emily, at the age of 2-1/2, was more interested in conversing with the pigs at the side of the road than in watching her father) and told me to keep up the pace. I knew I had a PR and a sub-3:45, even if I had to crawl all the way home. As I turned into the last 385 yards I began a (modified) sprint to the finish. My watch showed 3:32:20 (official results listed 3:31:24 - I think they started the clock late). PR by more than 24 minutes! A 75 minute improvement over my Fort Wayne time.

To say this marathon was an ego trip would be to lose myself in understatement. My feet are just now returning to the ground. Although I was tired the day after, I was not sore (except for one slightly blackened toe - a small price to pay). I have learned much about marathoning, that fatigue is nothing more than a word and a symbol, that all those 20 mile runs on Sunday morning to pay off. I finished 74th in this race, I ran the whole distance, I passed people in the last ten miles, and I KNOW I can go faster. This was a good marathon. I can't wait for the next one.

---

COLUMBUS MARATHON RUNNERS - THE INSIDE TRACK will have writers and photographers (sounds like we're a big operation, doesn't it?) at the Columbus Bank One Marathon on November 16th. Since our staff does not know all FWTC members on sight, please wear your uniform for easy identification. Also, a pack of FWTC runners are planning on running a 3:10 pace. If you would like to run with them, look for Myron Meyer and/or Mike Hill beforehand.

TWENTY-FOUR HOUR RELAY - A hastily organized 24-hour relay will be held at Bishop Dwenger High School from 7:00 p.m., Friday, October 3rd, until 7:00 p.m., Saturday, October 4th. It is a pledge run for Rick Harmon, a local 12 year old who has cancer and will need to have a leg amputated because of it. If you wish to run on one of the relay teams (10 runners alternating miles for 24 hours), please contact Cindy Caldwell at 219-485-0777. Spots were still available on one of the teams at press time. If you would like to come out and donate some money for Rick, jog a few miles, or just watch, please do. I'm sure we'll need all the support we can get.

# HUSTLE WITH YOUR HONEY

(OR HOW TO RUN WITH YOUR WIFE AND/OR GIRL FRIEND)

MIKE HILL

Since I have been running, it's occurred to me that we just do not have the number of active fun running/racing females that we should have. I believe there are many reasons for the small number of women running, but only want to approach one general problem in this article.

The problem I would like to address is the safety of women running in public. When speaking before groups, or talking to women about running, there is one question which constantly reoccurs, that is: Where can I run and not be in danger of being physically assaulted or verbally abused? My answers have varied but essentially have been as follows:

1. Run indoors at the "Y" or similar facility. This of course is limiting since anyone who runs much at all finds the YMCA track boring and injury producing at long fast distances.

2. Run with a group of women in a running co-op. This idea is my own invention. Basically I suggest that women with children canvas their neighborhood and find one to twenty other women interested in running/jogging. Then run in two groups. While one group runs, the other baby-sits, etc. You are still open to verbal insults but hopefully safe from physical assault. And of course you are limited by the groups slowest runner.

3. Run with your husband or boy friend. This is the point I wanted to get to. As all of you know, most couples are not evenly matched and when we start training with our spouse, some tension may develop over this difference in the pace. My problem was that I trained two to 2-1/2 minutes faster than my wife. When we did run together, I was constantly pulling her along and making the run miserable for her. In addition, I was running so slow I felt my workout was wasted. Now after several years of trying, I have hit on an ideal solution. I simply started running twice a day! In the evenings I run 5, 7, or 10 miles at my regular training pace. In the morning, I run a 9 or 10 minute pace with Linda for 2, 3, or 5 miles. I'm slow to wake up and stiff in the mornings, so I don't do any warm-ups. The slow pace loosens me up and serves as its own "stretching" exercise. In the evening I, of course, do my regular pre-run stretching and post run weight work-out.

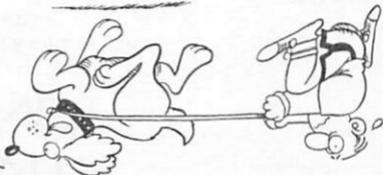
Linda and I are both enjoying our morning runs and this time together away from the kids. We hope some of you will give it a try also. It would at least keep the female runner safe from physical assault and give her a chance to get in a good work out each day. The verbal abuse is hard to stop. In the park it even comes from the whistles and cat calls of our city employees. I don't have a solution as yet.

Any other ideas for safer running for guys or gals? Write me and let me know, we will certainly publish your ideas. What about a fast female runner who's partner can't stay with her? How can she train safely? There's got to be a way to do this, your ideas will help.

**Depuy**

SPONSORED BY

athletic annex



**NOV. 1 - START at 11 a.m.**

CATEGORIES:

Female  
18 & Under  
19 to 29

Male  
12 & Under  
13 to 15  
16 to 18  
19 to 24  
25 to 29  
30 to 34  
35 to 39  
40 to 44  
45 to 49

AWARDS:

To top three  
in each age  
group or 10% of  
advance  
registration,  
"MARSAM  
10,000"  
Souvenirs to  
40 to 44  
45 to 49

COURSE:

Mostly flat with some  
rolling terrain through  
residential areas around  
Winona Lake, BEAUTIFUL!!  
CHECK IN:  
Registration on Race Day  
9:00 to 10:30; to receive  
packets.

# WARSAM W 10,000

**FEE:** \$4.00 Before October 25, 1980  
\$6.00 After October 25, 1980  
Payable to: MARSAM 10,000  
c/o Athletic Annex  
117 W. Center St.  
Warsaw, IN, 46580

See next page for information.

TEAM COMPETITION !!

This 10,000  
meter course starts  
and finishes at the  
Kosciusko County Fairgrounds  
in Warsaw, Indiana.

ENTRY FEE: \$4.00 prior to October 25, 1980; \$6.00 after deadline

\*\*\*ENTRY FEE MUST ACCOMPANY REGISTRATION\*\*\*

I attest and verify that I have full knowledge of the risks involved in this event and have  
trained so that I am physically fit to participate in this run. I also accept full responsibility  
for my participation in this event and hereby release from any and all responsibility Depuy, the  
Kosciusko Community MFC, the City of Warsaw, Athletic Annex, and any other club, agency, corporation,  
or business affiliated with this race, with respect to any damages, claims, demands, or action  
stemming from or in anyway connected with my participation in this event.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ SEX \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
TELEPHONE ( ) \_\_\_\_\_ SIGNATURE \_\_\_\_\_  
Return entry with remittance to: MARSAM 10,000  
c/o Athletic Annex  
117 W. Center St.  
Warsaw, IN, 46580  
CHECK HERE IF ENTERING AS A TEAM \_\_\_\_\_  
(All applications must be signed by  
parent's signature required if  
runner is under 18 years of age.)

TEAM ENTRY FEE: \$5.00 per team; made payable to WARSAW 10,000.

\*\*\*ENTRY FEE MUST ACCOMPANY REGISTRATION as well as a TEAM ROSTER\*\*\*

TEAM NAME \_\_\_\_\_ CHECK ONE \_\_\_\_\_

CONTACT'S NAME \_\_\_\_\_ Running Club Affiliation \_\_\_\_\_

ADDRESS \_\_\_\_\_ Open \_\_\_\_\_ AAU \_\_\_\_\_ RRCA \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ TELEPHONE( ) \_\_\_\_\_

Accompanying this application must be a team roster with the name's, birthdates, ages, and sexes of each team member. EACH TEAM MEMBER MUST REGISTER AS AN INDIVIDUAL.

# TEAM COMPETITION

TEAM COMPETITION: A new feature to this year's race is team competition in the following divisions:

Corporate  
Running Club  
Open

The corporate team must have its team members from the same place of employment. A corporate team will consist of the following:

MALE

Open - Five Scorers  
Senior (30-39) - Three Scorers  
Master (40 & Over) - Two Scorers

FEMALE

Open - Three Scorers  
Senior (30-39) - Two Scorers  
Master (40 & Over) - One Scorer

Team standings will be determined by adding the finish placement of all team entrants with the low score being the winner. (Non-team finishers will not count as displacers.)

## \*\*\*RUNNING CLUB\*\*\*

The running club team is limited to clubs affiliated with either the AAU or RRCA. A running club team will consist of the following:

MALE

Open - Six Scorers  
Senior (30-39) - Four Scorers  
Master (40-49) - Four Scorers  
Golden (50 & Up) - Two Scorers

FEMALE

Open - Four Scorers  
Senior (30-39) - Three Scorers  
Master (40 & Over) - Two Scorers

The open team is for any other group that wishes to compete as a team. The open team will consist of the following:

MALE

Open - Five Scorers

FEMALE

Open - Three Scorers

Any number of runners can be entered in each age and sex division with the number's listed as those who actually score.

A TEAM ENTRANT MUST CHECK THE BOX ON THE FRONT OF THE APPLICATION AND COMPLETE THE INFORMATION ABOVE!

A ROSTER MUST BE MAILED TO THE ATHLETIC ANNEX NO LATER THAN OCTOBER 25 1980 and NO TEAM ENTRANTS WILL BE ACCEPTED AFTER OCTOBER 25.

# RUNNING ON EMPTY

.RUSS HERITIER

I had been running off and on for years: High School cross-country and track, U.S. Army Infantry OCS, and ever since Grad School, mostly just to allay boredom. As a matter of reference, here is an outline of my bodyweight over the preceding couple of decades:

1961	143 lbs.
1966	265
1972	225
1975	190
1979	170
1980	155

At the library one day, I came across Jim Fixx's Complete Book of Running, which I checked out and read from cover to cover in one sitting. That's how I do things, you know. I get into things so fast and so deeply, and then, well, overdo them. Anyway, I was hit by one point in the book in particular, and that was the information about bodyweight, caloric intake, and the interaction between these and running, caloric expenditure, increasing achievements, etc. I had really finally discovered something to motivate me toward becoming something better than a part time, average jogger.

At the time of reading Jim Fixx's book, I was covering about 19 miles a week, and weighting between 170-175. I'd run 6.5 miles three times a week, with one rest day at least interspersed between the runs. On these off days, I worked out with weights. I was getting nowhere. I had run my first marathon in 1976 and had made it to mile no. 8, then walked/jogged into the finish in about six hours. The next year in the same race, I ran the first 13 miles, then walk/jogged into the finish in about 4 hours, 20 minutes. The next year, I was in much better shape, but I hurt my knee somehow, and an ankle, and my back went out as well. The following year, I just wasn't in any kind of mood to go through the torture again, and had dropped back to a very casual running program of about 15 miles a week, weather permitting. Some days I would feel great. I could run all day. Other days, I felt heavy and sluggish. I experimented with sprints at the track. I experimented with striding out to the fullest extent that my hamstring muscles would permit. I experimented with running up long flights of stairs. Despite all of this, running was becoming a bore for me, and I felt guilty as hell about it.

The section in Fixx's book, in particular the statement to the effect that all world class runners are scrawny, made me sit up and take notice of my own physique a little more. If the ideal weight for a good runner was two pounds for every inch of height, then at six feet, I needed to loos 31 pounds! I already was at the lowest bodyweight I had achieved in almost twenty years; how in heaven was I supposed to get down that far?

I reasoned that it was simply going to be a matter of coupling reduced intake with increased mileage. Maybe as I lost weight, I would be able to go fatter, and the psychological lift from this would sustain me in the

depressing times I would be sure to encounter trying to reduce my food intake.

At first, I vowed to run five miles a week, Monday through Friday, with the weekend off for rest and recreation. Coupled with this was a Saturday 24 hour fast, except for coffee and chewing gum. This worked for nine months; at least I was able to stick to my fasting routine, but I really didn't improve in my running, and I lost no weight. So I had to rethink.

My next plan was to simply curtail my total eating program; instead of a one-day-a-week total fast (which was rather excruciating anyway), I simply skipped breakfast and lunch every day, with severely restricted intake on Saturday. At supper time, and on Sundays, I ate ad lib, trying to avoid all meat and dairy products, and concentrating on noodles, rice, corn-bread, salads, fruits and vegetables, bran and gatorade.

I would take my wife to work (she worked as a dietary cook at the hospital) at 5:45 a.m., and return home to start my stretching and warmup. At about 6:00 a.m., I would start to run. Soon after starting this new regimen, I noticed some fantastic things which I will enumerate in order of their impact upon my consciousness:

1. All the uptightness, anxiety, uncertainty about life, depression, fear, paranoia, etc., disappeared from my psyche. In their place came a luxurious feeling of controllable exhaustion, equanimity, peace, acceptance of life, joy in the perception of the universe, and appreciation of other's perspectives.

2. I began to lose weight rapidly. Within two weeks, I had lost 20 pounds.

3. The only thing I had to break through in running was the feeling that I was close to fainting. This passed after the first week.

4. I began to increase my distances and total running time rapidly without as much strain as before. In four weeks, I was running 15 miles every morning at a 6:48 mile pace.

5. After running and warming down, I felt no tiredness; instead I felt elation. Each day became an exciting challenge. I felt I was approaching the natural state of Man-kind. I slowed down my work; did things more methodically, more precisely, more carefully.

6. I noticed that my second wind was much more pronounced. When it hit, it was almost as if I had stopped, rested, and started over again. Shortly after its arrival, I could throw caution to the winds and accelerate with abandon for a few miles before the wall.

7. The wall, or at least what I perceived to be a difficult time toward the end of my runs, became gradually easier to penetrate; sort of like turning from field stone into rice paper. I simply stretched out my stride and concentrated on regulating my breathing.

Returning home after running, I would SLOWLY drink an 8 oz. glass of gatorade. I found, quite simply, that the urge to gulp cold fluids in great quantities after running could be controlled and eliminated by very slow sipping; letting the beverage flow slowly past all parts of the buccal cavity, cooling the tongue, palate and gums thoroughly enough so that the psychological result was like that of drinking three or four

glasses the normal, gluttonous way. In much the same way, I began to enjoy what little food I did eat much more than I ever had.

The carbohydrate loading lift I got on my Monday morning run was almost uncanny. Within three weeks of this new program, I made an EASY Monday morning run of 15 miles!! For me, this was all it took to really motivate me into the serious attitude I wanted so much. Tuesdays were not so great, so I dropped back to about 8 miles of interval running: you know, two telephone poles flat out, then two telephone poles to slow-jog for air, then two more flat-out until I had covered the distance. Wednesday an LSD of about 12 miles, then Thursday another interval day, then Friday (or Saturday) another LSD. Sunday was my favorite day: whole wheat pancakes with molasses for breakfast, plenty of fruit and salad throughout the rest of the day, and a heavy pasta or something for supper with a reasonable dessert of some kind. And then try to add a new PR to my books on Monday morning again; and back to the week-long austerity diet.

So here I am. Can't lose too much more weight without sacrificing muscle mass. This would be counterproductive to my height. As you all know, once you've broken through the 12 to 15 mile barrier in training, the rest is just getting that coiled wind-up spring inside your head to be a little more snappy, so you can press on to the 26 mile marker comfortably. I truly believe that anyone who is willing to try, and who is fairly healthy to begin with, can get to where he or she can run as far as he or she desires. It's just a matter of rationalizing the relative importance of this particular type of achievement to yourself, and then taking the necessary steps.

Incidentally, I have a Master's degree in Human Nutrition, and would be thrilled to help anyone with this type of plan, because it's something that could be risky without a little more knowledge about nutrition than most people have. Just drop me a line; due to the recession, my work (masonry) is so slow right now, that I've got plenty of time to answer letters to anyone really wanting help in running, nutrition for athletics, or just generally. Thanks to the FWTC for a chance to spread the gospel.

Route 9, Business 30 West  
Columbia City, IN 46725

---

#### THE TWO FASTEST FIVE MILE RACES

##### I RAN IN MY ENTIRE LIFE

David Milner - age 14

Well I'm getting right up there with the faster guys. I really proved myself by running my two five mile times close to 30 minutes. My first personal best time was 30:43 which averages out to 6:08 a mile. I ran that excellent time at North Manchester, Indiana.

In the Arby's Big Brothers/Big Sisters race, I knocked off 21 seconds from the week before's time. My time was 30:22 which averages out to 6:04.39 a mile.

After each of those races I felt as if I could run the entire race again if I wanted to. These two beautiful race times were really super, and I was very pleased with both of my times. What made me run at a good pace like that was hard work at the track. I do 2-1/2 to 3 miles of speed work once a week. The next time I run in a 5 mile race, I want to break 30 minutes.



## SATURDAY MORNING "FUN RUN"

MIKE MICHAELS

**GOOD NEWS!!** The Saturday morning "fun run" season will begin on October 11th at 10:00 a.m. at Foster Park. The starting line is near the parcourse by the old tennis courts. There will be mileage markers and a timer at the start/finish line. The course is four miles with shorter distances marked. Two miles out and two miles back. The "fun run" will be held every Saturday, through May 2, 1981, except when the snow is so deep, or the ice so heavy, that it is unreasonable to make it. (Note!! there are no nearby rest room facilities during the winter months.)

This year we want to make a special effort to get folks out to the "fun run". All runners are invited and this includes non-members. In fact, members are encouraged to bring along non-members. We are having some bulletins printed that announces the "fun run" to the public and extends an invitation to come out and run with us on Saturday. This will be a great opportunity to extol the virtues of FWTC membership. The bottom of the bulletin will have a membership application blank.

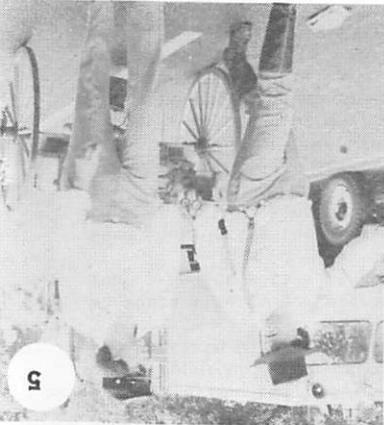
We would like to see our ladies and girls become more involved in the "fun run". So let's talk it up, men.

When considering the "fun run", we must acknowledge, as the title implies, that it is not a competitive event. It is intended to be an opportunity for runners of all levels to get together to enjoy their sport (or hobby, or whatever). It can also be an educational season for many runners. With this in mind, we would like to include, as part of the "fun run", a Runner's Clinic. Or more aptly stated, a Clinic On the Run. Very simply, our more experienced or competitive runners are asked to voluntarily slow down and run in the back of the pack. Make themselves available to some one while running to ask or answer questions or give advice. In this way we can help our less experienced runners and show them we are a Club that cares about runners and running at all levels.

To further our efforts in promoting greater participation and activity for all of our runners, we are starting a program of running achievement that will be represented by the presentation of a "Certificate of Achievement" to all FWTC members. When a member runs 1, 3, 5, or subsequent increments of five miles, for the first time, he/she will receive the "Certificate of

*(Continued on Page 20)*

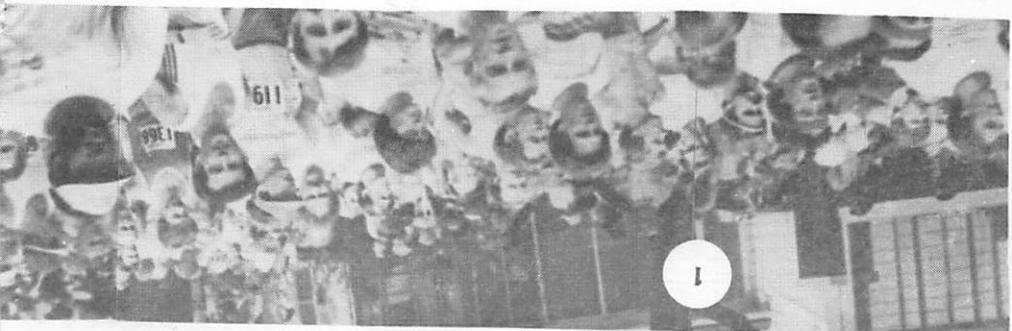
The Blueberry Stomp offers something for everyone. It is a 15K race with runners ranging in ability from "world class" right down to the jogger who is just hoping to finish the run. The race starts with the firing of a civil war cannon (5) loud enough to be heard in Evansville. Hundreds of runners start moving down mainstreet (1) trying to find running room in the crowd about them. As the runners clear the starting area, they are followed by a mile long parade, led by Governor Bowen (10) and other political Leaders. Bands, floats, firetrucks, antique cars, and a variety of clowns (7) and other entertainers dance down the boulevard. A helicopter flies overhead with a photographer from Sports Illustrated taking pictures of the scene below. It seems only a short time before the leaders (2) lead by winner DonMcClellan of Blooming-



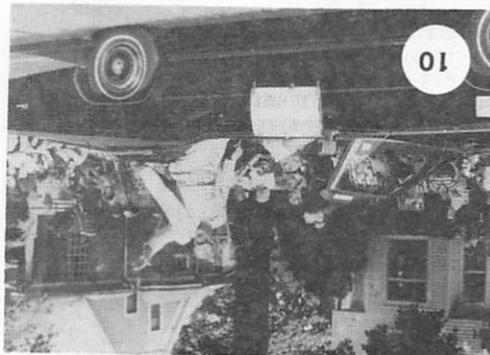
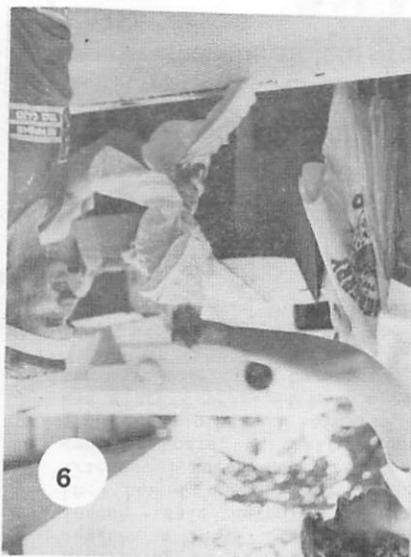
by Jim Dupont

The parade is still moving thru the town  
and so the runners must take care to avoid  
running into such things as tuba players  
or horses.

## The 1980 BLUEBERRY STOMP in pictures



...on, are sighted returning from their jaunt in the country. The parade (6) is still moving thru town and so the runners must take care to avoid running into such things as tuba players or horses. Then the runners start crossing the finish line in large numbers, each at the point of total exhaustion, but smiling and filled with takes of accomplishment or disappointment. Tom Louchs (4) lessened his time from last year's Stomp by 6 full minutes. Jack O'Neil (3) of the PWTTC continued showing amazing progress in the short time he has been running. As the runners are recorded, they walked out of the shoot (8) and pick up their Stomp T-shirt (9) that they will wear with pride. Each time they put it on they will be reminded of the adventure they shared with hundreds of other athletes on this September morning in Plymouth, Indiana.



(Continued on Page 17)

"Achievement" indicating the miles run and date. For current runners, a certificate will be presented for the current maximum mileage. Then subsequent certificates will be given for achievement from that point. Although the achievement run can be made anywhere (we will take your word for it), the certificate will only be presented at the Saturday morning "fun run".

We are really looking forward to a successful "fun run" season. This can be a fine opportunity to get the "bashfuls" out and give our fine experienced and competitive runners a chance to express themselves while helping others.

LET'S TALK IT UP! COME ON OUT.

(Ed.Note: The "fun run" coordinator is Mike Michaels, 4002 Blythewood Place - 432-8838. If you have any questions, give Mike a call.

(Accidentally omitted from the September issue of THE INSIDE TRACK)

THANKS TO A RUNNING FRIEND

I had trained 687 long miles in the eight weeks before the marathon. I didn't really want to run this race in the first place. This was Tom Cavacine's first marathon and how I remember mine! I wanted Tom to be in better shape than I was so we trained hard. It seemed all I was doing was convincing him we had to get those 20 miles in. Tom doesn't have much speed so I wanted us to get marathon pace down. I think we accomplished everything we set out to do and had a fun time doing it. At least we laughed a lot. I remember during the winter months he thought I was insane - said the only reason he was doing this was because of me. If Tom knew how I needed his support on those long cold runs. We all have friends, I guess we appreciate some more than others. As Tom and I would run for hours, we chatted about a variety of topics. We really learned about each other - I think I learned a lot about myself. All in all, it was a great year. I have a good friend to run with and hopefully we will run many more miles together. Thanks, Buddy!

I almost forgot! Tom ran the TV-33/Hooks Drugs Marathon in 3:49. Maybe next year we need to do 30 mile workouts! Just kidding!

Steve Foster

DON'T FORGET *FWTC*  
10% DISCOUNT ALSO!

No one knows  
the athlete's foot like

MANY BRANDS TO  
CHOOSE FROM LIKE:

BROOKS HUGGER GT  
REG. 44.95 SALE 40.95

150  
SIZES  
&  
COLORS



ALL SIZES  
ADULT  
TO  
CHILDREN

VISA



Southtown Mall  
447-7417

# PIKE'S PEAK OR BUST

MYRON MEYER

August 10, 1980 - Pike Peak Marathon - 28.2 Miles  
Time 5:54:28 - Age Group 7th - Overall 214th

The mountains, trees, and rivers are beautiful in Colorado.

I attended a running clinic by Arthur Lydiard in Colorado Springs. Here are some of his ideas:

Everybody is different and should train with that in mind.

Running too often on the track causes bad form because of turns.

Great runners are not made by speed work.

When increasing mileage, don't increase it every day. Follow this system: short run, increase, short run, increase . . . .

It doesn't hurt young people to run. They should not be pushed or they will be finished in a few years. Also, they should not race very often.

Runners should be more concerned about the time spent running than the mileage.

The individual runner is the only person who can decide how many intervals he can do at a certain distance and time. A coach can't tell the runner this.

The kick at the end of a race is due to good conditioning and not speed.

Run upright (not bent over as I do).

Get your base of LSD - then do four to six weeks of intervals. Now you should be in top shape. More intervals will not help to increase speed. To increase speed you have to increase your stride. Do this by running up hills on toes slowly. Watch your form. Relax your upper body, especially the lower jaw (most American runners strain the upper body and face when they run). Most importantly, raising your knees high will increase your stride.

Train on hills.

Take 48 hours to recover from intervals.

Lydiard does not believe in carbo loading. Stick to your regular diet. You need protein.

After a runner puts on his shoes, lift your foot and jam your heel on the floor before tying your shoe.

In your training before running a marathon, fill the shoes you are going to wear with water and run in them. This will tell you if this will cause any problems in the race.

Carry a sponge in a hot weather marathon.

Success or failure in a marathon depends on how you run the first five miles.

Don't warm up for a marathon. Stretch if you must. Use sweat clothes to warm you up. Your pulse rate should increase with the excitement of the race. If it doesn't, drink coffee.

Take multi-vitamins.

Lydiard showed a film of Jack Foster training. He trains in the mountains and his 60-70 miles a week is equal to 120-140 on flat ground.

Peter Snell, when in his prime, trained 140-160 miles a week plus riding a bike to and from work 10-12 miles a day.

Lydiard named many countries he visited that have many runners that have never heard of orthotics, yet almost half the American runners use them.

One of New Zealand's best ultra-marathoners died of a heart attack because of his lousy diet.

Nobody will ever run a marathon in less than 2:07.

I also attended a pre-race symposium which featured doctors from the Sports Medicine Testing Facility of the U.S. Olympic Committee. The main point they made was that for most injuries you should use ice for three days. Heat may feel better, but it doesn't heal the injury.

Fun Fest 5 - North Manchester - 5 mile - August 16, 1980

David Milner	30:34	80th	2nd-14/under
Lynn Milner	34:41	172nd	9th-40/49

The Fun Fest 5 was much better this year. It was an even 5 miles with splits every mile and the course was well marked. The aid stations were well manned, and the finish line was one of the most efficient I've ever seen. They had an electric timer which gave us our times immediately. This race has really improved since last year.

Diet Pepsi - Denver, Colorado - 10K - August 16, 1980

Steve Tielker	45:16	853/3246	495th-21/35
Ruth R. Dumas	1:16:51	2653/3246	6th-50/over

Frank Shorter and Bill Rodgers were supposed to be there and didn't show. A young kid from South Africa won. Ruth Dumas

Swiss Days - 10 mile - July 26, 1980

Larry Shively	69:04	30th	5th-30/39
---------------	-------	------	-----------

Charleston, W.Va. Distance Classic - 15 mile - September 1, 1980

Gary Bird	1:35:26	309/1500
-----------	---------	----------

Nice run, new course, lots of hills at first. Most of course in downtown. Finish on a "super" college track. Drizzle with a down pour towards end of run. Great race altogether.

Columbus 10,000 meter - August 31, 1980

Betty Jackson	51:36	173rd	2nd-19/24
---------------	-------	-------	-----------

Marathon-Marathon - Terre Haute, IN

Gene Hainer	5:38	50/59
-------------	------	-------

# FINISH

## UNTITLED

I KNOW WHO YOU ARE!  
BENT OVER YOUR WHEELS  
SWEATING.

I HAVE SEEN THAT WILD LOOK  
OF DETERMINATION  
CENTURIES AGO.

YOUR MUSCLED ARMS  
AND HANDS WORN THIN  
FROM THE WHEEL/REINS  
GIVE YOU AWAY.

GLOVED HANDS  
MOVING QUICKLY  
DARTING ABOUT THEIR WORK.

THE LONG RACE.  
THE DRIVE TO THE FINISH.  
IT DOES NOT CHANGE.

YES, YOU ARE EXHAUSTED.  
AS YOU WERE SO LONG AGO  
O-CHARIOTEER OF ANCIENT ROME!

Mike Hill  
7-21-80

This poem was inspired by those athletes who competed in the wheel chair division of the TV-33/Hooks Drugs/Three River Marathon.

## POEM

Rushing - on wingless feet,  
A marriage of mind and soul.  
Each, a warrior of noble state,  
Proudly crosses the body's goal.

Ray Gordon

# JAMBOREE JOG 10,000 Meter Points Race

MONTPELLIER, INDIANA SEPTEMBER 6, 1980

PLACE & NAME	AGE	TIME	PLACE & NAME	AGE	TIME
1. Doug Osborn	26	32:20	62. Randy Siles	26	44:08
2. Phil Lockwood	30	33:19	63. Steve Ely	11	44:18
3. Tom Loucks	28	33:25	64. Terry Randall	65	44:19
4. Rick Collins	21	33:33	65. Les Bantz	33	44:17
5. Cliff Almgood	23	34:06	66. Mark Jones	30	44:48
6. Randy Almgood	23	34:34	67. James	67	44:48
7. Steve Cockran	22	35:02	68. Cartwright	42	45:25
8. Tim Grant	24	35:13	69. Ray Bullock	50	45:25
9. Kurt Floyd	29	35:17	70. Charles Houck	48	46:06
10. David Schmidt	29	35:27	71. James Winters	46	46:06
11. Jim Lettler	26	35:51	72. Jeff Inal	17	46:17
12. Dave Smiley	26	36:09	73. Doug Curtis	46	46:19
13. Jerry Williams, Jr.	20	36:18	74. Charles Inch	37	46:37
14. Richard Myers	36	36:32	75. Jack Short	12	46:42
15. John Ely	15	36:38	76. Jim Luton	12	46:42
16. Mike Gilliland	30	36:53	77. Ken Clay	28	47:09
17. Mark Worden	19	36:58	78. Spencer Baker	34	47:22
18. Vance Quinones	12	37:17	79. Tim Wilcox	28	47:25
19. Robert Brown	40	37:21	80. Alex Evans	19	47:28
20. George Glass	30	37:24	81. Sandy Shawhan	81	47:37
21. George DeVano	43	37:28	82. Joni Orvill	23	47:43
22. Jack Morris	43	37:42	83. Duane Hurst	29	48:01
23. David Kelley	26	37:48	84. Gary Landess	29	48:02
24. Don Lindley	36	38:06	85. Walter Lee	29	48:02
25. Dwayne Martin	45	38:07	86. Robert Luton,	26	48:18
26. Roger Lloyd	30	38:09	87. Norm Goethals	38	48:18
27. Wade Umrick	16	38:19	88. Pierre Verdier	18	48:20
28. Lambert Decker	36	38:28	89. Dick Burchard	40	48:23
29. Myron Hofer	53	38:34	90. James Ovalt	15	48:26
30. Wendell	35	38:51	91. James Thill	40	48:25
31. Mitchell Kast	23	39:17	92. James Hoya	46	48:31
32. Bill Monroe	25	39:49	93. Barbara	24	48:31
33. Paul Floyd, Jr.	27	40:04	94. Richard Coetz	42	48:41
34. Bruce Pidlger	28	40:55	95. George Ludwig	43	48:45
35. Richard Fogue	34	41:15	96. Clyde Bray	42	48:52
36. Bruce Clavenger	24	41:32	97. John Ferguson	36	48:52
37. Ed Zelger	19	41:41	98. Thomas Elliot	24	49:06
38. David Whinery	25	41:49	99. Delphur Lewis	43	49:09
39. David Whinery	31	41:47	100. Rick Weaver	31	49:11
40. Vincent Floyd	14	41:51	101. Paul Ely	43	49:12
41. Norm Gregg	25	42:00	102. Harold Thompson	17	49:18
42. James Hagert	46	42:06	103. Hank Wagoner	34	49:47
43. John Barber	40	42:14	104. Robert Anderson	22	49:53
44. Mike Fleming	16	42:17	105. Betty Jackson	19	49:53
45. Don Starr	31	42:19	106. Mike Pressler	28	49:55
46. Fred Myrick	48	42:41	107. David Baker	31	49:59
47. Larry O'Herron	25	42:42	108. Ellen Schwartz	35	50:20
48. Tim Bickel	41	42:43	109. James Koger	31	50:26
49. Norm Fogwell	27	42:44	110. C. Fleetwood	61	50:27
50. Jerry Hodges	33	42:52	111. Allen Bell	36	50:36
51. Michelle Bickel	15	43:17	112. Ray Sears	73	50:49
52. Wayne Upton	39	43:19	113. Roxanne Martin	16	50:50
53. Larry Thompson	18	43:26	114. Dean Everhart	26	50:58
54. Eric Helges	13	43:27	115. Rob Wagoner	13	51:02
55. Vern Raymond	13	43:28	116. David Boggs	21	51:27
56. Tim Prough	15	43:29	117. Rich Adams	33	51:27
57. Douglas Stanley	22	43:32	118. Roger Howell	38	51:28
58. Wendell Parson	59	43:45	119. David Gelman	51	51:50
59. Larry Singleton	36	43:52	120. Bob Duck	51	51:54
60. Bob Weitz	50	43:58	121. Roger Swartz	48	52:20
61. Jerry Shaw	182	52:21	122. Steve Deer	32	52:21
62. Don Dian	128	52:25			
63. Everett Clark	38	52:26			
64. Gary Hillman	38	52:29			
65. Susan Schlicko	27	52:41			
66. Darrin Cofer	11	52:48			
67. Mae Atkins	120	52:48			
68. Teresa King	139	53:12			
69. Stephen Hughes	30	53:15			
70. Daniel Erick	36	53:21			
71. Ron Johnson	133	53:26			
72. Brian Lech	137	53:45			
73. Tim Stone	30	53:52			
74. John Danka	38	53:53			
75. Bill Davis	39	53:57			
76. Ron Singer	45	55:03			
77. Martin Welge	111	55:28			
78. Michael Keano	36	55:30			
79. Susan Bickel	10	55:29			
80. Tom Hartel	39	55:40			
81. Clarence	51	55:50			
82. Robert	52	55:50			
83. Deborah Wall	28	56:09			
84. Tom Wagner	49	56:13			
85. Ralph Shideler	44	56:10			
86. Dave Hennaker	16	56:35			
87. Kenneth	44	56:41			
88. Sherrick	40	56:52			
89. Rodney Phillips	40	57:01			
90. Damon Howel	9	57:02			
91. Roger Howel	11	57:02			
92. Joel Pendleton	24	57:24			
93. Gene Gardner	43	57:27			
94. Hunter Goin	50	57:55			
95. Kathy Raymond	30	58:11			
96. Danny Claverson	15	58:42			
97. Jack Bickel	51	59:07			
98. Jackie	15	59:41			
99. Brian Kain	14	59:41			
100. Carolyn Davis	170	59:48			
101. Alan Keith	169	59:48			
102. Carolyn Davis	170	59:48			
103. Sally Swager	171	59:48			
104. Mike Weaver	172	59:48			
105. Pamela Jackson	173	59:48			
106. Lee Winters	174	59:48			
107. Martin Claverson	175	59:48			
108. Luther	176	59:48			
109. Ric Horton	177	59:48			
110. Becky Thompson	178	59:48			
111. Nick Karna	179	59:48			
112. John Guyer	180	59:48			
113. Diana Claverson	181	59:48			
114. Jerry Shaw	182	59:48			

# \*FWTC MEMBERS

1. Doug Osborn	26	32:20	62. Randy Siles	26	44:08
2. Phil Lockwood	30	33:19	63. Steve Ely	11	44:18
3. Tom Loucks	28	33:25	64. Terry Randall	65	44:19
4. Rick Collins	21	33:33	65. Les Bantz	33	44:17
5. Cliff Almgood	23	34:06	66. Mark Jones	30	44:48
6. Randy Almgood	23	34:34	67. James	67	44:48
7. Steve Cockran	22	35:02	68. Cartwright	42	45:25
8. Tim Grant	24	35:13	69. Ray Bullock	50	45:25
9. Kurt Floyd	29	35:17	70. Charles Houck	48	46:06
10. David Schmidt	29	35:27	71. James Winters	46	46:06
11. Jim Lettler	26	35:51	72. Jeff Inal	17	46:17
12. Dave Smiley	26	36:09	73. Doug Curtis	46	46:19
13. Jerry Williams, Jr.	20	36:18	74. Charles Inch	37	46:37
14. Richard Myers	36	36:32	75. Jack Short	12	46:42
15. John Ely	15	36:38	76. Jim Luton	12	46:42
16. Mike Gilliland	30	36:53	77. Ken Clay	28	47:09
17. Mark Worden	19	36:58	78. Spencer Baker	34	47:22
18. Vance Quinones	12	37:17	79. Tim Wilcox	28	47:25
19. Robert Brown	40	37:21	80. Alex Evans	19	47:28
20. George Glass	30	37:24	81. Sandy Shawhan	81	47:37
21. George DeVano	43	37:28	82. Joni Orvill	23	47:43
22. Jack Morris	43	37:42	83. Duane Hurst	29	48:01
23. David Kelley	26	37:48	84. Gary Landess	29	48:02
24. Don Lindley	36	38:06	85. Walter Lee	29	48:02
25. Dwayne Martin	45	38:07	86. Robert Luton,	26	48:18
26. Roger Lloyd	30	38:09	87. Norm Goethals	38	48:18
27. Wade Umrick	16	38:19	88. Pierre Verdier	18	48:20
28. Lambert Decker	36	38:28	89. Dick Burchard	40	48:23
29. Myron Hofer	53	38:34	90. James Ovalt	15	48:26
30. Wendell	35	38:51	91. James Thill	40	48:25
31. Mitchell Kast	23	39:17	92. James Hoya	46	48:31
32. Bill Monroe	25	39:49	93. Barbara	24	48:31
33. Paul Floyd, Jr.	27	40:04	94. Richard Coetz	42	48:41
34. Bruce Pidlger	28	40:55	95. George Ludwig	43	48:45
35. Richard Fogue	34	41:15	96. Clyde Bray	42	48:52
36. Bruce Clavenger	24	41:32	97. John Ferguson	36	48:52
37. Ed Zelger	19	41:41	98. Thomas Elliot	24	49:06
38. David Whinery	25	41:49	99. Delphur Lewis	43	49:09
39. David Whinery	31	41:47	100. Rick Weaver	31	49:11
40. Vincent Floyd	14	41:51	101. Paul Ely	43	49:12
41. Norm Gregg	25	42:00	102. Harold Thompson	17	49:18
42. James Hagert	46	42:06	103. Hank Wagoner	34	49:47
43. John Barber	40	42:14	104. Robert Anderson	22	49:53
44. Mike Fleming	16	42:17	105. Betty Jackson	19	49:53
45. Don Starr	31	42:19	106. Mike Pressler	28	49:55
46. Fred Myrick	48	42:41	107. David Baker	31	49:59
47. Larry O'Herron	25	42:42	108. Ellen Schwartz	35	50:20
48. Tim Bickel	41	42:43	109. James Koger	31	50:26
49. Norm Fogwell	27	42:44	110. C. Fleetwood	61	50:27
50. Jerry Hodges	33	42:52	111. Allen Bell	36	50:36
51. Michelle Bickel	15	43:17	112. Ray Sears	73	50:49
52. Wayne Upton	39	43:19	113. Roxanne Martin	16	50:50
53. Larry Thompson	18	43:26	114. Dean Everhart	26	50:58
54. Eric Helges	13	43:27	115. Rob Wagoner	13	51:02
55. Vern Raymond	13	43:28	116. David Boggs	21	51:27
56. Tim Prough	15	43:29	117. Rich Adams	33	51:27
57. Douglas Stanley	22	43:32	118. Roger Howell	38	51:28
58. Wendell Parson	59	43:45	119. David Gelman	51	51:50
59. Larry Singleton	36	43:52	120. Bob Duck	51	51:54
60. Bob Weitz	50	43:58	121. Roger Swartz	48	52:20
61. Jerry Shaw	182	52:21	122. Steve Deer	32	52:21

Temperature 86 F Humidity 81%

If you are a beginner and you are only running 20-30 miles per week, then you will want to adjust your pre-race mileage accordingly. This is

thing. several days before. This is as much for a psychological boost as any- my miles the day before and, if it is an important race, maybe even if I am going to race over ten miles, I make it a point to drastically cut race. In most cases as long as the racing distance is under ten miles it doesn't seem to make any difference what I do the day before. Naturally done as much as 10 miles at a fairly good pace even prior to a longer tance, I usually end up doing 4-6 miles the day before, although I have run 4-6 miles easy the day before. Later, depending on the racing dis- college I competed in longer distances. It was a team habit to usually competition. Then there were other times that I didn't run at all. In would think nothing of running a mile time trial the night before a major runners that have no idea what to do the day prior to a race. Personally Although the statement was ridiculous, I realize there are many beginning

get to the starting line the next day. doing eight quarters all out and then barely having enough energy left to to help tone up the muscles. I could just see the beginning runner out the best one stated that one should do several intervals the night before reading a column on what not to do. All of the tips were ridiculous, but I really had to read it several times as I thought for sure that I was eight tips on what a beginning runner should do the day prior to the race. friends to see. The night before the race the race director had sent in It was so hilarious and yet shocking that I brought it back for several

with their summer festival. Recently I brought back a newspaper clipping that appeared in my hometown paper the night before an eight mile race that was held in conjunction

## CORNER



## COACH'S

especially true if you race only occasionally and you want each race to be a personal triumph. Most likely you will only want to run a couple of easy miles the night before. If you are really going for a good one, or if the distance is over eight miles, you may want to skip running completely the day before. As I stated earlier, easy mileage the day before will not affect your race performance but neither will skipping it completely. What the latter may do is give you the psychological lift you need to run really well the next day.

Bobby Crim Road Race - Flint, MI - 10 mile - August 23, 1980  
 Phil Lockwood 54:21 69th 30/34

Remember this race in 1981. Similar to Hooks race in that it is run through the downtown area and keeps your mind busy. The course is challenging but not extremely difficult. There were splits and aid stations every mile. This year's race was won by Herb Lindsey, 47:11; Bill Rodgers 2nd, 47:17. There were almost 4,000 starters. Only 2-1/2 hours away - quite a happening. I would like to do an article on race directing - the problems. (Ed.note: We're waiting to hear from you, Phil.)

Crawfordsville Marathon - August 17, 1980  
 Larry L. Shively 3.10:54 PR 37th 17th-30/39

The weather was perfect for a marathon. Tough, hilly course but got lonely running in town of Crawfordsville. I don't think there were more than a dozen spectators out in town. I guess 6:30 is a little early to see someone hoofing it down the road. PR - 3:10

Blueberry Stomp 15KM September 1, 1980  
 Tom Loucks 50:42 23rd 14th-19/24  
 Don Lindley 57:23 36th-34/39  
 Steve Tielker 64:65

Don Lindley: As I get chronologically older, the body seems to get younger and more energetic. Following are times from previous Blueberry Stomps, so I know that I'm not "over the hill" yet, and I have put a complete halt on the "middle age" philosophy:

1979 - age 35 - 58:32 - 116
1978 - age 34 - 61:50 - 281
1977 - age 33 - 64:57 - 237
1976 - age 32 - 74:04 - 183

BULLETIN: Parlor City Trot - Bluffton, IN - Half-Marathon - September 20, 1980 - TOM LOUCKS ACCEPTED THE BLUFFTON FREE BICENTENNIAL STREET FAIR PARLOR CITY TROTTER TROPHY, PAL CLUB, AS THE FIRST WELLS COUNTY RUNNER - results of FWTC runners and/or complete results will be published in the November issue of THE INSIDE TRACK.

#### UNIFORMS

Uniform orders may be placed from now on directly to the SPORTS DEN in the Georgetown Shopping Center. Don Rodenbeck will try to stock the common sizes and will take care of getting the imprint on the front. Why not order one now for Christmas?

#### HATS

Both Don Lindley and Mike Hill still have a few ball hats left. Send them \$3.50 and they will get a hat to you!

# LETTERS TO THE EDITOR



Dear Rick:

I have a number of items that I would like to share with you. First, congratulation on your superb performance on July 20th!! I am one of many people who have watched and appreciated your marathon efforts over the past several years, and am excited with your time and place. Second, I think your letter to Hilliard was especially well done, and most appropriate coming from you, both as a top-five finisher and as Editor of THE INSIDE TRACK. Your letter was sensitively written and yet incisive, speaking to one of the few (although major) weaknesses in this year's race. I regret that Hilliard's response was not, in my opinion, to the point: Monday's newscast reporting of results is NOT the same as coverage on the same-day marathon telecast. Many of the FWFC members took Hilliard to task as you did, because we know and understand first hand the demands and rewards of running marathons. Third, my Blueberry Stomp results: time - 62:37 PR; place - 350. Fourth, I subscribe to a number of running newsletters, and THE INSIDE TRACK is without equal or even serious competition. The only other newsletter with any pretension to the standards of THE INSIDE TRACK is the Hoosier Runner. But in all areas, layout, race results, schedules of races, readability, interest of features, editorials, and regular features, THE INSIDE TRACK is head and shoulders ahead. Congratulations to you and to all those who share some of the responsibility for our newsletter. Finally, I accept your offer to publish a "marathon story", and am (at least secretly) pleased that you think it might be of interest to the readers.

Cordially,  
Dave Fairchild

Dear Editor:

As a member of FWTC I have enjoyed your race calendar and felt I could rely on it to list some good races because of the criteria you use. After my daughter Lynda's experience Saturday, September 13, at the Roann Covered Bridge Run and in light of the ad for it which you carried in your August issue, I feel compelled to relate what happened.

Lynda, who is also a FWTC member, ran the 10 mile race which she finished in 78 minutes being the first woman to finish. While cooling down, we were surprised to hear the announcement that no women awards would be given. When we confronted the race director he said he based his decision on percentage of pre-registrations and although Adidas sponsored it, the race was already in 33% deficit. He further stated that he wouldn't want a trophy if he were the only one in his division and that this was the first year and next year would be better.

I find his action totally unacceptable because:

1. All publicity, entry forms, etc., state trophies will be awarded to each division winner.
2. No attempt was made to inform the women of the situation until after the race was completed. Since pre-registration ended August 20, there was ample time to drop a postcard to the women informing them of the change and giving them the option of running in the 3 mile race if they chose. Failing that, a note could have been attached to the race packets of the pre-registrants with the same information.

3. If this decision was based on percentages, it should have been applied to all divisions. On the 10 mile pre-registrations roster, there are 2 under 12 men and 2 over 50 men but the awards were given for those divisions! However, no trophy was awarded for the first place women's finisher.

It's also interesting to note that in your ad and on the entry forms it states that training shoes will be given to best overall times for men and women but that in the race packets it states Adidas training shoes will be given to the best men and women times in the 3 mile race and to the best overall time in the 10 mile race.

The businesses and town treated the runners very well. However, at best the race director's actions were dishonest to the women participants in the 10 mile race.

Yours for better racing,  
Keith H. Pettifor

(Ed>Note: Sorry to hear about your bad experiences in this race, Keith. I hope you have sent the race director a copy of this letter. In reference to your opening sentence - THE INSIDE TRACK does not use any pre-race evaluation criteria before listing a race in the calendar or advertising it. We list any race in the race calendar that fits the race guidelines published in last month's issue. We do hope FWTC members support races that advertise in THE INSIDE TRACK since they do support us through their advertising. I'm sorry you had a bad experience at Roann, although in all fairness to the race director, I have heard good reviews on the race from some other members. THE INSIDE TRACK does not have the manpower to evaluate races before they occur since we have a completely voluntary, unpaid staff. The only races whose quality we vouch for are FWTC sponsored races and even there, things can occasionally go wrong.)

Dear Editor:

As one of the select few show-offs who ran as a non-regular FWTC member at Kokomo (to quote Mr. Foster's letter in the September issue of THE INSIDE TRACK), I feel compelled to respond, and possibly clarify the situation to those who do not fully understand the matter.

I am a dues-paying member of the Fort Wayne Track Club, and object strenuously to Mr. Foster's three "point race" criterion for participation. As a college competitor, my summer training schedule is geared to long-range conditioning, and running three point races in the summer (including the TV-33/Hooks Drugs Marathon?) previous to team competition in August would frankly be unintelligent. There also are frequent charges of hot doggery when college athletes, finely honed by professional coaches, lavish facilities, and high-level competition, step into what is properly a local race. Kokomo was not by any stretch of the imagination a local race.

The implication that I should not have run is unfair and founded upon ill-informed assumptions. Because I am away from Fort Wayne nine months a year, even though my legal and psychic "home" is there, it seems I should enjoy nonentity status in the summer. My tenure, albeit brief, as race director (with Greg Orman) might be mentioned. Though the Kudu 3 Cross Country Challenge was not a large affair, runner response was very favorable. If I took something without compensating the Fort Wayne running community, let me know. Anyone was as eligible as I to compete at Kokomo. The first five Fort Wayne Track Club runners scored, period. There was no "first team" selected beforehand.

My impression, gathered from conversations with a number of track club officers, was that my participation was fully ethical, legitimate, and in the interests of the FWTC. Apparently this is not a consensual view. To prevent future accusations of impropriety, and as a symbolic gesture of good faith in Gary, et al, here is my 1981 membership check, even though I plan to be in town for only one or two months of that calendar year.

Best of luck to participants and organizers of the Lincoln 10K, and to my running friends in the Summit City.

Illegitimately yours,

John Jordan  
Durham, NC

Dear Friends in the FWTC:

Just a note to let you know that we have settled in our new residence on Grosee Ile, Michigan (an island at the mouth of Lake Erie).

Enclosed are entry forms for the Detroit Free Press Marathon. If any of the guys are interested, we will put up as many as possible the night before.

I would also like to take this opportunity to express my appreciation to the great bunch of guys that I ran with all last year during the Saturday morning and Wednesday night runs. (I don't want to mention any names because I am sure I would forget someone.)

Sincerely yours,

Art Garside

Apt. #4, 10015  
GROH  
Grosse Ile, MI 48138

Dear Rick:

I find your article in September's Editor's News & Views interesting. How educated we American's have become, especially with words: Elite, Select Few, Intensity, Elitism, Velocity, etc. You name it, we have a word and then we have the Bitcher's and to them everything is BAD. Yet, we have a host of Super Ego's running around in all areas of our society.

It is of my opinion and experience as a Fun Runner the past three years (58 Tshirts, 3 hats, 2 ribbons, (1 medal, I came in 14th out of 150 in my age division - yes, I did feel I was ready for Moscow)), 4 marathons' non-finisher 18, 10-1/2, 21, 13 miles, and I'll keep trying, that I have yet to meet anybody in running that I felt did not want to extend a hand. I really believe as runners we care less about title's, money (what other people have), race, sex, age, or who's in Who's Who - we're all trying our best to finish and accomplish our best PR. If one does not have empathy for a 78 year old or a 6 year old crossing the finish at the Stomp, then that person better re-establish his or her priorities.

Thank God we can get up in the morning and dangle our feet on the ground. In closing, a word to the wise - we start walking, then jogging, then running, then back to jogging, and walking, this = Senior Citizen. If ego's get too large, always remember this formula.

You had a good article, keep up the good work.

Dick Sive - Fun Runner

(Ed.Note: Following is a copy of a letter received from the Bank One Corporation in Columbus, Ohio, after I had applied for their marathon and requested additional information on it for use in THE INSIDE TRACK. I had enclosed a copy of our August issue.)

Dear Rick:

You as editor, and all of the members of the Fort Wayne Track Club must be very proud of your newsletter, THE INSIDE TRACK.

I started casually glancing through it and ended up reading your entire newsletter.

The one thing that stood out in my mind is the fine job your members do in writing about their running experiences. The articles were inspirational.

I have enclosed a brochure that tells briefly about the City of Columbus, an Application for the Columbus Bank One Marathon, and a map of the marathon course.

It will be my pleasure if we have a chance to meet and talk when you come to Columbus. Congratulations on that 2:38.02 run.

Sincerely,

Earl Bradley

Boy! Talk about low priority. I just found this letter in typist's pile. I thought it went out 2nd of September. Excuse handwriting.

Dear Rick:

Although my husband and I have not finished reading the September issue of THE INSIDE TRACK, I would like to compliment you on the excellent job that you have done with this publication.

As the editor of a quarterly (Allen County Lines, Allen County Genealogical Society of Indiana) myself, I know about the hours and hard work that go into putting together such a publication. The articles are interesting and informative, and pre-race information is great.

Speaking for myself, I would rather drop our subscriptions to the Runner and Runners' World and continue to receive THE INSIDE TRACK! Congratulations on a job well done.

Sincerely,  
Karen B. Cavanaugh

P.S: We both support the idea of the National Wheelchair Championships in Fort Wayne.

Dear Rick:

On August 14th I had the pleasure of attending a clinic featuring Bill Rodgers which was held in conjunction with the Denver Regional Diet Pepsi 10K Series. Beyond the thrill of meeting one's hero (I got his autograph on a copy of the "Rocky Mountain Running News" in the best "tourist" tradition), it was refreshing to listen to a world-class athlete who does not presume to "know it all". Rodgers has a good sense of humor, is very intelligent, and is quick to refer questions to other sources if it is out of his "field". I would like to think that this "down to earth" attitude is one thing which separates runners from other athletes. Beyond the experience of vacationing and running in Denver, this opportunity made my vacation a memorable one.

Steve Tielker

I ran a 45:16 in the race, which was done after a 25 mile training week in Denver's altitude. Discounting a 9 minute first mile due to the crowd, I was satisfied with this time.

KUDU 3 CROSS-COUNTRY CHALLENGE  
Shoaff Park - August 18, 1980

Place	Name	Time	Age
1	* Daniel Daly	17:19	17
2	Dale Drees	17:25	18
3	* Fred Hannan	17:31	25
4	Bob Becker	17:52	17
5	* Mike McManus	17:56	17
6	Robert Smith	17:58	16
7		18:01	
8	* John Kline	18:02	29
9	Joe Ahmad	18:14	17
10	Scott Maddox	18:15	16
11		18:16	
12	Jay Ahmad	18:18	16
13	Paul Knott	18:18	17
14	Fred Horstman	18:19	15

15		Dan Kaufman	18:20	29
16	*	Bill Blosser	18:25	29
17		Bryan Conley	18:25	16
18		Tom Mills	18:26	14
19	*	Jerry Mazock	18:27	28
20		Jess Moss	18:29	17
21	*	John Heath	18:30	29
22		Tom Busser	18:39	18
23		Dennis Myers	18:40	17
24		Mike Davis	18:50	15
25		Dan Crouce	18:52	25
26	*	James Hoffman	18:59	27
27		Chris Welsh	19:00	16
28		Park Ginder	19:05	16
29		Dan Broderick	19:09	36
30		Doug Acard	19:11	15
31		Tom Powell	19:15	16
32	*	Tom Loucks	19:18	21
33		Bob Nunley	19:23	29
34		Bob Anderson	19:28	14
35	*	Woody Barker	19:31	40
36		G. Cessna	19:32	32
37		Tom Hatfield	19:33	15
38	*	Mike Robbin	19:38	31
39		Rob Jones	19:39	14
40	*	Phil Suelzer	19:44	28
41		Jim Huth	19:51	18
42			20:01	
43		Rick Stensrud	20:01	25
44		Scott Martin	20:07	14
45		Mark Keller	20:10	15
46		Mark Mendez	20:11	17
47		Steve Kepler	20:12	18
48		Phil Schuler	20:15	16
49		John Heinkel	20:16	
50		Roger Wilson	20:17	26
51		Ray Schwarz	20:18	17
52			20:17	
53		Kevin Bixler	20:19	15
54		D. Smith	20:20	29
55	*	Chris Stauffer	20:33	47
56		Robert Maldia	20:34	14
57		Todd Alber	20:40	15
58	*	Barrie Peterson	20:49	38
59		R. Mihavies	20:49	22
60		Terry Youngmans	21:00	26
61	*	Larry O'Herron	21:03	45
62	*	Jerry Ziegler	21:09	13
63		Tyrone Alexander	21:17	33
64		Troy Wall	21:18	15
65		Brad Reinking	21:18	14
66		Bob Grabill	21:31	15
67		Dan Campbell	21:52	14
68		R. Guska	21:52	23
69			21:57	
70			21:58	
71	*	Stephen Hartman	22:06	38
72		Tim LaCrosse	22:12	28
73	*	Tom Donelson	22:15	26

(Continued on Page 35)

**RACE RESULTS REPORTING FORM**

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

**MEMBERS' MUMBLINGS**

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

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

*Staple*

---

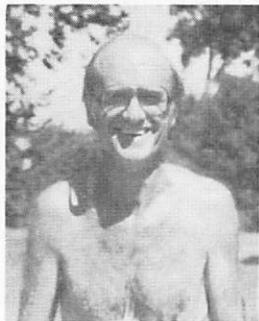
*Fold Here*

*Fold Here*

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

**POSTAGE**  
**REQUIRED**

74	Todd Haner	22:18	15
75	Cheryl Wilson	22:24	17 (1st woman)
76	Kevin Mowan	22:28	13
77	Laura Didion	22:30	14
78	Anne Schaenle	22:31	17
79	* Eric Schwartz	22:35	10
80	Murtaz Karim	22:37	26
81	Jim Mihavies	23:36	15
82	* Tim Orman	24:05	43
83	Mickey Speidell	24:12	14
84	Tom Chambers	24:14	26
85	* Roger Scheele	25:11	32
86	Bob Rolland	25:15	18
87	Carol McManus	25:58	16
88	Robert Weirsing	26:42	33
89	Jim Donnice	27:20	15
90	Phyllis Avila	28:48	16
91	Mike Peterson	30:02	9
92	Brad Peterson	30:10	7
93	* Bobby Wiersma	30:20	8
94	* Sharon Wiersma	30:26	32
95	* Debbie Wiersma	35:55	11
	* FWTC MEMBERS		



## FWTC FACES



## RACE

## CALENDAR

- 10-1-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 10- 3/4 -80 24 Hour Relay - Run For Rick Harmon - 7:00 p.m.  
Bishop Dwenger High School, Ft.Wayne, IN. - Cindy Caldwell 485-0777
- 10-4-80 KICK IN FOR KIDNEY'S 30KM MARATHON TUNE-UP - 9:00 a.m.  
Detroit Medical Center, Detroit, MI - James Lawson 313-831-2527
- 10-4-80 AMERICAN NATIONAL BANK - YMCA OCTOBERUN 10 KM, 5 KM, 1 MILE  
9:00 a.m. - Muncie, IN - Steve Voss 317-747-7525
- 10-4-80 BROOKS MASTER RUN 20KM - Dunes State Park, Chesterton, IN - 3:00 p.m.  
c: Brooks Master Runs, 131 Factory St., Hanover, PA 17331
- 10-4-80 BIG APPLE 8 MILE - Bloomfield, IN - 1:00 p.m.  
Steve Jones - 254 E. South St., Bloomfield, IN 47424
- 10-5-80 DICK LUGAR RUNNING SERIES FINALE 8 Mile Road & Trail Race  
10:00 a.m. - Indiana Dunes State Park - c: Denny Martinson  
421 Black Oak Dr., Michigan City, IN 46360
- 10-5-80 INDY YMCA/HOOKS DRUGS RUN FOR HEALTH 10KM & Half-Marathon (13.1 mi)  
c: Any Hooks Drugs or send \$5.00 to Arthur Jordan Branch YMCA,  
8400 Westfield Blvd., Indianapolis, IN 46224
- 10-5-80 MINSTER OKTOBERFEST 10K - Minster, OH - 11:00 a.m. - 419-628-3336
- 10-5-80 2ND ANNUAL AMJA ULTRAMARATHONS 50 mile, 100K - Chicago, IL - 7:00 a.m.  
10 mile loop course - Noel Nequin, M.D. - 312-878-8200
- 10-5-80 WILDERNESS 17 MILE - Toledo, OH - 9:45 a.m. - Oak Openings Park -  
John Hognacki 419-698-9926
- 10-5-80 TAWA 10KM - Ottawa, OH - 2:05 p.m. - Ron Michel, c/o Glandorf  
Savings and Loan Association, P.O.Box 29, Glandorf, OH 45848
- 10-8-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 10-11-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
- 10-11-80 DOUBLE EAGLE 5 MILE & 10 MILE - Eagle Creek Park, Indianapolis, IN  
9:00 a.m. - Athletic Department Sporting Goods Stores, 2828 N.  
Lafayette Road, Indianapolis, IN 46222
- 10-11-80 COLUMBUS DAY RUN FOR THE BOAT PEOPLE - 9:00 a.m. - 15KM, 5KM,  
2KM - Westchester Middle School, Chesterton, IN - c: Bethlehem  
Lutheran Church, 135 Lincoln Ave., Chesterton, IN 46304
- 10-11-80 PUMPKIN CITY 10K - Bradford, OH - 10:00 a.m.  
Dean Shafer, 11885 W. Klinger Road, Bradford, OH 45308

- 10-12-80 TABS 5KM WOMENS CLASSIC - 8:00 a.m - Armed Forces Center,  
Evansville, IN - c: Janet Shigley, 11126 Darmstadt Road,  
Evansville, IN 47710
- 10-12-80 SOUTHERN INDIANA 15KM CLASSIC - Bloomington, IN - 12:00 noon  
c: Charles Albers - 812-336-0056
- 10-12-80 COVERED BRIDGE 10 MILE - Mansfield, IN - 8:00 a.m.  
Robert C. Lemont, Route 3, Rockville, IN 47872
- 10-12-80 EAST LANSING STATE BANK 10KM - East Lansing, MI - 2:00 p.m.  
City Hall - Stuart Bartlett 517-351-5950
- 10-12-80 DAYTON RIVER CORRIDOR CLASSIC HALF-MARATHON - Dayton, OH - 2:00 p.m.  
River Corridor Classic, Daytonian Hotel, 3rd & Ludlow Sts.,  
Dayton, OH 45402 - deadline 10-6-80
- 10-12-80 AVON WOMENS HALF-MARATHON, Chicago, IL - CARA, Box 7248,  
Chicago, IL 60680
- 10-15-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 10-18-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
- 10-18-80 SWEET OWEN CLASSIC - Spencer, IN - 2:00 p.m. - McCormick's Creek  
State Park - 10KM, 5KM, 1 MILE - Carl Carey, Route 2, Box 251,  
Spencer, IN 47460 - 812-829-3958
- 10-18-80 LOU GEHRIG 10KM RACE - Purdue Univ., West Lafayette, IN - 8:00 a.m.  
c: Tom Bloodgood, 503 State St., West Lafayette, IN 47906
- 10-18-80 LIONS 15K - Pendleton, IN - Pendleton Middle School - c: Jim Ashby,  
1015 Rolling Barrel Road, Pendleton, IN 46064 - 317-778-3657
- 10-18-80 AMERICAN CANCER SOCIETY "RUN FOR FUN" 6 MILE - Valparaiso Armory  
(U.S. 30 & Linwood) - 10:00 a.m. - American Cancer Society,  
808 E. Lincolnway, Valparaiso, IN 46383 - 219-464-2895 or 464-9585
- 10-19-80 DETROIT FREE PRESS INTERNATIONAL MARATHON - 9:00 a.m. - Jackson  
Park, Windsor - (10KM - Oct. 18) - Ed Kozloff, Marathon, Box 170,  
Detroit, MI 48231 - 313-222-6415 -deadline 10-3-80
- 10-22-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 10-25-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
- 10-25-80 10 MILE & 4 MILE RACE - Lima, OH - 2:00 p.m. - OSU-Lima Tech. -  
Paul Hronjak 419-225-9777
- 10-25-80 GRAND VALLEY MARATHON (HALF-MARATHON, 10KM) - 12:00 noon - Grand  
Valley State Colleges, Allendale MI - 616-458-1141 - deadline 10-15-80
- 10-26-80 LINCOLN BANK 10KM - 2:00 p.m. - Freimann Square, Fort Wayne, IN  
Bill Lemming, Lincoln National Bank, 116 East Berry Street, Fort  
Wayne, IN 46802 - 219-423-6111
- 10-26-80 MICHIGAN 50 MILE; Copper Harbor, MI - 7:00 a.m. -  
Bob Olson - 906-482-3700

- 10-29-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 11-1-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
- 11-1-80 WARSAW 10KM - 11:00 a.m. - Kosciusko County Fairgrounds -  
c: Athletic Annex, 117 W. Center St., Warsaw, IN 46580
- 11-5-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 11-8-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
- 11-8-80 PIZZA HUT MINI-MARATHON WEEKEND - Bloomington, IN - 13.1 Mile,  
10KM, 5KM - 8:00 a.m. - c: Monroe County YMCA, P.O.Box 2598,  
Bloomington, IN 47402 - 812-322-5555
- 11-8-80 SANBURN SPORTING GOODS 5,000 Meter Run - Kokomo, IN - 8:00 a.m.  
Sanburn Sporting Goods, 112 S. Washington, Kokomo, IN 46901  
317-457-1148
- 11-8-80 BROOKS-FORT DEFIANCE "AUTUMN RAMBLE" - 5KM & 10KM - 11:00 a.m.  
Defiance Legion Hall, 656 S. Clinton St., Defiance, OH  
419-784-4747
- 11-9-80 FWTC CROSS-COUNTRY CHAMPIONSHIPS - 12 KM - 2:00 p.m.
- 11-12-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 11-15-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
- 11-16-80 COLUMBUS BANK ONE MARATHON - 12:00 noon

Information in the race calendar reflects 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



FWTC NEWSLETTER  
Rick Reitzug  
825 Kensington Blvd.  
Fort Wayne, IN 46805

**FORT WAYNE**  
**TRACK CLUB**

Bulk Rate  
U.S. POSTAGE PAID  
Ft. Wayne, IN  
Permit No. 1799

RETURN  
POSTAGE  
GUARANTEED