



INSIDE:

24 HOUR RUN
RUN FOR HEALTH
& MORE

\$1.00

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

NOVEMBER 1980

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
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On The Cover:

*The cover this month was drawn by
Linda Conrad, a senior on Harding High
Schools Cross Country team.*

EDITOR'S NEWS & VIEWS

RICK REITZUG



"You must build the positive self-image of your students. They must feel good about themselves." I can't begin to count the numerous times I have heard some variation of the above words while involved in the field of education either as a teacher or teacher-to-be in the last ten years. But I think it is not only elementary and high school students who need a positive self-image, but everyone. I think this is one of the prime reasons for the "running boom" and an important motivational factor for many veteran runners.

Running, by its very nature as a sport measured in seconds, minutes, hours, or miles, is very definite in the feedback it gives us. Today you either did, or did not, run farther or faster than yesterday, last week, last year, etc. There is little arguing with the facts. Sure, there are variables such as weather and terrain involved, but all in all the answers running gives us are absolute. We either improved or we didn't. If we did, we feel good about our performance and ourselves, for our sweat and effort are solely responsible for the improvement. If we didn't improve, the reasons why are usually fairly obvious and a new program of attack can be mapped out or renewed dedication to established goals can be promised.

There are times, though, when there is no improvement, but there is also no renewed dedication. As runners we all experience these periods. It is my belief that during these times we are either getting enough satisfaction out of other areas of our lives to not need the positive self-image running provides, or our efforts at self-improvement are directed toward another area of our lives such as our jobs. Most jobs do not always give us as much satisfaction as we need. Initially, they may, but generally most of us get into an occupational rut where we go to work, put in our time, bring home a paycheck, without ever attaining much self-satisfaction and thus any self-image enhancement.

It is at times like this that the void for personal fulfillment and a good self-image may well be filled by running. If, on the other hand, our job is a meaningful important part of our existence which we also happen to be paid for, then we may not need the positive mental benefits running can give us. Some runners may at different times fit into either category, depending on how self-satisfying their occupation is to them at the time.

Other runners may fit neither category. There are those individuals who feel the need to be successful in all areas of their lives and need more positive reinforcement than their job can possibly give them. For these individuals running is ideal. Not only can races be a source of reinforcement, but each days workout can, and very well may, become a personal race of one. Each week can also be a source of reinforcement as miles are chalked up and the individual runs farther and farther or faster and faster each week. Mileage per month and mileage per year can also be charted and used to bolster one's self-concept. The possibilities are endless. But even this individual's energies are limited. When faced with a new project or challenge at work, more of his energies may be channelled into this than his running, since success guarantees a large dose of reinforcement. Ironically, his best races are often run at times like this since his body, after an extended period of intense training is being given a chance to rest. Mentally, the pressure to perform is off and he runs relaxed. It all adds up to PR time. Having spent the recent past travelling down the road of occupational uncertainty, I have flitted from stage to stage quite regularly (or is it irregularly) during the past several years. While the nature of my job or non-job has been by no means the only motivating factor in the success of my running during this time, I think a certain amount of correlation exists. Perhaps sometime I will bore you with the details. In the meantime, examine your own running and your own life. Is there any truth to the "Reitzug Theory" of running success? Let me hear from you.

Have a good run.

FWTC ELECTIONS

Immediately after the November 9th Cross Country Race at Shoaff Park the annual elections for the Fort Wayne Track Club will be held. A slate of candidates was agreed upon by the executive board at the October meeting. The following club members were nominated for the 1981 year:

President:	Michael D. Hill (Mike)
Vice President:	Charles C. Brandt (Charlie)
Treasurer:	Donald Lindley (Don)
Secretary:	Cindy Caldwell

Executive Board Members:	Dave Fairchild
	Steve Foster
	Tony Gatton
	Mike Kast
	Larry Lee
	Bill Schmidt

As you can see, we have increased the number of board members to six this year. By increasing the number of board members we are attempting to ease the burden of administration within the club and produce a usable pool of trained administrators who can replace our club officers over the coming years. As always, nominations may be submitted from the floor.

Several non-elective positions have already been filled for 1981 and they are as follows:

Editor:	THE INSIDE TRACK	Rick Reitzug
Asst. Editors:		Tom Loucks
		Eulalia Loucks
Course Measurement Chairman:		Phil Suelzer
"Fun Run" Coordinator:		Mike Michaels

WORDS FOR WOMEN

CINDY CALDWELL



The idea was a natural. I had just met twelve year old Rick Harman, who had been attending Miami Middle School. He had been very active in the Elmhurst Little League, basketball, track, and football when a cancerous tumor was found in his leg. His leg was amputated a few weeks ago. I wondered what I could do to help, and that is when the idea to have a 24 Hour Run to raise money came to mind. I started planning things and recruiting runners.

The race was to be a 24 Hour 10 Person Relay with three teams of ten people. One member of each team would start out and run a one mile leg on the track. They would then pass the baton to the next runner on their team who would then run their mile and so on. We gained financial support by having people pledge so much per mile for as many miles as that person would run. The money was to be collected after the 24 Hour Run.

All of the runners met at Bishop Dwenger High School before 7:00 p.m., Friday, October 3rd. At 7:10 p.m., each runner had their number on and we were ready to go. Tony Ventrella, Bob Smith, and I began the first mile of the 24 Hour Relay. We ran very quick paces for ourselves which somehow was maintained by most runners throughout the 24 hour period. We were not blessed with the best weather. It rained for quite awhile and during the night, believe it or not, there was snow. With the combination of the very cold air and the fast pace, I, along with many other runners, developed quite a cough for the first few hours. As each person finished their mile, they would tally up another mile for their team and then try to get out of the cold for awhile. We really couldn't eat much because we were running too quickly and too often. I don't think anyone slept much either because there wasn't time. I didn't sleep a wink the whole 24 hours. Before you knew it, it was your turn to run again. The more miles we ran with no food and sleep, the more it began to wear on each of us physically and mentally.

One of the biggest thrills for us was to see daylight Saturday morning. We had run all through the night and morning and made it to 7:00 a.m. That meant "only" twelve more hours to go. That was a real crusher! During the day though, we knew more people would come out to watch and we would slowly near the end. I thought the time from 7:00 a.m., Saturday, to 7:00 p.m., Saturday, went unbelievably slow in one respect. In another

respect, it went too fast because I knew I would have to run again soon. The legs were beginning to get really tight with the running and stopping and running and stopping. Rick Reitzug told me, "I haven't tightened up" (Creep). I run a warmup lap before my mile and a warmdown lap after and I feel fine." I guess I didn't want to move my legs anymore than I had to.

I was amazed at how dedicated each runner was to running as many miles as possible for Rick Harman and also competing for their own team. We were running for Rick, but also we could not lose that little competitiveness between the three teams. Each runner was fantastic and hung in there. The third team was put together at the last minute because some other people really wanted to run. To fill the team to ten people, we recruited a few people who don't run regularly. They did such a good job. I especially want to thank Don and Dale Ehlerding, Ted Johnson, and my brother, Steve Caldwell, who all displayed a lot of guts. A few people had to drop out and we found replacements for them. We had to find substitutes because the people left on the third team were having to run too often. Thank you to the people who substituted at the end of the run Saturday afternoon. I want to mention every person that ran because I am so proud of every one of them. Here is a list of the runners:

MIDNIGHT MILERS

Cindy Caldwell
Phil Caldwell
Jack Morris
Larry Lee
Tom Mather
Don Lundquist
John Treleaven
Betty Jackson
Don Goldner
Don Branstetter

SUNRISE STRIDERS

Tony Ventrella
Don Ehlerding
Don Lindley
Cindy Goller
Rick Reitzug
Dave Fairchild
Mike Hill
David Milner
Alma Ojeda
Lynn Milner

HARMANIZERS

Bob Smith
Ted Johnson
Gary Bird
Dave Buuck
Fred Hannon
Steve Caldwell/Dale Ehlerding
Bill Young
Debbie Blume
Lyle Young
Tami Byer

Substitutes:

Joan Goldner	Dick Sive
Vicky Mather	Rick Ravine
Bob McKinley	Eugene Haines

The women were really great. They showed such determination even under unpleasant circumstances. I never heard one of them complain, except maybe myself. I admit it, I complained a lot. Alma, who I think is 11 or 12 now, even ran extra miles because she wanted to get more mileage in for Rick Harman. Fred, her father, was out there with her the entire 24 hours. Alma, Cindy Goller, Betty Jackson, Debbie Blume, and Tami Byer, you were great! Thank you for being an example of how determined and set on their goals women can be.

I want to give thanks to the Red Cross for providing cots plus shelter from the 30 degree weather outside. Also thanks goes to PepsiCo for donating Pepsi, and Athletic Attic for providing light refreshments. Don Ehlerding from Ehlerding Kawasaki lent us a generator and also was one of the runners. Marie Stone, a friend of Rick Harman's family, provided the coffee which was much needed. Thank you, Tony Ventrella, for the publicity and, Don Lindley, for the many things you do. Jim Dupont printed up the nice pledge sheets for the run. Rick Reitzug contacted Tim Labrosse, Cross Country Coach, at Bishop Dwenger about the use of the track. Thanks to Rick and especially thanks to Tim for all that he provided. Tim was very helpful and we all want to thank him. Last but not

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HILLS & TALES

MIKE HILL



Just a few thoughts on the 24 Hour Run held during October at Dwenger H.S. I have known for some time that runners are beautiful people. The 24 hour ten person team relay was supposedly to benefit Rick Harman. We certainly hope it does give him the financial help he needs and a large dose of moral support. But! - the surprising thing was the benefit we, as participants, accrued during the run. I'm always afraid to mention "special" performances since I'll inevitably leave someone out. Yet I want to give you a few examples to illustrate what fine people we run with.

David Milner ran consecutively fast laps for our No. 2 Team until the Red Cross guys pronounced him "pooped". He then slowed, but not by much. I really enjoyed running with David and "thanks for helping me count laps when I was tired, Dave." Dan Bossard put on a wonderful 60 mile solo performance until his body told him it was time to pack it in. Thanks, Dan, for a lesson in "ultra" running and quiet courage. "Fast" Eddie Stephens of our team who is not really a distance runner, but rather a boxer, ran all night and day for us. He's Larry Lee's "Little Brother", but a very big young man. Debbie Blume is not a high mileage runner but stuck it out all the way and tolerated a bad case of shin splints very well. Tami Byer is another tough lady who ran at a fast pace throughout the event. Mrs. Dave (Jan) Fairchild who didn't run at all this time but took good care of her husband, Dave. I could go on and on about Lindley and his trailer, the Red Cross people, Dwenger's Administration, etc. But enough is enough, You just have to know how much comraderie, companionship, and love went into this wonderful event. It was best epitomized by Cindy Caldwell who administered and ran in the event. I know Tony Ventrella and Cindy's dad were very proud of her. I am too. Cindy, I know all of your fellow FWTC members thank you from the bottom of their hearts. I am so very, very proud to be a member of the club.

FOLLOW-UP ON HUSTLE WITH YOUR HONEY

Linda and I have found the twice each day workouts to be a tremendous addition to our relationship and our training program. We both strongly recommend the slow morning run as outlined in my article of last month. For the first time I'm finding I can hold 60 miles a week most of the time and know that the slow a.m. runs speed my recovery from the long afternoon runs.

WHEELCHAIR RUNNER

We finally have a wheelchair runner as a member of the Fort Wayne Track Club. I'm very excited and hope we see the day when one of our wheelchair runners can place well in the TV-33/Hooks/Three Rivers Marathon. If you have any friends who are in a wheelchair and are interested in joining, ask them to contact me or Larry Lee to talk it over. We think the club has a lot to offer for any potential member.

Next Month: "Run for Love or Money"?

Big Brothers/Big Sisters - 5 miles - 8-23-80

David Milner	30:22	47th	3rd-12/17
Lynn Milner	34:14	136th	15th-40/49

One of the best races we've seen on the local scene this year.
473 finishers.

Roann Fall Festival 10,000 - 9-6-80

David Milner	39:33	21st	2nd-19/under
Lynn Milner	44:19	57th	11th-40/49

Excellent race - looking forward to next year.
119 starters - 116 finishers

Dannon RRCA 30K Championship - Indianapolis - 9-27-80

David Milner	2:09:10	111th	1st-19/under
Lynn Milner	2:18:08	168th	-40/44
Larry Linson	2:20:57	185th	-25/

Overall winning time 1:37:16. This was the second year for this race. Best part about it was the \$1.50 entry fee. RRCA got 50¢, Indy Runners got \$1.00. There were over 340 finishers. A good rugged-hilly race, well organized. Although I was almost five minutes slower than last year, I really enjoyed the race. We got T-shirts, water-proof name tags, and plenty of Dannon yogurt. As evident by my time, David and I don't run together anymore. -- Lynn Milner

Extremely nice morning for a long race, cool and crisp. Well organized - hilly course with a fast crowd. - Larry Linson

Brooks Master Run 20K - Indiana Dunes - 10-4-80

Myron Meyer	1:17:28	32nd	2nd-50/54
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Six of the 12 best master runners in the world ran in the 20K.

Lugar Running Series 8.1 - Indiana Dunes - 10-5-80

Tom Loucks	45:29	7th	5th-19/24
Myron Meyer	52:10	31st	1st-50/54

Blueberry Stomp 15K - Plymouth - 9-1-80

Tony Clouse	62:54 PR		
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FORT WAYNE, INDIANA-1980

10,000 METER

INDIANA ROAD RUNNERS OF AMERICA

STATE CROSS COUNTRY CHAMPIONSHIP

(in conjunction with)

FORT WAYNE TRACK CLUB CHAMPIONSHIP

November 9, 1980

RACE STARTING TIME:

1 p.m. EST
Sunday, Nov. 9, 1980

AGE DIVISIONS:

<u>MEN</u>	<u>WOMEN</u>
Under 14	Under 19
15 - 19	20 - 29
20 - 29	30 - 39
30 - 39	40 and over
40 - 49	
50 - 59	
60 and over	

LOCATION:

Shoaff Park
Off the St. Joe Rd.
Fort Wayne, IN

AWARDS: Trophy to 1st, 2nd, 3rd place in each division

SPECIAL CLUB AWARD: Medals to each member of winning team

(Requirements for Special Club Award)

1. Team entry forms and (6) six man roster, and or (3) three women roster must be in by October 26, 1980
2. Team runners must have been club members for 2 months and must show proof.
3. No stores or any other institution will be accepted as team clubs except bonafied state clubs with state charters.

FREE TO FORT WAYNE MEMBERS

\$2.00 TO ALL OTHERS

\$3.00 DAY OF RACE

SEND CHECK TO:

STEVE FOSTER
4105 OAKHURST DR.
FORT WAYNE, IN 46815
486 - 4304

I enter this event at my own risk and I agree not to hold liable the race sponsors, directors, workers nor the organizers for any injuries that I may sustain.

SIGNED (Parent if under 18) _____

NAME: _____ AGE: _____ SEX: _____

ADDRESS: _____

IF RUNNING FOR A TEAM, WHAT CLUB AFFILIATED _____

Matters that matter

by Dave Fairchild

Some weeks ago I ran a marathon in Crawfordsville, Indiana. The field was small (only 150 or so runners), most of the race was run through the verdant farmlands of Montgomery County, and there were long stretches when I was running alone, out of sight of any other runners. My support team of Jan and Emily were waiting for me, as scheduled, at 22 miles. Although I was beginning to hurt a little, I was well on my way to a PR and was anticipating cheers from my team. My daughter, however, was singularly unimpressed as I steamed past her. In fact, she never even looked at me. Emily was engrossed in conversation with a number of hogs who had come to the corner of their fence to investigate her. At the time, I found this disconcerting and a bit disappointing. After all, my marathon was the only reason Jan and Emily were in Crawfordsville. I was the one who had been training for 26 weeks; I was the one who had been running for nearly three hours; and I should have been the center of attention. Yet, here I was being upstaged by a bunch of pigs!!

This past weekend, I ran in the 24-hour relay for Rick Harman. The first several hours evoked an almost carnival atmosphere. The miles were easy, there was much encouragement from the other runners (and from a few spectators), and the magnitude of the task at hand was dwarfed by the belief that an hour of recovery was sufficient to enable a well-trained runner to continue one-mile bursts indefinitely. As the temperature fell and the rain began, spectators (including other runners) drifted off, and the runners were left alone on the track. Conversation among the runners became less frequent and lap times increased. The fun faded. Progress through the night was measured in terms of recovery minutes between runs. Fifty-five minutes of recovery dragged on forever at 11:00 p.m.; 65 minutes flew by at 4:00 a.m. It became increasingly difficult to maintain the pace. Things improved a little with the sunrise as some spectators returned, but by noon the hours of running were beginning to take their toll. Lightheadedness had become a constant companion, feet were blistering, and legs really hurt. Mile times were no longer important. The challenge was simply to finish each lap.

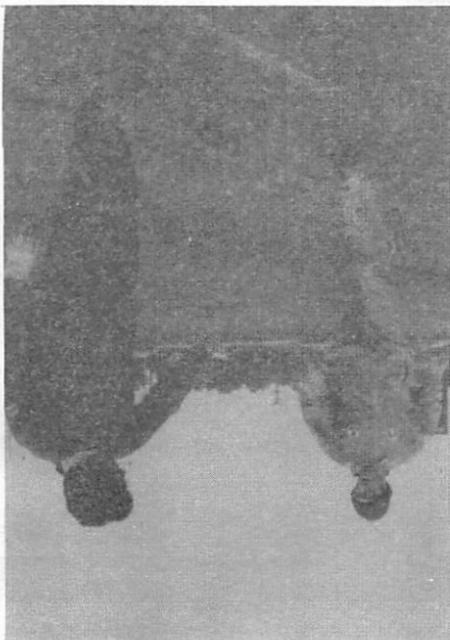
And then, suddenly, about 3:00 p.m., the running improved substantially. The pain and fatigue were still there every mile, every lap, and every stride. But there was no longer any question of why we were doing this or whether we would complete the 24 hours. (There had never really been any question, but in the dark of a cold rainy night a painfully tired body sometimes prompts questions for which we already know the answers.) The pain and discomfort in my two legs were welcomed because I had two legs on which to run. I could force my body to churn out one more lap and one more mile on my own two legs because this fatigue and pain would pass from me shortly after I finished running. I completed those difficult miles not because I am a special person, or because I am a runner, but because I was running for Rick Harman, who cannot run even one lap. For Rick, the pain will not end after 24 hours, and cancer does not go away because you stop running.

As runners, we are all guilty of severe egoism. The world revolves around

Some wise person once said that courage is the thing, that all goes if courage goes. I guess it probably took a little courage for us to run a 24 hour relay. But I know it took a lot of courage for Rick Harman to come out and see us. Joe Henderson is right when he claims that winning is realizing you have already won by being in the running. All of us who ran that weekend ran better than we ever have before. Thank you, Emily, for helping us put a proper perspective on our running. Thank you, Rick, Harman, for showing us how to win.

running. never any question of priority here. Emily had the right perspective on other marathon courses. To watch daddy run is simply to watch daddy run. To converse with hogs is to expand horizons of possibility. There was run every day for many months, and she had followed him around several hogs instead of her daddy was absolutely justified. She had seen daddy because we must. We have chosen to run. Emily's decision to watch the alone on the roads. But for each of us, we run because we can, not our running. And it must be so or we could not justify the hours we spend

"THE PAIN AND
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Dressing for the cold

by Mike Hill



One of the great things about having running as your hobby is that it is not a seasonal sport. It's something that can be done day in and day out, 365 days a year, even in extreme temperature ranging from 90° and 90% humidity to -10° with a -40° wind chill factor.

It's relatively easy to figure out your summer dress, you simply wear as little as possible. Running in cooler weather presents different problems though and after several winters on the road, maybe I can pass along some sensible advice.

Generally speaking, novice runners tend to make the same mistakes: 1) they usually overdress and get extremely sweaty and thus, late in their run they become very wet and cold. 2) Most of what's available today in the fabric line is synthetic and does not absorb wetness, nor does it breath well; these are usually the first "warm" clothes we grab for a run. 3) We stay in or run short on overcast/wet/snowy days and run long when it's clear.

Well, the trick is, of course, to wear as little clothing as the weather will allow, wear "natural" fabrics (cotton/wool/etc.), run on those days when it's rainy, wet, and overcast. I'll give you my personal experience on that last statement. Those dreary looking days usually mean there is some cloud cover and it will be relatively warm compared to those clear, but frigid, winter days.

Now let's talk about what you should wear, what fabric it should be made of, and at what temperature. Hopefully, the chart I have made up will give you a guide for quick reference. Just before you run, hit the button on your weather radio and get the wind chill factor. It gives you a good idea of what to wear.

Gloves:	50° -	38°	Optional - Painters Gloves
	19° -	20°	Painters Gloves
	19° -	0°	Painters Gloves
	-1° -	-10°	Wool Mittens * (100% wool)

Headcover:	50° - 38°	Baseball Hat (FWTC \$3.50)
	37° - 20°	Wool Stocking Cap * (100% wool, sailor's knit, dark color)
	19° - 0°	Wool Balaclava *
	-1° - -10°	(100% wool, double knit pull over, dark color) Wool Balaclava or x-country ski "plastic mask"
Upper Body:	50° - 38°	100% cotton turtle neck * (add t-shirts and/or football jerseys as needed)
	37° - 20°	100% cotton turtle neck * and nylon jacket/shell (dark colored - 70% wool, 30% cotton turtle necks can be substituted)
	19° - 0°	Turtle neck, crew neck sweater (100% wool) nylon shell
	-1° - -10°	Turtle neck, crew neck sweater, nylon shell (add thermal underwear if needed)
Lower Body:	50° - 38°	Running shorts & cotton liner (I use cotton underwear as a liner in cool weather)
	37° - 20°	Running shorts, cotton liner, nylon long pants
	19° - -0°	Running shorts, cotton long underwear pants, nylon long pants
	-1° - -10°	Running shorts, cotton long underwear pants, add sweat pants if needed, nylon long pants
Shoes:	all temperatures:	Normal running shoes, one pair of wool/ cotton socks; spray shoes with silicon water proofing

Note: * items are available from an outfit called Eddie Bauer in Seattle, Washington. You may obtain a catalogue by calling 1-800-426-8020. Their clothing is not cheap, but it's so much better and will last longer than the "Plastic" fabrics available in the local department stores.

My temperature figures are not exact and I have suggested clothing based on new runners at an eight minute per mile pace or slower. If you have run for several winters, are acclimated to the cold weather, or run faster, then less clothing is called for. For men, if you don't wear some kind of cotton liner while running in cool weather, then put something across the inside front of your shorts. A cotton handkerchief, piece of wool or cotton, etc., will keep you warm.

If you have suggestions for the chart, or find it incorrect, let me know. I would like to reprint it for next year and make it as accurate as possible.

COLUMBUS MARATHON OPEN HOUSE: There will be an open house held in Mike and Linda Hill's room at the Hyatt Regency the night before the Columbus "Bank One" marathon. Ask at the desk for the room number and we will see you there the evening of November 15th from 7:30 p.m. until ???

POINT STANDINGS: Point standings will be published in the December issue of THE INSIDE TRACK and will include all 1980 points races with the exception of the New Year's Eve Run.

Impressions of a warm, chilly, Twenty-four hours

by Rick Reitzug

(The following are some thoughts and impressions recorded by the writer during his participation in the 24 Hour Relay "Run for Rick Harman" held October 3rd/4th.)

7:00 p.m. - 24 hours. A long time to run. It's hard to think about what it's going to be like for 24 hours. There are a lot of doubts not knowing exactly what to expect ... not knowing how tired it's going to make you, not knowing what kind of pace to run, not knowing whether you're going to be able to sleep at all or what to eat, or how much, or when. All this causes a bit of nervous tension and apprehension about what is going to take place. But, on the other hand, there is almost a feeling of joy because I know it will be a very satisfying experience. It will be something completely new, every moment will be a new experience. I'm sure we'll all have that feeling of comradeship that comes from accomplishing something difficult together. The weather is very cool. In the 40's but at least it's still dry. It could rain later on. It's supposed to go down in the low 30's tonight and only up to the mid 50's tomorrow. As long as it stays dry, it should be ideal for running...

9:00 p.m. - Right now we're two hours into the run and everyone is still feeling very loose, easy, and relaxed. Conversation is flowing freely and a sense of companionship is building already. I was just sitting in the Red Cross mobile unit and talking with Larry Lee, Dave Fairchild, Tony Ventrella, and some of the other runners. Already there's a good feeling among everyone, somewhat competitive, but more a comradeship than competitiveness. First mile in 5:07, second in 5:11. That's really faster than I wanted to go, but I'm just going to run how I feel and right now I feel good. I may pay for it later but that's the way it is. This is not a competitive effort for me, but a fun effort, so I'll just take things as they come, run how I feel at the moment and, hopefully, make the whole thing without dying too miserably...

..."Another one bites the dust." Mile 3 and 4. All done. Number 3 in 5:06, number 4 in 5:13. Getting a little bit tougher out there. Feel just a little bit tighter every time, but it's still kind of nice, relaxed and easy. It's beginning to rain now ...

11:00 p.m. - The rain is coming down pretty hard which hopefully won't discourage people too much. It's really kind of enjoyable being out there. I just jogged a lap after my last mile and it was just so peaceful. There were no runners on the backstretch right then and the darkness, the silence, the slow, relaxed movement of running easily just made me feel peaceful inside. It's really a lot of fun ... so far. Everyone seems to be having a good time. It's going to get long as the evening goes on, but it's 11:00 o'clock already. I guess it's still pretty new right now. I hope it doesn't rain all day tomorrow. That could really put a "damper" on things. A number of people have been stopping by all evening just to watch for a couple of minutes and talk to people they know and lend a little encouragement. Dwenger's football team just came back about 45 minutes ago. A number of them came out to talk to some of the runners and

a couple of them added some pledges. Kind of a respect all around for everyone that's participating...

Midnight - Got into the Oreos after my last recording. I looked over and saw the food that Cindy (Caldwell) brought for the runners and I had to, of course, check things out. I found some packs of Oreos and so I put away a couple of those. Sure tasted good! Didn't feel too good in my



Bob Smith, Tony Ventrella and Cindy Caldwell dash off the starting line to begin the 24 Hour Relay.

stomach the next mile, so I don't think I'll eat anything for awhile ... maybe later on ... A number of people are making plans already to stop at Country Kitchen tomorrow morning for some coffee and maybe a Danish. Lindley says he's going to make French toast in his camper for everyone when the sun comes up ... that remains to be seen...

1:00 a.m. - Number 5, 5:13; number 6, 5:18. Number 5 was pretty difficult so I decided to slow down a little for number 6, pace myself a little better. Glad I did because it felt a lot easier. Too early to really push. Must stay relaxed. Feeling really tired now, though, not so much from running but from lack of sleep and working all day. Think everyone else is in the same boat. People are starting to drag a little bit. We'll make it. Going to take a little nap now - try to at least. Get a little food. It's hard to decide what to eat and what not to eat. The stomach and system feels a little screwed up at this point. I don't know if eating will make things better or worse. I'll try it anyway...

4:30 a.m. - Mile 7 in 5:42. Mile 8 in 5:25. Mile 9 in 5:21. Hit a bad spot at seven miles. Felt really bad. Took a short nap before the 7th mile which is probably why it was so slow. Came back the next couple and felt a lot better. Everyone is getting really tired now. Starting to eat

(continued on page 29)

RESULTS 1980 PARLOR CITY TROT

SEPTEMBER 20, 1980

1-Rick Callison	Piqua, OH	26	1:09:46	79-Don Frey	Grabbill, IN	40	1:37:16
2-Doyle Houser	Angola, IN	22	1:14:41	80-Dexter Lehman	Topeka, IN	23	1:37:20
3-Dave Mathevs	Muncie, IN	27	1:15:43	81-Randy Stoeckel	Angola, IN	42	1:37:20
4-Robert Bowman	Piqua, OH	23	1:16:30	82-Wendell Parson	Anderson, IN	60	1:37:27
5-Cliff Airgood	Wabash, IN	23	1:16:44	83-Kenton Davis	Grabbill, IN	28	1:37:43
6-Richard Collins	Portland, IN	28	1:16:51	84-Wm. Hammond	Indianapolis, IN	31	1:37:50
7-Tom Loucks	Ossian, IN	21	1:17:16	85-Dan Moore	Ossian, IN	28	1:37:56
8-Dan Kaufman	Ft. Wayne, IN	29	1:17:18	86-Michael Becker	Upland, IN	22	1:37:57
9-Randy Airgood	Wabash, IN	24	1:17:24	87-Frank Best	Harkle, IN	20	1:37:57
10-Phil Suelzer	Ft. Wayne, IN	28	1:17:52	88-David Roehling	Ft. Wayne, IN	22	1:38:09
11-Jerry Mazock	Ft. Wayne, IN	28	1:17:58	89-Cindy Goller	Ft. Wayne, IN	24	1:38:11
12- Steven Foster	Ft. Wayne, IN	31	1:18:19	90-Eugene Struggle	Churubusco, IN	49	1:38:31
13-Roger Lloyd	Muncie, IN	30	1:19:13	91-Rick Stensrud	Ft. Wayne, IN	25	1:38:40
14-Tom Gerbers	New Haven, IN	31	1:19:26	92-Bruce Barton	Huntertown, IN	30	1:38:51
15-Bill Hendey	Muncie, IN	41	1:19:34	93-James McGowan	Ft. Wayne, IN	38	1:39:09
16-Jim Leffler	Muncie, IN	34	1:19:38	94-Ward Crutcher	Muncie, IN	41	1:39:35
17-Michael Bultemeier	Ft. Wayne, IN	21	1:19:44	95-Lynn Milner	Ft. Wayne, IN	44	1:39:46
18-Richard Myers	Montpelier, IN	28	1:20:04	96-David Fairchild	Ft. Wayne, IN	34	1:39:48
19-Dennis Diggins	Portland, IN	31	1:20:30	97-Dwayne Peka	Newcastle, IN	38	1:40:23
20-Mark Luv	Indianapolis, IN	23	1:20:32	98-Tim Bolin	Ft. Wayne, IN	29	1:40:36
21-Kent Johns	North Vernon, IN	42	1:20:35	99-Steve Weiss	Ft. Wayne, IN	30	1:40:50
22-Robert Scheerer	Upland, IN	19	1:21:26	100-Dick Simms	Logansport, IN	48	1:41:03
23-Dale Cardwell	Flymouth, IN	35	1:22:03	101-Carl Morrill	Logansport, IN	50	1:41:17
24-Chris Buhler	Indianapolis, IN	22	1:22:08	102-Dick Duke	Ft. Wayne, IN	40	1:41:19
25-Dan Hoord	New Haven, IN	23	1:22:45	103-Chris Biggs	Bluffton, IN	26	1:41:20
26-Robert Bruckner	Ft. Wayne, IN	34	1:22:57	104-Chuck Neidrich	Berwyn, Ill.	23	1:41:20
27-David Smiley	Petu, IN	27	1:23:31	105-Terry Pulley	Wabash, IN	28	1:41:22
28-George Devine	Kokomo, IN	35	1:24:01	106-James A. Schue	Warsaw, IN	31	1:41:25
29-Tim Bowman	Upland, IN	22	1:24:20	107-Wayne Schaltenbran	Ft. Wayne	35	1:42:05
30-Jere Kunkle	Valparaiso, IN	37	1:24:52	108-Randy Gertis	Bluffton, IN	27	1:42:11
31-Joseph Barile	Ft. Wayne, IN	43	1:24:54	109-Bob Miller	Ft. Wayne, IN	27	1:42:12
32-Will Lockwood	Bluffton, IN	30	1:25:22	110-Don Branstetter	Ft. Wayne, IN	18	1:42:15
33-Christopher Farrell	Indy, IN	22	1:25:41	111-Joe Diederud	Ft. Harrison, IN	40	1:42:23
34-Robert McKinley	Ft. Wayne, IN	34	1:25:45	112-James Magnett	Logansport, IN	46	1:43:02
35-Art Oregon	Piercetown, IN	33	1:25:58	113-Norman Whisler	Ft. Wayne, IN	46	1:43:09
36-Allen Arnold	Middle Pt., OH	34	1:26:03	114-Steve Bowers	Anderson, IN	35	1:43:10
37-Gary Williams	Ft. Wayne, IN	19	1:26:10	115-Bob Kroeger	Defiance, OH	40	1:43:22
38-Rick Murphy	Bluffton, IN	28	1:26:20	116-Dan McGuire	Ft. Wayne, IN	35	1:43:30
39-Daniel Mfleging	Indianapolis, IN	33	1:27:01	117-Gary Graham	New Haven, IN	30	1:43:35
40-Hyron Meyer	Ft. Wayne, IN	53	1:27:07	118-Marlene Hallam	Indianapolis, IN	34	1:43:40
41-Don Lindley	Ft. Wayne, IN	36	1:28:06	119-Wayne Smith	Muncie, IN	43	1:44:01
42-Jerry Williams Jr.	Ft. Wayne, IN	20	1:28:07	120-Ed Geans	Bluffton, IN	33	1:44:52
43-George Branam	Muncie, IN	49	1:29:02	121-Tom Clagg	Ft. Wayne, IN	37	1:45:09
44-David Stookey	Leesburg, IN	38	1:29:33	122-Lawrence Smith	Indianapolis, IN	33	1:46:37
45-Brent Munio	Ft. Wayne, IN	20	1:29:51	123-Joe Vachon	Ft. Wayne, IN	37	1:46:46
46-Paul Beckwith	Fremont, IN	25	1:30:01	124-Farrell Mock	Bluffton, IN	48	1:47:00
47-Jack Morris	Ft. Wayne, IN	43	1:30:27	125-Gary Yost	Ft. Wayne, IN	40	1:47:09
48-Frank Eavey	Anderson, IN	26	1:30:34	126-Amos Childers	Anderson, IN	62	1:47:15
49-Randy Stribe	Syracuse, IN	29	1:30:40	127-Ray Bullock	Upland, IN	50	1:47:35
50-Lynn Armstrong	Ft. Wayne, IN	33	1:31:09	128-Stephen Small	Cincinnati, OH	26	1:47:59
51-David Glover	Ft. Wayne, IN	28	1:31:10	129-Phil Wisniewski	Ft. Wayne, IN	32	1:48:08
52-Dayne Martain	Noblesville, IN	45	1:31:16	130-William RHibben	Ft. Wayne, IN	29	1:48:09
53-Jim Kirkwood	Muncie, IN	45	1:31:37	131-Mike Kronmiller	Ft. Wayne, IN	24	1:48:10
54-Erick Thorn	Roanoke, IN	27	1:31:47	132-Thomas Xanders	Syracuse, IN	36	1:48:22
55-Bob Benavides	Indianapolis, IN	54	1:32:41	133-Alma Marie Ojeda	Ft. Wayne, IN	11	1:48:25
56-Norval Lehman	Berne, IN	33	1:33:24	134-Daniel K. Minnich	Willshire, OH	26	1:49:10
57-Robin Moore	Petu, IN	28	1:33:30	135-Norm Fick	Ft. Wayne, IN	23	1:49:17
58-Dave McPherson	Ft. Wayne, IN	27	1:33:47	136-Larry Thompson	Ft. Wayne, IN	18	1:49:20
59-John Juve	Ft. Wayne, IN	27	1:33:51	137-Max Puchland	Harkle, IN	29	1:50:50
60-Larry Lee	Ft. Wayne, IN	36	1:33:53	138-Ted Pordall	Indianapolis, IN	25	1:50:55
61-Kenneth King	Ft. Wayne, IN	22	1:34:28	139-Tim Wilcox	Hampton, IN	28	1:51:17
62-Thomas Lockwood	Urbana, Ill.	28	1:34:38	140-Jim Anderson	Ft. Wayne, IN	23	1:51:22
63-James Whitcrn	Muncie, IN	26	1:34:42	141-Joan Goldner	Ft. Wayne, IN	32	1:51:31
64-Mike Kast	Ft. Wayne, IN	52	1:34:43	142-Harold Morgan	Bluffton, IN	53	1:51:35
65-David Milner	Ft. Wayne, IN	14	1:34:47	143-David Jones	Roanoke, IN	24	1:51:44
66-John Barbier	Ft. Wayne, IN	40	1:34:50	144-Gay Davis	Ft. Wayne, IN	45	1:52:00
67-Jim Cook	Indianapolis, IN	31	1:34:58	145-Terry Parker	Auburn, IN	40	1:52:30
68-Betty Hite	N. Webster, IN	34	1:35:09	146-Kelly Pulley	Wabash, IN	20	1:52:49
69-Jim Mills	Syracuse, IN	33	1:35:10	147-Timothy Gray	Ft. Wayne, IN	26	1:53:21
70-Ken Shearer	Indianapolis, IN	38	1:35:47	148-Ken Clay	Alexandria, IN	29	1:53:34
71-Steve Adkison	Ft. Wayne, IN	36	1:35:50	149-Mike Avila	Ft. Wayne, IN	25	1:53:37
72-Richard Katte	Warsaw, IN	46	1:36:20	150-Larry Ballinger	Anderson, IN	40	1:53:40
73-John Swartz	Ft. Wayne, IN	33	1:36:23	151-Danny Standiford	Ft. Wayne, IN	30	1:53:55
74-Peter Krause	Kokomo, IN	37	1:36:27	152-Bruce Davis	Glenwood, Ill.	34	1:54:04
75-Mike Zurzolo	Ft. Wayne, IN	32	1:36:28	153-Curtis Nold	Ft. Wayne, IN	49	1:54:14
76-Larry Averbek	Ft. Wayne, IN	40	1:36:34	154-David Dale	Bluffton, IN	42	1:54:16
77-Dick Gatton	Ft. Wayne, IN	37	1:36:42	155-Don Noland	Ft. Wayne, IN	37	1:54:24
78-Marcus Jacobs	Muncie, IN	22	1:36:42	156-Marcus Jacobs	Muncie, IN	22	1:36:42

157-Dan Bossard	Ft. Wayne	29	1:54:41
158-Jan Kissinger	Ft. Wayne	33	1:54:41
159-Delphur Lewis	Bluffton, IN	43	1:54:57
160-Bret Curry	Bluffton, IN	20	1:55:01
161-Roger Knuckles	Ft. Wayne, IN	41	1:55:34
162-Allan Arnold	Montro, IN	27	1:55:40
163-Thomas Hangette	Payne, OH	36	1:55:46
164-James Hoya	Ft. Wayne, IN	46	1:56:12
165-Leon Berning	Bluffton, IN	30	1:56:45
166-George Kellum III	Indy.	38	1:57:42
167-Richard Goetz	Hartford City, IN	41	1:59:06
168-Gary Landers	Indianapolis, IN	26	1:59:29
169-Tom Schwarzkopf	Montpelier, IN	41	1:59:29
170-Leon Michaels	Ft. Wayne, IN	49	1:59:57
171-Tom Haley	St. Joe, IN	43	2:00:38
172-Randy Patten	Ft. Wayne, IN	31	2:00:39
173-Ellen Schwartz	Montro, IN	35	2:01:20
174-James Jones	Ft. Wayne, IN	52	2:01:38
175-Duane Vairal	St. Joe, IN	39	2:02:10
176-Dick Sive	Ft. Wayne, IN	45	2:02:11
177-Jack O'Neil	Ft. Wayne, IN	55	2:02:15
178-Dan Gordan	Indianapolis, IN	29	2:03:17
179-Joseph Brooks	Ft. Wayne, IN	42	2:03:19
180-Jim Suelzer	Ft. Wayne, IN	43	2:03:25
181-Susan Leffler	Huncie, IN	31	2:03:26
182-David Geisman	Bluffton, IN	24	2:03:31
183-Wayne Ley	Huntington, IN	25	2:06:44
184-B. K. Campbell	Bluffton, IN	51	2:07:28
185-C. Fleetwood	Ft. Wayne, IN	61	2:08:36
186-Bob Schueppe	Ft. Wayne, IN	49	2:09:01
187-Betty Jackson	Ft. Wayne, IN	19	2:09:04
188-Edward Garrett	Ft. Wayne, IN	35	2:09:14
189-James Thill	Bluffton, IN	41	2:12:19
190-James Schull	Huntington, IN	38	2:12:21
191-Doug Spice	Roanoke, IN	28	2:13:07
192-Linda Branam	Huncie, IN	29	2:13:22
193-Deborah Wall	Montpelier, IN	28	2:13:22
194-Doug Curtis	Bluffton, IN	46	2:14:29
195-Tim Bates	Markle, IN	20	2:14:34
196-Don W. Middleton	Greentown, IN	47	2:14:35
197-Tim Hickey	Bluffton, IN	15	2:15:41
198-Steve Disinger	Dunkirk, IN	25	2:16:37
199-Karen Pedden	Ft. Wayne, IN	26	2:19:24
200-Larry Linson	Leo, IN	25	2:19:32
201-Ann Linson	Leo, IN	23	2:19:33
202-Ralph Ely	Bluffton, IN	35	2:19:39
203-Donald Dian	Bluffton, IN	38	2:19:39
204-Richard Mason	Bluffton, IN	28	2:19:46
205-Alfred Moore	Ft. Wayne, IN	50	2:20:19
206-E. C. Haines	Ft. Wayne, IN	54	2:21:22
207-Robert Wiersma	Ft. Wayne, IN	33	2:22:00
208-Cherl Hutton	Indianapolis, IN	25	2:23:24
209-Gene Aurand	Hew Haven, IN	41	2:24:32
210-Bill Walker	Huntington, IN	28	2:28:57

DIVISION WINNERS 1980 PARLOR CITY TROT

MEN UNDER 16

1-David Milner(65)
2-Tim Hickey(197)

MEN 16-22

1-Michael Bultemeir(17)
2-Robert Scheerer(22)
3-Chris Buhler(24)
4-Tim Bowman(29)

MEN 23-29

1-Jerry Mazok(11)
2-Richard Meyers(18)
3-Murk Lux(20)
4-Dan Moord(25)
5-Dave Smlley(27)
6-Rick Murphy(38)
7-Paul Beckwith(46)
8-Frank Eavey(48)
9-Randy Strieby(49)
10-Dave Glover(51)

MEN 30-39

1-Steven Foster(12)
2-Roger Lloyd(13)
3-Tom Gerbers(14)
4-Jim Leffler(16)
5-Dennis Dwigins(19)
6-Dale Cardwell(23)
7-Robert Bruckner(26)
8-George Devine(28)
9-Jere Kunkle(30)
10-Phil Lockwood(32)

MEN 40-49

1-Bill Hendey(15)
2-Kent Johns(21)
3-Joseph Barile(31)
4-George Branam(43)
5-Jack morris(47)
6-Dayne Martin(52)
7-Jim Kirkwood(53)

MEN 50-59

1-Hyron Meyer(40)
2-Bob Benavidet(55)
3-Mike Kast(64)
4-Carl Morrill(101)

MEN 60 AND OVER

1-Hendell Parson(82)
2-Amous Childers(126)
3-Chet Fleetwood(185)

WOMEN 16-22

1-Betty Jackson
(187)

WOMEN 23-29

1-Linda Branam(192)
2-Deb Wall(193)
3-Ann Linson(201)
4-Cheryl Hutton
(208)

WOMEN 30-39

1-Jan Kissinger
(158)
2-Ellen Schwartz
(173)
3-Susan Leffler
(181)

TOP 5 WOMEN

1-Betty Hite(68)
1:35:09
2-Cindy Goller(89)
1:38:11
3-Marlene Hallan
1:43:40 (118)
4-Alma Marie Ojeda
1:48:25 (133)
5-Joan Goldner
1:51:31 (141)

No women in these
age groups:
-Under 16
-40 to 49
-50 and over

*Top 10 Men and
Top 5 Women
received gift
certificates and
were not figured
into age group
awards.

Marathon scout

by Jerry Mazock

It's that time of year again when the various pollens settle and the sun's rays are less intent on boiling marathoners. For many of us it is time to train for and run in our fall marathon. For me, the previous sentence is as true as hind-end ache is for me at mile 22. For the next six weeks, 20 miles, quarter-mile-intervals, 2 mile intervals and a couple of 10K races will highlight my schedule. I'm sure the time will pass all too quickly (except during the last 5 miles of the 20 miles), and I will "toe the line" on November 16th at the Columbus Bank One Marathon wishing I could have done more 20's and intervals.

My wife and I had planned a vacation through Columbus, Ohio, enroute to southwestern Pennsylvania and upstate New York. I thought it would be a great idea to actually drive the Bank One course to see first-hand just how bad the "advertised" HearstBank Hill really is. (It's a 1.14 mile section at 19 miles that has a 2% grade...it's hard to imagine just what a 2% grade looks like...a 2% grade to one person may be a 10% grade to another.)

It seems there are so many FWC members planning on running in Columbus that day that the Bank One Marathon is rapidly turning into a Fort Wayne Track Club reunion. (By the way...we should get a large group picture taken about one hour before the race at the starting line...that is... while we are still alive and standing!)

We stayed overnight at a comfortable Red Roof Inn that is about 20 minutes from the starting line. I'm going to reserve at least six rooms there for FWC members. If you would like to reserve a bed, please let me know IMMEDIATELY. The rooms are in the \$25.00 range. For comfort and relaxation sake, no more than two people in a room. The latter idea is just a suggestion based on experience.

After leaving Red Roof, we drove to downtown Columbus on I-70 and then took the bypass I-270. On I-270, the THIRD STREET exit will lead you further downtown and nearer the staging area. From there I don't think anyone will have any problem finding the start because of the expected 2500 runners lurking about. (Use the Marathon map mailed to you to find the exact location of the start.)

It was 12:15 when the Pinto, the wife, and the Crazyed Marathon Scout arrived at the starting line with marathon course-hunting paraphernalia in hand. (Sometime soon you may wish to reread this report while making notes on your own map, or...you may not want to.) The starting line is on an overpass above many railroad tracks. Finally, after months of training, the Pinto began its first marathon. The first 300 yards is a gradual downhill from the overpass which ends in a gentle, but steady, incline to Broad Street. Turning left on Broad Street you will discover it is exactly that. (BROAD---8 lanes wide---I don't think there will be much of a crowding problem here; or at the start.) Broad Street is so wide

(continued on page 20)

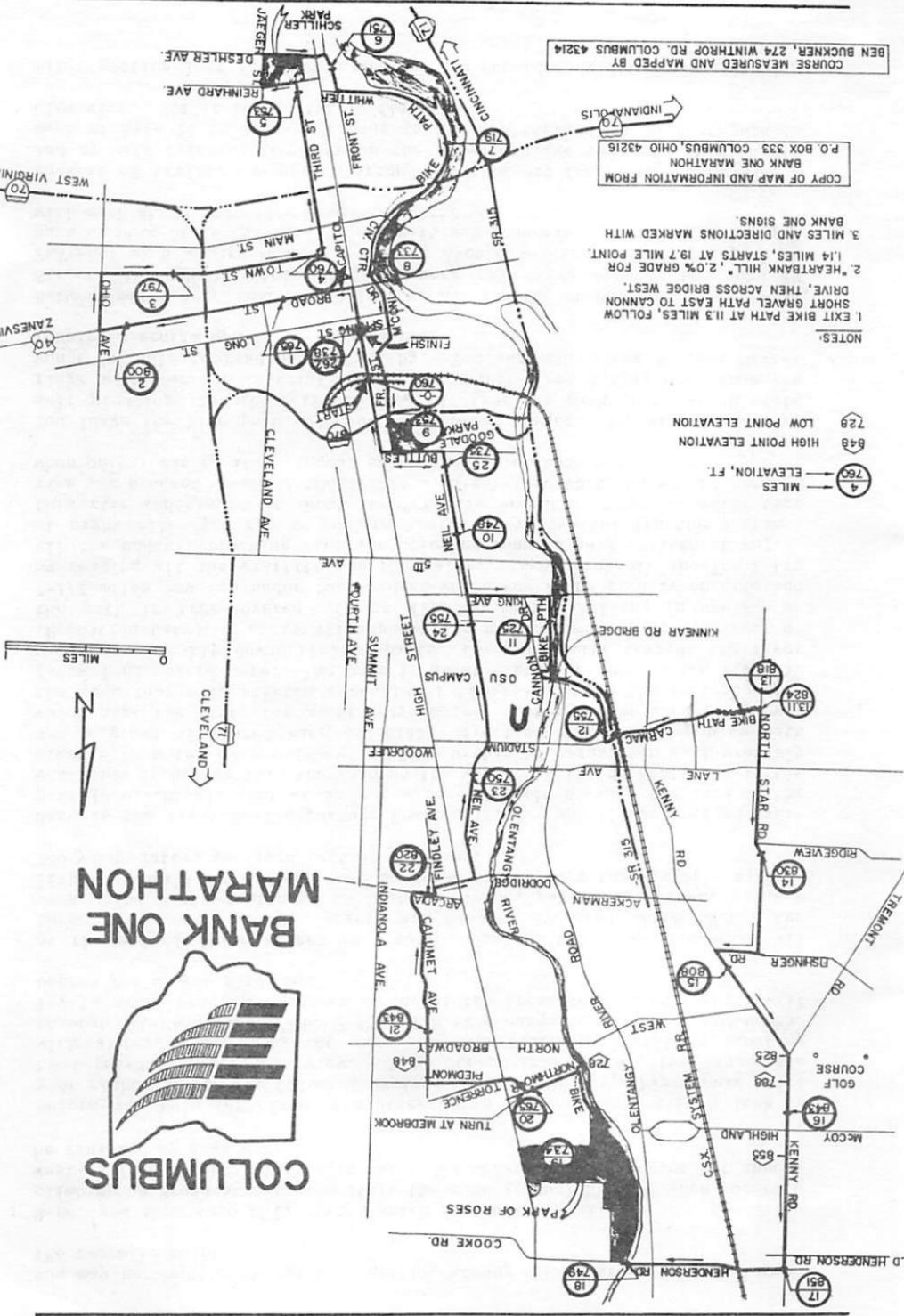
COURSE MEASURED AND MAPPED BY
BEN BUCKNER, 274 WINTHROP RD, COLUMBUS 43214

COPY OF MAP AND INFORMATION FROM
BANK ONE MARATHON
P. O. BOX 333 COLUMBUS, OHIO 43216

- NOTES:
1. EXIT BIKE PATH AT 11.3 MILES, FOLLOW SHORT GRAVEL PATH EAST TO CANNON DRIVE, THEN ACROSS BRIDGE WEST.
 2. "HEARTBANK HILL", 2.0% GRADE FOR 1.14 MILES, STARTS AT 19.7 MILE POINT.
 3. MILES AND DIRECTIONS MARKED WITH BANK ONE SIGNS.

- ④ MILES
- ⑦⑥① ELEVATION, FT.
- 848 HIGH POINT ELEVATION
- 729 LOW POINT ELEVATION

COLUMBUS MARATHON

17 18 19 20 21

you may not notice the gentle, gentle, steady uphill grade to just beyond the two mile point.

Here, you turn onto Ohio Street which is two lane. If you were gradually climbing on Broad Street, you start the same gradual DESCENT when you turn west on Town Street. This road was under moderate construction but should be finished by race day.

Before you turn left from Town Street onto Third Street, take a look to your right and see the Columbus skyline. At four miles, this should still be a reasonably pleasant view. Third Street is FLATFLAT, two lanes wide with a few trees along the way. At this point, you will be trotting through OLD-FASHIONED GERMAN TOWN, with it's unique restaurants and homes. Try to avoid being a customer at one of the great-looking pubs which will beckon you as you glide by.

At the end of Third Street is a park. Here there is much shade on all three streets (Reinhard, Jaeger, and Deshler Avenues) which border the park. The Pinto continued on Deshler Avenue, past High Street, going a little downhill to a right turn on Front Street near the six mile marker. 200 yards later, you turn left on Whittier.

Here is the first real departure from FLATFLAT. We will go over an overpass (Boo...Hiss). But it is not a severe grade because the land on the east side is higher than the land on the west - so the descent is a little steeper than the ascent (Whew!). Then within 50 yards, you will probably see a group of crazed race officials directing you onto the bike path which hugs the river for about 1-1/2 miles. Later in the day, I ran over the next four mile stretch a couple of times and among the foot-pounding facts I discovered were: The path is about eight feet wide...the first 50 yards are briskly downhill...in parts, the path tilts towards the river (Pronation City)... it is all asphalt (no mud to contend with)...most of the path is tree-covered...it is flat to gently rolling in spots...at 7-1/2 miles you run under two bridges where you'll be greatly entertained by reading all the graffiti on the walls... (you probably shouldn't try all the unusual training tips the Columbus runners have written there)... at eight miles you run an incline that's 50 yards long (in the distance this rise appears to be about two "Charlie Brandt's" high)... after that rise you proceed downhill and across a walk-bridge that swayed and creaked when only I was on it!...(great shock absorption though!).

You leave the bike path when you cross Broad Street. You will find yourself plodding through a little FLATFLAT treeless park that has 50 state flags with various inscriptions at the base of each flag pole that you won't be able to read as you run by. You continue along Marconi Street running a gentle uphill to Front Street.

Between miles 8-1/2 and 10-3/4 (you're now running on Buttles Avenue, Neil Street, through a little FLATFLAT park onto King Avenue) the road is FLATFLAT with a nice downhill on King Avenue leading to the bike path on part of Ohio State University. Here it's a beautiful college neighborhood with much shade and older homes along the way.

Because of traffic congestion around OSU that day (they had a home game), and my wife refusing to drive on the bike path, we were not able to see much of mile 11 to 12. According to the map there is a 30 foot gain in elevation. But it looked fairly flat.

After getting lost for twenty minutes and considering divorce, we finally

rejoined the course on North Star Road (exactly halfway - 13.11 miles). Here through mile 15 is an unshaded residential area that is fairly flat with only the slightest inclines and declines. North Star and Fishenger are two lane roads. As far as I can tell by riding in the car, it appears that few of the roads are greatly crowned in the middle. They're all pretty flat all the way across. There are a few exceptions.

We turned right off of North Star onto Fishenger and then left onto Kenny Road which is a four lane heavily travelled road at the 15th mile. THEN COMES SOME UNEXPECTED TROUBLE. I checked the map to make sure we were on the right road. We were, unfortunately. Surprise-Bank-Hill is six-tenths of a mile long and starts at roughly 15-1/4 miles. LORD HAVE MERCY ON US!...Surprise-Bank-Hill is very similar to the first downhill mile of the HILLY FOUR MILE course at Homestead (also, the last mile of the Homestead 15K). LORD HAVE MERCY ON US HERE AT THIS THE 16TH MILE! The first 1/4 mile of Surprise-Bank is the toughest. After that you have a lesser incline for about 150 yards or so while culminates with a gentle 1/4 mile rise to it's summit. It may prove to be a tough hill! But don't get too spooked by it...it won't take long to get over it...but do be careful. We decided to stop the car and take a picture of this Everest.

After reaching the top of Surprise-Bank, we proceeded slightly downhill to the next major intersection and turned right onto Henderson. Henderson goes gently downhill with a little uphill after a 1/4 mile followed by a nice decline ending on Olentangy Road. You cross the river on a FLATFLAT bridge and soon turn right onto another eight foot wide bike path in the Park of Roses at 19 miles. Again, it looks like the path has a roll or two on it but nothing serious.

We drove around to the south entrance of the park to where HeartBank Hill starts. After seeing Surprise-Bank-Hill, I began to wonder what this more "severe" hill would be like.

We arrived at the bike path by exiting from the park onto Northmoor Avenue (the base of HeartBank Hill). The last 25 yards of the bike path is quite a little climb (short but sweet). What they call "HeartBank Hill" should be renamed "HeartBank-Gentle-But-Continuous-Incline". This incline goes through a heavily shaded well-to-do neighborhood. There are no sharp rises in the road. There are even some flat parts to take a nap on. You veer from Northmoor Avenue onto Torrence, cross High Street and veer again to the right onto Piedmont, where you gradually go up for a third of a mile. All of these streets are considered "HeartBank Hill". "HeartBank Hill" is a little longer than, but not as bad as, Surprise-Bank-Hill. BUT, after improperly running "Surprise-Bank" you may find "HeartBank" to be tougher than it really should be. So, run "Surprise-Bank" well but with care. And yet, since these are the "wall miles", you may still think this incline is tough enough by itself.

When you turn right onto Calumet, you can rest assured your mountain climbing is done for the day. Calumet is a flat two lane with some very gentle declines through a residential-business area. However, at 21-1/2 miles there is a gentle meandering uphill section for about 150 yards. When you turn right on Dodridge you have a nice downhill you'll be glad you won't have to run up. At the bottom of this 200 yard downhill you hang a left on Neil Street which rolls very slightly but you wind up losing a few feet of elevation.

You will now arrive at the OSU campus (23-1/4 miles). You wind through
(continued on page 27)

Personal search for the perfect marathon

by John Schwarz

My search began on a rainy Sunday morning in July, 1975. My wife did a pretty good "sell job" convincing me that I could complete the first Three Rivers Marathon. I amazed myself with a 3:43 and an ensuing week of raw pain. Three years later, on a cool October Sunday in Monroe, Ohio, I ran a 3:17.55. I was ready to make a serious attempt at qualifying for Boston. But here's where the euphoria ends and the reality takes over.

1979 was a hot summer. It started with Gilboa (Ohio) in late May. At 18 miles, I was at two hours 18 minutes - a 7:40 pace. It took me an additional hour and eight minutes to finish the last eight miles. It was hot, so hot that the tar on the road would stick to your shoes for the last two miles. And it was boring - farm after farm after farm. Three Rivers was a disaster --3:39. I began to think, "Maybe I'm getting too old for this. How does Myron do it?"

Bound and determined to improve in 1980, I tried some new things in my training. Instead of increasing mileage, I stayed with 60-80 mile weeks, but included runs of 16-22 miles on Sundays. I also incorporated a couple of days a week of windsprints and weight work. In the summer, I swam about two miles a week. I did one other thing. Guys that weigh 183 pounds don't run decent hot weather marathons, so 20 pounds had to come off.

It was May 3rd, too early to be hot in Northern Michigan, so I went to Saginaw to run my 3:10 (I'd worry about breaking three hours at Three Rivers). The Lord said "Let there be warmth", and the temperature went to 85°. When I could taste the pork chops from the previous night at ten miles, I knew something was wrong. The seven minute pace was just too much ("See you later, Dan"). At 13 miles, I told Jack Morris to have a good race. At 20 miles, I was dizzy and walking. At the finish line, three hours and 37 minutes after starting, my cousin met me with a warm beer (it would have been ice cold had I finished in 3:10 as I'd bragged earlier). I don't remember too much after that because I kept passing out. I remember Lindley got me going later on with some salt water. Thanks, Don, I think you saved my life. That had to be the hottest race I'd ever run. I hadn't seen anything yet!

July 20 - P.R. TIME. I'll run smart this time, 7:30 pace all the way. That was fine for the first 20 miles, then something happened. There were spots in front of my eyes, the road was weaving. I collapsed at South Side H.S. When I heard my wife call the first aid van over, I said "no way in hell!" I finished that race in three hours, 39 minutes, with the outside temperature 95-97°, and my temperature about 105-106°. Time for some serious soul searching. Maybe I'm getting too old. Maybe it's time to concentrate on shorter races. After all, I can beat Lindley at any-thing under five miles.

I didn't even have time to recover when I got a personal visit from the president of my company. Beatrice Foods (the mother company of Eckrich, my employer) was sponsoring America's Marathon in Chicago on September

28th, and would I like to represent our division in a corporate competition? Hell, no! But you don't say those kind of things to presidents. Carolyn and I decided to make a weekend out of it and tour the Windy City. What should I try to run, 3:30, 3:20? Frank Shorter spoke at the Running Clinic the day before the marathon and what he said made sense. "Your nice neat little plans aren't going to mean anything until the second half of the marathon. You shouldn't even be getting nervous until the second half." So I thought, "Why not just go out and run a respectable marathon?"

Race Day - 5:30 - I had forgotten what that even felt like. 6,214 runners lined up in Daley Plaza, backed up on Dearborn and Clark Streets. My first mile was 9:00, which is a feat in itself because you couldn't run for about the first half mile. A couple of turns and we were on Michigan Avenue. At five miles my time was a nice easy 39:20. Downtown Chicago is both beautiful and awesome and the organization of this marathon was almost letter perfect. 76 minutes at 10 miles and into Lincoln Park along the lake. The people were great, the weather was great - soft breeze off the lake and it stayed cool. Then something happened. I was getting high and picking up speed - 1:51 at 15 miles. Wow! A chance to break 3:15. I was getting higher and higher - 2:23 at 20. Quick calculation told me that a 47 minute 10K would equal a 3:10 - fabulous. Downtown at Jackson and State, the guy at the 25 mile marker called out "2:58". It was like new territory. I finished at Grant Park in three hours, seven minutes twelve seconds, 453rd in the race. I knew I had found the PERFECT MARATHON! The organization, people, weather, and scenery, were perfect.

I'll probably always run Three Rivers; it's the home town marathon and I love this town and its people, no matter how hot it gets. But you'll have to cut my legs off to keep me away from Chicago next September. My short term plans? My brain keeps telling me to enjoy the Fall, run some 10K races and just take it easy - enjoy the cool mornings. But my heart keeps saying things like C-O-L-U-M-B-U-S and M-O-N-R-O-E and B-L-O-O-M-I-N-G-T-O-N. So look out, Don, "cause I ain't over the hill yet!

Chicago Marathon - 9-28-80

Tony Clouse

3:19:54 PR

807th(6,214)

I lowered my time by 23 minutes due to two factors: I "beefed up" my training for six weeks, about nine miles per day with a 15-20 miler on the weekend. Secondly, the temperature was 56°. (Wish Fort Wayne had a fall marathon.)

Manstield Covered Bridge 10 mile - 10-12-80

Myron Meyer

62:41

30th

1st-50/60

Double Eagle 10 mile - Indianapolis - 10-11-80

Rick Reitzug

54:24 PR

69:56 PR

1:31:06 PR

323rd

-25/

-23/

5th

4th-23/29

This was a beautiful course, hilly, but the scenery in the park made up for that. Race time temperature was around 45° with strong winds. It actually seemed to get colder through-

out the race. - Larry Ineson

Last six miles in 32:08; last mile in 5:07. - Rick Reitzug



24-hours well spent

by Tony Ventrella

What a rich experience the 24 Hour "Run for Rick Harman" was for me. First, it gave me a chance to do something for a 12 year old boy who means a lot to me. A kid who's courage oozes out of every part of his smiling face. A boy who has spent most of his young life excelling in sports, but must now re-direct his energies without cutting back on his goals.

Rick has proven to me that a person can make the best out of life regardless of what obstacles pop up along the way.

Besides the satisfaction of "Running for Rick" that cold October night at Bishop Dwenger, there were many more rewards for me too.

It was an opportunity to meet new friends and appreciate how much they mean to me all at once. So often we're introduced to someone, smiles are exchanged, and the friendship never grows beyond that point. But during the "Run for Rick", the introductions were only the beginning.

I had a real chance to see runners like Rick Reitzug and Don Lindley in action, but more than that, I got a chance to see what kind of people they are too.

Don's French toast isn't the greatest, but the thought can't be beat. His running advice is always available... and quite often useful.

Rick's spirit throughout the entire night and his desire to run every mile as if it were his first is something I'll always remember.

The all night battle between teams one and two turned into an interesting sports event for me, and at times I forgot I was a part of that event, although some will question how important a part.

The day after the "Run for Rick", I was talking with Cindy Caldwell and we agreed that the courage shown by the members of Team No. 3 was unbelievable.

Here was a group of runners that never quit despite great odds against them. For much of the 24 hours, this team competed with less than ten runners, but for all of the 24 hours they never lost the real meaning of the marathon. The determination shown by their lead runner, Bob Smith, and their 5-minute mile, Fred Hannon, was admirable.

I was even more impressed with the performance of the women on team three, Tami and Debbie. Their faces never showed the fatigue they must have felt during the long 24 hours. What great spirit!

While on the subject of women, let me mention how impressed I was with Betty Jackson and Cindy Goller, who ran miles beyond what was physically comfortable for them that night. Also impressive that night was Alma

(Words for Women-Continued from page 6)

Ojeda who shows courage and drive far above that of most people her age.

This article wouldn't be complete without a word about Cindy Caldwell, who directed and ran in the race. Without getting too mushy, let me just say that Cindy is a special woman to a lot of people. She planned the race, invited the runners, matched the teams, and kept everyone's spirit high during the 24 hour run.

Thanks to everyone who pledged, ran, and in any way took part in the "Run for Rick Harman". Your good deed will never be forgotten.



Cindy Caldwell gives the runners last minute instruction before the start of the 24 hour relay



A thoughtful Dave Fairchild contemplates the long night ahead and the many miles yet to be run.

least, nothing would have been possible without the dedicated runners. Thank you.

The whole 24 hours ended with a joyous final lap around the track which all runners ran together. We all left very hungry and tired but feeling very rewarded. It's a nice feeling to know that, as runners, we can do something for others. It's an even nicer feeling to know that we actually got out there and did it!

What's wrong with an eleven minute mile?

By Ann Mize

I have been a jogger for over a year and the past few months I have been working toward my ultimate goal of the mini or half marathon. Thirteen miles - that doesn't seem so far! After having trained for twenty-five miles a week for the last couple months. I knew it was now or never! For a non-runner it may be hard to understand, but looking forward to my first mini-marathon was an exciting feeling. I could hardly wait for my next issue of THE INSIDE TRACK to come so that I could nervously scan the racing calendar hoping to find the race that would fit into my schedule.

Well, four days later I was in Indianapolis for the Hooks Drugs/YMCA sponsored run. One of my jogging partners was off with a foot problem and the other was in Chicago watching a 50 mile marathon, so my husband brought his bike to pedal along and keep me company. My race pace and my training pace are nearly indistinguishable so it was not hard for me to formulate a race plan. I planned to run eleven minute miles and finish, even if I had to finish last. It was a beautiful 55° day and the course was a picturesque route along a creek that was abundantly shaded by autumn trees.

As the race started, I remembered some good advise I had heard and fell in at the end of the race so that I would not be pressured by the hardened runners who set the pace, not to mention to keep from being run over. By the two mile marker an older man began walking. Super! I had passed someone! Next, just ahead of me were two women, one with a pony tail that swung from side to side to side to side, and the other who had 30 pounds on me, most of which had settled below her waist. (You have lots of time to study things like this when you are running thirteen miles.) It was also easy to notice her bright red shorts.

I told my bike riding husband that I knew I could pass them by the fourth mile. Surely they couldn't keep up that pace forever!

My time at the six mile marker was 60 minutes. Six minutes ahead of my schedule, and the red shorts were holding firm. By this time I had decided just to finish and to heck with passing anyone, besides, I had passed that older man. As the pony tail swayed from side to, well, you know... the steps ticked off and the 7-1/2 mile was ahead. The red shorts and pony tail were lollygagging at the water stop, and smelling victory, I picked up my pace and passed them. Now it really felt good to come to a corner and be able to tell the aids that there was SOMEONE behind me.

At the ten mile mark things began to look up - literally -that was when the hills started. I tried not to pay attention to my husband whizzing around me on the down sides and 'specially on the up sides when he began muttering something about being sore in the morning (I didn't know if I would be able to walk). By this time my thighs were turning to mush and my husband wanted me to help walk his bike up the hills.

Here comes the twelve mile marker and the only humor I could find at this time was that if I were FWTC member, Dan Bossard, I would be in Chicago and have only 38 miles to go. I finished the race at 2:17:26, a full five

minutes ahead of my schedule and, best of all, I watched the gal in the red shorts and the one with the pony tail finish after me.

Each day after the race my legs felt better. I only wince now when I go up the stairs and my hubby asks me if it was worth it. You bet it was! When I think back to the time not so long ago that I could not even run one mile, it is a remarkable achievement for me to run a thirteen mile event. And I am not even ashamed of doing it in eleven minute miles, or was it ten and a half

(Marathon Scout - continued from page 21)

the campus on FLATFLAT Neil Avenue. Between miles 24-25 Neil Avenue is flat to gently downhill with many trees alongside available for you to do your 'lean-to' stretches. About 100 yards past the 25th mile you turn left onto Buttles (slight uphill, nothing serious) and suffer over to a right turn on High Street.

You are now on the homestretch to the tape!!! You run up an overpass (the starting line) and proceed like gangbusters down the other side to the finish line. You may notice, much to your delight, that there's a LUMS restaurant on the corner near the finish! (Hallelujah!!!)

All in all, the course looks very good. It is not as flat as Saginaw or Detroit. But, even with Surprise-Bank-Hill, HeartBank Incline, and Pronation City, I believe this course to be much easier than Fort Wayne's overall. I don't think we'll have to worry about it being too hot (average temp is 44°). However, the possibility of an early snowfall lingers in my mind, but even that would not be serious probably because this is basically an urban course (except the bike paths) and snow crews and the large amount of traffic in the area would clear the roads before the noon start. By that time, the snow might have melted anyway. A strong head wind would be the weather factor we will most likely have to deal with especially during this time of the year.

Well, everybody, enjoy your training and I'll see you at LUMS after the race! Let's hear it for the Pinto - it just drove its first marathon in 3:06:00!

LINDLEY NEEDS HELP!

Since he will be departing for Honolulu and the Honolulu Marathon on December 1st, Don Lindley will need help labeling and mailing out the December issue of THE INSIDE TRACK. If you are able to help Don, please call him at 456-8739.

Tawa 10K - Ottawa, OH - 10-5-80
Bill Schmidt 35:40
Marsha Schmidt 50:40

Lions 15K - Pendleton, IN - 10-18-80
Tom Loucks 50:41
Phil Lockwood 51:15



24 hour relay

HARMON

RICK

FOR

RUN



(chilly 24 hours - continued from page 15)

more of the food. They turned on the stereo out there. There's music playing and that breaks some of the monotony and makes the night seem a little less dark...

7:30 a.m. - 12th mile in 5:10, 11th was 5:17, 10th in 5:18. Seems like I hit a spot where, after the one bad mile in 5:42, I got into a kind of a groove, got into a relaxed pace where it didn't hurt that much at all and just kind of strided through them and they ended up with 5:20's. I actually feel a lot better now than I did at 2:00 o'clock in the morning. There was just that one stretch where I was really tired and found it difficult to run. We're at 12 miles now and probably need to go at least another nine. Peoples' spirits seem to have picked up a little since daylight broke. People are heading back out to the track. It's not as cold anymore and they're cheering the runners on again. The sun is starting to come out a little bit, although it's still fairly chilly, but it's really not bad weather for running. We've mostly just been sitting around and talking with different groups breaking up into Lindley's camper and the Red Cross mobile unit. A lot of informal conversation going on. We're all eating quite a bit but it's mostly snack type eating. Dave Fairchild's wife brought out some donuts of which Dave has polished off five already. Someone else brought out some bran muffins which quickly went, whereupon the loving soul went home to bake some more which she has promised to bring out later. Don Lindley is actually making the French toast he promised. I thought for sure he'd be too tired but the tough little bugger isn't showing the least sign of fatigue. I've been eating a little every other mile and drinking several swigs of orange juice between each mile. It's been working pretty well. I haven't felt any heaviness in my stomach but yet I haven't felt weak either. I think it's important to keep eating a little in order to keep the energy supply up ... The Red Cross people are super. They were out here all night and have been very hospitable and helpful.

3:00 p.m. - By this stage we have all long past reached the stage of being numb. We're running each mile in an advanced state of exhaustion. There are a lot of half-zombies walking around out there by now. Poor John Treleven! He brought a portable TV along so that he could watch the Ohio State-UCLA football game. Unfortunately, as soon as the game started, John ended and was peacefully snoring by the opening kickoff. He did wake up in time for his next mile though. Conversation is still there and everyone is still in good humor. Considering the state of exhaustion most of us are in, it's amazing that there have been no temper flare-ups of any kind. Most of the runners have slowed down tremendously and are just barely crawling or "survival shuffling" through their miles. Many are not even pushing themselves to run fast anymore, because they know at this stage it would do no good. It's just a state of being numb. You get out there and you tell your body to go and it starts moving itself around the track. It goes around four times and you tell it to stop and it stops. There's not even that much pain really, it's just not a very pleasant feeling. The most difficult part for me is getting up and going out to the track and knowing I'm going to have to do four more laps and four more laps an hour later, and four more laps the hour after that. But at this point the end is in sight. There are probably only three miles left for each person. That makes it a little easier, although at this point the thought of three more miles is almost mind boggling...

My 16th mile, no, my 18th mile was in ... what was it in? My 19th mile was in 5:13, my 18th mile was in 5:12, my 17th in 5:13, my 16th in 5:16,

15th in 5:14, 13th in 5:11, 12 in 5:10, and somewhere else in there I had a 5:10 ... It seems like we've been out here our whole lives and like we're going to stay out here the rest of our lives and keep running four laps around the track every 60-70 minutes. It seems never-ending. It's hard to imagine that in only about four hours we'll be completely done with this whole thing ... I'm really looking forward to the thought of going out to dinner tonight. First I'll take a shower and get some clean clothes on. Then sitting down and eating some pasta and drinking some wine, relaxing and enjoying myself. Then going home, falling into bed and sleeping. Tomorrow, getting up, eating breakfast and maybe going back to sleep or just sitting around the house not moving a muscle. A very appealing thought at this moment... Right now our team, Team No. 2, is about a half mile to a mile behind Team No. 1, and Team No. 3 is a little farther back. The two top teams have been dueling it out all night long and all day today with the lead shifting from six laps to four laps to three laps and back up again. On his last mile, Mike Hill pulled a tremendous kick on the backstretch of his last lap to catch Betty Jackson and pull us to within three laps. It was rousing to see someone move that quickly after watching everyone just slog around the track ... There have been a lot of people stopping by, offering their best wishes and dropping a little money in the donation box. Should be pretty successful financially.

That was my last recording during the run. It was just becoming too much of a struggle to do anymore than was absolutely necessary. We did finish the run. I did eat my pasta supper - although it was a struggle to stay awake during it. We did earn approximately \$2,000.00 for Rick Harman's medical bills. And even though it was a relief to finish and know that in an hour it wouldn't be one's turn to run again, and even though it was too hard to want to do again soon, I don't think there was anyone that ran during those 24 hours that wasn't in some way touched by courage, friendship, human warmth, or the ability to do good through running. Even though the temperature never rose above 50°, it was a warm 24 hours.



Gary Striggle finishing a recent race

Bobby Crim

10 miler

By Scott Kingdon

The Bobby Crim 10 Mile Road Race in Flint, Michigan, is rated in the January, 1980, issue of Runners World as one of the top 50 road races in the United States - with good reason. I had the privilege of running this year's race, the second Bobby Crim race for me, on August 23, 1980. I had previously run the race in 1978. It was a good race then but the improvements in planning and organization made it easy for me to understand why the race attracted notice in Runners World.

An impressive aspect of the Crim race is the street control which is amazingly precise for a race run entirely within city limits. This may be a testament to the political power and visibility commanded by Bobby Crim who also happens to serve as the Speaker of the Michigan House of Representatives. The race begins on the campus of a community college (I forget the name) located near downtown Flint. The course winds through Flint city streets and ends downtown. As best I can recall, for the first three miles of the race traffic is completely cordoned off on the streets on which the race course is laid out. The balance of the course either traverses through sectors of the city that are not heavily travelled or has at least half of the street blocked off to traffic and set aside for the runners. The race course passes by surprisingly scenic surroundings. A large portion of the course, from about the third mile through the eighth mile, passes by parks or interesting residential areas. The course also had its share of gently rolling hills. But most important, given the time of the year the race is held, approximately eight miles of the course is completely tree-shaded.

The Bobby Crim race offers a generous number of aid stations. This is one of the big changes I remember from 1978. An aid station, each fully stocked with water, gatorade, and volunteers, is provided at each mile marker. I personally had never before benefited from such a high ratio of aid stations. I found, to my pleasant surprise, that the numerous aid stations, along with the tree-shaded course, made possible a PR effort which was achieved with relative ease.

The Crim race has its share of the kind of pageantry one expects to find in a major road race. The race has a large field. More than 3,500 runners, I am told, were entered. Some of the leading road racers in the country were entered, including Herb Lindsay, Bill Rodgers, Gary Bjorklund, Benji Durden, Joan Benoit, Patty Lyons-Catalano, and Ellison Goodall. Many areas of the course, the last mile in particular, are lined with spectators. Mass quantities of refreshments are also offered at the finish line. Of vital importance to me was the Natural Lite beer provided for the runners. I managed to consume several cups. This was done, of course, only in the interest of replenishing badly depleted body fluids!

I highly recommend the 1981 Bobby Crim race for any Track Club member wishing to attend. It is as good a race as one can find within a reasonable driving distance of the Fort Wayne area. I don't know yet who to contact for entry blanks, but the person contacted for this year's race was Lois Craig, P.O.Box 16179, Lansing, Michigan.

COACH'S



CORNER

Some of my fondest memories in my running career are based on experiences I had while running cross-country in high school and college. I have always enjoyed that sport. It's been a long time since I have run any cross-country so this fall I decided that I'd give a couple of races a try.

The Notre Dame Invitational is probably the best cross-country invitational in Indiana. The course is smooth, slightly rolling, and very fast. It is not uncommon to find the collegiate division winning time around 23:30 or better for five miles. They have several divisions, so not only do you get a chance to run, but you also get the opportunity to see some of the finest collegiate runners in the nation.

I had forgotten just how exciting and different cross-country really is. Several of us from the club recently went to Notre Dame. The day turned out to be cold and rainy which made the course rather muddy. I must admit that I had secretly hoped to run quite well and maybe even run a PR. Once the race began I remembered what cross-country was all about. For those of you who haven't tried it, it usually turns out to be a very humbling experience. The strategy is very unlike road racing. From the start I found myself running elbows out. I soon remembered that in cross-country when you have 400 runners all sprinting 300 yards to make the first sharp right turn, friendly elbows are very important. I also found that in races of this size your fellow racers are extremely helpful. That is in approaching a fifteen foot wide opening between a fence and a tree, if you don't maintain the momentum of the crowd going through you will be literally pushed through. Another factor that is different than road racing is that you are continually speeding up and slowing down which is rather tiring. In road racing most of us run a fairly constant pace. I also found the finish rather interesting. With 200 yards to go I put on a kick that I felt showed that this thirty year old guy still knew how to sprint. Unfortunately, I watched college runner after college runner blow by me like they were running a 100 yard dash.

Notre Dame was a humbling experience but it made me remember why I love cross-country. It was a strong sense of accomplishment just surviving the race that day, but I'm anxiously looking forward to the next competition.

If you haven't tried cross-country, give it a shot sometime.

The RRCA State Cross-Country Championships held here in Fort Wayne on November 9th and sponsored by FWTC might be a good introduction to this interesting and fun facet of our sport.

LETTERS TO THE EDITOR



Dear Rick:

I would like to thank Cincy Caldwell and everyone who supported me, and helped out with my time keeping during the Rick Harman 24 hour run.

As you all know by now I fell 40 miles short of the 100 mile mark I had set for myself. It was a really big let down to me. I left the track early knowing I had less than 24 hours till race time in Chicago for the "AMJA 50". Sunday morning at 7:00 a.m., I was back at it in the Windy City. I was happy with my performance for this second 50 miler, since it was about 10 seconds per mile faster than my first 50 miler Friday night. My time for Chicago was about that of a fast snail: 9:21.

Keep your miles up!
s/Boss

WANTED: Opinions on the "FWTC 50 MILER"

Should we do it in the spring or fall of next year? Let me hear your ideas.

Dan Bossard - 219-484-9424

Dear Editor:

This is in regards to Mike Hill's article on how women can run safely. It had become a fear for me. The best way for me to keep my runs regular was to leave my home in the early evening alone. Since a portion of my run is country, I felt I should have some kind of protection. I purchased the "paralyzer". It's a small spray can that clips to my shorts waist band. It's light weight and when sprayed, will immobilize your assailant for 20 minutes. My runs have been more enjoyable knowing I have some sort of defense if I am approached. It can also be used on dogs with no permanent damage. It would be nice if that were the only animal women runners need worry about! I purchased by "paralyzer" through Sue Moody, 484-6290, cost is \$4.95.

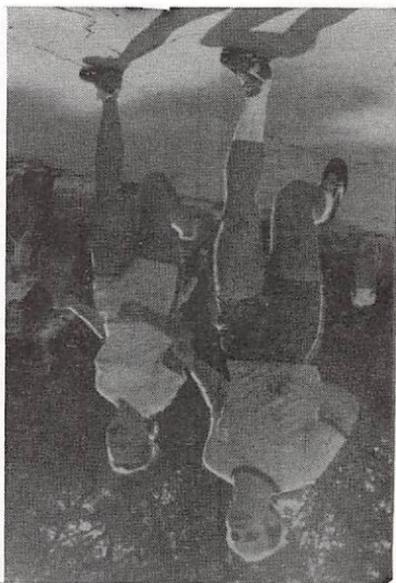
s/Connie Schnelker

RUN FOR HEALTH - Foster Park - September 28, 1980

1/4 Mile Run	Matt Marschand Alex Ojeda Charlette Tritch	1:22:64
1/2 Mile Run	Steve Pfeiffer Billy McDowell Tricia Wilson	3:05:05
1 Mile Run	Jeff Murphy John Terrill David Weiss	5:26:38
4 Mile Run - <u>Overall</u>	Gary Dexheimer Alma Ojeda	20:52:4 25:11:9
14/under	David Weiss Rich Fairfield Steve Connelly	Sarah Stalder Melinda Walker Debbie Bash
15/19	Gary Williams Dan Branstetter David Griger	Jill Thiele Katy Dahling Marla Miller
20/29	Brad Stevens Larry Begley Bill Blosser	Tamera Byer Julie Striggle Gloria Smith
30/39	Pat Davis Max Blank Robert Bruckner	Ann Jamison Alice Scott Pat Poorman
40/49	Richard Miller Chris Stauffer Richard Duke	Julie Wilson Bonnie Taylor J. W. Glass
50/over	Myron Meyer Vern Chouan Dave May	Doris Fleetwood Ghera Machlan Ruth Dumas

Run for health

Runners of all ages and sexes ran in the "Run for Health" race on September 28th at Foster Park.



RUN FOR HEALTH - 4 MILE RESULTS

1	Gary Dexheimer	20:52.4	54	Charl Falkenstein	25:56.6
2	Brad Stevens	20:57.4	55	Fielden Barclay	26:00.1
3	Pat Davis	21:11.2	56	Jill Thiele	26:04.0
4	Max Blank	21:16.1	57	Leland Sibrel	26:07.9
5	Larry Begley	22:12.8	58	John Parent	26:18.7
6	Gary Williams	22:21.7	59	Thomas Tucker	26:19.9
7	Robert Bruckner	22:29.8	60	Michael Novosad	26:22.3
8	Bill Blosser	22:38.5	61	Joe Vachon	26:23.8
9	John McMillen	22:41.0	62	John Davis	26:26.4
10	Greg Puckett	22:47.4	63	Dave Seiss	26:28.5
11	Brent Munro	22:55.5	64	David Ruetschilling	26:35.9
12	Dale Cardwell	22:58.2	65	Rich Fairfield	26:42.8
13	John Heath	22:59.8	66	Larry O'Herron	26:43.7
14	Dave Glover	23:02.3	67	John Barrett	26:45.1
15	Robin Bolinger	23:08.8	68	John Peterson	26:46.1
16	Ken King	23:15.4	69	William Halte	26:47.5
17	Don Lindley	23:25.1	70	Steve Connolly	26:48.3
18	Myron Meyer	23:42.4	71	Mark Herheimer	26:52.2
19	Don Branstetter	23:50.0	72	Bahmam Zandevakili	26:56.6
20	Randy Hisner	23:57.2	73	Gary Spry	27:01.6
21	Michael Cleary	23:58.5	74	Terry Gautsch	27:03.4
22	Harvey Steinbacher	23:59.8	75	Vern Chovan	27:07.7
23	David Rigby	24:00.2	76	Mike Anderson	27:09.7
24	Richard Miller	24:05.7	77	Richard James	27:12.0
25	Gary Graham	24:08.1	78	Gary Martin	27:15.6
26	Curt Baily	24:10.2	79	Steven Korn	27:18.6
27	Larry Lee	24:17.5	80	Glen Lyons	27:26.7
28	David Griger	24:25.8	81	James Buschur	27:28.4
29	Jack Dyer	24:34.9	82	Larry McCoy	27:30.0
30	Jim McGowin	24:44.2	83	Roger Knuckles	27:31.9
31	Jim Anderson	24:44.6	84	Gay Davis	27:32.5
32	Tom Yoder	24:45.0	85	Tamera Byer	27:35.4
33	Mike Zurzolo	24:52.9	86	Jess Jackson	27:36.2
34	David Waldrop	24:53.8	87	Randy Patten	27:41.3
35	Randy Roberts	24:55.8	88	Dennis DeMeritt	27:48.9
36	David Lamm	25:00.5	89	Skip Sandels	27:53.0
37	Robin Hartzell	25:03.6	90	Bob Michel	27:54.5
38	Phillip Wisniewski	25:06.1	91	Mike Schlau	27:56.6
39	Chris Stauffer	25:08.0	92	Keith DeMeritt	27:58.4
40	Steve Weiss	25:10.4	93	Jim Kirk	27:58.9
41	Klaus Saverbrey	25:11.2	94	Glen Moore	27:59.7
42	Richard Duke	25:11.6	95	Jimmy Clark	28:11.8
43	Tim Gray	25:11.9	96	Dennis Walker	28:15.5
44	Alma Ojeda	25:15.6	97	Don Babcock	28:16.4
45	Mark Mikel	25:20.2	98	Phil Suelzer	28:22.8
46	Richard Waterfield	25:23.1	99	Tom DeLong	28:25.1
47	Lynn Smith	25:30.8	100	Rodney Kent	28:29.3
48	Donald Lundquist	25:34.3	101	Gary Graham	28:29.7
49	Russell Grose	25:43.5	102	Bill Atkinson	28:32.7
50	David Puff	25:45.9	103	Martin Standiford	28:38.6
51	Paul John	25:51.1	104	Thomas Braun	28:40.8
52	David Beachy	25:54.0	105	Mark Petersen	28:43.0
53	Joe Dickson	25:55.9	106	Greg Zern	28:45.8
107	Steve Schnelker	28:48.5	160	Eunice Weis	31:06.0
108	John Walda	28:50.3	161	Bruce Lehman	31:10.1



230	Deborah Blume	35:28.7	266	Steve Pierce	38:18.5
231	Clara Rothenbush	35:33.7	267	Peg Glover	38:35.3
232	King Sullivan	35:36.9	268	Calvin Armstrong	38:42.4
233	Barry Gruesbeck	35:38.2	269	Scott Dyer	38:42.9
234	Thomas Kimbrough	35:39.5	270	J. W. Glass	38:46.8
235	Marc Schlau	35:42.1	271	Emily Waters	38:47.7
236	Stephan Heine	35:50.4	272	Nick Paflas	39:16.0
237	Joe Driver	35:59.1	273	Renee Bodie	39:17.1
238	Susan Ostlund	36:04.0	274	Gerald Thompson	39:45.7
239	Dennis Graham	36:08.6	275	Kathy Graham	39:46.3
240	Vivian Johnson	36:13.7	276	Debbie Atkinson	39:53.1
241	Mary Schlau	36:14.4	277	Cornelia Holley	39:53.7
242	Debra Barnard	36:28.5	278	Tom Benedict	39:56.8
243	Cynthia Heath	36:29.4	279	Carl Sipe	40:01.5
244	Bonnie Taylor	36:31.6	280	Debra Tate	40:19.2
245	Susan Pflieger	36:32.0	281	Susan Ferguson	40:20.3
246	Kathy Widan	36:32.9	282	Gail Wood	40:26.0
247	Danny VanTreese	36:34.8	283	Wanda Halte	40:27.7
248	Sandy Moliere	36:44.7	284	Fern DelaCroix	40:29.6
249	Jean Clagg	36:47.9	285	Karman Chapman	40:50.0
250	Don VanFossen	36:52.3	286	Alvin Chapman	40:50.9
251	Bob Waters	36:53.0	287	Marylou Arnold	40:51.4
252	Martha Goldberg	36:56.1	288	Heather Benjamin	41:14.0
253	Mary Ann Felger	37:00.0	289	Jeanette McClain	41:35.5
254	Diane Waldrop	37:03.5	290	Doris Fleetwood	41:40.3
255	Joey Childers	37:07.8	291	Deborah Baird	41:45.9
256	David Jones	37:08.4	292	Michael Rumble	41:46.9
257	Rosie Simmons	37:15.4	293	Penny Atkinson	41:58.4
258	Peggy West	37:27.0	294	Theresa Machlan	42:18.7
259	Steven Holloway	37:47.4	295	Lou Ann Davis	42:34.2
260	Susan Westfall	37:54.7	296	Diane Liverance	42:40.6
261	Dale Geistler	37:55.9	297	Frank Fiddler	42:41.3
262	Mike McKuras	37:59.4	298	Fritz Krueger	42:43.7
263	Diane Morris	38:00.4	299	Debbie Wiersman	42:46.7
264	Michael Holbrook	38:11.1	300	Thomas McClain	43:07.7
265	Margo Wagner	38:13.9	301	Karen Perrin	43:19.1



Race director, Mary Ann Felger, running for health

311	Margie Faley	45:45.7	302	Bobby Pauley	43:29.6
312	Cecile Goldman	47:52.4	303	Darren Miller	44:00.3
313	Matt Jackson	48:31.8	304	Ruth Dumas	44:16.7
314	Nancy Marsh	48:32.5	305	Lois Ann Keane	44:21.8
315	Marilyn Walker	49:51.5	306	Michael Keane	44:22.7
316	Laura Hargens	49:52.0	307	Linda Sipe	44:38.2
317	Susie Bash	52:50.6	308	Deb Hohla	44:50.7
318	Cynthia Weaver	54:03.4	309	Debbie Bash	45:18.7
			310	Beth Ann Kind	45:27.6



The pleasant fall weather made for enjoyable "mingling" afterwards.

RACE

CALENDAR

- 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
- 11-2-80 One Hour Track Run - 1:45 p.m. - Toledo, OH - St. Johns H.S.
E. O. Kanney - 419-381-1847
- 11-2-80 3rd Annual Indian Summer Run - 10KM & 3 mile fun run - 2:00 p.m.
Senior Citizens Center, 1405 N. Kangeland Road, Anderson, IN
- 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 TFA/USA MIDWEST XC CHAMPIONSHIPS - Kenosha, WI - 10:00 a.m.
WV-Parkside - Wayne Dannehl, Wisconsin-Parkside, Kenosha, WI
53141 - 414-553-2308
- 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 - 10 KM - 1:00 p.m.
Shoeff Park - Steve Foster - 4105 Oakhurst Drive, Ft. Wayne, IN
- 11-12-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
- 11-15-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
- 11-15-80 TURKEY TROT 10KM XC, 5KM - 11:00 a.m. - Southwestern Michigan
College, Dowagiac, MI 49047 - 616-782-5113
- 11-16-80 COLUMBUS BANK ONE MARATHON - 12:00 noon
- 11-16-80 CANADA VS USA MASTERS INTERNATIONAL XC MATCH - 10KM - 10:00 a.m.
Ann Arbor, MI - U. of MI Golf Course - Ed Kosloff, 1044 Lincoln,
Huntington Woods, MI 48070 - 131-544-9099

11-16-80 NATIONAL RRC 20KM CHAMPIONSHIP - 11:45 a.m. - Secor Park Toledo, OH - Fran Pavelka - 419-385-3010

11-19-80 FWTC Fun Run - Foster Park - 6:00 p.m.

11-22-80 FWTC Fun Run - Foster Park - 10:00 a.m.

11-22-80 TURKEY TROT 5K - Portland, IN - 11:00 a.m.

Register Court House - Dennis Dwiggins - 219-726-6129

11-22-80 TURKEY TROT 3 & 6 mile - Toledo, OH - 10:00 a.m.

Ottawa Park Shelter House - Carl Green - 419-478-5713

11-22-80 LAKESHORE MARATHON - Chesterton, IN - 10:00 a.m.

Lakeshore Striders, P.O.Box 501, Chesterton, IN 46304

11-27-80 ELKS THANKSGIVING DAY 6 mile - Cincinnati, OH - 10:00 a.m.

Latonia Shopping Center - Dan Connolly, 1445 Sigma Circle, Cincinnati, OH 45230 - 513-474-1399

11-29-80 MARATHON PLUS 60KM, 50 mile, & 100KM - Toledo, OH - 7:00 a.m.

Ottawa Park - Jim Peliniot, 2156 Broadway, Toledo, OH 43609

419-248-3168

11-30-80 30KM - Cleveland, OH - 10:00 a.m. - Rocky River

Tom Kelly - 216-871-4614

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 Locks, Route 1, Ossian, IN 46777 - 219-622-7108

FWTC NEWSLETTER

Rick Reitzug

825 Kensington Blvd.

Fort Wayne, IN 46805

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