



NEWSLETTER OF THE FORT WAYNE TRACK CLUB

DECEMBER, 1980

the inside track

FORT WAYNE
TRACK CLUB



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**FORT WAYNE
TRACK CLUB**

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NEWS

& VIEWS

RICK REITZUG

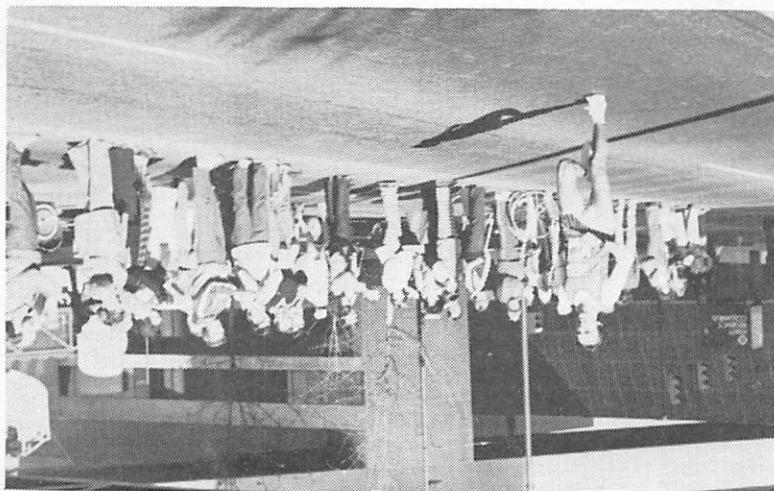


Almost 2000 years ago a man came upon this earth who, through the life he lived and the beliefs he preached, changed the world for all time to come. It is the feast of His coming that we celebrate in a few short weeks. For many, the preparations for this feast are well under way. The tree with its brightly colored lights, the bustle of shoppers selecting gifts, the preparation of lavish banquets and the anticipation of the big day to be celebrated with friends and family, are all a part of the ritual of preparation for Christmas.

During the last week I have been undergoing a ritual of preparation that most runners partake in several times a year. The week preceding a marathon for most runners is a ritual. Just as the week preceding Christmas evokes a special festive air, so does the pre-marathon week have a special quality. Marathon week begins with three days low carbohydrate intake. Do the energy burning runner who craves pastries, donuts, potatoes, bread, and spaghetti, the three days can turn into a slow form of torture. Very few moments during these days are spent without food in the nearby shallow recesses of the mind. But the reason for this sacrifice lurks in the darker recesses of the mind and serves to add a bit of mental toughness to marathon preparations keeping the mind focused on its goal.

Every sacrifice has its reward. The pre-marathon diet gives its reward in the three days preceding the marathon. During this time the food loving runner can sink his teeth into all those sugary concoctions he has been craving. This part of the diet is so much fun that, whereas the last three days almost make you forget you have a marathon to run within the next 72 hours.

Along with the strange diet, the runner engages in strange running patterns during marathon week. One and a half to two hour runs are suddenly reduced to 20-25 minute warmup jogs. The runner accustomed to manipulating daily schedules to squeeze out every possible minute of running time suddenly finds himself with time on his hands. The excess time plays havoc with the already distorted eating pattern. During the first half of the week the extra time is spent searching for the low carbohydrate foods that might satiate a suddenly voracious appetite. During the second half of the week the time is spent traveling



From the donut shop to the cookie jar to the scale. Ah, yes, the scale. What marathon week would be complete without doubts, and what better doubt to entertain in one's mind than the tale of the scale. The once mean and lean runner suddenly finds himself on marathon eve, after three days of shamefully enjoyable eating, the not so proud possessor of a convex rather than a concave stomach. Will it slow me down? Did I overload on carbohydrates? As if the rumblings from the stomach are not enough, no amount of training miles can quell the doubts about the appropriateness of one's marathon training. Did I put in enough miles? Did I put in too many miles? Did I run enough hard miles? or fast miles? or long miles?

This total upheaval in body and mind leads to a bit of edginess in the runner. Just as the anticipation, excitement, and festivity of the Christmas season puts people under pressure and causes suicide rates to soar, so would the pressure caused by the edginess of the pre-marathon runner cause divorce rates to soar if it lasted much longer than a week.

Yet with all the doubts, fears, and tensions, that the ritual of a marathon preparation spawns, the week is bathed in a certain glow. I remember a Christmas Eve of many years ago, when my mom asked me to clean the ashes out of the incinerator, my least favorite job. My memories of my work that long ago day are pleasant ones because they are associated with a special event, Christmas. So too will my memories of this past week be pleasant ones. They will be memories of anticipation of a feast to be shared with family and friends, but ultimately to be fully celebrated only if it has been conquered alone - the marathon.

PRESIDENT'S
COLUMN

MIKE HILL

This is our Christmas issue and it makes me think of the many things to be thankful for over the past twelve months.

As a club we have had one of the most rewarding years in our existence. We have had a full racing program including track, cross-country, and long-distance events. In addition, we had fun-runs, social events, team racing, and our club victory at Kokomo. It's common knowledge that we are considered one of the largest, active, and most competitive clubs in the Midwest. Much of this is due to our wonderful membership and hard working executive board. Yet we need to thank one person in particular for his drive and leadership in 1980. That person is, of course, our 1980 President, Gary Dexeheimer. Without his consistent, hard-charging, and sincere desire to improve our club, we would not have seen many of the improvements we did during 1980. Thanks, Gary, we all appreciate your hard work.

Another of our hard workers who deserves an accolade is Rick Reitzig. He has one of the toughest jobs in the club, that of compiling and editing our monthly newsletter. I'm sure you all agree that he has done a wonderful job with the assistance of Eulalia and Tom Loucke. They plan on continuing for another year and we are very appreciative of their dedication.

It would be very easy to go on and name many other board members, race directors, and members, but they know who they are and we won't forget their efforts on behalf of the Fort Wayne Track Club.

1981 PLANS

Our new officers and executive board met on November 9th for a long meeting on our 1981 plans. Charlie Brandt, our Vice President, has come up with a tremendous race schedule for next year and will be telling you about it in another section of this issue. We have added more age groups, more awards, and will see more corporate sponsorship in the coming months.

One of our more popular events will take place during February. The annual awards banquet will be held at Peiz Recreation Center on February 13, 1981. Please get this event on your calendar and plan on attending. It's a must for fun and friendship. You'll hear more in our January newsletter.

During December we will be mailing a prospective membership letter to approximately 1000 potential members in this area. If you have a friend or relative who is not a member, please encourage them to join us for a really exciting year.

We hope to be doing more in the area of women's running during 1981. I'm not particularly interested in a "women only" race or race program, but would like to begin a series of talks to women's organizations here in town to encourage participation and membership. In addition, there is no reason that some of our more experienced runners couldn't give a few clinics and training sessions to a women's group. In this area I'm certainly open for suggestions and in particular I need to make contact with some women's clubs or groups to whom we could speak about running and the RWTC. Yes, I need female volunteers to help on this. If there is sufficient interest, I'm sure we can increase the participation of women in our club.

It may take several months to prepare but it is my intention to have a slide presentation available on the RWTC for any group, club, church, etc., interested in hearing about the advantages of membership in our organization. If any of you have 35mm color slides of our events over the past couple of years and are willing to donate them for this program, we would be most appreciative.

During the coming year I'll use this column to keep you informed of our progress with all of these endeavors.

THE WARSAW 10,000
John Schwarze

November 1 - The weather was in the mid-40's and sunny. The course was very scenic, through the Kosciuszko Fair Grounds and some fine neighborhoods along the Winona Lake. My son, John, and I both set PR's. But nothing can replace the enjoyment I had in training with John for both this race and the Lincoln 10,000.

If you feel that your children are growing up faster than you would like, running with them is a great way to get to know and understand them. John is 11, and these last 11 years have gone by at an alarmingly rapid rate.

WARSAW 10K - November 1, 1980

Tom Loucks	32:10 PR	2nd	1st/19-24
Phil Snelzer	33:09	6th	
Tim Bowman	35:30 PR	33rd	10th/19-24
John Schwarze	36:41 PR	50th	5th/30-34
Myron Heyer	37:35	69th	1st/50-59
Betty Jackson	46:17	210th	3rd/15-19
John Schwarze, Jr.	54:48 PR	284th	14-under
Tim Bowman	2:52:51 PR	42nd	19-24

LOUISVILLE METRO PARKS MARATHON - November 8, 1980

A good marathon; only drawback was aid stations spaced at 2-1/2 miles but needed every mile. The temperature was 75 degrees making it a nice, warm marathon for this time of year. I was anticipating my first cold weather marathon but I will have to try again in January to get one.

WORDS FOR WOMEN

CINDY CALDWELL



Now that colder weather and winter are right around the corner, we, as runners, will probably think about our goals for the long, cold days ahead. I believe most people tend to ease up a little on their training and have a little bit of a vacation from the many weeks of hard training during the winter. For me, winter months are used as maintenance months. I don't want to get out of shape, but I don't really train hard.

Some runners call it quits for the winter, but I don't think that is necessary. Winter running is something beautiful in itself and something that should not be missed. These months of easier running can be very enjoyable. I have to admit that it is very hard to get out there sometimes, but once you have pushed yourself out the door I think you will really be glad you did.

There is something about fall and winter running that is very exhilarating. I guess it is the brisiness of the air and how fresh the world seems. The first snow is a thrill to run on. The fresh snow feels so soft under the feet and provides nice padding for the feet and legs. Pick tree lined roads to run on snowy days so you will be sure not to miss the beauty of the day.

So far this year we have not had to dress that warmly for our runs. My dress on cold days has consisted of sweats, one pair of socks, tee shirt, stocking cap, and worker's gloves. Pretty soon, though, we will have to pull out our long johns. That is the only addition I make to my running gear and I stay plenty warm. A couple times one year when it was 5 degrees or colder out, I wore a face mask, but I had to shed it because it would either ice up or my head would become very hot. It always seems really frigid when you step outside on a very cold day to run. It is very tempting to go back inside to pile on more clothes to stay warm. You should wear enough clothes to stay fairly warm, but don't overdress. Wear a lot of layers instead of one "humongous" jacket. It helps keep you warmer. No matter how cold it is, after about a mile, your body begins to generate heat and you warm up very quickly.

There are some bad points to winter running. No matter whether you run before or after work, you end up running in the dark. It can be

fine if you can find a nice residential area with sidewalks. You should try to remember to wear some type of reflective clothing. Another problem is ice. The only thing to do is run very carefully. If I remember right, we didn't have very much ice last year. Hopefully, this year will be the same.

I hope the next few months will be safe and enjoyable for all runners, and we will be all set for the hard training that spring and summer brings.

NOVEMBER FWTC MEETING MINUTES

Cindy Caldwell

The monthly meeting was held November 9, 1980, at Mike Hill's house. Mike Hill, President, opened the meeting at 7:00 p.m. He passed out the agenda of the meeting and a media list.

Don Lindley gave the Treasurer's Report.

We decided that I would start typing the minutes of the meetings and publish them in the newsletter as we used to do.

Charlie Brandt, Vice-President, presented the 1981 Race Schedule. We decided that the age divisions for men would be broken down into five year increments for points standings. (Example 20-24, 25-29, etc.) The women's age divisions we decided would be kept the same. They are: 19 and under, 20-29, 30-39, 40 and over. Quarterly results of the Points Standing will be published in the FWTC newsletter. It was decided that a minimum of six point races have to be run to qualify for the point system. A tentative list of the 1981 races will be published in this newsletter. Here is a list of the distances for our different races in order of occurrence: 8 mile, 10KM, 20KM, 10KM, 15KM, One Hour Run, 8KM, 4 mile, 26.2 mile, 5KM, 5 mile, 8 mile (two man relay), Lincoln 10KM, 50 mile, 4 mile, and 5 mile. There is a wide variety of races for 1981.

We will continue ordering trophies through Imperial Trophy. Ordering of trophies will be handled by Don Lindley.

The 1980 Award's Banquet will be held Friday night, February 13, 1981, at Pelz Reception Hall, 3333 Freeman. It will be a carry in Pot-luck as it was last year. There will be Pepsi plus two kegs of Falstaff beer. We discussed entertainment for the banquet but came to no final decision. One idea was showing a film. The awards for this Points Banquet will be discussed at the next meeting.

We now have two timers and one big time clock that we use at our own races and rent out. Charlie Brandt is keeping clock and timers at work. Small timer will rent for \$35.00, big timer for \$50.00, and digital clock for \$100.00, with a package deal for \$125.00. The package deal will include the digital clock and one of the timers.

We will run a full page ad about your race free in the newsletter when you rent the package deal. We have a new ad rate for race advertisements only of \$20.00 for a full page.

Mike Hill prepared a letter to mail to all of last year's Lincoln 10,000 runners who are not FWTC members. It gave information about the FWTC and included a FWTC application. Don Lindley estimated the cost of postage for mailing these letters and agreed to go ahead with this mailing.

THE NOVICE NOOK

BURNEAL FICK

SPEED KILLS! We're all familiar with the warnings that have to do with highway safety. The evidence continues to make it undeniably clear that though many of us might not be particularly happy with the 55 MPH speed limits, it's doing more than help fuel consumption. It is saving lives. Another place where speed becomes a killer is on the road back from an injury.

Some of you may have noticed that I haven't written for the last couple of issues of **THE INSIDE TRACK**. I think my reasons are valid. About the time I should have been sitting down to start banging at my typewriter in September, I found myself in a hospital bed for a week. An old injury from moving an old wash machine around as if it didn't outweigh me by 50 pounds or from trying to squeeze an extra twenty yards off the tee of that 560 yard hole back in Missouri, or any number of other possibilities became a chronic sciatic problem that wouldn't go away. The more I tried to stretch and exercise it out the worse it seemed to get. Finally I made the concession of turning myself in to the doctor. He helped. The hospital stay helped. The new set of back stretching-abdominal strengthening exercises helped. But one thing was an absolute disaster. I quit running for more than six weeks! That, I have since learned, would not have been necessary. In all probability, it is almost impossible to cause back problems with running unless there are some pre-existing structural difficulties already. However, running can aggravate a sore back, and all the more if your stretching routine is a bit on the rigorous side. Some stretches I've found may be great for the hamstrings, but they are death on the back. Eliminate those, and running can be as much help as harm, especially in the head.

I'm now on the road to recovery and at the same time feel like I'm starting all over again with my running. I feel so foolish and stupid about what's happened, I wonder if I qualify as a novice. Maybe I'd be better off calling myself the "embryonic jogger".

As I started over again, I'm learning that the lessons of patience are seemingly never fully assimilated. Over and over again I have to catch myself and put on the brakes. I began with a walking program while I was still in the hospital. You should have seen the nurses trying to finish their reports, pass out meals, etc., with this short little man walking vigorously up and down the halls for 20 minutes at a crack. To walk all three hallways on the floor took about three minutes, which meant I had to pass each of the nurses' stations 14 times (twice each way for seven trips). After three days they wondered what I was doing on the orthopedic floor. I continued the walking for another week and a half at home, and then threw in three 20 minute runs once I had hit 3-4 miles of walking a day. I felt FINE! Sooooooo, I thought I'd just hop right into running regular again, shorter than I had been (35 miles per week) but still try for three mile a day average. Too much! I paid for that mistake with needing to take pain killers for three days in a row when I hadn't needed them more than once or twice in the previous week. I've found a comfortable level now. I'm at about 18-20 miles a week. But I don't think I'll increase my mileage more than 5% a week until the very last of the twinges in my back and leg are but a faint memory.

1981 FWTC Races & points schedules

By Charlie Brandt

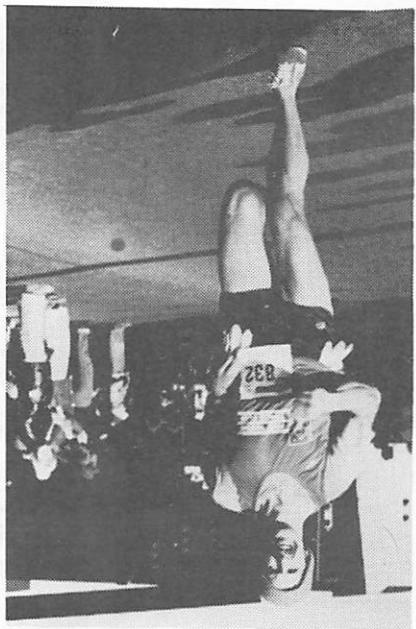
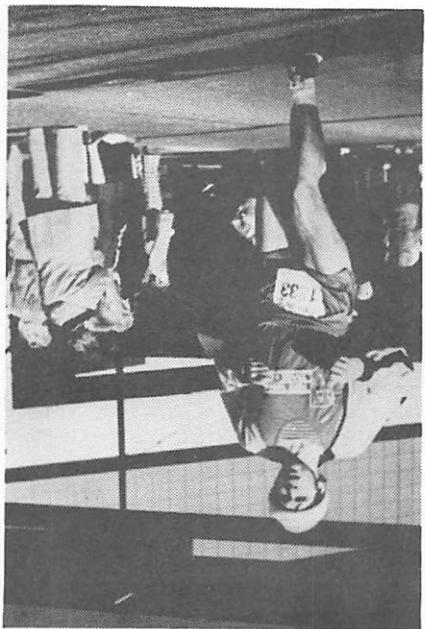
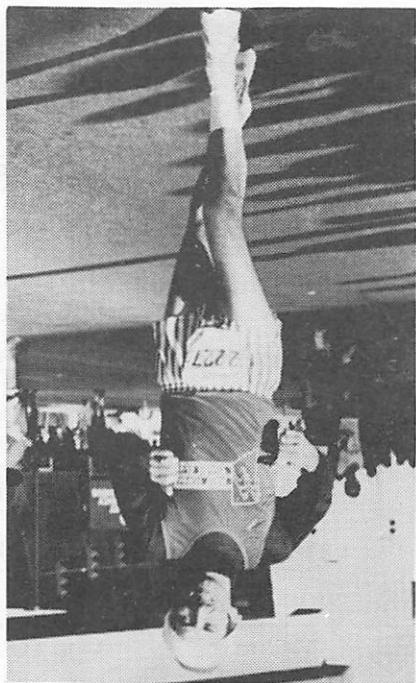
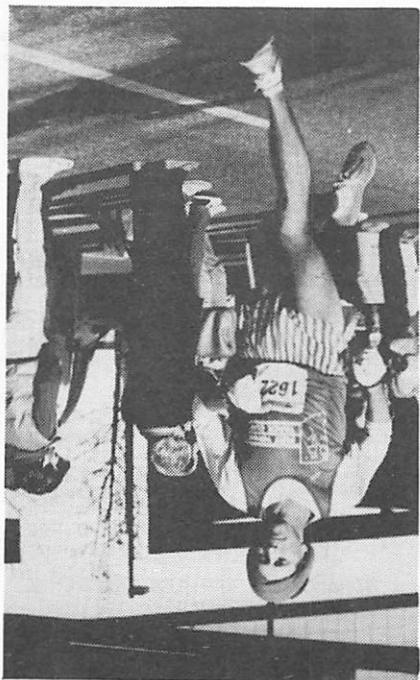
One of the matters that was discussed at the first meeting of the new officers and executive council was this coming year's race schedule and point system. The 1981 schedule will include 18 races; 15 of which will be point races. We will compute a runner's rating the same as we have done in the past; that is, we will divide twice his total finish places by the number of races he has competed in. An example would be: a runner with one first place finish, two second's, three third's, and one fourth place finish. We would add $1 + 2 + 3 + 3 + 4$, obtaining a total of 18. We would divide 18 by the number of races (six) yielding an answer of 3 which we would again divide by six. The final answer is 5, which would be the runner's rating. The object of this system is to achieve the lowest possible rating. It was decided that in 1981 if a member is going to qualify for the Club Point Championship, he or she must participate in a minimum of six Point Races. We will use the ten highest finish results to compute a runner's annual rating. This means that you will not have to participate in all 15 point races to achieve the lowest rating. The race distances range from 5K to 50 miles. If a race distance isn't to your liking, you can just skip that race and not be penalized in the point standings. The new age divisions have also been increased to make the competition more equitable. They will be: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60 and over. The women's division will stay the same as last year with the divisions being: 14 and under, 15-19, 20-29, 30-39, and 40 and over. We still do not have enough women entering our races to justify more age groups. As in the past, race directors will be credited with a 1st in the point standings for the race they direct. They will be permitted this option only once per race year.

North American Van Lines will be sponsoring a 15 Kilometer Road Race on April 15, 1981, at 8:00 a.m., at their Corporate Headquarters on U.S. 30 West. After meeting with Terry Shipley and John Treleven of North American and also FWTC members, it was decided that this year's race will be produced in cooperation with the FWTC. This year's entry fee will be \$3.00 and \$1.00 for FWTC members who pre-register. T-shirts will be awarded to all entrants. There will also be awards for the top finishers in each age division. Terry and John have a strong desire to make this a well organized and enjoyable race; they have asked, however, that FWTC members pre-register in order to receive the benefit of a \$1.00 entry fee. The regular entry fee will be \$3.00 until April 15, 1981, and then it will be \$5.00 up to and including race day. We will anticipate 500+ runners at this race.

We have decided to take advantage of two other races: the Diet Papst 10K and the Big Brothers/Big Sisters Park Run and use them as point races. We will be talking with both race sponsors in the near future to see if they would like their races to be done in cooperation with our Club.

	<u>DAY</u>	<u>DIRECTOR</u>	<u>DATE</u>	<u>TIME</u>	<u>DISTANCE</u>	<u>LOCATION</u>
1.	Sunday	Dick Shenfeld -	1-18-81	2:00 p.m.	8 mile	Homestead H.S.
						432-4832(home)
2.	Sunday	Dick Glover -	2-15-81	2:00 p.m.	10K	Foster Park
						432-4910(home)
3.	Sunday	Mike Kast -	3-15-81	1:00 p.m.	20K	Homestead H.S.
						743-5140(home) - 423-1430(work)
4.	Sunday		4-5-81	2:00 p.m.	Diet Pepsi 10K	Homestead H.S.
5.	Saturday	Terry Shipley -	4-25-81	8:00 a.m.	15K	North American Van Lines (corp hdqr) US30W
6.	Sunday	Jerry Mazock -	5-17-81	8:00 a.m.	1 hour run	Northrop H.S.
						747-1064(home); Tony Gatton - 422-2776(home)
7.	Saturday	John Kline -	6-13-81	9:00 a.m.	Midwest Meet of Champions Road Race - 8K	Northrop H.S.
						482-1956(home)
8.	Sunday	Charlie Brandt -	6-21-81	7:00 a.m.	Hilly Four 4 mile	Homestead H.S.
						432-9110(home) 484-3122(work)
* 9.	Sunday	Don Lindley -	7-12-81	7:00 a.m.	13.1 mile Prediction Race	Foster Park
						456-8739(home)
10.	Sunday	Larry Lee -	7-19-81	7:00 a.m.	TV-33 Hook's Marathon 26.2	Coliseum
						747-7411(work) 672-3065(home)
						TV-33 Cal Mahlock - 422-7474
11.	Sunday	Don Goldner -	8-9-81	8:00 a.m.	5K	Foster Park
						747-4359(home)
12.	Saturday	Frank Zirille -	8-22-81	9:00 a.m.	Big Brothers/ Big Sisters 5 mile	Foster Park
						422-7511
* 13.	Sunday	John McMillen -	9-13-81	2:00 p.m.	8 mile 2 Man Relay	Foster Park
						432-7311(home) 484-8631(work)
14.	Sunday	Karen Cameron -	10-18-81	2:00 p.m.	Lincoln Bank 10,000 Meter Run	Freimen Park
						423-6463(work) 10K
						Charlie Brandt - 484-3122(work)
15.	Sunday	Dan Bossard -	11-1-81	7:00 a.m.	50 mile	
						484-9424(home)
16.	Sunday	Steve Foster -	11-15-81	1:00 p.m.	10K Cross Country	Shoaff Park
						486-4304(home)
* 17.	Saturday	Don Lindley -	12-12-81	2:00 p.m.	10K	Foster Park
						456-8739(home)
18.	Thursday	Myron Meyer -	12-31-81	11:45 p.m.	5 mile	IU-PU Campus
						456-6041(home)

* non-Point Race



The event

By Rick Reitzug

Looking out the 12th floor window of the Hyatt Regency Hotel, I noticed the sun peeping through the clouds of the eastern sky. The time and temperature clock on a nearby bank building showed 38 degrees. After a rainy and cold Saturday, Sunday, November 16th, was shaping up as a fine marathon day for the almost 2700 Columbus Bank One Marathoners, including a sizable contingent of nearly 50 FWTC members.

Seven stories below, the day was not starting out to be such a good one. Dave Fairchild, after a restless night's sleep, stumbled out of bed with a fever, nausea, and vomiting. He considered not participating in the marathon. By 9:00 a.m., Dave felt sufficiently recovered to make his way to the second story restaurant for a light breakfast and several shaky cups of coffee. He decided that maybe he would run.

By this time, Rick Reitzug was making his umteenth trip to the bathroom, Although he knew he should sit and rest as much as possible in the time remaining before the start of the marathon, he was a bundle of nerves and could not sit still for longer than a few minutes at a time.

Down below in the lobby, Mike Hill was picking as many red-shirted Fort Wayne Track Club members as he could find out of the brightly clad ensemblage of runners in order to be able to take a pre-marathon picture.

An attractive hotel guest, previously unaware of the electricity surrounding a marathon, exclaimed, "Boy, this is really exciting."

From every rest room the lines stretched with runners attempting to relieve themselves of the pre-race jitters.

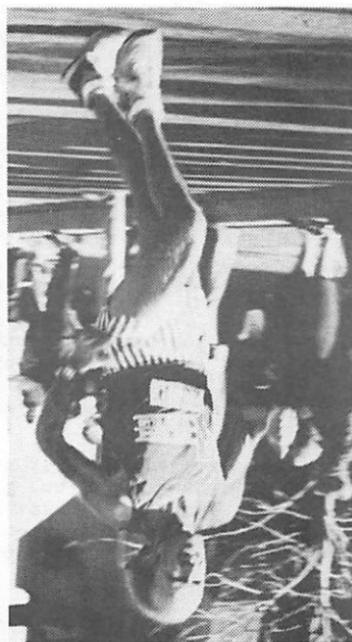
Outside, the runners started to collect at the starting line under the now cloudless sky. The event had long since started, the race was about to begin.

Being, finally, on the starting line, was a relief in itself. The waiting was almost over. The time for doing was at hand. No second thoughts, don't look back, onward and upward, go for it - and all that jazz.

As the field burst from the line, two of the runners were a study in contrast. True, both wore matching FWTC uniforms, both were tall and slender, but there the similarity ended. Jerry Mazock was the picture of intensity - head erect, eyes forward, answering the questions and comments of his running partner with only a slight nod of the head or a gesture of the hand. Rick Reitzug, drained of nervous energy in the hours preceding the marathon, had finally found a state of relaxation. The two were to run together like this for the next 16 miles. In the early stages, Rick several times pleaded with Jerry to slow down the pace as Jerry destroyed mile after mile - 5:31, 5:37, 5:46; 5:43... As the direction of the course shifted and the runners began battling a 10 mile stretch of headwind, Jerry finally slowed and the runners strode along at a pace compatible to both.



Hearttime, back in the pack a bit, Tom Loucks was smoothly striding out 6:10 miles on his way to a PR. Mike Hill was well on his way to lapping several hours before, was cutting another 10 plus minutes from his PR. 80 minutes off his PR, while Dave Fairchild, feeling much better than at the 16 mile mark, passed in a 5:50 per mile average, it became Rick's turn. Feeling good with only two "miler" miles remaining and only ten left in the marathon, he decided to pick it up a bit. Slowly, he pulled away from Jerry. It was the time that comes for everyone in every marathon to go it alone. For the remaining miles, tired bodies and unwilling minds had to be singularly convinced of their mission.... personal best in the marathon. runners accomplished their missions.... personal best in the marathon. In running that emotion packed last half mile, Rick couldn't help but stretch out his arms in the finishing gesture of so many marathoners, almost as if the runner, in his moment of triumph, attempts to embrace the crowd and have them share with him his joy and accomplishment. In watching the EWTC members finishers, Tom Loucks, still looking strong, finished his best marathon by 17 minutes running a 2:41:31. Later, Mike Hill, eyes closed to hold back the tears of emotion, ran to a PR 3:09:50. Only minutes later, Steve Foster, the agony of the marathon written all over his face, struggled in. Then came a wobbly-legged Don Lindley, the victim of heat loss and the Detroit Marathon two weeks previous. Then, recording PR's, all of them successful in finishing. The wives, not always happy with the running ways of their husbands, proudly watched with cameras in hand as their heroes came in. And soon it was all over. Now it was home to rest those tired legs and rehash over and over again those moments when the body had been conquered, the mind overcome. And even though the next day was Monday, and it woke up full of stiffness and soreness, it didn't seem like such a bad day.



3:09	John Treleaven	2:23:29	PR	Dexter Lehman	16th overall
3:09:50	Mike Hill	2:31:59	PR	Rick Rettig	32nd overall
3:11	Steve Foster	2:33:40	PR	Jerry Mazock	36th overall
3:11	Bob Smith	2:41:31	PR	Tom Loucks	4th-14/21
3:12:54	Don Lindley	2:48:20		Brady Wells	5th-14/21
3:14:14	Dan Hannaford	2:42:18		Rex Reed	15th-35/39
3:17	Mike Zurzalo	2:57:58	PR	Myron Meyer	(happy with his time-
3:19	Mike Zurzalo	3:00:10		Bob McKinley	3rd-50/54)
3:21:50	Bill Schmidt	3:02:20	PR	Jack Morris	3:04:30
3:21:33	Dave Patrichild	3:06:21	PR	Ron Motycka	3:06
3:23:14	Phil Shafer			Daniel Keble	
3:24	Mike Kast			Dave Wilson	
3:27:29	Wendell Adams				
3:37:25	Don Goldner				
3:47:02	Gay Davis				
3:54:50	James Jones				
3:56:49	Art Garalde				
4:04	Tom Mangette				
	first time marathoner,				
	congratulations!				
4:20	Mike Kronmiller				
4:45	Betty Jackson				

(Ed. Note: If your time was not listed, or if you ran a PR and your time was not listed as such, please let me know. The information will be included in next month's THE INSIDE TRACK.)

THE LINCOLN 10,000

My first 10K

By Jan Fairchild

unning my Goal was to run the Lincoln 10K. I schedule described in the June Runners World magations. I was running 30 miles a week for the e week of the race. Since I ran 6.2 miles in 67 e the race, I began to think it might be possible

on was the first major stumbling block to my long- tor told me to go ahead and run if I had no tem- I could do it. Luckily the pressure in my head determined to run. Unfortunately I had not felt did eight miles the week of the race.

race day and I did not think the cold tempera- I joined a jovial crowd of people at the back The first three miles went well and I was even It was nice to see my husband, Dave, charging Forest Park. It was a real thrill to see run- unded West Drive. Columbia was my undoing!

s! I heard someone calling splits at four miles o I assumed (wrongly) he was over on Lake. That w and it shot what little self-confidence I had. Dave was at my elbow. My gosh, he was done and ow nice and how rotten all at that same time! upset me. Even though he was trying to match

didn't keep up. My breathing had become very labored and it was complicated by a constant running nose. My annoying nose and general congestion was getting very painful in the cold air. Dave chattered along encouraging me, but I couldn't talk while running. (a realization which mademe reconsider my opinion of football players!). After a couple short walks to regain breath control, I found myself on St. Joe River Road. There were a number of runners running the course backwards to "warmdown" (interesting term for the temp). I was very embarrassed to see that some of them looked quite surprised to see Dave so far back in the crowd. I wanted to explain but could only wipe my nose and chug on. We were finally on Main Street! Dave said I could start pushing but I knew better and the finish line kept moving away from me. Finally I managed to push a little harder and Dave left me to finish alone. He ran along the sidewalk and yelled at me to "kick". Was he serious? I think his voice actually carried me across the line and I even passed a runner near the finish.

My time - 70 minutes 10 seconds - was a disappointment. However, soon my pride in finishing overshadowed my slow time. No doubt, my pride was totally out of proportion to the achievement. I told everyone about the race, including the book-mobile man and the grocery checker. Many of my non-runner friends thought I was crazy. My pre-school speech therapy kids were generally unimpressed by my accomplishment. However, one four-year-old boy responded "You runned that far?!" Ah, yea, from the mouths of babes

LINCOLN 10,000 - 10-21-80

Tom Loucks
John Peterson

32:23
42:11

7th
420th

3rd/19-24
72nd/30-34

FTWC POINTS STANDINGS
thru November, 1980

<u>MEN</u>			<u>40-49</u>				
<u>Races</u>	<u>Place</u>	<u>Rating</u>	<u>Races</u>	<u>Place</u>	<u>Rating</u>		
<u>14-under</u>			<u>40-49</u>				
D.Milner	3	1.000	.333	C.Brandt	8	1.625	.203
J.Ziegler	4	3.250	.813	J.Barile	6	2.000	.333
T.Harmeyer	1	1.000	1.000	B.Schmidt	6	2.000	.333
J.Murphy	3	4.000	1.333	J.Morris	5	2.800	.560
R.Hill	1	2.000	2.000	J.Ziegler	9	5.556	.617
J.Schwarze	1	2.000	2.000	C.Stauffer	7	5.428	.776
<u>15-19</u>			<u>50-59</u>				
V.Quinones	3	1.333	.444	D.Goldner	7	6.860	.979
G.Moore	2	1.500	.750	W.Barker	4	4.250	1.062
J.Dolin	1	1.000	1.000	E.Striggle	3	5.333	1.778
G.Orman	1	1.000	1.000	L.O'Herron	5	9.800	1.960
M.Stauffer	1	3.000	3.000	H.Chandler	4	8.500	2.125
G.Williams	1	3.000	3.000	E.Jenkins	3	7.330	2.444
<u>20-29</u>			<u>60-over</u>				
T.Loucks	8	2.375	.297	C.Fleetwood	2	1.000	1.000
P.Suelzer	8	2.375	.297	A.Gumbert	2	1.000	1.000
R.Reitzug	8	2.857	.408	<u>WOMEN</u>			
J.Mazock	6	3.666	.611	<u>19-under</u>			
T.Gatton	8	7.750	.968	A.Ojeda	8	1.125	.140
J.Treleaven	6	7.833	1.305	B.Jackson	9	2.000	.222
J.Williams	4	4.666	1.555	S.Stalder	3	3.666	1.220
D.Bossard	5	11.600	2.320	<u>20-29</u>			
B.Moord	3	8.000	2.667	C.Goller	6	1.333	.222
B.Barton	3	10.333	3.111	C.Caldwell	5	2.000	.400
D.Glover	2	7.000	3.500	T.Mundinger	5	2.000	.400
A.Skevington	2	7.000	3.500	T.Ehrman	4	3.500	.875
P.Beckwith	3	10.666	3.555	<u>30-39</u>			
B.Nunley	3	11.000	3.666	none qualified			
<u>30-39</u>			<u>40-over</u>				
G.Dexheimer	8	1.750	.219	A.Waltenburg	7	1.428	.204
S.Foster	7	2.286	.326	G.Nycum	6	2.000	.333
P.Lockwood	4	1.500	.375	J.Wilson	4	3.000	.750
B.Bruckner	8	3.250	.406	W.Shively	2	2.000	2.000
J.Schwarze	7	6.429	.918				
D.Lindley	7	7.428	1.061				
A.Obregon	4	4.750	1.187				
R.McKinley	8	11.125	1.390				
W.Schaltenbrand	5	7.600	1.520				
M.Robbins	3	6.000	2.000				
M.Zurzalo	4	8.500	2.125				
D.Hannaford	5	11.600	2.320				
D.Shenfeld	3	7.000	2.333				
D.Kroells	4	9.750	2.437				
R.Motycka	3	8.000	2.667				
L.Shively	3	8.333	2.778				
J.Berghoff	3	11.000	3.666				
R.Grose	3	13.000	4.333				
M.Hill	3	13.667	4.556				
B.Whitcomb	2	10.500	5.250				

RUN AWAY WITH YOUR FAMILY
THIS CHRISTMAS



TO ALL FWTC MEMBERS:

20% OFF ON

— All Adidas Running Apparel
— Sub 4 Singlets & Shorts

(good thru December 31, 1980)

Behind the WHARF
6312 Covington Road



Monday-Friday	10 to 9
Saturday	10 to 6
Sunday	1 to 5

Marathoning in Detroit

By Don Lindley

As Gary Bird and I approached the starting line of the Detroit Marathon on a cold, wet morning, we were beginning to see the start of the most spectacular race of our lives. I was hoping to catch a few glimpses of a few EWTC members but the over 4,000 runners in Jackson Park made it impossible. We did find Charlie Hall and he looked ready to go for a personal best. Seeing Charlie often at Foster Park, I knew he was getting a lot of miles in for this one. He wanted to break 3:30. Then I began wondering if 4 1/2 miles per week was enough for me to break 2:50 and qualify for Boston. One hour before the race began, the race officials started Jerry Traylor. Jerry is a runner who runs with crutches. Since birth, sandy haired Jerry has had cerebral palsy. On steel crutches, I watched his mighty arms drag wasted legs like a proud lion who has just been shot by a hunter.

The weather was ideal for me. It was about 46 degrees, but the light rain and wind were an important factor. The forecast was mostly cloudy skies with scattered showers and strong winds of 13 to 17 miles per hour. At first I wanted to wear a t-shirt with the EWTC uniform, no gloves or hat; simply wanted to wear as little as possible. But cold exposure can be as dangerous as heat exposure, so I decided to wear my long sleeve cotton shirt with my EWTC uniform, hat, and gloves. It would be better to overdress at the beginning of the run and then ventilate and disregard warmer clothes later.

Jackson Park is where it all began. The rain finally quit about twenty minutes prior to the start. Runners began to perform their final pre-race rituals. Strange yoga exercises, banding on sore muscles, Aesopine on the inner thighs, lines fifty deep at the forearms. Excitement and nervous energy filled the air. Three minutes prior to race time I took off my sweat and lined up about six rows back from the starting line. Eventually I got shoved back a few more rows by the faster runners. At this time the wheelchair competitors were already on the course. At 8:00 a.m., the starting gun released an enthusiastic army of running maniacs upon unsuspecting downtown Windsor.

I crossed the starting line in approximately eight seconds. I had not realized that I had been pushed back that far. I thought "I hope I don't finish in 2:50:08." Again, there were slower runners in front of me. I didn't use my elbows but it was tempting. I was engulfed in the thundering herd and I almost missed the first mile split. My time was 6:20. I wanted a 6:12 and that is exactly what I would have had if I had not got a late start. Gary Bird was ten seconds behind me.

The two mile, three mile, and four mile were not marked properly but all indications were that I picked up the pace to six minutes per mile. I passed Jerry Traylor before entering the tunnel. I was sure proud of him. The Detroit-Windsor Tunnel at four miles was one mile long and during the tunnel I didn't see daylight or spectators for awhile. As I exited the tunnel, I was ready for both. It felt good to be back in the good old USA. A fellow runner said we ran through the tunnel under the good old USA. A fellow runner said we ran through the tunnel under the good old USA. The temperature inside the tunnel was about 54 degrees and outside the tunnel it was 49 degrees. At this time I was

too hot, so I removed by gloves and entered them inside the front of my shorts for extra warmth. Then I pulled up my long sleeves for more ventilation. With the wind at my back, my time at six miles was 36:47; ten miles, 61:54; and 13.1 miles, 1:20:27 (2:42 pace).

I had planned on 65 minutes for the first ten miles and 65 minutes for the second ten, and 42 minutes for the last 10KM. At 15 miles I was ready for some extra energy so I took one slice of orange at the aid station but it cramped me. Luckily there was a water aid station 100 yards away to dilute the solution. I began to wonder if water only would do the job and keep me going.

At 16 miles, I headed up the dreaded Kerby Hill against the wind. Looking down Main Street I saw the Grosse Pointe South High School Band playing on the steps of the public library. The band was just fabulous and this cheered me up.

The first woman runner passed me at 18 miles and I ran with her for two miles. It helped to hear the spectators applaud for her because I could absorb some of the energy that she was receiving from the spectators. Since I could not keep pace with her, I decided to drop back and take it easy.

Further down the street was a young man playing a saxophone. I felt he was playing just for me. This really gave me an inspiration to keep moving because I was at 20 miles and beginning to feel very tired. Seeing the saxophone player, I knew it was going to be "smooth as silk".

The temperature at this time dropped and the winds were gusting up to 20 miles per hour and I was wet and cold. I was sensing trouble. My time for the first 20 miles was 2:08:30. I was still on schedule because I thought anyone could run a 42 minute 10KM. But the wind and cold made it very miserable. I was thinking about this and that made it a survival run for the next three miles. Slowing down to about 7:30 minutes per mile, I reached the 23 mile mark at 2:31:40. I had decided to go for it. I hit the 26 mile mark almost at 2:50. Rex Reed of Warsaw had already finished and I was wondering if he made it under the time. It was the 385 yards that was the longest. I finished in 2:52:12. The first place woman, Debby Froehlich, 20, a Michigan State University student, finished in 2:49:17 (I only I had stayed with her, I thought...). Greg Meyer, Boston, MA, was the winner in 2:13:07, and competitor, 2:34:49.

A 2:52:12 wasn't bad at all since it was a personal best. After two cokes and one orange I found myself in the Red Cross tent trying to keep warm under three wool blankets. Three cups of hot coffee and one hour later, I was fine. Afterwards, I found Gary Bird. He almost had a PR but he had to struggle through the last six miles. Meanwhile, Charles Hall made his goal. I'm glad he did well.

Even though I did not qualify for Boston, I got a PR. And this means a lot to me. I can't wait until my next PR. See you at Columbus.

Place	Name	Time
266	Rex Reed	2:51:29
283	Don Lindley	2:52:12
396	Jere Kunkle	2:56:48
591	William Nichols	3:03:31
628	Doug Williams	3:04:54
850	John Sullivan	3:11:50
887	Paul Bauman	3:13:04
1030	Robert Lovell	3:17:29
		2741
	Joseph Brooks	3:29:03
	Charles Hall	3:29:03
	Gary Bird	3:33:33
	D. McClurg	3:39:29
	Dennis Shackley	3:41:13
	Sabine Floretsch	3:48:48
	H. Snaver	3:49:38
	K. Miller	3:49:39
		4:07:57

FWTC ANNUAL ELECTIONS

By Charlie Brandt

The FWTC elections were held November 9, 1980, after the 10K Cross Country Race at Shoaff Park. Our new officers for 1981 are as follows:

President: Mike Hill
 Vice-President: Charlie Brandt
 Secretary: Cindy Caldwell
 Treasurer: Don Lindley
 Editor, THE INSIDE TRACK: Rick Reitzug
 Asst. Editors, THE INSIDE TRACK: Tom Loucks & Eulalia Loucks
 Course Measurement Chairman & Statistician: Phil Snelzer
 Mike Michaels
 Executive Board Members: Dave Rairchild
 Tony Gattton
 Larry Lee
 Mike Kast
 Bill Schmidt
 Steve Foster
 Gary Dexheimer

I have enjoyed this past year sitting on the sidelines and watching the metamorphosis of the FWTC. As the commercial says, "You've come a long way, baby". I can remember four years ago when I became the Club's second president; Ron Motycka being the first, we were a small and inexperienced group. There were about fifty members at that time. Now we have 42 memberships representing about a thousand members. We own about \$5,000.00 worth of timing equipment. We have THE INSIDE TRACK which is like a small running magazine. We have some of the largest and best organized races in the state. If you are a runner, Fort Wayne is a great place to be.

The new officers and executive board are dedicated to maintaining and improving the benefits we give to our members. Our new executive board has been expanded to include new members. If members have suggestions or complaints, it is recommended that they plan to bring them to an executive board meeting.

Gary Dexheimer will be relocating his family in Columbus, Ohio, shortly after the first of the year. He has agreed to help out our new president and serve on the executive board until he moves. Few people are aware, as I am, of the many hours of work that Gary has donated to the FWTC. For the past three years, Gary has given of his time and energy in an effort to make the FWTC the premier running organization in the state. Hours spent on the phone in the evenings, weekends spent writing articles for THE INSIDE TRACK, and countless meetings with race sponsors are just some of the sacrifices Gary has made to improve our club. We will all miss Gary and we wish him well in his new business ventures. Before Gary leaves town, however, I would like to issue a challenge. I am willing to bet a steak dinner for two at the Hib Room that Charlie Brandt beats Gary Dexheimer at the TV-33/Hooks Drugs/Three Rivers Marathon. Knowing Gary's marathon pacing, this should be a sure thing for me. All I need to do is drag him to the starting line. Knowing Gary, he will run the first 13.1 miles in one hour and 16 minutes and the second half in three hours.

FT WAYNE TRACK CLUB

14th Annual - 10 AM - POSTER PARK - 2 PM - Saturday

December 12, 1980

LOCATION:

Foster Park
Hartman Road

COURSE:

Three loops around
Golf Course
Come prepared to run.

AWARDS:

Ribbons to
1st, 2nd, 3rd
in each division.

AGE DIVISIONS:

Under 10	10 - 14	15 - 19	20 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 & Over
Under 10	10 - 14	15 - 19	20 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 & Over
WOMEN									

\$1.00 to all others \$1.00 day of race

Make check payable to FTWC and send check to:

Don Lindsey, 6015 Londestone Dr., Ft. Wayne, In. 46816
317-456-9730

NAME

ADDRESS

FACE DIVISION

Member of Fort Wayne Track Club?

Want membership or desire information?

I hereby fully understand the sponsors, the race directors, and the Fort Wayne Track Club are not responsible for my injury, death, or loss of personal property before, during, and after this event. I waive my rights for myself and for my heirs to this agreement. Parent and/or guardian must sign for participants under 18 years of age.

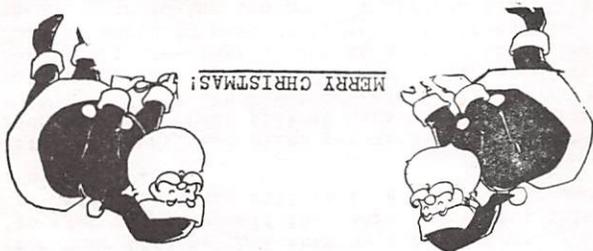
Signature (Parent/Guardian)

THE END IS NEAR!

FWTC MEMBERS! Unless you joined the Fort Wayne Track Club within the last few months, your membership expires at the end of this month. Please renew your membership for 1981 by sending in the tear away membership application in this issue.

FWTC BANQUET

The third annual Fort Wayne Track Club Awards Banquet will be held Friday, February 13, 1981, 7:00 p.m. The banquet will once again be held at Peiz Recreation Hall, 3333 Freeman Street. Please mark your calendars now. Further details will follow in the January THE INSIDE TRACK.



The staff of THE INSIDE TRACK and the officers and executive council of the Fort Wayne Track Club wish all members the best Christmas and a New Year filled with many satisfying miles.

JANUARY ISSUE

The January, 1981, issue of THE INSIDE TRACK will be published one week later than usual due to the holidays. Members should receive their copies by the end of the second week in January.

REFLECTING ON FOUR YEARS OF RUNNING

By Chris Stauffer

November 8, 1980, 7:15 p.m.: I'm basking in the glow of a PR at Defiance this morning, a 39:00 10K. I'm two weeks away from my 4th year of running and my 48th birthday, so here are some of my thoughts and goals. First, a sincere thanks to the many volunteers who make our club and newsletter so great.

I can't make my plans for my future running program without realizing the great change in the quality of runners in the 40-49 age group. First of all, let me say that in each of my four years there has been improvement in my times for most of the distances I run. At three miles 1977 = 19:55; 1978 = 18:11; 1979 = 18:00; 1980 = 17:45. At 10K: 1977 = 44:45; 1978 = 41:02; 1979 = 40:46; 1980 = 39:00. This has been done on a 30-35 miles per week ritual. I find it challenging to realize that three years ago I could usually finish in the top three or four in my age group; now I finish 7th or 8th even though I'm somewhat faster than I used to be. Running has been the most satisfying sport that I have been involved in (although it is not as exciting as winning the spectator races at Baer Field). I've decided to see how good a runner I can become, so I've talked to many other racers about their training schedules, etc. One thing is quite clear. Most of the faster runners are running from 50-70 miles per week with excellent results. Another runner told me that when he races it really hurts. I don't think I've ever pushed myself that hard. The last thing and maybe the most difficult thing will be to go from 160 pounds to 150 pounds (I love to eat).

Here are my plans: (1) Run 50-60 miles per week for four months (if I have no injuries); (2) Push till it hurts a little during a race; (3) Be at 150 pounds by the first of March. If I have at all figured it correctly, here are my hoped for results in a 10K race. I'll give myself 2-1/2 minutes improvement because of the extra mileage. It should be worth 30 seconds to run till it hurts. I'll give myself 45 seconds for losing ten pounds. If you add all that improvement together, it equals three minutes 45 seconds, which gives me a 35:15 10K. I wonder if that will scare Joe, Charlie, Bill, Woody, Jack, and David. Oh, well, it has been fun fantasizing. One thing is sure: If I can't catch them in the next two years, I won't have to run against them anymore. I'll turn 50 then and I can start chasing Myron Meyer and Mike Kast.

P.S.: I wonder how fast Kenny Wolf could run if he trained for a 12 month period.

WOWO WINTER FESTIVAL RACE

Don Lindley is helping the Parks Department put on a cross country race at Frake Park on January 31st as part of the WOWO Winter Festival. Further details were not available at press time.

FOR SALE: 225 Goldstone 30 inch neck chains with award cord: \$50.00

10901 5204 Algonquin Trail, Kokomo, IN 46901
 317-459-3941 (office) 317-453-9546 (home)

LETTERS TO THE EDITOR



Dear Editor:

What was the slowest event of this fall? 1. Paul Beckwith "running the 1980 Parlor City Trot; or 2. Paul Beckwith waiting for the 1980 October issue of THE INSIDE TRACK. (#1 was achieved within a "reasonable" time limit, but unless #2 arrives by Friday - well, you don't want a DNF do you?)

(Ed.Note: The answer, Paul, is No. 1. THE INSIDE TRACK is published and mailed in time to reach FWTC members the first week of every month. This often involves considerable personal sacrifice from the staff. For a fee, arrangements can be made to hand deliver your copy of THE INSIDE TRACK monthly. Otherwise, I recommend that you send your "guessing" game to the U.S. Postal Service to see why your mail is not deliverable at the return address you have listed. Better luck in next year's Parlor City Trot.)

MINUTES (Continued from page 6)

Mike Hill brought up the Midwest Meet of Champions. He said we need a liaison between the Midwest Meet and the FWTC. Larry Lee volunteered for this job. Mike also asked if we want to continue Gary Dexheimer's 10KM Invitational Race. This is still up in the air.

We want to improve our relations with the media. Having a media dinner was brought up. No decision was made.

Tony Ventrella, sportscaster for Channel 15, will give race results on Monday nights if you will call him on Sunday night.

We are having a problem getting the FWTC logo on our uniforms. Steve Foster has agreed to look into this matter.

Larry Lee, director of the TV-33/Hook's Drugs/Three Rivers Marathon, again brought up the idea of having a spaghetti dinner the night before the marathon and having an Award's Party after the marathon. We agreed on the spaghetti dinner.

The next meeting will be December 14, 1980, 7:00 p.m., at Mike Kast's house.

Mike Hill adjourned the meeting.

Cindy Caldwell, Secretary

THE NOVICE NOOK (Continued from page 7)

A year ago it all began, because of a par course and 50 pounds more than what I am now. That and the desire to run the Lincoln 10K. After a full year of work, having run several 10K races, a 1500, and Bristol's 25K, my stupidity almost kept me out of the one race that I had most wanted to do well in all year. I missed the Blunberry, but I can run that next year. I doubt if I'll come close to my PR in the Lincoln, but I'm going to run it. Speed could kill me, so I may walk part of the way. But trying to rush back into shape would be even more disastrous. I figure that with a little patience, perseverance, and a lot of luck (that means avoiding being in a hurry to get in shape), I'll be ready to try the DW-35/Hooks Drugs/Three Rivers Marathon come next July, so long as I don't rush my training, keep my head about trying to build up speed, and lose another 15 pounds. Running fast feels good, but too fast, too soon, and it'll kill ya!

24-HOUR RELAY "RUN FOR RICK HARMAN" - ADDENDUM

Cindy Caldwell recently presented Rick Harman with a check for \$3,437.75 raised during the recent 24-Hour Relay Run for Rick Harman. Thanks, once again, to all who ran or contributed their time or money. Some money is still outstanding. If anyone has not yet paid their pledge, please send the money to Cindy or to the runner you pledged.

Eddie Stephens was inadvertently omitted from the 24-hour Relay runners listed in last month's THE INSIDE TRACK. Our apologies, Eddie.

BLOOD ANALYSIS SPECIAL

The American Health Fitness Center is offering a special Runners Blood composite analysis for all Fort Wayne Track Club members at a special rate of \$31.00. This test includes the 12 following tests:

CO2 content
HDL cholesterol
LDL cholesterol, calculated
LDL/HDL ratio
CHD risk
VLDL cholesterol, calculated
Cholesterol, total
Triglycerides
Sodium, serum
Potassium, serum
Chloride, serum

For any additional information and appointment time, call Dan Yuskia, manager of American Health Fitness Center, 4810 North Clinton, Fort Wayne, 484-2657, or Don Lindley, 456-8739. Special rate expires January 31, 1981.

5TH ANNUAL MARINE CORPS MARATHON - Washington, D.C. - Nov. 2, 1980
Bernie Hueasing 3:17:50

Beautiful day, 40 degrees, for field of 9,507 runners. Race managed very well by Marines. Relatively flat course except last half mile which went up steep hill to finish at Iwo Jima Memorial.

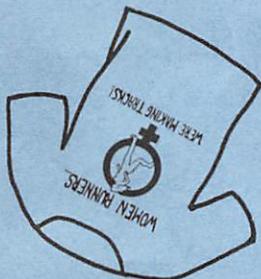
GALATHEMPHIAN GANTOR - Decatur, IN - 5 mile - October 19, 1980

John Peterson 34:06

I look forward to each month's copy of THE INSIDE TRACK. I've been running now since June. My previous best time for 10K was at Roanoke, 45:01, 9-6-80.

How Many	1st color	2nd color	Size	Amount enclosed

Name _____
 Address _____
 State _____ Zip _____ Phone _____



WOMEN MAKING TRACKS

Design is screen-printed in black on 100% cotton T-shirt. Sm. - Med. - Lg. - Xlg. Colors (state 1st and 2nd choice): red, yellow, tan, light blue, white. \$6.50 includes tax & postage. Allow 3 weeks. Make check or money-order payable to:

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WITH PURCHASE OF A T-SHIRT
 OR SWEAT SHIRT TO PUT IT ON

FORT WAYNE TRACK CLUB LOGO

Free

*****CHRISTMAS SPECIAL*****

THE ATHLETES' CORNER

RACE CALENDAR

- 12-3-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
12-6-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
12-6-80 SNOWFLAKE DERBY - Evansville, IN - 4KM Road Run 10:00 a.m.,
8KM European Cross Country 10:30 a.m. - Bill Stegemoller,
ISU, 8600 University Blvd., Evansville, IN 47712
12-7-80 TRRC 10 KM CHAMPIONSHIP, 5 KM PREDICTION - Toledo, OH
9:45 a.m. - Swan Creek Park - Bob Morris - 419-536-4845
12-10-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
12-13-80 10KM - Foster Park - 2:00 p.m. - Fort Wayne, IN
Don Lindley - 219-456-8739
12-14-80 MUNCIE 10 MILER - PLUS 4 MILE - 12:00 noon - register at
Ball State Men's Gym - Becky Pierce, Route 2, Box 112A,
Muncie, IN 47302
12-16-80 CHRISTMAS CAROLLING JOG - 7:00 p.m. - Dowagiac, MI
Ron Gunn 616-782-5113
12-17-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
12-20-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
12-24-80 FWTC FUN RUN - Foster Park - 6:00 p.m.
12-27-80 FWTC FUN RUN - Foster Park - 10:00 a.m.
12-31-80 MIDNIGHT 5 MILE - 11:45 p.m. - IU-PU Campus
Fort Wayne, IN - Myron Meyer - 219-456-6041
12-31-80 4 MILE FUN RUN - Kokomo, IN - 11:45 p.m.
Rick Stucker 317-457-0352

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
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