

INSIDE:  
RUNNING:  
FOR LOVE?  
FOR MONEY?  
HAWAII MARATHON  
RUNNING IN THE 70'S  
IMAGES OF 1980  
AND MORE

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

# the inside track

FORT WAYNE  
TRACK CLUB



JANUARY, 1981



## FORT WAYNE TRACK CLUB

RUN FOR FUN . . .



RUN FOR YOURSELF . . .



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### MEMBERSHIP INCLUDES:

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- \* FWTC MONTHLY MAGAZINE "THE INSIDE TRACK" plus a subscription to "FOOTNOTES" quarterly newsletter.
- \* FRIENDSHIP AND FELLOWSHIP WITH OTHER RUNNERS AND THEIR FAMILIES

### ON THE COVER

Mike Kast battling wind and cold en route to a 38:54 victory in the 50-59 division during the Hartman Road 10K on December 13, 1980.

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Please contact Steve Foster 219-486-4304

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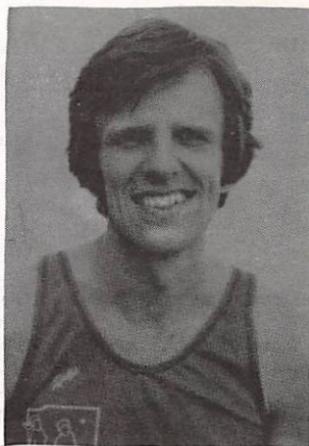
Chronomix Timer	\$35.00
Zetachron Digital Clock	\$100.00
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# EDITOR'S NEWS & VIEWS

RICK REITZUG



I am an addict. Yes, I have finally been forced to face reality, to admit the truth to myself. I am addicted. Both physically and mentally I need it. I cannot do without it.

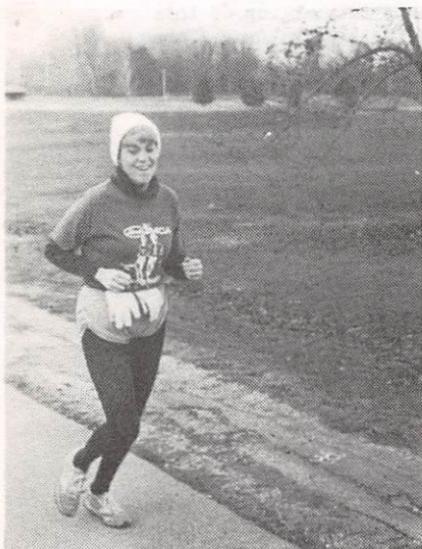
Another case of an athlete turned to drugs to escape the pressure-laden sphere of competition? Not exactly. Rather a normal person turned to running to escape the pressure-laden sphere of sedentary daily life in our modern society. Yes, running has become an addiction for me. I need it to function happily and successfully in daily living. Without it I become a listless, unmotivated bundle of nerves. How did I come to make this sudden discovery? I received the first inkling of this bittersweet reality last summer following the TV-33/Hooks Drugs/Three River Marathon. Just prior to the marathon I had considered giving up serious competitive running and ambling through my daily runs in a more relaxed fashion. But after surprising myself with a far better finish than expected, I realized how much I enjoyed the feeling of accomplishment running frequently brought. I continued my competitive ways but at a slightly saner intensity. Meanwhile, the seeds of running addiction were beginning to sprout in the back of my mind. But I was not yet willing to let them grow unfettered. It was not until several months later after the Columbus Bank One Marathon that I came to accept my addiction and more fully understand the nature of it.

I had been looking forward to the Columbus marathon as the last big effort of 1980. After it I would be able to rest and take it easy at last - after ten straight months of preparation for one or another marathon. Columbus came, and I more than achieved my goal. Now at last it was time to take it easy and bask in the glow of a successful season. Bask I did, for several days, and it was nice to only run a few easy miles a day. But, suddenly, I had the feeling of a world caving in. I became nervous where there was nothing to be nervous about. I felt like I was drifting through one day and then the next with no justification for even getting up in the morning. There were no goals, nothing to shoot for. My 90 mile a week eating habits were catching up with my 35 mile weeks and my stomach was showing it. I was depressed. I recalled reading a book about Herb Elliot's life in which he told about the depression and tremendous letdown he felt

after setting the world mile record in the early 1960's. While I hesitate to mention myself in the same paragraph as a world record holder, I can identify with what he felt. After Columbus, there suddenly was no goal for which to strive. One goal had been reached, the next not yet contemplated. I thought I wanted it that way, but after several days, instead of feeling relief that the hard training and racing were over, I felt as if I had suddenly lost a loved one. A huge chunk of meaning had left my life. It didn't take me long to realize that I was addicted not only to running but also to serious competition and the pursuit of personal excellence.

Coleman McCarthy, in his "Cooling-Off" column in the January, 1981, issue of "The Runner", states that any more than "four to five hours a week of running" and the runner is "cheating someone". I beg to disagree. While the "positive addiction" of running can become a negative addiction if not held in check by common sense, I think many of us would be cheating ourselves if we ran only four or five hours per week. I found that while I was undergoing marathon and high-mileage withdrawal I was an unpleasant person to be around. My nervous listlessness, depression, and general foul mood naturally carried over into all areas of my life. I was cheating myself out of being the person I could be. By being less than I could be I was also cheating others who had to be around me. And isn't that what running is all about, that is, striving to be the best that we can be, physically, mentally, and emotionally?

**Have a good run!**



**PRODUCT OF THE MONTH:**

Running shorts with built-in gloves



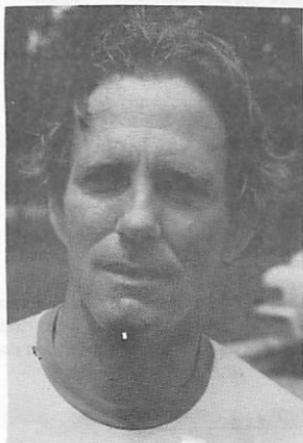
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# PRESIDENT'S COLUMN

MIKE HILL



We have managed over the last couple of months to solve several club administrative problems, and I wanted to let you know about these solutions. First of all, club memberships are no longer for the calendar year. For example, if you join in April, 1981, your membership is good through March, 1982. Our membership records are now computerized and as a result your membership is always good for twelve months!!

## UNIFORMS

We have solved the problem of getting our uniforms printed when we only have one or two that need to be done. In the past, the cost was over \$10.00 to get just one shirt printed. Now we have a printer who will put our logo on for \$1.00 per shirt. You can have one or fifty printed and there is no difference in price. When we order large amount of uniforms the club will take care of getting them printed. If you have just one or two to get done, contact: Wayne Kreiger  
Kreiger Enterprises  
Route 5  
Columbia City, IN 46725  
Phone 219-248-8626

Now the bad news about uniforms. Dolphin has discontinued manufacturing the striped shorts in the mesh material and the suggested replacement short has no inner liner. So the Board decided to change the uniform style, there just is no other choice. The old uniforms should be worn until they are no longer serviceable. During the transition, we will have two types of "official" uniforms. I'm sure many of you will have suggestions about what kind we should now buy. Please give your ideas to any member of the uniform committee. They are: Tom Loucks, Mary Reitzug, and me. We will be making a decision on what to buy very soon, so get to us as soon as possible with your suggestions.

## ANNUAL BANQUET

Be sure to read the article about Hal Higdon in this month's newsletter. I'm very excited about the annual awards banquet and want everyone who is able to attend. The big news is that Hal Higdon will be there to share his running experiences with us. Costs have been kept to a minimum so

that everyone can attend. This is a fun, social, and informative evening. It is not a business meeting. Come out and talk with your fellow runners and enjoy a wonderful evening!

#### MEMBERSHIP MAILING

We recently mailed 1,325 membership invitations to prospective runners in the area. So far we have 70 new members and hope to realize 100 more new members from the mailing! It's great to have these new people with us.

#### ADVERTISING

As you can see in this issue, we have been selling advertising for 1981. Steve Foster has done a lot of hard work contacting local businesses and the support from them has been great. Let's return the favor and support them!

#### MEDIA COORDINATOR

In an effort to improve our coverage and association with local media, we have established an appointed position of "media coordinator" on the Board of Directors. Bill Sobaski has agreed to fill the position for 1981. Please give Bill your full support.

#### WOMAN'S REPRESENTATIVE

A suggestion was given to the Board to appoint a "woman's" representative. Gloria Nycum has since agreed to be on the Board for 1981. Again, we are looking for suggestions to get more women into running.

Let me wish all of you the best in 1981. I hope your avocation of running makes life very special throughout the year.

#### WINTER FESTIVAL RUN RUN, RUN SKI SCHEDULED

A 3.3 kilometer "Fun Ski" race to be followed by a 3.3 kilometer Run Run are scheduled as part of the Park's Department Annual Winter Festival on January 31, 1981.

The Ski begins at 10:30 a.m., at Pavilion 1 in Franke Park. Entry fee is \$1.00. Awards will be presented to the top five male and top five female finishers. Minimum age is 13 and entry blanks may be obtained at local ski shops or at the park the morning of the race. For additional information on the Fun Ski, call Mary Ann Felger, 219-493-4765. In case of unfavorable weather, the race will be cancelled. Listen to radio station WQOW 1190 for this information.

The Ski will be followed by the Run Run over the same course at 1:00 p.m. Entry fee is 50¢ for all participants. Participant ribbons will be given to the first 100 registrants on race day. For further information, on the Run Run, call Don Lindley, 219-456-8739.

This pamphlet was printed as a learning experience by the Graphic Arts students at Harding High School.

# WORDS FOR WOMEN

By Cindy Ventrella



I have been wondering why there aren't more women runners, and I have come to a few of my own conclusions. First, there might be many women everyday that are beginning to run but do not, as of yet, run in our PWTC races. This explains why I am not aware of a big boom in ladies running. Unless I see more bodies at our races, I have no idea how many women are really out there hitting the road.

One of my other thoughts was one which I don't like very much, but which might be true in a few cases. Women in the past did not use their bodies athletically as men did. That is just the way it was. Times are changing and women are beginning to realize that we are just as able as men to enjoy and endure physical exercise. It is a new awakening although not always a pleasant one at first.

Getting in shape is hard, but especially difficult for those women with untoned muscles. The muscles and the lungs have a lot of getting in shape to do. Slowly you begin to work out all the sore muscles and your breathing becomes easier. This is when you begin to enjoy your running and reap the benefits from it. My concern is that some people might call it quits before they are able to experience the joy of running. If you think you might enjoy running, I challenge you to try it and stick with it for awhile. Give it a fair chance. I would like to see more women running around the neighborhoods and more women getting into shape.

If you have any questions about running, I would be glad to try to answer them or find the answers if I don't know. Write to me if you have any questions, training tips, or if you would like to write an article about your own experiences for our newsletter. Hope to hear from many unknown runners.

Please write to me at:

Cindy Ventrella  
1816 Romane Drive  
Fort Wayne, Indiana 46808  
219-432-4483

**YOU ARE CORDIALLY INVITED TO ATTEND THE  
THIRD ANNUAL FORT WAYNE  
TRACK CLUB AWARDS BANQUET**

**FRIDAY, FEBRUARY 13, 1981**

**7:00 P.M.**

**PELZ RECREATION HALL  
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Please bring one covered main dish or side dish (vegetable or bread) and one salad or dessert ( and your own table service).

Donation: \$1.00 to defray cost of beer, soft drinks, hall rental and speaker.

Dress: Informal

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Due to possible space limitations it is absolutely essential that all FWC members planning on attending the February 13th banquet return the RSVP card enclosed with this issue of THE INSIDE TRACK. It may become necessary to restrict admission to only those who have returned this card.

If there were a "Running Hall of Fame", Hal Higdon would have to be one of the first nominees for induction. So join Hal and your fellow runners on February 13th for what promises to be an entertaining and enlightening evening.

Hal is one of the top male runners in the world. He has several pending national age group records in the 45-49 age division including a 2:32:42 marathon and a 1:06:05 20 kilometer time (back to back 33:02 10 KM's). This is particularly impressive since Hal is 49 years old and thus not one of the "youngsters" in his age group. Hal, however, is not just a late-blooming runner. He is one of the pioneers of road racing from back in the days when road races were few and far between and attracted only a handful of runners. Looked upon as "loons" by the general public. In fact, Hal Higdon, through his running and writing, is perhaps one of the prime motivators of the "running boom" of recent years. Hal, a veteran of almost countless marathons, must consider his 1964 2:21:55 fifth place finish at Boston, in which he was the first American finisher, one of his most thrilling marathons. He had placed 13th and 26th at the two previous years at Boston.

Nationally known runner and writer, Hal Higdon, will speak at the Fort Wayne Track Club 3rd Annual Awards Banquet on February 13, 1981. The banquet will be held at Peltz Recreation Hall, 3333 Freeman Road, and will begin at 7:00 p.m. Higdon's credentials as a writer and a runner are very impressive. Formerly a writer for "Runner's World" Higdon is now the senior writer for "The Runner" magazine. He is a regular contributor to "Sports Illustrated" and is the author of 20 books, both running and non-running in nature.

Higdon to speak

TRACK CLUB AWARDS BANQUET

# The first ten years

OR - DO I QUALIFY FOR THE PENSION NOW?

By Tony Gatton

August of this year marked my tenth year as a runner. One decade of running and it's memories are now behind me. I thought I might share some of these memories about running during the 1970's.

My first experience with long distance running came in junior high school. I was 14 in August, 1970. The idea was to get in shape for other sports. Believe me, I wasn't much looking forward to running cross country, but I thought it would make be a better basketball player. Well, the cross country coach was a wise man and knew not to alienate young boys to running by pushing too hard and running too many miles. Under his low key approach we were fairly successful but more importantly perhaps, we had fun. I was hooked. I was pretty crummy at basketball, made the team, but I didn't play much. That was the last year I played basketball.

Running clothes were drab compared to today. White T-shirt and shorts with grey sweat suits were standard apparel.

Let's talk about shoes. In 1970 you either wore basketball shoes or those terrible leather thin soled addidas blister generators. Even the worst shoes from the department stores are better than the best shoes available then. I probably didn't run 15 miles a week in 1970 with a maximum of four miles at a time, yet I had to use so much tape I had a nickname, "The Band-Aid Kid". Shin splints were very common then. I rarely hear anyone talk about them anymore.

My family moved to Florida when I was 15 in 1972. I ended up in a school that was a track and cross country power-house in Florida and dominated these sports in the Tampa Bay area.

The coach at this school was progressive in his training philosophies. Overdistance was the key. He called it putting money in the bank so you had more to spend on race day. Intervals were used for sharpening. Most coaches at this time (1972-1973) trained their runners with intervals primarily and included some distance work.

To give you an example of how far ahead this training put us, I went to watch a track meet before I was eligible to run in 1972. It was still early in the year. My school's three milers (a soph, a junior, and a senior), cruised across the finish line holding hands in 4:28. The other school's milers ran 4:45-5:00 range. I was flabbergasted.

It was a valuable experience to train with quality runners, and have the benefits of a knowledgeable coach. In this environment I ran what may be the fastest times I will ever see. Within a three month period in 1973, I ran a 1:58 half mile, 27:20 five mile, and a 59:00 ten mile. That ten miler was a training run with the rest of the cross country team. Everyone ran 59:00 (I was number 7 on that team).

The 1972 Olympics probably marked the start of the running boom in America. Frank Shorter, as we all know, won the gold medal in Munich for the mara-thon. I and about 45 other young runners were at a track camp in South Carolina watching the event on TV. Frank's performance and Dave Wottle's incredible finish in the 800 meter run were quite an inspiration to us developing runners.

Shoes in 1972-1973 were beginning to improve. Thicker cushion on the soles was becoming more common. Also nylon uppers started to appear. These new shoes were poor in motion control but did reduce blisters and sore legs from pounding.

I was not a good enough runner to continue competing at the college level. Even though the "running boom" had begun by 1971, road races were still scarce. I continued running occasionally as school and work permitted, but figured my competitive days were over.

In 1976 I entered a five mile road race and finished painfully in 37:30. You can see how far out of shape I had fallen in a few years after high school. My running was serving a different purpose during this period of my life, however. Going to school full time days and working full time nights was a great emotional and physical stress. Running for me served as a way to release pressure, let off steam I guess. It cleaned me out, relaxed me, and helped me stay sane. I was not running to stay in shape for competition, but to survive the other stresses in my life which were top priority at that time (see Rick Reitz's theory of positive rein-forcement and relative importance in the November, 1980, issue of THE INSIDE TRACK).

Shoes had improved by 1976-77. Nike waffles were every-where. I never liked them, but evidently a lot of people did. Some suggested they looked like little sports cars. I suspect these people were not using their shoe goo in a well ventilated area.

I liked Adidas Country's. They were leather and hot, but well cushioned with good support. I'm a protractor, so I appreciate a good stiff heel counter. I can put up with a few blisters if the shoes have good support. After graduating from college my life became more settled. There was more time for running. Road races were popping up left and right. Slowly my conditioning improved and so did my times.

In May, 1978, we moved back to Fort Wayne. A few months later I joined the Fort Wayne Track Club. There is a generally friendly feeling among the members and common interest in improving the quality of their lives through running.

One of the special aspects of the club is that it draws people together who would otherwise never meet. There are only a few members that I see regularly in my day to day activities, but I have made dozens of friends that I meet at races and fun runs. Fun runs are especially satisfying. It is a chance to run and discuss a variety of topics with an interesting mix of aerobic philosophers. I encourage you to come on out and add your two cents worth.

In the environment of the track club and road racing in this area competi- tion is internal with each person. The other runners lend support

# FOR *love* OR Money



By Mike Hill

For months now, every major running magazine in this country has been carrying news of "payment" for running races. In October the dam really broke and several runners turned "professional" in the Atlantic City Marathon and later another 10,000 meter race on the east coast (all decadent activities occur on the coasts). The basic assumption being made by the newly formed ARRA, the running magazines themselves, the TAC/AAU, and most other runners, is that money payment for racing is good. Their only problem is figuring out how to make the transition from amateurism to professionalism in an orderly fashion.

My contention is that dollar payments to individuals and/or clubs has no place in long distance running. What do I base this on? Well, let's take a look at other highly paid sports and athletes. Professional football, baseball, and basketball stars are probably the most overpaid individuals in this world of ours. Nobody, not Reggie Jackson, Terry Bradshaw, or "Magic" Johnson, are worth \$100,000.00 or more per year. It is an excess that has proven to be a demoralizing agent when applied to professional athletes. The use of cocaine, alcohol, and drugs in general has riddled the ranks of "pro" teams for years. The philosophy of winning being the only thing has been evident and even praised on professional teams. Very little mention is made these days about physical fitness, moral character, the team concept, and those traits of sport which lend it credibility.

On a Sunday in October can I run on the field and play for the Dallas Cowboys? Or can I line up with the Mets? Absolutely not! Even if I could, who can afford the "Star Wars" equipment needed for pro football? If I'm lucky I can sit in the stands after buying a ticket, drink beer, and smoke. If I'm unlucky, I can sit at home, drink beer, and smoke. But I cannot participate! Oh yes, I know, we can get up a sand lot game, or join a local league, but we can't play with the big boys or girls, the stars, the heroes! We are only allowed to "project" our natural instincts, not pursue them on the field of play.

Now they're trying to apoly the same corrupt dollars and sense philosophy to running! We have separate starts for the paid big time runners and the rest of us cannon fodder will no longer toe the mark with Rodgers, Virgin, Meyers, Kardong, etc. We will have our own little, poorly funded, poorly publicized events. But if we're lucky, yes, they will let us watch the professional races from the stands or from our TV sets!

I for one refuse to become a sedentary, useless, spectator of sporting events. In my mind there is nothing so demeaning to our national character than to sit on our rear ends and allow someone else to perform physical feats that God fully intended us to perform. If Rodgers and other big time runners cannot be satisfied with expense money and free publicity for their running stores and personal enterprises, then they can find someone else to run with. I fully realize that they will be destroyed when news reaches them that Mike Hill will no longer run with



# FOR *love* AND *Money*

By Rick Reitzug

How sweet it is! The runner, long looked upon as a second-class athlete, is at last being given the opportunity to make a living from his skills the way other professional athletes have done for years. Although some are worried that money will change the fundamental nature of our sport from one of comradery and personal striving to one of ruthlessness and financial striving, I don't think this will be the case. Others are worried that they will no longer be able to run in the same race as a Shorter or a Rodgers, but I don't think this need be the case either. It is my contention that the elite professional and the rest of us can continue to coexist in harmony and run side by side (at least for one or two steps) the way we do now.

No one who has followed running during the past three to five years would deny that running has become a big business and a potential for big money. No one would deny that certain abuses have taken place due to this. However, the very reason that certain of these abuses have taken place is that many of the financial deals concerning running have had to take place "under the table" due to running's nature as an "amateur" sport. Any one of us could get on the phone and in a matter of a few short hours come up with the amount of "expense money" the top runners charge for running in a race.

The idea behind paying runners for their performances is to legalize the under the table cash flow that currently takes place. No one is advocating that we let Bill Rodgers, Frank Shorter, and Craig Virgin run while the rest of us drink, smoke, and cuss in front of the TV set when our favorite doesn't win. Rather, what the top runners are trying to attain is the opportunity to earn a living through their efforts. Thus they could give up "moonlighting" at another job and devote more time to fully exploring their potential as runners. Meanwhile we, the masses, have the best of both worlds. We are able to participate in the same race as the "pros", yet we also have frequent opportunities to view them on TV. (Personally, competing in the same race with Bill Rodgers is not all that thrilling. I have run in three races him but have caught only one fleeting glimpse of him. Bill Rodgers is great but why pay \$2.00 of your entry fee for his "appearance money" when you don't even get to see him?)

It is further hard to deny that a fairly intense degree of competitiveness currently exists between the front runners in the major races. These runners well realize that their value and "under the table" paychecks depend on their race performances. Things would change little, if at all, with legalized payments.

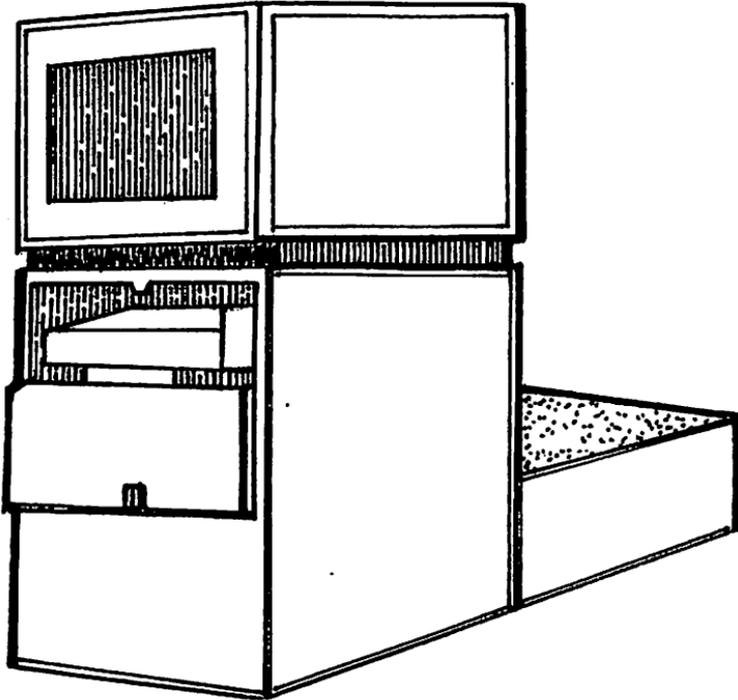
I love running. Being of a more competitive nature than many runners, I would jump at the chance to make money through my running. "Running money" would merely give me the opportunity to spend more time at that

(Continued on Page 32)

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ALOHA

# Honolulu Marathon

By Don Lindley.

The 8th Annual Honolulu Marathon, December 7, 1980, was a rockets and gooseflesh start. The cheering never stopped. It began before dawn at 6:00 a.m., a record 6,829 starters streaming by Aloha Tower, which was once the tallest building in Honolulu. It continued for two hours, 16 minutes, 55 seconds, when Duncan Macdonald finished, and two hours, 35 minutes, 26 seconds, when Patti Lyons Catalano finished. And even then the cheering continued on as 6,630 (also a record) finished the 26 miles, 385 yards.

My goal for this race, after two marathons in the last six weeks, was three hours, 30 minutes. Despite the rain and the strain, it was a shining hour. My finish time was 3:11:02. Not a PR, but it was okay in the terms of execution and considering the circumstances.

The Hawaiian Islands were an ideal location for a December vacation. Sightseeing was superb (no billboards, state law). And there was the race itself. Hal Higdon, senior writer for "The Runner" magazine, and Ron Gunn, dean of sports at Southwestern Michigan College, were the hosts for Roadrunner Tours, Inc. Hal recruited a seminar staff that included Thaddeus Kostrubala, M.D., author of "The Joy of Running", Ian Jackson, author of "Yoga and the Athlete", and Dave Costill, Human Performance Laboratory, Ball State University.

Monday, December 1st, Rosann and I were bound to Hilo on the big island of Hawaii. We received the traditional lei greeting and were transferred to the Sheraton Waiakea Village, a luxurious hotel complex that included shops and restaurants and plenty of running trails nearby. Late that afternoon, Dean Reinke, Dave Smiley, and others took a small training run to Hilo Bay but I needed a longer depletion run so several of us took the Kamehameha course that follows an old coastal highway through a jungle setting and passes a Japanese cemetery. This was just beautiful!

Tuesday, December 2nd, after Monday's 10 mile training run, I decided to run an easy eight mile fun run. Vans for sightseeing were available to all that did not want to run. I was amazed at the number of runners in the tour who were running their first marathon. Ron Gunn of the Roadrunners Track Club had over 30 Marathoners who were in his training class whose final exam was to run the Honolulu Marathon. In the evening, a welcome party was put together and this gave us a chance to get to know our fellow Roadrunner tourists.

Wednesday, December 3rd, following our morning clinic, we traveled by bus to Volcanoes National Park for a run through live Kilauea Iki Crater (a fresh lava flow occurred in 1979). After a six mile fun run, 4,000 feet above sea level, we went to the famous Black Sand Beach for swimming and body surfing. We did not know for sure if we would be able to swim or not since sharks had been reported several weeks earlier. That evening we had an outdoor dinner party featuring one of the most lavish food spreads we had ever seen. Plenty for vegetarians, too.

(Continued on Page 30)

## Images of 1980

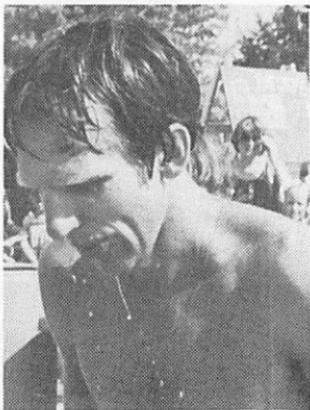


The year began with many snowy Saturday Fun Runs at Foster Park.

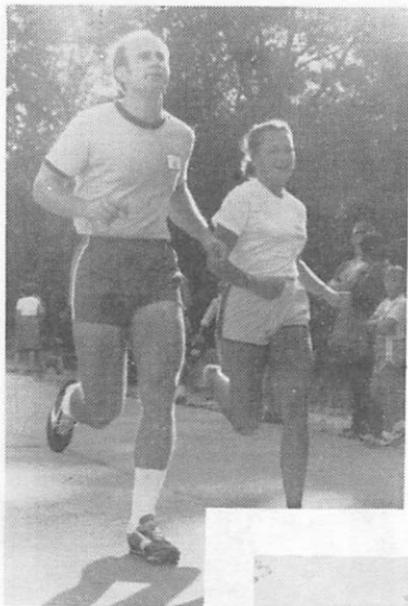
Soon it was Spring. The track club crazies partook of nature, wallowing in the mud at the European Cross Country race at Franke Park.



May featured another unusual race, the track carnival at Homestead that, despite the heat was enjoyed by all.



Then it was July and THE marathon. This year's edition proved even hotter than usual, but hundreds of courageous runners still managed to finish although not without considerable hardship.



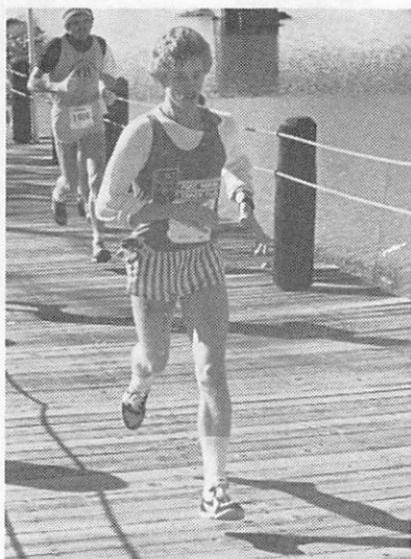
Throughout the Summer,  
male and female...

the young...

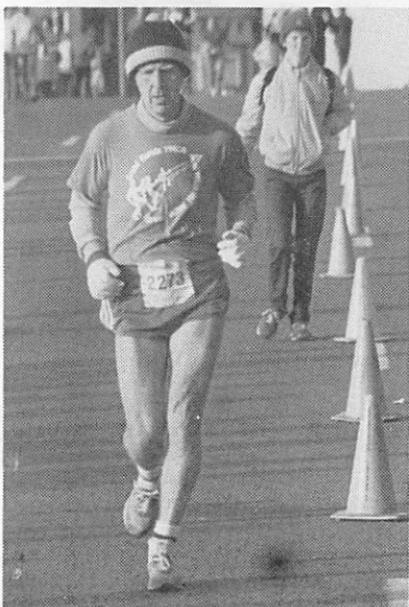


and the  
young at  
heart  
competed  
side by  
side in  
friendship  
and under-  
standing of  
'goals  
mutually  
accomplished.

October brought a track club first. A 24 hour relay was held with over 30 runners living and running together, making new friendships and strengthening old ones and, in the process, raising over \$3000 for Rick Harman, a local athlete stricken by cancer.

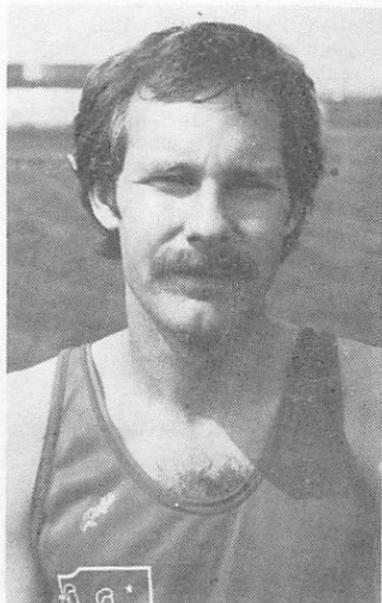


October also saw Dexter Lehman (1st-30:19.9) and Tom Loucks (7th-32:23) lead FWTC runners in the 3rd Annual Lincoln 10,000 which had over 2,000 participants.

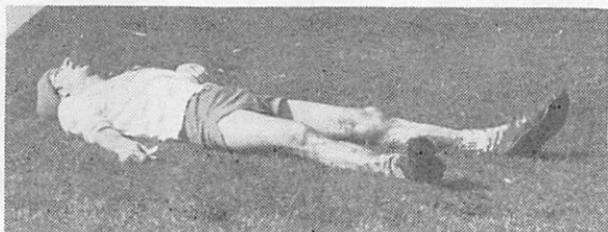


In November over 50 FWTC members capped their competitive seasons by tackling the Columbus Bank One Marathon, with many of them journeying home the proud possessors of new personal bests.

Many of the accomplishments that made the FWTC one of the premier running organizations in the midwest, if not the country, were due to the aggressive leadership of outgoing club president Gary Dexheimer. Thanks, Gary.



Though 1980 was marked by many triumphs and accomplishments, I think we all discovered that running isn't always fun or always easy. But then, few worthwhile things are.



MONDAY MORNING 5 A.M.

I opened the door  
and you were there.  
Back again,  
more beautiful than before.  
Much nicer than I remember.

Down the steps,  
left across the grass,  
I run,  
with you into the street.

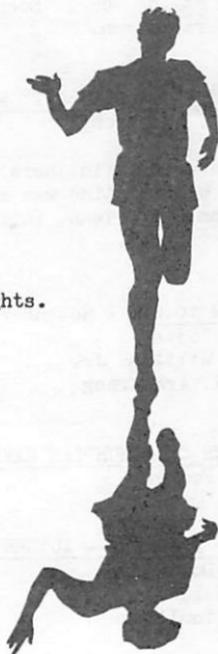
You touch my face.  
so gentle,  
so soft,  
and I have waited,  
so long,  
to feel you again.

My footsteps become easier,  
because you are here,  
cushioning each step.  
I watch you drift,  
slowly,  
gently,  
dancing above the pavement,  
before you touch down,  
gracefully,  
and rest upon the ground.

You are blown by the wind.  
Reflected by the street lights.  
But your beauty is not,  
diminished.

Yes, winter is here again.  
It's Monday,  
5 a.m.  
and I am so happy,  
to run,  
with you,  
again,  
My love  
the snow.

Mike Hill





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**BLOOMINGTON PIZZA HUT RUNS** - November 8, 1980  
 Lynn E. Armstrong 13.1 mile 85:04 34 8/30-99  
 Dale L. Armstrong 6.2 mile 48:11 161

The 13.1 mile race was my second half-marathon. Weather - overcast changed to sunny - approx. 50 degrees. Course - very hilly for first four miles; a real heartbreaker at 6.5 miles (super elevated with four tiers at the top.) Scenery was very beautiful, breathtaking, an extreme pleasure to run.

**JOE STEELE ROCKET CITY MARATHON** - Huntsville, Alabama - December 13, 1980  
 Lynn E. Armstrong 3:15:58 296 76/30-34

Just over 900 finishers from 1200 entrants. This was my first marathon run. Winning time was a new course record of 2:12:21 by Louis Kenny, Johnson City, Tenn. (his first marathon also). First 19 finishers were under 2:29:43.

**WARSAW 10,000** - November 1, 1980  
 Steve Foster 33:23 8 2/30-34  
 Jerry Williams Jr. 34:06 14 4/19-24  
 Lynn E. Armstrong 36:49 54

**DECATUR CALATHROPFIAN GAYTOR** - 5 mile - October 19, 1980  
 Steve Foster 27:23 3 1/30-39

**BOOKS DEFIANCE - AUTUMN RAMBLE** - 10KM - November 8, 1980  
 Chuck Dove 37:31 PR 19  
 Mike Zurzolo 38:45 33 4/30-39  
 Giles Tomlinson 39:55 PR 45 1/55 and over

**1st ANNUAL KIKS THANKSGIVING DAY RACE** - 6 mile - Cincinnati OH  
 Charles Wallace 46:50

145 finishers

## THE IMPORTANCE OF

## Supplemental training

By John Schwarze

Putting in the mileage that we do, many of us runners have the very bad habit of neglecting the parts of our bodies that do not benefit from running. Our bodies send us little messages that we are neglecting these parts, such as three to four days of abdominal soreness after a 10K or 15K in the "Brandt Hills" at Homestead, or hip and calf soreness after a rare basketball or football game. I've used a combination of weightlifting and calisthenics to supplement my running, which I've found useful.

The most important muscle group for long distance runners is the abdominal group. Running develops the whole back. The lower back needs resistance from the supporting muscles of the stomach. Without this resistance, an imbalance occurs resulting in scoliosis and other lower back problems. The abdominal group also helps maintain posture, important in running hills and in running against wind. I try to incorporate sit-ups of differing incline variations and leg raises. A runner who puts in 50 miles per week and more cannot overdevelop this group.

While we're still on the subject of resistance, consider the benefit that running does for the muscles in the back of the leg. Go through the motions of running and note that the majority of the contraction takes place in the calves and hamstrings. Like the lower back, the leg needs resistance in the front part of the leg. Without such resistance, an imbalance occurs, putting the knee in jeopardy. However, I've found that weights are not beneficial for the legs (for long distance running). They tend to tighten the quads (the muscles in the front of the upper leg). Of particular benefit for the quads are windprints (or some other form of speed work), hill running, running or walking up steps and bicycling. Strength in the quads is needed for hill racing, sprinting at the end of a race, and maintaining a pace during longer runs. Backwards running strengthens the shins and quads, and provides some needed stretching of the hamstring muscles. Side running benefits the ankles and hips. Rope skipping is beneficial for the entire leg, and the repeated, systematic contractions help strengthen the ligaments and cartilages around the knee.

Other than maintain posture, upper body strength has little benefit in running. However, with the large muscle mass associated with the chest, shoulders, and upper back, some attention must be paid to this area because of the substantial amount of blood circulation involved. Push-ups are very beneficial for the muscles of the chest and shoulders. Bench press and military press strengthen the chest and shoulders, while exercises using the "pull-down" or "lat machine" are beneficial for the upper back muscles. Bent over rowing is also very beneficial. A note of caution: If you're going to use weights, use light weights and high repetitions. Heavy weights will add bulk and unwanted weight.

WALT GREEN

For those of you who wish to communicate with Walt Green, his new address is: 637 Middle Cove Dr. Plano, Texas 75023

# weddings, 50 milers, & losing weight

By Dan Bossard

I was out trying to work off some of my turkey dinner on November 28th when I saw two familiar forms running about a block ahead of me. By the time I got close enough to be sure who they were, I had acquired an oxygen debt which I'm not accustomed to. Sure enough, it was Cindy Caldwell and her father, Phil Caldwell. As we ran down Vance Avenue, I was telling them about the race in Toledo I was going to the next day. As the conversation went on, Phil said, "Cindy has her own race going on that day." Cindy then reminded me that she and Tony Ventrella were being married. I could really feel the fatherly love in Phil's voice when he said, "Yes, this is probably one of our last runs together." Cindy quickly reassured him that there would still be more runs for them in the future. We ran a couple of blocks further before I turned around and headed for home so they could finish their last couple of miles by themselves.

So when you women see Cindy Ventrella listed in the race results, don't fool yourselves by thinking she's someone new in town. Her name may be changed, but I'm sure her abillities haven't.

Congratulations! Tony and Cindy Ventrella. We all wish you both many healthy and happy years to come.....

If you want to lose weight, I'm not sure if a 50 mile race is the way to do it. Burning about 5,000 extra calories in a day's time sounds like a sure weight loss. The problem with a 50 mile race is that you have so much time for eating. Before you know it, you've packed away more calories than you've burned.

I ran the "Marathon Plus" in Toledo with Jan Kissinger during her first race beyond the half-marathon distance. Our strategy was to run about 15 minutes, then walk 5 minutes, run 15 minutes, walk 5 minutes, until we reached 60KM. As the day went on our focus seemed to be on our rest breaks. We would be moving along discussing what we were going to eat or drink next. We had a few hot chocolate breaks which were really enjoyable since the temperature was near freezing. Time and time again we would stop at the car for another snack. Rooting from one grocery bag to another we would find cookies, bananas, chocolate covered nuts, etc., and devour them with only minor side effect experienced by Jan.

Well, those calories pulled Jan through 50 miles in 10:57:39 and me in 9:55:52, but the eating had just begun. Jim Pettinot and all the folks up in Toledo don't like to see anyone go home hungry, so they put on a banquet after the race. By the time you get done with the homemade spaghetti, salads, breads, potatoes, pies, cakes, gooey brownies and of course beer, the last thing you want to do is drive back to Fort Wayne. That's why I, being experienced at ultra marathons, chose to drive up to Toledo leaving the return shift for Jan.

I couldn't believe her energy level after being on her feet all day! She jumped in the driver's seat and we were headed for home. Needless to say, after a day of ultra eating and drinking, I slept most of the way home. I don't think either of us set any speed records that day, but we did have a great time. I would highly recommend this well organized race - but don't plan on losing any weight.

WE \*

**WHAT:** Meeting of Women Interested in Running

**WHO:** Veteran, beginner, and prospective women runners. ANYONE INTERESTED!! You need not be a track club member.

**WHY:** Get acquainted with other women runners. Share ideas about beginning running, competition, non-competition, winter running, safety, running routes, exchanging books on running, and any special things you want to discuss.

**WHEN:** Sunday, January 25, 1981 - 7:00 p.m.

**WHERE:** Jan Kistinger's residence - 4122 South Wayne, Fort Wayne, IN.

Any questions, call: Jan Kistinger - 744-5672  
Jan Fairchild - 744-0424

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**PWC SHIRTS FOR SALE**  
 The PWC is offering two new types of T-shirts in 1981 for members. One is a white Hanes T-shirt with a red collar and cuffs and a red PWC logo im-  
 printed on the front. The other type is a gray Shimmel shirt (half-T-shirt)  
 with black lettering on the front saying "Property of the Fort Wayne Track  
 Club". Each shirt sells for \$4.00. Please contact Mike Hill 219-745-9511,  
 or Don Lindley 219-456-8739.

**FOR SALE:** Yellow Sub-4 Nylon Running Suit with Black Stripes. Never worn.  
 Extra large. Normally sells for \$45.00-\$55.00. Now only \$29.00. Contact  
 Rick Reitzug 219-424-8091.

**FOR SALE**

Addas Singlet - White with blue stripes (Size small) \$5.00  
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 Frank Shorter Singlet - Yellow upper/white mesh (small) \$3.00  
 Running shorts - Yellow (small) \$3.00  
 Frank Shorter Singlet - Blue upper/white mesh (Large) \$3.00  
 New Balance shorts - Orange (small) \$3.00

Contact: Tom Loucks

Route 1  
 Osatan IN 46777  
 219-622-7108

**FOR SALE:** Nike Ladies training shoes - size 6; used less than 100 miles.  
 \$12. Call 432-7413. Jean Clagg

**FALL CREEK 5 MILE** - November 30, 1980  
 Tom Loucks 26:35 9 5/20-29

Stiff wind over the last 2 miles slowed times considerably.  
 Dewayne Allen won the race in 24:33.

**MUNICIPAL 10 MILE** - December 14, 1980  
 Tom Loucks 54:49 PR 7  
 Phil Lockwood 55:15 9  
 Rick Harckenrider 60:09 33  
 Myron Meyer 61:32 PR

**LINCOLN 10,000** - October 26, 1980  
 Steve Foster 33:30 20  
 Jerry Williams Jr. 34:48 46  
 Jeff Murphy 41:35 38L

6/30-34 13x 20-24 16/14 and under

## A race for turkeys

By Bob Bruckner



Toledo reminds me of turkeys!

Not because my mother-in-law lives there...but because my family visits my wife's parents every Thanksgiving for turkey and trimmings. And only 1/2 mile away, on the Saturday following Thanksgiving, is the annual Marathon Plus.

In previous years, I had jogged ten miles with those masochists as my morning training run. This year I decided to inflict suffering on my own body.

The course is a beautiful 5KM loop, winding through a traffic free park. The course is also across the street from Toledo Hospital, a comforting thought. The runner may choose any of three distances: 60K (37 miles), 50 miles, or 100K (62 miles).

I set my goal at 50 miles...rather ambitious due to my 40 mile per week training schedule...but I promised myself I would take it easy. My plan: jog 16 minutes, walk four. My time prediction: 7-1/2-8 hours.

Race morning turned out to be dark, snowy and about 30 degrees...with very little wind. Actually, except for some slippery spots, a pretty good day. I lined up with a fellow turkey, Charlie Brandt, whose goal was similar to mine, and off we went.

Dan Bossard and Jan Kissinger, from FWTC, were also in the race, choosing a much more leisurely pace. They actually planned to enjoy themselves! Later I was to envy them.

The first few miles seemed so easy that I foolishly altered my pace...jogging 17 minutes and walking only three. Eventually I paid the price.

I jogged with Lorna Richey, winner of the women's division in the Three Rivers Marathon and also the winner of an ultra held in Chicago recently (see December issue of "Runner's World"). I had lapped her and was phantasizing my own name in "Runner's World", until she informed me she was just jogging for a workout.

In the meantime, Park Barner (world-famous ultra-marathoner) kept lapping me, looking fresher by the hour!

Someone who wasn't looking fresher was Charlie, who had to drop out at about 20 miles due to leg cramps, a feeling I would soon experience.

I finished 25 miles in three hours 30 minutes...gleefully setting my goal at seven hours rather than a paltry 7:30. How soon things would change.

At thirty miles I began to understand the challenge of the ultra. My thighs began to ache. It felt like Roberto Duran (fists of stone) was

using my quads as punching bags. I kept telling Duran it was the last round but he wouldn't quit!

I have a tendency to sleep my left foot as I run. By 33 miles, it began to feel as if I was hopping around barefoot in a sizzling frying pan.

Somewhat, in a pitiful shuffle, I managed my 12th loop, finishing 6K in about five hours, 20 minutes. The winner of the 50 miles was already in.

Charlie was already back in Fort Wayne, and Jan and Dan had many more loops to run, but my immediate goals were a hot bath and plenty of Ben Day.

It was the Thanksgiving Season, and I was especially thankful to the Lord that I sustained no injuries during my first ultra.

WILL I run another Ultra? Today I firmly say "NO!" Tomorrow I say "MAYBE!" See you on November 1st (WVIC's own 50 miler).

(For Love or Money, continued from page 10)

them. Yet it's necessary to express my displeasure with the direction our sport is taking and the leadership is certainly responsible for that direction.

What direction do I think this sport of distance running should go? I'm not exactly sure and who says I'm qualified to say? I can tell you though what I want it to remain:

1. It should remain a "peoples" sport. One that everyone in this world can participate in together, no matter what level of runner he or she may be. We must have room for the jogger, the runner, health advocate, and racer in all of our events.

2. We should retain the spirit of friendliness, family, and closeness that goes with any honest, healthy, endeavor.

3. We must not lose sight of the fact that "training is the sportsman's Mary Decker said. The major thrust of our avocation is the tremendous amount of health and well being we realize from miles and miles of training and not the fact that we run and win races.

4. We must remember that the purpose of any club, AAU/TAC, Fort Wayne Track Club, BRCA, and others, is to help us administrators our avocation. Not take it over! Not become an end in itself as the AAU has! The entire purpose of the WVIC is to provide a focal point for fun runs, races, friendship, family recognition, and social activities. It has never been intended to dictate where you run, when you run, or with whom you run. It's only to provide the opportunity for you to participate at your convenience.

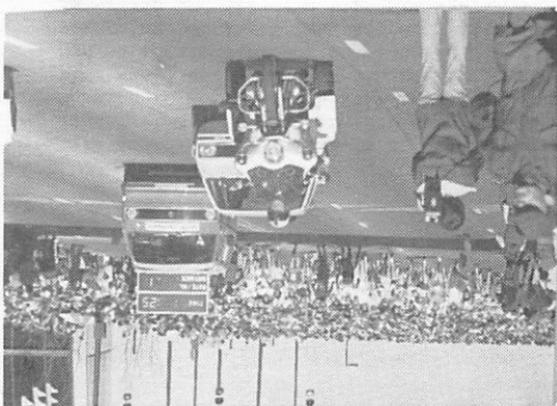
Running is an expression of individual freedom. Once big business, big bucks, and the big bosses take over, they can have it. I'm going running down the country roads. I have found my hero and he isn't a "pro" athlete. My hero is me and you and all of us everyday runners. We are participants in this most wonderful game of life, not spectators. Hide the tiger, run from the tiger, but for your own sake, don't sit on your butt and watch the tiger chew you up!



# COLUMBUS



26.2 miles



## 'time's the charm

By Jack Morris

Like most runners I like to set goals for myself from time to time. Last January I set a goal for 1980 - to try to qualify for the 1981 Boston Marathon. For me, at 43, it is 3:10:00. My PR for a marathon at that time was 3:48:50, so you can see I was setting my goal rather high. I had no idea whether or not I could run a marathon that fast. I knew I was going to have to sacrifice my intervals because I knew I couldn't do intervals and also run high mileage. So I decided for one year I'd concentrate on the marathon.

I decided to try for it the first time at the Saginaw Bay Marathon in early May. According to the "pros" of the local marathon circuit, Saginaw would be an ideal place to qualify. It was flat and fast and the weather was unusually cool. HA! The course was flat alright, BUT cool it wasn't. The morning of the race was beautiful but unseasonably warm. I went out slow because of the heat, but that wasn't good enough. I was on pace until the 15 mile mark and the heat got to me as it did many other people (right, Jerry?). I ended up running a PR of 3:17:48. I was pleased with my time but I hadn't qualified. On the way home I thought, "Man, I have to go through all this again."

My next shot at 3:10 was here in Fort Wayne. After many miles of training, hoping for a cool day, I was shot down again by 90 degree heat. I'd like to take a moment to say that I really admire the runners that finished the Fort Wayne TV-33 Hooks Marathon this year. That day was murder. I found out later that Joe Barile, a competitor of mine in the over 40 age group, ran a 3:04 and I could hardly believe it.

It was now the 1st of August and I was running out of time. I considered going to Chicago, Detroit, or Columbus. Some of the local FWTC members were going to Chicago but I felt I wasn't ready yet. I decided to put all my eggs in one basket. Go for it at Columbus on November 16th.

Due to several reasons, I decided on Columbus. A lot of the FWTC members were going. Jerry Mazock had driven the course and had reported that it was fairly flat except for a couple of hills. Besides that, they were giving windbreakers instead of T-shirts to all finishers.

Twenty-milers! Boy, do I hate them, but the experts say you have to run them to do well in a marathon. So I did! With the help of John Treleaven and Bob McKinley, we cranked out several 20 milers around the Homestead area. Most of the time we were running after dark and could barely see the road surface. They were hard! The very first one I made only 16 miles and was absolutely beat. I was ready to hang it up. The marathon was not for me. But after a week of taking it easy I was ready to try another one. This time we went 19 miles and I didn't feel all that bad. The third one was a full 20 miles and with John and Bob encouraging me, I made it and didn't feel that tired. This one was a morale booster for me. I think we all need those moral boosters once in a while. I began looking forward to Columbus with some confidence now. I'd like to point out that if you are going to train for a marathon, try to run with some-

one on those long training runs. It makes a world of difference. If at all possible, run them with people that are equal to or better runners than yourself. They will pull you along and it is very encouraging to run with people that are as enthusiastic as you are about running.

As Columbus got nearer and nearer, the weather got cooler and cooler. Ideal running weather. On the day of the race it was about 45 degrees, sunny with a slight breeze. I thought to myself, "Well, Morris, here it is. A cool day, some 20-milers under your belt, and no injuries. This is it. This is the day you've been waiting for since last January."

I began to get scared. If you have ever run a marathon you know what that hour before the race is like. For you runners that haven't experienced it, it is one of the most exciting times in your running career. Everyone is wishing everyone else "good luck". People are nervous and laugh a lot, but they are very serious, too. The commentary is great. Ten minutes to go. I'm beginning to sweat and I haven't taken that first step. One last "good luck" and the cannon goes off. The feet of 2,600 runners head for the unknown.

I went out too fast! The first half mile or so was downhill and with the wind I was swept along with the crowd. I knew I'd better slow down but sometimes that is very hard to do. About two miles out I spotted a familiar face ahead of me. Good ole Myron Meyer. I caught up with him and we ran together awhile. He gave me some good advice about pacing and I was happy to be running with someone I knew. At the five mile mark I was ahead of my 3:10 pace and feeling good. Myron began pulling away and I was tempted to go with him, but I held back and kept my own pace. (I realized later that this was one of the smartest moves I've ever made.) At the time though, I was really feeling good and began to feel cocky. Shoot, at this rate I can break three hours.

Everything went pretty smoothly for awhile. At the 18 mile mark I started to lose my pacing. My stride shortened and I began to work just to keep up. I was being passed by three and four runners at a time. I was still ahead of my 3:10 pace but you can lose time sooo fast at the end of a marathon. At 19 miles I looked up and there in front of me was a hill that went up and up and up. In fact, it went steadily up for over a mile. Needless to say that by the time I got to the top I was really hurting. And I still had SIX miles to go! I was getting scared again, but this time it was for real. I no longer thought about breaking three hours, but hoped I could make that magic 3:10. I had made a grave mistake. Since the weather was cool I had not drank very much and I realized this too late. At mile 21 I was getting dehydration cramps in my legs and the time was slipping away from me. From then on I tried starting at the road and thinking pleasant thoughts. HAI I don't remember much after the 23 mile mark except getting some water and asking someone where I was in the race. They shouted, "Little 21. You're almost there!" HAI I had lost track of my time and couldn't think straight anymore. I do remember seeing the huge Finish line banner and feeling thankful that I made it to the Finish. As I crossed Finish line I had the sense of mind to stop my watch before I staggered through one of the Finish chutes.

Five minutes went by and I began to think straight again. I remembered stopping my watch, but I hadn't looked at it. Now I was afraid to look at it. Finally I slowly raised my left arm and looked at the time. My

At the start, with more than 6,800 runners starting in the dark and with skyrockets bursting overhead, I was overwhelmed with excitement. My first mile split was 6:55. The morning sun was trying to rise above Diamondhead Rock at 6.2 miles, but the monsoon rain soon blackened the sky again. The light drizzle soon became a flash flood. My shoes and two pairs of socks were full of water and my watch was flooded. At ten miles my time was about 66 minutes. It did not stop raining but the humidity was not bad at all compared with Indiana weather. A three mile loop at 4:17 miles made it possible to see most of the field. I couldn't believe my eyes. There were thousands, wow! I then remembered that the race officials keep the finish line open until everyone is off the course. At 20 miles, I was still feeling fine. My time was 2:16 but my wet shoes and socks slowed me down a lot. Even Frank Shorter said that he had to slow down at this point, the extra weight on the feet creating oxygen debt. So to finish, you had to slow down.

2:30-2:59 marathoners.  
Starting line beginning with the slowest group. I started with the well organized. Each group, according to pace, was marched to the check-in was needed to get an actual count and they made sure the number was visible on the front of everyone's shirt. The staging procedure was Tower. It was an emotional as well as an exciting experience. The transported by vans to a short distance from the starting line near Aloha had a PCA (Painless) service after which we were thought the heat (70-80 degrees) did some good. At 4:50, the group that all of the pains from the two previous marathons were gone. I my ritual pre-race dressing and by 4:30 a.m. I was ready. It seemed alarm clock and wake up service in case I over slept. I prepared with Sunday, December 7th, Pearl Harbor Day, the race was to begin at 6:00

early in the morning. Then Rosann and I took a 2-1/2 hour cruise of Pearl Harbor. Later in the afternoon I picked up my race number, 4533, in Kapoli Park. In the evening we had a final cardio-loading party. Saturday, December 6th, we had a short jog nearby in Ala Moana Park was doing fine until I tried to pick up the slippery cooked celery. restaurant. Neither Rosann nor I know how to use chop sticks, but I city. In the evening, he again treated us to an authentic Chinese living on the island and he treated Rosann and me to a good tour of the two mile mark on the marathon course. I have a cousin, Sam Lindley, arrived at the deluxe Ilikai Hotel along the beach and approximately at Oahu. After a two hour delay because of a tropical storm in Honolulu, we morning before we departed via Hawaiian Air to Honolulu on the island of Friday, December 5th, I took off for an easy jog around the bay in the

catch. The rest of the day was free for independent sightseeing. was a short one along the magnificent Banyon Drive. Then we stopped for Thursday, December 4th, with marathon day approaching, our morning run

(Aloha, continued from page 13)

eyes blurred with tears as I read 3:02:01! I had done it! With the Lord's help and those 20-milers I had finally qualified for Boston. Look out Bill R., here I come. HAI

At 23.5 miles, enroute to "Heartbreak Hill", I needed help from the aid stations. They were all great, mainly because each aid station was in competition to see who was the best with the runners being the judges. The local newspaper sponsored an award for the best station. One station, my favorite, had lovely hula hands for those aching marathon feet. At each station I received an ice cold sponge, a de-fizzed coke, and a cup of water. As I finished, I was greeted by a young Hawaiian girl with a sea shell lei and a kiss. Afterwards, every runner was entitled to a shiatsu therapy, a finger pressure type of massage. Boy, did it feel good! After a lot of liquid replenishment and food (all I could eat) and tales of glory, Rosann and I went to the beach for sun and relaxation. Later that evening my cousin made us supper which included fresh pineapple and other fruits.

Monday, December 8th, time to shop and relax before catching a later afternoon flight back to the Mainland. Aloha!

---

(The First Ten Years, continued from page 9)

and encouragement. This is much different than running at the high school or college level. Club members ask about other club members and congratulate a good effort. It is in this atmosphere that when Rick Reitzug finishes 4th in the Three Rivers Marathon the whole club is proud and shares (at least a little bit) in the sense of accomplishment. When Dave Milner breaks that 30 minute five mile barrier he's been working toward, we'll know we've cleared another hurdle.

Back to shoes - you know that shoes today are excellent. Nike, Brooks, Addidas, New Balance, and probably six or eight more quality names. Shoes have advanced to the point where you can buy a shoe based on your body type, weight, running style, mileage, and whatever else makes your needs different. No longer can anybody say one shoe is best.

Dave Fairchild, Jerry Mazock, and I were discussing professional road racing the other Saturday and what may be the future of running. We did see a leveling off trend in the running boom and didn't think professional races would catch on in a big way, at least in their present form. We did agree on one thing, no matter what the current trends, fads, or surgeon general's report may be, we will continue running. We are runners. It is a part of our lives.

At 24 I am a ten year veteran. Running for me is still rewarding, satisfying and challenging. Meanwhile I'm looking at those times I ran in high school and saying, "Gee, I just know I can run that fast again."

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#### FWTC Members Receive State-Wide Recognition

On December 14, the Hoosier Road Runners Club (HRRCC) held their annual elections and awards ceremony in conjunction with the Muncie 10 Mile race. Ken Long of Greenwood was nominated and elected as the new president. Plaques were given to Tom Loucks, winner of the 19-24 division and 2nd overall. Phil Lockwood topped the 30-34 division and garnered 4th overall. The amazing Myron Meyer again won the 50-59 division and captured 10th overall. Another first went to Chet Fleetwood in the 60-69 category. Other members receiving awards were Don Lindley, 3rd in the 35-39 standings. Dexter Lehman, 3rd in the 19-24 division and Bernie Huesing, 6th in 45-49.

(For Love and Money, continued from page 11)

which I love and in the process allow me to reach closer to my maximum potential. (In fact, I was a little irritated when I realized I probably could have won several thousand dollars in the recent Atlantic City Marathon.) Of course, if it came to a choice of making money running and having it, or not making money and enjoying it, I wouldn't hesitate to choose the latter. However, I don't think one precludes the other. Even while earning money, the comraderie that comes from accomplishing something difficult together would still be there among runners.

Mike Hill, in the accompanying article, states that if "big bucks" take over running that he will be "running down county roads". I'll run down those county roads with you, Mike, but if I had the opportunity, after I'd found my peace and tranquility on those county roads, I'd journey to the city once a week to run for the big bucks so that I could spend the next six days on those county roads rather than in the city helping big business earn big bucks at the expense of my individual freedom.

Running for money is a way of retaining freedom rather than giving it up. I love running just as many pro athletes love their sports. Why should I be denied the opportunity that they have, that is, to earn a living by participating in the sport I love?

#### A NOTE OF THANKS

TO ALL THOSE INVOLVED IN THE  
24 HOUR RELAY RUN FOR RICK HARMAN

It seems that there comes a time when the traditional expressions of gratitude miserably fail to relate how very much appreciation is actually felt. That is the case now. To say "thank you" for all you've done for our entire family seems so inadequate. And yet, what else can be said? We only wish that there were some way to let everyone involved in the Marathon for Rick know how much you all mean to us. And so, we are forced to say to you, in hopes that you will understand that it comes from our hearts, "Thank you".

Dick, Carolyn, Krys, Rick, & Jean

SPECIAL FRIENDS LIKE YOU

CINDY CALDWELL

TONY VENTRELLA

MIDNIGHT MILERS

HARMINIZERS

SUNRISE STRIDERS

are so few and far between!!

Thanks for being there for me!!

Love,

Rick

General Telephone Company  
of Indiana, Inc.  
8001 W. Jefferson Blvd.  
Fort Wayne, Indiana 46804

From Bruce Kotchey, Public Information Administrator

SUMMARY: Michael Hill honored by General Telephone for community service.

FORT WAYNE, Ind. -- Michael D. Hill, network planning manager--service with General Telephone Company of Indiana in Fort Wayne, has been recognized for helping make his community a better place in which to live.

Hill will receive special recognition and will be presented with General Telephone's 1980 Community Service Award for employees at the company's state headquarters here.

Hill's selection for the honor was based on his participation with Catholic Social Services, the American Heart Association, the Allen County Cancer Society, work with youth through his church and activities in the Fort Wayne Track Club.

Hill serves on the Board of Directors of Catholic Social Services and recently was appointed to a new two-year term. He also serves on that organization's Long-Range Planning Committee.

He has served as chairman of the American Heart Association's "Run for Life," an annual event to raise money for the Association and has been honored with two service awards from the group.

Since 1978, he has served as a speaker for Smoker's Clinics sponsored by the Allen County Cancer Society and has expanded those clinics to include programs for business and industry.

Hill and his wife, Linda, teach a high school matrimony class in a church-sponsored program and he devotes much time to other church programs. He also finds time to be president of the Fort Wayne Track Club and contribute to the club's monthly newsletter.

4th ANNUAL FORT WAYNE TRACK CLUB - 10KM  
Foster Park - December 13, 1980

Overall Winners: Tom Loucks (21) - 33:53  
Alma Ojeda (11) - 42:07

MEN14-under

1. Mike Kramer	49:13
2. Bobby Wiersma	52:48
3. John Schwarze	56:39

15-19

1. Kenny Williams	36:34
2. Ron Brinker	36:50
3. David Milner	39:05

20-24

1. Tom Loucks	33:53
2. Jerry Williams	35:50
3. Tim O'Connell	35:57
4. Ken King	35:58
5. Tony Gatton	37:52
6. Mark Mikel	40:21
7. Ken Sohaski	40:37
8. John Huneck	46:32
9. Bob Jonason	51:21

25-29

1. Phil Suelzer	34:22
2. Rick Reitzug	34:59
3. John Treleaven	37:14
4. Bob Nunley	38:35
5. Jerry Mazock	39:09
6. Roger Wilson	41:04
7. Robin Hartzel	41:38
8. Bahman Zandevakili	42:09
9. Larry Linson	42:27
10. Murtaza Karim	43:43

30-34

1. John Schwarze	38:32
2. Dave Fairchild	39:06
3. Dan Bossard	39:08
4. David Ruetschling	39:12
5. Phil Wisniewski	40:27
6. Phil Shafer	40:29
7. Steve Weiss	40:33
8. Mile Melendrez	43:10
9. John Peterson	43:34
10. Robert Wiersma	46:47
11. Alan Stoller	49:07

35-39

1. Robert Bruckner	35:58
2. Steve Adkison	40:14
3. David Waldrop	40:30
4. Ron Motycka	41:50
5. Dan McQuire	46:13
6. Pat Harris	49:52
7. Tim Thomson	49:56
8. Don Dian	50:05
9. Tom Humbrecht	50:45
10. Rick Krider	56:39

40-44

1. Jack Morris	37:32
2. Charles Brandt	38:25
3. Woody Barker	38:36
4. Joe Ziegler	42:11
5. Leland Sibel	42:33

6.	Lynn Milner	44:48
7.	Ben Cox	45:20
8.	Art Garside	46:01
9.	Robert Gensheimer	46:40
10.	Jim Dupree	47:24
11.	Joe Brooks	48:12

45-49

1.	Chris Stauffer	39:32
2.	Don Goldner	42:30
3.	Bernie Huesing	42:42
4.	Herb Chandler	43:31
5.	Terry Gautsch	44:41
6.	Bill Sohaski	45:22
7.	Larry Coddling	50:18
8.	Curtis Nold	50:53
9.	Bob Habig	51:32
10.	Ross Moyer	57:51
11.	Bob Rauley	71:26

50-59

1.	Mike Kast	38:53
2.	Vern Chovan	46:49
3.	J.P. Jones	48:49
4.	Alfred Moore	51:49
5.	Roger Phillips	53:08
6.	Claude Keller, Jr.	58:00
7.	Jack Paul	61:54

60 & Over

1.	Chet Fleetwood	50:25
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WOMEN19-under

1.	Alma Ojeda	42:07
2.	Betty Jackson	49:04
3.	Debbie Wiersma	67:25
4.	Tracy Sohaski	69:43

20-29

1.	Cindy Goller	42:08
2.	Theresa Ehrman	43:42
3.	Phyllis Suelzer	45:33
4.	Ann Linson	55:58

30-39

1.	Sharon Wiersma	53:47
2.	Linda Hill	57:53
3.	Ann Mize	59:33
4.	Connie Krider	61:52
5.	Jean Tipton	61:56
6.	Carolyn Schwarze	70:10

40 & Over

1.	Joan Goldner	46:49
2.	Tess Machlan	63:58

DECEMBER FWTC MEETING

The meeting was opened by Mike Hill, President, at 7:00 p.m.

Don Lindley, Treasurer, gave the Treasurer's Report. Out of the treasury come 55¢ a member to the RRCA for insurance and the Footnotes. Don asked if we wanted to continue to pay this membership. We decided to continue to pay RRCA membership because of the liability insurance benefits.

Don Goldner is working on the preparations for the FWTC Award's Banquet to be held Friday Night, February 13, 1981, at Pelz Recreation Hall. People attending should bring a covered dish plus their own table service. Hal Higdon will be the speaker. He has written many books and is one of the top runners in the world in the 45-49 age division. Phil Suelzer and Mike Hill will give out the awards for the points winners.

Bill Schaski is working on publicity for the FWTC. He suggested having a media personality start our races as we often did in the past.

Rick Reitzug, Newsletter Editor, will be mailing out a letter to race directors around the area informing them of the cheaper rates for race ads in our newsletter. He suggested mailing the letter a few months ahead of a big race in order to maximize the effect of the letter.

Mike Hill's mailing to last year's Lincoln runners who were not FWTC members was a success. The purpose of the mailing was to increase FWTC membership by informing runners of the benefits of membership.

Steve Foster is soliciting commercial advertising for our newsletter.

Mike Hill has found somebody that will print our FWTC Logo on our uniforms for \$1.00 a shirt. The details will be worked out. (Ed. note: See details elsewhere in this newsletter.)

Don Lindley asked that we look for a volunteer to be Membership Chairman which mostly includes keeping the RRCA mailing list and club roster up-to-date.

Rick Reitzug suggested that we look into the possibility of purchasing electric typewriter for typing the newsletter. It was agreed that we need one as we no longer have use of the typewriter on which THE INSIDE TRACK was formerly typed.

I suggested that we add another woman to the Executive Board. Mike Kast said he would look into this matter.

Larry Lee had been planning a pre-race spaghetti dinner before the TV-33/Hooks Drugs/Three River's Marathon next year. Debbie Blume has volunteered to make all the arrangements for the dinner.

Mike Hill adjourned the meeting. Next meeting will be at Mike Kast's house on Sunday night, January 18, 1981, at 7:00 p.m.

Cincy Caldwell-Ventrella  
Secretary

## THE ATHLETE'S CORNER

SHOE OF THE MONTH

REG. 41.95      CONVERSE ARIZONA      NOW 27.95

## THE ATHLETE'S FOOT

SHOE OF THE MONTH

REG. 44.95      ADIDAS SL 80      NOW 29.95

VISIT BOTH STORES IN GLENBROOK SQUARE

MASTER CHARGE AND VISA ACCEPTED

SALE GOOD JAN 1 THRU JAN 31, 1980

## RACE CALENDAR

FUN RUNS EVERY WENDESDAY AT 6:00 p.m., and SATURDAY AT 10:00 a.m. -  
Foster Park

### January

- 11 DONUT DASH 20KM, 2.75 mile prediction - Toledo OH - 1:45 p.m.  
Secor Park - 419-242-3746
- 18 8 MILE, Homestead High School - Ft. Wayne, IN - 2:00 p.m.  
Dick Shenfeld - 432-4832
- 18 DAVE'S RUNNING SHOP 10 MILE SHOE RUN - Delta HS - Delta OH  
1:45 p.m. - Dave Mason - 419-531-6879
- 25 BLIZZARD BREAKFAST RUN (10 and 5 KM), Toledo OH - 8:45 a.m.  
Ottawa Park Shelter House - 419-689-3487
- 31 3.3 KM FUN RUN, Franke Park - Ft. Wayne IN - 1:00 p.m.,  
Don Lindley - 456-8739
- 31 FROZEN FROLIC, Michigan City IN - Dunes Running Club, P.O. Box 42,  
Michigan City, IN 46360

FEBRUARY

1 GROUNDHOG 7 MILE, Carmel IN - C: Athletic Annex, 5781 Park Plaza Indianapolis IN 46220

15 10KM, Foster Park - Ft. Wayne IN - 2:00 p.m., Dave Glover - 432-4910

15 SAM COSTA HALF-MARATHON, Carmel IN - C: Athletic Annex, 5781 Park Plaza, Indianapolis IN 46220

22 VALPO 8 MILE, Valparaiso IN - 10:00 a.m. C.S.T., C: Jere Kunkle, 1808 Chicago St. Apt. 87, Valparaiso IN 46383 - (219) 462-5313

28 GEORGE ROGERS CLARK TRACE RUN, 10 mile and 2 mile, Vincennes IN 11:00 a.m., Write Old Northwest Running Club, Box 869, Vincennes IN 47591

MARCH

15 20KM, Homestead HS - Ft. Wayne IN - 1:00 p.m., Mike Kast - 743-5140

APRIL

5 DIET PEPSI 10KM, Homestead HS - Ft. Wayne IN - 2:00

APRIL

11 CAYLOR-NICKEL 10KM, Bluffton IN - 4:00 p.m., C: Phil Lockwood - 824-2410

Phil is planning on advertising this race in the Feb. and March issues of the newsletter.

Information in the race calendar reflects the latest 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



**FORT WAYNE TRACK CLUB**

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

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