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NEWSLETTER OF THE FORT WAYNE TRACK CLUB

the inside track

FORT WAYNE
TRACK CLUB



MARCH, 1981



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THE INSIDE TRACK NEWSLETTER

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Outside the wind raced across the landscape. It slammed, biting into the house. The house stood warm and secure, only several small cracks surrendered and the wind shrieked through them in joyous conquest. Inside, the runner dressed, in dreading anticipation. Somehow, he couldn't wait to get out of the warmth and security of his fortress and into the joy, snow-blown chill of the blizzard-like conditions that awaited on the other side of the door.

He pulled the thermal underwear over his arms and legs. Next came the turtle-neck sweater. Then the T-shirt he had earned, on a less trying day. Today there would be no T-shirt earned, although if T-shirts were awarded for effort a wardrobe would be his for merely stepping out the doors. Now he was ready for the outer layer. The nylon pants were pulled up and the jacket zipped. The face mask pulled low and the gloves pulled high. Trapped in his protective cocoon, the runner stepped forth. The door was opened and the runner quickly became aware of winter's fury. He gingerly began moving away from the house lest he change his mind and return to its warm security. The first few minutes were the worst. Not yet having generated adequate body heat, the forty degree below zero wind chill factor quickly snuck through his various layers of dress. He shivered. Looking about himself, his eyes were greeted by an icy lunar landscape. Ridges and craters of ice lay in front of him, hardly resembling the hot blacktop road he had run on during last summer's heat. On either side of him, white foggy wisps of snow whipped across the frigid landscape. As he dodged and weaved down the road, seeking traction, he seemed to be sliding back a foot for every two he moved forward. His feet, ankles, and legs twisted and turned off ice ridges and into frozen valleys with every step. Behind him, the crackling of car tires warned him to move to the side of the road, but as he turned he discovered that the vehicle was still far distant and the sounds of its tires were merely reverberating off the frozen wasteland, seeking the soft surface to absorb them but finding only slick hardness. The runner continued, a solitary living figure moving into the



RICK REITZUG

EDITOR'S
NEWS
& VIEWS

distance. Even the mongrel dog was not present on this day, having forsaken the palate-pleasing pleasures of the trash can and the runner's heels for the warmth of his master's house. Why was the runner out here? What was it that had made him relish going out in these worst of conditions? Was he attempting to return to nature, battling it's elements the way man had before the comforts of modern living? Or had he merely lost his common sense? Was there a training benefit to be gained here? Or was a sore throat and frost-bitten face the only thing to be garnered? Was this confrontation between man and nature another challenge to be conquered? Or was today just another run in a string of daily runs? No, today was different. He had looked forward to the cold and bitterness. Having overcome his initial coldness, he was enjoying this run more than most runs. As he approached his house, his run completed, he decided the philosophical reason behind his run was not that important. What was important was that he had made it. He was home. He was exhausted but happy. Tonight he would appreciate the warmth and comfort of his home. And he would sleep well.

Have a good run!

WE
WOMEN INTERESTED IN RUNNING

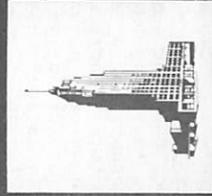
If you missed our first meeting, join us on
SUNDAY, MARCH 22, 1981, at 7 p.m.

Speaker: Mike Hill, President of Fort Wayne Track Club

Subject: Training

Place: Joan Goldner's Residence
9525 Muldoon Road

(Turn east off Winchester at Wayne High School
onto Muldoon, the house is on the north side of
Muldoon).



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Each year someone predicts that running will "peak out", level out", or "decline". Somehow it just seems to keep gaining interest. If you ran in our February 15, 1981, 10K at Foster Park, you are aware that 1981 is going to be bigger and better than ever. Since running requires very little equipment and only enough gas to get to a few out of town races, it's not all that dependent on the economy and energy crises. What a wonderful and inexpensive way to enjoy your- self during these economically troubled times. Hal Higdon, in his talk at our Awards Banquet, predicted a leveling out in 1981, then a surge upwards again in running popularity. Most economic forecasts I have seen for the 1980's predict that the sporting goods industry, health clubs and fitness related businesses are the areas in which to invest during this decade. I think they are right and hope it doesn't end with the 1980's, but continues on as a part of our lives.

RUNNING ON THE STREETS

One area of concern which other members of our club and I have is our image in the community. Recently several calls have been received by Bill Sohaski and me; these have been complaints about runners told to us by the media and friends. Very basically, people are irate about runners who train on the main streets of Fort Wayne and sometimes run down the center line. Neither I, nor any member of this club can or would try to tell someone where to train; yet it makes sense to discuss what's right and proper. Why run down Rudisill or Fairfield when you can move a block either way and pick up a less frequently traveled street? Why run the center line and endanger your life when there are plenty of parks and subdivisions to run in? If you endanger your own safety, that's one thing, but what if you force a vehicle to swerve and the driver and/or passengers are injured? What if they swerve into an unsuspecting pedestrian? Doing your own thing went out with the flower children. We must realize that what we do in almost every instance has an effect on other people and on our planet. Those of you who run a lot on city streets, please give this some thought and make your own determination about future training runs.

RUNNING: BOOM OR BUST?

MIKE HILL

PRESIDENT'S
COLUMN





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the athlete's foot like

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AWARDS BANQUET
 Some 150 people enjoyed our awards' banquet and it's evident that in 1982 we will need a larger meeting room.

My thanks to Don Goldner for his professional preparations and organization of the banquet. When you see Don, thank him for his efforts.

Charlie Brandt won the 1980 Presidential Service Award for his dedication and service over the last few years. In addition to this major award given to Charlie, five service awards in the form of Fort Wayne Track Club jackets were given to Gary Dexheimer, Don Lindley, Rick Reitzug, Jim Dupont, and Mrs. Eulalia Loucks. All of these people are very deserving of the awards received and have put in many, many hours of hard work for our organization.

SPRING RACES
 The next two months bring us three of the best races of the year starting with Mike Kast's 20KM on March 15th, then the Diet Pepsi 10K on April 5th, and finally the great North American Van Lines' 15KM on April 25th. I'm planning on running all of them and hope you are too.

We had a very interesting meeting January 25th at Jan Kissinger's house. This was for women interested in running, no matter what ability level. We gathered 32 very running oriented people into Jan's house.

First thing we did was go around the group and introduce ourselves. There were many new faces there. Each person shared how long she had been running, where, accomplishments, goals, and whatever funny little stories she had. Each person was very unique and special. The running abilities ranged from beginner to the ultramarathoner. All of the women had different problems and goals, but all were very interesting to the rest of us. We had a great time sharing together.

I was asked to explain the RWTC points system. So that I don't completely confuse anyone, I would prefer that Phil Suetzer would explain the system. To make a brief statement on it, you are rated on the average of how many races you run and how well you place during the year. (See Editor's note below)

Many of the women stressed interest in running a marathon in the future. I emphasized the importance of a training schedule. It is really nice to have a training schedule; sticking to it is a problem though. I have found that you are "gung-ho" for the first four weeks. After a while it becomes a struggle to run quite as many miles as the schedule requires. That is where your discipline needs to enter the scene. Your body and mind really need the extra mileage for body build-up and under your belt to have the confidence to finish a marathon. I have included a training schedule that was in the February, 1981, issue of RUNNER'S WORLD at the end of this article.

I suggested that a bunch of women drive together to run in an all women's race such as Avon or Bonne Bell. I ran in the Avon race two years ago in Cincinnati. It was just thrilling. There, you see all level of competition.

WORDS FOR WOMEN

By Cindy Ventrella



Jan Fairchild set up a "running book" library which we will continue to discuss at our future meetings.

We discussed various things such as shin splints, warming up and down, running routes, and winter running.

For our next meetings, we will try to have a speaker, probably a Fort Wayne area person or a FWTC member specializing in hill running, ultramarathons, etc.

There is a Legg's 10KM race April 5th in Chicago. If interested, contact:
YWCA, Loop Center
37 South Wabash
Chicago, IL 60603
Attn: Legg's - Pat McCulloch

This is an all women's race.

The meeting turned out very well. It was nice to have other women runners to relate to and ask questions of. There really are an abundance of women runners out there.

The next meeting will be at Joan Goldner's house, March 22nd, 9525 Muldoon Road, Fort Wayne, IN. See you at the next meeting.

P.S: Jan Kissinger, Jan Fairchild and I got your phone back on the wall.

HOW TO TRAIN FOR YOUR FIRST MARATHON

Stage One

<u>Day</u>	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>
1	4 miles	4 miles	5 miles	5 miles
2	3	4	3	5
3	5	5	7	7
4	4	5	4	6
5	2	3	3	3
6	7	7	10	10*

Stage Two

<u>Day</u>	<u>Week 5</u>	<u>Week 6</u>	<u>Week 7</u>	<u>Week 8</u>
1	6 miles	6 miles	7 miles	7 miles
2	4	5	5	6
3	8	10	11	12
4	6	6	6	6
5	4	5	5**	5
6	12	12	14	16*

Stage Three

<u>Day</u>	<u>Week 9</u>	<u>Week 10</u>	<u>Week 11</u>	<u>Week 12</u>
1	8 miles	10 miles	10 miles	7 miles
2	6	7	6	6**
3	13	13	18	5
4	6	8	6	4
5	5**	6**	8	2
6	18	16	12	26.2***

* race
** pickups
*** marathon race

(Ed.note: To qualify for the 1981 points standings a minimum of six races of the 12 points races must be run. If you run more than 10 races, your 10 best will count. Your points rating is based on simple steps:

1. Add the numbers of your places within your age division. (Example: If you placed first, second, and third in your division, you would add $1 + 2 + 3 = 6$).
2. Divide your total from Step 1 (6) by the number of races you've run. (Example: $6 \text{ points} + 3 \text{ races} = 2$).
3. Divide your answer from Step 2 (2) once again by the number of races you've run in. (Example: $2 + 3 = .667$).

That's all there is to it. The mythical runner in our example has a points rating of .667. However our runner still needs to run three more races this year to qualify for the minimum of six races. If you are a mathematician you will be able to see that this points formula attempts to reward both performance and participation, since the lower the rating the better.)

FOR SALE:

1. Brooks RT-1; racing flats, size 10-1/2/11; approximately 65 miles of wear; \$15.00 negotiable.
2. Brooks Hugger GT; gore-tex training flats, size 10-1/2; have about 250 miles on them; \$5.00.

Dave Fairchild - 744-0424

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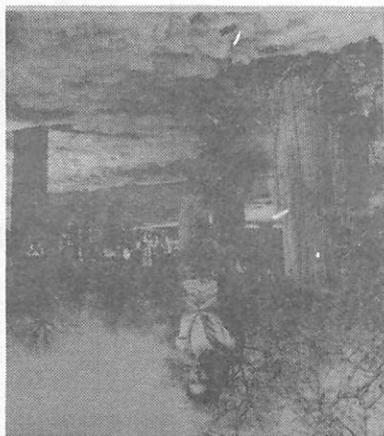
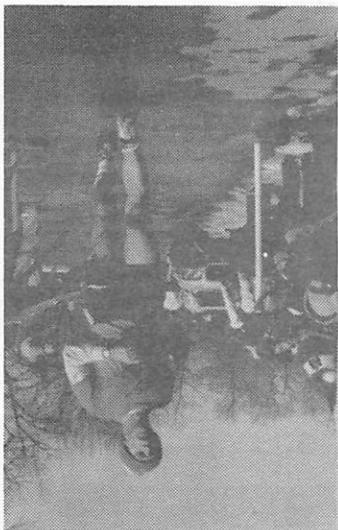
T Th S 10-6

483-5211

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TRACKS AND STADIUM

Alma Ojeda
42:34

Sunny, Clear, Light winds, Low 40's

OVERALL WINNERS: Pat Davis
33:02

FOSTER PARK 10KM
February 15, 1981



Dazzling Day For Davis

By Rick Reitzug

February Points Race

As is his custom whenever he comes to town, Pat Davis destroyed the local competition in the February 15th, 10K points race at Foster Park. The 31-year old, two-time "11-33/Hooks Marathon" victor squelched rumors of his being "over the hill" by convincingly defeating all competition in the time of 33:09. Considering that one-half of the course was snow and slush covered, this was truly an outstanding time. Davis, who resides in Mokena, Illinois, but recently joined the Fort Wayne Track Club, recently won the Winter Festival 3.3 kilometer race held here. He jokingly confided after the race that he was "peaking for these easy winter races".

Gary Meckler finished second in 33:35.1, while Phil Suetzer won the 25-29 division for the second straight race, placing third overall in 34:04.9.

The women's division was won in 42:34.5 by Alma Ojeda. Theresa Ehrman, who won the women's division of the January eight mile points race, finished a close second in 42:53, after having led the first five miles. Theresa is reportedly pointing for a Bonne Bell race in Indianapolis in the near future and the April 5th Diet Pepsi race.

The race was run on a warm, sunny winter's day with temperatures approaching the 50 degree mark. The 178 entrants took advantage of the warm weather by throwing off the heavy sweats they had become accustomed to in the previous weeks' sub-zero temperatures, running in T-shirts and shorts. The only adverse condition faced by the runners on an otherwise perfect running day was the water, slush, and snow mixture they had to face the first mile of each lap on the three loop course.

Lynn Wilner fell victim to the slippery mixture, finding himself pavement the next. After the race, Lynn proudly, but painfully, displayed his badly bloodied knee and thigh.

Recent emigrant, Gary Dextimer, back in town for the banquet and Mactavish's Sunday brunch, eggs benedict, in particular, the last two miles of the race turned into a big yolk for Gary. Running in fourth place and not enjoying it, he decided to slow down and wait for Rick Reitzug. After catching Gary, the ruthless Reitzug continued accelerating to capture fourth place. Afterwards, Rick's only comment was, "I don't get very many chances to beat Gary."

Dave Glover did a fine job as race director and was even able to provide free beer, left over from the previous Friday's FWTC Awards Banquet. Between the sun, the slush, and the suds, there was enough appeal available on this day to send everybody home happy - especially Pat Davis.

MEN

<u>14-under</u>	<u>Overall</u>	<u>Time</u>			
1. Tom Mills	23	37:24	9. Larry Shively	25	37:26
2. Jim Stockman	44	39:15	10. John Schwarze	27	37:48
3. Rich Fairfield	78	42:44	11. Art Obregon	34	38:29
4. Nate Tallefson	93	45:07	12. Mike Zurzolo	40	38:47
5. Dale Armstrong	101	45:41	13. Robert McKinley	41	38:50
6. Kevin Kolb	115	47:49	14. Mike Robbins	42	39:11
7. Scott Hungerford	143	52:15	15. Dan Hannaford	46	39:29
8. Andy Cauffman	144	52:29	16. Dan Bossard	55	40:47
9. Bobby Wiersma	159	55:08	17. Norval Lehman	56	40:53
10. Brian Lindley	178	87:18	18. Steve Yager	60	41:03
			19. Phil Shafer	61	41:04
<u>15-19</u>			20. Dave Fairchild	62	41:09
1. David Milner	12	35:56	21. Steve Weiss	63	41:14
2. Rick Harkenrider	16	36:43	22. Lynn Armstrong	64	41:42
3. Chris Smyssr	72	42:16	23. Tim Bolin	66	41:45
			24. Mike Novosad	73	42:20
<u>20-24</u>			25. Mike Melendrez	74	42:29
1. George Meckler	2	33:35	26. Bruce Barton	83	43:52
2. Tom Loucks	6	35:45	27. Russ Suever	86	43:58
3. Robert Scheerer	9	35:52	28. Scott Kingdon	92	44:51
4. Jerry Williams	11	35:54	29. Gary Martin	95	45:19
5. Willie Collins	14	36:05	30. Dennis DeMeritt	96	45:21
6. Dan Mooré	37	38:34	31. John Peterson	99	45:29
7. Tony Gatton	38	38:36	32. Rick Ravme	102	45:43
8. Bob Smith	45	39:20	33. Randy Patten	104	45:59
9. Steve Tielker	53	40:32	34. Ward Krause	107	46:56
10. James Mann	58	40:56	35. Tom DeLong	108	47:05
11. David Roehling	80	43:04	36. Russ Grose	109	47:09
12. Jim Busher	91	44:46	37. Sim Hain III	112	47:27
13. Tim Bowman	113	47:38	38. Dave Bartolini	114	47:46
14. Dennis Devries	122	48:32	39. Bill Bridges	121	48:31
			40. Terry Shipley	133	49:50
<u>25-29</u>			41. Robert Wiersma	138	50:29
1. Phil Suelzer	3	34:04	42. Alan Stoller	139	50:30
2. Rick Reitzug	4	34:52	43. Bill Latz	142	50:38
3. John Kline	17	36:44	44. Larry Haworth	174	66:11
4. Tim Grant	18	36:45			
5. Rick Meyers	19	36:46	<u>35-39</u>		
6. John Treleaven	26	37:41	1. Robert Bruckner	32	38:07
7. Tom Wharton	47	39:37	2. Mike Hill	33	38:14
8. Jack Taylor	51	40:02	3. Don Lindley	49	39:41
9. Mike Medler	70	42:02	4. Tom Bujgidu	57	40:55
10. Thomas Donelson	103	45:44	5. David Waltrop	59	40:59
11. Mike Moore	111	47:25	6. Ron Motycka	69	42:01
12. Dave Garst	119	47:59	7. Steve Adkison	71	42:11
13. Dana Grove	123	48:41	8. Ken Miller	84	43:58
14. Murtaza Karim	134	49:51	9. Barrie Peterson	88	44:26
15. Mike Pressler	135	50:02	10. Steve Hartman	97	45:22
16. Bob Helden	172	64:02	11. Dick Waterfield	105	46:14
			12. Tom Mangette	110	47:09
<u>30-34</u>			13. Dan McGuire	120	48:14
1. Patrick Davis	1	33:02	14. Tim Thomson	128	48:56
2. Phil Lockwood	5	35:17	15. Bill Horoho	132	49:44
3. Gary Dexheimer	7	35:46	16. Don Lundquit	136	50:16
4. Dan Kaufman	8	35:50	17. Pat Hanis	156	54:17
5. Steve Foster	10	35:53			
6. David Schmidt	13	35:57	<u>40-44</u>		
7. Dennis Kroells	22	37:17	1. Joseph Barile	20	36:57
8. John Heath	24	37:26	2. Woody Barker	30	38:02

3. Charlie Brandt	39	38:44
4. Larry Averbeck	48	39:37
5. Robert McCuan	65	41:43
6. Bob Harder	69	42:01
7. Leland Sibrel	76	42:37
8. Bud Stiffler	81	43:23
9. Lynn Milner	82	43:26
10. Don Babcock	87	44:16
11. Donald Frey	89	44:29
12. John Rasmussen	106	46:48
13. Jerry Cauffman	117	47:55
14. R. Lavine	125	48:45
15. Dick Burchard	127	48:55
16. Joe Brooks	131	49:23
17. Lyle Young	164	56:33

45-49

1. Bill Schmidt	28	37:57
2. Dick Clevenger	29	37:59
3. Chris Stauffer	43	39:13
4. Joe Ziegler	54	40:43
5. Don Goldner	77	42:41
6. Herb Chandler	85	44:01
7. Terry Gautsch	86	44:10
8. Marvin Jarvis	90	44:40
9. Larry O'Herron	100	45:32
10. Rudi Florreich	118	47:57
11. Art Garside	129	49:00
12. Bob Schweppe	148	52:59
13. Chuck DeVault	166	58:41

50-59

1. Myron Meyer	31	38:06
2. Mike Kast	50	39:53
3. Gene Whitacre	94	45:09
4. Curtis Nold	126	48:48
5. J.P. Jones	147	52:46
6. Roger Phillips	152	53:33
7. Al Moore	153	53:39
8. Claude Keller	168	59:24
9. Jack Paul	171	61:55
10. Jack Brewer	177	73:11

60-over

1. Al Gumbert	148	53:01
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WOMEN

19-under

1. Alma Ojeda	75	42:34
2. Karen Fathergill	130	49:07
3. Tammy Mendez	146	52:33
4. Holly Cauffman	154	53:59
5. Debbie Wiersma	176	71:08

20-29

1. Theresa Ehrman	79	42:53
2. Betty Jackson	124	48:42
3. Sabine Florreich	140	50:33
4. Susan Hunt	150	53:05
5. Julie Strack	155	54:16
6. Diane Dickson	160	55:18
7. Julie M. Nycum	161	55:51
8. Becky Heyde	169	59:25

30-39

1. Mercedes Cox	141	50:38
2. Bobbi Widmann	145	52:32
3. Linda Wardlaw	158	54:28
4. Kathy Stachowski	163	56:27
5. Sharon Wiersma	165	57:48
6. Ann Mize	170	61:08
7. Kathy Statz	173	66:10

40-over

1. Joan Goldner	116	47:53
2. Carolyn Horn	151	53:29
3. Gloria Nycum	157	54:24
4. A. Waltenburg	163	56:27
5. Tess Mechlan	175	66:16



Marathon Mutterings

By Dave Fairchild



The mystique of the marathon is such that nearly everyone who runs is at least secretly interested in challenging the 26.2 distance. And once the distance has been met, a marathon completed, the challenge becomes that of running and then racing a marathon. Why are so many people interested in distance running, marathoning particularly? What is the nature of the challenge that drives marathoners to seek after the perfect marathon much as surfers seek after the perfect wave? Is there any philosophic justification for the claim that running makes us better people than we would otherwise be? Over the next several months I will explore some of these questions and share some of my reflections through this column.

Much has been written about how to prepare for a first marathon, ranging from Joe Henderson's average daily running time formula to Andy Burfoot's 12 week "crash course" (see February 1981 RUNNER'S WORLD). Relatively little has been written about how to maximize marathon potential once the initial "trial marathon" has been completed. This essay is directed to those individuals who have already completed (at least one) marathon, but who do not find articles on world-class training techniques helpful. Much of the information presented here is adapted from an article entitled "Training for Easter Marathon Times" by Tom Allison, which appeared in the February 1980 RUNNER'S TIMES. The assumption on which these training suggestions are predicated is that you have already completed at least one full marathon, have been running regularly for at least a full year, and regularly and comfortably run about 50 miles per week (that you do not break down if you put successive 50 mile weeks together.) I am also assuming that you are already comfortable with a regular stretching and exercise program, that your weight is close to where you want it for long distance running, and that you can make an accurate assessment of your potential for a marathon time (predictions from 10K PR's are singularly reliable for this).

The training schedule which follows is based on rapidly increasing evidence that you cannot race a marathon well on less than about 60 miles per week, which thus becomes the lower limit of mileage for the serious marathon racer. The schedule requires 10 to 18

PHASE I: BUILD-UP

This phase should last from three to six weeks, and features gradually increasing mileage and no racing. The mileage you determine as your individual base is the result of previous experience, estimates of the time involved (yes, it does take time to run!), and the likely chance of injury. Once you have arrived at your base mileage level, remain there until you are comfortable with it. You should try to run about the same distance each day, with no runs over 15 miles and only occasional easy days. YOU SHOULD NOT ATTEMPT ANY SPEED WORK IN THIS PHASE. Races are fun runs only. You are preparing the body for the stresses of the marathon and the more stressful training in later phases of the schedule. Don't rush things here.

PHASE II: STRENGTHENING

This phase should last from three to six weeks, and features maintenance of mileage and the introduction of long runs and speed work as well as 10 to 20 mile races. The long runs should be of 18-22 miles, and must be preceded by an easy day (and perhaps also followed by an easy day). The critical factor in this phase is that you increase your running time until you are running about the same length of time you anticipate running the marathon (but at a slower pace). Ideally, your pace on the long runs should be about 30-60 seconds per mile slower than your marathon pace. The longer races are designed to enhance your biomechanical efficiency, and your pace in these races should begin to approach your marathon pace.

PHASE III: SHARPENING

This phase should be short, no more than two to four weeks. Pick several shorter races (10K is good) and go after PR's. Try to taper by running easily two days prior to each race. You will probably want to reduce the intensity of your speed work, perhaps running 3 x 1 mile at ten seconds faster than your best pace for 5 x 1 miles with a full recovery (40 jog between repeats. During these runs your mileage will probably drop by as much as ten to 15 miles per week. This should be no problem if you increase the quality of your runs through hard races. Obviously, your speedwork and racing should be done in the shoes you plan to wear for the marathon. Prolonging this sharpening period beyond four weeks increases the risk of staleness or injury.

weekend.

Speed work in this phase means hard, but essential aerobic running. For example, you might run 5 x 1 mile repeats with a 220 recovery jog between miles. You should start out about ten seconds per mile slower than your marathon pace, and gradually increase the pace each week until you are running the repeat miles at ten to twenty seconds faster than your projected marathon pace. If you keep the recovery 220's brisk, you will gradually fatigue with each successive mile, thus simulating conditions during the middle and later stages of the race. Alternatively, you might run 5 x 1 repeats at the pace of your 10 K PR, allowing a full recovery (or rest) between each repeat. Since you are planning to race the marathon, the repeats should be fairly long, thus the suggestion for repeat miles. If you are racing hard on a given weekend, it is advisable to skip the long run for that weekend.

It was 6:05 p.m. as I pulled into my driveway Monday evening and the winds were howling with gusts up to 30 miles per hour. The temperature was five degrees with light snow flurries. This hadn't been exactly the greatest day in my life. Business was lousy and getting worse. My best friend and running partner had just moved to Columbus, Ohio. Things just weren't looking up and then there was this business of the weather looking like Siberia. As I entered my home there was the aroma in the air of a good meal cooking in the oven. I was really hungry and the smell made my mouth water. There was a fire in the fireplace and the kids had already brought in the evening newspaper. Mentally and physically I had had it. All I wanted to do was to eat, take a nap, and read the paper. That's not too much to ask, is it? So why was I rushing up to my bedroom and as quickly as possible pulling on my long underwear and Gore-Tex running suit? Within five minutes I was dressed, complete with ski mask, and heading out the door. I had thought all day how nice it would be to take a day off from running. But here I am, slipping and sliding, huffin' and puffin', heading out for a five mile run. Some people think I'm not playing with a full deck; others think they see a man who is nurturing a weird obsession. Many of my neighbors think that I represent total dedication to the sport of running. They are all wrong. With my spirits at a low ebb and a minus 38 degree wind chill reading, I made a well thought out and rational decision to run this evening. This had nothing to do with dedication and it's not masochism. This night I needed a run. When things aren't going well I can sit back and sink into an abyss of despair or I can do something about the situation. With age has come an understanding of my moods. They are like the seasons of the year, one mood following the other and always changing. My temporary states of mind would hold me prisoner, forcing me to go in this or that direction. Slowly I began to resist their power over me. One of the most useful tools to break the cycle was running. Running changed all the rules. It forced me into a new consciousness. It always changed my mind's inner workings. When I am running I can't be mad or depressed. There is no room in my head for hate or jealousy. All the negative feelings and emotions are driven out of me. When running, I am a changed and different person. New feelings begin to take over. Things start to look

The Fix

By Charlie Brandt



Advertisers in "The Inside Track" will contribute approximately 30%
 to the operating expenses of the FWTG during 1981.
 Please support the advertiser. They support running. They support YOU.

This pamphlet is printed as a learning experience of the
 Graphic Arts Students of Harding High School.

This night was no exception. I would leave all my troubles
 behind and enter a new special world where my only concern was
 the way I felt as I clicked off seven minute miles. To be com-
 pletely insulated from worry and the elements outside is a very
 comforting feeling, something unique that only runners can ex-
 perience. As cars sped by me, the people inside would turn and
 stare in disbelief. It's very difficult to explain to nonrunners
 that, even in such inhospitable weather, you are warm, comfortable,
 and happy. As the snow swirled around me and the howling winds
 blew, the apparition of a new reality began to materialize in my
 mind. The image of myself as a downtrodden and hapless person
 was undergoing a transformation. Then the metaphors was
 completed, the new mental picture shows a person possessed
 with an uncommon power, a power to determine the quality of
 one's own existence. Self-pity, worry, hate, fear, jealousy,
 and other intangible nasty personality traits are temporarily
 cast out of my mind to make way for a more loving and rational
 person. This abnormal feeling of buoyant vigor and health is
 transient. The serenity will fade away and I know that tomorrow
 night I will need another fix.

(Continued from page 15)

Resole Your Running Shoes

CHUCK'S SHOE REPAIR

GEORGETOWN SQUARE

Hours: Tues. - Fri. 8:30-5:30 Sat. 8:30-4:00
Closed Monday



5 Types to choose from
starting at \$10.00

Shoe - 5.00

\$2.85

6 Tubes 10% Discount

Also

Eternal Sole

The Running Shoe

Reconditioning Kit \$4.85

Ultramarathoning In Miami

By Jan Kissinger

After finishing my first 50 mile ultramarathon last November in Toledo, I breathed a real sigh of relief while saying that my next one would be the FWTC ultra in November, 1981.

Then in late December, an application arrived in the mail for an ultramarathon to be run in Miami on January 31. The application had been sent by a member of the Miami Runners Club who had participated in the Toledo race. The temptation was too great; transportation presented no problem since I work for Delta Air Lines. The \$10.00 check and entry form were on their way.

I called Dan Bossard, our track club's "veteran" at these ultramarathons, and asked him if he planned on making the trip. He said it was not in his budget even though he had received the application from Miami's Ken Loveless. But in a few days, Dan was checking on the lowest airfares to Miami.

The race held three options for distance: 50KM, 50 miles, and 100KM. You indicated before the start which distance you planned on running, but it was allowable to change that even after beginning. I had indicated to hopefully complete 50 miles. Well, if I can get really nervous over a 10KM race, you can imagine my mental state over a 50 miler! By race day, I was just plain tired of listening to myself worry! Know the feeling?

About 45 runners participated, including the now-penniless Dan Bossard, and myself. The women's division was composed of an overwhelming field of three - sort of like the "good old days"! Naturally we were sizing each other up as the sun rose on what was to be a very long, but beautiful, day.

One of my thoughts was that should I finish would I tell everyone at home that I came in third --- or last? One of the other women was Sue Ellen Trapp, who ranks as one of the top women in the field of ultramarathoners. She is so "tops" that Sue Ellen was the overall winner (Men and Women's divisions) in the 100 KM distance. Her time was slightly over eight hours.

The other lady and I had determined to run the 50 mile distance. She led me the entire way but ended up dropping out after completing approximately 42 miles. Just by finishing, I was able to win the 50 mile women's division in 10:18:47. Living proof that the last can actually be first.

Dan placed fifth in 50 mile division in 9:06:24. His 50K split was 4:24:00. Had a marathon split been given, that would have been close to 3-1/2 hours. All in all, that was a very nice race for Dan who is much too modest to admit it himself.

The race was extremely well conducted, much to the credit of the Miami Runners Club. Aid stations were very well supplied throughout the race with water, ERG, ice, coke, bananas, and apples. The very sunny 75 degree temperature seemed to affect

ENTRY FEE: \$5.00 prior to March 21, 1981; \$6.00 after deadline

ENTRY FEE MUST ACCOMPANY REGISTRATION

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

NAME _____ AGE _____ BIRTHDATE ____/____/____ SEX _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

TELEPHONE () _____ SIGNATURE _____

(ALL applications must be signed. Parent's signature required if runner is under 18 years of age.)

Return entry with Remittance to: KCLU
c/o Athletic Annex
117 W. Center St.
Warsaw, IN 46580

RACE: CIRCLE ONE

1 Mile

5 Miles

T-SHIRT SIZE (Circle One)

S M L XL

PROCEEDS TO A NEEDY FAMILY OF KOSCIUSKO COUNTY

**M
A
R
C
H
28th
11 a.m.**

**5-MILE RACE
FOLLOWING THE
FUN RUN**

CATEGORIES:

Female

18 & Under
19 - 29
30 - 39
40 - 49
50 & Over

Male

13 & Under
14 - 19
20 - 24
25 - 29
30 - 39
40 - 49
50 - 59
60 & Over

CHECK-IN:

Registration on Race Day 9:00 to 10:30; to receive packets.

FEE:

\$5.00 before March 21st
\$6.00 after March 21st

Payable to: KCLU

c/o Athletic Annex
117 W. Center St.
Warsaw, IN 46580



COURSE:

Mostly flat with some rolling terrain. This course starts and ends at the Kosciusko County Fairgrounds.

AWARDS:

1-Mile Fun Run
1 Overall Winner
Drawing for Four
Additional Awards.

5 Mile Run

Top 3 in each Age Group

RACE RESULTS WILL BE MAILED

T-SHIRTS TO ALL RUNNERS IN BOTH RACES

SPONSORED BY -

KCLU

(Kosciusko County Life Underwriters)



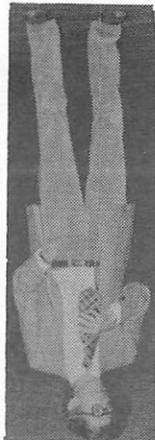
athletic annex



Another highlight of the banquet was the awarding of plaques and gift certificates to the top finishers in the 1980 FWTC point standings. The top ten finishers in each division were awarded handsome engraved plaques including the Fort Wayne Track Club logo with first place in each division also receiving a special \$20.00 gift certificate. Myron Meyer was singled out for the special "Don Goldner Award for Dubious Achievement". Don did an excellent job organizing the potluck banquet which once again featured an abundance of superb food - most of which was friendlily consumed by FWTC members. Phil Snelzer handled the awards portion of the banquet, sprinkling his presentations with numerous sarcastic comments.

Hal Higdon entertained a packed house at the Third Annual Fort Wayne Track Awards Banquet, held on February 13th, at the Pelz Recreation Hall. Hal's talk featured numerous interesting and humorous anecdotes accumulated during his years as a world class runner and writer. His topic was the running boom and how it has and will affect running in the next several years.

HIGDON ENTERTAINS CROWD



Fun In The Sun

The Fiesta Bowl Marathon

by Dr. Edmund J. Bolonter



Just after 7:00 AM on December 6, 1980, several clusters of runners and friends hurried through the cool morning air of the Arizona desert northeast of Phoenix. The nervous chatter of excited voices accompanied the sounds of rubber-soled shoes scurrying along the mile of Cave Creek Road from the parking area to the expanding throng of nearly 4,000 runners assembling for the impending start of the Fiesta Bowl Marathon.

My excitement was mounting as I approached the starting line. I kissed my wife, Jeri, for luck and took a position along the left fringe of the pack, several yards behind the front.

At 7:30, a pistol shot sent us charging off along Cave Creek Road toward Carefree Highway two miles to the northeast. The road rolled gently at this point, and the 50° temperature and 10% humidity provided an ideal climate for the challenge that lay ahead.

Turning east on Carefree Highway, the road began a steady, gradual uphill climb for the next two miles. As I passed the mountain inside home of Dick Van Dyke, overlooking the four mile point, I began to wonder if the course would ever level off again. As it to answer my thoughts, the pack of runners suddenly turned sharply south onto Scottsdale Road. The elevation at this place was "all down hill" to the 1300' elevation at the finish. My split at 5 miles was a surprising 32:40. I decided to try to hold my pace as long as possible, hoping beyond reality to achieve my goal of "breaking" three hours.

I felt relaxed and comfortable as I rolled along the miles of flat roadway, lined by desert brush and distant mountains. ERG and water stops were spaced every 2½ miles and were well supplied with full cups and friendly volunteers.

Near 7½ miles, I saw a welcome sight. There at the intersection of Dixileta Road were Jeri and my brother-in-law, Parke Hautem (a former FWTG member now living in Phoenix). There she was, my faithful trainer, cheering me on. Memories returned of the many long twenty mile runs when she would drive along beside me through the countryside--calling out encouragement, keeping time, measuring mileage, passing the gatorade bottle, never giving up on me.



BFGoodrich Tires

BFGoodrich has performance tires for
 every vehicle
 -cars, light trucks, vans, RVs, campers,
 sports cars

Automotive Services performed by
 Professional Mechanics:

WHEEL ALIGNMENT	SHOCKS	BALL JOINTS
COMPUTER BALANCING	TUNE UPS	MUFFLERS
MAJO WHEEL FINMENT	OIL & LUBE	
BRAKES	BATTERIES	

1295 S. Harrison
 Fort Wayne, IN
 Phone 424-1560

(Continued on page 22)

North American Van Lines has agreed to host the PWTC 50 MILE Race on November 1, 1981. They will permit the PWTC to use their grounds for the race course which Phil Suezler will be measuring and certifying this spring. We will try to have a two mile loop. For runners who would prefer a lesser distance, there will also be awards for finishing 60 kilometers (37.28 miles). North American will also let us use their indoor facilities for registration, restrooms, and refreshments which they will donate to the runners. Terry Shipley of NAVL has been responsible for obtaining his company's cooperation with this event. Thanks, Terry!!

ODDS AND ENDS
 Charlie Brandt

New energy surged through me, my pace became more effortless. My 10 mile split was 65:20. I enjoyed the passing scenery, the other runners, the spectators--the miles passed rapidly. At 15 miles, my time was 1:37:10.

My legs finally began to weaken as I neared the eastward turn onto Cactus Road at 18 miles; but there was avert again, cheering and offering a plastic squeeze bottle of gatorade. I thought of the many long "psych" sessions when she had pumped up my confidence, and I charged ahead with renewed determination.

Twenty miles passed in 2:10:50, a full minute faster than my previous best training run. The course turned south again on Pima Road, and then the miles became longer and more painful. Struggling along the last agonizing mile, I looked up to see Parke joining me to pace me to the finish. I welcomed the finish line banner overhead, and the large yellow numbers of the electronic clock read 2:55:21. I had done it! I had actually finished under three hours and felt great!

Iert found me, and we embraced happily, sharing in the success of the moment--a much more satisfying feeling than my previous PR (3:11 at Three Rivers Marathon in 1979).

I don't run marathons often, and I don't try to set unrealistic goals; but, who knows, maybe 1981 will be my year for 2:50. I don't really care. For now, I'm quite satisfied.

Mail Entries to: Diet Pepsi 10,000 P. O. Box 12541 Fort Wayne, IN 46863

Entry Fee: \$2.00 to Fort Wayne Track Club Members before March 25, 1981



Parent/Guardian: If applicant is under 18 years of age, form must be signed by parent or guardian.

Signature: _____

Age: _____ Sex: _____

Team Affiliation: _____

City: _____ State: _____

Address: _____

Phone: _____

Shirt Size: XL L M S CHILD-1

Age Categories: 19 & Under 20-24 25-29 30-34 35-39 40 & Over

Gender: MEN WOMEN

Official Entry Form

Please enter competitor number here

Age Categories: 19 & Under 20-24 25-29 30-34 35-39 40 & Over

Gender: MEN WOMEN

NAME: LAST FIRST MIDDLE

ADDRESS: _____

CITY: _____ STATE: _____

SEX: M F BIRTHDATE: _____

PHONE: _____

TEAM AFFILIATION: _____

SHIRT SIZE: XL L M S CHILD-1

Occasionally we receive a letter of complaint. Last month a lady wrote questioning why the finish line closed before the last runner had finished and she was also wondering why the awards ceremony was held before all the runners were finished. The young boys who were helping at the finish line did not know that there was still one runner on the course so they closed the finish line prematurely. Looks like an honest mistake to me. The awards ceremony in races over 10 k distance could be held before the last runner finishes so that we do not detain people unnecessarily. We hope that this does not discourage the slower runners because that is not the intention of this policy.

We need helpers at all of our races. We have been short-handed at our first two races this year. I would suggest that each club member make a concerted effort to put something back into the sport of road racing. There are few of us who will be able to run every single RWTC race, so why not come out and hold a stop watch, call splits, hand out finish place cards, help organize finish results, run the Chronomix Timer, or hold directional arrows. Each of these jobs is very simple and easy to do, but if we don't have the adequate number of helpers, the quality of our races will be diminished. Mike Kast's race could use as many as 30 helpers. To volunteer, just pick up the phone and call Mike and tell him that you will help or if you don't know until the last minute that you can help, just come out to the race and we will put you to work. I have always enjoyed working at the races and I think you would find it to be an enjoyable experience.

Mike Kast, our race director for the 20K, March 15th race at Homestead HS, has arranged for each finisher to receive a new RWTC T-shirt. There will also be awards for the winners in each age division. Thanks, Mike!!

(Continued from page 21)

RACE: FWTC 20KM
 DATE: Sunday, March 15, 1981
 TIME: 1:00 p.m. - 20KM
 1:15 p.m. - 1 mile fun run
 PLACE: Homestead High School
 start and finish
 AWARDS: 20KM Trophies

<u>Men</u>	<u>Women</u>
14 and under - 3	19 and under - 3
15-19 - 3	20-29 - 3
20-24 - 5	30-39 - 3
25-29 - 5	40 and over - 3
30-34 - 5	
35-39 - 5	
40-44 - 5	
45-49 - 5	
50-59 - 3	
60 and over - 1	

Fun Run Small Trophies

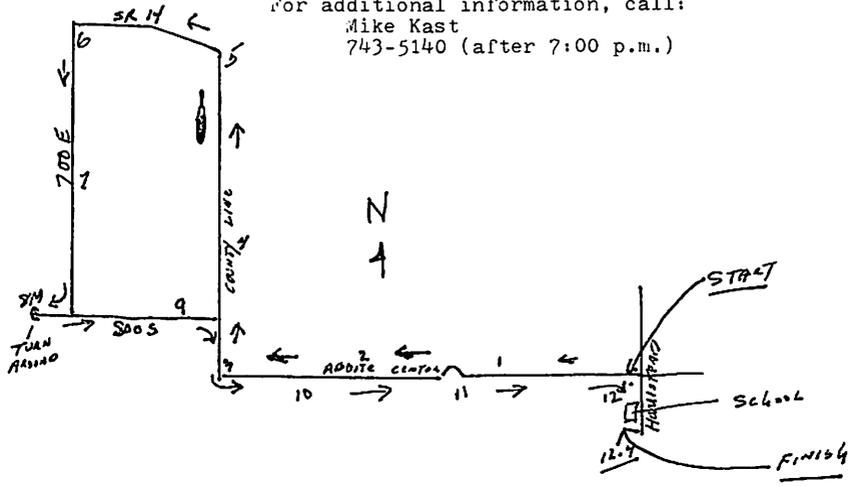
Boys' first 10 finishers
 Girls' first 10 finishers

SPECIAL AWARD: New Fort Wayne Track Club T-shirt
 to each finisher of 20KM race - no
 additional cost to participants

FEES: Members: 0
 Non-members - \$2.00

MAP OF RACE: see attached

For additional information, call:
 Mike Kast
 743-5140 (after 7:00 p.m.)



Mike Hill opened the meeting at 7:00 p.m., at Mike Kast's residence.

Don Lindley made a correction to last month's minutes; we pay \$1.10 per member instead of .58¢ to RACA.

Charlie Bradt gave an up-date of the race schedule. He agreed to change the date of the Lincoln 10,000 back to the same week as posted in the previous race calendar.

We are thinking about using North American's facilities for our 50 mile race. Restrooms would be provided. Having both a 60 KM and a 50 mile is being considered.

Rick Reitzing suggested a brand of typewriter that we purchase for the track club. All members and officers agreed on this choice.

We discussed how we are planning on having the newsletter printed during the summer months. We have come to no conclusions as yet although we did decide to continue with the newsletter when Harding High School is not in session, and with the same quality.

Steve Foster, Board Member, gave a report on the results of his labor in selling advertisements in THE INSIDE TRACK.

Phil Shafter is the Membership Chairman; his job will consist mainly of keeping the RACA lists up-to-date.

Don Gidner has everything under control for the Awards Banquet. Debbie Blume is handling all arrangements for the IV-33/Hooks/Three Rivers Marathon pre-spaghetti dinner. Casa D'Angels will provide the food but we are still looking for a place to hold the dinner.

Due to no sponsorship, the Invitational 10KM that was held along with the Midwest Meet of Champions last year will not be held this year.

Tom Loucks and Mike Hill looked into the F2WC uniform matter. We were having a problem getting Dolfin uniforms since Dolfin discontinued our current style. We will now go with red Adidas shorts and top. We may pick up our own uniforms at any sports store and have the F2WC logo put on by contacting:

Krieger Enterprises
Route 5
Columbia City IN 46725
219-248-8626

Cost of silkscreening is only \$1.00. If you have a current Dolfin uniform, continue to wear that. You only need a new one when that one wears out.

Bill Sohaski, Publicity Chairman, will send news releases to the media before all F2WC races.

Dave Fairchild, Board Member, suggested having Runners' Flea Markets after summer races.

Poor Mike Hill didn't feel good (the flu), so we ended early.

KELTSCH PHARMACY CAYLOR NICKEL HOSPITAL RUN FOR HEALTH

2:00 PM *Mr. Steve Heidreich, Bloomington, Indiana, will discuss*
to *his book "Running Back"*
3:00 PM

APRIL 11, 1981
4:00 p.m.

3:30 PM *Fun Run (2 miles) at your own pace*
4:00 PM *10,000 meter race (Race will begin at conclusion of Fun Run)*

Bluffton Junior High School — The Jr. High is located one mile east of Bluffton on State Road 116. Facilities are available for showers. Bluffton is located 25 miles south of Ft. Wayne, IN.

Course starts — Bluffton's Jr. High— follows a Figure 3 course along country roads (all blacktop) — finishes near the start at the Bluffton Jr. High.

\$ 3.00 Fun
\$ 5.00 10,000 Meter Race
\$ 6.00 (for late registration, day of race for 10K)

Please register in advance
Make checks payable to:
CAYLOR — NICKEL HOSPITAL, INC.

Late Registration: 12:30 — 3:30 Day of Race (at Junior High School)

DIVISIONS:	
Men and Women	
	M E
13 & Under	3 3
14 - 18	3 3
19 - 24	7 4
25 - 29	7 5
30 - 39	9 5
40 - 49	6 4
50 - 59	4 3
60 & Over	3 2

AWARDS: Gift certificates by Division and to Overall Top 10 Finishers. Number of awards in each division listed at right of division listings. Ribbons to all Fun Run finishers. T - shirts to all entries in Fun Run and 10,000 meter race.

INFORMATION:

Wells County Trotters
P.O. Box 497
Bluffton, IN 46714
(219) 824-2410

RETURN ENTRY FORM TO:

Mrs. Jane Thompson
Caylor-Nickel Medical Center
309 South Main Street
Bluffton, IN 46714
(219) 824-3500, Ext. 2103



ENTRY FORM:

Name _____ Age _____ Birthdate _____
Address _____ City _____ State _____ Zip _____
Club Affiliation _____ Sex _____ T - Shirt size S M L XL

WAVIER OF LIABILITY

The form below must be signed in addition to the entry form in order to be eligible for either running event.

In consideration of the foregoing, I, for myself, my executors, administrators, and assignees, do hereby release and discharge Caylor-Nickel Medical Center, Keltsch Pharmacy, City of Bluffton, Wells County Trotters, Bluffton-Harrison M.S.D. and individuals helping with this event, for all claims of damage, demands, action and causes of action whatsoever condition to complete the event which I've entered.

Signature of entrant (or parent if under 18) _____

Date _____ Telephone (_____) _____

Do you plan to attend the seminar? YES NO

Men: 18 & under: 19-24; 25-29; 30-39; 40-49; 50-59; 60 & over.
Women: 18 & under: 19-29; 30-39; 40-49; 50 & over.
The age groups for the Triple Crown are:

Crown winner. (The lowest time wins.)
total times one records in each race to determine the Triple
will consist of three races, held on different dates with the
that of a TRIPLE CROWN to be held in Marion. The Triple Crown
A new concept has been added to the Indiana running scene -

I hope this letter finds you in the middle of an excellent
winter training season. The following information is for
publication in your next issue of THE INSIDE TRACK.

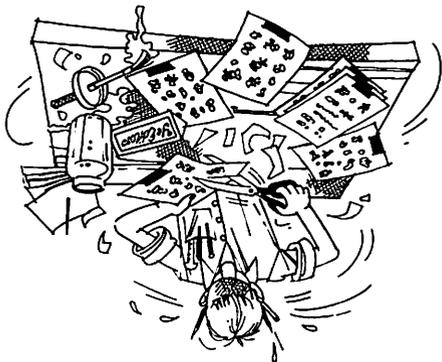
Dear Rick:

(ed.note: Sorry to hear of the wasted trip, Bernie. Our
race schedule is compiled from various sources and therefore
is only as accurate and timely as these sources. The Sam
Costa Half-Marathon at one time (according to one of our
sources) was scheduled for February 15. Since we realize
the possibility of mistakes in the race schedule, the fol-
lowing note is included each month: "Information in the
race calendar reflects the latest information received by
THE INSIDE TRACK. Double check with race directors or other
sources before traveling." Good luck, March 15th.)

s/Bernie Huesling
Huntington

Dear editor:
Yesterday, February 15, 1981, I drove to Indianapolis for
the Sam Costa Half-Marathon. I was all loaded with carts,
ready to do my darndest.
Unfortunately, no one was at the race site. Seems the Sam
Costa is March 15, not February 15, as was listed in the
January and February issues of THE INSIDE TRACK. Oh well,
I'll be in better shape by then.

LETTERS
TO THE
EDITOR



The races are:

7-11-81	Shoe Fly 10,000	10KM	9:00 a.m.	Denim Express
8-1-81	Symmer 5,000	5KM	9:00 a.m.	Grant County YMCA
11-8-81	Mississinewa Mini-Marathon	15KM	1:30 p.m.	Matchpoint Racquet Club

The Triple Crown Director and contact is Kermit Welty, P.O.Box 509, Marion, IN 46952, 317-664-0621.

Rick, thank you for your efforts in organizing and promoting running through-out the mid-west.

Sincerely,

s/Kermit Welty

WOWO RADIO &
FT. WAYNE PARKS & RECREATION DEPARTMENT
3.3 KM (X-C)
FRANKE PARK
Saturday, January 31, 1981

Place	Name	Div.	Age	Time
1	Pat Davis	M	34	12:21
2	Tom Loucks	M	21	12:23
3	Bob Little	M	16	13:03
4	Blaine Harper	M	17	13:03
5	David Rigby	M	28	13:08
6	Mark Mendez	M	18	13:13
7	Sean Collentine	M	30	13:45
8	Skeet Craig	M	31	13:54
9	Roger Wilson	M	27	14:02
10	Phil Wisniewski	M	33	14:07
11	Bob Smith	M	22	14:29
12	Robert McKinley	M	34	14:45
13	Ron Motycka	M	35	14:46
14	Tim Stanton	M	23	14:58
15	Alma Marie Ojeda	F	11	15:15
16	Mike Kolb	M	13	15:42
17	Herb Chandler	M	47	15:44
18	Dan Hyatt	M	15	16:12
19	John Kiefer	M	23	16:23
20	Alan Stoller	M	34	16:28
21	Scott Hungerford	M	10	16:30
22	Kevin Kolb	M	12	16:39
23	Tom Bohrer	M	27	16:40
24	Terry Pontius	M	34	17:23
25	Joe Brooks	M	42	17:38
26	Robert Pauley	M	23	18:01
27	Tom Mather	M	33	18:11
28	Susan Hunt	F	28	18:21
29	Betty Jackson	F	20	19:21
30	Sarah Stalder	F	12	19:32
31	Bobby Wiersma	M	8	20:05
32	Julie Strark	F	29	20:06
33	Jim Botton	M	31	20:26
34	Jean Tipton	F	33	21:18
35	Connie Krider	F	34	21:29
36	Jim Tipton	M	41	23:13
37	Richard Bruck	M	45	24:34
38	Tess Machlan	F	50	24:48
39	Frank Erdicott	M	25	27:02
40	Joy Jernigan	F	11	27:35
41	Debbie Wiersma	F	12	27:37
42	Sharon Pauley	F	40	34:39

NORTH AMERICAN VAN LINES 15,000 METER RUN REGISTRATION FORM

Race Starting Time: 8:00 a.m. Saturday April 25, 1981
 Location: North American Van Lines US Hwy 30 West Fort Wayne, IN

A custom T-shirt bearing the NAVL 15,000 Meter Run logo will be supplied to all finishers. Entry fee \$1.00 for Fort Wayne Track Club members only. Registration prior to April 10, 1981. All checks should be made payable to: NAVL 15,000 Meter Run.

Last Name, First Name, Middle Initial

Street

Phone Number

City

T-Shirt Size (check one) S M L XL

State

zip

Age

Sex M F

I have conditioned myself to run over 9.3 miles (15 kilometers). I waive any rights I may have against the NAVL 15,000 officials and sponsors for damages or injuries occasioned by my participation in the NAVL 15,000 Meter Run on April 10, 1981.

Date: _____ Entrant's Signature: _____

In under 18, parent or guardian must sign here: _____

Send To: Terry Shipley
 P.O. Box 988
 Ft. Wayne, IN 46801

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in cooperation with the Ft. Wayne Track Club

# Runners	pd Fee
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(Continued from page 17)

most of the runners in varying degrees. Luckily the humidity was not intolerable. The sun shone beautifully and thanks to Dan's super suntan lotion many of the participants were spared what could have been the added pain of a serious sunburn over a tired body.

The majority had planned on running the 100KM or 50 mile but quite a few runners changed the distance to the 50KM (or 30 mile) after embarking on the trek. No matter what distance each participant decided on, they seemed to slow down toward the end, and I was no exception. I felt good throughout the race and it wasn't until an hour or so after that, that I began feeling a little weak. I really needed solid food, prescribed "Doctor Dan", but I found it much easier to take a nap. A few hours later I called Dan and talked him into going with me to McDonald's. We drove, did not walk or jog, the half mile to those Golden Arches. The finest meal in a five-star restaurant could not have tasted any better and I felt greatly revived.

Once again, I say that my next 50 mile race is November, 1981. I realize the possibility exists of weakening sometime between now and then should another race pop up.

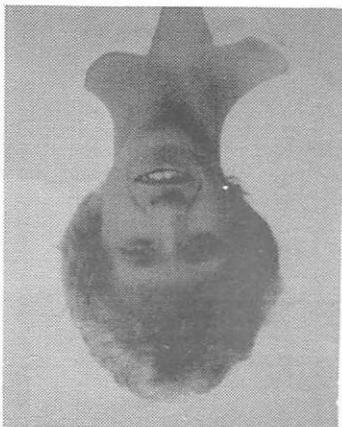
The ultramarathons are rather grueling; and they say you shouldn't run more than a few per year. In spite of that, I really like the event. I've attempted to explore some of those reasons: Speed is not necessarily the overriding factor, endurance certainly is. In addition, those races draw a much smaller field than the shorter events. For many of the runners, the real competition is with one's self to finish in what the individual considers a respectable time. The general attitude present is more relaxed and easygoing. The relationship between the runners, timers, persons at aid stations, and onlookers, is quite friendly and very personal.

Running is a truly great sport that can offer something for everyone. The ultramarathon is another dimension of that sport.

A smiling John Treleven, feeling no pain, moves up during a recent race.



- RUN RUNS EVERY WEDNESDAY AT 6:00 p.m., and SATURDAY AT 10:00 a.m. - Foster Park
- MARCH
- 1 CHURCHHILL'S HALF-MARATHON - Perrysburg O. (Ft Meigs) 2:00 p.m., Rich Lachowski, 419/385-4599
- 2 SLEEK CREEK 1, 2, 4, and 6 MILE - Flushing MI., Riverbend Striders, 10102 Carpenter Rd., Flushing MI. 313/659-3037
- 8 ERNIE SMITH 5 MILE - Detroit MI., (Belle Isle) Ed Kozloff 313/544-9099
- 8 6 MILE - Mt. Clemens MI., (Metro Beach) 12 Noon Joe Smetanka 313/792-4563
- 8 GET IT IN GLASS 20KM - Toledo O., (Secor Park) 11:15 a.m., Mike Cameron 419/531-3639
- 8 YMCA PACEMAKERS ANOTHER 10KM RACE - Cincinnati O. 1:00 p.m., Scott Miller, YMCA 513/521-7112
- 14 HIGHLAND LAKES MID WINTER 5 and 10KM - Union Lake MI. (Oakland Community College) Marv Moran 313/363-7191 ext. 223
- 14 MIDDLE FORK 5 and 3 MILE - Danville IL., (Kennekuk County Cove Park) 11:00 a.m., Barney Hance 217/431-0179
- 14 LEPPACHAU LEAP 10KM - Chesterton IN.: 9:00 a.m., CSI Richard Scott - 219-926-5983
- 15 SAM COSTA HALF-MARATHON - Carmel IN.: 1:00 p.m. Athletic Annex, 5781 Park Plaza, Indianapolis IN. 46220



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

RACE CALENDAR

- 15 FWTC 20KM - Homestead HS; 1:00 p.m. 1 mile fun run
1:15; Mike Kast - 743-5140 (after 7:00 p.m.)
- 15 WEARIN' O' THE GREEN 10KM PREDICTION, 5KM (17-under)
Toledo O., (Swan Creek) Noon, Steve Nagy 419/531-1079
- 15 FIVE MILE, ONE MILE - Spring Valley O., 1:45 p.m.
(Spring Valley Academy)
- 21 MAD MARCH MILER 6 MILE EUROPEAN X-C - Indianapolis In
(Maurwood Lake) 11:00 a.m. First 300 entries; must
write for entry - Mike Day, Indy Runners Inc. 875
West Drive, Woodward Plaza, Indianapolis In. 46201
- 21 CITIZENS 5KM & 15KM - Evansville In.; 10:00 a.m.
Bill Stegmoller - work (812/464-1701)
home (812/477-1755)
- 22 SUMMERFIELD-PETERSBURG HALF-MARATHON - Petersburg MI.
(Summerfield HS) 9:45 a.m., George Isom 313/279-2107
- 23 SPRING FITNESS CLINIC 5 MILE FUN RUN - Dowagiac MI.,
Ron Gunn 616/782-5113
- 28 SPRING LIFE RUN - Warsaw, IN.
(Kosciusko County Fairgrounds) 11:00 A.M., Athletic
Annex (see ad this issue)
- 28 CENTURY 21 EASTER SEAL 5KM - Toledo O., (Ottawa Park)
1:45 p.m.
- 29 MICHIGAN AAU 15KM CHAMPIONSHIPS - Detroit MI., (Belle
Isle) Ed Kozloff 313/544-9099
- 29 ORRRC 10KM CHAMPIONSHIPS - Bellbrook O., (Bellbrook HS)
2:00 p.m.
- 29 PHILANTHROPY 10KM - Champaign IL., 11:00 a.m., Bob
Day, 303 E. John St., Champaign IL. 61820

APRIL

- 5 DIET PEPSI 10KM - Ft. Wayne In. (Homestead HS)
see entry in this issue
- 5 MUNCIE SYMPHONY RUN - 1 mile, 5KM, 10KM - Muncie In.
(Ball State) Registration - 12:00 to 2:00 p.m.
Linda Branam 317/288-3168
- 5 WINDY MARATHON AND 10KM - Carmel In.; 1:00 p.m.
Chuck Koeppen 317/844-1823 after 6:00 p.m. and
before 11:00 p.m.
- 11 CAYLOR-NICKEL 10KM - Bluffton In.; 4:00 p.m. C:
Phil Lockwood (824-2410)
see entry in this issue
- 20 BOSTON MARATHON
- 25 NORTH AMERICAN VAN LINES 15KM - Ft. Wayne In.
see entry in this issue

RACE CALENDER - cont.

- 25 GREENWOOD PARK 10KM - Greenwood In.; Runners Forum
852 N. US 31 Greenwood In. 46142 (Team competition)
- 26 CAMP MILLHOUSE MINI-MARATHON, 5 & 10KM - South Bend
9:00 a.m.; 219/234-1169

MAY

- 3 JAYCEES 10KM WHITE RIVER RUN - Indianapolis In.; 9:00 a.m.
- 3 1 HOUR RUN - Carmel In.; Athletic Annex, 5781 Park
Plaza, Indianapolis In. 46220
- 9 BELBORN-WEBB FITNESS FESTIVAL (Marathon, 10KM, 5KM,
Evansville In.; 7:00 a.m., Cheryl Dauble 812/426-8123)
- 17 BONNE HILL 10KM - Indianapolis In.; Jeff Gangloff,
Blueberry Race Management, P.O. Box 172 Bluffton In.
46714
- 17 F.W.T.C 1 HOUR RUN - Northrop HS; 8 a.m.; Jerry Mazock
747-1064 or Tony Tatton 422-2776
- 30 MARATHON MARATHON and 6 MILE - Terre Haute In.; 7:00
and 8:00 a.m., Bureau of Conferences and Special Events
Indiana State University, Terre Haute In. 47809
812/232-6311 ext. 2559

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

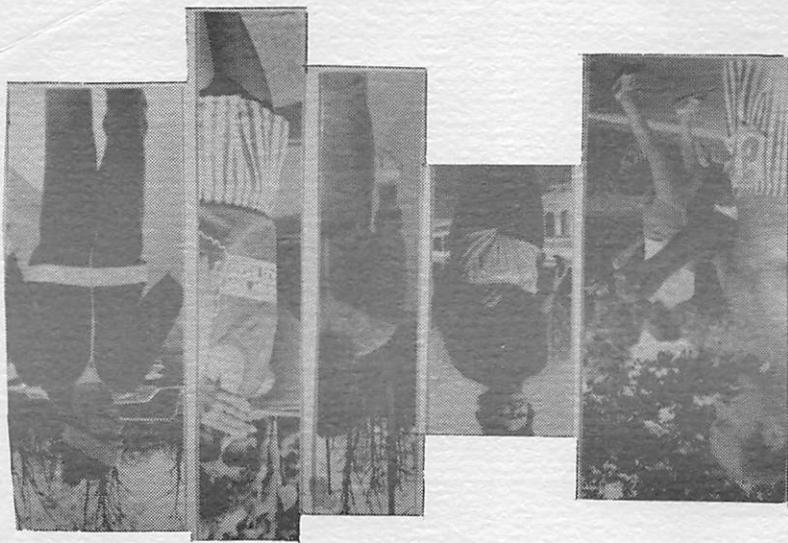
NORTH AMERICAN VAN LINES, DIET PEPSI RACES

Don't forget to enter the North American Van Lines 15KM and
Diet Pepsi 10KM races now. Both sponsors have cooperated with
the Fort Wayne Track Club by offering our members reduced
entry fees if we pre-register. Please cooperate with them by
honoring their wishes. Race applications for both races can
be found elsewhere in this issue.

**Hoosier Road Runners
Indiana Striders**



_____ \$6 Student or over 60 yrs. of age.	_____ Your Age
_____ Name of School	_____ Sex
_____ \$8 ADULT	_____ Date
_____ \$12 FAMILY (List members on a separate sheet of paper.)	_____ NEW
_____ \$20 or more HOOSIER HERO (List Amount)	_____ RENEWAL
_____ NAME	MAKE CHECK PAYABLE TO: "HRRC"
_____ Street or P.O. Box	MAIL TO:
_____ City, State. (Must include ZIP code!)	Doug Osborn 503 East Main Harford City, IN 47348



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 FORT WAYNE, IN. 46805
 PHONE: 483-8372



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