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FINAL MILE OF THE HOME-
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NEWSLETTER OF THE FORT WAYNE TRACK CLUB

the inside track

FORT WAYNE
TRACK CLUB



APRIL, 1981



FORT WAYNE TRACK CLUB

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EDITOR'S & VIEWS NEWS

RICK REITZUG



It's 5:30 in the morning. The fit-looking lady arises and gets ready for her morning run. She relishes these few minutes every morning before most others arise to start the day. She relishes the solitude she will experience as she jogs her usual mile and a half course. It will give her a chance to organize her day, a day which will be filled with the usual variety of activities - housework, cooking meals, buying groceries, secretarial work for her husband, helping a Lactian family adjust to a still strange United States, and the many other things that make up the life of an active grandmother in her 50's. She needs these few minutes every morning for herself. The day will be too busy, by evening she'll be too weary. Why does she choose to run in these few minutes that she has to herself every day? Why not read a book? Or sleep a little longer? "I just don't feel right if I miss my morning run. I'm drowsy and I have no energy the rest of the day," she replies. But is this enough motivation for someone to run every day? As a runner who finds it very difficult to get up and hit the sidewalk in full stride without an extended waking up period, as one who is often motivated to run after an exhausting day's work only by the need to stay in competitive shape, I attempted to grasp this runner's motivation for daily running. "Are you training to run in road races?" I asked. "I'll never be in any."

For a person like myself this is extremely hard to understand. Competition and the quest for PR's is what motivates me to run. True, I enjoy the actual act of running and I almost always feel better after a run than before, but it is the desire to better myself that gets me going after those exhausting days. It is hard for me to imagine someone running regularly without competition motivating them in some way. I often worry that THE INSIDE TRACK is oriented too much toward the competitive runner and not enough toward the fun runner. If it is it is because it is tough for me to get into the head of a

PRESIDENT'S COLUMN

MIKE HILL



HOMESTEAD 20K

Everyone is aware that the hills around Homestead can be rough to race on, but add a 40 mph wind gusts and you've got a real tough racing situation. Yet many hardy souls completed Mike Kast's 20K race there on March 15th, and seemed darned proud of it. The weather was sunny and other than the high winds it was a beautiful day. The spring racing season is upon us in this year's participation was bigger than ever. Mike did a wonderful job and the only major problem I saw was that we did not order enough large and extra-large T-shirts. That's my fault, not Mike's, and next time we will order more larger shirts.

One thing that was very evident is that the competition gets rougher with each passing year and a lot of new faces are moving up in the pack.

HANDICAP 10K

Charlie Brandt is working out a formula for a handicap race, probably a 10K, to take place this fall. We hope this will give some of those runners who train and work so hard a chance to run "up front" for a change. I know I'm looking forward to the event and will do everything I can to give Tom, Phil, Rick, and the others a real hard time.

AWARDS CEREMONIES

One thing that is evident at awards ceremonies is the fact that "open class" and the younger men's age group runners tend to grab their trophies and run. Possibly it would be the same if we reversed the order of awards presentations, I'm not sure. What I would like to suggest is that the awards ceremonies themselves are very short. Whether you win a trophy or not, it is only common courtesy that you stick around and applaud those fellow runners who did well. Many of us have spent years standing around applauding others; we will continue to do our best to get the awards ceremonies going as quickly as possible so your stay will be short.

(continued on page 4)

What we all might try to remember as we head into this busy season of racing is that this is all supposed to be fun. Look around you, see who is improving, who is doing well and enjoy their good fortune. As this sport grows and becomes more commercialized, I'm afraid we are going to lose sight of what this is all about. To me, it's about fellowship, competition, health, and happiness. I hope it's the same for you.

PHIDIPIDES MARATHON, Dayton, OH - 2-28-81

Rick Reitzug	2:37:50	4th	
Robert McKinley	2:54:01	35th	
Betty Hite	3:06	70th(2-F)	1st/26-35

I had intended for this to be a hard training run until I met Scott Wareham from Manchester there. He told me he was trying to qualify for Boston. We started talking and ended up running together at 6:00 minutes per mile until the 23rd mile mark. At this point I had had it and slowed to 6:20's. Scott finished in 2:36:55. Considering that I was only planning to run a 2:50 and didn't think I could run faster than 2:45 all out, I was very pleased with this effort. - Rick Reitzug

Temperature 53 degrees at start, super temperature for February; course mostly flat and smooth, mostly on bike path by river, but what a wind! Strong wind - seemed like you were fighting it no matter what direction you turned; a real 'wind-nightmare' marathon. - Robert McKinley



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WORDS FOR WOMEN

By Cindy Ventrella



I am sure all of us are looking forward to the warmer weather that spring brings. The first few runs on the crisp new snow were nice, but they quickly became old. After wearing shorts while running in California, my husband and I were not ready to come back to Fort Wayne and have to bundle up again.

It sure is much easier to step out the door to run when it's nice out. That should be enough to excite all runners about the next few months to come. This is the time to set your goals for 1981 whether it is to run a 10K, a marathon, or an ultra-marathon.

I am just excited about getting into my running again. Due to winter and my recent marriage, my running has gone down-hill for the last six months. This winter I was lucky if I got in ten miles a week. I can't wait to run a few races and feel strong in my running again. Those are my first goals. After that, I might try to improve my times from the previous years. I vowed after my last marathon that I would never run one again, but I might be able to be swayed a little. It sure is funny how we forget how bad it felt (if I would put in more training mileage, I wouldn't have such a problem).

At our WE (Women Enthusiasts) Meeting, we heard many of the women's goals. It is very exciting that in 1981 we should see more bright new faces on the running scene. No matter how long you have been running you still need to set goals to give yourself something to strive for. It keeps running from becoming a dull chore.

As I helped in our March race, I saw first hand how many new faces have joined the running crowd. It was very refreshing to see so many women running and I am so psyched to join them.

See you at the races soon!

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The Side Effects of Running

By Jane Scarpino

Listening to Hal Higdon speak inspired my thought processes.

In particular, his discussion of "running as an addiction"

got me started. An "addict" according to the Scrabble

Player's Dictionary (I left Webster at work but Scabble

is home) is "someone who devotes or surrenders to something

habitually or compulsively". I think that definition fits

most of us "running addicts" nicely. To confirm my opinion,

I'll review the definition and transform it to define "running

addict".

1. SOMEONE - We are all someone so change the word to "runner".

2. WHO DEVOTES - We all follow and support running and make

running a normal routine in our lives. Keep "devotes".

3. OR SURRENDERS - I had my qualms about this word, it sounds

like you're admitting defeat or giving in. But, we do "give

in" to running, that is, running controls us. How often do

we "give in" or "surrender" to running when the weather is

lousy, we are injured or sick, or just don't feel like running?

Just last month I met a Track Club member running on the ice

and snow, 10 degrees F - he had a sore throat and I had

laryngitis. We both had surrendered to running. Keep "sur-

renders".

4. TO SOMETHING - Change to "running".

5. HABITUALLY - We all run fairly regularly throughout the

year and as with other habits, we have a "running lit". If

we're laid off too long, keep "habitually".

6. COMPULSIVELY - Don't you feel like you have to run even

though no one is making you? You don't put running off till

tomorrow. You run today, tomorrow, and yesterday. That's

compulsiveness; keep that word.

This definition is not complete. With every addiction I can

think of (e.g., drugs, cigarettes, food) there are side effects.

There appear to be a variety

of positive and negative physical and psychological side effects

experienced by the running addict. An outline of side effects

7

5. Training effect - Running increases the body's capacity to utilize oxygen. It improves blood circulation, strengthens the heart, the muscles of respiration and improves lung function.

4. Trimmer body - For the first time in my life I can wear size 5 jeans. Although I don't look it, I am Italian and there is a tendency for the women in my family to be shaped like bears. I'm embarrassed to say I succumbed to that tendency, weighing 115 pounds (I'm 4'10") with 38" hips and I was always on a diet. Now (another running success story) I weigh 89 pounds with 30" hips and eat anything I want.

3. Better general health - The quality of life is determined by your health. I have fewer colds and illnesses than do non-runners so I guess I live a higher quality life. I don't get the headaches I used to. Running can also decrease seizures. When I was 16, I started suffering from an average of ten seizures a day and auditory/visual hallucinations. A lot of unknown, unpleasant testing revealed brain lesions, etiology M.D., started me on a daily swimming program (two miles a day). I lived in Bermuda where swimming was easily accessible. When I moved back to the U.S., I started running. Since the advent of my aerobic exercise I have an average of two seizures (and that's a high average) a year, and I can tolerate the medication. Running isn't the only factor that has helped me (age, maturity, weight loss, medication tolerance, are others), but if I don't run for about two weeks, I start having problems. So much for my "miracle story".

2. Decreased tension - I am hyper and my job (speech therapy) tries my patience and nerves. By the end of the day I am usually crazy. Running after work calms me down and gets my job out of my system.

POSITIVE PHYSICAL SIDE EFFECTS

1. Increased coordination - I have always been clumsy. I still am, but I have fewer accidents than I used to.

3. Increased self-esteem - With a loss of weight and trimmer body, everyone feels better about the way they look. Along with the discipline involved in running comes a personality that is more extroverted and assertive.

POSITIVE PSYCHOLOGICAL SIDE EFFECTS

1. Emotional stability - I have read a few studies regarding the therapeutics of running for mentally ill patients. Running apparently stimulates the production of certain enzymes in the brain, which can stabilize a person, causing a more reality oriented person. Running has been used successfully with schizophrenic patients.

I have experienced or read about follows:

5. Increased sex drive and performance - I am not documenting this with my personal experience. But Rick Ravine claimed this side effect (I did not get the details). After thinking about Rick's claims about the endurance of long distance runners, I asked Dan Bossard what his opinion was. Dan blushed a little, smiled, and said, "Marathoners are one thing - but it's those ultra-marathoners that you (women) have to watch out for."

NEGATIVE SIDE EFFECTS

1. Time spent in running - often detracts from time spent with family and can create friction in a relationship if both people are not running addicts. Most of the thousands of other person involved placed unrealistic (to me) constraints on my running or was trying to compete with me. Those people who didn't appreciate or tolerate my running didn't realize what a dumpy, nervous, boring, intolerable person I'd be if I didn't run.

2. Increased cost of sport - running shoes and clothes seem to get higher and higher. I am not willing to invest in fashion since I'm running, not modeling, and I only get the clothes sweaty and spill gatorade all over them when I race. 3. Runner's high - Too much "high" and I forget what I'm doing and get lost. I've gotten lost during LSD runs, and if a course is not well marked, it's easy to run the wrong way (right, Chuck Bedford?).

4. Injury - I read somewhere (a different somewhere than the last quote) that runners are the healthiest injured people. Sometimes injury is unavoidable. My injuries, by the way, seldom result from running - they result from my clumsiness.

5. Harassment - Drivers frequently play "hit the runner" or "slap the runner". Overweight motorists tell you to "lift your knees" or "pick up the pace". I try to ignore these behaviors (it's hard to ignore a face full of cold, dirty slush).

6. Minor annoyances - side cramps, dehydration, runners "runs", a sudden thunderstorm. I would personally like to thank all the stores and restaurants in town that have given me shelter, restroom use, and water free of charge when an annoyance hit.

Well, those are some of my side effects of running. Unlike other additions, the positive side effects of our addiction to running outweigh the negative. Now that I've finished my narrative, I can finish the definition for a running addict: "a runner who devotes or surrenders to running habitually and compulsively, who experiences a variety of psychological and physical side effects". (Scrabble and Scarpino, 1981)

5-MILE, Goshen, IN - 2-28-81

Tom Loucks	26:06	3rd	3/open
Phil Switzer	26:24	5th	5/open
Waylon Meyer	30:08	26th	1/50-59
Fred Ross	32:29	50th	5/40-49

42 degrees; 21 mph winds; overcast skies; flat to rolling hills on county roads. - Fred Ross

MONDAY, MAY 25, 1981 (Memorial Day)

Hickory Grove Lakes Campground 10km X-Country

Hickory Grove Lakes Campground 10 km. X-Country

Hickory Groves Lakes Campground is 8 miles south of Portland, Indiana, on 27. Three miles east on Road 180, then ¼ mile north on Road 173. Registration is at 9:00 a.m. Beginners Fun Race and mixed doubles ½ mile at 9:45 a.m. 10 km starts at 10:30 with awards at 11:30 a.m. The age divisions for men are: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, and 60 and over. For women: 19 and under, 20-29, 30-39, and 40 and over.

Awards: Trophies to first 3 finishers in each age division, male and female in 10 km; ribbons to all participants.

Facilities: Modern restrooms and showers on site. Owners/managers trained in First Aid CPR. Possible EMS on site day of race. Primitive and full hookup camping

Director: John McCory

Pre-registration: Send \$4.00 check to: Hickory Grove Lakes Campground
\$5.00 on race day R.R. No. 1, Box 257
Portland, IN 47371

Additional Information: This is a challenging 10 km cross-country type race over 88 acres of hills, gravel roads, across creeks, trails, woods, and grassy areas. Course record is 38:12 set in 1980 by Doug Osborne of Hartford City all proceeds go to the Jay County Civil Defense

REGISTRATION FORM

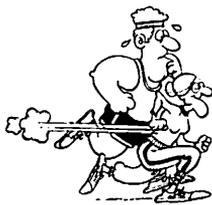
Name _____ Age _____ Div. _____

Address _____

I hereby fully understand the sponsors, the race director, Hickory Grove Lakes Campground, Inc; and all associated with this event are not responsible for may injury, death, or loss of personal property before, during, or after this race. I waive my rights and my heirs to this agreement. Parents and/or guardeans must sigh for participants under 18 years of age.

Participant signature _____

Parent/guardian signature _____



The Yellow Ribbon Special

By Lane Anderson

My wife, Jill, and I were only going to be away for five days but we laughed, as we viewed our six pieces of luggage, wondering how we would manage - two suitcases, one overnight case, an attaché, and two overpacked running bags. Washington, D.C., in January is tough to pack for. In years past, we have needed full cold weather gear one year, shorts the next. So, we packed everything in anticipation.

We were to stay in a new hotel for us this year, the Sheraton-Washington. Each year for the last five years we have attended the National Religious Broadcasters Convention. New facilities were needed this year to properly house the ever-expanding attendance and exhibits. Now, we would need to scout out new running areas and this can be difficult when time is limited.

As we rode in the taxi from the airport, we quickly noticed all the runners so prevalent in Washington and kept our eyes peeled for possible locations. Traveling up Rock Creek Parkway, we noticed a path and decided to seek it out as quickly as we could get settled. It seemed to be near our hotel although we had gotten a bit turned around as the cab maneuvered through side streets to reach our destination.

To our pleasant surprise, we located a Par Course just a couple blocks down from the hotel although our late arrival did not allow the pleasure of a run prior to evening programming.

Monday we had scheduled a walk to the mall area down Connecticut Ave. - something we do each year. Stopped in a small, but tidy, running shop and quickly exited to the Old Ebbitt House, not far from the White House, for another slice of the best quiche we could remember since finding the place a year ago.

Tuesday was hectic, but we had found a late afternoon time slot to run together. We headed towards the Par Course, not really having any idea where the trail would take us but confident we could always retrace our steps.

The Par Course was tidy, well laid out, and quite noticeably in use. A round trip jog although not posted would probably cover a little over a mile. We were pleased the path continued after the course doubled back, so onward we traveled. It was near 5:00 p.m. as we began to run and thankfully plenty of sun left. Our trail quickly crossed Rock Creek, and we enjoyed running beside its beauty. Quietly, but surely, it moved beside us as we traveled together on this late fall outing. We were comfortable in the 50 degree temperature and enjoyed the beautiful moss-covered boulders along the upper river bed. A hillside cemetery came in view. How much history it could have shared, although it did appear to be full and old. "Mt. Zion," a man thought it was called, but we can't be sure. Certainly a peaceful hillside.

Our path took us under many magnificent stone bridges which traversed this valley. Each had a different variety of stone and architecture, and one was proudly guarded at each of the four corners by magnificent bronze buffalos.



The lights of the motorcade faded out of view as it headed towards the Marriott Hotel near the airport. We recrossed the bridge - running with renewed energy. Retreating our path to the hotel seemed an effortless task as we began musing over our most fortunate chain of events. We had been a part of history. As runners we enjoy viewing our country when opportunity permits. Today, we had again renewed our pride as Americans, and we thanked God for the heritage that only we, as Americans, share.

After the buses and police escorts passed, we did run across the bridge - with a renewed sense of pride to be Americans, and with a sense of honor to traverse the Potomac on the same bridge, which had just upheld these people who endured so much.

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As we approached, we noticed flashing lights. Yet this is a common sight in Washington. Helicopters were rotating overhead and I commented to Jill that maybe President Reagan was giving the freed Iran hostages a birds-eye view of the sights. Today was Tuesday, January 27, and the President was having a reception for them at the White House. Time did not allow us to slip down and join the half million people who had gathered to greet them as they arrived at the White House. More flashing lights approached the bridge, a huge parade of reds and blues coiled around the Lincoln Memorial, the symbol of freedom for earlier times, towards the Arlington Memorial Bridge. Then it clicked. The reception was over and the hostages were being escorted to their hotel. It was now 5:30 p.m., and Jill picked up her speed to race pace. Buses of the families had begun to cross the bridge, and a few were still crossing, as we excitedly arrived to wave to our newly freed fellows. I hoped my yellow running suit would suffice for my lack of ribbon as we joined in the thrill of the crowd who waved them on towards an evening with their families.

With the ice-covered Potomac in view, we felt confident of continuing our exploration and quickly found ourselves with the infamous Watergate Towers on our left side. Not much further we passed the Kennedy Center for the Performing Arts and just ahead could make out the Lincoln Memorial on the left, and the Arlington Memorial Bridge on the right. We decided to run across the bridge this night, as we had always wanted to do so.

We had run two miles or so when we approached the bottom of the Parkway. To our great surprise we had found Lock #1 of the Chesapeake and Ohio Canal. This was under restoration but we could easily see some of the wooden gates that allowed passage of the Potomac River.

THE INSIDE TRACK

14-under	16	Tom Mills	16	76:16	
*	2	Mike Kolb	115	98:42	
*	3	J. Callicotte	137	105:51	
*	4	M. Callicotte	148	112:39	
*	5	B. McDowell	150	113:06	
*	6	A. Kaufman	159	116:42	
*	7	Mat Ebersole	162	117:11	
*	8	Bobv Wiersma	163	117:13	
15-19	1	Peter Reist	2	70:00	
*	2	R. Harckenrider	8	74:03	
*	3	Chris Norrick	13	75:57	
*	4	V. Quinones	21	78:12	
*	5	G. Williams	23	78:20	
*	6	Brad Reincking	45	82:18	
*	7	Phil Herndon	52	84:47	
*	8	J. Koechlinger	58	85:59	
*	9	J. Callicotte	91	92:45	
20-24	1	Tom Loucks	5	72:40	
*	2	John Lisak	6	72:58	
*	3	S. Scheerer	14	76:00	
*	4	Tim Bowman	18	76:36	
*	5	J. Williams Jr	19	77:00	
*	6	Brent Munro	20	78:10	
*	7	Bob Smith	44	82:18	
*	8	Bret Davis	51	84:36	
*	9	Dan Moor	75	89:28	
*	10	Dave Roehling	76	89:32	
*	11	Roger Grable	105	96:46	
*	12	Jeff Brooks	129	102:14	
*	13	Al Whistler	180	??	
25-29	1	Phil Snelzer	3	70:09	
*	2	Jerry Matzock	9	74:14	
*	3	Rick Reitzug	11	75:28	
*	4	Scott Wareham	12	75:42	
*	5	John Kline	15	76:10	
*	6	Paul Berkwith	17	76:17	
*	7	Richard Myers	24	78:28	
*	8	Hal Pearson	25	78:44	
*	9	Tony Gaston	27	78:58	
*	10	Fred Hannan Jr	28	79:05	
*	11	James Hoffman	38	81:28	
*	12	Eric Thorn	43	82:09	
*	13	J. Treleaven	50	84:33	
*	14	D. Hannaford	57	85:42	
*	15	Dan Moore	61	86:36	
25-29 cont.	16	Scott Frazier	63	86:58	
*	17	Dave Glover	65	87:30	
*	18	Scott Frazier	66	87:52	
*	19	Robin Hart	71	88:46	
*	20	Mike Kronmuller	77	89:03	
*	21	Don Tardiff	99	94:14	
*	22	Dave Schmidt	112	97:56	
*	23	Larry Linson	120	99:41	
*	24	B. Zandevakili	125	101:19	
*	25	Murtaza Karim	127	101:45	
*	26	Andy Lubin	134	104:03	
*	27	Tom Donelson	136	104:52	
*	28	V. Zande	147	112:10	
*	29	John Boyce	165	117:59	
*	30	Francis Lisak	166	118:12	
*	31	Bill Moor	172	122:05	
30-34	1	Harry Ausderan	1	59:16	
*	2	Pat Davis	4	71:49	
*	3	Dan Kaufman	7	74:00	
*	4	Steve Foster	10	75:00	
*	5	Manfred Bonn	26	78:48	
*	6	Dennis Kroel	30	79:21	
*	7	Larry Shively	32	80:29	
*	8	John Heath	33	80:33	
*	9	Mike Zurzolo	36	81:16	
*	10	Mike Robbins	39	81:30	
*	11	John Schwarze	46	82:41	
*	12	Bob Nunley	47	82:51	
*	13	D. Hannaford	48	83:29	
*	14	Art Obregon	49	83:59	
*	15	P. Wisliewski	53	85:15	
*	16	Bill Blosser	62	86:47	
*	17	Steve Yager	68	88:10	
*	18	Phil Shafer	69	88:15	
*	19	Tom Cavachini	73	88:57	
*	20	Pat Herrmann	78	90:10	
*	21	Norman Lehman	79	90:23	
*	22	Tim Bolin	82	91:16	
*	23	D. Pnuschilling	87	92:09	
*	24	John Peterson	93	93:25	
*	25	Terry Shipley	110	97:23	
*	26	Dan Bossard	117	98:48	
*	27	Bob Beatty	118	99:25	
*	28	Lee Pearson	123	100:40	
*	29	Russ Grose	128	102:09	
*	30	John Noll	131	102:49	
*	31	Gary Martin	135	104:19	
*	32	Wm. Bridges	138	105:53	
*	33	Robert Wiersma	151	113:22	
*	34	Mike Berry	173	122:16	

All in all, it was a day of the bitter and the sweet. After the initial wind-inflicted pain had left, a grudging satisfaction remained, the kind of satisfaction that comes from a good physical punting. The good people of the Fort Wayne Track Club, the friendly cooperation of the race officials - Jan Kissingler calling to offer her services as a timer since she wasn't running; race director Mike Kast cajoling Cindy Ventrella to take one of the T-shirts given to the runners - it all made the music on the car radio sound a little sweeter on the ride home. Or maybe it was the wind whistling outside.

Cox, and Marilyn Good of Carbondale, Illinois.

35-39

*	1	Bob Bruckner	22	78:13
*	2	Mike Hill	34	80:51
*	3	Ron Motycka	37	81:22
*	4	D.Fairchild	54	85:19
*	5	S.Adkinson	55	85:31
*	6	Don Lindley	59	86:05
*	7	Dave Waldrop	67.	88:06
*	8	Tom Tucker	85	91:44
*	9	R.Bolinger	89	92:24
*	10	Tom Clegg	98	94:08
*	11	Ken Miller	108	97:20
*	12	B.Peterson	109	97:20
*	13	S.Hartman	111	97:47
*	14	Don Noland	113	98:19
*	15	Doug Gillie	119	99:32
*	16	Pat Harris	141	108:04
*	17	Tom Delong	142	108:53
*	18	??		
*	19	Don Hoover	144	111:03
*	20	Ed Garrett	152	114:06
*	21	L.Ebersole	167	118:41
*	22	J.Callicotte	170	121:36

40-44

*	1	Joe Barile	29	79:07
*	2	L.Averbeck	35	81:01
*	3	C.Brandt	40	81:50
*	4	Phil Miller	41	82:00
*	5	Woody Barker	42	82:08
*	6	Bob McCuan	60	86:07
*	7	John Barbier	64	87:25
*	8	B.Stiffler	77	89:44
*	9	David Dale	80	90:26
*	10	??		
*	11	Bob Hartley	88	92:20
*	12	Lynn Milner	100	94:20
*	13	Leland Sibrel	103	96:29
*	14	Ren Cox	104	96:44
*	15	Rasmussen	114	98:34
*	16	Don Babcock	122	100:22
*	17	J.H.Brooks	124	101:00
*	18	Jim Dumas	140	106:31
*	19	Jim Suelzer	145	112:03
*	20	Lyle Young	155	115:16
*	21	J.Cauffman	164	117:35

45-49

*	1	Bill Schmidt	31	79:58
*	2	Joe Ziegler	56	85:37
*	3	Herb Chandler	71	88:42
*	4	Ron O'Beiene	81	90:28
*	5	Doug Curtis	83	91:32

45-49 cont.

*	6	Clyde Shank	84	91:39
*	7	B.Huesing	92	93:21
*	8	Joe O'Brien	94	93:28
*	9	L.O'Herron	96	93:40
*	10	Larry Good	102	95:09
*	11	Terry Gautsch	106	97:00
*	12	R.Florreich	121	99:42
*	13	Dick Sive	126	101:38
*	14	Gay Davis	139	105:53
*	15	C.Devault	157	116:32
*	16	B.Schwepe	160	116:55
*	17	Jerry Pensel	171	121:41
*	18	Ross Moyer	175	123:23

50-59

*	1	G.Tomlinson	86	92:08
*	2	G. Whitacre	101	94:21
*	3	Wendell Adams	107	97:10
*	4	Vern Chovan	130	102:15
*	5	Curtis Nold	143	108:58
*	6	Al Moore	168	121:11

60-over

*	1	Al Gumbert	146	112:08
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WOMEN19-under

*	1	Alma Ojeda	70	88:22
*	2	K.Fathergell	149	112:40
*	3	D.Wiersma	182	146:12

20-29

*	1	Cindy Goller	74	89:04
*	2	T.Ehrman	90	92:25
*	3	J.Scarpino	110	98:48
*	4	P.Suelzer	133	103:17
*	5	Julie Nycum	154	114:40
*	6	Ann Linson	158	116:40

30-39

*	1	Mercedes Cox	156	116:14
*	2	M.Schmidt	161	117:01
*	3	S.Wiersma	169	121:31
*	4	Ann Mize	178	128:14
*	5	Mary A. Felger	179	128:15

40-over

*	1	Marilyn Good	132	102:52
*	2	Gloria Nycum	153	114:06
*	3	Julia Wilson	176	125:40
*	4	Tess Machlan	181	143:54

BOYS

David Milner	AGE	15
Kevin Kolb		12
John Schwarze		11
Kevin Seiler		12
Tim Carnell		14
Jason Wisniewski		10
Rob Mills		13
Chucky McDowell		8
Mark Seiler		10
Dwight McKinley		13

1 MILE FUN RUN
TOP 10 FINISHERSGIRLS

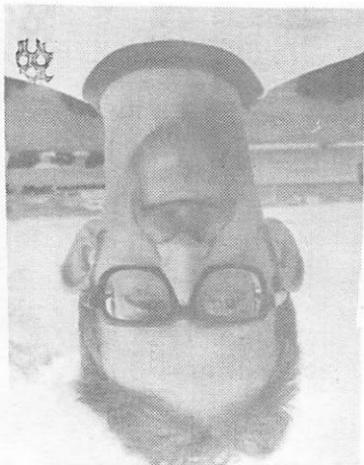
Tracy Sohaski	AGE	12
Roseann Simmons		37
Rochelle Reinking		11
Erin Barker		9
Heidi Heath		9
Marissa Gautsch		13
Suzie Gilbert		8
Stephanie Cox		12
Sharon Reinking		36
Stacy Shively		9

A number of recent studies, the best of which include Arnold

only thing." "Winning isn't everything, it's the late Vince Lombardi: "Winning isn't everything, it's the to compete and be successful, to win and break records, is summarized by the quip often (erroneously) attributed to the sports as well. The guiding philosophy for our American zeal to education, it is not surprising that it is found in manifest in many areas of society, from politics to big busi- by getting caught in the cheating and abuse. With this attitude The crime is constituted not by the cheating or the abuse, but lived - provided the teams and players in question are winners. kettball players, and league or contract jumping by profes- Learn of widespread college recruiting violations, drug abuse As a society we express (outwardly) outrage and dismay when we

sports." " with officials, we prepare for success in the world outside of More specifically, in Leonard's terms, "by playing sneaky games courage, and so on, by participating in some organized sport. virtues of self-discipline, respect for authority and law, stars (or at least those who never grew up) learn the American providing preparation for the world outside of sports. Young- interpretation, sports attain their primary significance by its mirroring by sports of the non-sports world. On this its critics, it has now been widely accepted as representing event possible." " Although Leonard's position is not without activities are what make the majority of our present-day sports from standing in opposition to our athletic tradition, these against cheating are essential to sports as we know them. Far "Cheating, attempting to cheat, and setting up precautions mistic understanding of the significance of sport for society: Athlete for example, describes an extremely negative and pessimistic to be degenerative. George Leonard, author of the *Ultimate* ture from which it is derivative. Many of these writers believe Over the past several years nearly everyone who has written

By Dave Farchild



MUTTERINGS

MARATHON

Beisser's The Madness in Sport, and Kack Scott's The Athletic Revolution, have argued convincingly that the sociological situation in organized sport, on any level, is a reflection (usually negative) of societal values. According to Scott and Beisser, sport often perpetuates these values even when they are recognized as directly contrary to the real values inherent in sports participation. Indeed, Beisser goes so far as to claim that for some athletes the manner of participation in sports is a manifestation of, and a clue to, their psychological disorder. What has happened is that the Grantland Rice concept of the well-played game is rapidly becoming a sports and societal anachronism. Box scores, statistics, and won-loss records overshadow the events themselves.

Robert Lipsyte characterizes this situation as Sportsworld, a world in which sport is sacred for all the wrong reasons: Because of its overemphasis on the expendability of youth, its definition of success only in terms of record-setting performances, and its dehumanizing of the participants. Sportsworld, Lipsyte argues, is a gross distortion of sports because, "It has made the finish more important than the race, and extolled the game as that William Jamesian absurdity, a moral equivalent to war, and the hero of the game as that Henry Jamesian absurdity, a "muscular Christian'."

Grantland Rice, with his Aristotelian emphasis on how the game was played, recognized the fundamental truth that pervades the possibility of a positive interpretation of sport. We Americans, in our frequently single-minded pursuit of victory, dehumanize our "opponents" by making them nothing more than the instruments for our victory. In so doing, we dehumanize ourselves. Eventually, we will lose touch with existence itself. What is wanted here, indeed even necessary here, is an emphasis on STYLE, on the essence of life itself, and not solely on the outcome. We should ask not "who won?" or "what was the time?" but rather "did Alberto FLY?" Once we are able to ask this question, we will begin to be able to understand the French philosopher and writer Albert Camus' claim that he learned all he knew about ethics from sport. From that time on, sport will not simply mirror society, but will provide a positive force for its improvement.

NEXT MONTH: Becoming all that we can be" sport and symbolic suicide.

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An interview with John Treleaven

By Rich Reitzug



John Treleaven, age 28, height 5'10", weight 145; place of employment, North American Van Lines, Assistant Programmer, John has been running about 2-1/2 years.

John, would you trace your running career for me, please?

I started running because I was 185 pounds, overweight, played racquet ball for an hour or two and got tired of that, was worn out, wanted to lose a little weight; the doctors found that I had high blood pressure and my pulse rate was terrible. I started running a couple miles a day for probably six days a week. I went home for Christmas and my brother, who is about 185 pounds, took me out for six miles at an eight minute pace and got me running farther at a slower pace. I started running 200 miles a month averaging seven or eight miles a day. I wasn't interested in racing and just ran. Then I went to the Mini-Marathon in Indianapolis with the idea of running eight minute miles but I ran a 6:50 average.

What made you decide to go to Indianapolis to race?

A friend who was also a runner at the time has parents living in Indianapolis, read about it and said it was a nice race, a fun race. I thought to go down, stay with his parents, make a day of it, and have a good time. That started me racing a lot and I ran the Three Rivers Marathon shortly thereafter. Finished under four hours. I wasn't happy with it but I'm not really good in the heat. It's kind of terrible anyway.

What year was that? 1979.

How many miles were you training then?

45-50-60 miles a week. But I injured my right foot and was

One of the things is that my job is really high pressured and I come home and run ten miles and it is relaxing and all what are some of the things you enjoy about running?

until I was a senior. Should have run cross country but he didn't tell me that wrestling coach, after watching me run, said I probably had to run 140 yard sprints and I had no problems. My weight was way down and I was just real strong. One day we minute periods are tougher than any race I've ever run. My wrestling three three minute periods but these three three if you've seen wrestling it doesn't seem that tough; you only used to wrestle. Other than running wrestling is probably the toughest sport any person can go through. Even though you said earlier you were used to being an "in shape" type person. Will you explain that a little bit?

I was more relaxed, felt a lot better, running a lot farther and finishing; I don't know if it was actually a runner's high. I just felt better about myself; I was burning up more energy and just felt better. I've always liked distance running. Between high school and college I ran around my home town and covered the whole town at one time; enjoyed the sights, the nice areas and the whole run.

Did you feel any different mentally during this run?

The difference was six miles at a 6-1/2 - 6-1/4 pace compared to eight minute mile pace. I started running the same distance at a faster pace rather than run farther. Obviously I was in better shape than I thought I was and I just slowed down some. After I got over the initial embarrassment of people looking at me and thinking, "Oh, that guy is really crawling," or sitting on the front porch drinking beer and smoking cigarettes and thinking, "That guy is running so slow."

Going back to something you said earlier, that first six mile your runs after that?

Mostly I run a seven minute mile. It's what you've got to do. Occasionally I go out a day or two a week and run a hard seven or ten at a lot more race pace; I don't do any speed work. I don't like speed work but I know Do you do any speed work or any real hard distance runs?

In case I need it. My base now is 50 miles a week and then come spring I'm sure for the marathon I'll try to get my mileage up closer to 80 miles, do a little more long runs, run a marathon, and then taper off but still try to maintain the 50 miles a week base

What kind of training do you do?

a little more competitive. work for. I do a little better now; I'm getting to where I'm competition, run a little harder and it gives me something to a lot of races. I don't really do that well but I like the the Track Club and have been a member for just a year and run another one but I ran in 1980 at 3:40 or something. I joined it and wanted to run it. At first I said I would never be in before Three Rivers. I had trained enough and was ready for off for three and a half weeks, was only running for two weeks

Someone who'll stick with something even though it's tough. What helped me was the fact I had run before. You've kinda got to be bull-headed enough to stick things out. You also need time to be alone even if you're not the loner type.

We talk of the 'loneliness' of the long distance runner. Do you think distance running is a sport for loners and for a lot of loneliness or what type of personality do you think is necessary to be a distance runner?

I have found that with running I can eat a lot. I'm afraid that if I stop running and eat a lot I will be back where I was before. I don't think runners are addicted to running; I think runners are more addicted to keeping in shape. If there is a period of time when you get out of shape and then get back in shape, you are a lot more aware of how hard it is to get back in shape. It takes a long time and once you are back in shape you want to stay there. If you stop running, you'll be out of shape again.

Do you think running will be a life time thing for you?

Basically I'm a more relaxed person. If I don't run I have a lot of built up energy. If I have had a bad day I come aggravated and instead of moping around the house, I go out and run and I don't care how bad the day was, I feel a lot more relaxed. Leave my problems at work, and don't take them out on my wife.

You said running has changed your personality. Will you please elaborate a little bit on that?

She's gotten a lot better. At first I put into running a lot of time and she wasn't too sure about it. The races weren't too interesting to her and not a whole lot of fun for her. Then at the race in DeLance when I got 3rd in my age group, the first time ever I got an award, she seemed as excited that I won something as I did, and she knows my personality has changed and I seem in better shape, more relaxed. She still complains some but she's learned to accept it. She cares about me and knows I'm going to run.

How does your wife feel about your running?

Last year's goals were to qualify for Boston which I didn't do and run under 36 for the 10K which I did. This year, still try to qualify for Boston and probably try to go under 35 for the 10K.

What kind of goals do you have in running?

The mile? Around 5:10.

How about the 100 yard dash? Probably around 13 seconds; I apparently have short legs.

The 10K? 35:12 set at the Lincoln this past year.

3:04:12 set about 18 months ago. For example, the marathon?

Good-time. The pressures of the day are gone. I don't worry any more until the next day. Other than that, I just talk to other runners, find out about training, and going out and have a



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THE ATHLETE'S FOOT

Saginaw Bay Marathon

For those FWTC members planning on running the Saginaw Bay Marathon, Don Lindley and company are staying at the same Holiday Inn that most FWTC members stayed at last year. It is located on I-75 and Holland Avenue, ten miles south of Delta College, the marathon starting point. For further information or marathon applications contact Don Lindley, 219-456-8739. Don guarantees that Jerry Mazock will once again provide wake-up service at six A.M. with music from "Rocky".

What other interests do you have?

The last two years I've taken up cross country skiing as an alternative to running in the winter. Also downhill skiing. And play raquet ball and tennis about once a week. Some basketball too. Now that I'm in shape I'd like to be more well rounded as far as the sports I'm in. Running has made these a lot easier.

Do you have any regrets about all the time you spend running? To be good at any sport you've got to play it almost every day. To play tennis every day you've got to join a club and at \$13.00 an hour, that's not the easiest thing in the world. Running is less expensive and you probably spend less time running that you would playing tennis.

LETTERS TO THE EDITOR



Dear Rick:

Here is an article you may want to consider for a future issue. The whole thing was totally unexpected so I hope it doesn't sound a bit contrived. I was able to run the parkway three times and it was on subsequent trips that I did a better job of observing.

I didn't consider writing the article until the next day and then felt I should try to make it as interesting as possible.

By the way, I didn't realize we could have our times listed so I didn't submit any last year. My good running friend, Rex Reed, let me in on the fact. Just wonder if you might want to remind your new subscribers. We all like to see our name in print, don't we?

Thanks for the great job on the newsletter each month.

s/Lane Anderson

P.S: I'm 35; my wife is 34.

(Ed.Note: See Lane's article elsewhere in this issue)

Dear Rick:

I really enjoyed the FWIC Banquet - it was well organized (as all FWIC functions I have been to) and delicious. I wish I had a bigger stomach so I could have eaten more, but I managed to stack my plate pretty high. All the food was so delicious but I didn't have room for dessert. But I figure Jerry Mazock ate my helping.

Anyway, enclosed is an article that Hal Higdon inspired me to write. Actually I had intended to write it anyway but I found a good excuse to subject FWIC members to my literary talents (??). The article looks long but I write big.

s/Jane Scarpino

P.S: Since the food at the banquet was so good, I've decided to have a bring your own food party at my house in the spring, either after a fun run or the Three Rivers Marathon. (You do realize that if you print this note I'm obligated to entertain!)

(Ed.Note: See Jane's article elsewhere in this issue)

I started running in February, 1979, with the help and attention of Don Lindley, Treasurer of the Fort Wayne Track Club.

Dear Rick:

Race Director

MICHAEL H. KAST

Cordially,

A call went out for volunteers to help at our many races scheduled for this year. I must say that the call was well answered by a multitude of volunteers, some of whom I did not know; but the help received from all was invaluable in putting on our March 15 races. I say thank you sincerely to each of those whose names I did not get. Special thanks, of course, should go to Charles Brandt (personally marked and laid out the course, obtained school site, and delivered some of the equipment); to Don Lindley (race organization, trophies, equipment, and overall assistance); to Mr. and Mrs. Jack Paul (aid station and finish line); to Mr. Lindley (Don's father) for aid station; to Bill Sohaski and wife (fun run and finish line assistance); to Cindy Ventrella, Chet Fleetwood, and Norm Whistler (finish line, timers, etc.); to Linda and Mike Hill (registration and details); to Gloria and Julie Nycum and their friend, Chris (registration assistance); to Jan Kissinger, John McMillan, and several others whose names I unfortunately did not get for providing the splits during the 20-km. race.

I am sure I left someone out and that is only because of my poor memory for names. The point of this letter is not only to thank these wonderful people but to let everybody know that they can count on the Fort Wayne Track Club members and friends for assistance when needed. Thank you to all.



I started my running program at a weight of 295 pounds and presently weigh 193 pounds. The reasons for the decrease of 102 pounds are:

1. A complete change of daily diet.
2. An exercise program that includes running six days a week at an average of four miles a day.

The reason I mention this is for the fact that I ran the 10K, Foster Park race on February 15, 1981, and placed 137th but my time, 50:??, and place were not mentioned in the March newsletter. The only reason that I can think of why there was an oversight was the fact that since I am now so 'skinny' no one noticed me cross the finish line.

I would like to take this opportunity to mention that the time and effort that the Fort Wayne Track Club and the staff of the newsletter puts forth to promote running for fun and health is appreciated. They both have assisted me in my determination to lose weight, improve my running and physical well being. Keep up the good work.

s/Thomas J. Humbrecht

MACY'S MARATHON, Kansas City, MO - 11-9-80

Lynn Milner 3:33:05 282/760 40th/40-49

Just received the results. 1000 starters, 760 finishers. Weather 50's when we started, 75 degrees when we finished. Several good hills during the first 10 miles and four hills during the last three miles. Point to point race.

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Race News

PLEASE NOTE CHANGES IN RACE SCHEDULE:

BIG BROTHERS/BIG SISTERS 5 mile - August 29th
COLUMBUS MARATHON - October 11th

NEWS FROM CAYLOR-NICKEL MEDICAL CENTER - Bluffton, IN 46714

Steve Heidenreich, Bloomington, Indiana, will be the featured speaker at Caylor-Nickel's second annual Run for Health, Saturday, April 11, 1981, at 2:00 p.m., at Bluffton Junior High.

Mr. Heidenreich, author of "Running Back" along with co-author St. Louis Post-Dispatch reporter, Dave Dorr, documents an amazing story of "running back" after being struck by a hit-and-run driver on the Indiana University campus at Bloomington.

On March 16, 1976, Steve was training for the Olympic Trials aiming toward a berth on the 1976 U.S. Olympic Team when he was struck from behind by a car and hurled headfirst against the curb.

Steve lay in a coma for eight days in a Bloomington Hospital while doctors fought to save his life and to minimize the damage to his brain.

Steve's story is about his recovery from that accident and his struggle to relearn to walk and regain his ability to understand and communicate. Steve is now back running.

The fun run (2 miles) of the Caylor-Health Run for Health is at 3:30 p.m. The 10,000 meter race is at 4:00 p.m. Both races start at the Bluffton Junior High, Bluffton, Indiana.

Registration for the Fun Run is \$3.00 and \$5.00 for the 10,000 meter race.

Gift certificates will be awarded by Division and Overall Top 10. Ribbons will be given to the Fun Run finishers and T-shirts to all entering the Fun Run and 10,000 meter.

For information, contact Jane Thompson, Caylor-Nickel Hospital 219-824-3700, ext. 2103.

AMERICAN RED CROSS RUN-A-CROSS

(Editor's Note: The following is information received from the Red Cross on a unique race they are sponsoring in May. It is being held in conjunction with the 1981 Red Cross Centennial Celebration. For further information, contact Jerry Mazock, 6135 Orchard Lane, Fort Wayne, Indiana, 46809, 219-747-1064, by April 15, 1981. This is open to all runners.)

WHAT: A trans-Indiana run with four teams covering 150 miles apiece in five-mile segments running from the corners of the State to the Circle in Indianapolis.

WHEN: Race starts at 8:00 a.m. on May 6. Will continue on May 7 and race will conclude on May 8.

HOW: Each chapter team will be responsible for a 25-mile segment of the course. Time will be recorded by individual, by local team, and by regional team. The time advantage gained at the first day by any regional team will be given as a head start for the second day's run.

An award will be made for the best time on the two-day overall run (125 miles). The final day's run of 25 miles will be covered by one team, made up of the fastest runners of the previous two days' run. This team will be in the age and sex categories described below.

The last day's race will start 25 miles from the Circle in Indianapolis using the same route with all teams starting at the same time. An award will be given for this final day's team winner, however, the overall winner will be determined by the lowest elapsed time for all three days.

WHO: Each five-person team will be made up of individuals in the following age groups: under 20; 20 to 29; 30 to 39; 40 to 49; over 50. No more than three will be of the same sex.

FACILITIES: A safety vehicle will accompany each team throughout the progress of the participant at least three times during each five-mile segment and pick up the participant at the conclusion of this five-mile segment for transportation back to civilization. This vehicle will be equipped with first-aid, water, and gatorade. An alternate will also be available. However, in the event the alternate is needed, it will require returning back to the five-mile marker immediately preceding the "break-down".

AWARDS: Trophies will be awarded to the regional team having the best combined time for the first 125 miles. An overall award will be awarded to the team that has the best 150 mile time.

First, Second, and Third place trophies will be given to the five-man local teams with the top local team combined time. Awards will also be given to the top male and female finishers in each of the five age groups. T-shirts will be given to all participants with the understanding that it will be necessary that they be worn in the event. An award ceremony will be held on May 8 following the conclusion of the race, however, should this prove inconvenient for some, those not picked up will be distributed by the chapter which sponsored the team.

REGISTRATION: Complete the Informed Consent and Waiver of Responsibility form, returning it to Jerry Mazock at the address included in the Editor's Note at the beginning of this article.

ENTRY FEE: \$5.00 for all participants (paid by the Local Red Cross Chapter).

RACE RULES: Each local team will be responsible for reporting to their assigned race section at least 45 minutes in advance of the suggested time (to be determined) and be prepared to start when the runner from the preceding section is completed. Any delay will be added to the regional team's total time, the local team's total time, and the individual creating the delay's total time for final award purposes.

All runners will run against the traffic on the berm of the road.

In the event a runner is unable to complete his five-mile segment an alternate will be put in with a penalty requiring the alternate to start at the beginning of the five-mile section in which the substitution is required.

Each team will be made up of five members and two alternates with the five designated runners being no more than three of the same sex and with one runner in each of the following categories: under 20; 20-29; 30-39; 40-49; over 50.

Each runner will wear the Red Cross T-shirt to help provide the necessary identification.

In the event of rule infraction, the judges will assess a time penalty ranging from one minute to 15 minutes, depending on the severity of the infraction. Said time to be added to the individual, local team, and regional team involved.

(Editor's additional note - there will probably be at least three local teams running.)

RACE COURSE

SOUTHWEST REGION: Leaving Bloomington on Highway 37 southbound to State Road 58, then east to State Road 258, continuing east to U.S. 31, then North to I-465.

SOUTHWEST REGION: Starting North of Vincennes on U.S. Highway 41, then North to U.S. 40, then East to I-465.

NORTHEAST REGION: Leaving Fort Wayne on U.S. 27 to Route 1, south to State 18, then one mile west of State 18 and South to State 26, then west to the western limits of Hartford City to Center Township Pike, then south to Muncie, Route 3, New Castle and west on 234 to I-465.

NORTHWEST REGION: South Bend - U.S. 31 to I-465

AMERICAN RED CROSS - RUN-A-CROSS

APPLICATION - CONSENT AND WAIVER OF RESPONSIBILITY

In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all claims for losses and damages I may have against the American Red Cross, its Committee for this event and all other parties, representatives, successors and assigns for any and all injuries suffered by me or as a result of my participation in the American Red Cross Run-A-Cross competition of May 6, 7, & 8, 1981.

I ATTEST AND VERIFY that I am physically fit and sufficiently trained to participate in an event involving a five (5) mile run and have full understanding of the risks such an event will entail, particularly if weather conditions should prove adverse on the days of the event.

T-Shirt Size

S M L XL

Sex _____

Weight _____

Height _____

Date Signed _____

Signature _____

Address _____

Date of Last Physical _____

Birthdate _____ Age _____

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

State

Zip

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

Sex

Age

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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# Runners	pd Fee
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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)

DIVISIONS:

Men and Women

	<u>M</u>	<u>F</u>
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

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)

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

WAIVER 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, Keltisch 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

The meeting was opened by Charlie Brandt, Vice President. Mike Hill's water heater broke but fortunately he still came to the meeting just a little late (even President's have trouble).

Don Lindley, Treasurer, gave the Treasurer's Report. The Awards Banquet cost \$1,000.00. Since it was such a great success, consideration is being given to renting a larger hall next year. No outstanding bills at this time, but Mike Hill suggested he, Don Lindley, and Charlie Brandt get together to come up with a projected income for the entire 1981 year.

Bill Schaski mentioned that there was TV and newspaper coverage for Mike Kast's race and also when Hal Higdon was here. Hilliard Gates will be the emcee for the North American Van Lines race.

CHANGE - The Big Brothers/Big Sisters race has been moved to August 29!

COLUMBUS MARATHON will be October 11, 1981!

MEMBERSHIP CARDS WILL BE MAILED SOON!

Track Club members now total 534 with 286 renewing memberships and 248 new members. 128 past members have not renewed so if you are one of them, renew soon or you may miss an important race since THE INSIDE TRACK will no longer be mailed to you.

NEW MEMBERS MAY NOT RECEIVE THE INSIDE TRACK DUE TO DIFFICULTY WITH LABELS. IF YOU KNOW OF SOMEONE WHO DID NOT GET HIS COPY, PLEASE CONTACT ONE OF THE BOARD MEMBERS AND WE'LL SEE THAT ONE IS MAILED!

Charlie Brandt said that the Diet Pepsi course has been altered due to a bridge being out, but fear not, it's still a HILLY course!

The Midwest Meet of Champions is June 13th.

Steve Foster is doing a great job handling advertising for the Track Club. It takes members like Steve to make our Track Club the best by giving his time to help the club. We need more like him. Thanks, Steve!

Gloria Nyum, Women's Representative, gave minutes from the WE (Women Enthusiasts) Meeting and mentioned WE would like to have either a women's race alone or a combination men only race, directed by the women and at the same event a women only race it is hoped that more women will attend. If you don't run but have a husband or some friend that does, please come and share your feelings and experiences with your female friends.

Those in attendance: Mike Hill, Charlie Brandt, Don Lindley, Mike Kast, Gloria Nyum, Larry Lee, Tony Gattori, Dave Fairchild, Steve Foster, Tom Loucks, Phil Snelzer, Bill Schaski, Bill Schmidt, Phil Shafer.

VALPY 8 WILKS - 2-22-81

etty Jackson

4/4:05

1084h

4/19-29

Race Calendar

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

APRIL

- 4 SEVEN-UP 15KM SPRING CLASSIC - Muncie In. (University gym, BSU), 1:00 p.m., 1981 Mini-Marathon 317/282-8709
- 4 RUN FOR YOUR RIGHTS 10KM - Toledo O. (Ottawa Park), 10:00 a.m., Fair Housing 419/247-8709
- 4 OXFORD CIVIC RUN 10KM - Oxford O., 2:30 p.m., Brian Moran or Dave Petrick 513/529-2977
- * 5 DIRT PEPSI 10KM - Ft. Wayne (Northrop HS), 2:00 p.m.
- 5 MUNCIE SYMPHONY RUN - 1mi, 5KM, 10KM - Muncie In. (Ball State), Linda Branam 317/288-3168
- 5 WINDY MARATHON & 10KM - Carmel In. (Clay JH), 1:00 p.m. Chuck Koepfen 317/844-1823 after 6:00 p.m. before 11:00 pm
- 5 HEARIMATHONS MARATHON & TEAM RELAY - Toledo O. (U of Toledo), 8:00 a.m., Tom Balon 419/37-4361
- 7 CLUB KOKOMO RACE 5 & 10KM - Kokomo In., 6:00 p.m. Mike Stucker 317/457-0352
- 11 CAYLOR-NICKEL, KELTSCH RUN FOR HEALTH 10KM & 2mi, Bluffton In., 4:00 p.m., Phil Lockwood 219/824-2410
- 12 TOYOTA ROHRATHON 10KM - West Lafayette In., 9:00 a.m. Dr. Rohrman 317/447-9402
- 12 BLUFFTON BUCKEYE 10KM - Bluffton O., (Bluffton Elem. School), 2:00 p.m., Randy Keeler 419/358-7731
- 12 NATIONAL RUN FOR LIFE DAY 5 MILE - Columbus O., 1:00 p.m. Leonard Zane - Dennis Puppel 614/228-6327
- 12 FIFTH ANNUAL 10KM RACE and 1 MILE FITNESS JOG - Toledo O. (Detwiler Park), 2:00 p.m., Bill Sommers 729-7171 or Jim Brown 726-3403
- 18 ANNUAL EASTERN EGG HUNT - 5KM, 10KM, 1mi. (10 & under) Toledo O. (Ottawa Park), Nick Mitasincic 419/336-6912
- 20 BOSTON MARATHON
- 24 ROAD RUNNER RELAYS (Track Meet) - Dowagiac MI. (Southwestern Michigan college), 4:00 p.m.
- 25 7 MILE GROSS-COUNTRY & ROAD RACE - Heilbrook O. (Spring Lake Park), 8:45 a.m., Jack Wallace 513/433-4517

- *25 NORTH AMERICAN VAN LINES 15KM - St. "ayne, 8:00 a.m.
Terry Shipley (Office 219/429-2646)
GREENWOOD PARK 10KM - Indianapolis In., 8:30 a.m.
Runner's Forum, 317/882-1800
- 25 LAKE SULLIVAN 10KM (5KM, Int.) - Sullivan In., 10:00 a.m.
Joanne Arnett 812/268-6020
- 25 SPECIAL OLYMPICS RUN 10KM - Dayton O., (Welcome Stad.)
Ron Marguart - Don Morefield 513/229-4225
- 25 BUFFALO COMMUNITY RUN RUN & JOG (3.5 & 10mi), Bucyrus O.
2:30 p.m., Mike Ester 419/562-3520
- 26 CAMP MILHOUSE MINI-MARATHON 5 & 10KM - South Bend In.
9:00 a.m., 219/234-1169
- 26 ANNUAL COOKIE CLASSIC 15KM, 5KM, Int - Toledo O.
Dan & Jayle Schuidt 419/726-0453
Dave Barnes 419/248-8382
- 26 *OLYMPACK SPRING DISTANCE RUN 5 MILE - Columbus O.
9:00 a.m., John J White III 614/459-2547 or 424-7011
- 26 LIMA 10KM - Lima O., (OSU L.I.C. Branch), 1:00 p.m.
Bill Suter 419/229-0605
- 29 HUSTLE WITH YOUR HONEY 2 PERSON 10 MILE and 5 MILE
RETIRES - Dowagiac MI. (Southwestern Michigan College)
6:30 p.m.
- MAY
- 2 ATHLETES FOOT/MISHAWAKA YWCA 8.4 MILE RUNS -
South Bend In. (University Park Mall), 8:30 a.m.
- 2 RUN FOR THE BUDS 10KM and 5KM - St. Joseph MI. 11:30
a.m., Dean Sanders, 1200 S. Crystal, Benton Harbor, MI
49022
- 2 BRUN 10KM and 5KM RUN RUN - Battle Creek MI. (Kelleys
Community College), 9:30 a.m., Jack Bateman, KOC,
Battle Creek MI. 49016
- 3 JOHNSTOWN'S "SPRING SREAK" 3 and 5 MILE - Johnstown O.
(Johnstown-Worcester HS), 1:00 and 2:00 p.m., Judy Shull,
967-2721
- 3 HRRC 1 HOUR RUN - Carmel In., Athletic Annex, 5781
Park Plaza, Indianapolis In. 46220
- 3 JAYCES 10KM WHITE RIVER RUN - Indianapolis In. 10:00
a.m.
- 3 CONNECTICUT MENTAL "RUN FOR LIFE" 5KM, 15KM, - SYLVANIA
O., 9:00 a.m., William Drake or L. Kay Sellers 419/
882-8485 Deadline 4/25
- 3 MAY CLASSIC 5 MILE - Northington O. (Northington HS),
12 noon, Sharon Keaney - Pat Paterson 614/228-6706
- 5 CLUB KOKOMO RACE 5 & 15KM - Kokomo In. 6:00 p.m.
Ricke Stucker 317/457-0352
- 9 LAKE SHAFER RUN - 11 MILE - Monticello In., 11 a.m.
Andy Harmon 219/563-7349

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- 9 RUN FOR YOUR HEALTH 10KM - Indianapolis In., American Cancer Society, 9:00 a.m., 2421 Willowbrook Pkwy, 46205.
- 9 WELBORN WGBF FITNESS FESTIVAL (MARATHON, 5 & 10KM, 1 mi) Evansville In., 7 a.m. Cheryl Dautle 812/426-8123
- 9 FANNY BAER'S 10KM - Sandusky O., 10:00 a.m., Gus Arauz 419/626-3668
- 9 DAYTON SPRING RIVER CLASSIC III 8.2 mi - Dayton O. (Island Park), Linda Mommsen 513/225-4124
- 9 THE GREAT GILBOA MARATHON - Gilboa O., 8:00 a.m., Marilu Diller, Great Gilboa Mara. PO Box 52 Gilboa O. 45847
- 9 OLD KENT RIVER BANK RUN 25KM - Grand Rapids Mi., 10:00 a.m., Dave Teater PO Box 2194 Grand Rapids Mi.
- 9 U. OF TOLEDO 50th ANNIVERSARY 10KM RACE - Toledo O. (Scott Park), 8:00 a.m., Ken Mutauszak 419/474-0332
 Deadline 5/1
- 10 MOTHERS DAY MARATHON and 5 MILE - Alum Creek State Park (12 miles north of Columbus), 5 mile 11:00 a.m., Marathon 1:00 p.m., Alum Creek State Park 614/548-4631
- 16 COUNTY RUN 10KM - Marion In., Doug Osborn 317/348-4739
- 16 KIWANIS SUNRISERS SPRING RUN 15KM & 2mi - Noblesville In., 10:00 a.m., Dave Deverall 317/773-1073
- 16 SPRING SPRINT 4 MILE - Portage In. (Woodland Park), 9:00 a.m., Portage Park & Recreation Dept. 219/762-1675

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

- *17 FWTC 1 HOUR RUN - Ft. Wayne In. (Northrop HS), 8:00 a.m.
Jerry Mazock 747-1064 or Tony Gatton 422-2776
- 17 BONNE BELL 10KM (Women Only) - Indianapolis In.
Jeff Gangloff, Blueberry Race Management, PO Box
172 Bluffton In. 46714
- 22 500 FESTIVAL MINI-MARATHON 13.1 mile - Indianapolis
In., 9:30 a.m., 317/636-4556 Deadline 3/31
- 24 REVCO MARATHON & 10KM - Cleveland O.
- 25 HICKORY GROVE LAKES CAMPGROUND 10 KM X-COUNTRY -
Portland, IN, 10:30 A.M., 219/637-3524 (see ad
this newsletter)
- 30 MARATHON MARATHON & 6 MILE - Terre Haute In., 7 and 8
a.m., 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.

Send race announcement or changes to Tom Loucks, Route 1, Ossian, IN 46772 - 219-622-7108

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



FWTC NEWSLETTER

Rick Reitzug
825 Kensington Blvd.
Fort Wayne, IN 46805

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