



NEWSLETTER OF THE FORT WAYNE TRACK CLUB

the inside track

FORT WAYNE
TRACK CLUB



MAY, 1981



FORT WAYNE TRACK CLUB

RUN FOR FUN . . .



WANT TO RUN? If so, the FORT WAYNE TRACK CLUB IS FOR EVERYONE!

You don't have to be a champion to join. All that's required is an interest in running.

RUN FOR YOURSELF . . .



RUN FOR HEALTH . . .



MEMBERSHIP INCLUDES:

- * FREE MONTHLY RACES FROM 4 TO 26 MILES, INCLUDING SOME TRACK AND CROSS COUNTRY EVENTS.
- * WEEKLY FUN RUNS FOR ALL AGE GROUPS
- * FWTC MONTHLY MAGAZINE "THE INSIDE TRACK" plus a subscription to "FOOTNOTES" quarterly newsletter.
- * FRIENDSHIP AND FELLOWSHIP WITH OTHER RUNNERS AND THEIR FAMILIES

INTERESTED? JOIN US!

COMMERCIAL ADVERTISING RATES:

\$50.00 - Full Page
 \$35.00 - Half Page
 \$20.00 - Quarter Page
 \$ 5.00 - Classified Ad

Race Advertising Rates - \$20.00 - Full Page
 The FWTC reserves the right to reject any ad.
 Please contact Steve Foster - 219-486-4304
 Package deals available for 1/4, 1/2 or full years ads.

RENTAL RATES:

Chronomix Timer \$35.00
 Zetachron Digital Clock \$100.00
 Package (includes timer, clock,
 and race ad) \$125.00

Contact Charlie Brandt, 219-432-9110

THE INSIDE TRACK NEWSLETTER

Editor Rick Reitzug
 Assistant Editors Tom Loucks
 Eulalia Loucks
 Production Jim Dupont
 Advertising Coordinator Steve Foster

THE FORT WAYNE TRACK CLUB

President Mike Hill
 Vice President Charlie Brandt
 Secretary Cindy Ventrella
 Treasurer Don Lindley
 Measurement Chairman Phil Suelzer
 Fun Run Coordinator Mike Michaels
 Executive Board
 Dave Fairchild
 Tony Gatton
 Mike Kast
 Larry Lee
 Bill Schmidt

When the dreams of a marathon PR turn into an obsession and that obsession after two years of striving becomes a reality, the body and mind suddenly enter a goal-less vacuum. After drifting through a winter of waning motivation, characterized by inconsistently hard-running, I suddenly found myself in Spring, lacking all spring. I hadn't run hard enough during the Winter for Good Spring race times to motivate me, yet I had run too hard to attack the new season with freshness and vigor. True enough, I had goals, but I couldn't muster up the enthusiasm necessary to attain them. Subconsciously I questioned if attaining them was worthwhile. After all, I had attained my last goal and where did it get me? It had gotten me my Columbus Marathon jacket five minutes sooner than not running a PR would have gotten it. Big deal!

I was burned out. I have to pound those 12 miles of road that still lay waiting; of road-pounding. For the present, someone else was going to Little Yellow Ball back and forth across a net after four years miles. Wednesday, I played tennis. What joy to be battling a Monday, I went bike riding. Tuesday, I struggled with seven sunshines and the beauty of a perfect Spring day, lacked appeal. Upon. Still I lay there. The thought of that road, bathed in Twelve miles of road lay outside the door, waiting to be run later. I woke, I was no longer tired, but yet I remained in bed. I was tired. All I wanted to do was sleep. As the sun burst through the windows, I decided to take a nap. Thirty minutes

But only darkness and heaviness answered my call.
I called upon my legs to spring on the back of the soaring sun.
I called upon my eyes to radiate the brilliant warmth of the
I called upon my spirit to sing in joy with the flowers.

EDITOR'S NEWS

2 VIEWS

RICK REITZUG



LINCOLN NATIONAL BANK & TRUST COMPANY

MEMBER FDIC

LINCOLN NATIONAL BANK



Daylor-Nickel Ketsch Run for Health - 10K - Bluffton 4-11-81

Jerry Williams, Jr.	34:28	13th	5/19-24
Betty Hite	41:23	79th	1/30-39P
David Cox	52:36	232nd	

I started running August 24, 1980 (because of a challenge). I felt so good and lost weight easily so I am continuing along with my wife. I like the competitive spirit and enjoy all the friendship. - David Cox, Wabash

Diet Pepsi 10K - Homestead H.S. - 4-5-81

Jerry Williams, Jr.	34:41	13th	6/20-24
Betty Hite	40:15	689th	1/30-39P
David Cox	55:00	689th	12/50-59

tough race. - Betty Hite
Between the hills, wind, and gravel road, this was a really

Have a good run!

As I lay wakefully napping that Monday morning, I recalled the line I had read several days before in "The Runner", "What started as a passion became a duty and then a burden." Running had become a burden for me. I felt I had to go running every day. It was my job after work. But today I was calling in sick. A bike was waiting to be ridden, a tennis racket waiting to be swung. The road would still be there waiting for me when I was ready for it.

However, running, like people, can't just be pushed aside and forgotten. Since Monday, I have run every day. But I've slowed down along the way to feel the wind and the sun and to look at the flowers and - I confess - I even stopped to pick one. And even though I now ask my wife foolish questions like "Will you still love me if I can't run a 2:31 marathon?", I have once again made the discovery that running isn't everything, and no, George Sheehan, it's not the only thing either. For now, see you at the back of the pack.

Intervals - It's that time of year again for intervals and each spring I reread old articles on the subject. One thing I learned was to start slow and work down to the interval times you should be running. Last year I charged into heavy intervals during April and May. The results were disastrous. Instead of picking up speed as I had in the past, it was three or four months before I ran well again. So moderation is the word until you learn what your body can take.

Typewriter Donation - Dick Waterfield, thanks for the donation of an IBM electric typewriter to the club. It will be very helpful in getting out our correspondence on time.

In particular I want to compliment Dave Fairchild on his article in "Marathon Mutterings". Dave is a philosophy prof at IU-Purdue with two books to his credit and a PhD behind his name. We are lucky to have someone of Dave's caliber to write for THE INSIDE TRACK. Much of my degree work was in the philosophy area so I naturally enjoy Dave's writing. I've always felt the importance of a philosophy background was underplayed and after reading what Dave has to say, I'm sure of it. Dave, keep up the great work and thanks a lot from all of us running philosophers. Dave's article this month was to be humorous. I haven't read it yet, but . . .

During January, February, and March, I tried to keep my mileage at 40 miles a week, totally renovate the downstairs of our house and adjust to a new position at work. Certainly running helps to drain off stress at times but you just can't pick-up speed and mileage while working that much. Yet the end of March was approaching and intervals were next on the agenda. Something had to happen to pick me up and get me ready for the racing season. Well, it happened when I read the April issue of our newsletter. The enthusiasm and interest in running exemplified by the articles by Rick Reitzel, Cindy Ventrella, Jane Scarpino, Lane Anderson, and Dave Fairchild! You talk about "lived up"! I'm ready to run! Thanks to all of you for some enjoyable reading.

PRESIDENT'S COLUMN

MIKE HILL



After the Diet Pepsi 10K, I sat down and read some of my articles in last year's newsletters. The more I learn about running, the harder it becomes to write about it. You just cannot recommend what works for you to other people. It may not work for them. Yet some things will apply and if just one thing helps someone, then it's all worthwhile. So here's my latest semi-educated opinion of a running shoe.

Generally speaking there are two types of shoes around today, those built on a "slip last" in a straight or S-shape and those shoes which are a two piece or "cement lasted". The Nike LDV has been, over the years, a very good shoe for the new or easily injured runner. It is a cement lasted shoe with a fiberglass insert and arch cookie. In addition, it's a heavy shoe and I'm sure makes a slight difference on longer runs (marathon). My feet tend to pronate and the LDV is a shoe that's very stable and gives support. About a year ago the old yellow and blue last became a hard to find specimen. Nike, who's ads reek of righteousness, substituted an "LDV like" shoe with the Nike Daybreak insert. To those of us who have run in LDV's for years, it was immediately evident that at my local shoe dealer and the Nike representative was summoned to deal with one of those "strange" runners who can't run in just any shoe. He took my dogs LDV's, gave me a better pair of shoes (at the insistence of my dealer) and promised better LDV's in the future. Last week I received a call from my shoe supplier here in town and he informed me that the new LDV's were in. What a really nice surprise! They are blue now with an orange swoosh. The cement lasted straight shoe is still there with the fiberglass, foam arch cookie and Spenco insole. Two changes have been made though and I consider them a couple of great improvements. First of all, there is a new midsole material and hopefully it is lighter and will not get hard as quickly as the old material. Secondly, the old LDV sole seemed to wear out quickly so it has been replaced with the sole from Nike's "Liberator" shoe. Like all good things, the LDV has quietly and slowly developed into one heck of a good running shoe. Yes, it's heavy, but I really feel that you can make up for the extra weight by running just a little harder. At the Diet Pepsi race there were several pairs in evidence. If you're looking for some good protection from a well made traditional shoe, then try a pair of Nike LDV's!

OCTOBER 10,000 METER RUN

As you have all heard by now, Lincoln Bank has chosen to withdraw their sponsorship from the Lincoln 10,000. Charlie Brant and I have been in negotiation for a new sponsor and by the time this newsletter reaches you, I hope we will have made a public announcement of who the sponsor is. Let me assure you though, that a fall 10,000 meter race of the highest caliber will take place here in Fort Wayne. If our organization does anything this year, it will assure the continuance of this event.

FOR SALE:

1 pair - Brooks Vantage - 10-1/2 - new, used less than 20 miles - \$23.00
1 FWTC Red Dolphin racing singlet - medium - too small for me \$ 5.00
Rick Reitzug - 219-424-8091

A couple of years ago my father, Phil, started running, and we logged many miles together. Dad is a long distance man and would rather go out and run over eleven miles than settle with anything less. We had many great runs together to Franke and Foster Parks and back on the weekends. Dad gives every-thing his all, and I want to credit him with pushing me in the races I have recorded my best times in.

My first couple years of running was done on my own. I set my own training schedules and goals for races. I became very self-disciplined. After my first Three Rivers Marathon with-out training, I started really training for my next marathon. I followed the marathon training schedule that was published in "Runner's World" to a tee. You timed yourself instead of clocking mileage. I would hit the road day after day no matter what the weather was like. I progressed into the training pretty far when I hurt my tendon above my right ankle. As determined as I was, I continued running on it week after week. My ankle kept getting worse, but I thought it would eventually go away. What a thrill when I went out and ran the first eighteen miles (time-wise) that the training schedule called for. Afterwards I measured the mileage in the car. Shortly after that I visited the doctor, and he told me I had to lay off running or my ankle would never heal. He gave me cortisone shots and told me to elevate it as much as I could to stop the swelling. I was crushed! I had been planning on running the Glass City Marathon in Toledo, Ohio, in June. I was so frustrated it was unbelievable. I did recover, though, after a full month layoff and planned on running other marathons after that.

I have been running approximately four years and in that time many things have changed. Running goes in cycles as do our lives. That means that not always will you be in tip top running shape. Probably if you were, there would not be any-thing to strive for. So we recover from the low winter mile-age or injuries and begin slowly building up to our previous endurance level and hope to grow even further than before.



By Cindy Ventrella

WORDS FOR WOMEN

When Tony, my husband, and I met, we started running together and have been doing so ever since. We are so evenly matched, it is ridiculous. Right now he is in much better shape than I am though. I have to admit that in the first race of the year for us, the Diet Pepsi, I really held him back. It was a pretty hard run for me. It is really nice to have a running partner. If one doesn't feel like going out to run, the other one probably does.

One thing I haven't been doing anymore is setting my own goals or training hard. I think this has been my sluff off cycle. I hope to start setting more goals again for races and distances in the future. I believe goals are very important and are fulfilled by your mind and body working together. I found out in the Diet Pepsi that I have a lot of training to do. That is good because it gives me something to strive for. I did hurt my ankle again a few weeks ago, but this time I have enough sense to take it easy. I hope to see you all at the North American Race on April 25th. This time I will try to do better than fifth place in my age division.

Beer Bottle Open - Columbus Grove, Oh - 4 mile - 3-14-81

John Callicotte	24:32	32nd	10/15-19
Mark Callicotte	26:03	68th	3/14-under
Jeff Callicotte	26:40	81st	5/14-under

Approx. 275 entrants - cold, gusty wind out of west; awards to top 20% of each class; all three received awards - glass bottom beer mugs.



May 25, 1981

10K & 20K

The Great Race

Entry fee \$6.00

after May 15, \$8.00

10K starts 8:00 Concord Mall

20K starts 8:00 Midway Motor Inn

registration blanks available at

Elkhart In

No one knows
the athlete's foot like

150
SIZES
&
COLORS

ALL SIZES
ADULT
TO
CHILDREN



SOUTHTOWN MALL 447 - 7417



The first easy downhill mile on Abolte Center makes a gentle warmup at a 7:30 pace. I found my stride and began to breathe comfortably by the time I reach the two mile mark in 14:30. As I turn north on County Line and west on SR 14 the miles are passing easily: 7:00, 6:58, 6:55, 6:58. South on 700 east, approaching the 6 mile mark, I am met by the first of many dogs whose presence I have come to anticipate with some concern when I run alone. This meeting is different, however. The brown on white spaniel seems to be smiling as he accepts my pace and bounding from one side of the road to the other, accompanies me past the 7 mile mark, around the 8 mile turnaround and back east on 800 south. Disdaining my invitations to "go home!", Spaniel serves as my escort; distracting, purposefully it seems, other dogs, but always rejoining me a few yards down the road. Back to the hills on Abolte Center, still running 7's, I turn past the 11 mile mark onto West Hamilton. Suddenly, I realize that I am running alone, the Spaniel has left. It has only been 35 minutes since Spaniel met me at the 6 mile mark, and we have covered five miles together. Not too bad a workout - and Spaniel is still four miles from home. As I turn east off

It was a Wednesday, one of those rare late March days nearly perfect for running. The temperature was in the low 50's, with scattered clouds, a warming sun and light southwesterly breezes. The kind of day that causes memories of February's minus 30 wind chills to fade into indistinction, the kind of day that tempts us to run a little farther and a little faster than the schedule called for, the kind of day that reminds running is a natural activity, self-justifying and enjoyable for that reason alone. But according to the calendar it was March 25th, and I had only 11 days before the first marathon of the year. Just enough time left for one more hard fast 10-12 mile workout and one more long run before tapering. One final time on the Homestead hills, I decided, was just what I needed. I would attempt a seven minute pace for 8-10 miles, decide how I felt at that point about going for another 4-6 miles.

MARATHON MUTTERINGS



Hamilton Road, I recognize canine footsteps, Spaniel is back. We complete the loop back to Homestead High School together, still running 7's, Spaniel still bounding back and forth across the road. A five minute cool down walk and I am ready to get in the car and head for home. I roll down the window and thank Spaniel for an enjoyable run and wish him Godspeed as he heads back down Aboite Center Road, presumably, for home.

Fourteen miles on the Homestead hills at a seven minute pace. For me, a good workout. Admittedly, the decision to run this one was made because of a need for one more hill workout before an extremely hilly marathon. But it turned into one of the most enjoyable runs I have had. George Sheehan insists that we have to find the type of play at which we have the most fun, and pattern our lives around that. GOOD ADVICE. For many of us, especially when we are "in training" for a marathon, the "value" of our runs is measured only in terms of miles, pace, races, and days missed. Running becomes a job, something that has to be done. It is not play, it is not a natural activity at such times. Ahh, but this Wednesday's run was a special one! So the next time you see Spaniel somewhere around the 6 mile mark, invite him to run with you, but say 'hello' for me. He'll remember me. I'm the guy who ran eight miles with an ear to ear grin.

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

HEALTH FOOD SHOPPE of Ft WAYNE

NATURAL FOODS
SUPPLEMENTS
HERBS
BOOKS
COSMETICS
WATER DISTILLERS

M W F 10-8

T Th S 10-6

483-5211

3515 N ANTHONY BLVD



The Health Food Shoppe would like to invite all FWTC members to stop and compare our low prices on natural vitamin and mineral supplements. We have many excellent books on the importance of nutrition in exercise. Or just check out our complete selection of delicious natural foods.

At the Health Food Shoppe YOUR HEALTH IS OUR CONCERN.

The Bottom Line

By Charles Brandt

"It's the bottom line, that's what counts". How many times have we all heard this phrase? What people really mean when they say these words is that profits are more important than people. This phrase sends shudders through my body each time I hear it. It represents a type of thinking that allows our Corporate Leaders to make decisions that will yield short term profits, often with disastrous effects to people. There have been far too many examples lately of this bottom line philosophy. The Ford Motor Company decided that their bottom line would be better if they avoided repairing defective gaso-line tanks on their Pinto and Bobcat automobiles. Let a few people be disgraced or incinerated, it's the bottom line, that's what counts. Many chemical and manufacturing companies have irresponsibly discarded their waste products in such a way as to make some parts of our land uninhabitable. In Fort Wayne we have a water utility that supplies its customers with a smelly discolored concoction that's not fit for human consumption.

In sports, the bottom line is winning. As I watched the NCAA finals, this point was personified by Bobby Knight. The television camera focused on his contorted face as he was screaming commands to his players and at the officials. People after the final game would say things like, "Well, even if you don't like the way he acts some of the time, you have to agree that he gets results."

Do the ends justify the means? This is the central question of our time. It's a simple and basic issue that keeps recurring in our own daily lives. It is a question that governments, corporations, and all our institutions must answer sooner or later. The answer seems very simple to me. We are the means! It's the way we play, work, and live that counts. Institutions that put profits before people are making a serious mistake. Coaches that teach winning as the only important thing are missing the point of sports.

There is, however, a new philosophy on the horizon and running and road racing reflect this new spirit best of all.

Most of us started running for all the wrong reasons. We wanted to lose weight, get healthy, or live a longer life. We soon learn that the quality of life is much more important than how long we live. It has always amused me how defensive running magazines are when somebody suggests that skinnily people don't live as long as overweight people, or that running might have some medical side effects that aren't particularly healthy. Who cares? I don't! I am running for the fun of it. It makes me happier and that's enough for me.

With road racing, it was again all the wrong reasons that got me started. I wanted to show other people how good I

was. I wanted to win, and after the first trophy, I wanted more and bigger awards. Fortunately, I learned, as have most people that come to our Road Races, that it's the way we run our race rather than our finish results that's important. As Dave Fairchild said in his article last month, "It's our style that's important". The medals and trophies that we give away at each race seem almost obscene. At almost every race I attend, there seems to be an award for me. This tradition of the giving of awards to the winners of each age division is a holdover from the past. It's as obsolete and irrelevant as the bottom line philosophy. When I race, I am trying to be the best possible runner I can be on that particular day.

That's what we are all doing together. I run faster than most people in my age division, not because I am trying harder or have some special training technique, but because I was born with more ability. So why give me an award for something I had nothing to do with. There is no reason for those who never got an award to be discouraged or I guess for me to be embarrassed by getting too many awards because our true rewards come from within. It has been said that sports don't build character, they expose it. Some races expose me as coward and a slacker; in other races I have the heart and courage of a champion. The road race can bring out the very best in us as human beings and it is because of the challenge each race presents us with that we keep coming back to them one month after month. The spirit that pervades the road race is ability, political beliefs, occupations, wealth or lack of it, and social status are all irrelevant. We are all human beings and runners and there is really nothing separating us from each other. We have a challenge and a test in front of us and we want to conquer the distance and the race course and I pass my arch age group rivals, I always hear familiar words of encouragement, like, "Go get 'em, Charlie", or "Looking good, Charlie", why does this feeling of respect for one runner to another exist? I think it's because we know exactly how the other person in a race feels. When a runner is giving the race his best shot, it doesn't matter how fast he is running because we are all going to feel the same from Bill Rogers down to the slowest person in the race. Today, people are awakening to the fact that living long and hard isn't enough. We want to bring more quality to our lives and through running we are improving our body, mind, and spirit. Let's hope that our political and business leaders get the point. They can take all the profits and power that they can get and still they will not have achieved anything. It's not just the bottom line, it's how you achieve it. It's not how you end up, it's how you got there.

Spring Life Run - 5 mile - Warsaw, In - 3-28-81

Jerry Williams, Jr.	26:43	13th
Betty Hite	29:52	52nd
Fred Ross	30:27	61st
Betty Jackson	36:16 PR	162nd
David Cox	40:29	221st
Flat to rolling hills on city and county blaktop, due to	6/40-49	6/19-29F
polices, the run was 3/10 of a mile short. What was a live	6/50-59	6/40-49
mile race turned out to be a 4.7 mile race. Other than that,		1/30-39F
it was a very good and sunny day race. - Fred Ross		/20-24

KCLU 5 mile
William L. Tish

34:31

131st

When I saw Charlie Brandt check the breeze with his index finger five minutes before the start of the race on this 370 day, I thought he might be altering his race strategy. But when I saw him strip down to just a pair of shoes and shorts, I knew that Spring had arrived (for Charlie, anyway).

Roughly 1200 had registered for the race. But because of the cool day only a little over a thousand runners showed up. Unless you were Dexter Lehman, you would have plenty of wind protection.

With the count-down start effective, the first half mile found the usual group of dreamers prancing full stride down Homestead Road. The exception to this statement was Dexter Lehman who looked so relaxed running in this group, it looked as if he were on a Sunday stroll. Shortly, however, he would put the hammer down and glide away to victory.

I had heard that if you wanted a good time on this course the first three miles was the place to make your move. This was true, when you consider the roller coaster ride we took between miles 3 and 5 on the famous section of the "Hilly Four Mile" course. But, with a few steep grades after the mile mark and the newly placed gravel between 1-1/2 and 2-1/2 miles, I thought this section was still a great challenge, regardless of the hilly nightmare which remained. As usual, when you race out here at Homestead, you're always glad to see the digital clock on the final straightaway.

Dexter Lehman cruised in with a time of 31:19 and told me after the race that his training was hurting because of his long hours of work. Maybe we all should work 50 hours a week! That must be his secret!

Dean Behrman, Indianapolis, finished second in a time of 31:41. Other FWTG members were Tom Loucks, 4th; Phil Suetzer, 7th; Jerry Mazock, 8th; John Kline, 12th. In the Women's Division, Betty Hite barely nipped Alma Marie Ojeda 40:15 to 40:35 for the women's crown.

Charlie Brandt steamed in at 37:00, twenty seconds behind 40 and over champ Joe Barille's 36:20. The overall women's masters winner was Gloria Nycom in a time of 50:17.

By Jerry Mazock

Diet Pepsi!OK

SHIRTLESS BRANDT CHILLS
SHIVERING SPECTATORS AT



DIET PEPSI 10,000

APRIL 5, 1981
HOMESTEAD HS
40°, Some Wind

TOP 20 MEN

1. Dexter Lehman	31:19
2. Dean Behrmann	31:41
3. Peter Reist	32:32
4. Tom Loucks	32:54
5. Phil Hostetler	33:43
6. Brad Stevens	33:47
7. Phil Suelzer	34:11
8. Jerry Mazock	34:17
9. Scott Wareham	34:21
10. Mike Bultemeier	34:31
11. Max Blank	34:33
12. John Kline	34:39
13. Jerry Williams Jr.	34:40
14. Chuck Davis	34:48
15. Chris Buhler	34:52
16. Darrell Troyer	34:54
17. Kent Mahnesmith	35:01
18. Steve Foster	35:14
19. Kyle Strode	35:16
20. Gary Williams	35:25

TOP 5 WOMEN

1. Betty Hite	40:15
2. Alma Marie Ojeda	40:35
3. Mary Connolly	40:52
4. Theresa Ehrman	41:20
5. Donna Pfeffer	42:18



AGE GROUP WINNERS

Men 14 & under

1. Kent Mahnesmith	35:01
2. Jim Hiester	37:13
3. Bob Swinehart	40:24

15-19

1. Darrell Troyer	34:54
2. Kyle Strode	35:16
3. Gary Williams	35:25

20-24

1. Dexter Lehman	31:19
2. Dean Behrmann	31:41
3. Peter Reist	32:32

25-29

1. Phil Hostetler	33:43
2. Phil Suelzer	34:11
3. Jerry Mazock	34:17

30-34

1. Max Blank	34:33
2. Steve Foster	35:14
3. Gary Dexheimer	35:47

35-39

1. Robert Bruckner	35:49
2. Mike Hill	37:14
3. Wayne Schaltenbrand	38:01

40-45

1. Joe Barile	36:40
2. Charlie Brandt	37:00
3. Woody Barker	37:29

45-49

1. Bill Schmidt	37:44
2. Chris Stauffer	39:31
3. Joe Ziegler	39:36

50-59

1. Giles Tomlinson	40:53
2. Ralph Allen	43:07
3. Eugene Striggle	44:01

60 & over

1. Gerald Tullis	50:02
2. Chet Fleetwood	51:48
3. Al Gumbert	54:25

WOMEN 19 & under

1. Alma Marie Ojeda	40:35
2. Deborah Krebs	45:35
3. Karen Fothergill	45:45

20-29

1. Mary Connolly	40:52
2. Theresa Ehrman	41:20
3. Cindy Goller	42:25

30-39

1. Betty Hite	40:15
2. Donna Pfeffer	42:18
3. Mercedes Cox	48:33

40 & over

1. Gloria Nycum	50:17
2. Wilma Kyle	50:36
3. Carolyn Horn	55:50

The Running Pill

By Tony Ventrella

Even though in recent years there has been some return to the traditional ways of doing things, we are still living in the age of "Instant Everything".

Just ten years ago you had to wait for your television set to "warm up" before getting a good picture; now J. R. Ewing is smirking at you seconds after you flick the switch.

There was a time when a good roasted chicken took an hour and a half in the oven to reach perfection, now, thanks to radar waves, you can have your bird in 25 minutes.

We seem to have discovered a way to shorten most daily tasks and bring pleasure more quickly even in our leisure activities, but there is one world we have yet to conquer. No one has invented "Instant running" yet although at times in races it seems everyone but me has found the answer.

Since we have food supplements that make our eating process more efficient, why not come up with a "running pill". I

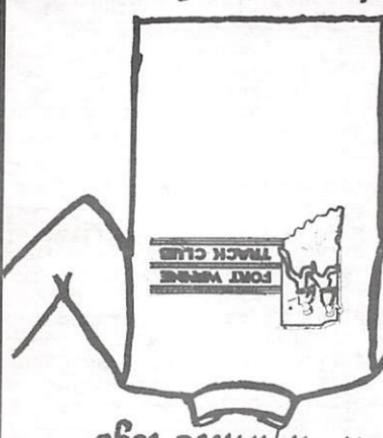
can see it now, different sizes and colors for different distances. Now I'm not talking about a vitamin supplement you take before or after you run, I'm zeroing in on a pill up on Saturday morning and instead of dragging yourself out of bed and risking life and limb on the highways of reality, just popping a "six mile" pill into your mouth and going back to sleep? You would be able to identify the "six mile" tablet with no problem because it would have a little Number 6 printed on it. . . . Maybe later in the day, after working in the yard, you might feel like a three mile muscle loosening session, but instead of actually running, just tip the bottle until you find one with a "3" on it, swallow with a small amount of water, and sit down and watch a ball game. See, you've knocked off nine miles on a Saturday without even stepping out the door.

Of course there is the danger of "running pill abuse", and I must warn you about that. It would certainly be a sad sight to find an overzealous beginner passed out after swallowing 39 miles worth of running pills at one time. There is a way of preventing such abuse however. Perhaps after taking 20 miles worth of pills in the same day, one of the ingredients could cause shin splints and that would alert the running pill abuser that he has reached his limit.



FWTC JACKETS

Red nylon or satin w/white logo



Your official FWTC Imprinting Service

NYLON UNLINED \$12.50*
 NYLON FL LINED \$15.95*
 NYLON PILE LINED \$19.95*
 SATIN FL LINED \$12.95*
 *plus \$2.00 post/handling
 XS-S-M-L-XL
 Send check or MO to:
 KREIGER SPORTSWEAR
 RR# 5 400 So.
 Columbia City, Ind 46725
 Ph: (317) 248-8626

1. Peter Reist	22:55	8. Terry Gautsch	29:50
2. Kyle Strode	22:31	9. John Gilbert	32:16
3. P. Wisniewski	24:39	10. Alan Gilbert	32:58
4. Chris Stauffer	24:45	11. Mercedes Cox	33:17
5. Don Lindley	24:59	12. Nancy Kahn	39:56
6. Steve Adkison	25:55	13. Patti Vande Zande	39:58
7. Jim Seller	27:47	14. Barry Vande Zande	

FOUR MILE RUN

SUNNY, CLEAR, LIGHT WINDS, MID 40's

MARCH 21, 1981
 HOMESTEAD-WOODSIDE MUSIC BOOSTER'S SPRING FLING

There is of course no insurmountable problem with developing a "running pill". Even if it could be done, and a person could train without training, he or she would miss the real thrill one gets from the daily jaunt. The thrill of taking your body through the stages of your run; adjusting your breathing in the first half mile; breaking into a light sweat at a mile; really getting into the rhythm after two miles; and then taking it to whatever level you wish from there. That could never be achieved with a "running pill". Now that I think about it, the "running pill" idea is not so hot. I guess I'll forget about that idea for now and instead set my sights on a new endeavor, a "bill paying" pill.

Nutrition And Physical Fitness

By Jane Scarpino



Most of us are concerned about being "healthy" runners. I know I invest a lot of time (and sometimes money) in planning my diet and trying to figure out the calories, vitamins, minerals, and other supplements my body needs to insure its most efficient functioning. The nutritionally adequate diet is one that provides sufficient nutrients and energy to meet the metabolic needs for optional functioning of the body. Regular physical activity depletes your body of some of these nutrients. Consequently, the runner will probably be deficient in some nutrients, resulting in a body which is not functioning at its most efficient level. There is a lot of information floating around about the dietary needs of the runner - but these needs appear to vary according to the source. Fortunately for me, I work with a dietician whom I consult regularly. Dayanne gave me a copy of an article by the American Dietetic Association which gives recommendations for athletes involved in training or competition, based on 58 clinical studies conducted from 1970-1980. The information, in my opinion, is worthy of passing on - so I've summarized it for you.

1. The athlete must meet increased caloric needs by increasing the number of selections from the "calories plus nutrients" foods. Intake of carbohydrates from the bread-cereal and fruit-vegetable groups should be emphasized. No satisfactory evidence exists that additional protein improves work performance or that activity leads to increased cellular destruction of protein. An interesting point - with increased caloric intake, there is a proportionate need for the B vitamins. I have been taking a time released B complex that supplies an average of 6000% of the USRDA (Required Daily Allowance) and a B-12 tablet that contains 1666% of the USRDA. (Dosages sound high? Well, Dayanne, another nutritionist and the health food store lady seemed to agree that the dosages were adequate.) Since I've been on these supplements (three weeks), I've noticed that my endurance has increased, my muscles don't fatigue so easily, and I'm not requiring as much sleep. I've got more energy!

2. Athletes should maintain a hydrated state by consuming fluid before, during, and after exercise. Dehydration significantly impairs performance. You should drink even if you are not thirsty. Tension, anxiety, and large sweat

- Losses make thirst an inaccurate indicator of water needed. For endurance competition this was recommended:
- Prior to event (two hours) drink 21 oz. fluid.
 - 10-15 minutes before event drink 14-17 oz.
 - Drink during the event. Although this drinking will not fully replace fluid losses, it reduces the risk of overheating and dehydration.
 - Glycogen stores built up with carbohydrate loading are also a potential source of water to the body during endurance competition.
- Athletes must replace electrolyte deficits (sodium, chloride, potassium) preferably from foods ordinarily consumed rather than tablets.
 - A high carbohydrate intake prior to competition can be beneficial to some endurance runners. The availability of carbohydrate loading builds up muscle glycogen stores to about twice that is achieved with a normal mixed diet. There will be a weight gain (water weight) from carbohydrate loading that may be uncomfortable. The full cardio-loading sequence should not be used more than 2-3 times per year.
 - The American Dietetic Association does not recognize any ergogenic values (ergogenic aid is any substance that can increase the ability to work) of these products: wheat germ, wheat germ oil, vitamin E, vitamin C, lecithin, honey, gelatin, phosphates, sunflower seeds, bee pollen, kelp, brewer's yeast. This does not mean that these substances are not good for you! Just that they don't improve athletic performance.
 - More research is needed on the usefulness of caffeine as a stimulant to fatty acid mobilization. Toward the end of an endurance event, most of the runner's energy is derived from free fatty acids. We don't know for sure if caffeine releases fatty acids. So, caffeine may or may not help performance. But it can't hurt it either.
 - A light meal should be eaten 3-4 hours before competing. The stomach should be empty at the time of competition to avoid getting sick. The meal should include some protein, minimal fat, and liberal amounts of carbohydrates. Milk can be drank (this was taboo in the past). Large amounts of simple sugars are not recommended because they cause a large release of insulin, resulting in hypoglycemia.
 - Reduce caloric intake to balance energy expenditure when you reduce training. This makes sense, but it's sure hard to do!
 - In summary, exercise causes a deficiency in energy nutrients as well as an increased demand for building nutrients. Athletic ability and endurance do not depend on taking high doses of megavitamins, but on simultaneous working of various nutrients in the proper balance. A deficiency in any one of these nutrients can disturb the balance and thereby decrease performance capacity. It's up to the runner to take a serious look at his/her diet to see if nutrients are supplied in balance.

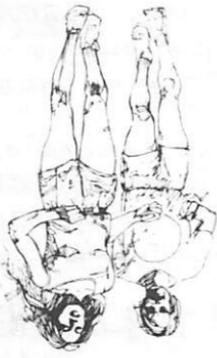
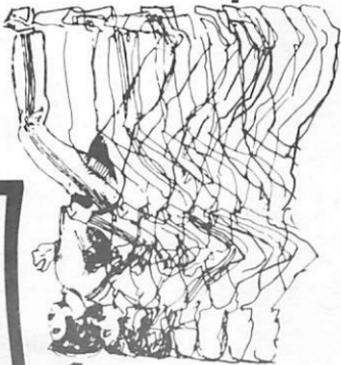
BEHIND THE WHARF
6312 COVINGTON RD.
432-5463

*REMEMBER:
10% OFF TO ALL
FWTC MEMBERS

MONDAY-FRIDAY 10-8
SATURDAY 10-6
SUNDAY 12-5

"ATHLETIC ATTIC
RUNNING TO
ITS DOORS"

athletic attic



SILK SCREENED T-SHIRTS ⁵⁰/₅₀

ATTENTION-RACE DIRECTORS

Our company specializes
in custom printed sports
apparel for road racing—
We produce top quality

merchandise and guaran-
tee delivery in plenty of
time for your race!

Just mail your design
and quantity by size
and we will take it from
there.

*Try our nylon wind-
breaker jackets as gifts
for top finishers—we
will use the same design
printed on back.



UNIT PRICE FOR UP TO 2 COLORS

T-SHIRT	50-150	151-500	501-1000	1001 +
WHITE	2.70	2.35	2.25	2.25
50/50 COLORS	2.95	2.60	2.53	2.50
UNIT PRICE — 1 COLOR ONLY				
JACKETS	5.70	11.20	21.50	51 +
NYLON	10.50	9.50	9.00	8.75

ART CHARGE

one color	20.00
two color	35.00
three color	48.00
four color	60.00

SPECIAL ART WORK AS QUOTED

TIER-PAPER GRAPHICS

P.O. Box 105
BLUFFTON, IN 46714
219-824-5020

T-shirts, jackets, hats bumper
stickers and other items available
call or write for details.

Farewell

By Steve Weiss

I began running about 2-1/2 years ago for a number of reasons. These primarily were to reduce weight, deal with stress, improve overall physical conditioning, and develop a sense of self accomplishment. Up to this point, I've lost about 20 pounds, successfully improved my ability to relax and thereby handle stress, drastically reduced my resting heartbeat, and have been able to easily run much longer distances than I would ever have imagined possible.

All these accomplishments seem remarkable to me and I look forward to further improvements in each of these areas as I continue running. However, after reading the February, 1981, issue of THE INSIDE TRACK and the article by Mike Novosad, I've realized that I've also gained something much more valuable to me than those items previously mentioned. That special something was not, at the time I began my running program, a major reason for beginning such an endeavor. I've realized that the most valuable experiences, during my running days, have been the friendships I've developed over the 2-1/2 year period.

To Mike Novosad, my next door neighbor, I must give the credit for pushing me into running. We began one summer day by slowly running 1/2 mile of pain and agony that I never want to repeat. However, Mike relentlessly made me feel guilty enough that I had to continue just to prove I could keep up with the "squirt". Since that beginning, we've both improved our speed and conditioning and now run 10 to 15 mile runs with what seems to be less effort than the initial 1/2 mile run. We've had many opportunities for long conversations during our runs and have developed a lasting friendship. Many of our conversations are sometimes one-sided because I'm normally gasping for air to keep up with Mike, while he was born with a golden tongue. He does most of the talking, while I just gasp or grunt my approval. Mike also has a terrific sense of humor and has coined the term "porkchop" when referring to my fullback frame and running style.

About one year ago, I met a runner who has prompted me to run faster times in the 10K than I would ever have realized possible. Dave Waldrop was an accomplished runner in high school and held the school record for the mile for a five year period, by turning in a time of 4:32. He has given me many tips to improve my running and has been an inspiration to me to get out and run in weather that has been more than terrible. As a result of the many miles and hours we've run together and the long conversations that evolved, I feel as close to Dave as my own brother. We have had many memorable experiences together as a result of our nightly runs and I will remember them as long as I live. It's true friends like Dave that are hard to come by and even harder to leave.

THE INSIDE TRACK is in need of an interested amateur or professional photographer willing to donate several hours monthly to THE INSIDE TRACK. We currently have three members who regularly take photos during races, but are in need of someone to coordinate photographic efforts and add an artistic flair to our photos. We are also in need of someone experienced in developing and printing black and white photos who would be willing to donate his time and knowledge in developing several rolls of film monthly for THE INSIDE TRACK. The FWTC would supply film and reimburse any expenses for these two positions.

Contact: Rick Reitzug - 424-8091

SPECIALIST
 HELP WANTED: PHOTOGRAPHY COORDINATOR and/or DARKROOM

I would like to take this opportunity to suggest the organizing of an annual run for heavyweights, such as Dave and I term ourselves. An appropriate name would be the annual Fort Wayne Track Club "porkchop" 10K and would be run only by those individuals who tip the scales at 175 pounds or more. How's that as an incentive for a "porkchop" to win a race? I've always wanted to be up there with the front runners in a 10K and I'm sure there would be additional interest.

Another close friend and neighborhood runner with whom I began running just recently is Mike Melendrez. I've always envied him losing 30 pounds in less than a year through running. He possesses a natural running style that will enable him to be a very competitive runner in the future. Watch out, Dave Waldrop and Dave Glover, here he comes! This year's attempt at the marathon will be successful for Mike, I'm confident. He'll be leaving us "porkchops" in his dust.

As I stated earlier, the greatest gift I acquired as a result of running in Fort Wayne has been the many friendships I developed. I express my deepest thanks to Dave Waldrop, Mike Novosad, Mike Melendrez, Terry Gautsch, Dave Glover, and the many other runners I've been associated with. I've appreciated your determination at keeping me going and wish you much luck and many happy miles. Additionally, thanks to those in the FWTC who have done so much to promote running. Farewell, my friends, I'll never forget the many friendly miles in Fort Wayne.

Resole Your Running Shoes

CHUCK'S SHOE REPAIR

GEORGETOWN SQUARE

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

6 Tubes 10% Discount

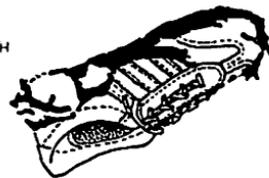
Also

Reconditioning Kit \$4.85

The Running Shoe

Eternal Sole

Shoe - Goo \$2.85



5 Types to choose from
Starting at \$10.00

**Hal Higdon and Ron Gunn
Invite the runners of
Fort Wayne
To join them in Hawaii
This December
For one of the world's
great experiences**



**HONOLULU
MARATHON**

As a runner, you owe yourself

The preceding photo made the front page of the Honolulu Advertiser the day after the 1980 Honolulu Marathon. It showed three runners from the Roadrunners Track Club in Dowagiac, Michigan (across the back: Tom Dalton, Dave Groner, and Henry Heritz) passing one of the more unusual refreshment stations during the race.

Tom, Dave, and Henry traveled with our tour group last December. We can't guarantee you front-page exposure, but we can offer you a good time if you travel to Hawaii with Roadrunner Tours.

This will be our fourth trip to the Honolulu Marathon, one of the world's great experiences. (It is more than a race.) And we know how to make travel to that event enjoyable. We fly out of Chicago Monday morning, December 7, arriving mid-afternoon in Hilo on the Big Island of Hawaii. The next four days consist of training runs, clinics, sightseeing, dining under the stars, getting to know fellow tour members, and the now-famous run down into live Kilauea Iki crater that Fort Wayne Track Club treasurer Don Lindley called as exciting an experience as the marathon itself.

Friday, we island-hop to Oahu for last-minute race preparations, including a carbo-loading party Saturday night. The start Sunday morning, December 13, with skyrockets exploding over the heads of 8000 runners is an experience you won't soon forget—nor will you forget our post-race picnic in Kapiolani Park.

If the experience...

Monday, some members of our group may need to depart for home, but we hope you can continue with us for three more days in Maui for sunning, swimming, and more sight-seeing on what may be the most beautiful of the Hawaiian Islands. We arrive home Friday morning, December 18.

Last year 35 members of our group were from the Roadrunners Track Club in Dowagiac, convenient since we chartered a special bus to take us to and from O'Hare Field in Chicago. We can customize similar arrangements this year for the Fort Wayne Track Club if enough people are interested.

We run a top-notch tour. We stay at the Sheraton Waiakea Village in Hilo, at the Ilikai in Honolulu, and at the Sheraton Maui in Maui, all of them superb hotels. And we offer special dinners and parties, some good sightseeing trips, and a special t-shirt or two. Most important, we provide our experience as tour leaders, knowing the best training runs, places to go, and things to do that will make your trip with us much more special than if you had gone alone.

The cost of the Roadrunner Tours trip to the 1981 Honolulu Marathon probably will be between \$1100 and \$1400 per person, depending on various options that can be tailored to reflect the desires of the Fort Wayne Track Club. It is a trip you owe yourself as a runner. Contact us now for further details.

—Hal Higdon and Ron Gunn



Experience Hawaii!

Hal Higdon and Ron Gunn will be flying out of Chicago on Monday, December 7, en route to paradise. Will you be traveling with them?

_____ Yes, I'm already sold! Enclosed is my \$150 deposit, which I understand is fully refundable subject to later terms.

_____ Send me my free "Training for the Honolulu Marathon t-shirt. My size is: _____

_____ I am interested; send me additional information on your tour.

_____ I plan to take the seven-day tour to Hilo and Honolulu.

_____ I want that plus Maui.

_____ I would like to travel to O'Hare via charter bus with the Fort Wayne Track Club.

_____ I am interested in information on other Roadrunner Tours. (Check below.)

Oslo Marathon/Half-Marathon: July 11-12
Avon Marathon (Ottawa, Canada): August 23
Athens Marathon: October 18
Bermuda Marathon/10,000: January 30-31

Name: _____

Address: _____

City: _____ State/Zip: _____

Mail to: Roadrunner Tours
Box 563
Dowagiac, Michigan—49047

Come and enjoy sharing ideas with other women runners. We also have a sizable library of running books for lending.

Nutrition and Running
Place: Gloria Nycum's Residence
3631 Starford Drive
Fort Wayne, Indiana 484-7182

Topic:

SUNDAY, MAY 17, 1981, at 7:00 P.M.

All women interested in running are invited to join us on:

WE

Clindy Ventrella, Secretary

will be posted elsewhere in the newsletter.

The next meeting tentatively will be May 17th at 7:00 p.m. at Gloria Nycum's residence: 3631 Starford Drive. This include a Women's Marathon.

we have some good news for women. The next Olympics will include a Women's Marathon. The next Olympics will include a Women's Marathon.

It a little easier that day so as not to overdo it. how high his pulse is. If he has a very high pulse, he takes pulse in the morning and adjusts his training according to Mike told some of his secret training tips. Mike checks his book helps set up an individual program for each runner. Mike also spoke on interval training. He recommended a book by Purdy, "Computerized Training Programs". This book helps set up an individual program for each runner.

Mike Hill, WMC President, was the speaker for our meeting. He discussed "Training" and broke it down into three groups: (1) Joggers, (2) Runners, and (3) Racers. He gave a description of each category, training mileage, and explained what stretching, speedwork, and other training was needed.

Marsha Schmidt suggested that we have a time once a month when women gather to run. The Saturday morning fun runs at Foster Park at 10:00 a.m. are already set up. We are thinking of having the first Saturday of each month as a time where we meet and run together along with all the other fun runners there.

we discussed having a "Women's Only Race". There were many mixed emotions concerning this. Some of the women did not want to be singled out and pulled away from the main stream of running. Others thought it would be very inviting for beginning runners who are a little shy joining in with the men runners. I would like to hear more feedback from other women who have opinions about this. If there is enough interest, we will have an "All Women's Race".

Marsha Schmidt suggested that we have a time once a month when women gather to run. The Saturday morning fun runs at Foster Park at 10:00 a.m. are already set up. We are thinking of having the first Saturday of each month as a time where we meet and run together along with all the other fun runners there.

we met for our second meeting at Joan Goldner's beautiful home. Jan Falconelli opened the meeting at 7:00 p.m.

March 22, 1981



Hal Higdon
The Runner Magazine



Sincerely,

Good luck and thank you, in advance, on behalf of those who need your help.

I feel that since this is a very simple and worthwhile project your club should become actively involved. In this regard, I strongly urge you to contact your fellow running enthusiasts and use the enclosed registration form to sign up the participants. As stated on the enclosed club participation form, each runner who returns the \$2.50 registration fee will receive a complete Love Run packet which includes a T-shirt, sponsor forms, log book and instructions.

Awards will be given to the running club raising the most money and the top club will be invited to make a check presentation during a local segment of the Jerry Lewis Labor Day Telethon. In addition, each participant will receive an awards certificate and anyone raising \$200, \$500 or \$1,000 will receive a bronze, silver or gold medal respectively.

The Love Run is a very simple event. Participants simply set a reasonable goal, then ask their friends, neighbors and business associates to make a pledge to the Muscular Dystrophy Association for each mile they run during the month of April.

I have been approached by the local Muscular Dystrophy Association to serve as a committee member for their America's Love Run program. After meeting with the local staff representative, I was very much impressed with the association and their entire patient service program. I have, therefore, agreed to serve on the committee and that is why I am contacting you.

Dear Running Club President:

The letter you see reprinted below is from our friend, Hal Higdon at "The Runner" magazine. Find a good cause and you will find Hal somewhere nearby. You might give some thought about dedicating your mileage in May to "America's Love Run" for Muscular Dystrophy. I intend to make a donation and put in the miles for them. Won't you join me?

Mike Hill

America's Love RunSM
Benefiting Muscular Dystrophy Association

To benefit the Muscular Dystrophy Association
 PIV To: 2250 LAKE AVENUE, SUITE 100, FT. WAYNE, INDIANA 46805, (219) 422-9525

America's Love RunSM

Registration Form

Mail to _____

Name _____

Address _____

City _____ State _____ Zip _____

Running Club Affiliation (if any) _____

T-shirt Size (circle one) S M L XL

**IN May
 You've
 gotta run.**

Everybody's running in *America's Love Run*. You don't

have to be an Olympic champion to join. Set a reasonable

goal...then ask friends, neighbors, and business associates

to pledge \$5 or more to the Muscular Dystrophy Associa-

tion for every mile you run during May. Run anywhere you'd

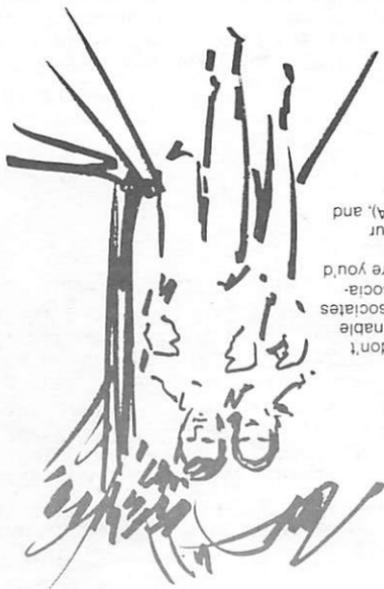
like—and at any time.

Send in the registration form below along with your

\$2.50 tax deductible entry fee (check payable to MDA), and

we'll send you an official T-shirt, Sponsorship Form,

Runner's Log, and complete instructions.



America's Love RunSM

LAKEVIEW OFFICE BUILDING, SUITE 100
 2250 LAKE AVENUE, FORT WAYNE, IN 46805
 (219) 422-9525

LETTERS TO THE EDITOR



April 9, 1981

Charles Brandt
Fort Wayne Track Club

Dear Charlie:

It is with regret that I must write you this letter and inform you that Lincoln National Bank will be unable to sponsor the annual Lincoln Bank 10,000 Meter Run in 1981.

Due to a readjustment of marketing priorities and a revision of budgeted marketing dollars, it has become necessary for the Bank to cancel its sponsorship of this event. It is my hope that you will be able to, in some way, keep the run alive.

It has been a pleasure to work with you as well as many other members of the Fort Wayne Track Club during the past three years. If there is any further information that I can assist you with, please do not hesitate to call.

Best of luck to you, Charlie.

Best regards,
Karen J. Cameron
Marketing Assistant

Dear Rick:

All of us runners down here in Bluffton would like to thank the Fort Wayne Track Club for its continuing support at our races. It helps a lot to know that we can count on a lot of Fort Wayne runners no matter what kind of weather conditions.

The Fort Wayne Track Club is a great club and I am proud to be a member.

Sincerely,
Philip K. Lockwood
Wells County Trotters

Dear Rick:

Please pass my apologies to Bernie Huesing of Huntington. I read in the March issue of THE INSIDE TRACK that he made a trip to Carmel on February 15th for the Sam Costa half-marathon - and I would be willing to bet anything that the schedule I put together had that wrong date in it. Originally, when the Windy Marathon was tentatively scheduled March 1, to beat the Boston Marathon deadline, the other tuneup races (Groundhog Seven and Sam Costa Half-Marathon) were to be held February 1 and February 15, respectively.

But then the date of the Windy Marathon was moved to April 5, in an attempt to escape poor running weather, and the date of the Sam Costa race was moved to March 15. Unfortunately, however, schedules with those original dates had been published and the damage was done.

I'm not sure how to keep this from happening again - but as you will note on the enclosed schedule, I have now added a pair of sentences that advise runners to confirm that races will be held before hitting the road.

Best of luck to THE INSIDE TRACK - the best club newsletter in the state - and with activities of the Fort Wayne Track Club. Your group really has a class operation.

Sincerely,

s/Mike Davis
Sportswriter
The Indianapolis News

Dear Rick:

I would like to see more races give a top 10 award. But, you would maybe throw these out of the age group awards. The reason for this is we seem to be seeing the top 2 to 5 in the same age group which means if they gave out 3 awards that 4th or 5th place would end up getting nothing, why you might see a person getting close to last receiving an award. Reason for this is we seem to have a lot of runners in the 20's and 30's while we have very few in the 60 and up and women's groups. I think all races ought to go by 10% or 20% of pre-entries for award basis.

Jerry William, Jr.

BF Goodrich Tires



BF Goodrich has performance tires for every vehicle - cars, light trucks, vans, RVs, campers, sports cars.

Automotive Services performed by Professional Mechanics:

WHEEL ALIGNMENT
COMPUTER BALANCING
MAG WHEEL FITMENT
BRAKES

SHOCKS
TUNE UPS
OIL & LUBE
BATTERIES

MUFFLERS
BALL JOINTS

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



Deborah Aiken

Dear Rick:
The Fix, by Charlie Brandt, in the March issue of THE INSIDE TRACK, is the best article on the sport of running that I have ever read! He put my previous indescribable feelings about why I run into an exact written account that I can keep forever. Thanks, Charlie!

(Editor's note) Your age group for the year, Fred, is the one in which you are in for the greater part of the year. For you, this will be the 40-44 age group for 1981. THE INSIDE TRACK is mailed to all members at approximately the first week end of every month. In your friend's case, either he did not renew his membership on time to receive the March issue earlier or the U.S. Postal Service experienced some problems in delivering his issue. Sorry for the deletion of your name and time in the February 10K results.

Fred Ross

Thank you for your time and have a good run.
FWTC, received his two weeks after mine (March 24).
ask is, a friend of mine here in Warsaw, also a member of once or does it come out in a stagger mailing? The reason I
2. Does THE INSIDE TRACK come out to the members all at I am in the 40-44 age group?
my 40th birthday. How would I figure my standing now that in January in the age group 35-39. The end of January was 1. 1981 points standings: I raced in the Homestead 8
Also two other points I would like to bring up if I may.
This I believe would put me in 6th place in this age group.
THE INSIDE TRACK left my name and placing out in the 40-44 age group. I placed 67th overall with a time of 41:57.
28th Foster Park 10K.
If I may, I would like to make a correction on the February
Dear Rick:

Howdy Rick:

You probably missed it in the paper but I ran a blazing 10K. In my first race since November 4, 1979, I managed a 41:20. I ran pretty hard but I couldn't break 40:00. My training was quite intense. I started running five days before the race (20 min/day). I also stopped chewing Red Man. I also drank 1/2 case of beer the week prior to my comeback effort. I suppose I'm ready to run a little more (maybe 30 min/day). Things are going pretty well here. I'll see ya on May 6th. I plan on running one more race before than.

Happy running,
Dean Nygard

(Ed.note: Many of you may remember Dean, currently a student at Indiana University in Bloomington, from 1978 when he was one of the top high school road racers in Fort Wayne. Dean ran at 2:44 in that summer's Three Rivers Marathon but has been hampered the last year and a half by a series of injuries. Good luck, Dean!)

MARION TRIPLE CROWN APPROACHING

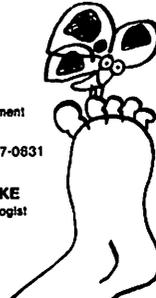
The first race in a unique concept in road racing, the triple crown, is rapidly approaching with the Marion Denim Express 10,000 meter race to be held on July 11th. The series also includes a 5KM race in August and a 15KM in November. All three races will be held in the Marion, IN area with total accumulative times of all three races used to determine a runner's standing. Individual race awards will also be given for each race. In fact, the Denim Express race is being billed as "Indiana's most generous race", with extensive awarding of shoes, running clothes, etc., plus T-shirts for all participants. The Triple Crown Race committee will be advertising all their races in THE INSIDE TRACK. The Denim Express race and the Triple Crown concept are advertised in this month's issue and will appear again next month. Please support these races. I ran the Denim Express race last summer and although I had a terrible day the race was well-organized and run on a scenic course. Kermit Welty, formerly of the Warsaw 10,000 meter, is the race director for this series. Please see the ad appearing elsewhere in this issue for further details.

*"We Support
Troubled Soles"*

The feet can tell amazing stories about your health. Call us for a FREE test and we'll show you how good health begins with good feet.

By
Appointment
Only
(219)747-0831

PAT
KUHNSKE
Reflexologist



Introducing the perfect arch support for the imperfect foot.

CITIZENS BANK 15 ROAD RUN - March 21, 1981

Evansville Indiana Fairly Hilly, 43', some wind, paved roads, occasionally rough.

Duane Gaston	28	46:20.4
Ashley Johnson	19	46:50.5
Greg Orman	20	47:03.5
Dave Raftery	25	47:57.5
Wayne Pollock	25	49:29.4

(Ashley Johnson is from South Africa and is a teammate here at Western Kentucky University. Dave Raftery is from Britain and runs for Victory A.C. A former Murray Stater.)

The top four moved away from the field gradually and stayed together up to 6 miles. Gaston then began to pick up the pace. Raftery, a mile, lost contact. 3/4 of a mile later I faded to 50 yards while Johnson and Gaston moved away. Gaston then moved into the lead and cruised in for the victory. About 1.5 mile out I made a surge but could not hold it.

Greg Orman

(Greg placed 3rd in the Ohio Valley Conference indoor 2 mile in 8:52. His team, Western Kentucky, finished 2nd to Middle Tennessee.)

ORMAN: 14:11 - 5,000 METER

FWTC member and University of Western Kentucky star, Greg Orman, recently ran a 14:11 5,000 meter race at the Dogwood Relays in Knoxville, Tennessee. Greg passed the three mile in 13:39, a 4:33 per mile average. Greg also recently ran a 15KM road race in 47:03.5. Since Greg started running as an 88 pound, 14 year old, he has shown continual improvement. Be looking for a feature article on Greg in an upcoming issue of THE INSIDE TRACK.

Cincinnati Heart Mini-Marathon - 15K - 3-22-81
James E. Bushey 64:25

Beautiful course - hilly!!

Seven-Up 15KM Spring Classic - Muncie, In - 4-4-81
Larry W. Linton 1:05:06
94th

Organizers imported some wind from Homestead for this race! Many runners were stopped several minutes for a train at the 3-1/2 mile mark. (Which gave me a chance to catch up!)

Athens, Oh - Marathon - 4-5-81

Dave Fairchild 3:16:27 PR 73rd 34/30-39

Temperature at race time was 48 degrees, partly cloudy, and very windy. This is one of the toughest courses I have ever raced, marathon or shorter distance. The hills between miles 10 and 16 make Homestead seem flat in comparison! Winds were gusting to 35 mph for the entire return trip on this out and back course. The winner's time was 2:31, five minutes slower than last year and 8 minutes off course record. 326 starters, 260 finishers.

BOSTON MARATHON - April 20, 1981
Woody Barker 3:04:23

VIRGINIA BEACH
SHAMROCK MARATHON

Betty Jackson

The 9th annual Shamrock Marathon was held March 14, 1981, and continued for two hours, 16 minutes, 56 seconds, when Terry Baker finished, and two hours, 19 minutes, 22 seconds when Dave McDonald finished. Even then cheering continued as 2,000 (a record) finished the 26 miles, 385 yards. My finish time was four hours, 14 minutes, 14 seconds.

The race was to begin at 10:00 a.m. I prepared with my ritual pre-race dressing and by 7:30 a.m. I was ready. Each group, according to pace, was marched to the starting line beginning with the slowest group. The temperature, in the low 40's, was ideal for a marathon.

My first mile split was 7:00. At 3 miles, the wind blew into our faces as we left 8th Street and went north to Fort Story. My time was 22:10. At 10 miles, the Virginia Beach Police pulled up beside me and talked to me. My time was 77:13. At 13 miles, 1:39:13; 15 miles, 2:23:13; 16 miles and I ate a candy bar. The course turned and we ran on the beach. At 18 miles my time was 2:43:14; 20 miles, 3:00:03; 22 miles, 3:26:00. At 24 miles my time was 4:00:03 as we again turned. The wind was now at my back as I looped through Red Wings Park. I passed 25 miles to the sound of a band playing by the side of the road. I completed the final mile finishing in 4:14:14 and placing 1,184th.

Athens, Ohio, Marathon - Several runners required treatment after completion of the April 5th marathon, including Betty Ann Jackson. Betty was admitted to O. Bleness Hospital for observation after suffering muscle cramps. Betty's time was 4:12:49, overall place 217th, and 2nd in the 30 and under age group.

JOHN JORDAN - Duke University

3-18-81	5K	14:56:7	3rd
3-25-81	Mile	4:20:2	3rd
3-28-81	5K	14:53:6	6th

All times were PR's on the dates listed.

Toledo Heartwatchers Marathon - 4-5-81

Tony Clouse 2:59:40 PR

38 degrees, west wind 12-15 mph, approx. 400 runners

SENIOR OLYMPICS - HELP NEEDED

Anyone interested in organizing the track and field program for the Senior Olympics, please contact Lori Noble (747-5273) or Betty Norton (423-7927). The Senior Olympics will be held June 1-6. A majority of the events will be held at the Senior Citizen's Center or the area surrounding it. Your help will be greatly appreciated. Thank you.

Advertisers in "The Inside Track" will contribute approximately 30% to the operating expenses of the FWTC during 1981.

Please support the advertiser. They support running. They support YOU.

FWTC 1 HOUR CHAMPIONSHIP

What: FWTC 1 Hour Track Championship
 When: 8:00 a.m., May 17, 1981
 Where: Northrop H.S. Track and Stadium
 Awards: Top 3 in all regular FWTC categories

IMPORTANT EXTRA INFORMATION:

The race director needs to know your planned pace per mile form in the space provided. Please write this time on this for track lane assignments. Send your entry to Tony Gatton, 1477 St. Mary's Ave., Fort Wayne, IN 46808. This race is free to all FWTC members. \$2.00 entry fee for all non-members.

Everyone must bring someone to count his laps and figure the distance run. In order to save time, your counter will figure your distance from conversion-lane sheets distributed on race day. If you own a calculator, bring it.

ENTRY FORM

FWTC 1 HOUR CHAMPIONSHIP

Name _____ **Pace per mile** _____

Address _____ Member FWTC: yes _____ no _____

City, State, Zip _____

I agree not to hold the FWTC, the race directors, Northrop H.S., or anyone else associated with this voluntary event, responsible for any injury I may receive during this event, or as a result of this event.

Date _____ Signed _____

Parental signature if under age 18 _____

Be prepared for entertainment during the race.



HILLY 4-MILE

JUNE 21, 1981

AT HOMESTEAD HIGH SCHOOL

Corner of Aboite and Homestead Roads

Beginning at 7:00 a.m.

Late Registration 6:00—7:00 a.m.

Trophies will be given to Men's and Women's overall winners and the first three (3) places of each age division. In addition, the overall Men's winner will receive **Converse's** new men's training shoe, *The Phaeton*, and the Women's overall winner will receive **Converse's** new women's training shoe, *The Selena*. Also, each division winner will receive an imprinted roll bag from **Converse**.

All **Finishers** will receive a "souvenir" T-Shirt with a distinctive Athletic Attic Hilly 4-Mile logo.

DIVISIONS

Men					Women	
14 & Under	20-24	30-34	40-44	50-59	19 & Under	30-39
15-19	25-29	35-39	45-49	60 & over	20-29	40 & Over

ENTRY FEES

- \$2.00 to FWTC members before June 7
- \$4.00 to FWTC members after June 7
- \$4.00 to non-FWTC members
- \$5.00 on race day (6:00-7:00 a.m. late registration)

Make checks payable to, and mail or deliver to:
Athletic Attic, 6312 Covington Road, Fort Wayne, IN 46804
Open 10-8 Monday thru Friday, 10-6 Saturday, 12-5 Sunday

Co-Sponsored by  Shoe Co.

Sanctioned by Fort Wayne Track Club

ENTRY FORM

Name _____ Age _____ Birthdate _____

Address _____

City _____ State _____ Zip _____

Phone _____ 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.
In consideration of the foregoing, I, for myself, my executors, administrators, and assignees, do hereby release and discharge Four Score, Inc., Athletic Attic, Converse Shoe Company 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 (_____) _____



Marion Triple Crown

CONCEPT: Marion's three largest races have combined to produce a special triple crown contest. Runners will run all three races and their accumulative times will determine their standing. The runners with the lowest accumulative times win their division. The intent is to present a uniform and strong series that a runner will be proud to have participated in.

Races:

Denim Express Shoe Fly 10,000m
Summer 5,000m
Mississinewa Mini-Marathon

Sponsors:

Denim Express 10,000m
Grant County YMCA 5,000m
Matchpoint 15,000m

Date - Time:

July 11, 1981 — 9:00 A.M.
August 1, 1981 — 9:00 A.M.
November 8, 1981—1:30 P.M.

AWARDS: Beautiful glass etched works will be awarded to each division winner, a keepsake to remember.

DIVISIONS

Men's Open 1 award
Men's master 1 award
18 and under 1 award
30-39 1 award
50-59 1 award
60 plus 1 award

Women's Open 1 award
Women's master 1 award
18 and under 1 award
30-39 1 award
50 plus 1 award

DIRECTOR: Kermit Welty of the Warsaw 10,000 meter run.

Address: Matchpoint, 4589 North Wabash, P.O. Box 509, Marion, IN 46952

Phone: 317-664-0621

Kermit brings with him a long history of road racing and directing success. These three races will be first class events.

ENTRY FEE: The entry fee is set at \$5.00 pre-registration per race. There is no charge for the Triple Crown awards. All three races must be run to qualify for Triple Crown awards. If one enters all three races at the same time, the total fee is \$12.00, a savings of \$3.00. Entry fee must accompany entry.

RACE COMMITTEE:

KERMIT WELTY — Race Director
JOHN CRUZ — Promotion
GARY HALL — Course Certification and Standards
JIM VIERZBA — Secretary/Treasurer
TIM PURDOM — Record Keeping
DOUG OSBORN — Advisor
CHARLIE CASH — Advisor

This committee has substantial racing experience both as runners and as directors. The Triple Crown promises to become a premier running event in the state of Indiana.

MARION TRIPLE CROWN

Name Sex Age on July 11
Address City State Zip
Phone Date of Birth

I acknowledge that I am sufficiently trained to participate in this rigorous athletic event. I hereby release from all claims of damages and demands arising from my participation in the Marion Triple Crown all sponsors, directors, and officials of said run. (Parent or guardian must sign for participants under 18 years of age.)

Date

Signature of runner or parent
Entry form not completed unless signed



Denim Express 10,000 Meter Run



Saturday, July 11, 1981

- LOCATION:** Denim Express — two blocks east of courthouse, Marion, Indiana.
- TIME:** 9:00 A.M. Late registration will be held from 7:30 to 8:30 A.M. Pre-registrants will receive specially designed T-SHIRTS. Same day registrants only if there are any left.
- COURSE:** 6.2 miles backtop road with several small hills. Splits read at each mile mark. Police escort, exact measurement — officials manning strategic points along route. A.A.U. course certification pending.
- FACILITIES:** Refreshments during and after the race. Rest rooms, locker and showers at YMCA (2 blocks west of courthouse square).

AWARDS: Running shoes of your choice will be awarded to all age and heavy wt. division winners. Men's age division second thru fourth place will receive running shorts. Women's age division second and third place will receive Adidas Women's racing singlets. Men's open and women's open division winners will receive top of the line Adidas warm-ups valued at \$100.00. Second place men's open winner will receive either Adidas full nylon suit or pair of shoes of your choice. Men's third thru fifth open winners will receive running shoes of your choice. First timers, men and women's division win one pair of shoes each. Second and third place receive running shorts. Women's open second and third place finishers will receive running shoes of your choice. That's 29 pairs of shoes, 2 Adidas top of the line warm-ups, 44 pair running shorts and 12 women's race Adidas singlets plus tee-shirts for all participants. This is Indiana's most **GENEROUS** race. This years race will award over \$4,000.00 of goods and merchandise. All runners will receive a special design T-shirt. Come Fly with us!

DIVISIONS

Men's Open	5 awards	Women's Open	3 awards
12 and under	4 awards	15 and under	3 awards
13-15	4 awards	16-18	3 awards
16-18	4 awards	19-29	3 awards
19-24	4 awards	30-39	3 awards
25-29	4 awards	40-49	3 awards
30-34	4 awards	50 plus	3 awards
35-39	4 awards	1st timers	3 awards
40-44	4 awards	Triple Crown: Denim Express is the 1st leg of the Marion Triple Crown (See back of this Flier).	
45-49	4 awards	*****	
50-54	4 awards	First Timers Division: This division is for the jogger who has never competed in any race before. We are looking for the joggers who have never raced in any race before.	
55-59	4 awards		
60-64	3 awards		
65-69	3 awards		
70 plus	2 awards		
Heavy wt. (over 190 lbs.) division winners	4 awards		
1st timers	3 awards		

DIRECTOR: Kermit Welty of the Warsaw 10,000 meter run brings with him a long history of road racing and directing success. Awards will be presented promptly after the race. This race will be a first class event.

ELECTRONIC TIMING: We will be using digital clock and timing device.

ENTRY FEE: Send \$5.00 to Denim Express before July 8. There is a \$6.00 late registration fee. Family fee, \$12.00 for immediate family members, three or more. Mail to Denim Express, 407 E. 3rd, Marion, IN 46952; Phone 1-317-662-6353.

3rd ANNUAL DENIM EXPRESS SHOE-FLY 6.2 MILE RUN

Name Sex Age on July 11

Address City State Zip

Phone T-Shirt size S M L XL (Circle one) Heavy wt. division check here

First timers division check here

I acknowledge that I am sufficiently trained to participate in this rigorous athletic event. I hereby release from all claims of damages and demands arising from my participation in the Denim Express 6.2 mile run all sponsors, directors, and officials of said run. (Parent or guardian must sign for participants under 18 years of age.)

Date

Signature of runner or parent/guardian

3RD ANNUAL TURTLE 10,000

DATE: Saturday, June 27, 1981

TIME: 8:00 a.m. 1 Mile Fun Run - 14 yrs. and under only
8:30 a.m. 10 K

LOCATION: Churubusco High School rear parking lot (west)

START AND FINISH: Churubusco High School

FACILITIES: Restrooms will be available. No shower or lockers available

REGISTRATION WILL CLOSE AT 8:00 a.m. THE DAY OF THE RACE!

1 MILE FUN RUN DIVISIONS AND AWARDS

10 K DIVISIONS AND AWARDS

<u>MEN</u>	<u>AWARDS</u>
14 and under	3
15 - 19	5
20 - 29	7
30 - 39	7
40 - 49	5
50 and over	3

WOMEN

19 and under
20 - 29
30 - 39
40 and over

AWARDS

5
7
7
5

BOYS

8 and under
9 - 11
12 - 14

AWARDS

5
5
5

GIRLS

8 and under
9 - 11
12 - 14

AWARDS

5
5
5

1 Mile Fun Run open to those 14 and under only. Fun Run participants will receive participation ribbons.

10 K course will close at 10:00 a.m. Runners on the course after 10:00 a.m. will run at their own risk.

Awards ceremony will begin at approximately 10:30 a.m.

Shirts will be given to 10 K runners only. Runners must pre-register by 6-13-81 to receive a T-shirt. NO T-shirt will be given the day of the race.

FEES: 10 K \$5.00 pre-registration with T-shirt
\$3.00 pre-registration with NO T-shirt
\$4.00 registration the day of the race - NO T-shirt

1 Mile Fun Run \$2.00 pre-registration (no T-shirt given for this race)
\$3.00 registration the day of the race

Make checks payable to TURTLE 10,000. For more information contact: Larry L. Shively, Route 3 375 North, Churubusco, Indiana 46723 phone - 693-2761

TURTLE 10,000 AND MILE FUN RUN ENTRY BLANK

NAME _____ AGE _____ SEX _____ BIRTHDATE _____

ADDRESS _____

PHONE _____ SHIRT SIZE (adult sizes, 10 K only) S M L XL

WAIVER: I hereby fully understand that the sponsors, the race directors, the Churubusco Turtle Days Organization Committee, the Smith-Green Community Schools and any other officials are not responsible for any injury, loss of personal property or death as a result of this race. I waive all rights with this agreement. Parents and/or guardians must sign for minor participants.

I am running 10 K _____ | 1 Mile Fun Run _____

Signature _____

Enclose entry fee and mail to: Larry L. Shively, Route 3, 375 North, Churubusco, Indiana 46723

HERITAGE DAYS RUN FOR BIG BROTHERS/BIG SISTERS

June 27, 1981, 9:00 a.m.

- 8:00 a.m. 1 MILE FUN RUN
9:00 a.m. 10,000 METER RACE (Race will begin at conclusion of Fun Run)

SPONSORED BY NIKE AND THE HUNTINGTON DOWNTOWN MALL
MERCHANTS

Location: Huntington Downtown Mall (corner of N. Jefferson and W. Park Dr.) Facilities available for showers. Huntington is located 26 miles southwest of Fort Wayne, IN.

Course starts: Downtown on the Mall at corner of N. Jefferson and W. Park Dr.; goes north on Jefferson and follows a figure 8 along scenic parts of town; course includes several hills and winds up finishing downtown on the mall.

Entry Fee: \$5.00 prior to June 19, 1981; \$6.00 after this date including day of race.

Make checks payable to: Heritage Days Run
Downtown Mall Association
323 North Jefferson
Huntington, IN 46750

Awards: T-shirts to all entries in Fun Run and 10,000 meter race. Number of awards in the Fun Run and 10,000 meter are listed to the right of each division.	<u>Divisions</u>	<u>M</u>	<u>F</u>
	17/under	3	1
	18-29	3	1
	30-39	3	1
	40-49	3	1
	50/over	3	1

Information: Tom Kent, Race Director
Brown & Rowe
323 Jefferson Park Mall
Huntington, IN 46750

CHROMOMIX TIMER AND ZETACHRON DIGITAL CLOCK

ENTRY FORM

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

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 Nike Co., the Huntington Downtown Mall Merchants, Big Brothers/Big Sisters, 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.

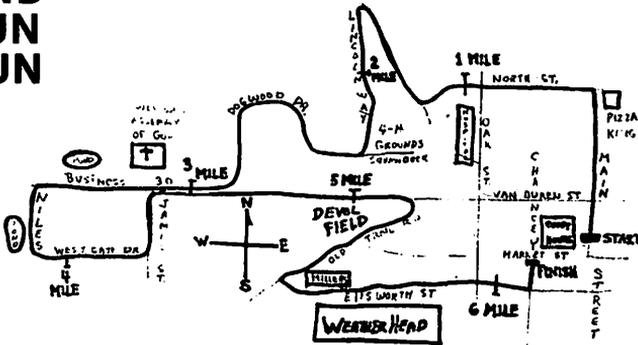
Signature of entrant (or parent if under 18)

Date _____ Telephone (____) _____

2nd ANNUAL

OLD SETTLERS DAY 10,000 Meter Race

AND FUN RUN



AWARDS:

- ★ Top 5 in each age group — 10K
- ★ Award for best time over all for men and women — 10K
- ★ Ribbons for all Fun Run finishers
- ★ Certificates to all finishers
- ★ T-Shirt to all runners

RACE RESULTS WILL BE MAILED.

WHEN: July 18, 1981

8:30 A.M. — FUN RUN

9:00 A.M. — 10 K.

WHERE: Whitley County Court House

CHECK IN: 7:30 to 8:30

SPLITS: Every one mile mark

AID STATIONS: Water at two and four mile mark and at finish

RESTROOM FACILITIES: No showers but restroom facilities in the court house and municipal building.

FINISH LINE: Chronomix Timer and ZETachron Digital Clock.

AGE CATEGORIES

MEN	DIVISIONS	WOMEN
14 & Under	1	14 & Under
15-18	2	15-18
19-24	3	19-24
25-29	4	25-29
30-34	5	30-34
35-39	6	35-39
40-49	7	40-49 even
50 & Over	8	—

..... Detach Here.....

Entry Fee:

\$5.00 (Before July 4, 1981)

\$8.00 (After July 4, 1981)

Fee must accompany registration.

CHECK ONE

Fun Run

10,000

In consideration of the acceptance of the entry, I waive for my self, my heirs, and assigns, any and all claims for damage against the Old Settlers Day Association, Inc., and their representatives, for any and all injuries received during, before, and after these events.

Name _____ Age _____ Division _____ Sex _____

Address _____ City _____ State/ZIP _____

Telephone _____ Signature _____

(All registrations must be signed, parent's signature required if runner is under 18 years of age)

T-SHIRT SIZE:

S M L XL

**ENTRY TO: Old Settlers Day 10,000
c/o The Columbia Clipper
535 North Line Street
Columbia City, IN 46725**

The Grand Lake Road Runner's

4 th Annual

St. Marys Heritage Day Classic

Saturday, June 20, 1981

9:00 a.m.

- Course:** 8.0 mile. Certified course. Starting & finishing in front of Memorial High School, South St. Course will run to Grand Lake St. Marys and return same route.
- Facilities:** Showers & locker rooms provided at high school. Plenty of parking available at starting line. Water stops along route with modern restrooms facilities at the lake turnaround point. Refreshments provided free to all runner after the race.
- Safety:** Traffic will be maintained by local authorities, Paramedics will be on hand for any emergency need.
- Entries:** Open to all runners Entry fee is \$4.00 before the race; \$5.00 on race day. No refunds. Make check or money order payable to the Heritage Day Classic.
- Awards:** Awards ceremony immediately following the race, Certificates to all finishers. Trophies to the top three in each division. Over-all trophy to top male and female finisher. Door prizes also to be given.

Age Divisions

Men		Women
18 and under	41-45	19 and under
19-25	46-50	20-29
26-30	51-55	30-39
31-35	56 and over	40 and over
36-40		

Entry Form

Mail to: James A. Bergman

Reco Director

685 Hillcrest Drive

St. Marys, Ohio 45885

Please Print

Name _____

Age _____ Sex _____

Address _____ City _____

State _____ Zip _____ Telephone _____

OVER!!!!

In consideration of the acceptance of my entry, I for myself, my executors, administrators and assignees do hereby release and discharge the St. Marys Heritage Committee and other sponsors for all claims of damage, demands and actions whatsoever in any manner arising or growing out of my participation in said athletic event. I attest and verify that I am physically fit and sufficiently trained to participate in this event.

Signature _____ Parent's (if under 18) _____

The St. Marys Heritage Day Celebration has been held the last four years. The Celebration is June 19, 20, and 21. There are games, rides, and a variety of entertainment, food and beer. Come to the race and plan to spend the day.

MIDWEST MEET OF CHAMPIONS
8 KILOMETER
CHAMPIONSHIP ROAD RACE
June 13, 1981

The 3rd Annual Midwest Meet of Champions Championship Road Race, sponsored by the Fort Wayne Track Club in conjunction with the Midwest Meet of Champions Track Meet, will be run at 8:00 A.M. Saturday, June 13, at Northrop High School. All entrants for the 8 kilometer race will receive a ticket to the All Star meet (\$3.50 at the gate) and special championship trophies will be presented during the meet.

DATE: Saturday, June 13, 1981
 TIME: 8:00 A.M.
 PLACE: Northrop High School
 Fort Wayne, Indiana

DISTANCE: 8 kilometers
 REGISTRATION AND LATE ENTRY: 7:00-7:45 A.M.
 June 13
 Northrop High.

SEND ENTRIES TO: John Kline
 2410 Oakridge Road
 Fort Wayne, Indiana 46805
 (219)482-1956
 CHECK PAYABLE TO: Fort Wayne Track Club

AGE DIVISIONS AND AWARDS (TROPHIES)

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

ENTRY FORM

NAME _____
 ADDRESS _____
 AGE _____
 SEX _____

WAIVER: I waive all rights and claims for damages I may have against any of the sponsors and/or officials of this race for any injury I may receive. I attest I am sufficiently conditioned to compete in this event. My signature below shows my understanding and acceptance of these two statements.

Signature of agreement _____

Signature of parent if competitor under 18 _____

Race Calendar

* - FWTC POINTS RACE

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 announcements or changes to Tom Loucks, Route 1, Ossian, In. 46777 219/622-7108

DIET PEPSI 10 KM

Some of you may have noticed the mistake in last months race calendar. I unaccountably listed the race as taking place at Northrop HS instead of Homestead HS. Many people called me to confirm the site of the race but some understandably thought the race was at Northrop and to them I apologize. Whenever there is a question about a local race do not hesitate to give me a call. Again my apologies to those inconvenienced.

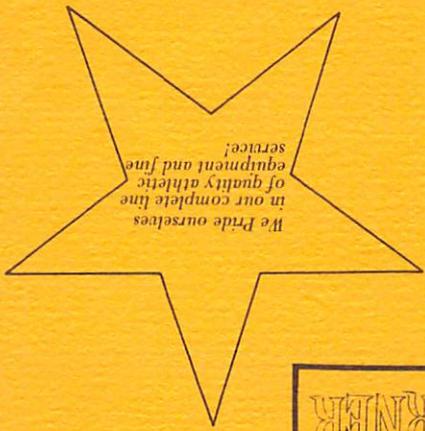
Tom Loucks

MAY

- 2 ATHLETES FOOT/MISHAWAKA YMCA 8,4,1 MILE RUNS - South Bend (University Park Mall), 8:30am
- 2 RUN FOR THE BUDS 10 km and 2 km - St. Joseph Mi., 11:30am, Dean Sanders, 1200 S. Crystal, Benton Harbor Mi. 49022
- 2 BRUIN 10 km and 3 km FUN RUN - Battle Creek Mi., (Kellogg Comm. College), 8:00am, Jack Bateman, KCC, Battle Creek Mi. 49016
- 2 METRIC MADNESS RECYCLE RUN 5 km (8:30), and 15 km (9:30) Bloomington (Bloomington South HS), Mike Krolewski 812/372-1551
- 2 "SPECIAL 10 K" RUN - Brownsburg In., 10:00am, First Federal Savings 317/269-1333
- 3 HRRC 1 HOUR RUN - Carmel In., (1:00pm - 9 mi. & under ; 2:30pm - 9 mi & over), Athletic Annex 317/849-7600
- 3 DIET PEPSI 10 km - West Lafayette In., Larry Bodert 1031 N. 3rd St. Logansport In. 46947
- 3 MAY CLASSIC 5 MILE - Worthington O. (Worthington HS) 12 noon, 614/228-6704
- 5 CLUB KOKOMO RACE 5 km and 15 km - Kokomo In., 6:00pm Ricke Stucker 317/457-0352
- 9 LAKE SHAFER RUN (11 mile and 2 mile jog) - Indiana Beach Campground, Monticello In. 11:00am, Andy Harmon 219/583-7349
- 9 RUN FOR YOUR HEALTH 10 km - Indianapolis, 9:00am American Cancer Society

- 9 4th ANNUAL MAPLE CITY 10 km ROAD RACE - Maple City In., 9:30am, (no entries after 8:30am), David Heuer 219/362-9709
- 9 SALEM JAYCES 10 km - Salem In., 9:00am, David Bower 812/883-3786
- 9 FIATLANDERS FOLLY 5 km and 15 km - Nashville In., (Brown County HS), 812/988-7542
- 9 WELBORN-WBHH FITNESS FESTIVAL (Marathon, 5 and 10 km, 1 mile), 7:00am, Evansville In., 812/426-8235
- 9 FANNY BARR'S 10 km - Sandusky O., 10:00am, 419/626-3668
- 9 DAYTON SPRING RIVER CLASSIC III 8.2 mile - Dayton O. (Island Park), 513/225-4124
- 9 THE GREAT GILBOA MARATHON - Gilboa O., 8:00am
- 9 OLD KENT RIVER BANK RUN 25 km - Grand Rapids MI. 10:00am
- 9 2nd ANNUAL WOBG CLASSIC 10 km - Celina O., (Western Ohio Branch Campus of Wright State), 10:00am, 419/586-2365
- 10 MUNCHIE 10 km - Ft. Wayne In. (Foster Park), 4:00pm 745-0021, Benefit for UNICEF
- 16 COUNTY RUN 10 km - Marion In., Doug Osborn 317/348-4739
- 16 WARSAW 10 km - Warsaw In., 11:00am, C: Athletic Annex 117 W. Center St. 46580
- 16 KIWANIS SUNRISERS SPRING RUN 15 km and 2 mile - Noblesville In., 10:00am, 317/773-1073
- 16 SPRING SPRING 4 MILE - Portage In., (Woodland Park), 9:00am, 219/762-1675
- 16 LIFE-BE IN IT RUN 10 km - Shelbyville In., 9:30am
- 16 OPTIMIST-PEPSI COLA 5 and 10 km - Defiance O.
- * 17 PWTC 1 HOUR RUN - Ft. Wayne (Northrop HS), 8:00am, Jerry Mazoek 747-1064 or Tony Gatton 422-2776
- 17 BONNE BELT 10 km - Indianapolis In., (Women Only)
- 23 HIGHLAND PARK RUN 1.5 mile and 4 mile - Kokomo In., 8:00am, 317/452-0063
- 23 BARZO'S BLAZE 10 km - Bloomington In., (Highland Village) 9:00am, 812/339-8235
- 24 REVCO MARATHON & 10 km - Cleveland O.
- 25 HICKORY GROVE LAKES CAMPGROUND 10 km X-C - Portland In., 10:30am, 219/637-3524
- 25 THE GREAT RACE 10 km (Concord Mall) and 20 km (Midway Motor Inn, Downtown), Elkhart In., 8:00am, Dave Fouts 219/262-3908

- JUNE
- 6 SANGER 6 (10 km) - Ft. Wayne (Foster Park), 10:00am, Ed Garrett 456-2447, 1 mile run 9:45
6 JUBILEE DAYS 10 km - Gas City In., Jim Nicholson 317/674-6951
6 MICHIANA LONG RUN 5 km and 15 km - South Bend In., 8:00am, Julie Prantz 219/287-2321
6 DICK LUGAR FITNESS FESTIVAL 3.46 and 6.2 MILE - Indianapolis, 3.46-9:00am, 6.2-9:10am, Registration from 7:15 till 8:45. (Butler Univ.)
*13 MIDWEST MEET OF CHAMPIONS 8 km - Ft. Wayne (Northrop HS) 8:00am, John Kitz 219/482-1956
*21 HILLY FOUR MILE - Ft. Wayne (Homestead HS), 7:00am
27 HERITAGE DAYS RUN FOR BIG BROTHERS-BIG SISTERS
10 km - Huntington In., 9:00am, (mile run 8:00)
Tom Kent, Race Director (see ad in this issue)
- 25 STAR REGISTER DISTANCE CLASSIC 10.5 mile - Crown Point In., (Lake County Fairgrounds), 8:00am, Alex Vagelatos 219/663-4212
30 MARATHON MARATHON and 6 MILE - Terre Haute In., 7:00 and 8:00am, 812/232-6311 ext. 2522 or 2559
25 RUN FOR HOPE 5 km and 10 km - Martinsville In., 8:30am Dennis Lind 317/831-5514



Master Charge and Visa accepted

Store Hours:
Daily 10 am to 9 am
Sunday 12 noon to 5 pm

ATHLETES & CORNER

Phone 484-4322

the
ATHLETES' FOOT
Inc.

GLENBROOK SQUARE
Phone 483-8372



LOUCKS WINS NORTH AMERICAN

April 25 - Tom Loucks took command early and continued to accelerate en route to an impressive 49:13 victory in today's North American Van Lines 15 KM race. The Ossian, Indiana native and Fort Wayne Track Club member bested second place Phil Suelzer by over two minutes. Betty Hite won the women's overall title in the well-organized race. Further details were unavailable at press time, but will appear in the June issue of "THE INSIDE TRACK."



RACE CALENDAR cont.

JUNE

27 3rd ANNUAL TURTLE 10 km - Churubusco In., (Churubusco HS), 8:30am, (registration closes 8:00), Larry Shivley 693-2761

JULY

11 DENIM EXPRESS 10,000 METER RUN - Marion In., 9:00am, (Part of the Marion Triple Crown), Kermit Welty 317/664-0621 Denim Express 662-6353

June 20

St. Marys Heritage Days - 9:00 a.m. - St. Marys, Ohio
(See Ad in this issue)

July 18

Old Settlers Day - Columbia City, Indiana - 8:30 a.m.
(See Ad in this issue)

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

**FORT WAYNE
TRACK CLUB**

Bulk Rate
U.S. POSTAGE PAID
Ft. Wayne, IN
Permit No. 1799



FWTC-DON LINDLEY
6015 Landsdowne Dr.
Fort Wayne, Indiana 46816

RETURN
POSTAGE
GUARANTEED