

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

the inside track

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JUNE, 1981



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This month I am celebrating a very important milestone in my life. Five years ago I became a runner. I had a respectable career as a high school runner, and ran several good half miles during Summer track meets while in college, but it wasn't until late May or early June of 1976 that I became a runner. Up to that point running had been a haphazard affair for me characterized by several days, sometimes weeks of running and then a slide into the lazy oblivion of naps after work and the first traces of cell-ulate. During this degenerate period, good friend Phil Suelzer, in the best traditions of friendship, would call me "Fatty" and other such endearing names. At the time I preferred to think of myself as well-built, although that was far from the truth. In actuality, my body had far more in common with a pregnant telephone pole than with Lou Ferrigno's. During the past five years running has transformed me from those slovenly days as a 180 pound blob into a 150 pound beanpole (although I still look fat compared to Jerry Mazock). However, running's effect on me has been far greater than the loss of thirty pounds. My entire personality has changed. Where once I was shy, easily intimidated, and basically lacked self-confidence, I am now at least fairly outgoing, have an adequate amount of self-confidence, and have several times had a whole carload of "let's see how close we can get to the runner" type individuals back down to the threat of nothing more than me and my size 10 1/2 Nikes. I have also during the course of five years of running met some of the most wonderful people anyone could ever want for friends. In fact, I probably made more friends in the first few races I ran in than I did during all those nights I spent in the local watering holes immediately after college.

The five years have also given me a chance to discover many things about myself, the human animal and the human spirit. I have found out what the human body can accomplish. Consider the number of strides necessary to run continuously for two hours. Now consider how difficult it was on that very first run just to make it a hundred strides. Consider the spirit of the runner who year after year trains and strives to qualify for the Boston Marathon and, who after years of such striving finally qualifies.



RICK REITZUG

EDITOR'S
NEWS
& VIEWS

I think of all these things and I can't help but conclude that running has been good to me. I can't help but conclude that I will be a runner all my life. But yet, I know that I am at a crossroads in my running career. After five years of fairly successful competition on the local level, I know that Bill Rodgers I will never be. Still, I enjoy many of the elements of competition immensely. But competing to the best of one's ability means many days of gut-wrenching training. It means many hours spent running-hours that many times should be spent on more urgent matters. Fun running does not demand such strenuous training nor does it demand such an inordinate number of hours. The question for a runner like myself, for whom running and competition have been nearly synonymous is, "Will I still get the same satisfactions from running if I merely amble along?"

The crossroads I am currently facing is one that I think many runners face at some time in their running career. For me it is an issue that is difficult to resolve. I am caught up in the kind of dichotomy that allows me to write one week, "See you at the back of the pack" and then the next week to go out and win a race. I'm tempted to simply run for fun. But then the TV/33-Hook's Marathon is coming up. And there is that feeling that maybe I do have one cosmic, mind-boggling, earth-shattering race in this 150 pound beanpole. See you in whichever direction the wind blows!

Have a good run!

Diet Pepsi 10K - 4-4-81

Ken Babcock 37:19 49th 8/ -19

Caylor-Nickel Keltsch Run for Health - 10K - Bluffton 4-11-81

Jane Scarpino 42:33 3rdF 1/25-29

A PR!! - motivation: get out of the rain!

HRRC Carmel 1 Hour - 5-3-81

Myron Meyer 9 mi. 407 yds. 14th 1/50-59

Two heats - 12 runners in one, 15 in other. Race was well run (gatorade, water, hose), good track, showers, carpeted dressing room.



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MIKE HILL



Group Sex and Running to Work

A recent article in "Runner's World" has prompted me to renew one of the campaigns I have been involved with for a couple of years. That is, running to work and how to get through the day without offending your fellow workers. The major problem for most of us is finding a place to shower, change and get prepared at our work location. I believe one corporation here in town has shower facilities for their employees. I'm sure there are others and if you are an employee of one of those companies, let me know. What I would like to do is publish a list of those organizations including the location and availability of their locker room/shower facilities. It's my personal belief that organizations of any size should have some modest facilities available for their employees. With the economy the way it is these days you may get some argument from your organization. Fair enough! How about us as employees raising funds to help our company put in the needed facilities? Won't the organizations we work for accept this kind of help? Well you may find in the end that given a good share of the money involved they still will find some reason it can't be done. If I were to pick the top organization in this area which has shown an interest over the years in the health and welfare of their employees it would be North American Van Lines. North American was ahead of its time in accepting the physical fitness of its employees as a fact of corporate life. One segment of the strategic planning process that companies look at today is the employee group. Why don't we let our organizations know that we as employees are are very much interested in their planning for our continued good health. In the past they have emphasized the medical benefits and disease detection programs. Both of these are after the fact! Disease detection is like telling me the wing just fell off, and the airplane I'm flying is heading for a crash! Medical insurance is analogous to telling me they will fix it after the wreck! Both are certainly helpful, but with the medical technology we have available today, why don't we do what we have done with machines for years! That is perform preventive maintenance (medicine) routines on every human being. There are those around today who feel it would be a lot cheaper.

(continued on page 15)

One of the best things I have seen come out of this change of sponsorship is the fact that Paul Wolfe, president of H&K has quit smoking and runs a little each day! My compliments to Paul for having the courage to take the plunge. Wonder if he can run 10,000 meters?

ATHLETIC ATTIC HILLY FOUR

The fall 10,000 meter race appears to be more and more of a reality with each passing day. Don Goldner has accepted the post as Race Director with the able assistance of Steve Foster. Don and I have been working closely with the Home Loan representatives and we are just finishing an agreement on the details of the race. Once the agreement is complete, we will begin committee meetings. We, as a track club, are going to have to get more and more involved. When Don Goldner or Steve approach you, help out.

HOME LOAN 10,000

Group Sex? It doesn't have any thing to do with this but I hope it kept you reading.

The big advantage in running to or from work is the savings in time. As an example, my car pool leaves work for home at 4:30 each afternoon. After dropping everyone off, we're always home by five. If I run the distance at a 7:00 per mile pace it's 49 minutes for the 7 miles. I arrive home at 5:19, just 19 minutes after the car pool with my running for the day already done. We come from southwest Fort Wayne so the car pool can move fairly quickly. If I were in a downtown car pool, I believe I could come within 5 minutes of their driving time due to the heavy traffic. Well enough said on the subject. Let me know if it works out for you and remember! "Run to work!"

6. If you work near the YMCA downtown, you might consider using their facilities for changing.
 5. Find co-workers who will run with you. Those long runs twice a day get boring at times and a little company helps.
 4. My idea was to take in my clothes on a weekend and change them out the next weekend.
 3. You might want to purchase a back pack if you don't car pool. They will hold everything short of a suit and you can carry the suit home on a day you don't run. My back pack has a waterproof envelope and I can take papers safely home.
 2. Ignore the remarks from your co-workers (usually fat guys) and the "cellulite" and ride the elevator when going up or down one floor).
 1. If your company does not have shower facilities, ride the public transportation system to work or car pool. Then you can change in an office or closet, give your clothes to your fellow car pooler to drop off and run home.
- Let me pass along my suggestions for running to or from your work locations. I've been doing this off and on for a couple of years and can give you a few simple tips.

Good Luck Runners

In This Year's Annual



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The "Ultimate Running Experience"

BY JANE SCARPINO



The FWTC Banquet marked a turning point in my running career. I overheard Dan Bossard talking about the FWTC Untrammarathon. Since I had never even heard of an ultra, I talked to Dan about the nature of the ultra. Jokingly, I said I'd like to run one. I wasn't serious at all - who can imagine ANYONE (let alone ME) running 50 miles!! And and I continued our conversation about ultras through March and April. I was intrigued by the ultra and found it hard to concentrate on running smaller races. 10K wasn't exciting anymore. One day I asked Dan if he thought I was really capable of running a 50 miler. "Piece of cake," he said. I said I thought I couldn't wait until November. Before I realized what I had done, I had entered the Lake Waramaug 50 Miler in Connecticut on May 3rd. I was trying to keep my plans to run an ultra-marathon a secret so no one would know if I failed ... but I blew it at the NAVL 25K.

Prior to the ultra, I carbohydrate loaded and increased vitamin intake following the prescriptions of my nutritionist and dietician friends. I especially enjoyed eating the junk I rarely eat. Dan said I was stuffing my face like my hamsters do. Once we were in Connecticut (Dan drove), we visited my family's cottage. Looking at the scenery (and running there) I realized that I had forgotten how hilly Connecticut is. You hit one steep hill after another and there is little time for recovery. The 50 mile course was described as "flat with gently rolling hills." I decided that the definition of gently rolling hills is relative and that we might be in trouble. The weather also had been crummy - cold, windy, and rainy - another negative for me.

Saturday night Dan and I ate spaghetti; picked up our race-packets, and checked out the other runners (I did). The entry field was small, about 120 runners, nine of them women. Everyone's attitude was relaxed. The talk revolved around 100 mile races, 6 day races ... I got the impression that this 50 miler was a training run for most of the runners! The atmosphere influenced me, as I never got nervous before the race! (a first for me).

Sunday morning - race day. Dan and I reviewed our racing strategy. Our goal was to finish in just under nine hours. Very optimistic, I thought. I was planning on ten (but I didn't tell Dan that). (1) We must average a 10:37 pace. (2) Stay hydrated - drink at each aid station. (3) Stick to schedule of 15 minutes running, five minutes walking no

matter how good I feel. (4) Break the race into smaller segments. (5) Run relaxed, as if you are going on a long trip on foot. (6) Put rain gear, changes of shoes, clothes, food, and medical supplies on roadside near race and car.

8:00 a.m. - The race started promptly at the sound of a ringing bell. The wather conditions were perfect - sunny, breezy, about 70°F. The course was not terribly hilly. There was only one bad stretch. The course was 6-1/2 laps around the lake. I broke the race into three separate races and 1/2 lap to "warm down". Dan scheduled three walking breaks per lap.

Race I - Laps 1-2

Dan and I ran the first lap at a comfortable pace with no breaks. We needed to make some extra time since I needed a bathroom break (the result of an overzealous effort to hydrate myself). We talked and joked to each other and other runners. One runner was singing as he ran. There were aid stations every 1-1/2 miles with flat coke, ERG, water, and sponges. We finished the first race with no effort. At this point, I found walking psychologically difficult. It was so tempting to run. Dan was consistently reminding me to slow down and 'meter my energy' by waling.

Race II - Laps 3-4

Lap 3 seemed longer than laps 1 and 2 combined. I started noticing the hills and a tight hamstring (which got applications of Ben Gay once per lap). Lap 4 wasn't so bad since it was the second half of the second race. At 30.4 miles, we were both fresh.

Race III - Laps 5-6

I still felt fresh - like I had been running only an hour. The splits at the race weren't that good - but Dan was keeping track of things with his chronograph. I knew we were ahead of schedule, but really didn't care. I was just enjoying the beautiful scenery and the other runners. At this point, I was looking forward to the walking breaks. At Lap 6, Dan complained about hip pain (I had been complaining of pains everywhere since mile 5) but he continued to pace me until 40 miles. There, Dan instructed me to run ahead, stay hydrated and watch out for traffic. Reluctantly I went ahead. It was good to have him around for 40 miles - he kept me going through some rough mental and physical moments. Now I was left along to conquer ten unexplored miles. I tried keeping my pace, but I was taking shorter, more frequent walking breaks. At 45 miles, my legs

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were fatigued, yet if I walked, they tightened right up. At every aid station I was asking "How many more miles?" At 48 miles I was counting tenths of a mile to the finish. My legs were so numb I couldn't determine my pace. Suddenly, I had finished - at 8 hours, 3 seconds. About an average 9:17 pace. I asked, "Are you SURE this is the finish line?"

Although I felt stiff, I felt better than I did after any of the six marathons I've run. I wasn't sick or tired - in fact, I was hyper! I learned I came in 54th overall and 3rd in women's open (a real ego booster!) Unlike my usual response after a marathon ("I'll never run one again"), I said, "I'll be running more ultras!"

After the race, one of the runner's children told me she saw me run. "Yes," I replied. "But you're so little," she said. "I'm bigger than you," I said. Her reply - "I know. But your Daddy running with you is bigger than you are."

Thanks to 'Daddy' Dan for much time and effort spent in helping me train for my first Ultra. Conquering the Ultra is simply a matter of a little determination and training - any my first ultra was no doubt my best running experience.

LAKE WARAMAUG, CONNECTICUT, ULTRAMARATHON - 5-3-81

Jane Scarpino 50 mi 8:00 hr 54th 3rd F

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Wagging Tail

BY SCOTT KINGDON



Facing challenge is the lot of the runner. The runner sometimes confronts unfavorable weather conditions. A stinging wind. Driving rain. Stifling heat and humidity. The runner often must avoid transportation vehicles encountered while on the road. A speeding auto racing close to the edge of the road. A darting bicycle charting an uncertain course. A roaring motorcycle whipping dust into the runner's eyes. But perhaps the greatest challenge that confronts the runner occurs at an unknown time and at an unknown place. There it is sidling behind a rose bush. There it is again peering around a metal fence. There it is once more cavorting down a driveway.

Of whom do we speak? We speak, of course, of that creature known and feared by all runners. Man's best friend. Probably the first domesticated animal. We speak of the dog. The dog. That ubiquitous creature. Loyal to a fault. Defender of the turf. Decimator of untied trash bags. Nemesis of the runner.

Remember the dog. Picture yourself on an LSD run. The sweat rolls down your body. All parts of your body are working in unison. Your mind enters a fog. You transform into a machine as mile after mile passes by. Then, suddenly, you spot him. A huge, overgrown dog stands blocking the road ahead. With a sinister smile he dares you to cross the line.

I will attempt in this article to provide a practical guide to handling dogs for the runner. The goal is to help runners avoid that great mental and physical ignominy-dog bite.

First, I will give some general comments on the dog. We must ask the age-old metaphysical question: Who is the dog? Understanding the dog's past and how this affects his present behavior is the key to keeping his jowls off of your sweatpants. The dog, like I said, is likely the oldest domesticated animal. This is an important clue. While every other prehistoric creature was battling the elements or becoming extinct, the dog came ambling into the cave looking for a handout. The central driving force behind canine behavior is insecurity. The nagging fear of the dog is that he is being thrown out onto the street to fend for himself. The dog will resort to practically any means to avoid wretched poverty, teeming bread lines, the dog days of summer.

In return for room and board, it is the duty of the dog to prove that he is needed. The dog obligingly chases and returns a stick thrown by his master. The dog rolls over on command. Most importantly, the dog protects the family jewels from ruffian outsiders.

Enter the runner. The runner's objective is to traverse great distance. This is a task which naturally takes the runner past numerous homesbuds. The runner is the perennial outsider. As seen by the dog, the runner is a constant opportunity to prove his mettle. The meandering of the runner and the possibility of the dog lead to the confrontations all runners like to avoid. The running course, however, need not be redrawn in order to steer clear of a cantankerous dog or to run past a paylod of stones helpful in warding off a would be attacker. There is a ray of hope. An important step forward is recognizing the kind of dog you are encountering and learning to alter your reaction to fit the dog. You can't tell your dogs without a scorecard. The line-up is described below.

The Territorial Dog-Probably the most common dog you will encounter. You will recognize this dog when, after he spots you, he immediately runs toward you in a straight line, yapping furiously, and then, just as he reaches his property line, he makes a perpendicular turn and runs parallel to your path. Upon observing the characteristic beeline approach of the territorial dog, you can relax. Don't be bothered by the furor.

If you can even have a little fun with territorial dog. If you break and run toward the territorial dog, he jumps back in exact proportion to your intrusion. Upon your withdrawal, he returns to the property line. As you reach the end of the property line, the territorial dog stops chasing you and continues barking for awhile. He is not barking at you-only crowing in triumph.

The Saber Rattler-Another common dog. If this dog were Secretary of State, there would always be a crisis but never a war. The saber rattler is easily recognized by his piercing battle cry. In contrast to the constant chatter of the territorial dog, the saber rattler unleashes intermittent howls. The saber rattler approaches in a zig-zag pattern unlike the straight line preferred by our territorial friend. The saber rattler is often a smaller dog. He attempts to make up in noise for what he lacks in size. The saber rattler is playing a game of chicken. All you have to do is turn and shout a firm, "NO!" while shaking a finger at him and the saber rattler may never be heard from again. The saber rattler lives in constant fear that his bluff will be called and his true (chicken) feathers will show. Of course, if left unattended, the saber rattler will occasionally muster the courage to nicker you.

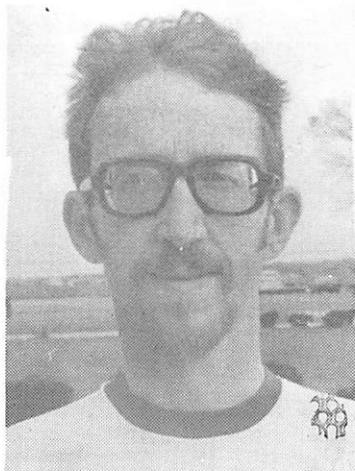
The I Like to Hear Myself Sing Dog-Another harmless creature in the annals of great and small. When this dog spots you, he creates a terrific ruckus, rousing all the neighbors and sometimes starting other nearby dogs into a singing canine chorus. This dog is a night watchman in the Paul Revere mold. He is ready to inform his keeper of your presence, but never initiates hostilities. Often the I like to hear myself sing dog is a reformed saber rattler. Sometimes he is on a leash and has nothing better to do.

The proper attitude upon hearing the I like to hear myself sing dog (recognized by his lack of movement toward you) is, simply, amusement. A fun thing to do is bark back yourself with a sound that mimics his and watch as he stops yammering and gives you a quizzical look.

The Bad Dog-We are moving to more fearsome creatures now. The bad dog is "bad" as in always misbehaving. Although civilized dog likes to find trouble and when you zing by, you are his trouble. The identifying characteristic of the bad dog is that he is not connected to an apparent property line. The bad dog is also recognizable by his greasy demeanor.

MARATHON

MUTTERINGS



By Dave Fairchild

Hal Higdon recently described a marathon he finished in just over three hours. For most of us a three-hour marathon is a commendable achievement. But for Higdon, failing to break three hours was a significant event for two different but related reasons. First, he consistently completes marathons in the 2:30 range, and was on pace to break 2:30 in this marathon through the first 25 kilometers. Second, and much more important for our purposes, Higdon chose not to make the necessary effort over the last 200 yards to break three hours. For Higdon, on this day, the race was over before he reached the finish line. Not because he was injured while running the race, and not because the race was cancelled. Higdon admits that an "easy trot would have brought me across under three, but it seemed pointless at the moment to race for it." Thus, the race was over for Higdon because he chose to capitulate, to give in to the (perceived) absurdity of the sport world in which he was a participant. Chastened by a letter he subsequently received from a Canadian runner who had witnessed his "performance", Higdon now claims he "will not cross a marathon finish line so casually again".

All of us who race, no matter what the distance, are at some point in the race confronted by the seeming absurdity of what we are doing. We know before the fact, before the gun is fired, that we will sweat, strain, gasp for air --HURT-- before our race is done. And we also know approximately how fast we are capable of running a given distance and approximately where we will finish in the final standings. Yet, once the gun sounds, off we go; pursuing . . . ????. What, exactly? Charlie Brandt claims rightly that we pursue "the very best in us as human beings" as we race. It is this activity of pursuing the best we can be (in racing or anywhere else) that brings us repeatedly to the starting line. Will I be exposed as a coward and a slacker, or will I triumph, however briefly, over time and distance?

Albert Camus has argued eloquently that the absurd arises (for me) because the world fails to meet my demands for meaning. As a child of a technologically and scientifically sophisticated age, I seek after, indeed demand, reasons and

ultimately yields some semblance of meaning. Thus, for example, I might reason, "There is meaning in my life because I race; and there is meaning in my racing because I occasionally, at least) win trophies. Such an attempt to secure meaning for my life is doomed to failure, however. On just that day when everything SHOULD have come together in a winning performance (good training, [I]at course, no wind, cool temps) somebody else runs "over his head" and beats me. WHY?? The world cannot provide an answer -- because the absurdity/meaninglessness of this situation is NOT the world's "fault". The perceived absurdity of this situation arises from a collision (with and within) myself. Perhaps, like Higdon, I see time running out (thanks, chronomix) and realize I can't make my goal. Or perhaps I am passed a quarter mile from the finish and finishing position alone, I am lost, and the situation is seen as absurd, continued activity pointless. If I give in to this absurdity, I commit what Camus terms "symbolic suicide". I am willing to accept any excuse to voluntarily end the world (situation) which I, through my participation, have created. Instead of maintaining my effort, I choose to terminate my existence in the sport world (I walk across the marathon finish line, for example) -- so as NOT allow my sporting "death" to occur as a result of my racing failure (or success, but that becomes a topic for another essay).

That a sense of the absurd is one way of perceiving our true situation in the world seems inescapable. But it is also inescapable that such a perception is not the only one, nor is words, the absurdity is of my own making as I perceive it, as I perceive and thus interpret and understand the world. Yet because the absurd is one way of perceiving the world, we have no reason either to resent it, or to escape it. The absurdity results from our inability to understand our human limitations. It need not be a matter for agony unless we make it so. Nor feel brave or proud. Values, and thus meaning, for human beings are not readily separable from human acts. The experience as a living agent is NOT separated from his values. Laden acts. He does not HAVE his acts, he IS as he acts. Better still, he EXISTS in and through his acts. Valuation, the process of constituting meaning, is a mode of existing in the world.

Human beings have always employed an enormous variety of clever devices for running away from themselves, and the modern world is particularly rich in such stratagems. We can keep ourselves so busy, fill our lives with so many diversions, stuff our heads with so much knowledge, involve ourselves, still our heads with so many people, and cover so much ground, that we never have time to probe the fearful and wonderful world within (ourselves). More often than not we don't want to know ourselves, don't want to depend upon ourselves, don't want to live with ourselves. By middle life most of us are accomplished fugitives from ourselves.

The second is from Doc Councilman, shortly after he set an age-group record for swimming the English Channel. "The Channel will give you a million excuses for getting out . . . and you must not accept any of these. If you make it -- and you will -- you will experience the agony of victory."

From John Gardner: "The moment, I will conclude with two quotes. The first is provide the outlines of an answer in subsequent columns. For what has all of this to do with running? I will attempt to

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I have heard many varied views on whether women should continue to run during pregnancy. Since I am in this situation, I thought I would give this a little thought.

As far as the medical standpoint goes there is really not any evidence to prove that running is either harmful or harmless. Not enough is known on this subject for doctors to have any-thing more to say than their own personal opinions.

I have done some reading and asked questions of women who have run during pregnancy. The women I questioned have had no problems. One woman had to discontinue running at seven months because the baby changed position and she could not catch her breath as easily.

I referred to "Running for Health and Beauty - A Complete Guide for Women" by Kathryn Lance and to "The Complete Runner" by the editors of Runner's World Magazine for my information. They state that pregnancy is not the time to begin a vigorous exercise program, but if you have been running and want to continue, then by all means do so. They also stressed that if you have had a history of previous miscarriages, you should probably not run. In most cases, exercise will help maintain good muscle tone and may help to prevent back problems. It not only increases the joy of living, but also maintains cardio-pulmonary efficiency.

The books agree that your body will tell you how much running to do. You might have to drop your mileage down a little because you tire very easily. You may continue running as long as you feel comfortable doing so. There are many instances given of women running into the last week of pregnancy. It is found that for many women runners their labor has been short and their delivery fairly easy. (Hope that is true)

For myself I have found it is hard to motivate myself to run if I'm feeling queasy, but once I start running I feel perfectly fine. The queasiness leaves me for the length of my run. I do have one slight problem though, I seem to get diarrhea every-time I run, which is always a thrill. Hopefully this will pass pretty soon.

RUNNING WHILE PREGNANT

By Cindy Ventrella

WORDS FOR WOMEN





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CONVERSE	PUMA	MANY
ETONIC		OTHERS

THE ATHLETE'S FOOT

The FORT WAYNE TRACK CLUB is in need of copies of newsletters. From December 1980 back to the first published newsletter. Those who wish to contribute to the Fort Wayne Track Club Library may do so by contacting Don Lindley, 456-8739

1733/HOOKS MARATHON TRAINING RUNS
 Beginning in early June we will be running 15 to 20 miles each Sunday morning. We will be leaving the Coliseum each Sunday at 7:00 am. The pace will range from 6:30 to 7:30 per mile. If you wish to run slower we can run in several groups. Call Jerry Mazock (747-1064) for the starting date.
 That's enough for this month. Good luck with your running and training!

I have decided for myself that I will continue to run, but I am sure would probably be harmful to the baby. I don't want to overheat by running too fast or in extreme heat.
 I am sure if all us pregnant women just use a little common sense, things will run (not meant to be a pun) very smoothly. I plan to write more on this subject and my experiences as they happen in the future.

LETTERS TO THE EDITOR



Dear Rick:

Enclosed you will find a flyer detailing our third annual Monument City Classic scheduled for Saturday, June 27th. We would appreciate it if you could include the basic information in the Race Calendar of THE INSIDE TRACK. At the same time we encourage and cordially invite all and any members of the Fort Wayne Track Club to head north to Angola on the 27th and "check out" our race. We're sure they will be glad they competed. Thanks.

Jim Scott,
Race Director

Dear Rick:

I've worked with Jane Scarpino the past couple of months preparing her for the Lake Waramaug 50 Miler (she did all the work). It finally hit me at 40 miles into the race that I was a better coach than runner. Jane took off at that point and I slowly died. Maybe it was due to my lack of training. (8 wk. Aug. prior to race was 35 mi/week). Jane's 8:00:03 makes her about about the 15th fastest woman in the U.S. for 50 miles. That's 9 min. 36 sec. per mile. Congratulations, Jane!

Anyone looking for information on ultra running, please feel free to contact me, 484-9424, or 2302 Kenwood Drive, Fort Wayne, IN, 46805.

My ultra coaching schedule is open at this time to WOMEN ONLY! No speed work necessary. There is no way I can coach men at this time. I can't even keep up with the women I train!

I hope your Munchie Victory was just a Fun Run for you. You looked really relaxed! Great Job!

Running is just like everything else in life. It has it's up's and down's too!

See you all at the FWTC 50
Dan Bossard (Boss)

Rick:

Here is another article - on my first ultra!

In late June I'm moving back east (home). I hope that all the members of the FWTC realize what a well organized club we have, with great opportunities for running and for establishing friendships. For the two years I have been in Fort Wayne and have been a member of FWTC, my running has improved, I have come to enjoy my running more, and have met a bunch of great people.

I will be living close to Boston. Although the running life "out there" is terrific (can't wait), I will miss the runners and racers here. I may make it back for the Three Rivers Marathon and/or the 50 miler, but in turn, I expect to see the FWTC well represented at the Boston Marathon in 1982.

Good Luck to Everyone,
Jane Scarpino

Munchie 10K - 5-10-81

Rick Reitzug	34:11	1st
Ken Babcock	35:29	5th
Larry Shively	36:20	9th
Carolyn Horn	50:33	89th



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DEADLINE: Please note that the deadline for submitting articles and columns to "THE INSIDE TRACK" is the 15th of the month. Articles received after this date will appear the following month.

I invite you to rediscover the excitement of high school track competition at its highest level Saturday, June 13th. There should be plenty of local interest, as Ft. Wayne high school track is loaded this year. Local favorites like Scott Maddox, John Flowers, Jeff Jackson, Ron Birchfield, Dave Downoulin are likely picks for the Indiana boys team. Sybil Perry, Sherry Dunn, Lorna Russell, and Cathy Tyree may well be selected to close out glorious high school careers for Indiana's girls team.

Run your own race that Saturday morning, than rest up that afternoon at Spuller Stadium (Northrop High School) with the whole family. Tickets are only two dollars if purchased before June 13th; three dollars at the gate. Entrants to the FWTC 8 km road race at Northrop will get a free ticket. See you there.

MIDWEST MEET OF CHAMPIONS by Larry Lee

Fort Wayne Track Club Members should mark their calendars now so that they don't miss the eighth annual Midwest Meet of Champions high school all-star track meet Saturday, June 13th 1981 at 1:30 pm, Northrop High School in Fort Wayne. This meet pits the graduating seniors boys and girls from Michigan, Illinois, Ohio and Indiana in a unique state vs state competition. Indiana is the defending champion.

The Midwest Meet is one of the outstanding athletic events that Fort Wayne is lucky enough to host. Next to the Golden West Invitational it is the premier high school track and field competition in the country. Despite its tradition, prestige, and glamour the meet has yet to be held to a packed house. In the past, publicity has been close to nil, and has been Ft. Wayne's best kept secret. However North American Van Lines has stepped in as the major financial sponsor this year and should promote the meet better than previous events have been.

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Race News

FWTC 1 HR RUN

May 17, 1981

Overall Winners - Tom Loucks - 17.958 KM
Theresa Ehrman - 13.982 KM

Men

14-under

Todd Walker 13.634
Scott Hungerford 13.454
John Schwarze 11.999
Andy Cauffman 11.981
Brian Lindley 10.079
Mike Peterson 9.909
Brad Peterson 9.526

15-19

David Milner 15.605
Jerry Ziegler 14.600

20-24

Tom Loucks 17.958
Mike Bultemeier 17.032
Jerry Williams 16.982
Brent Munro 16.600
Ken King 16.061
Tim O'Connor 15.439

25-29

Phil Suelzer 16.315
Mike Stieglitz 16.243
Jim Anderson 15.597
John Treleven 15.349
Gary Dunn 14.262
Don Tartiff 14.121
Mike Avila 13.348
Barry Vande Zande 12.169

30-34

Dan Kaufman 17.027
John Kline 16.685
Tom Gerbers 16.328
Bob Nunley 15.896
Mike Robbins 15.479
Dennis Kroells 15.305
John Schwarze 14.710
Dan Bossard 14.531
Tom Mather 14.074
John Peterson 13.302
Rick Ravine 13.141
Michael Shields 12.743
Cliff DeLaCroix 12.546
Robert Wiersma 11.720

35-39

Don Lindley 15.367
Ron Motycka 14.897
Barrie Peterson 14.877
Steve Adkison 14.579

40-44

Joe Barile 15.926
Woody Barker 15.711
Leland Sibre1 14.063
Lynn Milner 13.257
Robert Gensheimer 12.909

45-49

Bill Schmidt 15.818
Joe Ziegler 15.232
Herb Chandler 14.190
Larry O'Herron 13.582
Don Goldner 13.555
Terry Gautsch 13.500
Cadding 12.855
Ian Rolland 12.833
Ross Moyer 10.674

50-59

Myron Meyer 15.299
Gene Striggle 14.034
Vern Chovan 12.856
Curtis Nold 12.847
J.P. Jones 12.359
Jack O'Neil 11.216
Claude Keller 10.656

WOMEN

19-under

Tracie Liebman 11.357
Laura Heilman 11.357
Holly Cauffman 11.045
Jodi Ziegler 8.183

20-29

Theresa Ehrman 13.982
Mary O'Conner 13.176
Phyllis Suelzer 12.888
Theresa Mundinger 12.397
Linda McGuire 11.490
Sabine Florreich 11.978

30-39

Ann Jamison 12.565
Marsha Schmidt 11.668
Sharon Wiersma 11.073

40-over

Joan Goldner 13.282
Gloria Nycum 12.397
Carolyn Horn 12.350
Julia Wilson 10.546

To find miles run divide by 1.61

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PAT KUHNSKE
Reflexologist



Jerry Mazook's article relative to the Saginaw Bay Marathon will appear in the July issue of THE INSIDE TRACK.

Overall	Division	Time
1	3rd	2:34:20
2	3rd	2:53:05PR
3	2nd	2:54:30PR
4	2nd	2:57:46
5	2nd	2:58:29
6	2nd	3:02:31PR
7	2nd	3:04:44PR
8	2nd	3:06:59
9	2nd	3:09:48PR
10	1st	3:10:35PR
11	1st	3:12:53
12	1st	3:14:02PR
13	1st	3:10:10PR
14	1st	3:15:18PR
15	1st	3:17:23PR
16	10th	3:18:00PR
17	3rd	3:24:59
18	3rd	3:28:33PR
19	3rd	3:28:51
20	3rd	3:46:42PR
21	3rd	3:47:52
22	3rd	3:48:00
23	3rd	3:48:36
24	3rd	3:57:17PR
25	3rd	3:47:54
26	3rd	4:03:54
27	3rd	4:05:10PR
28	3rd	5:34:00 PR
29	3rd	4:56:54
30	3rd	4:57:54
31	3rd	4:40:49
32	3rd	4:40:49
33	3rd	4:40:49
34	3rd	4:40:49
35	3rd	4:40:49
36	3rd	4:40:49
37	3rd	4:40:49
38	3rd	4:40:49
39	3rd	4:40:49
40	3rd	4:40:49
41	3rd	4:40:49
42	3rd	4:40:49
43	3rd	4:40:49
44	3rd	4:40:49
45	3rd	4:40:49
46	3rd	4:40:49
47	3rd	4:40:49
48	3rd	4:40:49
49	3rd	4:40:49
50	3rd	4:40:49
51	3rd	4:40:49
52	3rd	4:40:49
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93	3rd	4:40:49
94	3rd	4:40:49
95	3rd	4:40:49
96	3rd	4:40:49
97	3rd	4:40:49
98	3rd	4:40:49
99	3rd	4:40:49
100	3rd	4:40:49

Overall Winners:

Mark Mesler - Grand Blanc, MI - 2:25:40
 Lorna Richey - Toledo, OH - 3:09:17
 (Winner - Three Rivers Marathon - 1980)

NORTH AMERICAN VAN LINES
15,000 METER ROAD RACE
April 25, 1981

DIVISION: Men 14-under

<u>Time</u>	<u>Overall Finish</u>	<u>Division Finish</u>	<u>Name</u>
1:04:11	0133	1	Dan Brooks
1:04:21	0135	2	Jerry Barrantes
1:04:40	0142	3	Mike Kolb
1:04:46	0147	4	Tahl Glass
1:09:43	0215	5	Mike Kramer
1:11:13	0240	6	Shawn Clem
1:11:54	0246	7	Kevin Kolb
1:12:44	0262	8	Gary Marker
1:16:23	0311	9	Andy Cauffman
1:17:21.7	0322	10	Bobby Wiersma
1:18:20	0335	11	John Schwarze
1:20:04	0353	12	Chris Blauvelt
1:24:15	0392	13	Eric Hentz
1:39:30	0433	14	Christopher Sprow

DIVISION: Men 15-19

52:32	0007	1	Darrell Troyer
52:46	0008	2	Scott Kimlick
54:08	0014	3	Vince Quinones
56:38	0031	4	David Milner
57:50	0042	5	Ken Babcock
59:27	0056	6	William Lambert
59:48	0063	7	Steve Kepler
1:01:42	0088	8	Chris Edington
1:01:46	0089	9	Nikoloylis Dimitris
1:02:21	0100	10	Chris Neher
1:02:39	0107	11	Kent Swaim
1:02:44	0109	12	Tom Lindley
1:02:52	0112	13	Don Branstetter
1:04:09	0132	14	Ryan Barrientos
1:04:41	0143	15	Marshall Pranger
1:07:45	0183	16	Brent Cain
1:08:30	0194	17	Dave Quinones
1:09:07	0206	18	Steve Heymann
1:10:12	0222	19	Reed Gunderman
1:16:57	0319	20	Mark Delbecq
1:17:39	0325	21	Mike Johnson
1:27:11	0406	22	Kenneth Votaw

DIVISION: Men 20-24

49:13	0001	1	Tom Loucks
51:45	0003	2	Clif Airgood
52:10	0005	3	Michael Bultemeier
53:48	0011	4	Jerry Williams, Jr.
54:48	0017	5	Brent Munro
55:58	0021	6	Kenneth King
55:59	0022	7	Tim Bowman
56:20	0026	8	Robert Scheerer
57:38	0039	9	Bob Smith
58:11	0043	10	Terry Grove
59:39	0061	11	Larry Williams
1:01:56	0094	12	Shane Hudson
1:02:06	0096	13	Bill Ehinger

1:02:22	0101	14	Steve Favory
1:02:58	0113	15	Steven Franken
1:03:52	0125	16	Mark Mikel
1:05:59	0161	17	John Kiefer
1:07:55	0186	18	Donald Richards
1:08:43	0196	19	Lee Landez
1:09:12	0209	20	William Nulty
1:10:13	0223	21	David Niedermeyer
1:11:12	0239	22	James Krieg
1:12:08	0250	23	Greg Hubbard
1:12:37	0259	24	Bob Guska
1:12:42	0260	25	Jim Amstutz
1:15:45	0302	26	Dennis Hunt
1:17:10	0320	27	Paul Wilson
1:18:19	0333	28	Michael Alderink
1:19:01	0343	29	James Johnson
1:19:19	0347	30	Jeff Hursh
1:20:07	0354	31	Joe Gabet
1:21:04	0367	32	Craig Buckles
1:23:47	0391	33	Robert Schlemmer

DIVISION: Men 25-29

51:41	0002	1	Phil Suelzer
51:58	0004	2	John Kline
52:28	0006	3	Randy Airgood
53:32	0009	4	Rick Reitzug
53:49	0012	5	Homer Miller
54:13	0015	6	Fred Hannan, Jr.
54:27	0016	7	Paul Beckwith
55:57	0020	8	John Treleaven
56:18	0025	9	Jim Anderson
56:29	0028	10	James Hoffman
56:37	0030	11	Daniel Minnich
57:33	0037	12	Darriel Suffel
57:43	0040	13	Tony Gattton
58:18	0044	14	Danny Gerbers
58:31	0045	15	Dave Glover

John Kline, improving steadily over the past few months, placed fourth overall in the NAVL 15KM. He is shown here leading Rick Reitzug in a recent race.



58:36	0046	16	Jim Kruse
58:59	0050	17	Jim Garner
59:04	0053	18	Erick Thorn
59:31	0058	19	Larry Ellis
1:00:10	0068	20	Paul Bauman
1:00:18	0069	21	Scott Frazier
1:00:30	0073	22	Chuck Dowe
1:00:38	0079	23	Robert Rinearson
1:01:11	0086	24	Tad Dekko
1:01:47	0090	25	Ed Minnick
1:02:20	0099	26	Mike Sheehan
1:02:25	0102	27	Jake Hooks
1:02:28	0103	28	Keith Blom
1:03:06	0115	29	Marty Clemmer
1:03:49	0123	30	Gary Dunn
1:04:01	0127	31	Stan Zanetti
1:04:08	0131	32	Larry Linson
1:04:36.7	0139	33	Hector Arias
1:04:45	0145	34	Dave Milligan
1:05:02	0152	35	Kenneth Tucker
1:05:44	0155	36	David Schmidt
1:05:54	0159	37	Bahman Zandevakili
1:06:14	0163	38	Bruce Lockwood
1:06:16	0164	39	Kenton Davis
1:06:27	0166	40	Jim Hanson
1:06:44	0167	41	Larry Acocks
1:06:50	0169	42	Taras Gach
1:07:07	0172	43	Mark Bruggeman
1:07:33	0180	44	Mike Avila
1:07:39	0181	45	John Koczman
1:07:54	0185	46	Richard Wellman
1:08:20	0190	47	Rudy Eidam
1:08:49	0199	48	Greg Fahl
1:08:54	0202	49	Michael Glasper
1:09:24	0212	50	Phil Dwire, Jr.
1:10:35	0231	51	David Garst
1:12:00	0248	52	Steve Pastore
1:12:11.8	0251	53	John Cook
1:12:16	0253	54	Rob Bodie
1:13:00	0267	55	Murtaza Karim
1:13:55	0279	56	Ralph Motycka
1:14:07	0282	57	Barry Vande Zande
1:14:24	0286	58	Gregory Peterson
1:14:28	0288	59	Randy Lavine
1:14:33	0289	60	Walter Wing
1:14:38	0291	61	Nou Phouleuanghong
1:15:06	0294	62	Mark Schaefer
1:15:11	0295	63	Greg Zern
1:15:28	0296	64	Ron Klopfenstein
1:15:38	0300	65	Bruce Heiniger
1:16:47	0318	66	Keith DeMeritt
1:18:07	0328	67	Jim Marstaller
1:18:42	0339	68	George Irmscher
1:20:10.7	0355	69	Greg Gabet
1:20:34	0361	70	Joe Ruppert
1:23:19	0386	71	Robert Comte
1:25:57	0403	72	Jim Graham
1:28:55	0408	73	David Sorrick
1:29:58	0415	74	Wayne Bradshaw

DIVISION: Men 30-34

53:45	0010	1	Steve Foster
54:04	0013	2	Dan Kaufman
55:35	0019	3	Art Obregon
56:24	0027	4	Manfred Bonn

56:33	0029	5	Bob Nunley
56:45	0034	6	Larry Shively
57:00	0035	7	Dennis Kroells
57:21	0036	8	John Schwarze
58:39	0047	9	Kenny Wolfe
58:58	0049	10	Thomas Gerbers
59:02	0052	11	Rich Rzeszotarski
59:22	0055	12	Steve Keller
59:35	0060	13	Lynn Armstrong
1:00:02	0066	14	Mike Robbins
1:00:03	0067	15	David Ruetschilling
1:00:28.8	0072	16	Todd Rigelman
1:00:33	0074	17	Phil Wisniewski
1:00:53	0083	18	Jim Berghoff
1:01:50	0091	19	Gary Graham
1:01:56	0093	20	Greg Frisinger
1:01:59	0095	21	Bruce Barton
1:02:08	0097	22	Rick Schooley
1:02:14	0098	23	Michael Novosad
1:02:36	0106	24	Philip Shafer
1:02:46	0111	25	Mike Melendrez
1:03:19	0118	26	Randy Strieby
1:03:51.9	0124	27	Tom Mather
1:03:55	0126	28	John Heath
1:04:04	0128	29	James Schue
1:04:07	0130	30	Bartholomew Landez
1:04:30	0137	31	John Longenbaugh
1:04:36	0138	32	Steve Yager
1:04:45.7	0146	33	Paul John
1:05:36	0154	34	Lee Pearson
1:05:45	0156	35	Tim Fleming
1:05:46	0157	36	Phil Hess
1:05:56	0160	37	Gary Adkison
1:06:24	0165	38	Edward Weber
1:06:46	0168	39	John Peterson
1:07:02	0171	40	Dan Bossard
1:07:15	0177	41	Robert Beatty
1:08:01	0187	42	Allen Wood
1:08:13	0188	43	Dick Harris
1:08:15	0189	44	Chuck Rayburn
1:08:21	0191	45	Ken Nicholas
1:08:23	0193	46	Chip Estey
1:08:52.8	0200	47	Simeon Hain III
1:08:53.4	0201	48	Gary Rickner
1:09:01.7	0203	49	James Emley
1:09:02	0204	50	Michael Bayouth
1:09:05	0205	51	Pat Hermann
1:09:11	0208	52	John Lefever
1:09:22	0211	53	Cliff DeLaCroix
1:09:44	0214	54	Michael Vance
1:10:14	0224	55	Bill Halte
1:10:42	0233	56	Michael Harrison
1:11:02	0236	57	Steve Hays
1:11:03	0237	58	Mike Kifowit
1:11:31	0243	59	Richard Panning
1:11:57	0247	60	Bill Hibben
1:12:04	0249	61	John Parent
1:12:12.4	0252	62	Harry Shook
1:12:22	0254	63	James Johnson
1:12:26	0256	64	William Bridges
1:12:53	0265	65	Joe Phillips
1:13:08	0269	66	John Supplee
1:13:10	0270	67	Steve Sherburne
1:13:15	0272	68	Mike Berry
1:13:26	0275	69	Mike Bailey

1:13:30	0277	70	Danny Standiford
1:14:03.6	0280	71	David Bartolini
1:14:08	0283	72	Randy Patten
1:15:01	0293	73	Martin Standiford
1:15:34	0298	74	Bill Latz
1:15:47	0303	75	Robert Wiersma
1:16:14	0307	76	Mike Russ
1:17:11	0321	77	George Lucas
1:17:55	0326	78	John Bloom
1:18:08	0329	79	Don Manger
1:20:17	0357	80	Robert Grawcock
1:22:31	0379	81	Patrick Finnigan
1:22:33	0380	82	Larry McCoy
1:24:25	0393	83	Daniel Ulmer
1:24:49	0397	84	Jerry Rebrey
1:30:18	0417	85	Lawrence Costello
1:30:24	0419	86	Victor Duesel
1:30:57	0420	87	Tom Davidson

DIVISION: Men 35-39

55:06	0018	1	Robert Bruckner
56:08	0023	2	John McMillen
57:49	0041	3	Mike Hill
58:52	0048	4	Don Lindley
59:15	0054	5	Dale Cardwell
59:44	0062	6	Ed Kerr
59:49	0064	7	David Fairchild
1:00:01	0065	8	Michael Beltz
1:00:18	0070	9	John McPherson
1:00:19	0071	10	Steve Adkison
1:00:36	0075	11	Ronald Motycka
1:00:37.5	0077	12	Tom Brygider
1:00:37.9	0078	13	John Dyer
1:00:39	0080	14	Victor ... owski
1:00:45	0082	15	Rick ... inger
1:01:52	0092	16	David Waldrop
1:03:07	0116	17	Dale Brown
1:03:10	0117	18	John Kramer
1:04:26	0136	19	James Richardson
1:04:37.3	0140	20	Paul Hasse
1:04:42	0144	21	Barrie Peterson
1:04:55.6	0149	22	Dan McGuire
1:05:09	0153	23	Stephen Hartman
1:05:47	0158	24	Jim Seiler
1:07:29	0179	25	Don Lundquist
1:07:41	0182	26	Don Noland
1:08:22	0192	27	Tom Mangette
1:08:31	0195	28	Wayne Slegel
1:08:44	0197	29	Dennis Casey
1:09:49	0218	30	Dennis Hudson
1:10:20	0226	31	David Gunter
1:10:27	0227	32	Dick Roth
1:10:29	0228	33	William Fish
1:10:33	0230	34	Tom DeLong
1:10:50	0235	35	Ron Lipply
1:12:27	0257	36	Michael Fitzgerald
1:12:43.7	0261	37	Tom Cole
1:13:03	0268	38	Rudy Kleinknight
1:13:11	0271	39	Lloyd Snow
1:14:27	0287	40	Jim Martin
1:15:33	0297	41	Pat Raudenbush
1:15:37	0299	42	John Bullman
1:15:52	0305	43	Wade Monroe
1:16:15	0308	44	Richard Tracy

1:16:26	0313	45	Vern Miller
1:16:38	0316	46	Stephen Morley
1:17:22.4	0323	47	Orrin Sessions
1:18:04	0327	48	James Shull
1:18:57	0342	49	Ed Garrett
1:19:07	0345	50	Tom Firestine
1:19:52	0352	51	John Snyder
1:20:11	0356	52	Pat Harris
1:20:28	0359	53	Ronn Ellis
1:20:57	0365	54	Richard Ummel
1:20:59	0366	55	Tom Finan
1:21:58	0374	56	James Adair
1:22:18	0376	57	Gene Faley
1:23:21	0387	58	Craig Conn
1:23:32	0388	59	Warren Law
1:24:37	0395	60	Peter Case
1:25:39	0400	61	Ken Ivan
1:32:56	0421	62	James Heymann

DIVISION: Men 40-44

56:12	0024	1	Larry Averbeck
56:40	0032	2	Phil Miller
56:44	0033	3	Charlie Brandt
59:01	0051	4	Tony Clouse
59:34	0059	5	Woody Barker
1:01:00	0085	6	Jack Morris
1:02:29	0104	7	Robert McCuan
1:03:48	0122	8	Leland Sibrel
1:04:38	0141	9	Ron Miles
1:04:54.7	0148	10	Rudy Stoeckel
1:04:56.3	0150	11	John Barbier
1:06:01	0162	12	Lynn Milner
1:07:08	0174	13	Rex DeVoe
1:09:16	0210	14	Johni Rasmussen
1:09:44	0216	15	Don Babcock
1:10:17	0225	16	Dwane Voirol
1:10:30	0229	17	Karl Holle
1:10:40	0232	18	Ken Clark
1:11:33	0244	19	Robert Gensheimer
1:12:52.2	0264	20	Patrick Fairhurst
1:13:41	0278	21	Clyde Bray
1:14:04.2	0281	22	Gerald Seeley
1:14:17	0284	23	Joesph Brooks
1:14:19	0285	24	Jay Pelkington
1:15:55	0305	25	Mike Heminger
1:16:19	0310	26	Alan Gilbert
1:18:56	0341	27	Jerry Graff
1:20:33.6	0360	28	Dick Rogan
1:20:35.9	0362	29	Marion Langston
1:20:50	0364	30	James Suelzer
1:21:19	0369	31	Dave Scherschel
1:21:51	0373	32	Lyle Young
1:22:12	0375	33	David Miller
1:22:28	0378	34	Edmund Zapp
1:23:37	0389	35	Doyle Click
1:24:29	0394	36	John McManus
1:24:47	0396	37	Charles Stephany
1:25:21	0399	38	Richard Lee
1:25:56	0402	39	Jerry Cauffman
1:26:50	0404	40	Burneal Fick
1:30:13	0416	41	Gary Baus

DIVISION: Men 45-49

57:37	0038	1	Bill Schmidt
1:00:37	0076	2	Joseph Ziegler

1:03:39	0120	3	Herb Chandler
1:04:58	0151	4	Larry O'Herron
1:06:52	0170	5	Don Goldner
1:07:11	0176	6	Joe O'Brien
1:07:52	0184	7	Thomas King
1:11:53	0245	8	Donald Helman
1:12:25	0255	9	Tom Nuss
1:12:33	0258	10	Dick Sive
1:13:28	0276	11	Ian Rolland
1:14:50	0292	12	Chuck DeVault
1:16:46	0317	13	James Moya
1:18:17.8	0332	14	Larry Coddling
1:18:19	0334	15	William Denno
1:18:35	0337	16	Robert Habig
1:18:43	0340	17	David Wilson
1:20:49	0363	18	William McKinley
1:21:09	0368	19	Bob Schweppe
1:28:29	0407	20	Ross Moyer
1:29:07	0410	21	George Walter

DIVISION: Men 50-59

59:29	0057	1	Myron Meyer
1:00:40	0081	2	Mike Kast
1:07:07	0173	3	Gene Whitacre
1:09:26	0213	4	Elwood Peel
1:11:07	0238	5	Vic Stockman
1:11:28	0242	6	John Hilker
1:12:59	0266	7	Curtis Nold
1:16:06	0306	8	James Brown
1:18:38	0338	9	James Jones
1:19:44	0351	10	Paul Snyder
1:20:21	0358	11	David Cox
1:21:38	0372	12	Ronald Goerler
1:23:08	0383	13	Al Moore
1:23:11	0384	14	Jack O'Neil
1:29:24	0412	15	Eugene Haines
1:29:31	0413	16	King Sullivan
1:35:57	0424	17	Jack Paul

DIVISION: Men 60-over

1:14:36	0290	1	Joe Shull
1:16:31	0314	2	Chet Fleetwood
1:19:43	0350	3	Al Gumbert

DIVISION: Women 14-under

1:01:15	0087	1	Alma Marie Ojeda
1:25:55	0401	2	Holly Cauffman
1:40:49	0434	3	Debbie Wiersma

DIVISION: Women 15-19

1:29:13	0411	1	Kathy Coughlin
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DIVISION: Women 20-24

1:02:43	0108	1	Cindy Goller
1:03:04	0114	2	Sue Cleveland
1:08:45	0198	3	Sharon Rapp
1:16:16	0309	4	Mary Casey
1:16:24	0312	5	Sabine Florreich
1:18:12	0330	6	Karen Eichelberger
1:18:17	0331	7	Bonnie McFarren
1:18:31	0336	8	Crystal Schulze
1:19:11	0346	9	Ann Linson
1:42:10	0437	10	Cathy Tateo

DIVISION: Women 25-29

1:02:32	0105	1	Theresa Ehrman
1:03:36	0119	2	Mary Connolly
1:04:06	0129	3	Renee Milligan
1:07:10	0175	4	Jane Scarpino
1:07:22	0178	5	Phyllis Suelzer
1:09:09	0207	6	Sandy Wellman
1:09:47	0217	7	Robin Zeigler
1:10:48	0234	8	Madeline Gutwein
1:11:24	0241	9	Jane Sieber
1:13:21	0273	10	Rose Koczergo
1:17:37	0324	11	Myra Mitsuyasa
1:19:35	0348	12	Julie Manger
1:21:24	0370	13	Deb Wall
1:25:09	0398	14	Brenda Wolfe
1:35:08	0423	15	Elizabeth Eddings
1:41:58	0436	16	Jane Fox
1:46:51	0438	17	Becky Lindley

DIVISION: Women 30-34

1:02:45	0110	1	Barbara Couch
1:12:52	0263	2	Linda Nicholas
1:19:40	0349	3	Phyllis Kerr
1:22:46	0382	4	Elisabeth Rickner
1:23:16	0385	5	Sharon Wiersma
1:29:02	0409	6	Karen McManus
1:29:32	0414	7	Julie Hayes
1:30:19	0418	8	Connie Shively Krider
1:37:02	0426	9	Mary Ann Felger
1:37:35	0427	10	Jan Kissinger
1:38:15	0429	11	Denise Ulmer
1:38:58	0430	12	Carol Jolliff
1:39:00	0431	13	Pat Coburn
1:41:23	0435	14	Phoebe Gray

DIVISION: Women 35-39

1:00:59	084	1	Betty Hite
1:09:55.9	220	2	Ann Jamison
1:15:39	301	3	Pat Poorman
1:19:05	344	4	Marsha Schmidt
1:22:20	377	5	Carrie Ellis
1:23:42	390	6	Jane Lewandowski
1:33:57	422	7	Ann Marie Goerler
1:36:14	425	8	Ann Mize
1:38:10	428	9	Diana McCullough

DIVISION: Women 40-44

1:10:04	0221	1	Joan Goldner
1:21:34	0371	2	Mae Adkins
1:22:45	0381	3	Carolyn Horn
1:26:58	0405	4	Julia Wilson
1:46:52	0439	5	Barbara Simper

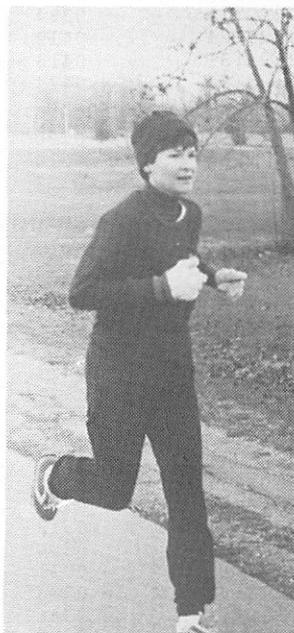
DIVISION: Women 45-49

1:13:25	0274	1	Gloria Nycum
1:16:33	0315	2	Wilma Kyle

DIVISION: Women 50-59

1:39:22	0432	1	Theresa Machlan
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Joan Goldner won her age division in the NAVL race with a 1:10:04



59	Robert Petrillo	2:19:24
60	Daniel Predmore	2:19:34
61	Terry Brandt	2:19:35
62	Thomas Blumer	2:19:39
63	Raymond Curtler	2:19:41
64	Gerry Deegan	2:19:51
65	Gary Wallace	2:20:01
66	Jeffrey Kicia	2:20:16
67	John Stanley	2:20:39
68	Larry Frederick	2:20:41
69	Jorge Gonzalez	2:20:41
70	Tony Vooren	2:20:50
71	John Wellerding	2:20:57
72	Randy Stroud	2:21:06
73	Aaron Folsom	2:21:10
74	David Coyne	2:21:13
75	Bill Hall	2:21:18
76	Bill Hall	2:21:19
77	Kenneth Grigsbach	2:21:21
78	Thomas Allison	2:21:24
79	Marc Thompson	2:21:25
80	David Branch	2:21:30
81	Michael Just	2:21:31
82	Stuart Jenkins	2:21:33
83	Brian Reinhold	2:21:39
84	Rosey Pearson	2:21:40
85	Cosel Depelza	2:21:45
86	Richard Sebestian	2:21:47
87	James Hage	2:21:49
88	Juhani Heiskanen	2:21:52
89	Henry O'Connell	2:21:59
90	Jim Alexander	2:22:02
91	Russell Pate	2:22:06
92	Michael Boone	2:22:06
93	Bill Fisher	2:22:10
94	Douglas McLean	2:22:15
95	Bradford Hurst	2:22:16
96	Thomas Downs	2:22:16
97	Gary Fanelli	2:22:25
98	Leslie Meyers	2:22:37
99	Tim Lotrus	2:22:47
100	Hollie Walton	2:22:47
101	Doris O'Halloran	2:22:49
102	Paul Carucio	2:22:50
103	Larry Switzer	2:22:53
104	Samir Morocaima	2:22:53
105	Karl Jule	2:22:57
106	Maple Heights, O.	2:23:04
107	Victor Sanchez	2:23:05
108	Ed Swatoccha	2:23:09
109	Gary Lee Comfort	2:23:09
110	Chuck Bartlett	2:23:18
111	Mark Albin	2:23:23
112	Kim Nutter	2:23:29
113	Bob Hensley	2:23:30
114	John Waddington	2:23:30
115	T. Graham Barr	2:23:31
116	Leo Desjardins	2:23:36
117	Kenneth Coddington	2:19:22
118	Leonard Suarez	2:19:20
119	Timothy Rollins	2:19:18

1	Toshihiko Seko	2:09:26
2	Craig Virglin	2:10:26
3	Bill Rodgers	2:10:34
4	John Lodwick	2:11:33
5	Malcolm East	2:11:35
6	Jukka Toivola	2:11:52
7	Dennis Rinde	2:12:01
8	David Chettle	2:12:23
9	Kyle Heitner	2:12:23
10	Victor Mora-Garcia	2:12:55
11	Greg Meyer	2:13:07
12	Jonni Kortelainen	2:13:14
13	Norman Wilson	2:13:16
14	Walter Saeger	2:13:30
15	Randy Thomas	2:13:48
16	Kenny Louis	2:13:51
17	Michael Pinocci	2:14:09
18	Ralph Serna	2:14:16
19	Dave Patterson	2:14:18
20	Brian Maxwell	2:14:57
21	Hilario Alvarez	2:15:05
22	Robin Holland	2:15:07
23	Nell Cusack	2:15:20
24	Dave Smith	2:15:29
25	Rafael Porro	2:15:50
26	D. Odie Sanders	2:15:53
27	Douglas Kurts	2:15:55
28	Barney Kelcher	2:16:01
29	Roland Davide	2:16:03
30	Hon Paul	2:16:04
31	James Johnson	2:16:11
32	John Vatale	2:16:34
33	Richard Bosaty	2:16:35
34	Stephen Posaajny	2:16:45
35	Rick Callison	2:16:47
36	Terry Baker	2:16:49
37	Juan Zetina	2:16:59
38	Peter McNeil	2:17:15
39	Jean Ellis	2:17:23
40	George Mason	2:17:24
41	Craig Hepburn	2:17:26
42	Michael Petrocci	2:17:34
43	Robert Clifford	2:17:39
44	Alfredo Maravilla	2:17:43
45	Henry Barsdale	2:18:06
46	Anthony Rodiez	2:18:07
47	Mark Bossardet	2:18:31
48	John Roscoe	2:18:34
49	Rune Larsson	2:18:38
50	Masao Matsuo	2:18:45
51	Tiber Latincis	2:18:48
52	John Eggers	2:18:54
53	Kurt Lauenstein	2:18:56
54	Stan Vernon	2:18:59
55	William Haviland	2:19:16
56	Lou Patterson	2:19:18
57	Spyros Nakos	2:19:20
58	Kerk Lazandis	2:19:22

BOSTON MARATHON

120	Eduardo Vera	2:23:44	180	James O'Keefe	2:26:25
121	Robert Wolfe	2:23:45	181	Walter Murphy	2:26:33
122	Michael Cleary	2:23:51	182	Luke Brock	2:26:33
123	Rex Coldren	2:23:52	183	Donald Fags	2:26:34
	Delaware, OH		184	Mike Chambliss	
124	Michael Whelan	2:23:54	185		2:26:35
125	Edward Strabel	2:23:57	186	Ed Palmer	2:26:36
126	Ron Tabb	2:23:58	187	Raymond Swan	2:26:37
127	Thomas Roebuck	2:24:13	188	Ron Murawsky	2:26:38
128	Wes Wessely	2:24:19		Athens, OH	
129	Howard Harrington	2:24:27	189	William Hess	2:26:40
130	James Dill	2:24:29	190	Lee Foster	2:26:42
131	Damian McCay	2:24:29	191	Tom Derderian	2:26:46
132	David Ezeresky	2:24:33	192	Ed Zeman	2:26:53
133	Michael Murphy	2:24:34		Indianapolis, IN	
134	Gary Nixon	2:24:44	193	Harry Cottrill	2:26:56
135	David Rinehart	2:24:46	194	Paul Dawson	2:26:57
136	John Grabowski	2:24:49	195	Wayne Wallgren	2:26:59
137	Edward Grabowski	2:24:50	196	John Sinclair	2:27:00
138	Stuart Penn	2:24:50	197	John Gonzalez	2:27:00
139	Craig Holm	2:24:50	198	Mark Hine	2:27:03
140	Michael Higgins	2:24:51	199	Gary Wolfram	2:27:05
141	Robert Hirst	2:24:54	200	William Roulette	2:27:06
142	Robert Taylor	2:24:57	206	Duane Spitz	2:27:11
143	Francio Koub	2:24:58		Holt, MI	
144	Joseph Arthur	2:25:02	212	Chris Lynch	2:27:24
145	Steven Thomas	2:25:03		Belleville, IL	
146	Bruce Matthews	2:25:03	222	Jukka Kallio	2:27:35
	Indianapolis			Des Plaines, IL	
147	Mark Skahill	2:25:05	226	John Gores	2:27:48
148	William Marshall	2:25:15		Westland, MI	
149	Matthew McGowan	2:25:16	237	Dennis Kurtis	2:28:23
	Circleville O			Livonia, MI	
150	Dallas Robertson	2:25:29	243	Robert Bozeski	2:28:38
151	Rey Pementel	2:25:30		Waterford, OH	
152	Mark Skinkle	2:25:31	245	David Foley	2:28:40
153	Gary Byran	2:25:33		Cadillac, MI	
	Toledo, OH		264	Timothy Karas	2:29:16
154	Carlos Talbott	2:25:34		Indianapolis, IN	
155	Gerald Crane	2:25:37	270	Michael Anderson	2:29:23
	Lansing, MI			Athens, OH	
156	Robert Costello	2:25:41	273	Craig Donsin	2:29:25
157	Randy Taylor	2:25:41		Lombard, IL	
158	Chris Waythomas	2:25:44	283	Phil Vannette	2:29:38
	Carbondale, IL			Holland, MI	
159	Jeryl Turner	2:25:49	286	Damien Howell	2:29:43
160	Ray Schlegel	2:25:50		Indianapolis, IN	
161	Dave Chateline	2:25:53	301	Kenneth Maier	2:30:09
162	Mario Izizarry	2:25:55		Glenview, IL	
163	Mark Howard	2:26:01	317	Daniel Sheets	2:30:37
164	Budd Coles	2:26:03		Warren, MI	
165	Welles Lobb	2:26:03	321	Scott Robinson	2:30:45
166	Pablo Done	2:26:04		North Canton, OH	
167	Brian Igoe	2:26:05	335	Steve Kahla	2:31:09
168	Owen Logue	2:26:06		Ada, OH	
169	Paul Martin	2:26:08	336	David Spataru	2:31:10
170	Tony Gerardi	2:26:11		Bloomington, IN	
171	Marc Roberts	2:26:13	349	Richard Wareham	2:31:35
172	Mike Davis	2:26:14		North Manchester, IN	
173	Mark Amundson	2:26:16	354	Patrick Logue	2:31:47
174	Dean Greer	2:26:18		Sandusky, OH	
175	Barry Holcomb	2:26:19	373	Kerry Green	2:32:25
176	Frank Lausch	2:26:21		Zanesville, OH	
177	Frank Burns	2:26:22	375	Charles Phelps	2:32:26
178	Jeff Whitlock	2:26:23		Oxford, OH	
179	Barry Brown	2:26:25			

377	Reed Humphrey Kalamazoo, MI	2:32:27	390	Joe Vesa Chicago, IL	2:32:48
382	Robert Bruford Chicago, IL	2:32:32	406	Kevin Hanson Sterling Heights, MI	2:32:59
384	Bruce Smith Martins Ferry, OH	2:32:34	415	Mark Buciak Chicago, IL	2:33:11
387	Roger Rouiller Lockport, IL	2:32:37	417	Roger Pekuri Ironwood, MI	2:33:14
			433	Jeremy Clark Camp Smith, MI	2:33:37

TOP 50 WOMEN

1	Allison Roe	2:26:45	26	Fran Solomon	2:49:28
2	Patti Catalano	2:27:51	27	Kelly Bowdy	2:50:21
3	Joan Benoit	2:30:15	28	Jean Chodnicki	2:50:44
4	Julie Shea	2:30:38	29	Jennifer Taylor- Tuthill	2:50:51
5	Jacqueline Gareau	2:31:26	30	Andrea Shiappetta	2:51:07
6	Sissell Grottenberg	2:33:02	31	Carol Chilcott	2:51:10
7	Nancy Conz	2:34:48	32	Susan Lupica	2:51:28
8	Laura Dewald	2:35:57	33	Kristen Bankes	2:51:37
9	Kiki Sweigart	2:36:55	34	Marilyn French	2:52:27
10	Lorrie Dierdorff	2:42:06	35	Diane Israel	2:52:45
11	Jane Wipf	2:38:27	36	Carolyn Bravakis	2:52:48
12	Laurie Binder	2:39:35	37	Kathleen Nelson	2:53:50
13	Nanae Sasaki	2:40:56	38	Karen Miles	2:54:11
14	Janis Horns	2:40:57	39	Therese Kozlowski	2:54:34
15	Rosemary Longstaff	2:43:03	40	Marilyn Reinhardt Indianapolis, IN	2:54:50
16	Carol Cook	2:43:08	41	Sheree Reinhardt	2:55:00
17	Shirley Silsby	2:44:59	42	Susan Crowe	2:55:11
18	Kitty Consolo Kent, OH	2:45:38	43	Sherry Simmons	2:55:23
19	Marilyn Hulak	2:45:57	44	Marjorie Tennyson- Podsajny	2:56:42
20	Julie Isphording Cincinnati, OH	2:46:40	45	Sue Strickland	2:56:46
21	Jean Kerr	2:47:07	46	Debbi Warner	2:57:12
22	Jane Weizel	2:48:26	47	Kathleen Kaiser	2:57:13
23	Fordie Sherborn	2:48:56	48	Vicki Randall	2:57:43
24	Sharon Given	2:49:15	49	Elizabeth Mastin	2:58:07
25	Susan Kainutainen	2:49:25	50	Tish Husac	2:58:44

Overall Wheelchair Finishers

Jim Martinson - Puyallup, Washington - 2:00:41
Candy Cable - Las Vegas, Nevada - 2:38:41

THANKS

A special thanks this month to Tom Loucks and his mother, Mrs. Eulalia Loucks, and to Jim Dupont and his wife for their special efforts in producing the June "INSIDE TRACK". If it weren't for their special efforts, there would have been no June "INSIDE TRACK".

BOSTON MARATHON CHECKPOINTS TIMES & PLACES

6.75mi.	<u>Record</u> 31.26-1970 J.Drayton	31.54	<u>1st</u> Fanelli	<u>2nd</u> Tabb	<u>3rd</u> Lodwick	<u>4th</u> Mora
10.5	49.46-1970 R.Hill	50.00	Fanelli	Wallace	Lodwick	Holland
13.75	1:04.18-1975 B.Rodgers	1:04.50	Fanelli	Pfeffer	Chettle	Virgin
17.75	1:24.28-1975 B.Rodgers	1:26.17	Meyer	Chettle	Virgin	Seko
21.5	1:46.03-1975 B.Rodgers	1:46.43	Virgin	Seko	Rodgers	Meyer
24.12	1:58.39-1975 B.Rodgers	1:58.41	Seko	Virgin	Rodgers	East
26.2	2:09.26-1981 T.Seko	2:09.26	Seko	Virgin	Rodgers	Lodwick
6.75mi	<u>5th</u> Bergara	<u>6th</u> Floto	<u>7th</u> Rodgers	<u>8th</u> -	<u>9th</u> Wilson	
10.5	Floto	Meyer	Patterson	Bergara	Pfeffer	
13.75	Saeger	Kita	Matsuo	Floto	East	
17.75	Rodgers	East	Heffner	Fanelli	Mendoza	
21.5	East	Chettle	Heffner	-	Rinde	
24.12	Chettle	Lodwick	Rinde	Tolvola	Meyer	
26.2	East	Tolvola	Rinde	Chettle	Heffner	

(continued from back cover)

- 25 SUMMIT CITY INVITATIONAL TRACK MEET & 4 MILE ROAD RACE,
Fort Wayne Snider H.S.
- 25 LOGANSPORT JAYCEES IRON HORSE 10KM - Logansport, IN
9:00 a.m., Gary Bates, 219-722-3618
- 25 PIONEER DAYS 2 MILER - Warsaw, IN (downtown), 2:00 p.m.
219-267-3883

AUGUST

- 11 ATHLETIC ATTIC SUMMER 5,000M - Marion, IN, 9:00 a.m.
Kermit Welty, 317-664-0621 (Second race of Marion Triple
Crown Series)
- 11 ARCOLA DAYS 10KM - Arcola In (Arcola School), 8 am
Jack Morris

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
 ENTRY FEE: \$1.00 FWTC Members
 \$2.00 Pre-entry (non-members)
 \$3.00 Late entry
 PRE-ENTRY DEADLINE: June 10, 1981
 PLACE: Northrop High School
 Fort Wayne, Indiana
 DISTANCE: 8 Kilometers
 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	30-39	1-5	Men	35-39	1-5
Women	40 and older	1-5	Men	40-44	1-3
Boys	14 and under	1-3	Men	45-49	1-3
Men	15-19	1-5	Men	50-59	1-3
Men	19-24	1-5	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 _____

WOODBURN DAYS 10,000 meter run

SATURDAY, JUNE 20, 1981

1:30 P.M.

WOODBURN ELEMENTARY SCHOOL

ENTRY FEE: FREE

AWARDS: TROPHIES TO
TOP THREE PLACES IN
EACH AGE CATEGORY.
PATCHES: TOP 100
FINISHERS

AD STATIONS AT 2 & 4 MILES
RESTROOMS AT ALL ARE NO SHOWER FACILITIES

LISO:
Rides - Games - Food - Refreshments & more
on the Fair Grounds

AGE CATEGORIES

Men	Women
11 & Under	35
19 & Under	39
20	41
21	43
25	47
30	52
35	57
40 & Over	62





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 (_____) _____

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

<u>BOYS</u>	<u>AWARDS</u>
8 and under	5
9 - 11	5
12 - 14	5
<u>GIRLS</u>	<u>AWARDS</u>
8 and under	5
9 - 11	5
12 - 14	5

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	5
20 - 29	7
30 - 39	7
40 and over	5

AWARDS

19 and under	5
20 - 29	7
30 - 39	7
40 and over	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



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 blacktop 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 year's 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	1 awards	15 and under	3 awards
13-15	4 awards	16-18	3 awards
16-18	1 awards	19-29	3 awards
19-21	4 awards	30-39	3 awards
25-29	1 awards	40-49	3 awards
30-34	4 awards	50 plus	3 awards
35-39	1 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	1 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	1 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
Entry form not completed unless signed



Starting and ending at Matter Park

9:00 a.m. for all women and men 18 & under and 40 & over
9:45 a.m. for men 19-39

ATHLETIC ATTIC SUMMER 5,000

Saturday **AUGUST 1ST, 1981**

Sponsored by

**athletic
Attic**[®]

WMRI
YOU'LL LOVE IT
STEREO

107 FM



Second Race of Marion Triple Crown Series

3.1 miles, mostly flat with some rolling terrain through residential areas around Matter Park. A. A. U. course certification pending. Splits read at each mile mark. Police escort. Exact measurement

Awards to top three finishers in each age group.
Souvenirs to all pre-registered participants.

Before July 25th - \$5.00
After July 25th - \$6.00

DIVISIONS

Men	*Women
*18 and under	18 and under
19 - 24	19 - 29
25 - 29	30 - 39
30 - 39	40 - 49
*40 - 49	50 plus
*50 - 59	
*60 plus	

* 9:00 a.m. starting time

ATHLETIC ATTIC SUMMER 5,000
Saturday, August 1, 1981

Name _____ Sex _____ Age on Aug. 1st _____
Address _____ City _____ State _____ Zip _____
Phone _____ T-shirt size: S M L XL (Circle one)

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 Athletic Attic Summer 5,000 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

ENTRY FORM NOT COMPLETED UNLESS SIGNED

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

JUNE

- 6 SANGER 6 (10KM) - Fort Wayne Foster Park, 10:00 a.m.
Ed Garrett 219-456-2447; 1 mile run 9:45
- 6 JUBILEE DAYS 10KM - Gas City, IN - Jim Nicholson
317-674-6951
- 6 MICHIANA LUNG RUN 5KM & 15KM - South Bend, IN, 8:00 a.m.
Julie Frantz 219-287-2321
- 6 DICK LUGAR FITNESS FESTIVAL 3.46 & 6.2 MILE-
Indianapolis - 3.46 9:00 a.m.; 6.2 10:00 a.m.
Registration 7:15 till 8:45 (Butler Univ.)
- 6 MILFORD MAD DASH - 10KM & 2 MILE FUN RUN - Waubee Lake
Pavilion, Milford, IN - 10:00 a.m. - Dennis Mack, Route
3, Box 657A, Syracuse 46567 - 219-45704645
- 8 MIDDLETOWN LIONS MINITHON 15K & 5K - Middletown, IN
6:00 p.m. - 779-4956 or 354-4970
- 12 CLUB KOKOMO RACE 8K & 16K - Kokomo, IN, 6:00 p.m.
Ricke Stucker - 317-457-0352
- 12 SENIOR OLYMPICS 10KM - Indianapolis (Ben Davis H.S.
X-C Course) - 5:30 p.m. - Bob Coughlin - 317-241-5446
- *13 MIDWEST MEET OF CHAMPIONS 8KM - Fort Wayne Northrop H.S.
8:00 a.m. - John Kline - 219-482-1956
- 13 WHITE RIVER RUN 15KM - Anderson, IN 9:00 a.m.
David Jackson - 317-643-5371
- 13 MERMAID FESTIVAL 5KM - North Webster, IN, 11:00 a.m.
Mike Hoffman - 219-834-2831
- 13 BEECH TREE 10KM - Beech Grove, IN, 9:00 a.m.
George Porter, 4831 Betholm Dr., Indianapolis 46239
- 20 ST. MARYS HERITAGE DAYS - St. Marys, OH - 9:00 a.m.
(see ad May issue)
- 20 GRANT COUNTY RUN 10KM - Marion, IN - 9:00 a.m.
Lynn Jacoutot - 317-664-5111
- 20 HOG JOG 10KM - Flora, IN - 8:00 a.m. - 219-967-4135

the
Athlete's
FOOT
Inc.



GLENBROOK SQUARE

Phone 483-8372



the
ATHLETES' CORNER

Phone 484-4322

Store Hours:

Daily 10 am to 9 pm
Sunday 12 noon to 5 pm

Master Charge and Visa accepted

*We Pride ourselves
in our complete line
of quality athletic
equipment and fine
service!*

- 20 CARMEL CLASSIC TRACK & FIELD CHAMPIONSHIPS - Carmel H.S.
Indianapolis - 8:00 a.m.
- *21 ATHLETIC ATTIC HILLY FOUR MILE - Fort Wayne Homestead H.S.
7:00 a.m. - John Treleaven 485-7917
- 27 HERITAGE DAYS RUN FOR BIG BROTHERS-BIG SISTERS 10KM
Huntington, IN, 9:00 a.m. (mile run 8:00 a.m.)
Tom Kent, Race Director (see ad May issue)
- 21 CARMEL CLASSIC MINIMARATHON 5KM & 15KM - Carmel Clay
J.H., 8:30 & 9:00 a.m. - John Abel - 317-844-0695
- 21 SANDBUR FESTIVAL MINIMARATHON 10KM - Lake Village, IN
3:00 p.m. CDT - 219-992-3808
- 21 HAL HIGDON 50th BIRTHDAY PARTY 15KM - Michigan City, IN
8:00 CDT - Tom Konieczny
- 27 3rd ANNUAL TURTLE 10KM - Churubusco, IN (Churubusco H.S.)
8:30 a.m. (registration closes 8:00) - Larry Shivley
219-693-2761
- 27 ALL AMERICA CITY RC COLA RUN 10KM - Vincennes, IN
(Gregg Park), 7:30 a.m. - 812-882-2288
- 27 CHESTERFIELD RUN 10KM - Chesterfield, IN (Makepeace Park)
9:30 a.m. - Fred Taylor, 317-378-6277
- 27 MONUMENT CITY CLASSIC 10KM - Angola, IN, 8:30 a.m.
Jim Scott - 219-665-5582

RETURN
POSTAGE
GUARANTEED

TRACK CLUB
FORT WAYNE

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



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

(continued on page 32)

- 4 JULY
LIBERTY 10KM - Hartford City, IN - Doug Osborn 317-348-4739
- 4 SALAMONIE 10KM - Warren, IN (Lower Park) 8:00 a.m.
- 4 FIRECRACKER 10KM - Twelve Mile, IN, 6:00 p.m.
Dale Sullivan - 219-664-5221
- 4 YANKEE DOODLE DANDY 4 MILE - Marion, IN, 9:00 a.m.
Tim Purdon - 317-674-3321
- 4 MADISON GOLD CUP 10KM - Madison, IN
- 4 MAIL-JOURNAL FLOTTILLA ROAD RACE 3.3 & 8 mile -
Syracuse, IN (Syracuse City Park) 9:00 a.m.
Ron Baumgartner 219-658-4111
- 2 CLUB KOKOMO RACE 5KM & 20KM, Kokomo, IN, 6:00 p.m.
Ricoe Stucker - 317-457-0352
- 11 DENIM EXPRESS 10,000 METER RUN - Marion, IN, 9:00 a.m.
(Part of Marion Triple Crown Series), Kermit Welfy,
317-664-0621/Denim Express 662-6353
- 11 TIPPECANOE TROT 3M & 5.5M - Winamac, IN (Court House)
9:00 a.m. - Fred Zahrt, P.O. Box 247, Winamac 46996
- 12 MILLER LAKESHORE 10KM - Gary, IN 9:00 a.m.
Pat Rhodes, 219-938-6878
- 18 OLD SETTLERS DAY 10KM - Columbia City, IN, 8:30 a.m.
(see ad)
- 18 ELPHANT WALK 3M & 4M, Peru, IN - John Sites, 256 E.
2nd St., Peru, IN 46970
- * 19 TV33-Hooks Marathon, Fort Wayne Coliseum, 7:00 a.m.
Larry Lee, 219-672-3065/Cal Mahlock, 219-422-7474
- 25 MORRISTOWN 10KM - Morristown, IN