

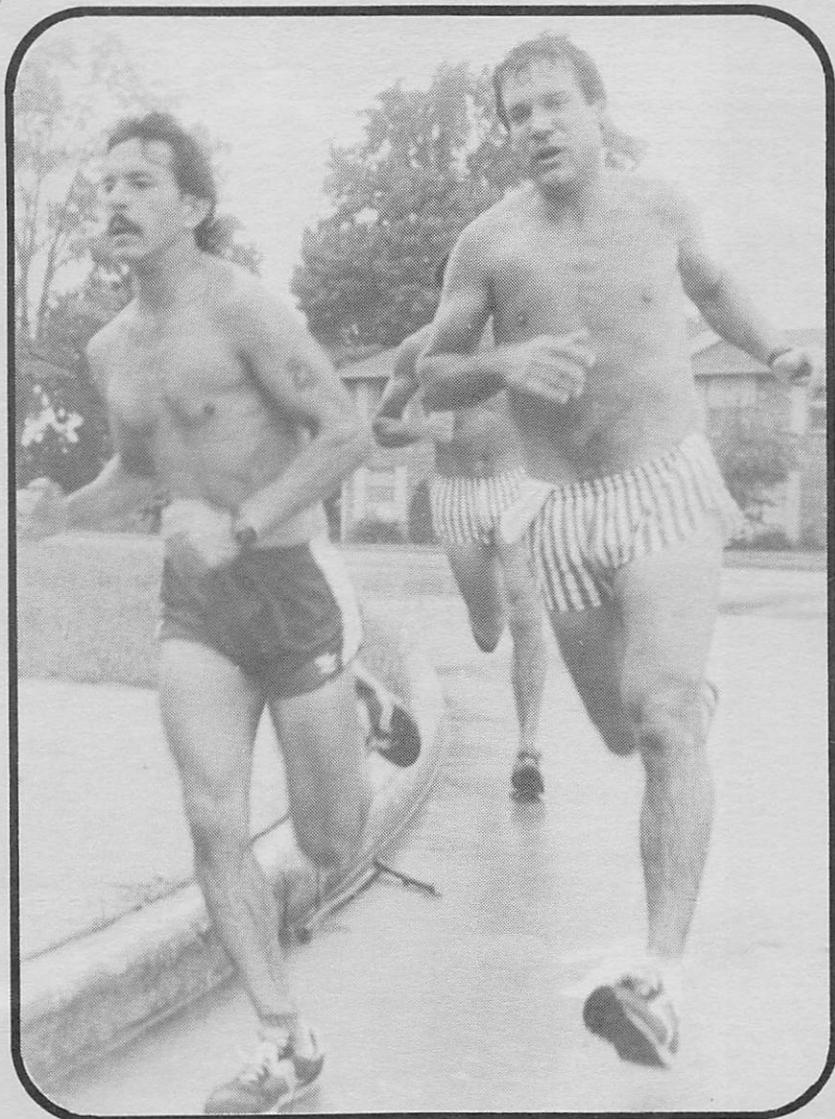
JULY, 1981



**FORT WAYNE
TRACK CLUB**

the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB





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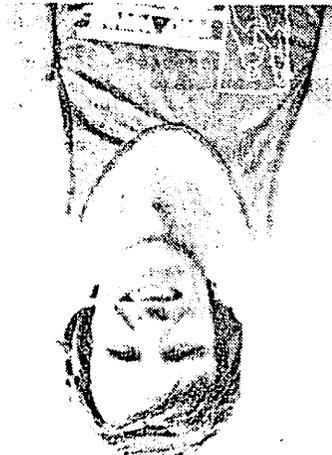
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The track club, however, is at a crossroads. The Ft. Wayne Track Club is not life itself. The individuals mentioned above have husbands, wives, families, jobs. They also have only 24 hours a day. And they have, of course, the quality that binds us all, the love of the sport of running and of the act of running. And if you can't find the time to run, why be in the

We have grown. We are no longer a small band of elite fanatics. We have infiltrated virtually every occupation and every corporation in our area. We have earned the respect of like-minded individuals in our state and in an entire section of our country. We are the Fort Wayne Track Club. A mere 6 1/2 years ago we were just a seed longing to germinate in the minds and hearts of several hard-core local runners. Two years ago we numbered only 315. Today, July of 1981, we number 700 memberships encompassing some 1700 runners. We sponsor ten to fifteen races per year, most of them entry-free to members. We put on a major marathon every summer. We direct the largest ten kilometer race in the state of Indiana. We have directed corporate races, relay races, cross-country races, road races, team races, fun runs, and will soon host our first ultramarathon. We produce a monthly newsletter/magazine that is regarded by many as one of the best in the country. It happened quickly, but it did not happen overnight. It was fun making it happen, but it was also work. While all of us helped make it happen by our membership, and many helped make it happen in other small ways, the lion's share of the work was done by a few dedicated individuals. Mention Ft. Wayne Track Club to anyone and see whose name is inevitably mentioned. Don Lindley, Charlie Brandt, Mike Hill-- maybe even Rick Reitzug. To these people the Ft. Wayne Track Club has been a second job. But by no means are they the only people who put in endless hours for the club. There are many who labor behind the scenes, putting in hour after hour, but are not in positions of high visibility. Mrs. Eulalia Loucks, Jim Dupont, Tom Loucks, three of my co-laborers, probably devote more hours to this publication than I do, but don't receive nearly the credit. Larry Lee, Don Golder, Steve Foster and a half dozen others are actively involved in club projects throughout the year.

EDITOR'S
NEWS
& VIEWS



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NO NEWSLETTER - If you have not received THE INSIDE TRACK by the 10th of the month, please contact Don Lindley (219-456-8739) immediately. We print a limited supply of extra copies and distribute those to members the U.S. Postal Service has missed on a first come-first served basis.

Have a good run!

What I'm trying to say is that the people who direct races, write articles for "The Inside Track", or work on other club projects, number no more than fifty. Besides running, what are the other 150 members doing to support the club? While membership in an organization does not necessarily bring with it the responsibility to become actively involved, it too many people take out and not enough put back in, the well soon becomes empty. I don't want to see this happen to the Ft. Wayne Track Club. But the club has grown so large, so quickly, that it will might. It has already happened to many of the once strong running organizations in the state. We have many, talented and intelligent members in the club. The club needs your skills-often it needs no more than your time.

Many of the people who have helped make the Ft. Wayne Track Club strong will soon be leaving their positions of leadership to devote more time to their jobs, families, and yes, their running. They deserve it! Others will be stepping to the forefront to devote even more of their time. However, the club still has the need for more strong new leadership, leadership that will pave the way for the future with fresh ideas and perhaps a different vision.

Entry-free, accurately measured and timed races, fifty page monthly magazines, an outstanding reputation as a quality organization-these things don't just happen, they are made to happen. Let's keep a good thing going. Better yet, let's make it BETTER. Contact a board member and let them know what you can do or simply that you're available. As the United Fund tells us every year, "Remember...without you it won't get done."

PRESIDENT'S COLUMN



Over the last several years, I have done battle off and on with shin splints on the inside of my right leg. Several treatments seem to keep the pain tolerable but none would provide a permanent cure other than a 5 or 6 day layoff. After a lot of reading and several years of experimentation, it seems that shin splints (and probably a lot of other injuries) are the result of improper running form. The last time I was bothered by this particular injury, I ran on soft ground, iced the sore area after running, and finally had to layoff for a week. Now after reading a book called "Winning Running" written by Bill Dellinger, the coach at Oregon, I tried to cure the injury by changing my "style" of running. Luckily the style Dellinger suggests is not too radically different from my own natural style and required only minimal adjustment on my part. It appears that this change in style is the long term solution to my shin splint problems. If you have been having lower leg, knee, or hip problems, you might give this "Oregon" style of running a try. One of our marathoners who comes the closest to this style is Jerry Mazock and he is very seldom injured. I personally feel it is the key to Jerry's success at the longer distances and my key to prevention of further "shin splints" when training on the roads.

Very basically the "Oregon" style requires the following:
1. Do not overstride or run on the ball of the foot. Your foot should hit the ground in a combination heel/ball landing.

2. Train from time to time on grass - at least twice a week.
3. Do your stretching exercises each day.
4. Each time your foot strikes the ground, your center of gravity should be directed over it.
5. If you want to pick up your pace, don't lengthen your stride! Instead quicken your leg speed and shorten your stride.
6. Quickening your arm tempo will increase your leg speed.

7. Run Tall. Lift your rib cage and run as vertically as possible. Tilt your pelvis up to accomplish this. Next time you run with Jerry, check out his form! I think it will improve your efficiency and enjoyment of running.

RACE DIRECTORS

My thanks and that of all of our members to:

1. Jerry Mazock for coordinating the Red Cross Run.
2. Jerry Mazock and Tony Gatton for the excellent One Hour Run.
3. Gary Bird for volunteering to be race director this year for our Corporate Challenge (June 21, 1981).

If any of you have not contributed time to the club this year, I would like to suggest you pick one event, one race, or something that needs to be done in the club and take full responsibility for it. This way you would only be tied up for one event a year and could enjoy your running at all other times. We're a large club with a lot of events and need more help!

A race director is needed for our August event. Contact Charlie Brandt. In addition we are thinking of a picnic-fun run-election of officers to be held in September. We have a location but need a chairperson. Any takers? Please give me call!

Diet Pepsi 10K - 4-5-81
Jeff Koehlinger

38:20 PR

211

13(151)/19-under

Only my 3rd road race ever. The time was a PR by over 40 sec.

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MARATHON MUTTERINGS

Dave Fairchild



I suppose it was inevitable, in spite of a rigorous "it can't happen to me" attitude. Marathoners know, at least in their more rational moments, that the risk of injury is ever-present. One of the challenges of the marathon is to find and maintain that fine balance between being well-trained and injured. I knew I was well-trained, and I had been running and racing well over the winter. I had been averaging over 65 miles weekly since the first of the year, racing better than I had expected, 6 PR's in 7 races, at distances of 5 miles to the marathon, and I had not missed a day of running since the first of the year. Yes, I even ran when the wind chill was hovering around 50 below zero.

And then, entirely without warning, it hit me. The INJURY. I had seen no progressive weaknesses that indicated an injury was imminent. I had felt strong and confident all winter. Jan suspected before I did. Indeed, Jan claims (probably rightly) that it hit me at exactly 3:16:17 p.m. on Sunday, April 5, 1981. At that very moment I completed a PR marathon on a hilly and windy course. And immediately contracted SWELLED HEAD (sometimes known by the name OVERINFLATED EGO).

SWELLED HEAD is a particularly invidious injury for a number of related reasons. First, it is a direct result of marathon fever (which is a far more serious disease than, say, baseball fever, the cure for which is a player's strike). Most of us have at least low-grade marathon fever much of the time. It is recognized by a temptation to weigh ourselves twice a day, talk more about complex carbs than family, and diligently count paces to accurately determine the day's distance. In more advanced stages, marathon fever results in the victim's perceiving him or herself as a MARATHONER. When asked at a party (if indeed we go to parties) what we do, the response is "Run Marathons!"

Second, marathon fever strikes most viciously at those of us who are especially mediocre at running marathons, those of us who hold PR's in the 3:15 to 3:45 range, particularly if we rediscover running in our 30's. Finally, marathon fever is a type of malignancy, which if unchecked will become marathon obsession. For this there is practically no cure.

So there I was, fresh from a 3:16 PR waiting, literally with baited breath, for the Revco-Cleveland marathon. Revco claimed they were inviting enough world-class runners to seriously challenge the world's marathon record. The course is listed as flat and fast. The weather is typically coolish (50-60) with light winds along the lakeshore. And now the progression of marathon fever into SWELLED HEAD should be obvious to all but the most jaded victim of said vile injury. I would run a sub-three at Cleveland. Even with my SWELLED HEAD I knew this was well within my capabilities. I had run a 20K race at a 6:52 pace in wind, and a fairly easy (no tapering) 15K at 6:24. I would go out easy at 7 for the first 5 miles, pick it up to about 6:40 through mile 20 and then coast home at about 7:10.

Temperatures in Cleveland, as here, had been in the 80's the week before the race, with humidity in the 60's. But race morning, at the gun, the temperature was 67 degrees and overcast. I was CONFIDENT. The first 5 miles were exactly 35 minutes. But when I pressed to pick up the pace, I got all the way down to 6:56, and that was hard work. Four seconds a mile were painful. So I decided to run comfortable 7's and see what happened. I reached the 13.1 mile turnaround in 92 minutes, still at 7, and headed for home. By now, of course, the temperature had risen and the overcast had disappeared. But I was not worried because I would not give in to SWELLED HEAD. If things got bad, I would quit, save my sub-three for another day. After all, even with SWELLED HEAD, I had run 7 marathons and I am capable of learning at least a little something from experience.

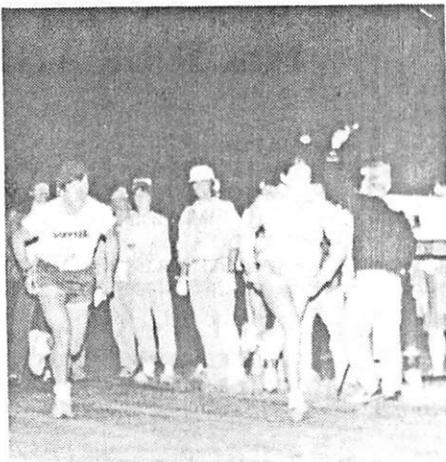
And then at the 14 mile water table I found it. PAIN, both physical and psychological. I was through for the day. No, I would NOT DNF. But there was a succession of 12-minute walking miles before I reached the finish line. And when I got there I was lightheaded and nauseous, with tired, cramping thighs and calves and blistered toes. This was the worst I had felt physically since last summer's Three Rivers Marathon. It was also my slowest time in the past year. The physical pain would disappear in a few days, I knew. What really worried me was the psychological discomfort I was experiencing. Not caused by a 3:39, but by the realization that this was the ONLY CURE.

In spite of my protestations to the contrary, I had indeed been suffering from SWELLED HEAD. This is not a pleasant discovery to make 14 miles into a marathon. The cure is HUMILITY. Bill Rodgers is right, the marathon can always humble you. And it is most likely to do so when you are least likely to expect it. Yes, my race at Revco was foolishly, perhaps even stupidly, run. But I did learn two valuable, not soon to be forgotten, lessons. I will be much more conscious of the early warning symptoms of SWELLED HEAD in the future. And I will recognize that a little humility early is better than a lot late.

Finally, this is THE MONTH. TV-33/Hooks Marathon is just three weeks away. And my training has been good, my mileage high, my racing better than I expected. I guess this year I will shoot for a time of

WORDS FOR WOMEN

By Cindy Ventrella



It is a peaceful day outside while I am comfortably nestled inside thinking. I don't plan on running today because everything is flooded. I have been thinking what a simple and enjoyable sport running is. It is something you can do alone or share with others. It is special in its own way because of the personal satisfaction that comes from being physically fit and more emotionally alert. It requires no special equipment (except shoes) or place. You don't have to wait for a free court or diamond. All you need to do is step out the front door and begin your run.

Your body goes through all the usual warming up cycles, and you become very relaxed. This is when you have many thoughts and ideas or just enjoy the nature around you and your run. Afterwards, by expending that extra energy and pumping that extra blood, you are refreshed and ready to enjoy the rest of the day.

Once you have experienced these self-revelations, I believe you are hooked and will continue running forever even though it does go in cycles. If you miss for quite a while, you feel like you are missing out and will usually start up again.

I think we should also be thankful that we are able to do something as simple as running. Some people are not in a position to be able to do so. We take our bodies for granted. They are beautiful, and we should not waste or neglect them. As Jack LaLane believes, I think we should use all parts of our body not just the legs.

When I used to run a lot and then go out and play a hard game of volleyball, I would become so sore from using different muscles. If we used our other muscles and kept them toned, this would not happen. I suggest light weight lifting and exercises. I have a pair of 6.6 lb. dumb bells which I use to strengthen my arms. There are many exercises you can do to work all of the arm muscles. I also do a few other exercises such as sit ups and leg ups. There are many good stretching and exercising programs to follow in the running magazines. Since I am not running today, I guess I had better pull out those weights. Next time you see me, you probably won't recognize me with those 24 in. biceps.

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 RUN NEXT YEAR AND FOR YEARS TO COME!

Marathoning in the Heat

Gloria Nycum

With the Three Rivers Marathon not far away and since many people will be running it for the first time, I thought I would share some of the most important things I feel I did both before and during last year's "very hot marathon" that helped me finish and still live to tell about it.

WEEK BEFORE MARATHON

1. Do a long depletion run Tuesday or Wednesday.
2. Do NOT after Wednesday.
3. From Wednesday on, eat only carbohydrates, desserts, etc. (all you can eat, but no meats). You can lose up to eight pounds in a marathon, so gaining a little weight won't hurt.
4. Exercise every day and if you feel nervous (due to not running), don't run over one mile - better yet, take a walk!

NIGHT BEFORE MARATHON

1. Eat a good carbohydrate dinner (spaghetti, etc.).
2. Go to bed early (9:00 or 10:00). You may have trouble sleeping, that's normal.
3. Around 3:00 or 4:00 a.m., eat pancakes and drink orange juice. This is assuming the marathon starts at 7:00 a.m.
4. Around 6:00 a.m., drink a cup of coffee or some drink that contains caffeine.

DURING MARATHON

1. Start out at a slower pace than normal for at least the first five miles.
2. Stop at every water station and drink one glass of water (if gatorade is available pour some in your water and drink the mixture).
3. Pour one glass of water on your head and if there are sponges available, keep one and carry it with you in your shorts or shirt.
4. Wear a headband and dip it in water at every water station.
5. While doing above, walk through every water station.
6. If you feel tense, you might stop to stretch at 15, 20, and 22 miles (use your own judgment).

HAVE A GOOD RUN!

The Great Race - 20K - Elkhart, IN - 5-23-81

Tom Loucks	1:06:12	1st	1/20-24
Paul Beckwith	1:15:42	14th	4/25-29
Lynn Armstrong	1:19:50	34th	4/30-34
Myron Meyer	1:21:03	40th	1/50-59
Betty Hite	1:24:30	64th	1/30-39F
Eugene Striggle	1:32:18	119th	
Pat Herman	1:32:50	123rd	
Chuck DeVault	1:41:11	170th	
Dick Sive	1:42:19	188th	
Jack O'Niel	1:58:01	235th	

Death in the Afternoon II

(a movie review of the Saginaw Bay Marathon)
by Gene Bullshallitt (pen name of Jerry Mazock)

It is true that Universal Studios took a great risk this spring when they decided to make another "Saginaw Marathon" movie. Last year's "Death In The Afternoon" was, at best, a major disappointment for the studio - it barely broke even at the box office and the critics were lukewarm about its message. The acting was spotty also. For instance, you may recall Don Lindley's finishing strides of his 2:58:30 Marathon. It was too unrealistic! Don looked too fresh and relaxed at the finish line to have jogged this fast for over 26 miles! Yet, even in this mediocre running movie there were two standout performances. Who could ever forget Jerry Mazock's and John Schwartze's portrayal of joggers nearly collapsing in the closing miles and at the finish line. They both deserved the nominations for Best Actor the Academy bestowed upon them. After all, they really did look like they had just jogged 26 miles! Their apparent discomfort and disorientation after finishing was believed readily by most movie-goers across the land. Probably the best part of "Death I" was when Schwartze and Mazock were hobbling bleary-eyed on their way to a shower and Schwartze stated: "The weather here in Dallas is warmer than last year." Mazock nodded in agreement and added: "Before we go home we should drop in to see Walt Green."

So much for last year's movie.

Here are some of the highlights and my comments concerning the sequel filmed this year. Initially, "Death In the Afternoon II" producer/race director Terry Rock, had a great deal of difficulty assembling the same cast which starred in the first movie. Jack Morris and Don Goldner had other contract commitments. Their dry wit and colorful candor was missed but was partially replaced by newcomer Curt Nold. Universal had tried to sign Richard Pryor for this part but wound up signing the unknown Nold. It was a wise decision.

The other mainstays of "Death I" were able to return however. It is interesting to note recent happenings in the careers of these running/actors. Wayne Schaltenbrand, John Schwarze, Dan Hannaford, Mike Kast, Phil Shafer, and others, portrayed credible runners in last November's "Bury My Heart On Heart-Bank Hill." Don Lindley ran his fastest running/acting performance while emotionally battling 15mph winds in the closing scenes of last October's "Detroit: Run For Your Life." Jerry Mazock made his debut on stage during the winter months and gained a few pounds for his starring role in "The Prince Of Foster Park". John Treleaven, on the other hand, hit on harder times. John starred in a series of second-rate Marathon Horror movies. "I Cried At Columbus", and "Runners From Hell", were B movies at best. In my opinion, all John Treleaven needed was the proper script in order to display his fine talents as a runner/actor. Much to his credit, this occurred in "Death In The Afternoon II".

The opening scenes focus on different cast members emerging from winter, and a lot of LSD (Long-Slow-Distance, that is), and a few pounds of extra tommage around the waistline. At this point everybody denies they will have enough time to get into shape for the May 2nd marathon. In fact, 90% said they weren't even going this year!

The scene immediately switches to May 1st. From different sections of Fort Wayne, we see the entire cast kissing their wives and/or loved ones goodbye before leaving for the next day's race in Saginaw. There are two good episodes here worth mentioning. After kissing his wife, Christy, goodbye, Phil Shaler hears her ask him if his life insurance is paid up. In another scene, we find Jerry Mazock still muttering bullshitt to Dave Fairchild about his doubtful physical condition for tomorrow's race. Fairchild wasn't convinced with Mazock's tongue-in-cheek appraisal and neither is the audience who can plainly see the twinkle in Mazock's eyes.

The four and one-half hour drive to Saginaw consisted of typical conversations of typical marathoners who were getting these slow scenes a bit by having a car from the other side of the Interstate drive on the wrong side of the highway towards a carload of FWC members.

"We could've ended the movie right there," stated producer/race director Terry Rock. "However, we decided a cruel joke is no way to end a film. There's too much violence and blood coming out from Hollywood these days anyway, and we wanted to save that element for the marathon." (Note: this film had a "G" rating until this scene. The Motion Picture Industry found it necessary to tag it a "PG" after all the profanity.)

After a solid five hours of sleep, the entourage awoke on race day to the smell of vaseline and the sound of the traditional "Rocky" theme playing in the Hallway at 6:00 a.m. The weather outside was sunny and cool (40 degrees). Dan Hammarford said, "Looks like everyone is pretty relaxed!" He went on to say, "I had a friend once who looked the same way. Two hours later he committed suicide."

At this point in the film the producer began to effectively combine some fine drama and light humor. One memorable scene at 6:30 a.m. found Don Lindley at a local Denny's behind a sack of pancakes with only the top of his forehead visible, saying (with a mouthful of syrup and batter, I might add), "This carbohydrate loading and putting ice cubes in my shorts later, just might make my day!" This scene will probably go down in motion picture history as one of the greatest ever made for the silver screen! Right up there with Rhettt Butler's farewell to Scarlet O'Hara!

An hour and a half after the movie started, the actual race finally began, and then, lasts only about 15 minutes. I feel this was good judgment. Because the lead-up scenes are, many times, more entertaining than the actual race itself (that's what many of these marathon/joggers tell me anyway!).

But for those of you who do want to know a bit about the race part of the movie, I can unequivocally say that all runners from the FWC ran like they were shot out of cannon. What ever happened to all those people who claimed to be running Saginaw for last years 5:30), and hovered in 10th place. Don Lindley, (Lunt) Mazock hit the mile marker in 5:40 (however, slower than last years 5:30), and hovered in 10th place. Don Lindley,

"looking cool", was not far behind. The first seven miles found a gentle breeze pushing the runners out into the countryside. By this time a great battle was beginning between Alma Ojeda and Lorna Richey from Toledo, OH. John Treleven was well under three hour pace and many of the 30 or so runners from FWTC were well on their way to PR's.

The director decided to skip many of the uneventful miles. The next scene finds Mazock at 18 miles in 8th place and feeling relatively good. Unlike the last movie, Mazock decides to put the hammer down and run for it. At mile 25, he moved decisively into 3rd place and coasted in with a 2:34:20. He missed his PR by 38 seconds, but he had never finished a marathon so strongly before. If you could look closely, he had a twinkle in his eye.

Newcomer, Larry Averbeck, soon followed with a 2:53:05. And then came John Treleven finishing his performance with an outstanding 2:54:30. His fine performance this year should at least net him an oscar nomination. Don Lindley decided to try a slower marathon pace and concentrate on his acting this year. He succeeded! This year, Don really looked like he had run a marathon! He did an outstanding job of appearing physically exhausted and mentally weary. For instance, at the 22 mile aid station, Don asked for a toupee. And, at the finish he showed the crowd that he didn't have any more ice in his shorts. Everybody in the industry likes Don and I feel that the Academy will bestow "Best Actor" to him this year.

At the end, Lorna Richey barely nipped Alma Ojeda in an exciting duel to the finish. Mr. Ojeda deserves special recognition for making his daughter still feel like a million bucks even though she came in second. Originally the studio had planned to have Brooks Shields play Alma's role, but again, the studio made the right decision by letting Alma play Alma.

All of these fine performances were only a prelude to what I feel was the highlight of the movie this year. When John Schwartz crossed the finish line in 3:04:44 (a PR), he conquered an event that nearly destroyed him last year. When I saw John finish in the movie, my first reaction was, "Why didn't he smile?" especially in those closing 50 yards or so. After the movie was over and I had some time to think about his finishing performance, I decided he had portrayed his triumph with perfection. I compared John's acting/running masterpiece to Michelangelo's painting of his masterpiece on the ceiling of the Sistine Chapel. I seriously doubt if Michelangelo jumped up and down in glee when he first looked at his finished work either. Instead, I envision his gazing at it critically with knowledge of its beauty and understanding all of the difficult work that resulted in its quality. In other words, Schwartz portrayed courage in a humble and yet so outstanding way that he didn't have to tell the audience "I am courageous." It was then that I decided that all of these ~~other~~ runners are courageous in similar fashion to Schwartz and Michelangelo.

It was a good decision, however, for the film crew to shoot a closeup of John minutes after finishing the race. If you looked closely you could see a twinkle in his eye! What a great way to end a movie! I was totally uplifted by the message of the film as I left the theatre.

The musical score was light and entertaining. The scenes of Mazock finishing the last miles of the race strongly and thinking about the pending July 19 Three Rivers Marathon-birth of his

Run for Hope - Martinsville, IN - 5-25-81
 Don Lindley 10KM 39:37
 Brian Lindley 5KM 28:11
 6/8-under 57th 3/35-39

10KM winning time was 33:40 by Karl Swinart; 5KM winning time was 15:15.

Very hilly course, last year's time was 37:51. I had a difficult time in time created a bad time. Good news for the joggers, the last place finisher was timed in 74:51.



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THE ATHLETE'S FOOT

child, were enhanced by the playing of the movie's theme song, "You're Having My Baby" (sung by Cindy and Tony Ventrella). Even though producer/race director Rock stated he doesn't want any more running/actors added to the cast (if we ever make another "Saginaw movie"), I feel obligated to say that if you are a running/actor looking for a good script, contact Terry Rock for an audition. Rock's such a nice guy that he'll probably send you a contract in the mail that says "filming for "Death In The Afternoon III" will start early next spring. I truly hope the studio plans on making "Saginaw" an annual production. Go see it when it comes to a theatre near you. (Coming next month: Gene Bullshaltt reviews this summer's best running movies.)

Midwest 8KM



Women

19-under

* 1.	Alma Ojeda	75
* 2.	Rebecca Snyder	115

20-29

1.	Jodie Welly	82
* 2.	Mary O'Conner	90
* 3.	Theresa Ehrman	94
* 4.	Phyllis Suelzer	110
* 5.	Jane Sieber	114
* 6.	Rose Koczerko	127
* 7.	Laurie Gensheimer	139

30-39

* 1.	Kathy Leistikow	128
* 2.	Marsha Schmidt	133
* 3.	Jan Kissinger	143
* 4.	Dana Zumbaugh	144
* 5.	Ann Mize	146

40-over

* 1.	Carolyn Horn	136
* 2.	Julia Wilson	145
* 3.	Dorris Snyder	152

Men

14-under

* 1.	Todd Walker	57
* 2.	Jeff Murphy	79
3.	Dan Brattmiller	101
4.	Jerry Frye	106
* 5.	Dan Brooks	109
6.	Mickey Speidell	119
* 7.	John Schwarze	134
* 8.	Brian Lindley	148

15-19

1.	Ken Waterhouse	2
2.	Mark Moore	3
3.	Joe Lake	12
4.	Aaron Landgrave	14
5.	Rod Jones	15
* 6.	Tom Mills	16
* 7.	Rick Harkenrider	21
* 8.	Phil LeMaster	23

15-19(cont.)

* 9.	Phil Herndon	24
10.	Mike Linehan	26
* 11.	David Milner	31
12.	Matt Swales	36
13.	Jeff Wright	42
* 14.	Ken Babcock	53
* 15.	Bill Lambert	54
16.	John Heinkel	61
* 17.	Chris Neher	66
18.	Phil Long	69
19.	John Keller	70
20.	Mark Smith	71
21.	Jeff Keller	73
* 22.	Jerry Ziegler	85
23.	Chris Guenther	107
* 24.	Mike Zumbaugh	130
25.	Ken Bernier	137
26.	Larry Kemp	151

20-24

* 1.	John Jordan	1
* 2.	Mike Bultemeier	6
* 3.	Tim O'Connor	13
4.	Pete DiPrimio	28
* 5.	Kenneth King	32
6.	Kristopher Airgood	67

25-29

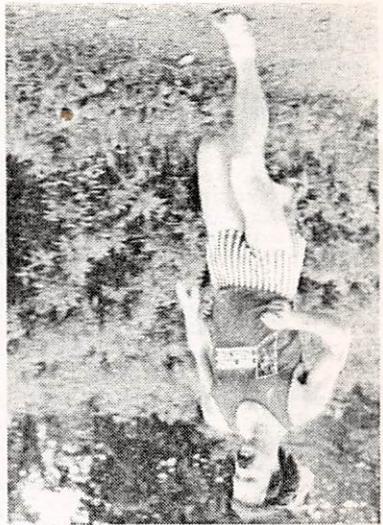
* 1.	Phil Suelzer	4
* 2.	Doug Sundling	5
* 3.	Steve Gradeless	19
* 4.	Jerry Mazock	20
* 5.	Mike Stieglitz	22
6.	Mike Moore	27
* 7.	John Treleaven	29
* 8.	Dave Glover	37
* 9.	Jim Anderson	38
10.	David Rigby	43
* 11.	David Lamm	50
* 12.	Erick Thorne	55
* 13.	Mike Avilla	91
14.	Rick Meyer	103
15.	Jeff Kline	104
* 16.	Andy Jubin	112
17.	R. VandeZande	120
* 18.	Mike Pressler	124

40	1.	Myron Meyer
59	2.	Giles Tomlinson
108	3.	Vern Chovan
116	4.	Curtis Noid
118	5.	Bob Helmkamp
123	6.	J. P. Jones
125	7.	Paul Snyder
132	8.	Jack O'Neil
141	9.	Ross Moye

33	1.	Bill Schmidt
58	2.	Joe Ziegler
78	3.	Herb Chandler
84	4.	Larry O'Herron
99	5.	Don Goldner
105	6.	David Wilson
113	7.	Bill Sohaski

25	1.	Joe Barile
48	2.	Jack Morris
51	3.	Charlie Brandt
86	4.	Leland Sibrat
96	5.	Dick Duke
100	6.	Lynn Milner
117	7.	Bob Genshaiman
142	8.	Don Babcock
149	9.	Burneal Fick
149	10.	Mike Holbrook

81	11.	Barrie Peterson
111	12.	Tom DeLong
131	13.	Dave Kruse
135	14.	Pat Harris
140	15.	Dale Zumbauhn
150	16.	Mike Rumpfle



30	1.	R. Bruckner
34	2.	Todd Riegelman
46	3.	Don Lindley
56	4.	Steve Adkisson
62	5.	Tom Tucker
63	6.	David Waldrop
65	7.	R. Molycka
68	8.	Dwain Cobbs
76	9.	Dave Fairchild
80	10.	David Nelson

7	1.	John Kline
8	2.	Steven Foster
10	3.	Dan Kaufman
11	4.	Steve Kearney
17	5.	Jeff Schneider
18	6.	Tom Gerbers
35	7.	Paul Sibray
39	8.	Mike Robbins
41	9.	Bill Blosser
44	10.	Ron Dubach
47	11.	David Ruettschilling
49	12.	John Schwarze
60	13.	Phil Wisniewski
64	14.	M. Melendrez
72	15.	P. Herman
73	16.	Russ Suerer
74	17.	Terry Shipley
87	18.	Steve Yager
93	19.	John Peterson
95	20.	H. Shook
98	21.	Russ Brose
121	22.	Dan Bossard
122	23.	Jorge Jimenez
129	24.	Tim Fling
138	25.	Dave Ronschneider

35-39(cont.)

30-34

On and On . . .

Steve Tinker

Recently, in a moment of self-righteousness, I "casually" mentioned to a friend of mine (who happens to be a mental health therapist) that I had run 400-and-some-odd-days without missing a day. Instead of the "Oh, wow, that's really neat" that I had hoped for, he said, "That sounds fairly pathological. Have you considered therapy?" Recovering from the cold wave of reality that had just descended on me, I reminded myself of it that I have decided to run every day since a cold, slushy day in February of 1980.

I am not a disciplined person. Put a pound of chocolate-covered peanuts in front of me and you may as well kiss them goodbye. I'd rather take a beating than accept my day-to-day responsibilities. Offer me the choice of doing the dishes and taking a pointy stick in the eye and I'd have to think about it. So how does this collection of uncontrolled impulses and splayed responsibilities manage to get his body out the door every day in and day out, with seeming disregard to weather, physical condition, or previous commitments?

Or even further, why would anyone want to? Who would voluntarily leave the comforts of home to "run" 20 minutes into weather known only to a few Eskimos that have spent too long starting at the Northern Lights? What punitive instinct arouses one out of a drunken stupor at 11:37 p.m. with the gentle urging that "you haven't run yet today, stupid"? What kind of running high do you experience when you have to load up on aspirin before you go out just so that people don't mistake your running style for that of a muscular dystrophy poster child?

Obviously it's not the fame and glory. At the time of day I generally run the only others in the four-legged and barking variety or the two-legged variety who think that they're the four-legged type.

It's not for the record books either. At least one other FWC member has a longer string than I may a crazed porcupine make rude advances on your tailwinds, Daniel). Ron Hill of England has something like 16 or 17 straight years without missing a day (that I doubt it, but, uh, if you don't mind, let's see the affidavit, Ron).

Self Satisfaction and Personal Achievement. How satisfying can putting yourself through some of the above crap be? Are there plaques and trophies for "Most Obsessive-Compulsive Behavior on a Continuing Basis"?

How about good old physical fitness? Achilles tendinitis, shin splints, pulled hamstrings, pulled groin muscles, strained arch, strained knee ligaments, blisters . . . It's hard to hear that the benefits of running while you are walking down the stairs backwards because it feels like somebody just played "Wide Out" on your quadriceps with a pair of two-by-fours. Ken Cooper says that running three times a week for 20 minutes is adequate to maintain the physical fitness. Most "serious" runners feel that four or five times a week is sufficient. I subscribe to the theory (in many behaviors, not just running) that if a little of something is good, a lot must be proportionately better. The only thing I practice moderation in is excess.

So, just why do I run every day? Simple. I don't give myself any choices. The only way to get me to do anything with any consistency is to give me no way out. Jim Fixx (maybe it was George Sheehan, who knows? who cares? As a matter of fact, maybe I'm just making this up.) related a story in one of his books (the red one, I think) where he asked a friend how it was that he could decide every single day to run, regardless of anything. This person supposedly replied that he did not decide every day to run, but instead had reached the single decision to do it years ago.

Revco-Cleveland Marathon - 5-24-81
Dave Fairchild 3:39:40

After a week of temperatures in the 50's, race day saw 69 degrees at the start, humidity 58%. Nonetheless, I managed a comfortable 7 minute pace for the first 14 miles, at which point I absolutely died (you are right Rick, "The WALL is a myth, BULSHIT!"). Two hours and 6 minutes to cover the last 12 miles. Three Rivers in May! Dan Bossard caught up with me about 200 yards from the finish line and graciously kept me on my feet. Thanks, Dan, I don't think I would have made it without your help. Approximately 2800 starters.

Warsaw 10K - 5-16-81

Phil LeMaster
Fred Ross

36:49.5 PR
39:19

22nd
43(256)

6/15-19
3(20)/40-49

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Running the Marathon Safely

Mike Kast

Acidosis is not halitosis. It can be quite serious; and it has some of the same symptoms as heat stress (hyperthermia); namely, muscular weakness, headache, rapid heartbeat, hypoventilation (slow rate of respiration), low blood pressure, mental confusion, cramps, fatigue, vomiting, and in severe cases circulatory shock, stupor, and coma. Should this frighten you? Yes. You have read and reread articles advising of the necessity to take in water during endurance runs and particularly when temperatures and humidity are high to avoid the effects of hyperthermia. This goes without saying. But how about electrolyte replacements, such as Gatorade, Erg, etc.? Electrolytes serve three general functions in the body. First, many are essential minerals. Second, they control the osmosis of water between body compartments. Third, they maintain the acid base (PH) balance required for normal cellular activities. The most abundant electrolyte is sodium (salt). Sodium is necessary in the transmission of impulses in nervous and muscle tissue. Other electrolytes are chloride (regulates osmotic pressure), potassium (maintains fluid volume in cells and is an essential part of cell function), calcium, phosphate, and magnesium (all performing important energy-producing functions).

So what does all this mean to us with the Three Rivers Marathon approaching and its expected heat and humidity? Runners can expect excessive perspiration (sweat for the guys). Not only will you lose vital water but also some necessary electrolytes. What to do:

1. Drink plenty of water before and during the marathon. (Drink whatever you like afterwards.)
2. Drink some Gatorade (etc.) early on and all during the race - at least a good swallow every other aid station. I personally prefer to drink the water first (so it will leave the stomach faster) and Gatorade second.

Conclusion - To prevent:

Hyperthermia - drink water; run in shade as much as possible; ease off normal pace.

Acidosis - drink Gatorade or a similar drink.

Good Luck. See you (healthy but tired) at the finish line.

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THE FORT WAYNE TRACK CLUB:
A Look into the Future

We have every intent to make 1982 an even better year for all of you as runners and members of the Fort Wayne Track Club. In order to improve on what was done this year there are several things we want to plan for during the transition to new officers and directors.

1. Charlie Brandt will head up the nominations committee for 1982 officers and directors. He will present his slate to the present leadership at our July board meeting.
2. Charlie and I will attempt to define specific areas of the organization which require accountable leadership and in 1982 will suggest directors to head-up these areas.
3. During late August we will attempt to hold a fun run and picnic, probably at Don Goldner's home, and will introduce you to the infamous "run to Poe, Indiana". For those of you who survive, election of 1982 officers will be held after the run.
4. Beginning with the September board meeting, the new officers and board members will be in charge with four months to prepare their 1982 program.

I do not intend to run for office or participate in club administration after August of this year. Charlie Brandt has also indicated that he intends to take a well deserved rest. So! We're looking for a few good men and women to help us make 1982 the best year ever! Contact one of our board members, officers, or better yet, Charlie Brandt, if you are interested in helping in 1982.

Mike Hill, President
Fort Wayne Track Club

Lugar Fitness Festival 10K - Indianapolis - 6-6-81

Tom Loucks	32:49	11th	4/19-24
Myron Meyer	38:53	105th	1/50-59

Overall winner: Curt Carey - 31:22
86 degrees - 90% humidity

come run with WE

Women Runners ... Join us for a run in the country!

We will have a brief meeting, share running experiences, do some stretching together and then hit the road. Ann Jamison will point out various distance routes so we can run as far as we choose for 45 minutes.

Date: SUNDAY, July 26, 1981, 4:00 p.m.

Place: Ann Jamison
7228 Hosler Road
627-5450

(From by-pass go north on North Clinton about 9 miles to Cedar Creek Bridge, turn right onto first road (Hosler) beyond bridge, go one mile, Ann's drive is the first one beside the Cedar Creek Woman's Club.)

FWTC POINTS STANDINGS
(as of June 1, 1981)

				Pt. Place			Pt. Place		
				<u>Total Ave. Rating</u>			<u>Total Ave. Rating</u>		
<u>WOMEN</u>									
<u>19-under</u>					<u>30-39</u>				
1	Alma Ojeda	4	1.000	.250	1	Mercedes Cox	4	1.333	.444
2	Karen Fothergill	5	1.666	.555	4	Ann Jamison	4	1.333	.444
3	Holly Cauffman	9	2.250	.563	3	Betty Hite	2	1.000	.500
4	Debbie Wiersma	18	4.500	1.125	4	Sharon Wiesma	26	4.333	.722
5	Susan Bickel	2	2.000	2.000	5	Marsha Schmidt	13	3.250	.813
	Kathy Coughlin	8	4.000	2.000	6	Ann Mize	22	5.500	1.375
	Jodi Ziegler	2	2.000	2.000	7	Linda Nicholas	3	3.000	3.000
8	Sarah Stalter	4	4.000	4.000	8	Pat Poorman	4	4.000	4.000
9	Kelly Connelly	6	6.000	6.000	9	Mary Felger	18	9.000	4.500
					10	Susan Pflieger	5	5.000	5.000
					11	Phyllis Kerr	6	6.000	6.000
						Kathy Leistikow	6	6.000	6.000
					13	Kathy Michael	7	7.000	7.000
						Phyllis Rickner	7	7.000	7.000
<u>20-29</u>					15	Connie Krider	29	14.500	7.250
1	Theresa Ehrman	8	1.333	.222	16	Jan Kissinger	31	15.500	7.750
2	Cindy Goller	8	2.000	.500	17	Karen McManus	9	9.000	9.000
3	Phyllis Suelzer	17	3.400	.680		Roseann Simmons	9	9.000	9.000
4	Mary Connelly	1	1.000	1.000	19	Barbara Baus	10	10.000	10.000
5	Sabine Florreich	26	5.200	1.040		Julie Hayes	10	10.000	10.000
6	Betty Jackson	6	3.000	1.500					
	Jane Scarpino	6	3.000	1.500					
8	Ann Linson	24	8.000	2.667					
9	Julie Nycum	11	5.500	2.750					
10	Theresa Mundinger	3	3.000	3.000					
					<u>40-over</u>				
11	Julie Strack	13	6.500	3.250	1	Joan Goldner	4	1.000	.250
12	Sandy Welman	14	7.000	3.500	2	Gloria Nycum	9	1.800	.360
13	Susan Hunt	15	7.500	3.750	3	Julia Wilson	17	3.400	.486
14	Linda McGuire	4	4.000	4.000	4	Carolyn Horn	12	3.000	.750
15	Cindy Ventrella	5	5.000	5.000	5	Theresa Machlan	17	4.250	1.063
16	Brenda Wolfe	21	10.500	5.250	6	Wilma Kyle	5	2.500	1.250
17	Rose Koczergo	6	6.000	6.000	7	Adelma Waltenburg	9	4.500	2.250
18	Becky Heyde	23	11.500	6.750	8	Bonnie Taylor	6	6.000	6.000
19	Susan Sorrick	7	7.000	7.000	9	Louise Davis	7	7.000	7.000
20	Karen McManus	9	9.000	9.000	10	Ruth Dumas	8	8.000	8.000
					11	Sharon Pauley	9	9.000	9.000

MEN

<u>14-under</u>			
1	Tom Mills	3	1.000 .333
2	Mike Kolb	7	1.750 .438
3	Andy Cauffman	14	3.500 .875
4	Bobby Wiersma	26	5.200 1.040
5	Mark Callicotte	5	2.500 1.250
6	Jeff Callicotte	6	3.000 1.500
7	John Schwarze	14	4.670 1.556
8	Dale Armstrong	2	2.000 2.000
	Mike Kramer	2	2.000 2.000
	Brian Lindley	8	4.000 2.000
11	John Schwarze	11	5.500 2.750
12	Steven Connelly	4	4.000 4.000
	Mike Peterson	4	4.000 4.000
14	B.McDowell	5	5.000 5.000
	Brad Peterson	5	5.000 5.000
16	Brian Isch	6	6.000 6.000
<u>15-19</u>			
1	Dave Milner	7	1.750 .436
2	Vince Quinones	5	1.670 .556
3	Mark Herndon	1	1.000 1.000
	Jim Merz	1	1.000 1.000
5	Rick Harkenrider	2	2.000 2.000
	Gary Helmrich	2	2.000 2.000
	Kenny Williams	2	2.000 2.000
8	J.Koehlinger	9	4.500 2.250
9	Don Branstetter	10	5.000 2.500
10	John Callicotte	12	6.000 3.000
	Phil Herndon	3	3.000 3.000
12	Chris Edington	13	6.500 3.250
	Chris Neher	13	6.500 3.250
	Jerry Ziegler	13	6.500 3.250
15	Dave Quinones	18	9.000 4.500
16	Tom Lindley	5	5.000 5.000
17	William Lambert	6	6.000 6.000
18	Steve Heymann	8	8.000 8.000
	Greg Schatko	8	8.000 8.000
20	Mark Delbecq	9	9.000 9.000

20-24

1	Tom Loucks	6	1.000 .167
2	Jerry Williams, Jr	16	2.670 .444
3	Mike Bultemeier	6	2.000 .667
4	Brent Munro	16	4.000 1.000
5	Tim Bowman	20	5.000 1.250
6	Bob Smith	16	5.330 1.778
7	Ken King	17	5.670 1.889
8	Dan Moord	11	5.500 2.750
9	David Roehling	16	8.000 4.000
10	Jim Bushey	17	8.500 4.250
11	Gary Williams	5	5.000 5.000
12	Jim Amstutz	22	11.000 5.500
13	Steve Tielker	6	6.000 6.000
	Jerry Troyer	6	6.000 6.000
15	Brett Davis	7	7.000 7.000
	Mark Mikel	7	7.000 7.000
17	Malcolm Albersmeyer	8	8.000 8.000
	William Nulty	8	8.000 8.000
19	Craig Buckles	10	10.000 10.000
	Dennis Devries	10	10.000 10.000
	Roger Grable	10	10.000 10.000
	Doug Shively	10	10.000 10.000

25-29

1	Phil Suelzer	6	1.000 .167
2	Jerry Mazock	5	1.667 .556
3	Rick Reitzug	9	2.250 .563
4	John Treleven	27	4.500 .750
5	Paul Beckwith	10	3.330 1.111
6	Tony Gatton	23	5.750 1.438
7	Jim Anderson	15	5.000 1.667
8	Rick Meyers	8	4.000 2.000
	Mike Stieglitz	2	2.000 2.000
10	Dave Glover	25	8.333 2.778
11	James Hoffman	12	6.000 3.000
12	Eric Thorn	29	9.670 3.222
13	Dan Minnick	13	6.500 3.250
14	James Hoffman	14	7.000 3.500

25-29(cont.)				30-34(cont.)			
	Pt.	Place			Pt.	Place	
	Total	Ave.	Rating	Total	Ave.	Rating	
15 Tom				12 John Heath	44	11.000	2.750
Donelson	64	16.000	4.000	13 Art Obregon	28	9.330	3.111
Jack Taylor	16	8.000	4.000	14 Mike			
Tom Wharton	4	4.000	4.000	Zurzolo	29	9.670	3.222
18 Scott				15 Tom Gerbers	13	6.500	3.250
Frazier	37	12.333	4.111	16 Phil Shafer	90	18.000	3.600
19 Robin C.				17 Phil			
Hartzell	18	9.000	4.500	Wisniewski	39	13.000	4.333
20 Gary Dunn	46	15.330	5.111	18 John			
21 Mike Medler	21	10.500	5.250	Peterson	119	23.800	4.760
22 Mike Avilla	49	16.330	5.444	19 Mike			
23 Don Tardiff	22	11.000	5.500	Novosad	78	19.500	4.875
24 Pat Herman	6	6.000	6.000	20 Dan Bossard	79	19.750	4.938
25 Larry Ellis	26	13.000	6.500	21 Jeff			
26 Dave Garst	63	26.000	7.000	Schneider	5	5.000	5.000
27 R.Lavine	73	24.330	8.111	22 Bob			
28 Larry				McKinley	48	16.000	5.333
Linson	75	25.000	8.333	23 Tom			
29 Barry				Cavacini	50	16.67	5.556
VandeZande	82	27.330	9.111	24 Robert			
30 Bahman				Wiersma	202	33.667	5.611
Zandevakili	38	19.000	9.500	25 Tom Mather	51	17.000	5.667
31 David				David			
Schmidt	39	19.500	9.750	Ruetschilling			
32 Dan				51	17.000	5.667	
Hannaford	10	10.000	10.000	27 Bill			
Dan Gerbers	10	10.000	10.000	Blosser	23	11.500	5.750
34 Mike				28 Kenny Wolfe	24	12.000	6.000
Pressler	41	20.500	10.250	29 Lynn			
35 Bruce				Armstrong	25	12.500	6.250
Lockwood	44	22.000	11.000	Dan			
36 Phil Dwyer	47	23.500	11.750	Hannaford	25	12.500	6.250
Greg Fahl	47	23.500	11.750	31 Steve Yager	58	19.300	6.444
38 Murtaza				32 Terry			
Karim	49	24.500	12.250	Shipley	62	20.670	6.889
39 Michael				33 Jim			
Glaspar	51	25.500	12.750	Berghoff	28	14.000	7.000
40 Ron				34 Mike			
Klopfenstein	63	31.500	15.750	Melendrez	71	23.700	7.889
41 Greg Zern	65	32.500	16.250	35 Pat Herman	75	25.000	8.333
42 Keith				36 Norval			
DeMeritt	75	37.500	18.750	Lehman	38	19.000	9.500
43 David				37 Rick Ravine	87	29.000	9.667
Sorrick	80	40.000	20.000	38 Cliff			
				DeLaCroix	89	29.670	9.889
				39 Russell			
				Gross	97	32.300	10.778
				40 Paul John	57	28.500	14.250
				Russell			
				Suever	57	28.500	14.250
				42 Allen Wood	65	32.500	16.250
				Dennis			
				DeMeritt	65	32.500	16.250
				44 Gary			
				Atkinson	66	33.000	16.500
				45 John Noll	74	37.000	18.500
				46 Steve Haye	80	40.000	20.000
				Mike			
				Kifowit	80	40.000	20.000
				48 David			
				Bartolini	92	46.000	23.000
				49 Bill Hibber	94	47.000	23.500

	Pt.	Place	Total	Ave.	Rating
<u>30-34(cont.)</u>					
50 Mike Berry	101	50.500	25.250		
51 Patrick Finnigan	102	51.000	25.500		
<u>35-39</u>					
1 Bob Bruckner	4	1.000	.250		
2 Don Lindley	20	3.333	.556		
3 Mike Hill	9	2.250	.563		
4 Steve Atkinson	31	5.167	.861		
Ron Motacka	31	5.167	.861		
6 Dave Fairchild	12	4.000	1.333		
7 Dave Waldrop	36	7.200	1.440		
8 John McMillen	6	3.000	1.500		
9 Barrie Peterson	57	9.500	1.583		
10 Wayne Schaltenbrand	3	3.000	3.000		
11 Ed Kerr	15	7.500	3.750		
Tom Tucker	15	7.500	3.750		
13 Michael Beltz	16	8.000	4.000		
14 Tom Manette	65	16.25	4.063		
15 Don Noland	71	17.75	4.438		
16 Tom Clagg	18	9.000	4.500		
17 Dan McGuire	42	14.000	4.667		
18 Ken Miller	20	10.000	5.000		
19 R. Bolinger	24	12.000	6.000		
20 Steve Hartman	26	13.000	6.500		
21 Don Lundquist	59	19.670	6.556		
22 Pat Harris	111	27.750	6.938		
23 Fred Ross	7	7.000	7.000		
24 Tom DeLong	69	23.000	7.667		
25 James Richardson	31	15.500	7.750		
26 Dale Brown	33	16.500	8.250		
27 Ron Habegger	9	9.000	9.000		
28 Dick Waterfield	37	18.500	9.250		
29 John Dyer	10	10.000	10.000		
30 Tim Thompson	48	24.000	12.000		
31 Dennis Hudson	51	25.500	12.750		
32 David Gunter	58	29.000	14.500		
33 Lloyd Snow	60	30.000	15.000		
34 Rudy Kleinknight	65	32.500	16.250		
35 Larry Ebersole	62	31.000	16.500		

	Pt.	Place	Total	Ave.	Rating
<u>35-39(cont.)</u>					
36 B.W. Monroe	70	35.000	17.500		
Orrin Session	70	35.000	17.500		
38 Jim Martin	73	36.500	18.250		
39 Tom Finan	78	39.000	19.500		
40 Vern Miller	79	39.500	19.750		
41 Tom Firestine	83	41.500	20.750		
42 Richard Ummel	86	43.000	21.500		
<u>40-44</u>					
1 Joe Barile	6	1.200	.240		
2 Charlie Brandt	11	2.200	.440		
3 Woody Barker	18	3.000	.500		
4 Larry Averbeck	15	3.000	.600		
5 Lynn Milner	50	8.330	1.389		
6 Robert McCuan	23	5.750	1.438		
7 Bob Harter	32	8.000	2.000		
Bud Stiffler	18	6.000	2.000		
9 Leland Sibrel	35	8.750	2.188		
10 John Barbier	20	6.667	2.222		
11 Joseph Brooks	70	14.000	2.800		
12 John Rasmussen	45	11.250	2.813		
13 Don Babcock	36	12.000	4.000		
14 Don Frey	17	8.50	4.250		
15 Rich Meyer	5	5.000	5.000		
16 Lyle Young	52	17.333	5.778		
17 Ben Cox	25	12.500	6.250		
18 Mike Heminger	31	15.500	7.750		
19 David Yale	8	8.000	8.000		
20 Jim Dumas	35	17.500	8.750		
21 James Suelzer	37	18.500	9.250		
22 Marion Langston	37	18.500	9.250		
23 Jerry Cauffman	39	19.500	9.750		
24 Jay Pelkington	10	10.000	10.000		
25 John McManus	44	22.000	11.000		
26 Burneal Fick	48	24.000	12.000		
27 Gary Baus	50	25.000	12.500		
<u>45-49</u>					
1 Bill Schmidt	7	1.167	.194		
2 Joe Ziegler	18	3.000	.500		
3 Chris Stauffer	6	2.000	.667		

45-49(cont.)

4 Herb Chandler	27	4.500	.750
5 Larry O'Herron	42	7.000	1.167
6 Dick Clevenger	5	2.500	1.250
7 Don Goldner	21	5.250	1.313
8 Terry Gautch	31	7.750	1.938
9 Ron O'Beiene	8	8.000	2.000
10 Joe O'Brien	20	6.667	2.111
11 Rudi Florreich	44	11.000	2.750
12 Bob Schweppe	78	15.600	3.120
13 Chuck DeVault	52	13.000	3.250
14 Dick Sive	32	10.667	3.556
15 Tom King	15	7.500	3.750
16 Bernie Huesing	15	7.500	3.750
17 Larry Coddling	37	12.333	4.111
18 Ian Rolland	37	12.333	4.111
19 Ross Moyer	66	16.500	4.125
20 Dave Wilson	17	8.500	3.250
21 Doug Curtis	5	5.000	5.000
22 Clyde Shank	6	6.000	6.000
23 Robert Habig	27	13.500	6.750
24 Donald Helman	29	14.500	7.250
25 Marvin Jarvis	8	8.000	8.000
26 George Walter	43	21.500	10.750

50-59

1 Myron Meyer	4	1.000	.250
2 Giles Tomlinson	2	1.000	.500

50-59(cont.)

3 Mike Kast	5	1.667	.556
4 Vern Chovan	12	3.000	.750
5 Gene Whitacre	8	2.667	.889
6 Curtis Nold	23	4.600	.920
7 Gene Striggle	4	2.000	1.000
8 J.P.Jones	26	5.200	1.040
9 Alfred Moore	28	7.000	1.750
10 John Hilker	8	4.000	2.000
Roger Phillips	18	6.000	2.000
12 Wendell Adams	3	3.000	3.000
13 Claude Keller	28	9.333	3.111
14 James Brown	13	6.500	3.250
15 Jack Paul	38	12.667	4.222
16 Jack O'Neil	17	8.500	4.250
17 Paul Snyder	17	8.500	4.250
18 David Cox	19	9.500	4.750
19 Eugene Haines	24	12.000	6.000
20 King Sullivan	27	13.500	6.750
21 Jack Brewer	10	10.000	10.000

60-over

1 Al Gumbert	7	1.400	.280
2 Chet Fleetwood	2	1.000	.500
3 Jack Garner	3	3.000	3.000



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With this ad, Fort Wayne Running Club members receive a 10% discount on all dm products.

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FWTC EXECUTIVE COUNCIL MEETING, May 17, 1981

The meeting was called to order by Mike Hill at about 7:00 p.m. Others in attendance were: Dave Fairchild (acting secretary), Tom Loucks, Don Lindley, Charlie Brandt, Don Goldner, Bill Schmidt, Steve Foster, Phil Suelzer, Larry Lee, Jim Dupont, Debbie Blume, Ken Sohaski.

Four items of business were conducted in rapid succession: the minutes of the preceding meeting were not discussed in Cindy's absence; Charlie Brandt agreed to serve as president of a nominating committee for the Club in anticipation of Fall elections; it was announced that the August 5K race is in need of a race director, Don Goldner having assumed responsibility for the Fall 10K (formerly the Lincoln); it was announced that OUR EDITOR, Rick Reitzug has accepted a position as Principal of St. John the Baptist School and will be resigning as editor -- track club members are invited to submit recommendations for Rick's replacement.

The Fall 10K prompted considerable discussion. This race will now be sponsored by Home Loan and Savings, Inc., and will be called the "Home Loan 10,000". Extensive discussion between HL&S and FWTC (represented by Mike Hill, Charlie Brandt, Mike Kast, and Don Goldner) has been conducted over the past several weeks. There is good reason to believe that HL&S is interested in presenting a quality race. Race directors will be Don Goldner and Steve Foster.

The TV-33/Hooks Marathon is progressing very well. This is the Year of the Handicapped, and a strong field of wheelchair racers is expected for this year's event. The post race dinner for the wheelchair racers (scheduled for 2:30 p.m. at Ceruties) is open to interested track club members, who are invited to attend. New this year is a pre-race spaghetti dinner for marathoners and their friends and families. Full details are to be found on the marathon entry blank. The meal will be catered by Casa D'Angelo. Scheduled activities at the dinner include a racing wheelchair demonstration and (tentative) showing of the film of the NY marathon.

NEEDED: 10 volunteers to assist with the pre-race spaghetti dinner. If you can help, please call Debbie Blume or one of the Track Club Officers.

MISCELLANEOUS DISCUSSION:

Jim Dupont will handle the June issue of the newsletter (THANKS, Jim), leaving the club with only three issues for which printing will have to be found.

It was agreed that some additional equipment should be purchased for/by the Club, including 3 or 5 gallon coolers (perhaps paid for by HL&S), several more stopwatches, perhaps a PA system (to be further investigated by Steve Foster. Charlie Brandt suggested that we attempt to sell our nine lane timer.

Considerable discussion concerning the time involved in calculating points standings resulted in a general invitation to the membership to recommend better (i.e. less time-consuming) ways to handle this. The interim suggestion was to turn race cards in to Phil Suelzer immediately after the event, or give them to the race director immediately after the event.

FOR SALE: Nike Daybreak - size 8 used 127 miles - call Mike Robbins - 485-3068 - \$12.00

Stan Lipp (of Carpetland) offered to donate \$5,000.00 to the Club to help defray the expense of the Fall 10K. While this offer was not accepted (because of sponsorship from H&S), it was a generous one and is warmly acknowledged by the Club.

The Executive Council approved the expenditure of \$35.00 to WE to cover the cost of various mailings.

The meeting was adjourned, informally, about 9:40 p.m., as various folks strolled for the door.

Dave Fairchild
Acting Secretary

Pre-Marathon Spaghetti-Lasagna Dinner

Something new is being added to the pre-race schedule of the 1981 TV-33/Hook's Marathon by the Fort Wayne Track Club: a Spaghetti and Lasagna Dinner! It will be held Saturday, July 18, 6:30-8:30 P.M. in the Lincoln National Life Cafeteria.

Catered by Casa D'Angelo - selected as Fort Wayne's favorite Italian restaurant in a recent newspaper poll - the dinner is open to all runners, Fort Wayne Track Club members, and any family and friends. Tickets will be available at the door, priced at \$5.00. A special showing of the film "New York City Marathon Highlights 1980" will highlight the evening. We encourage all to attend. Please call me at 672-3894 if you plan on attending so we know how many members to count on. We also need 10 volunteers to help with the serving. Please let me know if you can assist. See you all there.

Sincerely,

Deborah Blume
Chairperson



"WHY DO I RUN?"

Ed Cunningham

Why Do I Run? Tain't No Mystery -
Wanna Have A Good Medical History.
Doctor Told Me Runnin' Is Great,
Helps Them Blood Cells Circulate.
Great For The Lungs, Great For The Ticker,
Can't Nothin' Getcha In Better Shape Quicker.
Feels So Healthy, Feels So Sweet,
Pumpin' My Arms, And Flappin' My Feet.
Moldin' My Muscles, Firmin' My Form,
Pantin' Like A Pack Mule, Sweatin' Up A Storm.
Keeps Me Youthful, Keeps Me Loose,
Tightens My Tummy, And Shrinks My Caboose.
Beats Bein' Sluggish, Beats Bein' Lazy,
Why Do I Run? Maybe I'm Crazy!

Submitted by Jack Morris

Heat Training

For the Desperate Runner

I'm about to reveal some rather bizarre tips on heat acclimation and warm weather running. This is for those of you who are ready to give up racing in the heat. People are sometimes skeptical of my training advice due to some of my poor performances. So here's a little background on my training for a couple of my worst races. I did some research and found out these facts:

1. June, 1980, "The Old Dominion 100 mi Cross Country Run". This run is held in Virginia through the Blue Ridge Mountains. It originated as a horse race but in the past few years they have allowed runners to enter it. Frank Bozanich was the first runner to finish. He covered the course in 15 hrs 17 min, just behind the first horse! Frank trained 33 miles per day in the mountains near his home. Due to an injury, my mileage was down. I averaged just under 30 miles per week, during the eight weeks prior to the race, which included one 100 mile week. Needless to say, I didn't complete the race. I covered only 57.8 miles of the course in 14 hours. Oh, I almost forgot, that doesn't include a five^{mile} trek off course which four of us took. (Never trust the guy in front of you to lead the way.)

2. My second misfortune occurred in Muncie, IN., September, 1980, "The Muncie 80 Endurathon". It's a fun event which includes a 1-1/4 mile swim, a 44 mile bike ride, and a 13 mile run, all done consecutively. I had a great time once I crawled out of the water. You guessed it! I forgot to train for the swim. I hadn't swam in about five years. I almost drowned, but I managed to finish the entire race in 6 hours 46 min.

Before I go into my take it or leave it heat training advice, I have just one more story.

I'm sure you all have heard of Al Arnold. Oh, you haven't! Well, he makes me look almost sane. You see, Al had a dream that just wouldn't leave him alone. He wanted to cross Death Valley on foot solo. Sure you say, that doesn't sound that bad. The only problem was that Al's dream called for the crossing to be done in August and to be finished by a climb up to the summit of Mt. Whitney. At 14,500 feet, that's a total trek of 145 miles. Al completed his journey across Death Valley and on to the summit in 84 hours which included three 30 minute breaks. Death Valley had an air temp of 127 degrees and a ground surface temp of 190 degrees at the time of the crossing. After living with two previous attempts, both of which failed, he really trained for this one. Concerning his training runs he said, "Sometimes I'd take off on the mountain before the sun rose and not get back to my car until the moon was rising. My body was becoming strong enough to keep going when my mind couldn't. It'd almost be frightening to come back to my car and realize that I'd been gone 15 hours and not be able to think of one thing that had happened, but I knew I was running 60-70 miles."

Now you're saying "What the heck does all this have to do with my summer racing?" Well, the second half of his training used the sauna as a training device. He built up to the point where he would ride a stationary bicycle in the sauna for 4 hours at 212 degrees (that's the boiling point of water). His skin would be so hot that you could burn yourself by touching him.

Now I'm not saying that you have to go to the extremes that Al did, but I think he had the right idea.

Finally my bizarre heat acclimation tips:

1. Use the sauna.
 - a. Build gradually up to about 30 min. or whatever your body can handle without harm.
 - b. Drink fluids before and after the sauna.
 - c. Watch your pulse. It will rise during your stay in the sauna. Don't let it get out of control.
2. Shower the morning before a hot race.
 - a. Use plenty of soap.
 - b. This cleans your cooling system out (pores).
 - c. It won't hurt you to get up an extra 10 min. early!
3. No deodorants should be used before a hot race.
 - a. Why plug your cooling system up when you just got done cleaning it out?
 - b. If you think you're going to stink too much try putting a little Ben-Gay behind your ear.
4. Stay hydrated prior to a hot race.
 - a. Begin a day or two before the race by increasing your fluid intake a little more than normal.
 - b. The day of the race the drinking begins a few minutes before the race. Take in 16 oz. or whatever feels good. I've drank 32 oz. before a race with no side effects.
 - c. Drink whatever agrees with you best but make sure it's cold.
 - d. Don't be afraid to drink before or during a race. The worst that can happen is that you will have to use the restroom on the course.

Big deal, so you lose a few seconds in the restroom. It sure beats laying in an emergency room with a 105 degree body temp while they pack you with ice. Not only that, but with inflation bearing down on us all, it's a lot cheaper in the long run!

Have a cool run.

FWTC 13.1 MILE PREDICTION RUN

Date: Sunday, July 12, 1981
Place: Foster Park
Distance: 13.1 Miles
Time: 7:00 a.m. (Registration 6:00-6:50 a.m.)
Entry Fee: Free to FWTC Members - 50¢ for non-members
Awards: Merchandise awards to top ten finishers closest to their prediction time.
Course: Run on black top road almost closed to all traffic.
Contact: Don Lindley, 6015 Landsdowne Drive,
Fort Wayne, IN 46716 - 219-456-8739

Marathon Update

Rick Reitzug

Due to construction on St. Joe Road, it has been necessary to slightly alter this year's TV-33/Hook's Marathon course. The race will start on Parnell Avenue proceed south to Ferguson Street. Runners will turn east on Ferguson and proceed until Kentucky Avenue. The course will travel south on Kentucky to Elmwood where it will turn west until rejoining St. Joe Boulevard. The remainder of the course will remain the same.....

.....The change in the marathon course is ideal for those of you who love hills. Being intimately familiar with Kentucky Avenue, I can't help but tell you about the killer hill you will find between Delaware Avenue and Sallie Street. To give you an idea of its steepness, it's the kind you have to brake on going downhill, and crawl on going uphill. Check it out, you'll love it! Incidentally, you'll be attempting to negotiate the uphill portion of this hill at the 24 mile mark.....

.....Editor's Pick: Not to put any pressure on anyone, nor to make anyone angry, but simply for fun, I am this year picking who I think will be the top Ft. Wayne area finisher in the marathon. My pick for the laurels is assistant "Inside Track" editor and veteran runner, Tom Loucks. Tom has been a fine ten kilometer runner for the past several years, but just this year has matured in the longer races. He has recently run some fine 15 and 20 kilometer times, including a 49:13 fifteen kilometer victory in the North American race in April and a 1:06:12 twenty kilometer victory in "The Great Race" in Elkhart. Seeing Tom complete some recent 19 mile runs with a sub-six minute final mile, I feel he is ready for a marathon breakthrough. Barring unusually sweltering conditions (how much more unusual than last year can you get?) I project a 2:33 for Tom. Tom will be closely followed by expectant father, Jerry Mazock, who will run the last mile puffing on a cigar. As for your editor, if it is possible to get in shape in three weeks, look for me around 9:45 A.M. If it is not possible to get in shape in three weeks, look for me at 9:45 anyway--inside the McDonald's on Calhoun Street. I'll need a ride home.....Unfortunately former FWTC president, Gary Dexheimer, will not be running this year's marathon. Looks like we'll have to find another subject for our "Inside Track Marathon Issue" pain picture.....The latest word from the grapevine has it that defending champion, Dexter Lehman, will not be running this year. Former champion, Pat Davis, is the victim of a recent marriage and will undoubtedly be in poor shape. (Sorry, Pat.) Former runner-up, Phil Suelzer, has talked a good marathon for the last several years, but has yet to run one. Maybe this year, Phil.....Good luck to all.....May your expectations be fulfilled.....

AID STATION HELP NEEDED

Those not running the TV-33 Hooks Marathon and wishing to help at an aid station, contact Don Lindley, 456-8739(home) or 422-5541(work).

This year Don will be giving awards to the best three aid stations based on a sample vote of marathon finishers. If you are interested in helping at any station, your participation will be most welcome.



(Dean Reinke is a promotional consultant to the REEBOK Shoe Company and the Director of the Sports Medicine Program at St. Joseph's Hospital in South Bend, Indiana. His versatility as a runner includes a 4:02 mile, 49:17 ten mile, and a 2:24 marathon. He is a frequent clinic speaker nationally, corporate fitness and road race consultant, advisor to the National Jogging Association and United States Senator Richard Lugar's "Running" program. Dean holds a Masters degree in Exercise Physiology from Indiana University and in addition to this monthly "Footnotes" column, writes a weekly "Running" information column for newspapers.)

ENVY OF THE BIG APPLE: I arrived back from a recent trip to the New York City L'eggs Mini-Marathon and was asked "how things went." I had to admit that I was the envy of all male spectators in attendance as "over 5500 women from around the country chased me around Central Park." I again had my vantage point in the lead timing vehicle of Tim Elkins watching Grete Waitz capture her third consecutive L'eggs title, followed by a surprising Carol Urish of Houston just ahead of Patti Catalano.

LEBOW TURNS THE TABLES: The real story of the hot and humid day, however, was New York Road Runners Club President Fred LeBow. Down a svelte 20 pounds from last fall's New York City Marathon, Fred has been in serious training the last several months and has run four international marathons including Barcelona, Spain and Paris. When asked how he fared, Fred proudly proclaimed that he ran his Paris effort in 3:48 but had to drop out of the previous three because "so many people pestered me along the route on how to enter the New York City Marathon.

WHO'S THAT BALD GUY NEXT TO FRED? Because of Fred's frequent travels around the world and his notoriety, his presence has been infrequent at the Club's new 89th Street headquarters known as the "International Running Center." The standing joke has become that if Fred and the Pope were standing in front of a crowd of people, many would ask, "Who's that bald guy next to Fred?"

BRINGING A CITY TO ITS FEET: That was the theme of the fourth annual Revco Cleveland Marathon/10K events as over 8000 took to the streets on Memorial weekend. The Road Runners Club of America (RRCA) convention was held simultaneously as representatives of over 300 clubs nationwide met for their annual meeting.

Race Directors Reno Starnoni and Jack Staph put together a world class field and superb race organization but someone forgot to inform the Cleveland Plain Dealer about Grete Waitz' athletic prowess. The paper billed former Virginia standout Margaret Groos as the women's favorite "although Norway's world record holder Grete Waitz' presence is menacing."

IMG MAKES DEBUT: The numerous weekend activities had a heavy IMG (International Management Group) flavor to them as the athlete's representative group, headquartered in Cleveland, showcased seven of their top athletes. IMG, headed by Mark McCormack, is the world's largest and most prestigious professional athletes representative group, representing various basketball, football, baseball, tennis and soccer players. They have begun to work with a select number of world class

athletes in track and field and road running. Drew Mearns, a national class runner in his own right, coordinates the IMG effort, and was on hand with IMG athletes Eamon Coghlin, Margaret Groos, Ellison Goodall, and Tony Sandoval while Kirk Pfeffer and Craig Virgin were unable to fulfill commitments to attend. Several other top road and track athletes have or are becoming connected with agents as professionalism appears to be on the horizon.

ARRA CIRCUIT AROUND THE CORNER: The Association of Road Racing (ARRA) athletes legal counsel Chuck Galford, and athletes rep Don Kardong were also on hand to address the convention. Both were enthusiastic and confident that within the near future ARRA will be announcing a prize money circuit of 6-8 races. The IAAF (International Amateur Athletic Federation) will be dealing with the professional issue later this fall at its meetings. With Jordache already having been run around the country, most runners have probably been "contaminated" by the presence of a "professional" racer present.

KUDOS TO PRE, YOUNG AND HIGDON: Also during the weekend, the RRCA inducted three athletes into its prestigious Hall of Fame, at its pre-race awards banquet. The late University of Oregon distance great Steve Prefontaine, National Running Data Center Director Ken Young, and ageless running author Hal Higdon were inducted by Club President Jerry Kokesh.

I attended a running class taught by Hal a few days before the convention and one of the members asked Hal what kind of food he ate before a race. Hal reported that the food had to have three distinct qualities. "It had to taste good going down. It had to taste good coming up. And finally, it had to look good on the pavement."

ON THE RUN WITH DOGS AND PEOPLE: Dick Sutton of Colorado Springs, and the Pikes Peak Roadrunners brought back memories of Hal's classic book, "On the Run from Dogs and People", when he spoke following his award as the top club president in the nation. It seems that Dick was having trouble with packs of dogs during his runs through the countryside near his home. Rather than antagonize the four-legged animals, Dick surmised that he would rather have them on his side. So one morning, instead of greeting the dogs with sticks or rocks, he brought candy for them. It immediately tamed the previously angry dogs but caused his own dog to become jealous. Apparently you can't win them all!

BREAKING THE 2:78 BARRIER: Most marathoners view the 3 hour marathon as the world class miler sees the four minute mile. Jess Bell, owner of Bonne Bell and founder of the Bonne Bell Running Series, has solved the problem of reaching into the 2 hour zone. Describing his marathoning to a group of RRCA convention goers, he referred to his marathon best as a "2:78, with hopes of breaking that magic 2:75 barrier."

COURT IS ADJOURNED: Most hard-core runners don't let much get in the way of their racing as evidenced by two Huntsville, Alabama, attorney/runners preparing for the Memorial Day weekend Cotton Row Run. The south is a bit more flexible about Memorial Day activities and a Huntsville judge scheduled a trial date for Memorial Day at 9:00 a.m., coincidentally the starting time of the Cotton Row Run. Calling upon their best judicial legalese, the attorneys put together a summation of their case for "postponing the trial in the interests of running."

MARATHON PARTY - Jan Kissinger is holding a post marathon party at her home, 4122 South Wayne Avenue, on Sunday, July 19, at 7:00 p.m. All PWTC IV-33/Hooks Three Rivers Marathoners are invited.

My temporary address for the time being is: Dean Reike, 1221 Ridgedale Road, South Bend, IN 46614 - 219-289-2626.

In fact, June will find me joining Gayle Barton for a clinic and race at Indiana's United States Senator Richard Lugar's Fitness Festival in Indianapolis, then catching the Reye to Atlanta and another race clinic. I'll also be joining in the celebration of Hal Higdon's 50th Birthday Party Run (a better check that birth certificate) before heading south again for another edition of the South's Classic 10K Race, Peachtree. Until our paths cross again, run well and keep in touch.

ON THE ROAD: I knew my retirement would not last forever! I have just accepted a position to direct a new Sports Medicine Center at the St. Joseph's Medical Center in South Bend, Indiana. I'll also be a promotional consultant and traveling the circuit on behalf of the REBOK Shoe Company. I'll still continue my writing and race consulting and will continue to hammer away on the clinic and racing circuit.

"Well, today I was sure wrong. I always thought that runners were sort of like "granola". You can take out the nuts and the fruits, but you still have a bunch of flakes."

amazement. runners after the race causing him to shake his head in pressed by the friendliness and camaraderie displayed by the celebration. The young mayor of Goshen was pleasantly surprised by the friendliness and camaraderie displayed by the runners after the race causing him to shake his head in amazement.

The Great Race is one of the few races in the entire country featuring two races starting in different locations simultaneously, and finishing together. The race was held in conjunction with Goshen, Indiana's Sesquicentennial (150th year) celebration. The young mayor of Goshen was pleasantly surprised by the friendliness and camaraderie displayed by the runners after the race causing him to shake his head in amazement.

BLIND RUNNERS ARE OUT OF SIGHT: That was the message on the back of Joan Gibson's shirt at the 10K this past month. The 24 year old partially blind runner went the distance for the second year in a row besting her 1980 best of 76 minutes. In Elkhart, Indiana, the following day, Gayle Barton and I conducted a running clinic for half of the 850 participants in the first annual Great Race. Ron Workman, also blind, but a "young" 69 years of age, ran his 10K along with several youngsters from his neighborhood, who pace him in workouts and races.

TIME IN YOUR SEIS: Get set for a summer and fall of televised track and field and road running. ABC has announced plans to carry a series of 4 international track and field meets including the Oslo, Norway Bisset Games July 11-12 featuring nearly every major international track and field star. This is ABC's prelude to its coverage of the New York City Marathon scheduled for this fall and a 2 hour telecast. Those who can tune in Atlatan Ted Turner's "Supersation" will be able to see live coverage of the 25,000 runner "Peachtree Roadrace" on the fourth of July. Pass the popcorn!

The judge, with tongue in cheek, responded in a two page brief that would have rivaled a Supreme Court decision. He approved their request but upon the stipulation that the two would "beat their best time." Case closed!

Milford Mad Dash 10K - 6-6-81

Fred Ross 41:55 19(65) 1(9)/40-49

Chain O' Lakes 1/2 Marathon - 6-13-81 - Albion, IN

Tim Bowman 1:21:27 8th 5/19-29

Gas City Jubilee Days 10KM - 6-6-81

Tim Bowman 36:20 4th

Race was a scorcher. It was a nice run but it started at 12:15 and the temperature was 80 degrees. Overall winner- Tim Grant, Muncie, 35:12.

Terre Haute 6 mile - 5-30-81

Tim Bowman 34:56 74th

Old Kent River Bank Run - 25K - Grand Rapids, MI - 5-9-81

Fred Ross 1:42 300(3465) 26(456)/40-49
John Peterson 2:04 1454(3465) 571(1206)

A beautiful day, a beautiful race - every runner was made to feel like a world class champion by the exuberant crowd! - John Peterson

Robert Wiersma 2:15:42 PR

Sharon Wiersma 2:23:49

Bobby Wiersma 2:40:43

Sunny and warm, 64 degrees - Bobby, age 8, was the youngest participant.

Country Fair 5 mile, Angola, IN - 5-23-81

Chuck Dowe 30:16.8 13th 8/20-29
Giles Tomlinson 30:28.0 14th 1/40-over

81 finishers. This was a first time race on a fast course and well organized. Some assistance from local FWTC members and course measured by Giles Tomlinson and his calibrated measuring wheel.

Also enclosed is a copy of the application for the Toledo Regional Meet of the Ohio Senior Olympics held at Toledo University, Toledo, OH, on May 30, 1981. I entered this meet with the following results:

50 yds	time	6.2	place	1st	age group	55-59
100 yds		12.1		1st		
220 yds		26.0		1st		
440 yds		61.9		1st		

Am now eligible for the State Meet at Akron, OH, on July 11, 1981.

Giles Tomlinson

(Editor's note: If anyone is interested in the Senior Olympics application, contact me, Rick Reitzug, 219-424-8091.)

South Hills Jaycees/Castle Village 10K - 5-17-81

Paul R. John(Pittsburgh) 42:54 11(50) 4/30-39

Temperature at race time 65 degrees, sunny. Best day I've had for running: The race course, WOW!!! Hills, hills, and more hills. It would make the Hilly 4-Mile Run seem flat. Winning time 34:11.

Question: For the points races, are we to report our race and standings? (Ed.Note: No, Paul, it is the race director's responsibility that all race results be given to Phil Suelzer. He will calculate your standing in your age group.)

LETTERS TO THE EDITOR



Dear Track Club Members:

On June 6th, at the Sanger 10KM in Foster Park, I witnessed an almost unheard of scene in distance racing. There they were, Rick Reitzug and Jerry Mazock, yelling at each other and when one of them would try to break loose the other would grab on and pull him back. The really strange thing was they were near the back of the pack. They were saying things like "No, No, not yet, there's still five runners behind us". Yes, they were bound and determined to start out in a dead last tie which they finally managed after several anxious moments. Their anxiety seemed to level out once they began their gentle acceleration through the pack.

All I can say to Rick and Jerry is you're lucky Jan Kissinger and Ann Mize weren't there because they wouldn't have let you start in last place so easily.

s/ Boss

Rick:

I would like to add my support for separate classes for heavy-weight runners. I feel that we heavies are suffering the same discriminations that women experienced in the past. Virtually every other sport separates those different sized people who cannot possibly compete on an equal basis with each other.

Women runners have passed the point of being equal to where (at least at some local races) it becomes only necessary to show up and finish to win an award. The ratio of awards is not reflected by the ratio of men and women runners. I admire female runners and feel they have made great strides in the past few years toward equality, but I also feel there is a need to recognize those heavier runners who work just as hard.

I have been running for one year now. I am 32 years old and my weight has dropped from 234 pounds to my present 185 pounds. I still feel I am too heavy to run competitively in my age class, but I feel great and believe that this is the most desirable weight for my work (concrete construction). I have high blood pressure and have been on medication for eight years. The running and weight loss have made dramatic improvements in my blood pressure.

I enjoy running and the competition that comes from running in the various road races and my times are improving (Sanger 6 10K 1980- 53:40; 1981- 42:25), but I am curious to see how I would fare against those runners in my weight class.

I think there is a need for separate weight classes or perhaps an overall division for heavier runners. I know I'll never be a Bill Rogers, but in the back of my mind I feel I could give him a run for it if I could talk him into strapping 45 extra pounds on his back. Thanks.

s/ John Peterson

WABASH CANNONBALL 10,000 METER RUN AND FUN RUN

Sponsored by WABASH COMMUNITY SERVICE and WABASH COUNTY HOSPITAL in conjunction with the Wabash Canal Days Festival and Parade, one of the largest in Wabash County.

DATE: Saturday, July 25th, 8:30 a.m., Fun Run to start approximately 8:40.

PLACE: Honeywell Memorial Community Center, located on Canal Street, Downtown Wabash.

CHECK-IN TIME: 7:00-8:00 a.m. at Honeywell Center. Pick up race packets at this time.

REGISTRATION & ENTRY: \$5.00 prior to July 22, \$6.00 after and day of race for 10,000 meter, \$3.00 for Fun Run.

LATE REGISTRATION: 7:00-8:00 a.m. day of race.

SHOWERS, TOILET, DRESSING ROOM FACILITIES available at Honeywell Center.

COURSE: Rolling asphalt roads, some challenging hills. Splits every mile, water stations at 2 and 4 miles. Refreshment afterwards. Emergency units and medical personnel on duty throughout the race.

START: Honeywell Center and FINISH approximately three blocks away on Market Street. Times posted as soon as possible, complete results mailed in two weeks.

AWARDS: T-Shirts to all pre-entries and day of race as supply lasts for all 10,000 meter and fun runners. Running suit to overall winner, trophies to first three places in each division. Awards ceremony immediately following race.

DIVISIONS: Men under 20, 20-29, 30-39, 40-49, 50-59, 60-over; Women under 20, 20-29, 30-39, 40-over.

PERSONAL NOTE: This is a day of enjoyment for the entire family. An annual event in Wabash, it offers rides, flea market, concessions, and one of the largest parades in Wabash County. We will have an old German Band performing for the start and finish of the race. Come prepared to have fun and enjoy a well organized race. Avoid parking on the Market Street side of the Honeywell Center as the parade will be assembling prior to 10:00 a.m. There is plenty of parking on South Carrol, down by the Wabash Sewage plant, and various other places.

RETURN ENTRY TO: Mike Kennedy, Race Director, Wabash Community Service, c/o Honeywell Center, Wabash, IN 46992, 219-563-1102; For additional information write or call: Becky Waggoner, c/o Wabash County Hospital, Wabash, IN 46992, 219-563-3131.

ENTRY FORM AND WAIVER OF LIABILITY

NAME _____ AGE _____ SEX _____

ADDRESS _____ T-SHIRT S M L XL _____

I PLAN TO ENTER THE 10,000 METER RUN _____ FUN RUN _____

For myself, my heirs, executors, administrators, and assigns, I hereby waive and release all rights and claims for damages which I may have or which may hereafter accrue to me against the Wabash Cannonball 10,000 Meter Run and Fun Run and/or any person and/or organization in connection with said event.

SIGNATURE _____
Parent or Guardian if under 18 Date _____

8th Annual First Bank of Berne SWISS DAYS RACE

Saturday, July 25, 1981

1 mile and 10,000 meter



- PLACE:** Races will be starting downtown Berne in front of the First Bank of Berne, Indiana. (Located 35 miles south of Ft. Wayne on U. S. 27)
- TIME:** 8:30 A.M., Indiana time. Race packets may be picked up at 7:30 A.M.
- COURSE:** A flat blacktop surface. Police controlled traffic.
- FACILITIES:** Come prepared to run. Restrooms available.
- ENTRY FEES:** A \$4.00 entry fee for the 10,000 meter race if postmarked by July 18th. \$5.00 after this date. A \$3.00 entry fee for the 1 mile race.
- AWARDS:** Handsome trophies for the first three places in each division with ribbons for the fourth through tenth places. T-shirts to all participants.
- AID STATIONS:** Appropriately spaced and manned along 10,000 meter route. Post race drinks to all runners.
- GENERAL INFORMATION:** Computerized finish – split times given. Award ceremony at 10:30 A.M.

• • • 1 MILE • • •		EVENTS					
		• • • • • • • • • • 10,000 METER • • • • • • • • • •					
8 and under	Boys	14 and under	Boys	30 to 34	Men	18 and under	Girls
9 to 11	Boys	15 to 19	Boys	35 to 39	Men	19 to 29	Women
11 and under	Girls	20 to 24	Men	40 to 50	Men	30 to 39	Women
		25 to 29	Men	50 and over	Men	40 and over	Women

ENTRY BLANK WAIVER AND RELEASE

The signing of this entry blank and the participation in the Berne Swiss Days Race is with full knowledge of the risks involved therein and the undersigned individually and/or as parent and guardian assumes the risk of any injury, sickness or health defect including death, resulting from or received during participation in the races, and further releases and agrees to save harmless the Swiss Days Race, its committees and sponsoring and assisting agencies and individuals from any liability, damage, claim or judgment that may result from or arise out of the participation of the participant in this race.

PLEASE PRINT NAME _____

Signature _____ Age _____ Sex _____

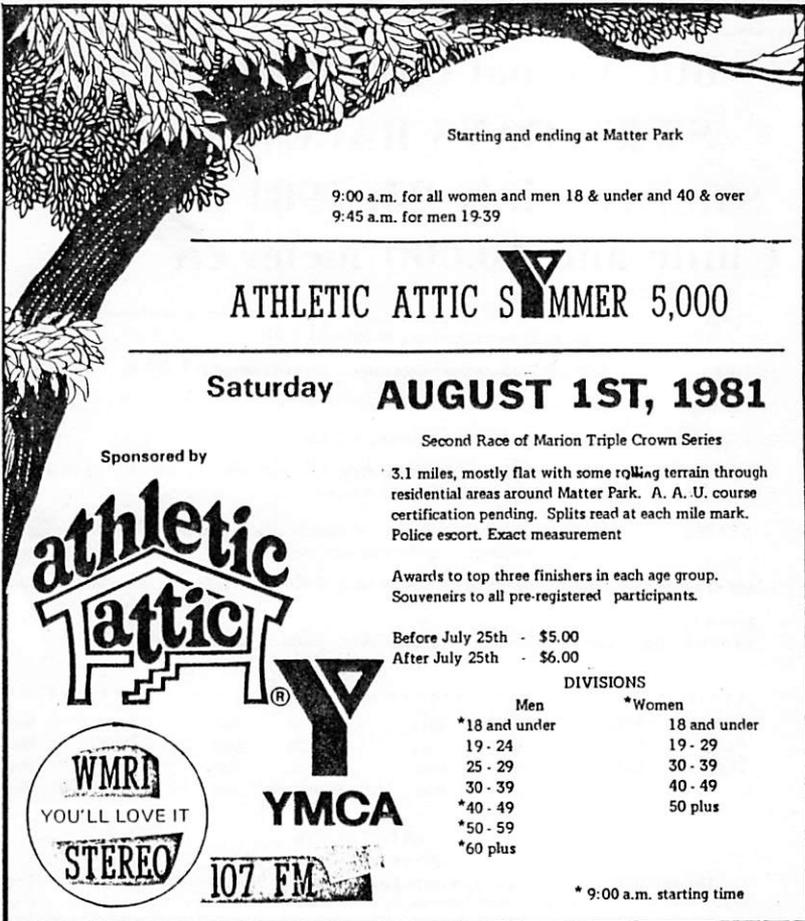
Parents signature if under 18 _____

Address _____ City, State, Zip _____

* Shirt sizes S, M, L, XL * Children's sizes S (6-8), M (10-12), L (14-16)

Please check one 10,000 meter 1 mile

Send entry blanks to: Jack Shoaf, % First Bank of Berne, Box 369, Berne, Indiana 46711
Phone 219-589-2151



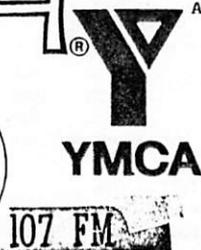
Starting and ending at Matter Park

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

ATHLETIC ATTIC **Y**MMER 5,000

Saturday **AUGUST 1ST, 1981**

Sponsored by



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

**LAGRANGE EXCHANGE CLUB
4-H FAIR ROAD RUN
AUGUST 8, 1981**

DISTANCE:	PLACE:	LaGrange, IN
1 mile "Fun Run"	DATE:	August 8, 1981
5,000 meter run	REGISTRATION:	8:00 a.m.
10,000 meter run	RUN TIME:	9:30 a.m.

REGISTRATION: will begin at 8:00 a.m. on the Lakeland High School grounds just North of the 4-H fairgrounds. Those who pre-register may pick up their packet at the same time.

ENTRY FEE: \$4.00 per individual entered in the 4-H Fair Road Run provided completed entry is received by the race committee by Wednesday, July 27, 1981. Late entries will be accepted thereafter at the rate of \$5.00. All participants are guaranteed a T-shirt. **COMPLETED ENTRY FORMS SHOULD BE**

MAILED TO: Road Run
508 Vine St.
LaGrange, IN 46761

AGE GROUPS:	Women:	18 and under	Men:	18 and under
		19-35		19-28
		36 and over		29-38
				39-48
				49 and over

AWARDS: Medals will be awarded to the top 3 finishers in each age group. Medals will also be awarded to the oldest and youngest participants.

4-H FAIR ROAD RUN

NAME _____	DISTANCE 1 Mile _____
ADDRESS _____	5000 M _____
	10000 M _____

Age: _____ Sex: _____ T-shirt size S(34-36) M(38-40) L(42-44)
(circle one) XL(46-48)

I waive any rights I may have against the LaGrange Exchange Club officials and sponsors for damages or injuries occasioned by my participation in the 4-H Fair Road Run on August 8, 1981.

Date _____ Entrant's Signature _____
if under 18, Parent or Guardian must sign here _____

If mailing, send to: Road Run
508 Vine St.
LaGrange, IN 46761

Race Calendar

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

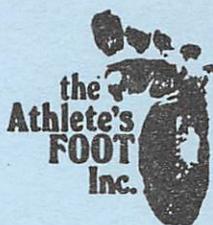
JULY

- 4 FIRECRACKER 4 Mile - Fort Wayne Northrop H.S. - 9:00 a.m.
- 4 FLANNER HOUSE 10KM - Indianapolis, IN (North Central H.S.)- 9:00 a.m.
- 4 LIBERTY 10KM - Hartford City, IN - Doug Osborn
317-348-4739
- 4 SALAMONIE 10KM - Warren, IN (Tower 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 (Madison H.S.) 9:00 a.m.
- 4 MAIL-FOURNAL FLOTILLA ROAD RACE 3.3 & 8 mile -
Syracuse, IN (Syracuse City Park) - 9:00 a.m.
Ron Baumgartner - 219-658-4111
- 7 CLUB KOKOMO RACE 5KM & 20KM - Kokomo, IN - 6:00 p.m.
Ricke Stucker - 317-457-0352
- 11 ARCOLA DAYS 10KM - Arcola, IN (Arcola School) - 8:00 a.m.
Jack Morris
- 11 DENIM EXPRESS 10,000 METER RUN - Marion, IN - 9:00 a.m.
(Part of Marion Triple Crown Series) - Kermit Welty,
317-664-0621/Denim Express 662-6353 (see June issue)
- 11 TIPPECANOE TROT 3M & 5.5M - Winamac, IN (Court House)
9:00 a.m. - Fred Zahrt, P.O.Box 247, Winamac, IN 46996
- 12 INDIANAPOLIS WOMEN'S URBAN 10KM CLASSIC - 9:00 a.m.
(Historic Military Park, downtown)
- 12 13.1 MILE PREDICTION RUN - (Foster Park) - 7:00 a.m.
Don Lindley - 219-456-8739
- 12 WELLS COUNTY TROTTERS X-COUNTRY RUNS - Bluffton, IN
(Bluffton 4-H Park) - 1/2 mile and 1 mile (children
only) and 2 miles - 4:00 p.m. - Phil Lockwood, P.O.Box
497, Bluffton, IN 46714 - 219-824-2410
- 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 June issue)
- 18 ELEPHANT WALK 3M & 4M - Peru, IN - John Sites, 256 E.
2nd St., Peru, IN 46970
- 18 RTC FAIR STORE 10K - 9:00 a.m. - Ron Gunn - Limit 1000,
Dowagiac MI
- 18 PAULDING "RUN FOR CANCER" 10K, Paulding, OH (Library)
10:00 a.m. - Darriel & Connie Suffel 419-399-4999

NOW:

“GRAND OPENING”

July 23-24-25-26, 1981
SALE DATES



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- 19* TV-33HOOKS MARATHON - Fort Wayne Coliseum - 7:00 a.m.
Larry Lee, 219-672-3065/Cal Mahlock, 219-422-7474
- 25 MORRISTOWN 10KM - Morristown, IN
- 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.
219-3883
- 25 WABASH CANNONBALL 10,000 METER RUN AND FUN RUN - 8:30 a.m.
Honeywell Memorial Community Center - Mike Kennedy -
219-563-1102/Becky Waggoner - 219-563-3131 (see ad)
- 25 MORGAN-MONROE MILER (4 mile & 10 mile) - Morgan-Monroe
State Forest (12 mi. north of Bloomington) - 9:00 a.m.
Bloomington T.C. - no entries after July 19
- 25 SWISS DAYS RACE - 1 mile & 10,000 meter - downtown
Berne, IN - 8:30a.m., Jack Shoaf, 219-589-2151

AUGUST

- 1 ATHLETIC ATTIC SYMMER 5,000M - Marion, IN - 9:00 a.m.
Kermit Welty - 317-664-0621 (second race of Marion Triple
Crown)(see June issue)
- 1 WESTFIELD FESTIVAL RUN 10 mile & 1.5 mile - Westfield, IN
(Westfield H.S.)
- 1 CLEAR LAKE 10K RUN FOR THE BLIND - 8:00 a.m.; 1 mile
fun run 7:45 a.m. - Kent Buehrer, P.O.Box 359, Fremont,
IN 46737 - 893-7374 or 495-3665
- 2 BASS LAKE RUNAROUND 8.1 mile - Bass Lake, IN Fire House
8:00 a.m. - 219-772-4320
- 4 CLUB KOKOMO RACE 8KM & 25KM- Kokomo, IN - 6:00 p.m.
Ricke Stucker - 317-457-0352
- 8 RAINTREE COUNTY JAMBOREE 10,000 Meter Run - New Castle, IN
(Chrysler H.S.) - 9:00 a.m. - Ed Miller, P.O.Box 211,
New Bastle, IN 47362
- 8 4-H FAIR ROAD RUN - LaGrange, IN - 8:00 a.m. registration -
Lakeland H.S., - 5000M, 10000M, 1 mile fun run - Mike
Cleveland, 508 Vine St., LaGrange, IN 46761 (see ad)
- 8 BUTLER DAYS - 5K, 10K - 8:00 a.m.; 1 mile 8:30 a.m.
- 9* FWTC 5KM - Fort Wayne (Foster Park) - 8:00 a.m.
Cindy Ventrella - 432-4483
- 15 HAYNES APPERSON MINI-MARATHON 13.1 mile - Kokomo, IN
8:00 a.m. - Ricke Stucker - 317-457-0352
- 15 MR. WIGGS RUN - Auburn - 5K, 10K - 8:30 a.m.; 1 mile
8:00 a.m. - 219-925-4112
- 15 ROTARY RAMBLE 5KM - 9:30 a.m. - DeMotte, IN
Char Groet - 219-987-2875
- 22 OLD SETTLERS DAY RACE 7 mile - Monticello, IN
- 24 SHELBYVILLE FESTIVAL 10KM - Shelbyville (downtown)
10:00 a.m. - Ray Sears - Team Competition
- 25 AUBURN MINI-MARATHON - 5KM, 10KM 9:00 a.m.; 1 mile fun
run 8:00 a.m.
- 29* BIG BROTHERS/BIG SISTERS 5 mile - Fort Wayne (Foster Park)
9:00 a.m. - Frank Zirille - 219-422-7511

* FWTC Points Races



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

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