

the inside track

**FORT WAYNE
TRACK CLUB**



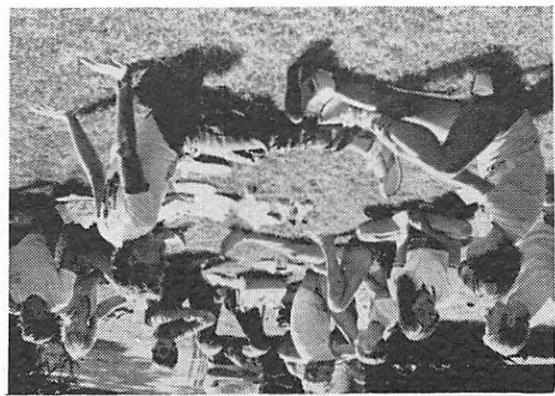
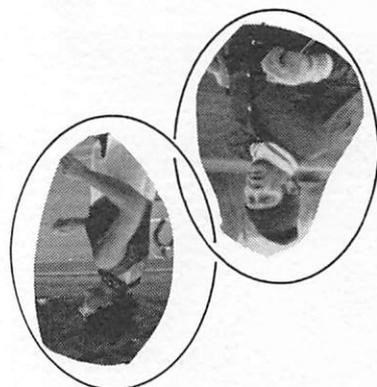
NOVEMBER, 1981

They share an interest in gourmet dining with an international cuisine, a taste for travel to such diverse locations as Yucatan, London, Chicago and Poe, active involvement in a variety of activities in the Fort Wayne area, and a desire to annually run a marathon together. While Don and Joan Goldner have been involved with running for the past several years, this Fall they have focused their efforts on the Home Loan 10K. Joan has logged regular miles around the pool in Frieman Square, for the benefit of television cameras, smiling all the while she invited us to join her for the race. Don, the Race Director, guaranteed another quality event with high-caliber competition, superb race organization and direction, and a "few surprises" for the runners.

**PROFILE:
DON AND JOAN
GOLDNER**

Don and Joan believe that running (for fun and prizes) adds an extra dimension to their marriage, but running has not always been a "togetherness opportunity" for them. Don began running at the YMCA after playing racquetball, primarily to increase his stamina for that sport. His first race, the Homestead Hillly Four, somehow hooked him on competition running, and Don became intrigued with the marathon. (Joan claims that the marathon distance "suited the maverick in Don.") Joan was not yet running, and Don never attempted to persuade her of the benefits of running. Joan admits that her attitude was that running was fine for Don, but "Don't bother me with it." But Joan, an accomplished singer and actress, won the role of Eliza in *My Fair Lady*. The demands of the role convinced Joan that increased breath control was desirable, and running might help. For the run of the show, Joan ran 1 1/2 miles daily, as fast as she could to "get it over with quickly." Joan's running stopped when the show ended. Running was an instrumental activity, a means to an end, nothing more.

All that changed two years ago, however. Joan decided to run part of the 1979 New Year's Eve 5 mile race, held then at Southtown Mall. She had been participating regularly in aerobics exercises, and considered herself to be in good shape. Her goal was to run two laps, easily, just for fun. But after two laps at a nine minute pace, she felt so good she decided to finish. To her surprise and Don's, Joan finished third and won her first ribbon. More important, she had discovered that running could be fun, especially if she allowed herself a (relatively) slow warm-up of two miles or so. Since that fateful evening, Joan has discovered that running is fun, and she is content for her age-group points championship this year: winning is also fun. Her first attempt at the marathon resulted in a time of 3:38 at this summer's TV-33/Hook's Marathon, well within striking range of Don's marathon PR of 3:27.



Don and Joan have two children. Lee is an Indiana University senior, Jay is an IU sophomore. The balance beam in the side yard of their 104 year old farmhouse actually belongs to Lee, not Don.

The Editors regret the absence of better pictures of Don and Joan. Joan is now so fast we only have photos of her back. Don took all the pictures at the EWTC picnic, and somehow failed to take one of himself.

THE Inside TRACK

THE INSIDE TRACK NEWSLETTER

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

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

MEMBERSHIP INCLUDES:

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

INTERESTED? JOIN US!

1982 RACE SCHEDULE

Jan. 17	8 Mile	Homestead High School	2:00 p.m.
Feb. 14	10K	Foster Park	2:00 p.m.
March 14	20K	Homestead High School	2:00 p.m.
April 4	10K	Homestead High School	2:00 p.m.
		(Diet Pepsi)	
April 24	15K	NAVL	9:00 a.m.
May 16	1 hour run	Northrop High School	8:00 a.m.
June 12	8K	Northrop High School	9:00 a.m.
		(Mid-west Meet)	
June 20	4 mile	Homestead High School	8:00 a.m.
July 11*	13.1 mile	Foster Park	7:00 a.m.
	Prediction		
July 18		Three Rivers Marathon	7:00 a.m.
Aug. 8	5K	Foster Park	8:00 a.m.
Sept. 19*	8 mile relay	Foster Park	2:00 p.m.
Sept. 12	25K	Homestead High School	9:00 a.m.
Oct. 24	10K	Home Loan	2:00 p.m.
Oct. 31	50 mile	NAVL	7:00 a.m.
Nov. 14	9K	European X-Country	1:30 p.m.
Dec. 11*	10K	Foster Park	2:00 p.m.
Dec. 31	5 mile	IPFW	11:45 p.m.

*Non-point Races



FORT WAYNE TRACK CLUB

EDITOR'S NEWS & VIEWS

Newsletter Notes

BY DAVE FAIRCHILD

The success enjoyed by THE INSIDE TRACK as one of the best running newsletters in the Midwest is a direct result of the many contributions received from our readers. We have enthusiastically received race results, race announcements, race advertisements, columns, running stories, (a few) photos and letters to the editors. We look forward to continued offerings from all of you.

With the October, 1981, issue, the Graphic Arts class at Harding High School assumed a greater share of the responsibility for production. They will be primarily responsible for the details of the layout, printing, photo and ad reduction, etc. Because the work for the Fort Wayne Track Club is but a part of the work these students do, certain deadlines for the submission of materials must and will be observed.

The absolute deadline for all written material (columns, race results, announcements, minutes of meetings, running stories) is the 15th of the month. Race ads (especially if they are oversize and must be reduced, or if they contain an application as part of the ad) must be submitted by the 10th of the previous month. Photos, which must be two-toned and sized, must also be in our hands by the 10th of the previous month. Tight production schedules do not allow exceptions to these deadlines.

We thank you for your understanding, and look forward to publishing those running items in which you are interested.

Marathons are intensely emotional experiences. Well-run or poorly-run, the marathoner invests a great deal of himself in each effort. In an immediate and highly dramatic way, the marathon presents a runner with the opportunity to confront his own finitude. Initially, the marathoner is primarily interested in finishing the race, covering the entire distance. This is no insignificant achievement in an age when most car trips are less than five miles long. The challenge is to NOT QUIT. Having struggled through 18 or 22 miles, the thought of stopping, ending the discomfort and pain of dragging oneself across the finish line is a constant temptation that must be resisted. But after finishing one or two marathons, the goal subtly changes to finishing without walking. The primary emphasis is still on finishing, however. And if the choice is between walking-in-order-to-finish and not-walking-but-not-finishing, the novice marathoner will still usually choose to walk and finish. (Certificates are still important wall-decorations at this point.)

But at some point, a marathoner becomes interested in just how well he can run the distance. The experts say that two factors are critical: starting slow enough to avoid the wall, and running on an even pace (the second half no more than one or two minutes slower than the first half). Local marathoners who have done well remind me that starting slow is a relative thing, and should be taken to mean no slower than 10 or 15 seconds a mile slower than you want to average the whole distance. The commitment from the beginning of the race (allowing no more than a single mile at a slow warmup pace), and must be willing to

DROP OUT if this effort cannot be sustained. At this point, the marathon becomes a much more psychological than physiological contest. Yes, the body must have been adequately trained to cover the entire distance. But the mind, the WILL, must be strong enough to overcome the inevitable bad patches that arise around 20 miles or so.

As I waited for the start of the Columbus Marathon, I thought back to last year when I started out at a 7 minute pace and died on Heartbank Hill at 20 miles, struggling home in 3:21. Since then I had lowered my PR by over five minutes, and wanted badly to run well at Columbus this year. The day was perfect, clear and cool, although sunny. My first mile was 7:24, a pace I held for the next three miles, at which point I felt strong enough to up the pace to 6:55. I was stopping for a full glass of liquid at each aid station, thus losing an average of five seconds per mile, but I was running a 6:55 pace through 15 miles. Suddenly, at Surprise Bank Hill, mile 15-1/2, I realized I was still maintaining my 6:55 pace and that I was passing people who were beginning to show signs of strain. Now my head began to play tricks on me. The pace still felt good, physically; my breathing was steady and relaxed, the legs were still light, but I was beginning to ask myself how I was going to be able to hold this for another 11 miles. Yet mile 19 was a 6:46, and mile 20, up the hill, was 7:00 flat. Yes, it hurt especially my feet, which were blistering. But now I KNEW I could make the last 10K in 43 minutes. As I turned off Buttles onto High Street for the last 3/4 mile, I was FLYING. I passed 17 runners in the last three blocks of the race, and ran

the last 1.2 miles in 7:03. My finishing time of 3:04:03, although a PR, was unimportant. I had raced a marathon, confidently. My body survived and so did my mind. I have not, to this point, dropped out of a marathon. But I am no longer afraid of doing so.

The Longest Yard

by DON LINDLEY

DETROIT FREE-PRESS MARATHON October 11, 1981

40 Phil Suelzer	2:34:30
127 Rex Reed	2:44:13
139 Tom Gerbers	2:44:46
211 Jeff Schneider	2:48:21
281 Don Lindley	2:51:13PR
306 Paul Beckwith	2:52:31
468 Mike Stieglitz	2:59:35
492 Robert McCuan	3:00:29
635 Steve Adkison	3:05:30
749 Bernie Huesing	3:09:46PR
800 Brett Davis	3:11:14
877 Giles Tomlinson	3:13:22
920 Mike Machlan	3:14:28
1093 Pat Hermann	3:18:59
1234 Robert Gardner	3:21:54
1347 Dale Brown	3:24:47
1620 Lynn Milner	3:30:32
1887 Herb Chandler	3:36:54
2143 James A. Dumas	3:43:24
2209 Terry Shiplay	3:44:39
2344 Joe Brooks	3:47:24
2397 Rudolf Florreich	3:48:32
2431 Terry L. Parker	3:49:28
2444 Dennis Shackley	3:49:42
2725 John Sullivan	3:56:10
2824 Sabine Florreich	3:58:16
3109 Jack O'Neil	4:08:53PR
3194 Chuck DeVault	4:11:11
3392 Art Garside	4:20:44
3569 Tom Firestine	4:29:02
3950 King Sullivan	4:49:22
3918 Don Hoover	4:56:03
4083 Tess Machlan	5:43:13
4092 Robert Scheppe	5:55:25

There were male and female champions of Sunday's Detroit fourth marathon, a race with hundreds of other personal victories and defeats for 4,952 runners.

According to the news report, it was a glorious effort by champion Mike McGuire, 24, with a somewhat inglorious touch. As he entered the marathon's stretch to the finish line, with thousands of spectators cheering himon at Belle Isle Casino, McGuire suddenly threw up, stumbled, then stopped for an instant. Reaching back for his last ounce of strength, he regained remnants of his winning stride and gasped the last 30 yards, barely breaking the finish tape. His time was 2:15.47. and then he threw up again.

Maureen Griffith, 26, was the top woman finisher in 2:48:40. She was more than a mile behind Ellis Welles who won Saturday's 10KM race, at the 17 mile mark. Maureen's steady pace, took the lead over at the 23 mile mark.

Anyone who left early missed a record. Generoso DiPirro, 50, set a new time record for the slowest marathon, arriving at a nearly deserted finish line at 7:03:51.

As we began to assemble at Windsor starting line one and one-half hours before the 9:00 a.m. starting time, under cloudy skies, with temperatures in the mid-40's, we were trying to stay warm. My broken finger was hurting and my feet were cold. But a bright sun broke through the clouds before the gun and quickly brought the temperature up.

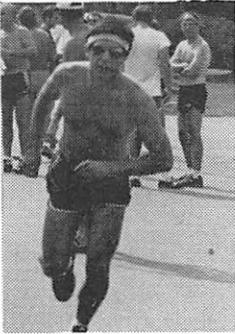
It took six seconds to cross the starting line. My first mile was 6:22. At four miles as I dipped into the Detroit-Windsor Tunnel and finished on the other side, the loudest crowd appeared before me. It was a loud and boisterous ovation for everyone. That was the greatest feeling I've ever had in my life. Some 50,000 spectators gathered in clusters of hundreds and thousands along the route. My split at 5 miles was approximately 31:45; 10 miles, 62:00; 13.1, 1:22:27; 20, 2:08. By the time I reached Belle Isle, I knew what was happening, except my even pace in the last 6 miles was insufficient. It was 10 seconds per mile too slow to finish under 2:50. I was 2:49:47 at 26 miles, again the last 385 yards was the longest yard.



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MEMBER F.D.I.C.



President's Column

by LARRY LEE

This is my first President's Column. I am delighted to serve our Club as President for the coming year and to give back to you members, in fuller measure now, some of all that I have received from you over the years. This column will serve as a convenient forum from which I can highlight our Club's plans, decisions, accomplishments, and needs. Thus, it may supplement the minutes of our board meetings which will be published in THE INSIDE TRACK. I will probably share some strictly personal feelings about running and the FWTC in this column, too.

The first order of business is to congratulate the outgoing officers and board members for an outstanding year of service. Mike, your dedication and commitment resulted in another banner year for the FWTC. You take your place beside Charlie Brandt and Gary Dexheimer as another strong president leaving an indelible mark on our organization. We're sad that your work takes you to Connecticut for the next five months or so and that it is not likely that you will be making Fort Wayne your home thereafter. Stay in touch through THE INSIDE TRACK, Mike; come run with us when you pass through this area; and best of luck to you, Linda, and your family wherever the trail may lead.

Charlie Brandt as VP and Don Lindley as Treasurer also deserve special recognition for their continued exceptional service in 1980-81. Charlie and Don, in my book, are the Fort Wayne Track Club -- and have been for the past five years. The quality and quantity of their service have been utterly phenomenal. In a future issue I hope someone traces the history of the Club. Such a history will undoubtedly relate the tre-

mendous impact these two gentlemen have had.

Cindy Ventrella, outgoing secretary and now settled in Seattle, and Rick Reitzug, editor of THE INSIDE TRACK for the past two years, along with last year's board and executive council, also deserve our thanks for many hours of selfless giving. Rick was the subject of a special tribute in the September issue, his last as editor. Our new board has again been left with a strong tradition of diligent service to follow.

Speaking of the new board, I want to congratulate the new "administration": Don Goldner, vice president; Don Lindley, treasurer; Gloria Nycum, secretary; Dave and Jan Fairchild, co-editors of THE INSIDE TRACK; and the new board and executive council members whose names and areas of responsibilities are listed on the inside front cover of this newsletter. You may recognize many familiar names and a sprinkling of new names, too. As of this writing, we have already had one board meeting. It was very productive; the input from almost every member present was impressive. I am strongly optimistic about this group's commitment to the general welfare of the Club and about its ability to promote that welfare.

By the time you read this, the board will have met for a second time. We will have established (1) our schedule of races for 1982, and (2) our Fun Run Program for the balance of 1981 and for 1982. In addition, we may have resolved two complex issues carried over from this spring and summer: points computation and possible use of a computer for points computation, membership information, and mailings.

The future does, indeed, look bright. We have a capable, enthusiastic board building from a position of strength and positive direction, the legacy from prior boards. We will put on 18 races ranging in distance from 5KM to 100KM ultra marathon. They will be well-planned, well-organized, well-administered races -- "quality" events. We already have Wednesday early evening fun runs and, from October 1, 1981, to April 1, 1982, Saturday morning fun runs at Foster Park. Most of our races will be preceded by a one mile fun run. In short, we offer a running program that should appeal to runners of every level of talent and competitiveness. To serve the running community of the greater Fort Wayne area -- that is the purpose of the FWTC, and if we are able to serve that purpose well this coming year, it will be a successful year.

The Fort Wayne Track Club -- already rich in tradition, almost 800 active runners strong, well-financed, offering a diverse platter of runs and races all year round, sponsors of two renowned Fort Wayne "happenings" (the TV-33 Marathon and the Home Loan 10,000), a recognized factor on the Fort Wayne sports scene, publisher of a very readable professional monthly publication. We have got so much going for us!

Yet there is one basic issue that I wonder about. Not necessarily worry about but at least wonder about. Are we in fact serving the best interests of the Fort Wayne running community? Are we doing enough? Are we doing enough for the pre-high school and post-50 year-old runners? Are Alma, David, Myron, Mike, Giles, and Al the tip of the iceberg? Are we making our less competitive runners, including many of our female runners, feel part of the mainstream of the Club?

Are we doing enough for our most gifted runners? Should we be offering greater incentives to Tom, Phil, Rick, Dan, Jerry, and the other front runners in the way of sponsoring a FWTC team to compete outside of Fort Wayne? Are we offering enough ties to our talented high school and college runners that they know they have a hometown program that they can join and support when their school careers are over?

Are there events besides runs, races, a pre-marathon spaghetti dinner, a picnic/election, and a recognition banquet that we as a club should be offering?

I want to know. I have a conscience that won't quit. If I don't get input from the general membership, I will be plagued by chronic doubt for the next twelve months that we should be doing more. Attend and speak up at our board meetings. They are open to the general membership and will be answered in the newsletter and at FWTC races. Call me at work (747-7411) or at home (672-3065) or drop a note to me at 11808 Weigela Court, Fort Wayne 46804. This is your club and if you have a suggestion for making it better, please get in touch. If you prefer, air your views in a Letter to the Editor, or an article in THE INSIDE TRACK. Your opinion counts - and it counts whether you can run an ultra or no more than a Fun Run, whether you run 6 minute miles or 10 minute miles; running skill is not a prerequisite to being able to contribute to the success of the FWTC.

I am looking forward to working with all of you this coming year to attain something that draws us all together and means at least a little to all of us and a whole lot to some of us -- a better quality of life through running. Please share with me your thoughts about the FWTC and where it should be heading. I can be a very good listener.



The long and short of it....
Mike Kast and Charlie Brand

Tim Bowman 52:43PR
25th overall 13/20=29

Just me

by GLORIA NYCUM

Another month went running by so fast, that you've caught me lying on the steps upside down wondering what I could tell you about this month. This upside downness is supposed to stimulate my brain. I know, a slant board might be a little easier to use, but the steps are cheaper and I don't have to put them away every time I'm finished using them. I remember the first time I tried this position. I started at the top of the steps and slowly bumped my way toward the bottom of them. I finally settled about two-thirds of the way down. I was just getting comfortable when I heard my daughter, Joanne, come in the back door and move quickly through the house. Before I could figure out how to get up, she S-C-R-E-A-M-E-D and scared us both. "I thought you were dead", she cried. "I was just resting", I told her. For some reason she didn't quite understand why I had to do it upside down.

There are a lot of benefits that can be achieved by using a slant board according to Bernard Jensen, a nutritionist. In his pamphlet, "A New Slant on Health and Beauty", he tells us that the slant board is good for every part of our body and he goes on to say that the brain is the first part of our body affected when we do not eat right and push ourselves to a state of fatigue. Lying in the slant position is not only relaxing, but it reverses the gravity force and helps to put our organs back into their normal position and pulls the blood into the brain. This helps us to recuperate from the stress of life. There are exercises that are suggested while lying on the slant board which can bring beneficial results to your hair down to your toes. Jensen feels that if a person uses the slant board a few minutes a day regularly,

that this person will have renewed energy with which to carry on his work and will be helping to deter old age.

You can make your own slant board out of an old ironing board or a piece of 5-ply wood, 18 to 20 inches wide, six feet long and 3/4 inch thick. Or, you can do as I do and use your steps, if you have them. If you've never watched television in this upside down position, try it. M-A-S-H is even funnier this way but don't laugh too hard, you may slide the rest of the way down the steps.

Well, soon I'll be going on vacation to Denver and Golden, Colorado, and so maybe next month I can share my experiences with you. I won't be here for the Home Loan 10,000 but I'm going to run a race in Colorado that same day. I'll let you know if they measure up to our first class races here in Fort Wayne. Good luck to all in the Home Loan. See you next month.

Excellent race. Had both a 5K and 15K. Approximately 1000 official runners. Very good quality. Ran around White Rock Lake in Dallas. The race was sponsored by the Texins Striders (a Texas Instruments Corporate Club and defending Corporate National Cross Country Champions). The 15K was won by Tom Marino (SMU '79) in 44:57. There were at least 10 runners under 50 minutes. My PR time broke my former PR from the NAVL 15K in April by 3:16. I was very pleased. That's more time than I took off my marathon PR at Three Rivers this summer! I always tell the kids I coach and work with in P.E. that good things take time. I guess I'm finally beginning to reap the benefits of my training.

DECEMBER MARATHON

Interested in running a class marathon in December? Phil Suelzer is planning on running the Joe Steele Rocket City Marathon on Dec. 12 and is looking for other interested runners who would like a ride to beautiful Huntsville, AL. Contact Phil at 486-1745.

NEXT MONTH: Gene Bullshallit reappears with a runner's crossword puzzle.

BEFORE THE

Columbus Bank Marathon

by BETTY JACKSON

I felt really good after Le Marathon International de Montreal and was able to run 51 miles before the Bluffton half-marathon. I was pleased with my times at both of these races and with the fact that I could maintain my mileage.

Before the Run for Health, I ran three miles with Gloria Nycum and then two more miles after the race. I had planned on riding the bus to Columbus for the Bank One Marathon but two friends offered to take me. Sandy Smith, Linda Dorkin, and I left Fort Wayne at 3:30 a.m., allowing for a 8:00 a.m. ar-

rival and breakfast in Columbus. At the 10:00 a.m. start, the day was sunny and getting warmer. Throughout the race I ran for short distances with Ken Miller from North Side H.S. Some of my splits were as follows: 1 mile, 7:45; 2 miles, 14:50; 6 miles, 46:00; 13 miles, 1:46:00; and the finish, 3:52:48. There were bands at the finish line. After a big lunch and a check of the finishing time and place, we headed for home.

I enjoyed the race and having my two friends there to cheer me on! I will see you in the next race.

Minutes

BOARD MEETING—September 27, 1981

Larry Lee, president, opened the meeting thanking Mike Hill's administration for a good previous year. Items set forth by Larry for discussion were: Race schedule for 1982; fun run program; points computation; computer status update; Hill's suggestion list.

There was a discussion about the need for a track club race of a distance between 20KM and the marathon to balance out our race schedule. Suggestions were either a 25K or 30K race. John Treleaven proposed putting a 25K race into the schedule in September. A proposal was made and passed to hold a 25K race on September 12 at 8:00 a.m., location yet to be determined.

Tentatively, the 1982 race schedule is:

- Jan. 17 - 2:00 p.m. - 8 mile - Homestead H.S.
- Feb. 14 - 2:00 p.m. - 10K - Foster Park
- Mar. 14 - 2:00 p.m. - 20K - Homestead H.S.
- Apr. 4 - 2:00 p.m. - 10K - Homestead H.S. (Diet Pepsi)
- Apr. 24 - 9:00 a.m. - 15K - NAVL
- May 16 - 8:00 a.m. - 1 hour run - Northrop H.S.
- June 12 - 9:00 a.m. - 8K - Northrop H.S. (Midwest Meet)
- June 20 - 8:00 a.m. - Hilly 4 - Homestead H.S.
- July 11 - 7:00 a.m. - 13.1 Prediction - Foster Park
- July 18 - 7:00 a.m. - Three Rivers Marathon
- Aug. 8 - 8:00 a.m. - 5K - Foster Park
- Sept. 12 - time ? - 25K - place ?
- Sept. 19 - 9:00 a.m. - 8 mile relay - Foster Park
- Oct. 24 - 2:00 p.m. - 10K - Home Loan
- Oct. 31 - 7:00 a.m. - ultra marathon - NAVL
- Nov. 14 - time ? - European cross country - place ?

Dec. 11 - 2:00 p.m. - 10K - Foster Park

Dec. 31 - 11:45 p.m. - 5 mile - IU-PU campus

The policy that all FWTC races are to be held in Fort Wayne and run by FWTC people was restated. Also mentioned was the fact that a race should have two directors: the director gets a point but does not run the race; the co-director may run the race.

Once we have adopted a race schedule, it should take an extremely major circumstance to change it.

Dave Fairchild proposed that the Big Brothers race be dropped as a points race; passed.

The idea of a corporate race is favored. The board wonders how FWTC members feel. If a volunteer to serve as a race director is found, a place could be found on the race calendar.

A race director is needed for the 25K; and for the 5K. Members comments are invited.

Next on the agenda was the Fun Run program for 1981-82. There is a need for a fun run coordinator. The board is looking for volunteers to serve as coordinators for the Wednesday night fun runs and those held before races. There is additionally a need to promote fun runs on Saturday morning from October 1 to March 31. The 1982 race schedule is being studied to decide which particular races lend themselves to fun runs prior to the actual race.

Mike Robbins presented his ideas on a new way to compute the points system.

John Treleaven reported on his findings concerning computer possibilities for the club. He believes that micro-computer alternatives should become evident in the next year.

Dave Fairchild presented a sneak preview of the new format of the newsletter. He discussed the change in cost of advertising, welcomes articles and pictures, and emphasized the deadline of the 15th.

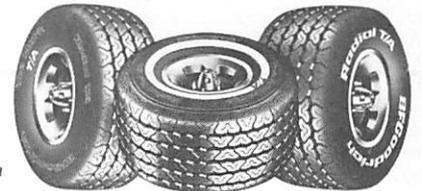
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Don Lindley reported that he had rented a storage unit for \$10.00 a month, for the purpose of storing FWTC equipment.

Don Lindley brought up the need for chairpersons under race directors whose duties would be to take over jobs in a race such as the finish line, timers, aid stations, etc. Don Goldner said this is the responsibility of the race director.

Don Lindley presented the treasurer's report.

The next board meeting is scheduled for October 18, 7:00 p.m. On the agenda for discussion is the 1982 race schedule, hopefully the name of the new Fun Run coordinator, points computation alternatives, and computer options.

JAN KISSINGER

On the Road Again

by MIKE HILL

Racing in New England, or even training here, involves one major thing. That thing is Bill Rodgers' secret. It's all very simple and became instantly apparent on my first run here. New England goes up hill! There is no down hill! No wonder Bill is so fast!

All kidding aside, you can't run here without two or three weeks to get acclimated to the hills. My first long run was on a Saturday several weeks ago. Harry Miller, a former FWTC member, and I ran twelve miles from downtown Stamford, CT, north to the Merritt Parkway and back. I felt like it was the first long run I had ever taken. The only reason I finished was that there was no other way back!

My first race was on September 27th. The Central Spanish Center in Stamford sponsored its first annual 5.5 mile road race. The race was poorly organized, but the people really meant well. They had 50 runners and it took an hour to figure out the results. Yet it gave me a chance to meet several of the Stamford Running Club members. They all men-

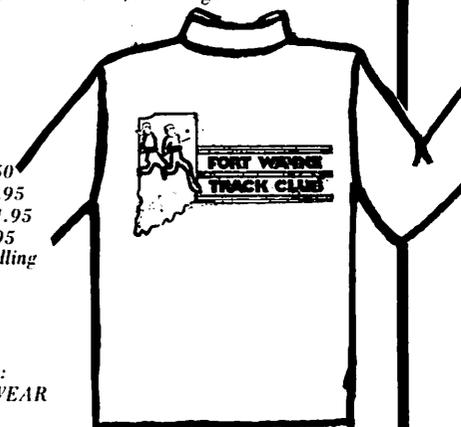
tioned Andy Lubin, a FWTC runner, and asked me to say "hello" to him...so...Hi, Andy!...from all of the Stamford guys.

There are several races here each weekend and most are well run and organized. Yet they just don't have the timing and finish line expertise we have in the FWTC. What I'll try to do is report back to all of you on the differences I see in organization here and what we might learn to improve our races in Fort Wayne. One thing I know for sure! One day each week I'll need to run hills and get ready for the longer races around here.

Jim Fixx lives near me here in Old Greenwich, CT. I'm trying to arrange an interview with him for THE INSIDE TRACK and hope to have it by the next issue with some pictures. If it works out, I'll try hooking up with, and interviewing, Bill Rodgers. So keep reading THE INSIDE TRACK. I hope it's going to be more interesting than ever this year.

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Wood and Salt

by MIKE HILL

It's still here,
as I left it some 17 years ago.

Last night I found it again,
without warning,
running down the center line
of Sound Beach Avenue,
in the dark.

A gentle breeze,
wood stoves burning,
clapboard houses so close
together.

The pace quickens and I
enjoy it even more
as I draw near Todd's Point.

I can hear it now,
it's beautiful,
powerful,
distinctive,
the ocean roars.

The road narrows,
it turns to cobblestone,
I can hear the nun buoy
off Old Greenwich.

The moon light reflects
and lights the ocean/beach
of Greenwich Cove.

And it's still here!
as I left it some 17 years ago -
New England in the fall.

Rick's Ramblings

by RICK REITZUG

A week ago today I was standing in the lobby of the Hyatt Regency Hotel in Columbus, Ohio. Strangely, I was only slightly nervous even though I had every reason to be terrified of what lay ahead of me. I was in the worst shape I had been for a marathon in years (with the exception of a "fun run" effort in Terre Haute last June). Instead of nervousness, I was filled with a sense of excitement about what lay ahead. I lingered in the front row of the pack before the start of the race, trying to get a glimpse of Bill Rodgers and Joan Benoit or any of the other hot shots who would be competing that day. I caught my glimpse of Bill, looking pale, almost anemic, and not at all like the best marathoner in the world. The race began and for the first quarter mile I once again kept my eye on Bill floating gracefully ten yards ahead and to the right, then 15, then 20, then It was a strange feeling to be running in the shadow of a legend for even that brief a period of time. As we ran through the downtown area and then traversed the various parks and ethnic neighborhoods of Columbus, striding through German Town, along the curvaceous Olentangy River, I was far more aware of the people and scenery than I had been the previous year. Looking ahead, I observed the huge, open-ended bowl of Ohio State's stadium. I had totally missed it the previous year. Foolishly, I was running close to PR pace, not a wise practice when your mileage has only been half of usual. By ten miles I was tired; at 12 I was beginning to feel exhausted. At 12-1/2, I stopped, stepped off the trail, and began retracing my steps. I was finished for today. After 50 yards of walking, I reconsidered my decision, reversed my direction and began running again. The remainder of the race was difficult, with the last five miles being

characterized by a good amount of walking. All in all, it was the most painful marathon I'd run in several years. Yet, finishing was satisfying. Several minutes later, Ron Motycka finished his "fun run" marathon in 3:02 to the enthusiastic applause of the spectating Chet Fleetwood. Two minutes later, Dave Fairchild ecstatically crossed the line in a PR, 3:04. Earlier, former track club president, Gary Dexheimer, had finished fifth in the 5KM race in 15:27.

Afterwards, I stumbled into the whirlpool at the hotel to soak my extremely sore legs, only to find it already inhabited by what I deduced from the conversation was some fairly quick company. Two reporters were talking to one of the runners who I assumed was race winner, Jon Sinclair. The conversation centered around the races they had run and were going to run. The words "Oslo, London, Boston, Freedom Trail, Nike, etc." flowed naturally from their mouths. Needless to say, I didn't mention to them that I had once run the Grape Escape Marathon in Paw Paw, Michigan. The Norwegian runner sitting next to me was disappointed because he had run "only" 2:25. Soon, what appeared to be a tiny 14 year old girl wandered in. Only after hearing her say that she had run a 2:39 did I realize that it was Joan Benoit.

Even later, the Fairchilds, Dexheimers, Mary and myself sat in the Hyatt's Glass Garden restaurant, downing monstrous sandwiches and large quantities of liquid. Dave rewarded himself for his PR by "inhaling" a huge concoction of ice cream, bananas, nuts, syrup, etc., entitled "Banana Roseanna Roseannadanna".

Dave and Gary had good reason to be celebrating. But I, with a time 15 minutes slower than my PR should have been in mourning. Yet, exhausted as

I was, I had a good feeling inside me. I had not expected to run fast. I had come to Columbus with the intention of having a nice run on a scenic course, to spend a relaxing weekend with my wife and to enjoy the fellowship of friends. All these objectives had been accomplished.

The point of the story is this: Running has boomed, there's no doubt about that. Many non-runners have not figured out why. Thus, we still hear the question, "Why do you run?" There is no one answer. If there were, running would not be nearly as popular as it is. Yet, the answer is simple. Running has so much to offer, literally, a whole world to offer.

The Columbus Marathon illustrates this point. For Ron Motycka, it was a chance to run a "fun run" in the company of thousands. For Chet Fleetwood, it was a chance to view an activity for which he has a special love since he, himself, had frequently been a participant. For Gary Dexheimer, it was a chance to retest his abilities. For Dave Fairchild, a chance to cross another PR threshold. For me, a chance to take advantage of the many fringe benefits of running. For the spouses, a chance to enjoy each others company, spend a beautiful autumn day outdoors, and, maybe, feel a little pride in their partners.

While the remainder of the 2,700 participants probably ran for many of the same reasons as the members of the Fort Wayne contingent, they also undoubtedly had their own personal reasons for running. While I stop short of saying that there is a reason for everyone to run, I do feel that running's great popularity is due to the countless number of reasons for engaging in it. No matter what your reason ...

Have a good run!

Weekend With a Champion

by TOM LOUCKS

It promised to be the fastest 10K race in Indiana road racing history. Bill Rodgers, John Glidewell, Jim Spivey, Duane Gaston, dozens of other less familiar but quality runners invited from all over the mid-west would make THE SPORTSMED 10K, South Bend, the race to be in the weekend of October 17-18, 1981. On Saturday, there were clinics on bicycling, running related injuries, training tips from Joe Piane, Notre Dame track and cross country coach, and running shoes.

After a film of the Virginia 10 miler, Bill Rodgers spoke and fielded questions for an enthusiastic crowd. The question most awaited was if he would run the NYC Marathon the next weekend. In his best diplomatic style, Rodgers announced he was still undecided. At the banquet that evening, as Rodgers sat on the dias with his girl friend, Gail Swain, race coordinator Dean Reinke, and others, I couldn't help thinking it must be difficult eating spaghetti knowing everyone is watching. But all this is secondary to the race on Sunday.

The day dawns cold and rainy and doesn't change by race time. The 40 invited runners are called to the starting line with the other runners to follow. The usual pre-race nervousness was exasperated by someone firing a cap gun causing the field of 1300 to suddenly lurch forward.

The first few hundred yards are hectic but safe considering the rain slickened streets. I pass 13 year old Stormi-Ann Guntsch 200 yards into the race. That kid shure is fast! She is the first "women" to finish. Betty Hite finishes second, less than a minute back, in 38:05. The leaders were paced through the first mile by a local runner, Tom Lower of Manchester College, 5th place finisher in last year's Lincoln 10,000, led Bill Rodgers and Jim Spivey through the mile in 4:30. Lower finished in 32:30. I felt amazingly smooth

considering the cold wind and rain going through the mile in 4:56 in about 35th place, and steadily moving up. The second mile split was 9:43, and I can't believe it! Must have had the wind at our backs. At about 2-1/2 miles I pass a familiar figure, Pat Davis. We match strides for a couple of blocks, then I slowly pull in front. The third mile is passed in 15:08 in a group of 5 or 6 runners, including Davis and Doug Osborn of Hartford City. The group breaks up by the fourth mile which I pass in 20:19. The wind is starting to become a factor now as we head back to downtown South Bend.

The fifth mile is a struggle but I still feel the time of 25:33 is reasonable and I still feel strong. I run with two other runners the last mile and manage to beat one of them but the other guy beats me by five yards.

My finish time of 31:51 is somewhat disappointing but I am very happy with my 21st place finish. Jogging back to the car, I spot a friend, Don Winant, recent winner of the Muncie Endurathon, nearing the finish. Not far behind I see Myron closing in on a fellow 50-year-old, Jim Glidewell, of Dayton, Ohio. Go, Myron! He finishes in 37:22, another fine effort.

Inside the Performing Arts Center, I hear Rodgers finished third. Duane Gaston, of Lexington, KY, wins with a 29:13 clocking. Jim Spivey of I.U. finished wecond, with Jeff Rawlins fourth. I see Dexter

Lehman in the corridor and ask about his race. Quietly he says 29:55 for fifth place. He seems surprised but I'm not. I know how much he wanted to break 30 minutes. And I am happy for him.

At the awards ceremony, Rodgers is gracious in defeat but says that now he knows the course... Everyone laughs. I wonder if Gaston and Spivey are laughing. I doubt it.

WE Meeting

October 4, 1981

Next Meeting: DECEMBER 6, 1981
Salad & Dessert Smorgasbord

Jan Fairchild opened the WE meeting which was held at Debbie Blume's home. A general meeting was held, followed by a great talk by Jay Frye, a physical therapist.

The next WE meeting will be a potluck at Marsha Schmidt's home. The featured guest will be lots of delicious food, followed by a discussion on the goals of this group WE and personal goals for running.

Jan Fairchild has been leading this group for a year and has now asked for a volunteer to do the coordinating for 1982. Jan emphasized that WE is not a separate entity from the FWTC but an integral part.

This meeting was hallmarked by the attendance of the first man ever to attend one of these groups - FWTC president, Larry Lee. Larry said very little other than to emphasize that the FWTC seeks to represent the interests of all its members. He wants input from WE and all women, and extends an invitation to all members to attend the board meetings.

Jay Frye gave a very interesting talk and discussion on the virtues of running. He centered on the ideas of common injuries, causes and treatment, and prevention. He is a physical therapist primarily for sports medicine.

Jan Kissinger
FOUR MILE RUN FOR HEALTH
10-4-81

Betty Jackson PR 27:50
96th overall 4/20-29

TAWA FALL CLASSIC - Ottawa, OH
10,000M - 10-3-81

Kevin Kolb 42:50

MANSFIELD 10M - 10-11-81

Tom Loucks 53:27
3rd overall

Won by John Roscoe, 52:44. Excellent race over hilly scenic course. Great awards, small original oil paintings, to top 15 and age group winners. Highly recommended.

Track Club FACES



COLUMBUS MARATHON RESULTS

Rick Reitzig 2:47:16
 Norm Spitzig 2:55:37
 Ron Motycka 3:02
 Dave Fairchild PR 3:04:03
 Tom Mather PR 3:37:04
 J.P. Jones 3:45
 Betty Jackson 3:52:48

SOUTH WHITLEY HBD RACE 3M

Robin Hartzell 16:30
 David Cox 23:14
 2/50-over

HUNTINGTON PARK 10K - 10-3-81

Bernie Huesing 40:36
 David Cox 49:51PR
 1/50-over

BLUEBERRY STOMP - 15K - 9-7-81

Bernie Huesing 65:06
 David Cox 78:19

TELEVISION

PRE-RACE ANNOUNCEMENTS
 Hopefully, each EWTC sponsored race will be announced continuously on Cable Channel 10 for two weeks prior to the race.

POST-RACE BROADCASTS

10 (inside city limits)
 10-28 7:00 p.m. Home Loan 10K
 10-29 6:00 p.m. Home Loan 10K
 11-4 7:00 p.m. Ultramarathons
 11-5 6:00 p.m. Ultramarathons

CITIZENS CABLEVISION CHANNEL

(outside city limits)
 11-7 3:30 p.m. Home Loan 10K
 11-14 3:30 p.m. Home Loan 10K
 11-21 3:30 p.m. Ultramarathons
 11-28 3:30 p.m. Ultramarathons

WHEELCHAIR RUNNERS FOUR MILE RUN FOR HEALTH 10-4-81

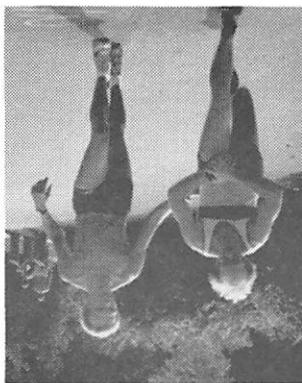
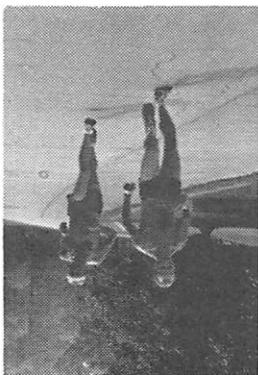
Larry Smith 27:42
 1st overall
 Jeanne Hormann 74:38
 2nd overall

ROANN 10 MILE - 9-12-81

David Cox 83:25
 1/50-over
 Robin Hartzell 61:48PR

MUNCIE ENDURATHON - 9-19-81

Charles Hall 49th of 60
 Swim 1:25 mi
 Bike 44 mi
 Run 13.1 mi
 2:06



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8 Mile Relay

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T H S 10 - 6
483 - 5211
3515 N ANTHONY BLVD

PARLOR CITY TROT - 13.1 miles
Bluffton, IN - 9-26-81

1	Dexter Lehman	1:09:50	71	Gary Spry	1:30:08	145	Donald Noland	1:45:34
2	Doug Osborn	1:11:56	72	Erick Thorn	1:30:11	146	James P. Jones	1:45:37
3	Thomas Loucks	1:12:36	73	James Hoffman	1:30:30	147	Steven Tielker	1:45:57
4	Rob Cain	1:12:50	74	Dale Brown	1:31:06	148	Dan Bossard	1:45:58
5	Brian Crosley	1:12:56	75	Pat Hermann	1:31:14	149	Michael Gasper	1:46:14
6	Rod Hattery	1:13:06	76	John Sullivan	1:31:16	150	Steve Hays	1:47:13
7	Jim Needler	1:13:23	77	Jeff Linton	1:31:18	151	John Ferguson	1:47:20
8	Mike Bultemeier	1:14:18	78	Dave Branfield	1:31:23	152	Jerry Cauffman	1:47:53
9	Gary Striggle	1:15:06	79	Norval Lehman	1:31:41	153	Terry Parker	1:48:00
10	Phil Suelzer	1:16:09	80	Gene Kenigan	1:31:52	154	Harold Morgan	1:48:03
11	Michael Barkman	1:16:25	81	Dan Moore	1:31:59	155	John Hilker	1:48:14
12	Dan Kaufman	1:17:48	82	Dennis Kroells	1:32:31	156	Betty Jackson	1:48:21
13	Jim Leffler	1:18:16	83	Michael Novosad	1:32:34	157	Chris Lauster	1:48:54
14	Brent Munro	1:18:30	84	David Fairchild	1:32:36	158	Peter Case	1:48:58
15	Tom Gerbers	1:18:43	85	N. Dimitrios	1:32:43	159	Farrell Mock	1:49:01
16	Jerry Williams Jr.	1:19:09	86	Eldred Gillis	1:32:50	160	Dan York	1:49:25
17	Randall Hausard	1:19:16	87	Larry Hankins	1:33:04	161	Tom Finan	1:49:29
18	Roger Kingsbury	1:19:24	88	Dave Chase	1:33:05	162	Terry Netzley	1:49:36
19	Gary Williams	1:19:31	89	James Magnett	1:33:48	163	Randy Patten	1:49:39
20	Dale Cardwell	1:20:08	90	John Cruz	1:34:04	164	Charles Hall	1:49:53
21	Rick Reitzug	1:20:37	91	Bret Curry	1:34:09	165	Trent Cozad	1:49:57
22	Steve Foster	1:20:46	92	John Barbier	1:34:11	166	Rudy Florreich	1:50:04
23	James Barber	1:20:55	93	Janice Kissinger	1:34:13	167	Timothy Gray	1:50:55
24	David Smiley	1:20:56	94	Bud Stiffler	1:34:17	168	Warren Law	1:51:00
25	Chris Farrell	1:22:09	95	David Waldrop	1:34:40	169	Wayne M. Ley	1:51:03
26	Paul Beckwith	1:22:17	96	Alma Ojeda	1:35:06	170	Alfred Gumbert	1:51:10
27	Mark Sanderson	1:22:21	97	Marty Clemer	1:35:22	171	James Thill	1:51:35
28	David C. Welsh	1:22:30	98	Theresa Ehrman	1:35:37	172	Dan Logue	1:51:44
29	Steve Gradeless	1:22:41	99	Dwight Purdy	1:35:40	173	Lynne Bennett	1:52:57
30	Dan Moord	1:22:48	100	Dan McGuire	1:35:55	174	Barry Vande Zande	1:54:18
31	David Charters	1:22:52	101	Charles Hastings	1:36:05	175	John Hetherington	1:54:19
32	Gary Dexheimer	1:22:55	102	Steve Yager	1:36:15	176	Dana Grove	1:54:25
33	Robert Bruckner	1:23:01	103	Max Murchland	1:36:22	177	Richard Mason	1:54:27
34	Don Smith	1:23:19	104	Leland Sibrel	1:36:26	178	James Stump	1:55:21
35	Kenneth King	1:23:39	105	Herbert Chandler	1:36:33	179	Dale Thompson	1:55:25
36	Danny Gerbers	1:24:13	106	Fred Stoffel	1:37:01	180	Delphur Lewis	1:55:55
37	Tom Hough	1:24:14	107	Larry Lee	1:37:40	181	Dave Scherschel	1:56:02
38	Larry Averbeck	1:24:16	108	James A. Schue	1:38:13	182	Curtis Nold	1:56:04
39	James Berghoff	1:24:21	109	Thomas King	1:38:16	183	Donald Hoover	1:56:06
40	Glen Davis	1:24:35	110	Terry Gautsch	1:38:35	184	James Amstutz	1:57:00
41	Mike Robbins	1:24:44	111	David C. Dale	1:38:45	185	Glen Peacock	1:57:18
42	Don Lindley	1:24:46	112	Vern Chovan	1:38:47	186	Rudy Kleinknight	1:57:23
43	Todd Rigelman	1:24:52	113	Bob Nelson	1:38:49	187	Greg Hughes	1:58:26
44	Bob Nunley	1:24:54	114	Dick Sims	1:38:55	188	Corky North	1:59:28
45	Jeff Schneider	1:24:57	115	Andy Cauffman	1:39:15	189	Mike Bailey	1:59:39
46	Ron Motycka	1:25:04	116	Charles Hisson	1:39:30	190	Bill Dunbar	2:00:18
47	Jack Morris	1:25:30	117	Lynn Milner	1:39:33	191	Steve Lowden	2:01:15
48	Jerry Mazock	1:25:31	118	Sue Carnes	1:39:40	192	Ralph Edwards Jr.	2:01:43
49	Rick Murphy	1:25:42	119	Barry Humble	1:40:29	193	Duane Steffen	2:02:36
50	Bryan Gross	1:26:27	120	Phyllis Suelzer	1:40:36	194	Robert DeArmond	2:02:37
51	Tony Gatton	1:26:29	121	Bruce Barton	1:40:39	195	David Cox	2:02:45
52	Gary Dobbs	1:26:32	122	Joan Goldner	1:40:48	196	Gregg Scheidt	2:03:45
53	George Devine	1:26:39	123	Carl Morrill	1:41:19	197	Edmund Zapp	2:04:05
54	Michael Sheehan	1:26:45	124	Randy Gentis	1:41:34	198	Bill Hendererson	2:04:13
55	Michael Medler	1:26:47	125	Chuck Bayman	1:42:08	199	Mae Adkins	2:04:20
56	Tim Fleming	1:26:50	126	Alan Arnold	1:42:14	200	Willie DiFabio	2:04:21
57	Art Obregon	1:26:54	127	John Kramer	1:42:34	201	Deborah C. Aiken	2:04:35
58	Douglas Webb	1:26:57	128	Thomas Clagg	1:42:44	202	Don Howard	2:05:28
59	Ron Gallogly	1:27:11	129	Tom Biggs	1:42:59	203	Bruce Van Gilder	2:05:31
60	Gary Wilson	1:27:12	130	Tom Mather	1:43:16	204	Maryanne Kotarski	2:05:41
61	Tom Schwartzkoph	1:27:26	131	B.K. Campbell	1:43:18	205	Thomas Casaburo	2:06:24
62	Greg Glass	1:27:32	132	Donald Lundquist	1:43:24	206	Don Widdleton	2:08:57
63	Chris Scruton	1:27:44	133	Marion Langston	1:44:13	207	Rebecca Heyde	2:09:31
64	James McGowin	1:27:48	134	Bill Bridges	1:44:22	208	Ann Mize	2:09:32
65	Myron Meyer	1:27:55	135	Robert Hatch	1:44:24	209	Jim Martin	2:11:14
66	Daniel Minnick	1:28:38	136	Thomas Mangette	1:44:25	210	Susan Mungovan	2:12:16
67	Steve Adkison	1:28:43	137	Joseph Brooks	1:44:26	211	Bob Schweppe	2:12:17
68	Roger Wilson	1:29:32	138	Ed Geans	1:44:29	212	Charles Mosure	2:14:07
69	Dave Glover	1:29:34	139	Larry Smith	1:44:36	213	Angela Severs	2:15:17
70	Robert McCuan	1:29:38	140	Janet Hancock	1:44:51	214	Alfred A. Moore	2:15:18
			141	Larry Lothamer	1:44:57	215	Ronald Fulk	2:17:40
			142	Ronald Peaks	1:45:12	216	Michael Sullivan	2:17:46
			143	Clyde Bray	1:45:32	217	Dave Kneller	2:19:04
			144	Trent Prough	1:45:33	218	Gary Baus	2:20:41
						219	Angela Hetherington	2:21:00

220 Jack O'Neil 2:21:08
 221 King Sullivan 2:25:45
 222 Deborah Wall 2:27:13
 223 Renee Emrick 2:28:15

DIVISION WINNERS
Top Ten Men

1 Dexter Lehman
 2 Doug Osborn
 3 Tom Loucks
 4 Rob Cain
 5 Brian Crosley
 6 Rod Hattery
 7 Jim Needler
 8 Mike Bultemeier
 9 Gary Striggle
 10 Phil Suelzer

Top Five Women

1 Janice Kissinger
 2 Alma Ojeda
 3 Theresa Ehrman
 4 Sue Carnes
 5 Phyllis Suelzer

Men under 16

1 Andy Cauffman
 2 Trent Prough

Women under 16

1 Angela Hetherington

Men 16 - 22

1 Mike Barkman
 2 Brent Munro
 3 Jerry Williams Jr.
 4 Gary Williams

Women 16 - 22

1 Betty Jackson

Men 23 - 29

1 Randall Hansard
 2 Rick Reitzug
 3 James Barber
 4 David Smiley
 5 Chris Farrell
 6 Paul Beckwith
 7 David Welsh
 8 Steve Gradeless
 9 Dan Moord
 10 David Charters

Women 23 - 29

1 Maryanne Kotarski
 2 Rebecca Heyde
 3 Susan Mungovan

Men 30 - 39

1 Dan Kaufman
 2 Jim Leffler
 3 Thomas Gerbers
 4 Roger Kingsbury
 5 Dale Cardwell
 6 Steve Foster
 7 Gary Dexheimer
 8 Robert Bruckner
 9 Don Smith
 10 James Berghoff

Women 30 - 39

1 Janet Hancock
 2 Lynne Bennett
 3 Deborah Aiken
 4 Ann Mize
 5 Angela Severs

Men 40 - 49

1 Larry Averbek
 2 Glen Davis
 3 Jack Morris
 4 Tom Schwarzkopf
 5 Robert McCuan
 6 James Magnett
 7 John Barber

Women 40 - 49

1 Joan Goldner
 2 Mae Adkins

Men 50 - 59

1 Myron Meyer
 2 Vern Chovan
 3 Carl Morrill
 4 B. K. Campbell

Men 60 & over

1 Al Gumbert

Please note that the results mailed to participants contained an error. Janet S. Hancock of Lafayette IN. won the Womens 30-39 division.



RUN JANE RUN 3M - 9-27-81

Phyllis Kerr 21:58
 11th overall 4/30-39

JAMBOREE JOG 10,000
 Montpelier, IN - 9-12-81

1 Gregg Osborn	32:19
2 Doug Osborn	32:56
3 David Schmidt	33:57
4 Thomas Loucks	34:13
5 Steve Cochran	35:41
6 Tom Burns	36:01
7 Vince Quinones	36:16
8 Dayne Martin	36:34
9 Jim Vierzba	37:13
10 Dave Charters	37:33
11 Don Lindley	37:42
12 Dan Minnich	37:49
13 John Norris	37:56
14 Lambert Deckers	38:10
15 Glen Davis	38:19
16 Mike Medler	38:53
17 Myron Meyer	38:57
18 Alvin Williams	39:11
19 Vince Thompson	39:11
20 Rick Murphy	39:19
21 Richard Pogue	39:26
22 Dan Moore	39:43
23 Tom Hough	39:46
24 Norval Lehman	40:30
25 Allen Osborn	41:06
26 Daniel Wickliff	41:22
27 Pat Carter	41:36
28 Steve Yager	41:41
29 Jim Magnett	41:56
30 Max Murchland	42:12
31 Steve Disinge	42:22
32 Jeff Vorick	42:33
33 Andrew Fleming	42:34
34 Bill Monroe	42:34
35 Harry Rhodes	43:03
36 Jim Griffith	43:10
37 Larry Singleton	43:14
38 Carl Morrill	43:19
39 Fred Myrick	44:01
40 John Cruz	44:40
41 Chris Baldwin	45:13
42 Donald Peaks	45:38
43 Jonie Oswalt	45:39
44 Dan York	45:43
45 Aicy Evans	45:46
46 Dick Burchard	45:48
47 Kathy Biezba	45:52
48 Korkey North	46:07
49 Tom Howard	46:16
50 Scott Clay	46:20
51 Randy Palmer	46:25
52 Wendell Parson	46:28
53 Toney Foote	46:32
54 Jack Shoaf	46:35
55 Janet Hancock	46:51
56 Walt Lee	46:52
57 Roger Howell II	47:07
58 Chuck Devault	47:21
59 Matt Fleming	47:24
60 Dan Baughey	47:26
61 Kyle Fahrner	47:28
62 Martin Welge	47:28
63 Lee Winters	47:29
64 Charles Isch	47:29
65 Eric Wedge	47:33
66 Jim Worster	47:58
67 John Ferguson	48:06
68 Ross Elwood	48:08
69 Rex Stannard	48:20
70 Ken Thompson	48:41

LETTERS TO THE EDITOR

71 Jim Winter	48:58
72 Charles Adams	49:24
73 David Brown	49:42
74 Eric Soderquist III	49:56
75 Delphur Lewis	50:14
76 Paul Ely	50:14
77 Dick Goetz	50:29
78 Peter Schmeckebier	50:35
79 Robert Sears	51:08
80 Dan Wagoner	51:34
81 Gary Hittson	51:54
82 Damon Howell	52:00
83 Roger Howell	52:04
84 John Ferguson II	52:08
85 Bob Buck	52:09
86 Steve Bolander	52:11
87 Randy Steffen	52:40
88 Ralph Shideler	52:48
89 Bill Davis	52:54
90 Bob Morrison	53:12
91 Jack Bickell	53:13
92 Joel Pendleton	53:30
93 Gene Gardner	53:31
94 Willie Jackson	53:44
95 Danny Zoda	53:44
96 Mike Baur	53:47
97 Larry Lough	54:12
98 Mike Pressler	54:18
99 Norman Wickliff	54:42
100 John Alvey	54:46
101 Mae Adkins	54:47
102 Edward Gatke	55:27
103 Rob Erdman	55:45
104 Mary Oswalt	55:59
105 Steve Foster	56:11
106 Rob Wagner	56:37
107 Virginia Carrell	56:43
108 Shane Gearheart	57:40
109 Jay Gulley	57:42
110 Fred Welge	57:47
111 Phillip Rhoades	57:48
112 Charles Mosure	58:13
113 Tom Harriett	59:08
114 Jeremy Jackson	59:42
115 Glen Dale Rogers	59:49
116 Clinton Levett	60:15
117 Carole Karnes	60:16
118 Jean Devault	60:27
119 Carolyn Davis	60:40
120 Brian Rickey	63:51
121 Brian Lindley	63:56
122 Richard Townsend	64:35
123 Natalie Collyer	64:39
124 Tom Harris	64:52
125 Eric Collyer	65:30
126 Doug Toney	68:42
127 Nickey Karnes	71:24
128 Wayne Caldwell	73:33



Greetings to my friends in the FWTC:

I've been in Dallas, Texas about two months now and I'm having a great time. I'm teaching three Physical Education activity classes as a graduate assistant at Southern Methodist University. In addition to my M.A. in P.E. degree work, I've been privileged to work in the SMU track program as a graduate assistant coach.

SMU finished 2nd in both the indoor and outdoor NCAA National Championships last year. I've been privileged to run with two excellent Kenyan runners -Sammy Koskei (defending NCAA 800 meters national champ) and Wilson Kigen ('81 NJCAA 5K and 10K national champ). They are very smooth runners. It's a challenging treat trying to match their strides as they float along.

Presently I'm training for the Dallas White Rock Marathon, December 5th. Next April, I'll get the opportunity to run the Drake Relays Marathon, as the track team will be competing there.

I'll be home for Christmas, December 15-26. I'm looking forward to renewing many of my friendships while I'm home. My address is: Box 353, Department of Physical Education, Southern Methodist University, Dallas, Texas 75275; phone: 214-692-2205 (P.E.office), 214-361-9896 (home).

I'd be glad to have any of you stay at my apartment if you choose to make a trek to Texas for a race. There is something every weekend.

Good luck to all the brave souls preparing for the FWTC ultramarathon runs. I wish I could be there to join in the pleasure, pain, fun, and festivities. I trust you will all have great experiences and a lot of fun and fellowship.

God bless "y'all" (Texas jargon) and enjoy the beautiful Indiana fall weather. We've had some vascillating weather, but on some days it's in the 90's and we run in trunks and shoes only.

Sincerely, your FWTC representative in Dallas,

s/Tim Bowman - Have a super run!

To the Editor:

It's so good to hear from Fort Wayne, IN, of how running is going on. I heard about the Three Rivers Festival Marathon, it looks as if it went smooth again, like the years before. I am meeting new people in St. Petersburg. I also have a good job and it's still summer down here. It's something to get used to. I miss those Wednesday five mile fun runs (it wasn't that much fun), and the Tuesday and Thursday runs from the health spa to wherever my brother, and Mike Kast, and other people ran. Most of all, I miss the races. I'll keep tab with FWTC on the races that will be in St. Petersburg. Good luck to all of you in running!

s/Tom Lindley

10-4-81 Tampa Bay Robinson's Symphony Classic 10K - 42:00

It was 74 degrees race time, rose 3-5 degrees from 8:00 a.m. to 9:00 a.m. (yes, in morning), flat course, cool wind from the bay between the 3-5 mile mark. They still start races in the morning because it still hits in the 90's in the afternoon every day.

12-13-81 - Brandon, Florida - Marathon

"Specialists in Athletic Footwear"

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Saturday 10-6
Sunday 12-5

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Trick or treat
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Race Director Jeff Gangloff - assisted by Wells Co. Trotters
129 E. Arnold, Bluffton, IN. 46714
1981

<u>European</u> team divisions	Hoosier Road Runners Club Ft. Wayne Track Club	<u>European</u> individual divisions
<u>X-Country</u>	<u>CROSS COUNTRY CHAMPIONSHIP</u>	<u>X-Country</u>

November 15, 1981

PLACE: Quabache State Recreation Area, Bluffton, In.
Starting Area at Double Pavillion in Campground

TIME: November 15, 1981. First Race 1:30 p.m.
Second Race 2:30 p.m.

REGISTRATION: \$3.00 prior to race day \$4.00 race day
Late registration - 11:00 to 1:00 day of race

COURSE: 9 Kilometer Cross Country Course; 90% trails and grass, 10% asphalt.
I recommend waffle type shoes.

TEAM
DIVISIONS: Junior 19-under, Men's Open, Women's Open, Masters Men 40-up.
5 person roster with 3 runners scoring. All teams must be
composed of persons in same team age bracket (where appropriate).

INDIVIDUAL RUNNER'S
DIVISIONS: W 14-18, W 19-24, W 25-29, W 30-34, W 35-39, W 40-up
13-under, M 14-18, M 19-24, M 25-29, M 30-34, M 35-39, M 40-44,
M 45-49, M 50-59, M 60-up
Team Runners are eligible for individual awards.

TWO RACES: At 1:30 p.m. the Junior 19-under and the Men's Open race will
be run. At 2:30 the Women's Open and Masters Men 40-up will
be run. All children 13-under will run in the 2:30 race.

Your team division determines which race you run regardless of
whether you actually are on a team. Keep this in mind and you'll
know which race you've entered.

ENTRY BLANK

NAME _____ ADDRESS _____ CITY _____
STATE _____ AGE _____ SEX _____ TEAM(1) _____, (2) _____, (3) _____
(if any) _____
_____ (4) _____, (5) _____
TEAM DIVISION: _____

I hereby waive all rights to claims against the organizers of this event including the
State of Indiana and the Indiana Department of Natural Resources. I realize that this is
a Cross Country event and accept the fact that race occurs over rough terrain and could
be hazardous. I am in good health and am able to complete this event.

DATE _____ Signature _____
(parent or guardian if under 18)

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THE BENEFITS OF THE**

FORT WAYNE TRACK CLUB



FORT WAYNE TRACK CLUB
Application

New Member
 Renewal

Please Print

Name _____ Age _____ Sex _____

Street Address _____ Phone _____

City _____ State _____ Zip _____

Occupation/Employer _____ Phone _____

Annual Membership - \$10.00 - Calendar Year

PLEASE MAKE ALL CHECKS PAYABLE TO THE "Fort Wayne Track Club"
Dues include Family Membership. Please list names and ages of those entering
the club _____

Please mail to : FWTC - Don Lindley, 6015 Landsdowne Drive, Fort Wayne, IN
46816
For further information, call Don Lindley - 219-456-8739

RACE RESULTS REPORTING FORM

Name	Race	Distance-Date	Time	Overall Place	Age - Group & Place

MEMBERS' MUMBLINGS

*Please write below anything you would like included in the Newsletter. This includes
race comments, insights, etc., question, training tips, feelings, ads, trades, etc.
(Deadline for the Newsletter is the 15th of the month)*

Place
Stamp
Here

FWTC NEWSLETTER
Dave Fairchild
604 W. Oakdale Dr.
Fort Wayne, IN. 46807

HAVE A GOOD DAY!



"Track Club Members 10% off for the month of November."

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Race Calendar

NOVEMBER

- | | | | |
|---|---|-----|---|
| 1 | FWTC ULTRAMARATHONS 60k, *50 mile, 100k
Fort Wayne IN., (North American Van Lines)
7am, Dan Bossard 219/484-9424. Tom Osler
Clinic Oct. 31 at Marriot Inn. | 8 | FIRST ANNUAL WEST TOLEDO YMCA 5 mile, 1 mile
West Toledo YMCA, 2pm, Kitty Guntzsch 419/
475-3496 or Bobbie Malone 474-0161 |
| 3 | CLUB KOKOMO RACE 8k - Kokomo IN., 6pm
Ricke Stucker 317/457-0352 | 14 | COLUMBUS GROVE TURKEY TROT - Columbus Grove
OH., 11am, 4 mile (part cross-country),
Jerry Bunn, 419/659-5702 or 659-2157 |
| 7 | SUPERRUN 15k - Warsaw IN., (Fairgrounds)
11am, Athletic Annex 219/267-3883 | 15* | FWTC AND HRRC CROSS COUNTRY CHAMPIONSHIPS -
Bluffton IN. (Ouabache State Park) 1:30 and
2:30pm, Jeff Gangloff. |
| 7 | INTERNATIONAL PEACE RACE 25k and 10k -
Youngstown OH., Checkin no later than
10:15am, (Downtown) | 15 | NATIONAL RRC 20k RACE - Toledo OH.,
(Secor Park), 1pm, Fran Pavelka 419/385-
3010 |
| 8 | ALICE IN WONDERUN 15k - Marion IN., 1:30pm
Kermit Welty, 317/664-0621. Third race of
Marion Triple Crown. | 15 | BUCKEYE & WOLVERINE 5k GRUDGE RUN -
Maumee OH., 9am, Don Briggs 419/893-6063 |
| 7 | FALL FLING 10,000 - Hunteertown IN., 2pm
(Fire Station) 1.5 mile fun run | 21 | NO FRILLS MARATHON - Dune Acres, Beverly
Shores, IN., 10am, No post entry, Lakeshore
Striders, PO Box 501, Chesterton IN. 46304 |
| 7 | RUN FOR HUNGRY CHILDREN 10k, 4k, 2k -
Dowagiac MI., 9:15am, P.O. Box 393,
Dowagiac MI. 49047 | 21 | TURKEY TROT 10k and 5k - Ft. Wayne (Shoaff
Park), 10am, Dean Slavens 447-6393 |
| 7 | AMERICA FIRST 5 and 10k - Chesterton IN.,
9am, Includes wheelchair race, Michael
Fish, PO Box 981, Chesterton IN. 46304 | 22 | BLUE WATER CROSS COUNTRY RUN - Montpelier IN.
5k, 2pm, Richard Myers 317/728-5341 |
| 8 | METRO PARKS MARATHON - Louisville KY.,
9:30am, 502/459-0440, deadline Oct. 29 | 22 | RTC TURKEY TROT 10k - Dowagiac MI., (South-
western Michigan College) 1pm, Ron Gunn SMC |
| | | 22 | BEARS OF BLUE RIVER X/C RUN - Shelbyville
IN., 5M, 1pm, Ray Sears |

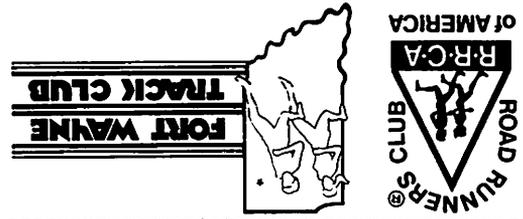
Information in the race calendar reflects the latest received by the INSIDE TRACK. Double check with race directors or other sources before traveling.
 Send race announcements or changes to - Tom Loucks Route 1, Ossian, IN., 46777. - 219/622-7108

- 22 St. Louis MARATHON - St. Louis MO., (Busch Memorial Stadium), Tom Eckelman, STC PO Box 2956, St. Louis MO., 63130 314/721-5312
- 26 ELKS THANKSGIVING DAY RACE 6 mile - Cincinnati, OH., 9am, Don Connolly 513/474-1399
- 28 TOLEDO ULTRA-MARATHON 60k, 50mile, 100k - Toledo, OH., 7am, Ottawa Park Shelter House Jim Pettinot 419/248-3168
- 29 COLUMBIA PLAZA 5,000 meter RUN - Columbia City IN., (Columbia Plaza Shopping Center) 2pm, Carl Fields 219/244-5500 or 244-7726

DECEMBER

- 12 **JOE STEELE ROCKET CITY MARATHON** - Huntsville Ala., 9am, Harold Tinsley 881 Edgemoor Dr. Huntsville AL. 35802, 205/881-9077.
- 12 FWTC 10k - Ft. Wayne (Foster Park) 2pm Don Lindley
- 20 KRIS KRINGLE KROSS KOUNTRY KRUZE 6k - Stone Lake, Laporte IN., 1pm, Dunes Running Club P.O. Box 42 Michigan City IN. 46360
- 31 MIDNIGHT SPECIAL 5 mile - Ft. Wayne (IU-PU campus) 11:45pm, Myron Meyer 456-6041
- 31 CLUB KOKOMO RACE 5k - Kokomo IN., 11:45pm, Rickie Stucker

*** FWTC POINTS RACES**



FWTC NEWSLETTER
 Dave Fatchild
 604 W. Oakdale Dr.
 Fort Wayne, IN. 46807

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