

# the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

DECEMBER, 1981

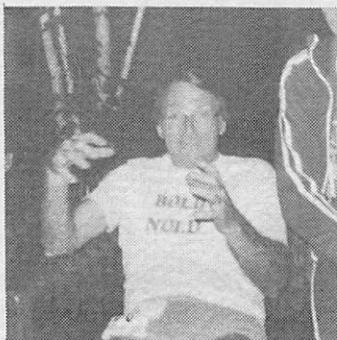
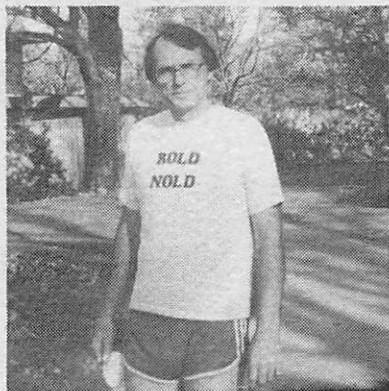
PROFILE:  
CURTIS NOLD

It was one of those rare September days, boasting a warm sun, a cool breeze, and a blue sky. The sort of day that eases us gracefully from the heat of August to the cool of October. It was a perfect day for the FWTC picnic, to enjoy the weather, the food, and the company. I found him on the porch swing after a Run to Poe. We indulged ourselves for a few minutes nostalgically remembering other wrap-around porches, other summers. We agreed that there is a certain magic to be found in a summer storm witnessed from the security of a child's front porch. Curt Nold's home does not have an open front porch with a swing from which to watch the world, but it does offer a magnificent expanse of well manicured lawn leading to an impressive overview of the Foster Park golf course. The secret for a luxurious, thick carpet of lawn, even a yard populated by well-established trees, is simply ample fertilizer. Once a month from early Spring to late Fall, Curt fertilizes the lawn, paying special attention to the grass around the trees. The result of this treatment is a lawn that begs the passing runner to kick off his shoes and gambol barefoot for a time.

Foster Park for a front yard is one of the strongest attractions Curt finds to running. No stranger to running or to the FWTC, Curt Nold has been running since 1969, long before jogging became a fashionable fitness activity. He credits the proximity of the park with providing the stimulus to run on some of those days when it might have been easier to take a day off. Although the park road is familiar to the feet, the park itself is always different, presenting changing faces and moods with the change of seasons.

Curt is enjoying his first year of competition in the 50-59 age group. He decided last December that he would run every FWTC points race, and as of this writing he is right on schedule. Although he claims he runs because he wants to race, not to place in the point standings, Curt has raced well and should finish the year well up in the points standings. Among his running accomplishments this year, Curt is pleased to list his first two sub-4-hour marathons and the completion of his first ultramarathon (50 miles, wearing number 50). Additionally, Curt is interested in the possibility of directing a handicap race for the Club. Curt raced successfully in a 5 mile handicap race at North Manchester this summer, and believes a similar handicapping approach could work for us as well. At Manchester, the handicapper calculates the difference between your finishing time and that of your age-group winner, and then awards you 75% of that differential as the handicap. Such difficulties as sand-bagging could be overcome, Curt maintains, by requiring pre-registration for handicap racers. Awards would be presented to the first 3 age-group handicap finishers, as well as to the regular winner.

Curt recently hosted the highly successful Internatiuonal Dinner at South Side High School, and includes among his running partners one of his former babysitters.



# THE Inside TRACK

## THE INSIDE TRACK NEWSLETTER

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## RUN FOR FUN . . .



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

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

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## 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!

### PLEASE NOTE

THE LOCATION OF THE ANNUAL NEW YEAR'S EVE 5 MILE EVENT HAS BEEN MOVED FROM IU-PU CAMPUS TO NORTH AMERICAN VAN LINES, U.S.30 and Kroemer Road.

### INVITATION

Mr. and Mrs. David L. Wilson invite the track club members to their home after the New Year's Eve "Midnight Special" run. Address: 4735 Raleigh Court in Arlington Park - telephone: 485-7795. Please contact for directions or further questions.



**FORT WAYNE  
TRACK CLUB**

# EDITOR'S NEWS & VIEWS



by DAVE FAIRCHILD

"Wisdom is not a product of schooling but of the lifelong attempt to acquire it."

We lost a friend the other week, but the loss has a significance beyond the event itself. Our friendship extended back a decade, and had survived its share of storms. This was not a running friendship. Indeed, Friend had been rooted in exactly the same spot for nearly 40 years. Mulberry trees are not often regarded as special trees, but ours was. Our Mulberry shaded Emily's sandbox and swing in Summer, was the last tree in the neighborhood to lose its leaves in the Fall, and one of the first to bud in the Spring. Our Mulberry was special, a focus of stability through the change of seasons and a symbol of the cyclical renewal that life brings. The one thing our Mulberry could not survive was the petty indifference of our neighbors, who last month had the tree cut down. No, they did not ask us if we cared about our tree, nor did they ask Emily how she felt about the tree. They were tired of it, and in 20 minutes 40 years of growth and renewal were gone. While the last several weeks have blunted the initial anger we felt, they have intensified the sense of loss. Not because the Mulberry tree was irreplaceable, but because the decision to cut it down demonstrated such an insensitivity and unconcern for others. The decision to destroy a living thing because it is annoying is a thoroughly selfish act.

December is more than just the end of the year. It is an appropriate time for a little self-reflection and evaluation. As we look over the past year and anticipate the next, we might well ask ourselves whether what we have done is the product of an honest attempt to become all that we could be. Sport is now widely accepted, and rightfully so, as a metaphor for life beyond sports. We are all sensitive to the personal values of discipline, perseverance and honesty that we develop through our sport of running and that we test regularly through our racing. There is a definite sense in which we take our own measure every time we race. We know without ambiguity whether we have put forth our best effort, or whether we have sandbagged ourselves. And most of us assume that we transfer these qualities and expectations to all other aspects of our lives.

Running requires a certain selfishness, however, that does not always complement the rest of our lives. Even when our running is something less than a "positive addiction", we must be constantly aware that our running is our running, a special time alone, away (both physically and emotionally) from all others. Running is a uniquely singular activity that carries the risk of becoming insular, distorting our perspective and damaging our relations with others. Running itself would simply not be possible without the understanding, acceptance and cooperation of many others,

from family and friends to race directors to drivers who yield to runners. As we indulge ourselves in our final runs of the year, we do well to remember the season we celebrate.

Christmas is of course much more than children waiting for Santa. But children can teach us much about faith and love and selflessness. As we share Christmas with the children, perhaps we can be a bit more like them, at least for a moment. Perhaps we can even picture ourselves as children, joined together in joyful festivities in the radiance of Christmas lights. And in so doing we may be better able to remember the teachings of Him whose birth we celebrate.

These teachings really are quite simple: learn to be happy through the happiness and joy of your fellows, as children are. As we expand our perspectives and move ourselves away from absolute center, we begin to realize and appreciate the insignificance of the individual. Measured objectively, our individual accomplishments are utterly infinitesimal. But our passionate striving after universal Truth frees us from the bonds of the self and makes us comrades of those who are the best and the greatest.

MERRY CHRISTMAS



## Just me

by GLORIA NYCUM

The white sloping mountains winding down to ski resorts, traffic steadily moving from town to town and unique restaurants everywhere--that's Colorado!

Bright blue skies to smoggy rain was endured to and from Indiana and Colorado. Where are the mountains? It was around 3:00 p.m. Saturday afternoon when we arrived in Denver but a haze was shielding the mountains from sight. Later that night three inches of snow was dumped on us but by morning it was sunny and clear with beautiful mountains visible everywhere.

Sunday morning we all met to run a race close to Denver, but when we arrived, it had been postponed for half an hour because of the snow the night before. Julie and I ran at the original time since she had to work that day and we got back just in time to see the start of the race. We heard one woman remark, "I'm not running unless the streets are perfectly clear." I couldn't believe my ears since I always pictured people from Colorado rugged and tough. I know better now! My sister, Jean Longworth, ran with her husband, Dick, and son, Dave, and she came in third in her division.

We took trips to the mountains and driving into the mountains is breathtaking since every movement of the car creates a new scene to the eyes with green, brown, and brilliant white mountains moving close and far and up and down. We'd stop once in awhile just to take pictures and enjoy the view. The ski slopes are ready and it looks like it will be a great year for skiing in Colorado.

The mountains are not the only attraction in Colorado. We love their restaurants! They are so unique and one of our favorites is Green Jeans where you can get huge buffalo chips, huge sandwiches and huge drinks, but at a low price! Another of our favorites is the Monastery. They have Vespers from 4:00 to 6:00, Monks are waiters and you sit on old church pews. Since Mork and Mindy would never forgive us if we didn't visit the New York Delicatessen in Boulder, we had to try their food too.

Well, after all that food, fat Gloria arrived back in Fort Wayne Saturday night just in time to run the Ultra the next day. I'm still amazed that I could carry all those extra pounds with me 50 miles and what's worse my coach said I had to drink one to two glasses

of liquid and eat a chocolate chip cookie every time I came around. So, instead of losing my vacation pounds, I think I gained some more. It was a great race thanks to Dan Bossard and workers, the other runners and especially Betty Jackson, Theresa Munding, and Jean and Dick Longworth who ran laps with me. I could jump for joy that I ran 50 miles but it hurts too much! Seriously though, I had a great vacation including wonderful memories of special shared moments with my daughters which will carry me through until I see them again, hopefully in Colorado!

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### WE MEETING

Women..runners, wives, and/or friends of runners, are all welcome.

DATE: December 6, 1981

TIME: 7:00 p.m.

PLACE: Marsha Schmidt's residence -  
6624 Pawawna Drive  
Fort Wayne, IN  
219-485-1114

SUBJECT: Dessert & Salad Smorgasbord  
(Each person bring either a salad or dessert - drinks will be provided)

DIRECTIONS: East on State Street 3 miles E. of 30 Bypass to Georgetown Square. Turn left (north) at stoplight at State & Maplecrest onto Maplecrest. Drive to 2nd entrance on right (Blackhawk Addition entrance sign which is Pawawna). Turn right and go 1-1/2 blocks to red 2 story.



# LINCOLN NATIONAL BANK

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MEMBER F.D.I.C.

# President's Column

by LARRY LEE

.....the bevvy of female FWTC runners who have made phenomenal improvement this past year: Theresa Ehrman, now regularly pushing Alma Ojeda; Phyllis Suelzer; Ann Mize; Mercedes Cox; Betty Jackson; Joan Goldner; Ann Jamison; Tracy Sohaski; besides Jan Kissingner. Know of any other "noticeable" FWTC happenings? Let me know (672-3065 at home evenings) and I'll include them in this column.

Next board/executive council meeting: Sunday, December 6, 1981, 7:00 p.m., Mike Kast's home. Agenda includes:

1. Buy/rent computer
2. Finalize check list for race directors
3. Membership dues structure
4. Arrangements for wheelchair divisions for our 1982 race - special guest, Larry Smith

As always, members are welcome to attend; call Mike Kast if you plan to join us. If you have some input on these items or any other of concern, but cannot attend the meeting, relay your message through anyone on the board/executive council who intends to be present.



FWTC EXECUTIVE COUNCIL 1981-82

Front L/R: Mike Kast, Tom Mather, Gloria Nycum, Don Lind-  
 ley, Don Goldner  
 Steve Foster, Jerry  
 Shipley, Phil Shafer,  
 John Treleavan, Phil  
 Suelzer, Larry Lee, Jerry  
 Mazock, Bill Schmidt, Bill  
 Sohaski

BACK L/R:

The big news for the FWTC this past month were two races: the Home Loan 10,000 and the Fort Wayne Ultra Marathons. Both programs were tremendous. Hats off to Don Goldner, Steve Foster, and Jan Kissingner, as well as Dan Widaman and a host of other FWTC members who worked with Home Loan to make the transition from the Lincoln 10,000 to the Home Loan 10,000 a smooth one. Indiana's finest road race? Who's to argue!

Dan Bossard's triple-option Ultra was a master-piece. Frankly, there was skepticism voiced by many runners in the months prior to the Ultra as to turnout for this event. Most guesses between 15 and 50. Boss, no doubt about it, you pulled off a real coup. What was likely the first ultra run in this state attracted a field of nearly 100. Not too shabby for a new race. Incredible for a first-time ultra. The large local contingent tells you a little about how Fort Wayne runners like their running, too.

Boss departed for Colorado for a reported nine month sojourn a week after his race but promises to be back in town in time to organize the second annual Fort Wayne Ultra. What at one time appeared as a novelty race on the 1981 FWTC race schedule now looms as another Big Event on the 1982 schedule. A tribute to a man and his dream. Thanks, Boss, for busting wide open a new frontier in distance running on the local scene.

DID YOU NOTICE..... Jan Kissingner's emergence as a power to be reckoned with the last few months? Two strong marathons, an overall win at the Parlor City Trot, a fine victory at the Ultra. Indiana's first female ultra-marathoner has discovered she has the speed to compete well at the shorter distances, too..... Phil Suelzer's winning time in his first ultra..... Tom Louck's back-to-back efforts at South Bend's Sportsmen 10,000 and our Home Loan 10,000..... Dexter Lehman's PRs for 10K in those same two races. Dexter's focusing on the 10K distance and es-chewing marathons the last two years have paid off handsomely. He's approaching national class David Wilner turning in a 17:04 5KM best as a Freshman letter winner for Wayne High School's varsity cross country team..... marathon PRs for Dave Parrchid (getting near the 3:00 mark!), Tom Mather, Jack O'Neill, and Don Lindley, who is getting ever so close to that magic 2:50 Boston Marathon qualifying time..... the developing rivalry between Mike Kast and Myron Meyer two of the Midwest's best "50 and over" runners

# A Lifetime of Running

by BOB GARDNER

**RUNNING IS FUN AGAIN!** I recently finished my second year of long distance running and plan to run the rest of my life, if I am physically able. This article discusses the running evolution that I have gone through over the past 26 years. I am certain that each of you have had some of these same experiences.

Like many others in the Track Club, I have had periods where running was a real high and other times where I have temporarily "dropped out". I began running in high school and have run on and off since then. Although there have been some periods of a year or more without running, I never felt that I had completely quit.

## PHASE I - HIGH SCHOOL JOCK

Ran Track and Cross Country at a very small high school. Never ran more than 3 miles at a time, and that distance only twice. Did all the wrong things for training and racing, but was moderately successful and had a good time.

My best time in the half-mile was 2:06, but usually was about 2:15. Even with this relatively slow time, I won nearly all of my races. Had a very simple running philosophy - beat every one to the first turn and don't let anyone pass you. Of course it did not always work, but many times I was able to set my own pace and begin my kick when I wanted to.

Broke the 5-minute mile one time with a 4:52. My usual time, when forced to run that far, was around 5:20.

Won my first x-country meet, but soon decided that this was too far to run fast and was content to finish in the top ten.

## PHASE II - OCCASIONAL SHORT DISTANCE JOGGER

For the next 20 years I had periodic running binges lasting from a few days to a few months. These runs were typically one or two miles as fast as I could go. Timed myself and tried to improve on nearly every run.

## PHASE III - NEOPHYTE LONG DISTANCE RUNNER/BEGINNING JOGGER

Decided to run in Arby's 1979 Big Brother/Big Sister 5-Mile run. I cannot remember why I took such a foolhardy step. I worked my way up to 3, and then, 4 miles using my same technique of running as fast as I could - still running on my toes. Started the race up front with the intention of about a 37 minute run. Although I tried to pace myself on the first mile, I got sucked into a 6:40 mile - far too fast for me. Quickly developed a side stitch that lasted for the next three miles. Had to slow down, but finished pretty strong the last half-mile for a somewhat disappointing 41:30. But I was anxious to run in another race.

I was hooked. Began running regularly and read several books and articles about running. Learned about LSD, running on my heels, and stretching exercises. Searched out others to run with on business trips and learned from them. Actually ran 9 miles at one time without stopping! I entered a couple of 10K races that Fall. Finished my first one at 49:29 - just under my goal of an 8-minute pace. Strong finish and felt good.

I was even more hooked now and decided to run through the winter after only "seriously" running for a few months. Ran the Homestead 8 in January

and realized that I was not near my maximum distance. Started to have thoughts that I might actually be able to run a marathon!

## PHASE IV - NEOPHYTE MARATHONER

Began my 13-week training program for Saginaw. Developed a very tender knee due to a combination of cold weather, ice and snow, and increasing mileage. Had to quit running for a month. That was a sloooow month.

Did about 85% of the prescribed training before running in the 1980 TV 33/Hooks Marathon on a very hot day. Completed in 4:29 (one minute ahead of schedule), but suffered with leg cramps the last 7 miles. I was more proud of that finish than anything else that I had ever done. Very sore and did not run for a few days.

## PHASE V - BURNOUT

Became an occasional runner again. Lost interest in training and racing. I had gone from a person who had never run more than three miles at one time to completing a marathon in about 10 months - too much, too fast. I had exceeded my expectations so much that I didn't even consider new running goals. This period lasted for about a year.

## PHASE VI - BORN AGAIN RUNNER

Got the itch to run again. My brother-in-law, who started running in 1980, was beating my PRs and rubbing it in. Started a diet to lose some of those pounds I had gained. Began running with a 10K in about 47:40.

Began running regularly and really got the running fever again. I wanted to run in several races. So I decided to run the Detroit Marathon with several short races built into my normal 13-week training. I started with a 5K, then a 5 mile, then a couple of 10Ks. Two very desirable things happened: (1) lost a lot of weight (got down under 150 pounds - had not been that low since high school) and (2) really increased my speed. I set a PR in every race and kept lowering my expected time for Detroit from under 4:00 to 3:45 to 3:30 to 3:26. Actually ran it in 3:21:54. Two weeks later set a PR of 41:01 at Home Loan.

**PHASE VII - LIFETIME RUNNER**

Now committed to a lifetime of running. Goals for next year are to qualify for Boston (need 12 minutes, and break 40 for 10K (just a little over a minute). I hope to get well under these goals. If I can do these early in the year, then there is the Ultra.....

**SUPERRUN XV - Warsaw - 11-7-81**

Betty Hite 58:02  
 1st(F) overall 1F/35-39  
 Bernie Huesing PR 64:10  
 77th(180) overall 3(10)/45-49

Well managed race - also had video tape replay immediately after - Bernie Huesing

**ALICE IN WonderRUN 15K**

Marion - 11-8-81  
 Tom Loucks 50:08  
 3rd overall 1/19-24  
 Betty Hite 60:51  
 1(F) overall 1F/30-39

**SPORTSMED 10K**

South Bend - 10-18-81  
 Myron Meyer 37:22  
 3/50-54  
 Betty Hite 38:05  
 2(F) overall 1F/35-39  
 Vern Chovan 42:45

**CHICAGO MARATHON - 9-27-81**

Betty Hite 2:58:50  
 4(F-278) overall 1F/35-39

**BREMEN 10K - 10-3-81**

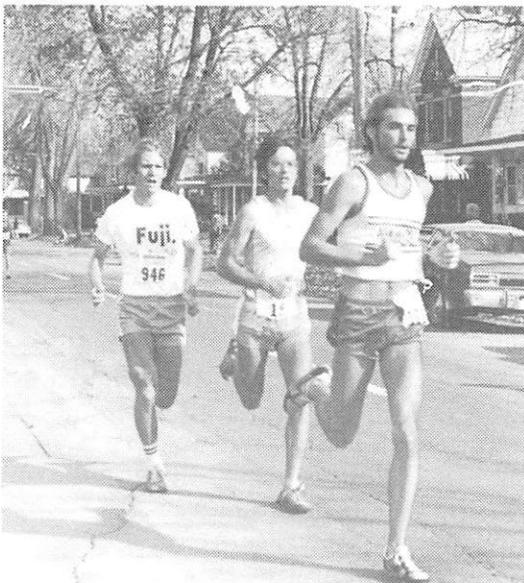
Betty Hite 37:32  
 1(F) overall 1F/30-39

**ELKHART STAMPEDE 10 mile**  
 9-19-81

Betty Hite 63:10  
 1(F) overall 1F/30-39

**COMMENTS FROM BETTY HITE**

The Warsaw race was well-organized with a fast field and good awards. The weather was perfect for running. I just was afraid to relax for fear of Storml coming up behind me. In Marion I was especially impressed by the Triple Crown awards - stained glass around an etched mirror. Really a nice award. I do know I'll never run two 15K races back to back again. My legs are getting too old for that kind of abuse. Both races were well done, however. I'd encourage everyone to enter. Next year's Marion race will be a sanctioned marathon on November 6th.



Home Loan: Suelzer makes a move.

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# A Runner's

## Cross-word Puzzle

A RUNNER'S CROSS-WORD PUZZLE  
(OR HOW TO GO INTO MENTAL OXYGEN  
DEBT) by Gene Bullshallitt

### ACROSS

- Where most runners go for fun.
- 15 of these make up the Blueberry Stomp.
- Month following Three Rivers Marathon - or Dog Day Month (and they know it!)(abbr)
- You need this to paddle your canoe in the "Around The World Triathlon".
- According to #11, you are off course if you pass this eastern Mediterranean isle.
- Not she, but \_\_\_\_.
- Metallic Iron \_\_\_\_.
- Who is Tom Loucks? (beats me..)
- Environmental Protection Agency (abbr)
- Former Inside Track Editor who ran 2:31:59 at Columbus - last year.
- Another way of spelling "Boston Ruiz's" first name.
- Tequila, pizza, and eggs (abbr). (Great dinner, huh!)
- What Lindley says when the ice in his shorts melts. Or, John Lennon's wife's last name.
- No one in the FWTC uses dirty language or \_\_\_\_ words while helping with races.
- Plural of major shoe company (you Elite runners should get this one!)
- My favorite class in school.
- If you want to beat someone in a marathon tell him to eat \_\_\_\_ the night before. (Watch it! This is a family magazine!)
- Usually you should avoid running through a woods when its on \_\_\_\_.
- A crazed Lindley puts this famous steak sauce in the gatorade at Three Rivers next year.
- After running "The Greater Mongolian 10K", I got a \_\_\_\_ shot for diphtheria,

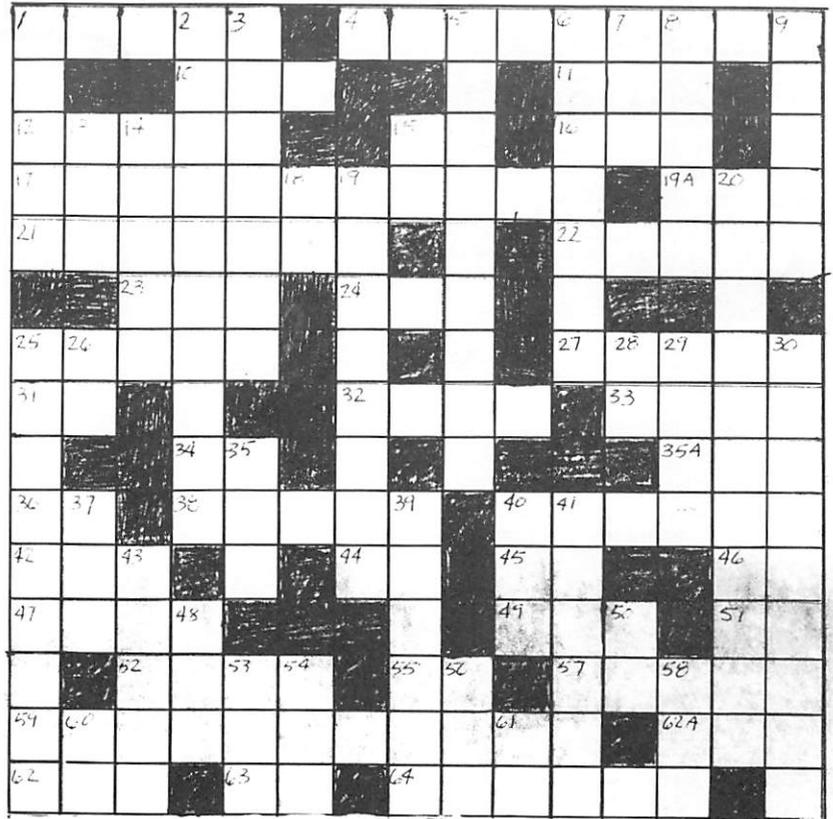
- polio, and tetanus (think abbr).
- Emma's nickname.
- Gloria Nycum uses a \_\_\_\_ board.
- Adi Dassler's shoe company.
- Canine-Friend, foe and Leg Taster.
- Get on your mark, set, \_\_\_\_.
- Same as 15 across.
- North Poe (abbr).
- The 'new miracle solvent' for running aches: "Dark Moons Over Indiana" (abbr)
- Choose the correct word: "My AAU membership has (perspired, expired)(abbr).
- Number of sub-three hour marathons Mazock has run. (Numbers look like letters?)
- Nickname of our Ultra Marathon specialist.
- Randy Lavine's job for the FWTC is to sell \_\_\_\_ (singular)
- Circular haven for interval training.
- Every time Charlie Brandt finishes he says "This race was a \_\_\_\_ (three words - remember! family magazine?)
- Chondromalacia is also known as runner's \_\_\_\_ (phonetic spelling).
- Opposite of the start of a race.
- Abbreviation for cross country.
- In football, a fullback runs around the lineman to the sideline, or, the last run of your life.

### DOWN

- Competitor in running (examples of this word are Bill Rodgers, Dexter Lehman, or Dave Fairchild).
- Commanding sign hung in front of Suzetti's Spaghetti Bowl.
- This nice guy ran 2:29:08 at Detroit eons ago and still thinks he's tough.

- Location of the last 2 FWTC powwows (board meetings)(2 words).
- Tiring of 'earthtruns', someday I will go to Earth's satellite for a \_\_\_\_ (2 words).
- "Friends, Golfers, and FWTC members, lend me an \_\_\_\_ muff.
- Perhaps the ancient FWTC members swung their races high up in the \_\_\_\_.
- In September, we have an 8man-2mile \_\_\_\_ (or something like that).
- In French, 'Calhoun Street' would be 'Calhoun \_\_\_\_'.
- Exceptionally good runners are called the \_\_\_\_, or Nike's #1 rated shoe years ago.
- High School (abbr).
- Initials of the Hoosiers cross country team's university.
- Mike Hill certainly went a running through Foster, but he never went \_\_\_\_ there (2 words).
- The company that supplies the frozen water for the "Never Never Land 10K" is called \_\_\_\_.
- Interval fool (2 words).
- Larry Lee broke down the sexual barriers by speaking at last month's \_\_\_\_ meeting.
- For most marathoners finishing is not a "when", but an "\_\_\_\_".
- Billy the \_\_\_\_, could be a nickname for William Schmidt.
- For track running you need a \_\_\_\_ of \_\_\_\_ (hint: first word is a term in tennis).
- Ignorant people abbreviate "Illinois" this way, or, the way I felt after Three Rivers.
- Female parent.
- Tom Loucks at a recent race: "I have come to conquer, not to jog, but \_\_\_\_ (2 words).
- With today's long-hair styles and unisex warmups, sometimes at races I can't decide if a runner is a she or \_\_\_\_ (2 words).
- First name of the area's premiere runner.
- After race, I tired, I go home and I \_\_\_\_ (2 words).
- Idiotic Olympic Committee (abbr).
- Personal Record (abbr).
- Some runners favorite past-time.
- Not shoes but the other apparel you wear on your feet (leave off the "k" and "s").
- Ultra Bossard's first name.
- Female Mize's first name.
- Not out.
- The answer is "KD".

NEXT MONTH: Gene Bullshallitt rates the Holiday Season's running movies.



The Harding High School Graphic Arts Department has printed a *DISTANCE RUNNERS LOG BOOK*. This plastic bound booklet contains space for recording a full years record of your running activity. There is space for daily workouts, the course, conditions, comments, weight and total miles. Space is also provided for weekly and yearly totals.



PROPOSED WORKOUT		ACTUAL WORKOUT		Miles	TOTAL MILES
Course	Conditions	Course	Conditions		
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					
Total Miles for Week				Total Miles for Year	

This Log Book sells for the low price of \$2.50. To purchase this book, mail this form with your check to:  
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 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**RUNNING LOG**

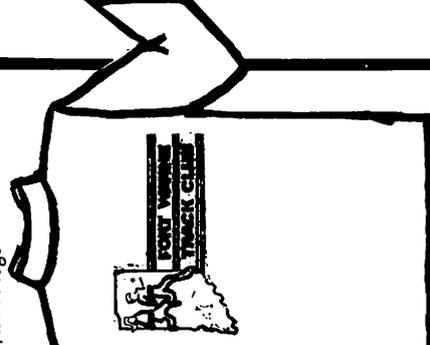
# Point Standings

This list of point standings does not reflect the Home Loan 10,000 results for women. If you think you have run at least four races and are not included in this list, please contact Phil Suelzer, 486-1745, as soon as possible.

	No. of Total Races	Points	Ave. Place	Rating
<b>WOMEN</b>				
<b>19-under</b>				
1 Alma Ojeda	8	8	1.000	.125
2 Karen Fothergill	5	7	1.400	.280
3 Holly Cauffman	7	20	2.857	.408
4 Rebecca Snyder	3	6	2.000	.667
5 Debbie Wiersma	7	28	5.429	.776
6 Jodi Ziegler	3	12	4.000	1.333
<b>20-29</b>				
1 Theresa Ehrman	9	13	1.444	.161
2 Mary Connelly	3	3	1.000	.333
3 Phyllis Suelzer	8	25	3.125	.391
4 Cindy Goller	5	8	2.000	.500
5 Betty Jackson	4	18	3.600	.720
6 Sabine Florreich	8	47	5.875	.734
7 Rose Koczergo	6	28	4.667	.778
8 Jane Zieber	3	9	3.000	1.000
9 Linda McGuire	4	19	4.750	1.188
10 Susan Sorrick	5	32	6.400	1.280
11 Ann Linson	5	40	8.000	1.600
12 Susan Hunt	4	31	7.750	1.938
13 Brenda Wolfe	4	34	8.500	2.125
14 Gloria Ambrose	3	30	10.000	3.333
15 Becky Heyde	3	34	11.333	3.778
<b>30-39</b>				
1 Betty Hite	4	4	1.000	.250
2 Ann Jamison	4	6	1.500	.375
3 Sharon Wiersma	10	39	3.900	.390
4 Marsha Schmidt	9	33	3.667	.407
5 Mercedes Cox	5	11	2.200	.440
6 Kathy Leistikow	6	4	2.750	.688
7 Ann Mize	10	72	7.200	.720
8 Elizabeth Rickner	3	14	4.667	1.556
9 Phyllis Kerr	4	31	7.750	1.938
10 Mary Felger	10	60	12.000	2.400
11 Roseann Simmons	3	23	7.667	2.556
12 Susan Pflieger	3	27	9.000	3.000
<b>40-over</b>				
1 Gloria Nycum	10	16	1.600	.160
2 Joan Goldner	5	5	1.000	.200
3 Julie Wilson	10	33	3.300	.330
4 Carolyn Horn	7	19	2.714	.388
5 Wilma Kyle	4	7	1.750	.438
6 Theresa Machlan	8	37	4.625	.578
7 Bonnie Taylor	3	12	4.000	1.333
Adelma Waltenburg	3	12	4.000	1.333

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	No. of Total Races	Points	Ave. Place	Rating
<b>14-under</b>				
1 Mike Kolb	8	15	1.875	.234
2 Todd Walker	4	5	1.250	.313
3 Andy Cauffman	4	42	5.250	.656
4 Jeff Callicotte	4	12	3.000	.750
5 John Schwarze	8	57	7.125	.891
6 Bobby Wiersma	9	74	8.222	.914
7 Matt Ebersole	5	32	6.400	1.280
8 Brian Lindley	7	72	10.286	1.469
<b>15-19</b>				
1 Mark Herndon	4	5	1.250	.313
2 Vince Quinones	7	18	2.571	.367
3 Dave Milner	6	18	3.000	.500
4 Gary Helmrich	4	23	5.750	1.438
5 Chris Edington	4	24	6.000	1.500
6 John Callicotte	4	27	6.750	1.688
7 Jerry Ziegler	5	44	8.800	1.760
8 Chris Neher	4	34	8.500	2.125
9 Dave Quinones	5	58	11.600	2.320
<b>20-24</b>				
1 Tom Loucks	8	9	1.125	.141
2 Mike Bultemeier	8	12	1.500	.188
3 Jerry Williams, Jr.	9	24	2.667	.296
4 Gary Williams	7	29	4.143	.592
5 Brent Munro	7	31	4.429	.633
6 Tim Bowman	6	33	5.500	.917
7 Ken King	6	49	8.167	1.361
8 Brett Davis	4	22	5.500	1.375
9 Bob Smith	4	27	6.750	1.688
10 Jim Amstutz	5	60	12.000	2.400

	No. of Races	Total Points	Ave. Place	Rating		No. of Races	Total Points	Ave. Place	Rating		
<u>25-29</u>					40	Allen Wood	4	105	26.250	6.562	
1	Phil Suelzer	10	11	1.100	.110	41	Mike Kifowit	5	166	33.200	6.640
2	Rick Reitzug	8	16	2.000	.250	42	Paul John	3	70	23.333	7.778
3	Jerry Mazock	9	30	3.333	.370	43	Dennis DeMerritt	4	129	32.250	8.062
4	John Treleaven	10	51	5.100	.510	44	David Bartolini	5	206	41.200	8.240
5	Steve Gradeless	5	15	3.000	.600	45	Rick Ravine	3	87	29.000	9.677
6	Jim Anderson	7	34	4.857	.694	46	Steve Hays	3	101	33.677	11.222
7	Mike Stieglitz	6	30	5.000	.833	47	Bob Stannard	3	118	39.333	13.111
8	Dave Glover	8	70	8.750	1.094	48	Bill Hibber	3	123	41.000	13.667
9	Tony Gatto	7	54	7.714	1.102	<u>35-39</u>					
10	Dan Gerbers	5	31	6.200	1.240	1	Bob Bruckner	9	13	1.444	.160
11	Mike Medler	7	74	10.571	1.510	2	Don Lindley	10	23	2.300	.230
12	Eric Thorn	6	57	9.500	1.583	3	Mike Hill	6	15	2.500	.417
13	James Hoffman	5	40	8.000	1.600	4	Ron Motycka	10	59	5.000	.500
14	Mike Avilla	9	159	17.667	1.963	5	Steve Atkinson	10	60	6.000	.600
15	Tom Donelson	6	100	16.667	2.778	6	Dave Fairchild	10	74	7.400	.740
16	Barry VandeZande	8	195	24.375	3.047	7	Wayne Schaltenbrand	6	27	4.500	.750
17	Don Tardiff	5	77	15.400	3.080	8	John McMillen	3	7	2.333	.778
18	Bahman Zandevakili	6	112	18.667	3.111	9	Dave Waldrop	10	85	8.500	.850
19	Larry Ellis	4	57	14.250	3.563	10	Ed Kerr	7	48	6.857	.980
20	Gary Dunn	4	58	14.500	3.625	11	Barrie Peterson	10	101	10.100	1.010
21	Larry Linson	6	138	23.000	3.833	12	Michael Beltz	6	38	6.333	1.056
22	Dave Garst	5	99	19.800	3.960	13	Todd Rigelman	6	40	6.667	1.111
	Mike Pressler	5	99	19.800	3.960	14	Dale Brown	6	68	11.333	1.889
24	Michael Glaspar	5	100	20.000	4.000	15	Tom DeLong	10	193	19.300	1.930
25	Murtaza Karim	4	81	20.250	5.063	16	Tom Tucker	3	20	1.667	2.222
26	Bruce Lockwood	4	87	21.750	5.438	17	Tom Mangette	6	87	14.500	2.417
	David Schmidt	4	87	21.750	5.438	18	James Richardson	5	64	12.800	2.560
28	Randy Lavine	4	117	29.250	7.313	19	Tom Clagg	4	43	10.750	2.683
29	David Sorrick	4	132	33.000	8.250	20	Dan McQuire	5	79	15.800	3.160
<u>30-34</u>					21	Don Noland	5	83	16.600	3.320	
1	Dan Kaufman	10	25	2.500	.250	22	Don Lundquist	6	124	20.667	3.444
2	Steve Foster	10	28	2.800	.280	23	Dick Waterfield	5	91	18.200	3.640
3	John Kline	8	26	3.250	.406	24	Rudy Kleinknight	7	195	27.858	3.980
4	Jeff Schneider	7	24	3.428	.490	25	Joe Hahn	4	67	16.750	4.188
5	Gary Dexheimer	4	8	2.000	.500	26	Jim Martin	6	160	26.667	4.444
6	Tom Gerbers	7	25	3.571	.510	27	Richard Ummel	7	221	31.571	4.510
7	Mike Robbins	10	63	6.300	.630	28	Pat Harris	6	187	31.166	5.194
8	John Schwarze	10	78	7.800	.780	29	Tom Firestine	6	212	35.333	5.888
9	Dennis Kroells	8	52	6.500	.813	30	Dave Kruse	5	158	31.600	6.320
10	Bob Nunley	8	61	7.625	.953	31	John Callicotte	4	105	26.250	6.561
11	Larry Shivley	7	50	7.149	1.020	32	Orrin Session	5	167	33.400	6.680
12	Bill Blosser	6	50	8.333	1.389	33	Tim Thompson	3	67	22.333	7.444
13	Kenny Wolfe	6	57	9.500	1.583	34	Larry Ebersole	4	140	35.000	8.750
14	David Ruetschilling	8	108	13.500	1.688	35	Vern Miller	4	166	41.500	10.375
	Phil Wisniewski	8	108	13.500	1.688	<u>40-44</u>					
16	Mike Melendrez	9	153	17.000	1.889	1	Joe Barile	10	12	1.200	.120
17	John Heath	6	71	11.833	1.972	2	Larry Averbeck	10	26	2.600	.260
18	Art Obregon	4	34	8.500	2.125	3	Woody Barker	10	30	3.000	.300
19	Dan Bossard	9	187	20.777	2.309	4	Charlie Brandt	9	34	3.778	.420
20	Jim Berghoff	5	58	11.600	2.320	5	Jack Morris	6	17	2.833	.472
21	Tom Cavacini	8	150	18.750	2.344	6	Leland Sibrel	10	72	7.200	.720
22	Terry Shipley	7	134	19.143	2.735	7	Robert McCuan	7	44	6.286	.898
23	Lynn Armstrong	4	46	11.500	2.875	8	Bud Stiffler	8	64	8.000	1.000
24	Phil Shafer	6	104	17.333	2.889	9	Lynn Milner	9	87	9.667	1.074
25	John Peterson	9	236	26.222	2.914	10	John Barbier	4	31	7.750	1.107
26	Mike Novosad	7	144	20.571	2.938	11	Fred Ross	4	18	4.500	1.125
27	Norval Lehman	6	108	18.000	3.000	12	Robert Gensheimer	6	59	9.838	1.638
28	Robert Wiersma	10	316	31.600	3.160	13	Bob Harter	5	42	8.400	1.680
29	Steve Yager	6	128	21.333	3.555	14	Joseph Brooks	9	137	15.222	1.691
30	Tom Mather	5	91	18.200	3.640	15	Dan Babcock	5	55	11.000	2.200
31	Mike Zurzolo	5	96	19.200	3.840	16	Don Frey	4	42	10.500	2.625
32	Dan HannaFord	3	35	11.667	3.889	17	John Rasmussen	5	77	15.400	3.080
33	Pat Herman	5	109	21.800	4.360	18	Jerry Cauffman	5	99	19.800	3.960
34	Russell Suever	5	118	23.600	4.720	19	Lyle Young	4	66	16.500	4.125
35	Gary Rickner	5	125	25.000	5.000	20	Burneal Fick	4	99	24.750	6.187
36	Bob McKinley	6	181	30.167	5.028						
37	Phil Hess	4	86	21.500	5.375						
38	Cliff DeLaCroix	5	136	27.200	5.440						
39	Russell Cross	5	142	28.400	5.680						

	No. of Races	Total Points	Ave. Place	Rating
<b>45-49</b>				
1 Bill Schmidt	10	10	1.000	.100
2 Joe Ziegler	10	24	2.400	.240
3 Herb Chandler	10	38	3.800	.380
4 Larry O'Herron	10	56	5.600	.560
5 Don Goldner	7	36	5.143	.735
6 Chris Stauffer	6	27	4.500	.750
7 Dave Wilson	8	51	6.375	.797
8 Terry Gautch	7	52	7.429	1.061
9 Bernie Huesing	4	24	6.000	1.500
10 Chuck DeVault	8	100	12.500	1.563
11 Ian Rolland	7	79	10.286	1.612
12 Rudi Florreich	7	82	11.714	1.673
13 Bill Sohaski	5	48	9.600	1.920
14 Bob Schweppe	8	141	17.625	2.203
15 Joe O'Brien	3	20	6.667	2.222
16 Tom King	3	21	7.000	2.333
17 Larry Coddling	6	87	14.500	2.417
18 Dick Sive	4	55	13.758	3.438
19 Donald Helman	4	58	14.500	3.625
20 Robert Habig	4	59	14.750	3.688

<b>50-59</b>				
1 Myron Meyer	9	11	1.222	.136
2 Mike Lab	8	13	1.625	.203
3 Gary Tomlinson	6	10	1.667	.278
4 Vern Chovan	9	35	3.889	.432
5 Curtis Nold	10	45	4.500	.450
6 J. E. Jones	9	45	5.000	.556
7 Gene Striggle	4	9	2.250	.562
8 Gene Whitacre	4	14	3.500	.875
9 Alfred Moore	9	85	9.444	1.049
10 Ross Moyer	10	108	10.800	1.080
11 John Hilker	5	30	6.000	1.200
12 Roger Phillips	6	44	7.333	1.222
13 Paul Snyder	6	60	10.000	1.667
14 Jack O'Neil	5	54	10.800	2.160
15 Wendell Adams	3	21	7.000	2.333
16 King Sullivan	5	61	12.200	2.440
17 Eugene Haines	5	69	13.800	2.760
18 Jack Paul	4	45	11.250	2.813
19 Claude Keller	5	50	12.500	3.125

<b>60-over</b>				
1 Al Gumbert	10	12	1.200	.120

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## THANK YOU

Dan Bossard indulged in a long distance call from Colorado to convey his personal thanks to all those workers who granted time and effort on the day of the Ultra Marathons. The FWTC also thanks those workers.

### HOMECOMING RUN, Muncie 10K 9-19-81

Jerry Williams, Jr. 34:36  
2nd overall 2/19-29

### ANB OCTOBERUN, Muncie - 10-10-81

Jerry Williams, Jr. 16:09  
1st overall 1/20-29

### ARBY'S BIG BROTHER/BIG SISTER RUN - 5 miles - 8-29-81

Brady Wells 26:11  
2nd overall 1/18-29

### HARVEST HOMECOMING 10K - New Albany, IN - 10-10-81

Brady Wells 33:07  
5th overall 1/18-24

### MARATHON OIL DOUBLE RUN 9-19-81 10K

Chuck Dowe 36:12  
13th overall 9/18-29

### LITE-FORT DEFIANCE AUTUMN RAMBLE - 10-17-81 10K

Chuck Dowe 36:58  
13th overall 2/26-30

### COLUMBUS MARATHON - 10-11-81

Dick Sive 3:58:37  
1538th overall 95/45-49

### UPLAND, IN 10K - 9-6-81

Jerry Williams, Jr. 33:33  
3rd overall 3/19-29

### TELL CITY 10K - 10-3-81

Myron Meyer 38:01  
11th overall 2/50-59

### COVERED BRIDGE 10 mile Mansfield - 10-11-81

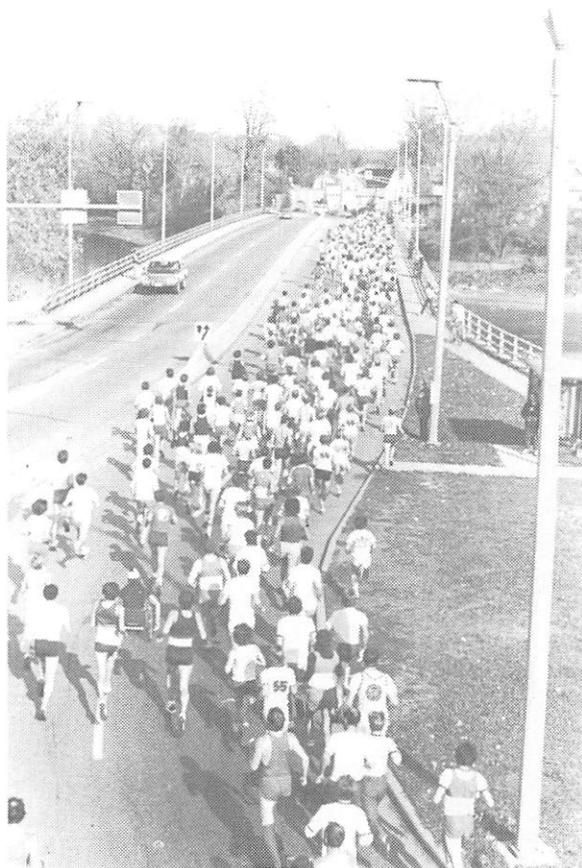
Myron Meyer 64:23  
35th overall 1/50-54

### McMILLEN RUN FOR HEALTH 4 mile - 10-4-81

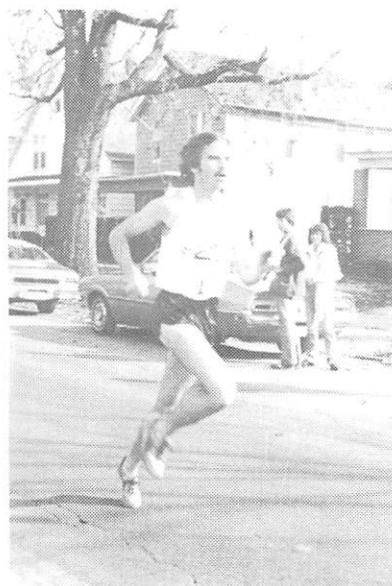
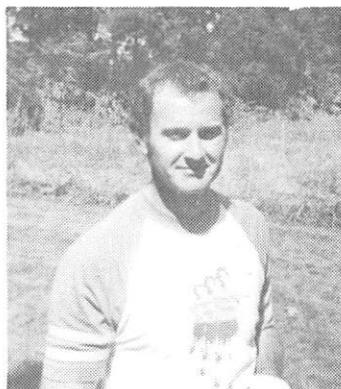
Vern Chovan 27:06  
62nd overall 2/50-59

# Fast Foto

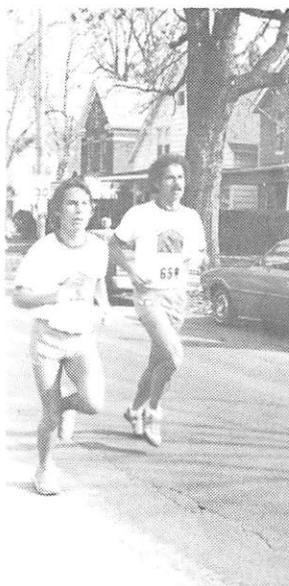
Start of Home Loan 10K  
(photo by Jim Dupont)



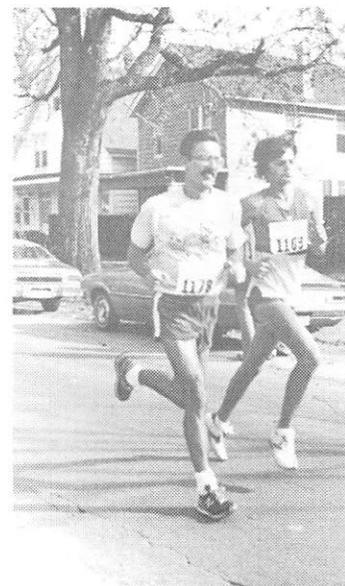
Don Goldner, Race Director



Dexter Lehman, Winner



658 - Ron Motycka



1178 - Jeff Schnieder

(photos by Shianne Fleetwood)



Overall Winner: Phil Suelzer

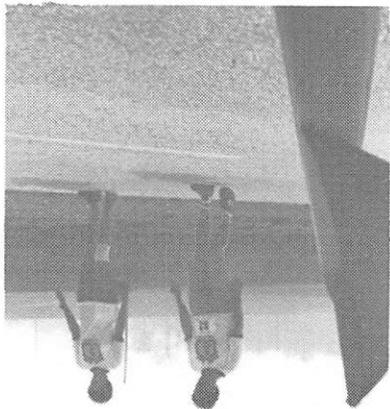


Women's Winner: Jan Kissinger



# Ultra-Marathons

FORT WAYNE





**FORT WAYNE  
TRACK CLUB**

**ULTRA  
MARATHONS  
60 KM - 50 MILES  
100 KM**



**MEN**

60KM - overall

1 Tom Gerbers	4:25:25	51 Sy Mah	6:43:14
2 Phil Suelzer	4:26:07	52 Don Branstetter	6:46:17
3 Dr.Clarence Richey	4:46:39	53 J.George Isom	6:52:12
4 F.L.Averbeck	4:49:14	54 Larry A. Good	6:53:08
Rick Reitzug	4:49:14	55 Charles Hall	7:04:10
5 David Torrey	4:49:16	56 Dennis Shackley	7:10:57
6 Thomas Loucks	4:51:00	57 Curtis Nold	7:13:33
7 Dayne Martin	4:51:19	58 Steven Tielker	7:16:14
8 J.Lee Dye	4:52:22	59 James P. Jones	7:27:20
9 Jim McCabe	4:58:01	60 Robert Wiersma	7:31:15
10 Fred Fulcher	4:59:15	61 Richard Augsburger	7:45:14
11 George Roberts	4:59:28	62 William Seibert	7:49:26
12 Jim Petiniot	5:04:19	63 Larry Linson	8:27:53
13 Fred Dubow	5:10:56	<u>50 Miles - overall</u>	
14 Woody Barker	5:15:29	1 Phil Suelzer	6:08:51
15 Danny Gerbers	5:18:21	2 F.L.Averbeck	6:31:26
Don Lindley	5:18:21	3 Dayne Martin	6:34:19
16 Eddie Phillips	5:19:20	4 J.Lee Dye	6:38:33
17 Jim Berghoff	5:25:11	5 Dr.Clarence Richey	6:42:05
18 Jeffrey Harp	5:27:17	6 Jim McCabe	6:57:27
19 Dan Kaufman	5:30:13	7 Danny Gerbers	7:10:08
Ronald Motycka	5:30:13	8 Eddie Phillips	7:19:43
Mike Robbins	5:30:13	9 Don Lindley	7:22:26
20 Steve Adkinson	5:31:03	10 Steve Adkinson	7:23:27
21 William Candy	5:31:13	11 Dan Kaufman	7:26:32
22 Paul Anderson	5:31:50	12 Jeffrey Harp	7:26:54
23 Peter LaRouech	5:34:37	13 Jim Berghoff	7:32:25
24 James Plant	5:37:14	14 James Plant	7:36:44
25 L.K.Christensen	5:39:59	15 Fred Fulcher	7:37:40
Ken Nelson	5:39:59	16 Ronald Motycka	7:46:40
26 Norman Klein	5:41:49	Mike Robbins	7:46:40
27 Scott Frazier	5:42:52	17 Norman Klein	7:49:00
28 Ron Tinschert	5:43:38	18 David Ruetschilling	7:49:28
29 David Fairchild	5:44:15	19 Michael Kast	7:55:02
30 Stuart Smith	5:45:07	20 Paul Anderson	7:58:38
31 Michael Kast	5:46:54	21 Donald Brown	8:17:54
32 Dan Moord	5:47:44	22 David Fairchild	8:23:52
33 Dan Hannaford	5:48:08	23 Bud Stiffler	8:33:16
34 David Ruetschilling	5:58:58	24 Wayne Richard	8:41:50
35 Tom Clagg	5:59:19	25 Harvey Steinbacher	8:48:23
36 James Hoffman	6:04:49	26 Charles Steinmetz	8:49:44
37 Marc Steinmetz	6:05:12	Marc Steinmetz	8:49:44
38 Donald Noland	6:06:42	27 J.George Isom	9:26:34
39 Charles Steinmetz	6:07:43	28 David Wilson	9:30:23
40 Chris Jennings	6:08:57	29 Jim Vierzba	9:32:05
41 Lee Pearson	6:09:35	30 Charles Hall	9:49:29
42 James Hoffman	6:10:57	31 Curtis Nold	10:16:15
43 Jim Vierzba	6:12:05	32 Larry A. Good	10:30:57
44 Harvey Steinbacher	6:13:07	33 William Seibert	10:42:00
45 Bud Stiffler	6:13:52		
46 Al Gumbert	6:15:49	<u>100KM - overall</u>	
47 Wayne Richard	6:19:21	1 J.Lee Dye	8:26:08
48 David Wilson	6:22:23	2 Dr.Clarence Richey	8:40:18
49 Donald Brown	6:28:09	3 Eddie Phillips	9:21:50
50 Michael Floyd	6:33:58	4 Norman Klein	10:12:07

**WOMEN**

60KM - overall

1 Jan Kissinger	5:45:48
2 Lorna R. Richey	6:05:44
3 Sharon Wiersma	6:30:41
4 Kathy Vierzba	6:46:08
5 Gloria Nycum	6:59:25
6 Ann Mize	7:17:56
7 Helen Klein	7:24:04
8 Julia Wilson	7:33:18
9 Ellen Eder	10:23:41

50 miles - overall

1 Jan Kissinger	7:51:13
2 Sharon Wiersma	8:50:14
3 Gloria Nycum	9:46:45
4 Ann Mize	10:07:18
5 Helen Klein	10:26:27

**SPECIAL THANKS TO:**

North American Van Lines  
Athletic Attic  
Carpetland, U.S.A.

Tom Osler

and all those persons who  
assisted with the race!



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popular womens running line, has gone out of bus-  
iness)

5. BILL ROGERS RUNNING WEAR IS COMING SOON!

(Early December)



# Fifth Annual Auld Lang Syne 5

Sponsored by the FORT WAYNE TRACK CLUB  
THURSDAY, DECEMBER 31, 1981

North American Van Lines at the intersection of U.S. 30 and Kroemer Road approximately 1½ miles west of I - 69 & U.S. 30 interchange. Course loops on blacktop parking lot. Distance is 5 miles. Entry fee is free to FWTC members. \$2.00 to others. \$3.00 day of race. Awards are merchandise - High School Trophies. Send entry to Myron Meyer, 4727 Winter Street, Fort Wayne, IN 46806 Phone 456-6041

Make check payable to Fort Wayne Track Club

**Divisions:**

Men		Women	
14 - under	3 awards	19 - under	2 awards
15-19	4 awards	20-29	4 awards
20-28	4 awards	30-39	2 awards
25-29	4 awards	40-over	2 awards
30-34	4 awards		
35-39	3 awards		
40-44	3 awards		
45-49	3 awards		
50-59	3 awards		
60-over	1 award		

**REGISTRATION FORM  
AULD LANG SYNE 5**

Name \_\_\_\_\_ Age \_\_\_\_\_ Division \_\_\_\_\_

Address \_\_\_\_\_

Member of FWTC \_\_\_\_\_ Want Membership Information \_\_\_\_\_

I acknowledge that I have trained sufficiently to participate in this event. I, or my heirs or assigns, waive any rights I may have against the Fort Wayne Track Club, North American Van Lines, and any other sponsors or affiliates in connection with this event from any claims for damages, demands and causes of action arising from my participation.

Date \_\_\_\_\_ Entrant's Signature \_\_\_\_\_

If under 18, parent or guardian must sign here \_\_\_\_\_

The race will be held on the second basin of Lake James, Angola, IN. The start and finish will be in front of Bledsoe's Beach. Take the Lake James, Crooked Lake exit north off of I-69 at Angola. Follow Road 200 W. around Lake James to Bledsoe's Beach.

Entry deadline is January 23, 1982. Pre-registration fee is \$5.00, this includes T-shirt and your name in a drawing for \$500.00. Registration on site will be from 10:00 a.m. to 12:00 noon and will not include T-shirt.

The course will be laid out on the lake. If there is no snow we will not run the race on the ice but instead the no-snow date will be Sunday, February 14th, same time, same location. For snow information that weekend you may call 219-833-3181 or 219-833-2240.

There will be restrooms, no showers, limited dressing facilities. There will be a place to warm up. There will also be a snack bar with hotdogs, hot roast beef sandwiches, hot chocolate, coffee, pop, and full service bar inside Bledsoe's.

Plaques will be presented, three places in each division.

Women	Men
19-under	19-under
20-29	20-29
30-39	30-39
40-over	40-49
	50-59
	60-over

STARTING TIME IS 12:30 p.m., SUNDAY, FEBRUARY 7, 1982

This race is held in conjunction with the 14th Annual Indiana Winter Festival. For further information, contact Don Schiemann, RR 5, Box 616, Angola, IN, 46703 219-833-3181

## The Winter Festival 7,000

**THE WINTER FESTIVAL 7000, February 7, 1982**

Entry form and waiver of liability

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_

Sex \_\_\_\_\_ T-shirt size (check one) S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

In consideration of your accepting my entry, I do hereby for myself, my heirs, executors, administrators and assigns, waive and release all rights and claims for damages which I may have or which may hereafter accrue to me against the Lake James Sports Club and the Indiana Winter Festival, its sponsors, agents, representatives or assigns, for any and all damages which may be sustained or suffered by me in connection with my association with or entry or participation in the Winter Festival 7,000.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian if under 18

Make checks payable to LJSC Indiana Winter Festival. Send to LJSC Indiana Winter Festival, c/o 360 Ski Shop, Route 5, Box 616, Angola, Indiana 46703

## LETTERS TO THE EDITOR

Mr. Paul Wolf, President  
Home Loan and Savings  
Fort Wayne, IN

Dear Paul:

Speaking in behalf of the Fort Wayne Track Club, I congratulate you and your organization for a tremendous performance in sponsoring the Home Loan 10,000 on October 25. It was an unqualified success-- we have heard nothing but superlative comments about the race and the way it was put on from the runners and spectators alike.

Thank you for volunteering this past summer to take over this event, for your commitment to excellence in planning its every aspect, and for your splendid cooperation with Don, Steve, Jan, and the entire Fort Wayne Track Club in order to make the whole show run smoothly. Yours was a Dexter Lehman-like effort.

Will there be a second annual Home Loan 10,000 in 1982? The people of Fort Wayne and the FWTC certainly hope so! Count on our continuing cooperation and support.

Sincerely,  
FORT WAYNE TRACK CLUB  
s/Larry Lee, President



Dear Mr. Bossard:

I participated in yesterday's Home Loan 10,000 and enjoyed the run enormously, exactly the sort of encouraging experience that keeps novice runners like me eager and enthused and running. The Fort Wayne Track Club is to be congratulated on an extremely well-run event.

Could you please put me on whatever mailing list the Track Club maintains so I can be notified of other events in Fort Wayne? I would really appreciate it.

Again, please thank all the Track Club members who made the Home Loan 10,000 such a good outing.

Susan Mulchahey  
Richmond, IN



Saturday, December 12, 1981, FWTC 10KM, 2:00 P.M. EST.

This is the 5th Annual running of this popular race conducted around Foster Park golf course. At this time of the year the roads are usually snow covered and the air very crisp and cold. Wendy's and Hall's restaurant are the closest facilities for restrooms, etc., so come prepared to run.

Entry fee is free for FWTC members and \$1.00 for non-members. Registration is from 1:00 to 1:45 P.M. (no advance entries). Standard FWTC ribbons will be awarded to the top five in each of the FWTC age divisions. The registration and start of the race will be located on Hartman Road and Foster Parkway Drive near the ball parks.

The official rehydration station will be at Wendys located on Broadway and Oakdale.

Race Director - Don Lindley - 219-456-8739

Danny:

Of course, this is craziness, you know. I mean, I'm sending you money to try to run a distance that I don't like to drive. Weight's up to about 240 lbs, getting 20 miles a week, and am on the verge of alcoholism. So much for training. As a matter of fact, I'm sitting here right now suffering from lasagne overdose, popping aspirin and beer cans, trying to convince myself that my left achilles really does not hurt.

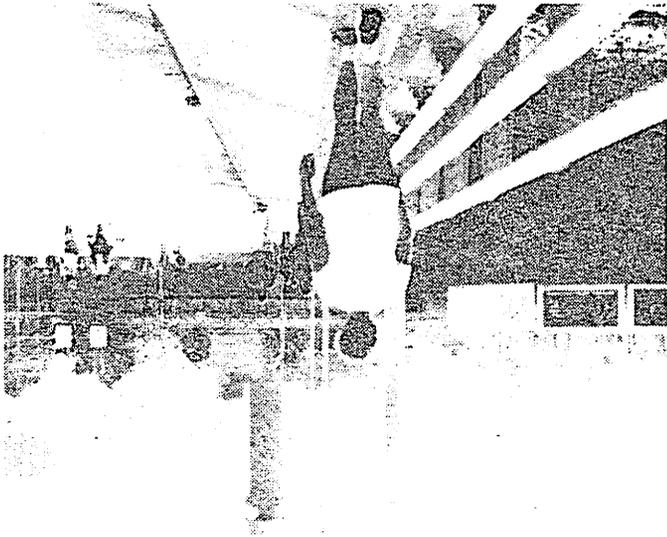
So anyway, what do you mean "I acknowledge that I have sufficiently trained to participate in this event...". Bullshit. So when was the last time you were "sufficiently trained" to do one of these bozo things?

Please find enclosed my hard-earned ten dollars. Don't jump to any funny conclusions though. Just because I'm donating to this silly fiasco doesn't mean I'm nuts enough to participate! But, just in case I happen to be feeling good, and the weather's nice...who knows?

One way or another, see you on the first.

s/Steve

Six miles is at least five times farther than three miles



The Editors have received a note from Hal Higdon of Roadrunner Tours. Roadrunner Tours is sponsoring a to Grandma's Marathon, June 17 - 19, 1982. The tour leaves from Michigan City, at an estimated cost of \$150 and will be limited to about 50 people. Grandma's will limit their field to 6000 runners, and expects to close by mid-February. Entry blanks for the marathon can be obtained from: Grandma's Marathon, PO Box 6234, Duluth, MN 55806. Other Roadrunner Tours will be to Bermuda, Avon (San Francisco), Oslo, Rio, Athens, New York and Honolulu. Further information on these tours can be obtained by writing to: Roadrunner Tours, 301 West Highway 20, Michigan City, IN 46360

NOTE:

VISA & MASTER CHARGE ACCEPTED

484-4322  
STORE HRS.  
DAILY 10 to 9  
SUN. 12 to 5  
GLENBROOK  
SQUARE

*(Track Club Members 10% off for the month of December.)*

*Merry Christmas to Fort Wayne Track Club*

DAY!

HAVE  
A GOOD



JANUARY - 1982

17\* 8 MILE - Ft. Wayne (Homestead HS), 2pm  
First FWTC Points Race

\* FWTC Points Race

Information in the race calendar reflects the latest received by the INSIDE TRACK. Double check with race directors or other sources before traveling.

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

RACE SCHEDULE

DECEMBER

- 3 SNOWFLAKE DERBY 4k & 8k X/C - Evansville, (Indiana State U.), 10am, Bill Stegemoller, ISUE 8600 University Blvd., Evansville IN. 47712
- 5 SWITCHES-CCY 10k - Logansport IN., 12:30pm Brian Morrill, 219/735-3600
- 5 HRRC ANNUAL DINNER MEETING - Lawrence North HS, Indianapolis, 3pm 5k & 10k fun runs. Dinner at 5pm.
- 12 FWTC 10k - Ft. Wayne (Foster Park), 2pm, Don Lindley, 219/456-8739
- 12 JINGLE BELL JOG 4 MILE - Convoy O. (Crestview HS), 11am.
- 12 JOE STEELE ROCKET CITY MARATHON - Huntsville AL., 9am
- 20 KRIS KRINGLE KROSS KOUNTRY KRUISE 6k - Stone Lake, Laporte IN., 1pm, Dunes Running Club PO Box 42 Michigan City IN., 46360
- 31\* AULD LANG SYNE 5 MILE - Fort Wayne (NAVL) 11:45pm, Myron Meyer 219/456-6041. Please note change of location from IU-PU campus.
- 31 CLUB KOKOMO RACE 5k - Kokomo IN., 11:45pm Ricke Stucker 317/457-0352.



**FORT WAYNE  
TRACK CLUB**

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

**FWTC NEWSLETTER**

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

**RETURN  
POSTAGE  
GUARANTEED**