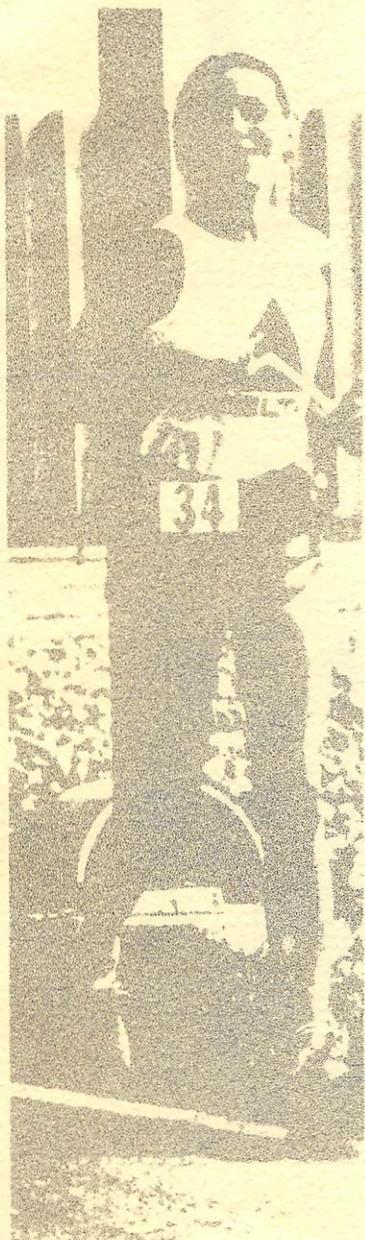


# the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

JANUARY, 1982



## PROFILE: JAN KISSINGER

This Fort Wayne native and Bishop Luers graduate resigned a teaching position (6th grade at Justin Study School) after only one year in order to begin a career as a stewardess because she wanted to "... live in a big city and lead a glamorous life." Jan Kissinger admits that Fort Wayne was not quite what she had in mind for a big city when she began flying for Delta Airlines, since Delta flies into such diverse cities as Miami, Atlanta, San Francisco, San Diego, and Chicago, but she does allow that there is a fair amount of excitement and glamour in her job. An active sportswoman, Jan finds that her flight schedule leaves ample opportunity to indulge in such activities as skiing (both cross-country and downhill), biking, camping, canoeing, and waterskiing (she and her sister keep a boat docked at Wawasee all summer). Running, however, is the "newcomer" to Jan's list, dating "only" from 1976. Running was not quite an acceptable sport for a woman before 1976 because it was not entirely appropriate for women to sweat.

Running is now, obviously, a socially acceptable activity for women as well as men, and Jan has become one of the Midwest's leading female runners. As a member of the Fort Wayne Track Club, Jan has competed successfully at nearly all contested distances from 5K to 50 miles, and is well up in the points standings for her age group championship this year. Jan also competes for the Delta Airlines Running Club, and on December 6 placed well in the Bonne Bell 10K championships with a sub-43 minute performance. The Delta Running Club has provided Jan with some of her most interesting running experiences. Last October she flew to Massachusetts to run a 15.8 miles leg on an 8-person 80 mile relay race from Plymouth Rock to Provincetown. Jan grants that 15.8 miles is an uncommon distance to race, but claims that long distances and relays are featured elements in her running. She trains primarily with long slow distance, and ran her first marathon this past summer in Fort Wayne, finishing in a time of 3:58 (16th overall among the women) after running the entire distance with a smile. She followed this with a 3:27 in Montreal two months later, and anticipates a sub-3:20 in the Spring. Jan is not yet comfortable with marathons because they are so short. She had completed two 50-milers (including a victory in the women's division in Miami last January) before attempting her first marathon. Her best time for 50 miles is 7:53, recorded at Fort Wayne's Ultra November first - - another victory. Jan's long distance running goals include participation in the London-to-Brighton road race, and a coast-to-coast women's relay run (four people, about 60 days).

Jan's contributions to the Fort Wayne running scene are not limited to winning races. She was responsible for the color-coded finish line system at the Home Loan 10K, and will be the 1982 Coordinator for WE. Jan includes among her heroines Nancy Reagan ("a lady"), Jacqueline Smith ("beautiful") and Jacqueline Gareau ("outstanding runner"). One of Jan's occasional running partners is Curt Nold, for whose children Jan babysat before she began her running career. For Jan "Running is a truly great sport that can offer something for everyone."



# THE Inside TRACK

THE INSIDE TRACK NEWSLETTER

EDITORS Dave Fairchild  
Jan Fairchild

ASSISTANT EDITORS Tom Loucks  
Eulalia Loucks

PRODUCTION ADVERTISING  
Jim Dupont

COORDINATOR Randy Lavine

THE FORT WAYNE TRACK CLUB

PRESIDENT Larry Lee

VICE PRESIDENT

Don Goldner

Gloria Nycum

SECRETARY

TREASURER Don Lindley

SCHEDULING

CHAIRMAN

COMPUTER

CONSULTANT John Treleaven

TIMING SYSTEMS

COORDINATOR Terry Shipley

COURSE MEASUREMENT

CHAIRMAN Phil Suelzer

CLUB STATISTICIANS

Bill Schmidt

Dan Kaufman

Mike Robbins

MEMBERSHIP CHAIRMAN

Phil Shafer

ULTRA MARATHON

CONSULTANT Dan Bossard

LEGAL CONSULTANT

Mike Kast

MEDIA CONSULTANT

Bill Sohaski

BOARD MEMBERS

John McMillen

Jerry Mazock

Tom Mather

HOME LOAN COORDINATORS

Steve Foster

Jan Kissinger

RUN FOR FUN . . .



RUN FOR YOURSELF . . .



RUN FOR HEALTH . . .



**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

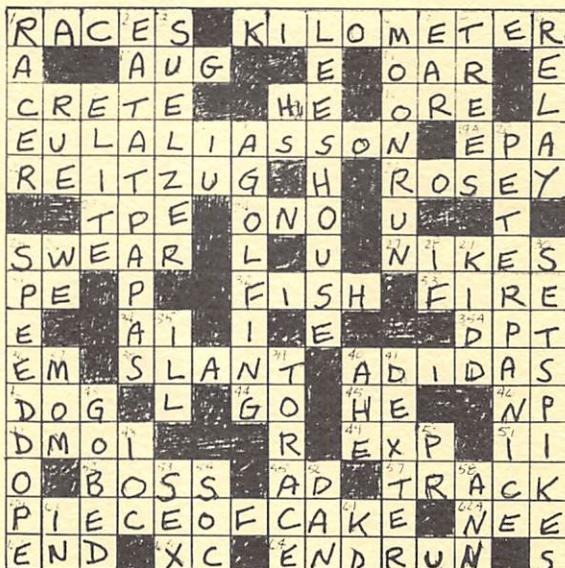
★ FWTC MONTHLY MAGAZINE "THE INSIDE TRACK"

plus a subscription to "FOOTNOTES" quarterly newsletter.

★ FRIENDSHIP AND FELLOWSHIP WITH OTHER RUNNERS AND THEIR FAMILIES

INTERESTED? JOIN US!

Before you decide to drop out of my Crossword idiocy, I must make a correction. 56 across in the clues should actually be 57 across. Sorry 'bout that!



**FORT WAYNE  
TRACK CLUB**

# EDITOR'S NEWS & VIEWS

by DAVE FAIRCHILD

"Certain affairs are too important to be taken seriously."  
G. K. Chesterton

The start of a new year is an appropriate time for self-reflection, for evaluating the year just past and anticipating the year ahead. For many of us this self-reflection results in New Year's Resolutions, a few of which may eventually be made public, and even fewer of which will survive January's cold to meet February's snows. New Year's resolutions are often short-lived because they are poorly considered: inappropriate for our situation and thus impossible to keep. Successful resolutions are those that are within our grasp, those that we can incorporate as regular features of our daily lives. Successful resolutions, that is, become part of a (modestly) altered lifestyle because they speak to the moment and are effectively attainable. I would wish that we might all make New Year's Resolutions that would result in significant improvements in our world, our community, our own lives. I cannot offer many specific resolutions since I do not know the unique circumstances of the other members of the FWTC. But I will share one of my resolutions for the New Year: to keep a sense of perspective on those affairs that are too important to take seriously.

As runners, we too often take ourselves too seriously. We become virtual slaves to our training diaries, our records of miles, minutes, races, PR's, club points standings, and trophies. And somewhere along the way we lose sight of ourselves, of who we are and who we could (and should!) be. We do not play enough. In one of his more lyrical compositions, John Denver sings:

"... its here we must begin to seek the wisdom of the children, and the graceful way of flowers in the wind.

For the children and the flowers ~~are~~ my sisters and my brothers.

Their laughter and their love-  
liness could clear a cloudy day.

Like the music of the mountains  
and the colors of the rainbow,

They're a promise of the future  
and a blessing for today.

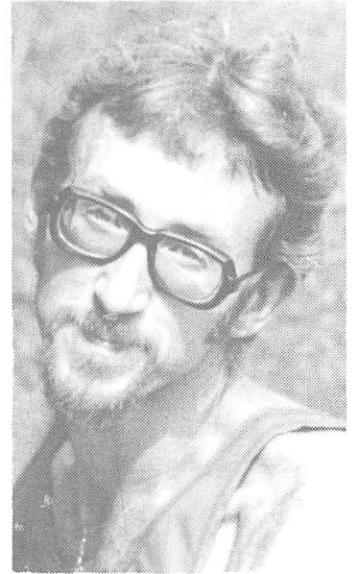
It is written 'From the desert  
to the mountains they shall  
lead us,

By the hand and by the heart  
they will comfort you and me.

In their innocence and trusting  
they will teach us to be free."

As children, we never lacked for an opportunity to play, nor did we ever need an excuse to play. But as adults we typically have (or recognize) fewer opportunities and need more excuses to play. We feel comfortable in free play only when we are playing with children, as if we would otherwise be embarrassed to be caught at play. I am fortunate in this regard, indeed doubly so. Emily is still young enough to assist me in playing, and my name itself reminds me to be more child-like, to allow the child within me out, at least occasionally.

I cannot honestly claim that I recapture my childhood from and with Emily. Such a claim is at once too simple and too narrowly restricted. The child's moments of wonder, insight, awe, and amazement at the world in which we are all growing and seeking after self are universal moments -- if we only allow them to be. Most of us, as we get older, believe these moments decrease in frequency and intensity as we age.



We believe the coming of adulthood is anathema to being playful, and so we cover ourselves with the characteristics we feel (usually wrongly) are appropriately "adult". Layer upon layer these characteristics are added to our lives. We bury our rainbows deeper and deeper, until the sedimented strata of our serious adult lives completely obscure the colors. At this point we dismiss our rainbows as unimportant -- "I don't have time for that!" -- or worse, as non-existent.

Rainbows are, of course, non-existent: they are not concrete, material entities. Rainbows are the products of very special conditions. We do not, ever, in spite of our best scientific attempts, see the light itself. We see the reflection and refraction of light. There are no guarantees with rainbows: the special conditions which produce rainbows may appear at any moment. The trick, the challenge, is for

us to be ready for the rainbow, wherever and whenever. Those bright moments which are rainbows come into our lives in a blaze of glory, magificently filled with the power of the moment. We owe it to the moment and to the child (whether within or without us) to bring the rainbow to the child.

We can always pursue something another step further, and this seems to be the great appeal of the child-mind: It is rarely satisfied with a single answer. Children see the universe in a rainbow. Now and again they may need a little assistance as they struggle to formulate a question that will enable them to further explore their universe and our world. Whatever our "necessary" duties of maturity and adulthood can wait. There is nothing more important than giving to a child, wherever found, something that we see in a special way. No one sees any color in exactly the same way as another. The colors are within us.

Perhaps we have spent too much effort in telling (and showing) our children and ourselves how to be responsible adults. When they and we fail, perhaps it is because we have failed to show them (and failed to allow ourselves) to be children. As adults, we seem to have grown ashamed of child-like qualities, especially those not exclusively found in little persons. We want our children and ourselves to grow up as quickly as possible, before anyone realizes they are children. The irony is that all we often have to do is show the children the rainbow. It seldom requires an explanation. There are no fixed and singular rainbows. But we can tell our children how we see and feel about rainbows. The serious world will always wait. If there is magic in our telling, if there is wonder and love, they will add their colors to ours.

For those of us who have been taking our running (too) seriously, now is a good time to make some changes. Perhaps we can begin by reemphasizing the fun in running, even if that means we have to deemphasize races and trophies. There is a Fort Wayne Track Club Fun Run every Saturday morning (10:00 a.m.) and every Wednesday evening (6:00 p.m.) at Foster Park. These are excellent opportunities to run "as the spirit moves you" (or the weather allows). Maybe a little faster than usual, probably a little slower than usual, but always with good company. Come play with us.

CONGRATULATIONS to West Coast FWTC members, Tony and Cindy Ventrella, who became parents on December 5, 1981. Daughter Kimberly Ann weighed 6 lbs. 14 oz. Mother and baby doing fine.

THANKS to Bob Bruckner who took all the ultramarathon photos used in the December issue of THE INSIDE TRACK

BRADY WELLS  
St. Louis Marathon 11-22-81  
35th overall 2:39:18  
10/20-24

This was a well run and organized race. It started and finished at Busch Memorial Stadium in downtown St. Louis. Out and back course fairly flat. Handsome plaques to top 50 runners. 36° at start of race, reached a high of 45°.

FOR SALE

RUNNING LIBRARY - over 50 titles on running and jogging - practically new condition - call Jack Paul 219-484-7142

NIKE DAYBREAKS - size 10, less than 30 miles of wear, dry weather only - asking \$20.00, negotiable - call Dave Fairchild 219-744-0424

# WANTED



SOMEONE TO FILL  
THESE SHOES  
AS

## RACE DIRECTOR

Are you tired of seeing the FWTC races directed by the same small group of people race after race? Would you like to see some changes? The truth of the matter is, so would they. This small group of dedicated runners have expressed an interest in assisting and encouraging new people to take over as race directors. If you have a desire to serve in this capacity, let the board know, and they will be happy to work with you. All you have to do is fill out this form and send it to;

Larry Lee  
11808 Weigela Court  
Fort Wayne, IN 46804

- I would be interested in serving as a Meet Director.
- I would be interested in working in another capacity at one of the FWTC races.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Home Phone \_\_\_\_\_



Jan Fairchild

## President's Column

by LARRY LEE

January 1, 1982 - another year is history, another year begins. A time to reflect upon the achievements - and also the shortcomings - in our own personal running lives over the past twelve months. Probably best not to reflect too long on the past; better perhaps to focus on what lies ahead. The beginning of a new year; a time to make new goals, a time for re-dedication. May I offer this wish to each of you, that 1982 be a year of challenge, of growth, and of fulfillment, through running and through every type of endeavor.

The month of December saw the last two races on the FWTC race calendar. Don Lindley's 10KM at Foster Park was another good run, and Myron Meyer's annual Auld Lang Syne (run after this column went to print) was no doubt a fun-filled and festive event, replete with "hard-cores", "crazies", and a handful of late-starting competitive runners using this race to inch up the points standings ladder before the curtain dropped on another year.

Did you notice: The change in date on Dan Glover's 10K at Foster Park in February as part of WOWO's Winterfest...mark your racing calendar now to avoid any scheduling snafus...speaking of race schedules, the FWTC board, at its December 6, 1981, meeting, finalized the date and site of its November European cross-country points race. Check the calendar...Don Goldner has done a fine job putting together another top-drawer FWTC Recognition Banquet. See details of this "don't miss" annual event elsewhere in this newsletter. Nice job, Don...Our newsletter has been nominated for some national recognition, as has

our Don Lindley re best club worker in a RRCA Club. Best of luck to Don and to Rick Reitzug and Dave and Jan Fairchild, past and present editors of THE INSIDE TRACK...first race of the year is only days away, January 17, 1982, at Homestead HS, an 8-miler, and yes, it is a points race. See you there!

### DAN BOSSARD

AMJA ULTRA, Chicago, 10-4-81  
50 mi 8:48:49

DAYTON CORRIDOR CLASSIC, 10-11-81  
13.1 1:34:12

NICK MARSHALL 24 HOUR RUN  
Tennessee, 10-17/18-81  
75 mi - 3rd overall  
(off the track 8 hours due to rain)

### RON GALLOGLY

Run for Health - 4 mi - 10-4-81  
12th overall 22:47  
Calithumpian - 5 mi - 10-18-81  
16th overall 29:18  
Home Loan 10,000 - 10-25-81  
95th overall 36:44

### TOM LINDLEY

Turkey Trot 10K - 11-21-81  
St. Petersburg, FL 41:37  
Dennis Allen Memorial Marathon  
Brandon, FL - 12-13-81  
140th overall 3:44:37

### KEN BABCOCK

Mint City Shuffle 10K  
Bremen, IN - 10-3-81  
4th overall PR 34:05  
2/13-19

### WADE MONROE

Bank One Marathon, Columbus  
1603 overall 4:02:29  
280/35-39

More than a year ago Jan Kissinger and I planned the first meeting for women interested in running. We were very pleasantly surprised at the enthusiastic turnout of 28 women. That first meeting was spent in sharing individual running experiences, goals, and problems. It was a group with diverse interests and abilities.

WE meetings were held throughout the year. Joan Goldner hosted the second meeting at which Mike Hill led a discussion on training. The third meeting, which focused on nutrition, was held at Gloria Nycom's home. Our next meeting consisted of a "country fun run" from Ann Jamison's lovely home in Leo. Deb Blume invited Jaye Frye, physical therapist, to speak at the October WE meeting at her home. Marsha Schmidt entertained with a salad and dessert smorgasbord in December.

At the December meeting, we planned for another great year in 1982. Some interests discussed for WE meeting included: another "running" meeting, collecting running gear for Fort Wayne State Hospital and Training Center residents, working an aid station in the TV-33/Hooks Marathon. Meetings will continue to be held every other month on Sunday evenings. The library of running books will continue to be available at every meeting. Jan Kissinger has agreed to organize and lead the meetings in 1982.

During the year a total of 60 different women ranging in age from pre-teens to the 60's attended one or more WE meetings. I enjoyed my part in organizing these meetings. I met many interesting, talented women. I feel that WE has been at least partially responsible for the increased participation of women in local races. Although

I feel that increased competition is good for those who choose it, it is not the primary goal of WE. WE should also provide for the non-competitive runner. I think that in the coming year WE will continue to offer a great variety of activities. I look forward to each meeting and hope those that attended during 1981 will return and bring new people!!!



## Just me

by GLORIA NYCUM

Not long ago I received a note from our own Cindy Ventrella. She mentioned the beautiful mountains, green trees, and hills of Washington State. It brought back special memories for me since I lived in Olympia a few short years ago. Well -- maybe more than a few since my twins were born there and they just turned 27 on Halloween. Not bad for a woman 29, right! I don't know how Guinness overlooked me!!!

The first house I lived in was near Puget Sound and we could watch the tugboats and steamships pass by a lighthouse and logs floating toward Tacoma. We had a wood burning stove which also heated the water, so taking a bath was a real chore. Worst of all, I was lucky to fix a decent meal on a regular stove, let alone a wood burning stove. Oh, for the good old days!

Cindy also mentioned that the people in Washington seem nice, but she really hasn't had much chance to meet too many yet. We all know they will take an instant liking to our Cindy when they meet her.

THE HILLS!!! They are a little bigger than Homestead's or Franke Park's derby track. Cindy could probably use them as a slant board like I do my steps. Hill running does strengthen the legs, but it is a very dreaded task at first. However, like everything else, one gets used to them in time. All runs are of course more enjoyable when friends are along. Charlie Brandt always comes up with some great conversations and I remember one day not long ago he told us he was going to start wearing more clothes when he ran because he's tired of being wanted for his body instead of his mind. Well,

I laughed at the time but a few weeks later I was running the Hilly Four route and saw Charlie and the Dead End Kids coming toward me. As Charlie passed, I stumbled and fell flat. I guess that proves Charlie is certainly too much for me. Watch out, girls!!!

Well, I hope all had happy holidays and I certainly wish ALL a Happy New Year! If you want to run with friends, why not show up at Foster Park some Wednesday at 6:00 p.m. or Saturday at 10:00 a.m. if no race is scheduled. Don Lindley wants some company. Run, DON'T fall, and I'll see you next month!

### FWTC BOARD MEETING October 18, 1981

Attendance: Dave Fairchild, Steve Foster, Don Goldner, Mike Kast, Dan Kaufman, Randy Lavine, Larry Lee, Don Lindley, Tom Loucks, Tom Mather, Jerry Mazock, Gloria Nycum, Mike Robbins, Bill Schmidt, Phil Shafer, Terry Shipley, Bill Sohaski, Phil Suelzer, John Treleven, Cindy Goller, Jim Dupont.

Larry Lee, President, opened the meeting. The minutes of the previous meeting had been submitted by Jan Kissinger to Dave Fairchild for publication in the newsletter.

Don Lindley, Treasurer, read the Treasurer's Report and it was accepted as read.

Phil Shafer, Membership Chairman, mentioned that several memberships will be due in January, 1982, but if a member is in doubt one could check the label on the newsletter for that information. Phil also gave several alternatives for future membership dues. The motion was voted on and carried to change the dues in the near future. An announcement will be forthcoming in the newsletter.

Mike Kast, Legal Consultant, reported on our application to the United States Postal Service asking that the club's mail be considered at the special third-class bulk rate. Submitting a letter from Harvey K. Altergott of the postal service, Mike briefly stated that we are not considered an educational organization, which must be the primary purpose of any group receiving the third-class bulk rate and thus, our request was turned down.

Larry Lee also reported on a letter received which dealt with a request that the TV-33/Hooks Marathon include a category for women in wheelchairs. Larry said he would pass this letter along to the proper authority for consideration.

Don Lindley reported that Phil Lockwood suggested ways that our club could support the cross country race of November 15. It was agreed that Phil should charge a fee to all members who choose to run the race. A pre-registration fee of \$3.00 or \$4.00 the day of race was agreed upon.

Terry Shipley led a discussion about charging a deposit for all equipment rented out by the club. Steve Foster suggested we have some type of legal form and Mike Kast agreed to handle the details.

Don Goldner reported that plans are moving along well for the Home Loan 10,000 and asked that members help out by making sure all runners display their numbers on the front, see that runners continue to move through the chutes and guide them to the tent whenever needed. A meeting was held at the Chamber of Commerce with several media people and Bill

Sohaski, Media Consultant, set up interviews for several of our outstanding runners and there will be media coverage of the race itself. Don Goldner also agreed to host the awards banquet again this year which will be held in February.

Larry Lee read the schedule for the 1982 races and the board then voted to accept it. Watch the newsletter for this schedule. Fun Runs were also discussed. Don Lindley will continue to cover the Wednesday fun runs but the Saturday fun runs still need a coordinator. The fun runs before regular scheduled races will be handled by the race director of that race.

Wheelchair participation in our races was discussed and concern for their safety and the safety of all runners. It was suggested that we look into this matter further to see how we may help each other solve any problems anticipated before they arise for the benefit of all.

It was decided by the board that a business manager would not be feasible at this time but will be considered if and when there seems to be a need for such.

The board discussed the new and old way of computing points and Phil Suelzer and Bill Schmidt did a study and found little difference. It was voted by the board that the old way will continue to be used, but the new way will also be observed to see if any specific deviation does occur in future computation. Mike Robbins and Dan Kaufman volunteered to handle this and also it was suggested that runners call in their times if they notice a time published wrong or if the clock malfunctions. Mike and Dan also agreed, at the suggestion of Tom Mather, to consult other sports to see how they points when someone moves from one category to another during the year.

Dave Fairchild suggested that in 1982 eight races must be participated in to be eligible for point standing. It was voted and passed by the board.

John Treleaven reported on the pros and cons of purchasing a computer or renting one. He will continue to study the alternatives and look into the various specific computers that would be best suited for the club's use. Some of the main reasons why a computer is being considered is the processing of labels, input of membership information, race results and future consideration might be to do labels for other clubs, process instant finish results for ourselves and other clubs and thus make money all at the same time.

Steve Foster mentioned that Northrop donates their stadium for our races and asked that the board consider making the Firecracker Four a points race but the motion was not carried to add this race to the 1982 schedule.

The next board meeting will be December 6, 1981, at Mike Kast's home. Any member wishing to attend a board meeting is welcome to do so but they are asked to call one of the board members in advance so the number of those wishing to attend can be given to the host or hostess for that meeting.

Respectfully submitted,  
Gloria Nycum

FWTC BOARD MEETING  
December 6, 1981

Attendance: Jim Dupont, Steve Foster, Don Goldner, Mike Kast, Dan Kaufman, Randy Lavine, Larry Lee, Don Lindley, Tom Loucks, Tom Mather, Jerry Mazock, John McMillen, Curt Nold, Gloria Nycum, Mike Robbins, Bill Schmidt, Phil Shafer, Terry Shipley, Bill Sohaski, Phil Suelzer, John Treleaven.

Larry Lee, President, opened the meeting by introducing guest, Jeanne Hormann, and stating that another guest, Larry Smith, would shortly arrive to jointly discuss with the board any concerns and problems in regard to having a wheelchair division in future FWTC races. After discussing the subject further later in the evening, it was agreed that Larry would meet with guests for a short time right after board meeting to discuss such

topics as traffic control, types of roads feasible for wheelchairs and how much head start they might need in races and come up with guidelines for all future races.

Don Goldner, Vice President, reported that the Awards Banquet and the February 13th race will be held the same day. The race will be held at 2:00 in Foster Park and Runner's World Magazine is sending their Midwest Editor and photographers to Fort Wayne to do a feature article on the Fort Wayne Track Club. The Awards Banquet will also be part of the article and this year Ron Gunn will be our special guest. The event will be held at the Oaks which will accommodate the increased attendance which is expected this year.

It was reported that Dave Fairchild has entered the FWTC THE INSIDE TRACK in the RRCC competition for best club newsletter of 1981. Dave is also concerned about future rates of advertisement for newsletter since book format has been changed. It was agreed by the board that Dave make any changes necessary in rate increases.

Don Lindley, Treasurer, gave financial report and also read guidelines which are followed by the Road Runners in regard to wheelchair participants.

Phil Shafer stated that there are 200 paid memberships presently in the FWTC at this time. Future membership will be on an individual basis at \$5.00 per person.

Tom Loucks needs ALL MEMBERS to send in more black and white pictures for THE INSIDE TRACK. More articles are also needed.

Jim Dupont requested we get one person to take pictures at races so that the pictures for the newsletter will be more uniform. Curt Nold volunteered to handle the matter.

Randy Lavine reported new advertisements will be appearing in 1982 and will report on new rates at next meeting.

Terry Shipley announced that Mike Kast has drawn up a contract for the renting of FWTC

equipment. All race directors should see Terry early about any equipment they might need for their race.

Bill Sohaski said that Channel 4 (cable) in Muncie made an offer that they would run the film of the Ultra if we would cover the cost to have it duplicated. The board agreed to have the film duplicated since all cable users around area, including Fort Wayne, will be able to enjoy the film when it is shown by Channel 4.

YMCA requested we sponsor a race during their week long celebration when their new track is completed. It was agreed that we will advertise the race so all members will be informed of the event if they wish to participate, but it will not be a FWTC race.

Tickets for the Midwest Meet of Champions will be advertised in our newsletter. Members are invited to not only run the 8K morning race, but spend the day at Northrop watching top athletes compete.

Magnavox would like to hold a Corporate Race in 1982 at their new athletic facility. If the potential race director agreed upon by the board accepts the position, there will be a corporate race. More information will be forthcoming.

It was agreed by the board to hold the cross country race of 1982 at Ouabache State Park in Bluffton again.

The Road Runners Club of America have a Best Club Worker Award each year and our Don Lindley is a candidate with a chance to win a free trip.

After much discussion about the pros and cons of our club purchasing a computer, John Treleaven and Bill Schmidt also gave their findings on what computers would be best suited for our club. The board has agreed to use either Larry Lee's or John McMillen's computer for three to four months to see if it would be beneficial to purchase a computer at all.

It is important that if a member wants to be included in the point standings, to always make sure that their application has a note somewhere that he is a track club member and also if he notices that his points are not correct, notify any board member.

John Treleaven will make up a list of the responsibilities that all race directors will follow and it will be published in the newsletter.

The next board meeting will be held at Curt Nold's, 4211 Hartman Road on January 24, 7pm. Any member wishing to attend please call any board member before that date.

Respectfull submitted,  
Gloria Nycum

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## A Weekend Trip to Alabama

OR

AN INDIANA YANKEE IN GOVERNOR WALLACE'S BACKYARD

by RICK REITZUG

As we crept slowly along the four lane expanse of pavement, I observed the car a hundred yards ahead spin 180 degrees and slide into the ditch. I hoped this was not an omen of the type of weekend it would be. If conditions on the icy interstate around Indianapolis did not soon improve, it would be a long weekend on the road. Suddenly, almost magically, the icy rain stopped, the road dried, and we were once again rocketing down the road to Huntsville, Alabama. As we left the familiarity of the

Hoosier State and traveled into the hills of Kentucky, we also left behind the reassuring sights of flat roads and Golden Arches. Even white-haired colonel's and their chicken fried the special Kentucky way were nowhere to be found. Only tar paper shacks and billboards for "country cookin'" dotted the hillsides. Had we left civilization behind. Suddenly up ahead, a neon glow lit the sky. Our hopes rose, and we were not disappointed. It was "franchise lane" and

we could feel safe again. Motel 6, Wendy's McDonald's, Pizza Hut, they were all there! We opted for the Pizza Hut and the carbohydrate treasures it held in store for us. A beer, a pizza, what more could a couple of Yankee boys south of the Mason-Dixon Line ask for? But lo, there was no beer to be had. The county was dry, the nearest moonshiner worked only in daylight and the next county was too far away. We ordered anyway and in a flash the waitress brought our water ---and our pizza. The microwave

pizza, while not the best, stilled the hungry grumbling of our stomachs. Later, being of the adventurous sort, we decided to bypass the Motel 6 for the unknown lures of the "Lincoln Trail Motel". (Judging by the number of "Lincoln Trails" we encountered on our journey, Abe must have blazed a lot of trail.) The \$14.00 per night advertised on the sign ended up being \$18.00 by the time taxes, beds, and heat were added in (free cable TV). It ended up being a bargain at that--no cockroaches, the beds were firm, the pillows comfortable (as opposed to the mini "skyscrapers" present in many motels). The room did have its humorous aspects. The mattresses were lined with plastic which made crinkly wax paper noises; the toilet ran all night; and, whereas the climate was reminiscent of Siberia when we went to bed, we woke up at 5:00 a.m. in a steamy midst of the Brazilian jungle.

After gathering up our belongings and refueling on pancakes and French toast, we spent several uneventful hours concluding our journey to the "Rocket City" Huntsville, Alabama. Physically, Huntsville is a study in contrasts. The "skyline" consists of old, almost ramshackle buildings, giving the impression of a city past its prime. Yet, a several square block area of downtown contained clean modern looking buildings of white stone. Adjacent is a brand new fancy looking Hilton Hotel. Nearby is the NASA Space Complex. The outlying districts consist of almost entirely recently built, upper middle class homes, in well-kept neighborhoods. The marathon course was flat, but ringed with hills and characterized by turns. It was obvious the the course designer had taken great pains to avoid the mini-mountains surrounding Huntsville.

After a warmup run spent primarily in search of a route that avoided hills, the remainder of the afternoon was spent killing time by visiting every sporting goods and running shop in search of the unknown, which we failed to find. That evening we dined at the pre-race carbo-loading feast. The dinner was held at one of the local high schools which looked as if it hadn't seen the bottom side of a mop in quite some time, and

the spaghetti was pasty, but who cared about such minor details when there was a marathon to be run the next morning? To the best of everyone's knowledge the spaghetti contained carbohydrates and, at this stage, that was what really mattered. The meal over, we drove back to the motel, where I let several beers calm the pre-marathon butterflies that were madly ricocheting off the walls of my stomach.

Saturday morning left me to fend for myself. The time for beer was over. It was me versus the butterflies, just as it would soon be me versus 26 miles. The morning was chilly and the shaky nervousness that precedes the marathon made it feel even chillier. Soon the moment of truth arrived. The weeks and miles of training, the two hour runs, the intervals, the mental preparations, the carbohydrate dinners...they were all past history. The justification for them was at hand. The culminating activity of the "marathon experience" was soon to begin. That too went through the usual stages. The early doubts and imaginary heaviness, the loosening process, the mid-race miles of floating and exhilaration, and then the miles of "isolation", where it's man against himself. The miles where the challenge of the marathon plays itself out. Where relaxation must blend with determination, smoothness with strength, endurance. Finally, the climatic moment when the finish line comes into sight, the final strides, the finish. Then the post marathon satisfaction and fellowship characterized by Southern Hospitality and helpfulness.

While the lands south of Indiana may not always offer all the physical comforts that a Yankee city boy has come to expect, it does offer friendly, smiling, "down home" folks. Although I heard many a "y'all" during the weekend, I never once heard an unfriendly word. We Yankees may not be ready to trade the "Joseph Rudin New York City Marathon" trophy for "Joe Steele Realty's Rocket City Marathon" trophy, but, without a doubt, there are some lessons our "civilation" can learn from theirs.

Y'all come, Governor Wallace's backyard ain't that bad!

JOE STEELE ROCKET CITY MARATHON  
Huntsville, Alabama  
December 12, 1981

Rick Reitzug	2:32:54
49th overall	
Rex Reed	2:39:47
94th overall	4/40-44
Jim Mills	2:45:27
145th overall	
Tom Loucks	2:50:17
193rd overall	
Myron Meyer	2:54:27
223rd overall	4/50-59
Tony Clouse	3:17:08
555th overall	



1981

## Vulcan Run

by LANE ANDERSON

Running the Vulcan Marathon in Birmingham, Alabama, November 22nd, had never been in my 1981 plans. Throughout August and September, my training proceeded on schedule for a serious attempt at breaking three hours at the 1981 Detroit Free Press Marathon, October 11th, having run 3:13:07 in 1980. I was injury-free, and at 160 pounds, eight pounds below the previous year's attempt.

On October 6th, I celebrated my birthday by running an easy five miles with my wife, Jill, still not anticipating running any other marathon except Detroit. Upon rising the next morning, however, I quickly realized I had an upset stomach, and began feeling slightly dizzy, forcing me to cancel my run that evening.

On the 8th, I couldn't keep my food in my system long enough to nutritionally benefit from it, although I did manage to run my planned five miles, my final pre-marathon workout. I was becoming weaker, and Friday, the 9th, offered no relief.

My best running friend and multiple Boston qualifier, Rex Reed, and I were scheduled to drive to Detroit on the 10th. Rex had helped tremendously, and we had pushed hard in our training. So, in my mind, I was sure I could overcome the 3-day setback.

After a good night's rest, having eaten plenty of food, and feeling quite good all day Saturday, we arrived at the starting line with Ann Arbor friends, Mike McKean, and chauffeur wife, Suzanne. I felt okay. I'd worked and trained so hard. I had to try.

My first mile was a disaster, as I found myself behind too many people, a 7:03. Mile 2 was down to a 6:30 pace, and I came through 5 at 33:08. As I neared 6, however, I could tell my legs were beginning to weaken. I began losing approximately 15 seconds a mile, and by the 8th mile was running a 7:15 pace. My strength was gone. We just passed the bridge to Belle Isle and I quickly pondered my options. "I'll try one more mile. Run strong. Check my time. And decide." At the 9-mile mark I'd run a 7:30 pace. I was finished. I just couldn't accept walking and laboring the next 17 miles just to finish a race. I stepped off course, and began to walk back.

Seldom have I felt so alone. So despondent. So humiliated. No injury to excuse me. Just no fuel. It was a long wait for Rex to finish, but a fine time for him as he crossed the line at 2:44:13. Mike, to all our pleasure, finished just over 2:47 and was already booking him room in Boston. I walked alone in self-pity to the car. What could I add to their joy. I was happy for them, but selfishly bitter about my plight.

With over four hours drive time back to Warsaw, Rex and I listened to music, but did talk a bit. Thankfully there are so many good marathons, and a number of potentials were discussed. Rex had run both the Vulcan and Joe Steele races and we had talked about them many times previously. November 22nd fit into my schedule quite well. So, I rushed off an entry form and hit my training schedule with renewed enthusiasm.

In the interim I was able to set PR's at the Sports Med 10K with a 38:45, and in the Warsaw Super Run 15K with a 57:57. This was a tremendous confidence builder, and, of course, as always, Rex was a great help, as our training runs became more competitive and strengthening continued.

The Birmingham Track Club runs an extremely efficient program over the Vulcan weekend with a 10K and a 2-miler on the 21st, followed by the marathon on the 22nd. Jill has been rebuilding her mileage following many physical setbacks this

year and made a last-minute decision to run the 10K in the field of 3,000 other enthusiasts. She had a great time, although not a PR, as she's still not back to her pre-difficulty peak. Later in the morning 1,000 fun runners competed in a shorted version of the 10K run with lots of smiles and even a few grimaces for those to whom two miles is still a distance to be conquered.

Following a scheduled business luncheon on Saturday, we had the opportunity to visit the symbol of the weekend in Birmingham, the Vulcan monument. Vulcan is not only the mythical god of fire and metal working, but also the world's largest iron man, standing 55 feet tall on top of a pedestal 124 feet high. The monument rises 179 feet, or a height taller than Niagara Falls. Overlooking the city from an elevation of nearly 600 feet, this then becomes quite an impressive tourist attraction.

Leaving Vulcan, we took time driving the course to properly prepare my mind for the 8:00 a.m. challenge Sunday morning.

Although normal race day temperatures in Birmingham run between 40 and 50 degrees, race day temperature was 26 degrees. With the sun shining and with a very slight breeze, it was still quite tolerable. A field of over 350 runners began promptly at 8:00 a.m., just below the Vulcan statue at an 897 foot altitude.

The first five miles are generally downhill, leveling out at a 650 foot level. The first mile split was 6:15 and

the 6-mile split 37 minutes so I was quite pleased with the early developments and the strength I felt running downhill. Miles 5 through 11 are relatively flat, and at 10 miles I was running a 1:03:30 pace with a 1:23:10 at the halfway mark. I'd established a good cushion for a 3-hour attempt. I was still quite strong, but I was losing a few seconds now and then each mile. Between 11 and 19-1/2 we begin our return to a peak elevation of 960 feet with a lovely 160 degree increase between 19 and 19-1/2 miles. Unfortunately, I am not at my best on hills, and my pace slowed considerably at 17, 18, and 19. After 19-1/2 we had a 2/1-2 mile elevation

drop that would ultimately take us back to the 625 foot level. The downhill strain was much more than I anticipated and by mile 22 my thighs had lost their drive.

Mile 23 was slow as was 24 and 25, and I saw my cushion quickly evaporating. Three hours was now in jeopardy, but I pulled myself together and ran the very best 26th mile I could, hitting the marker at 2:59 flat. With all the reserves I could muster, I pushed toward the finish line, which now was in view, and crossed the line, as the announcer called out, "Runner #220, Lane Anderson, Fort Wayne Track Club, 3 hours, 18 seconds". I was really thrilled! I had done my best! Set a PR by nearly 13 minutes, and finished 26th overall!

Sure, a sub-3-hours would have been great, but I have no complaints. I heartily recommend this race to the marathon enthusiast or to anyone looking to new challenges. I can assure you a professional race, run by a top club, including pre-race hospitality room, and pre-race exposition, which were all well-organized. I can also assure most of you the normal two or three days of intense thigh pains downhill running intensifies.

It was a great weekend! By the way, congratulations to Rex Reed who just broke the 2:40 barrier at the Joe Steele Marathon in Huntsville with a time of 2:39:47.



## At The Movies

by GENE BULLSHALLITT

Here's a capsule review of the running movies currently running in Ft. Wayne.

REDS A Soviet sub surfaces in Winona Lake with 62 heavily armed crew members wearing New Balance 730's. Their mission is to gain control of Race Headquarters for the Warsaw 10k.

RATED R. THE 730's WERE ALL THE CREW MEMBERS WORE

### TRADERS OF THE LOST ARK

This thriller finds banker-adventurer Phil Shafer out for a run along the sacred banks of the St. Marys when he accidentally discovers the ancient lost Ark of the Covenant. The excitement builds as he wildly drives over to the Athletic Attic to trade the Ark for a G.U.T.S. running suit.

RATED PG. MUCH PROFANITY BY A CRAZED RABBI CHASING SHAFER TO THE STORE.

### ABSENCE OF ALICE

Everyone wonders where Alice Longstrider has been for the last 37 points races. Could she be layed up with shin splints? Runners Knee? Runny bowels? Did she only exist in actor Paul Newman's mind? Or was it murder?

WHO CARES !!! ABSOLUTELY GROSS FLICK  
PG RATING

### TIN CANS ARE PENNIES FROM HEAVEN

Don Lindley quits his job at Superior to start picking up tin cans along the roadside during his runs fulltime. The plot thickens when Don develops severe lower back trouble and Rosann, his wife, wants the living room clear of all the cans.

RATED R. ALL LINDLEY MOVIES ARE RATED R

### ROLLOVER

Terror strikes the middle of the pack during the first long downhill of the Hilly Four Mile race as 200 roller skaters come swerving through the closely bunched runners.

RATED PG. MUCH SCREAMING, SWEARING, PUSHING AND OBSCENE GESTURES. OTHERWISE A FUN MOVIE TO WATCH.

TRACK CLUB AWARDS BANQUET

## Gunn to Speak

The 1982 Fort Wayne Track Club Awards Banquet will be held on Saturday, February 13, 1982, at 7:00 p.m. This year's location will be "THE OAKS" banquet and recreation hall, located at 1336 Ryan Road, New Haven, IN. Take Highway 14 three (3) miles east of New Haven to Ryan Road and turn left.

Our featured speaker will be Ron Gunn, a noted lecturer and running coach from Southwestern Michigan College. Several FWTC members have heard Ron speak and have indicated we can anticipate an informative and exciting program.

Dinner will be pot-luck as usual, so bring one covered main dish or side dish (bread or vegetable) and one salad or dessert (and your own table service). Beer and soft drinks will be provided. Donation is \$1.00 to defray cost of drinks, hall rental, and speaker.

Due to possible space limitations it is essential that all FWTC members planning to attend the February 13th banquet RSVP to Don Goldner as soon as possible, preferably no later than January 24th. Because of the possible space limitations, families are encouraged to make other arrangement for non-running children. Questions and RSVP's to Don Goldner: 747-4359.

ALL RACE DIRECTORS

THE 1982 RACING SEASON IS HERE!

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# Lindley Nominated

Rod Steele Memorial Award Nomination

by Larry Lee, FWTC President

Discuss running in northeastern Indiana, and mention of the Fort Wayne Track Club will soon be made. Allow the discussion to continue and the name Don Lindley is sure to follow in the next sentences. It is virtually impossible to discuss running in northeastern Indiana, let alone Fort Wayne, without bringing Don Lindley's name into the discussion. Don has been the driving force behind the Fort Wayne Track Club from its humble beginnings as a four member club in 1977 to its current status as one of the strongest organizations in the midwest, numbering close to 1000 members.

Race directing, fun runs, newsletter, coach, club officer.... Don has done them all. The amazing thing is that Don has done all of them, not at one time or another, but that he has done them all every year since the club's inception. As if this isn't enough, Don is also a husband, father of two children, full time accountant, and sub-3 hour marathoner. One wonders where Don finds the time to devote to club activities, but, as the saying goes, "If you want something done, ask a busy man".

Some of the things Don has done for the Fort Wayne Track Club, since helping to found it in 1977, are listed in summary form below.

1. One of 4 FWTC founders in 1977.
2. Club treasurer 1977-1981.
3. Aid Station Director for IV-33/Hooks Three Rivers Marathon since 1979.
4. Race Director for approximately 20 races since 1977. Assisted in some capacity at nearly all other FWTC races



since then. Always is available for emergency problems at races.

5. Developed guidelines for race directors since adopted for all FWTC races.
6. Worked on club newsletter in some capacity (typing, production, mailing, writing) every year since club's inception (currently a 20-50 page monthly booklet).

7. Secured services of printer to print club newsletter at no cost.

8. Organized weekly Wednesday night fun runs to promote the enjoyment of running for novice runners as well as advanced runners (Don continues to single-handedly oversee these events).

9. Coached and advised young and old runners on an individual basis, including helping one 290 pound runner lose 100 pounds through running.

10. Helped several non-profit organizations organize races.

11. Introduced European Cross Country and Prediction races to FWTC race schedule. Emphasis was placed on participation rather than winning, particularly in the prediction races.

12. As treasurer, Don closely watched the budget, enabling the club to offer monthly races to members free of charge, along with a subscription to the club's monthly newsletter, all for the \$10.00 family membership fee during 1980 and 1981. Partially due to this frugal accounting, the club membership rose from a mere handful in 1977 to its current 1000 member status.

13. Helped the local high schools through making available FWTC digital clocks, chronomix timers, and other equipment at their major track and cross country meets, and assisted the meet directors in using this equipment.

14. Helped announce the recent FWTC Ultramarathons (60K, 50 mile, 100K) on the public access television station broadcast of these events. (Also placed 9th overall in the 50 mile in 7:22.)

At last year's FWTC Awards Banquet, Don Lindley was singled out and awarded a club jacket for outstanding service to the FWTC and the local running community. I feel Don's selfless reaching out to others in helping them realize all that running has to offer and then providing opportunities for them to enjoy their sport, needs to be rewarded beyond the local level. I nominate Don Lindley for this year's Rod Steele Award as THE outstanding club worker in the United States.

CROSS COUNTRY SKIING  
MaryAnn Felger

Give your body a well deserved break - try cross country skiing! Maintain or even increase your maximum oxygen uptake by the addition of cross country skiing to your winter running program. A combination of the two activities will definitely be a "joint" effort for those spring races!

Maximum oxygen uptake is one of the ways to measure energy use and relative fitness. Contitioning increases this maximum oxygen uptake. Individuals with a high oxygen uptake can perform at a higher intensity for longer periods. Studies have shown that cross country skiers have high maximum oxygen uptakes. Cross country skiing is excellent as a supplemental conditioner in the winter and as a transition to a running program in the spring. The best 10K times I ever had were the spring after "the blizzard". I attribute this fact to the amount of skiing that I did that winter.

A runner frequently suffers from the overuse syndrome. "Hard-easy" is often talked about, but not practiced, by many runners who put in straight hard miles daily. The majority of injuries in long-distance running involve the legs. The foot colliding with the running surface causes tremendous stress to the foot and leg which must be absorbed by the bones, joints, ligaments, tendons, and muscles. Cross country skiing doesn't involve these impacts on the lower extremities and allows skiers to ski long distances, unlike the limitations of running.

So, I invite you to try cross country skiing. You are most welcome to join the Ft. Wayne Ski Club for our trips and clinics. Hope to see you on those "skinny skis"!

SCHEDULE:

Jan. 9 - Foster Park, 10:00 a.m., clinic

Jan. 16 - Chain O'Lakes State Park, depart Northcrest 9:00 a.m.

Jan 30 - Spring Creek (not for beginners), depart Northcrest 9:30 a.m.

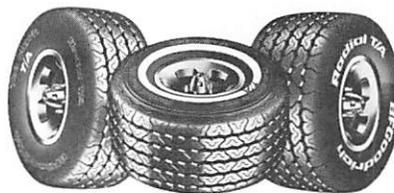
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Phone: (219) 424-1560

FWTC member Jim Anderson is an avid cross country skier, and submits the following calendar of ski races for the benefit of those members of the club who might be interested in trying this excellent winter sport.

JANUARY

- 9 VILLA OLIVIA XC Race - Bartlett IL.  
\$5, 10:30am, 10k, Contact-Villa Olivia,  
Box 359, Bartlett, IL. 60103
- 9 COOL 10KM/15KM - Leroy MI.  
Contact-Cool XC Center, 4571 210th Ave.,  
Leroy, MI. 49655
- 10 PARKSIDE 15KM - Kenosha WI.  
Parkside National XC Course, \$7.50,  
11am, Contact-Monica Wallen, 5900 1st St.  
Kenosha, WI. 53142
- 16 FIFTH ANNUAL TOWNERS WOODS RACE - Brady  
Lake OH. \$5, 1pm, 5k/10k, Contact-Towners  
Woods XC XC Ski Club, Box 148, Brady Lake,  
OH. 44211
- 16 METRO CUP SERIES - Nashota WI.  
Nashota Park, 10am, 3x5 Relays, Contact-  
David Wedl, 6535 English Meadows #306,  
Greenfield, WI., 53220 - 414/282-4142
- 23 PAYNES PLEASURE HEART BENEFIT - Aurora IL.  
\$6, 9:30am, 10k, Contact-Cross Country Ski  
Shop, 1132 Prairie St., Aurora, IL. 60506 -  
312/859-1495
- 23 METRO CUP SERIES - Nashota WI.  
same as 1/16, 5k

24 NORTHWEST NORDIC RACE - Arlington Heights IL.  
Arlington Heights Touring Center, \$6, 10am,  
10k, Contact-Northwest Nordic Ski Assn.  
PO Box 5, Arlington Heights, IL. 60006,  
312/637-0980

HOME LOAN 10,000  
Single Age Course Records  
1978-1981

24 MILWAUKEE NORDIC CHILDRENS RACE - Milwaukee  
\$4, 10am, Contact-Larry Gardner, 6304 W.  
Hampton Ave., Milwaukee, Wis. 53218  
414/462-9264

30 WAUKESHA COUNTY 5/10KM - Nashota Park WI.  
10:30am, Contact-Waukesha County Parks & Rec.  
Committee, Waukesha, WI. 53186 414/544-8256

30 VILLA OLIVIA RACE - Bartlett IL.  
3x5 Relay, \$5, 10:30am, Contact- same as 1/9

SALT RIVER RUN SKI RACE - Sanford MI.  
Pinehaven Recreation Area - \$10, 10am, 15/30KM  
Contact-Marianne Burks, 4208 Jefferson St.,  
Midland MI., 48640 517/839-9267

31 BIKES PLUS XC RACE - Palatine IL.  
Deer Grove, near Dundee \$5, 10am, Contact-  
Bikes Plus Ltd., 1313 N. Rand Rd., Arlington  
Heights, IL. 60004 312/398-1650

31 REGION 4 CHAMPIONSHIPS - Huntsburg OH.  
Meadow Ridge Farms, 1pm, Contact-Karl Salonen,  
412 Orchard St., Fairport Harbor, OH. 44077  
216/354-9391

FEBRUARY

6 WHITE PINES STAMPEDE - Mancelona MI.  
\$12, 10am, 20/50KM, Contact-White Pine  
Stampede, Box 497, Mancelona, MI. 49659

6 LAKE SHORE LOPPET - Chicago IL.  
Waveland Golf Course, \$9, 11am, 10k, Contact-

6 METRO CUP SERIES - Nashota WI.  
5/10km, 10am, Contact-same as 1/16

7 GREEN LAKE CROSS COUNTRY SKI RACE - Green  
Lake WI., Dartford Bay, \$8/\$10, 12 noon, 13km  
Contact-Ski Race, American Baptist Assembly,  
Green Lake, WI. 54941 414/294-3271

13 METRO CUP SERIES - Nashota WI.  
same as 2/6

13 NORTH AMERICAN VASALOPPET - Traverse City MI.  
25/50KM Contact-North American Vasa, Box 581  
Traverse City MI. 49684 616/947-8756

13/14 CANADIAN SKI MARATHON - Lachute, Quebec Canada  
50 miles the 13th and 50 miles the 14th, Contac  
CSM, Box 315, Station A, Ottawa, K1 8V3

14 VILLA OLIVIA CARNIVAL - Bartlett IL.  
\$5, 10:30am, 20km, Contact-same as 1/9

21 KEN-MAR CLASSIC - Gaylord MI.  
10:30am, 10/15KM, Contact-Dave Coville, c/o  
Ken-Mar on the Hill, 4815 South Old 27, Gaylord  
MI. 49735

21 RIVER ROUGE RACE - Lachute, Quebec Canada  
55KM, Contact-Riviere Rouge Race, Box 69  
Ottawa, Ontario Canada K1N 8V3  
Tel 613-236-5830

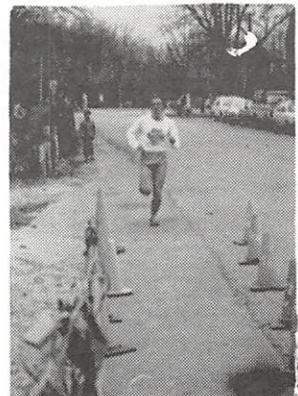
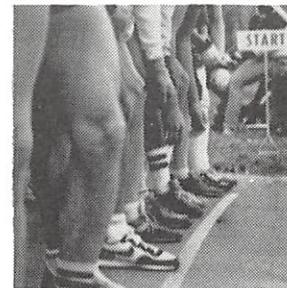
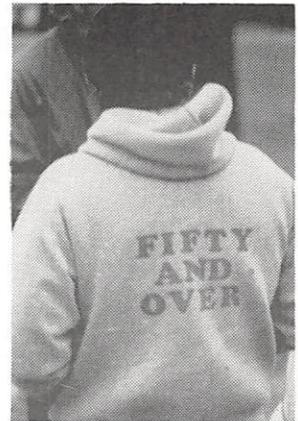
Age	Name (Male)	Time	Year
6	Michael Lindley	57:19:1	1981
7	Eric Collyer	56:18:5	1981
8	Ryan Moore	48:17:4	1981
9	Matt Matuszak	39:51:4	1979
10	Matt Matuszak	38:16:0	1980
11	Matt Matuszak	39:08:9	1981
12	Robert Cotton	36:51:3	1980
13	Rich Fairfield	36:30:0	1981
14	Jim Hiester	34:26:0	1981
15	Phil LeMaster	34:26:5	1981
16	John C. Ely	34:09:7	1980
17	Mike Frazier	34:31:7	1980
18	Mark Herndon	32:38:9	1981
19	Jim Fitzgerald	32:02:7	1981
20	Tom Lower	32:03:4	1980
21	Tom Loucks	32:23:0	1980
22	Dexter Lehman	31:20:0	1979
23	Craig Virgin	29:53:3	1978
24	Dexter Lehman	29:42:5	1981
25	Steve Heidenreich	32:02:6	1978
26	Dan Cloeter	30:36:1	1978
27	Bill Gavaghan	31:31:4	1978
28	Taylor Oliver	31:09:9	1980
29	George Cook	32:28:0	1980
30	Rodney Hattery	32:09:1	1981
31	James Shonkwiler	32:18:7	1980
32	Chuck Koeppe	32:12:9	1978
33	Chuck Koeppe	32:38:9	1979
34	Patrick Davis	32:43:9	1980
35	Patrick Davis	32:24:6	1981
36	Steve Beeson	35:42:8	1981
37	Don Lindley	36:02:8	1981
38	Rex Reed	37:01:6	1979
39	Gus Kuhn	37:53:7	1979
40	Charles Brandt	35:52:4	1980
41	Carl Carey	34:11:6	1978
42	Woody Barker	35:44:0	1981
43	Joe Barile	35:47:7	1980
44	Joe Barile	35:43:7	1981
45	Bill Schmidt	36:29:5	1980
46	Jim Caviness	35:42:5	1979
47	Jim Caviness	35:32:6	1980
48	Jim Caviness	35:12:0	1981
49	Dick Sims	40:30:9	1981
50	Phil Caldwell	41:38:7	1981
51	Jim Blount	38:21:3	1980
52	Myron Meyer	38:43:1	1979
53	Myron Meyer	36:52:6	1980
54	Myron Meyer	37:24:1	1981
55	Giles Tomlinson	40:47:3	1980
56	Giles Tomlinson	38:46:2	1981
57	John Lescak	44:29:7	1980
58	John Lescak	44:16:0	1981
59	Wendell Parson	44:34:0	1979
60	Wendell Parson	42:36:0	1980
61	Wendell Parson	42:40:7	1981
62	Alfred Gumbert	45:54:9	1981
63	Paul Randall	52:09:6	1980
64	Robert Weimer	73:03:8	1981
70	William Andberg	42:18:7	1981
72	Gene Grance	64:07:1	1979
74	Jack Garner	62:48:0	1979
75	Jack Garner	54:36:6	1980
76	Jack Garner	58:24:1	1981
78	Arthur Chaney	80:46:8	1981

(Female)

3	Windi-Sue Guntsch	2:08:20:8	1981
7	Cindy Scudder	58:12:9	1981
8	Mara Matuszak	43:26:0	1979
9	Mara Matuszak	39:00:8	1980
10	Mara Matuszak	37:41:1	1981
11	Alma Marie Ojeda	41:26:3	1980
12	Stormi-Ann Guntsch	41:37:2	1979
13	Kelly Muter	41:35:0	1981
14	Stormi-Ann Guntsch	37:35:1	1981
15	Kristi Walker	39:34:2	1980
16	Lora Cartwright	40:08:9	1978
17	Penny Rosdil	42:16:1	1981
18	Trina Chapman	41:32:2	1981
19	Mary Ann Cox	44:19:7	1980
20	Betty Jackson	44:21:8	1981
21	Patty Wunderlich	46:36:8	1979
22	Cindy Goller	42:12:4	1978
23	Janet Young	40:55:5	1981
24	Theresa Munding	41:02:0	1980
25	Mary Connelly	39:14:8	1981
26	Madeline Gutwein	45:00:3	1980
27	Madeline Gutwein	43:35:6	1981
28	Phyllis Suelzer	42:07:2	1981
29	Renee Milligan	40:19:0	1981
30	Karen MacHarg	36:22:8	1978
31	Karen MacHarg	37:17:5	1979
32	Barbara Couch	43:38:4	1978
33	Barbara Couch	41:35:8	1979
34	Betty Hite	41:00:0	1980
35	Betty Hite	38:12:2	1981
36	Marsha Schmidt	46:58:4	1981
37	Ann Jamison	42:54:1	1981
38	Rose Matuszak	46:03:4	1981
39	Roberta Widmann	46:00:9	1981
40	Diane Deteiler-Zapp	55:08:4	1981
41	Judy Watkins	47:34:1	1980
42	Julia Wilson	53:31:4	1981
43	Joan Goldner	43:08:2	1981
44	Wilma Kyle	45:41:0	1980
45	Wilma Kyle	51:15:3	1981
46	Adelma Waltenburg	51:07:8	1981
47	Pauline Augsburg	55:25:5	1979
48	Mary Baldus	51:41:0	1981
49	Pauline Augsburg	58:20:8	1981
50	Vivian Kawa	48:38:5	1980
51	Mary Ellen Johnson	55:43:9	1979
52	Jeanine Difilippo	64:54:9	1981
53	Pat Keenan	66:49:5	1979
54	Wiladena Shively	63:35:1	1979
55	Wiladena Shively	62:34:5	1980
56	Wiladena Shively	64:54:5	1981
57	Margaret S. McCoy	54:30:1	1979
59	Goldie McIntosh	77:35:1	1979
64	Ruth Dumas	74:07:0	1979
65	Ruth Dumas	76:12:2	1980
66	Ruth Dumas	77:55:8	1981

## Foster Park 10K

December 12<sup>th</sup>



HRRC/FWTC CROSS COUNTRY RACE #1  
 Ouabache State Park, Bluffton,  
 November 15, 1981

1 Dexter Lehman	29:10
2 Doug Osborn	29:55
3*Tom Loucks	30:05
4*Pat Davis	30:24
5 Bryon Sponseller	30:51
6*Mike Bultemeier	31:16
7*Brent Munro	31:24
8 Ron Sharp	31:33
9 Dan Irwin	31:33
10*Tom Gerbers	31:35
11*Steve Gradelless	31:41
12 John Ely	31:52
13*Doug Sundling	31:53
14*Jerry Williams Jr.	31:55
15*Steve Foster	32:13
16 Tim Grant	32:14
17*Phil Suelzer	32:15
18*Gary Williams	32:18
19 Dennis Dwiggins	32:19
20*Jim J. Anderson	32:24
21 Ira Maginnis	32:44
22 Chris Norrick	32:46
23 Mark Sanderson	32:48
24 Jeff Hug	32:52
25 Bryant Lambert	32:52
26 John Shnieders	33:03
27 Jack Vrana	33:08
28 Bill Suter	33:09
29*Phil LeMaster	33:13
30 Paul Beckwith	33:20
31*Jerry Mazock	33:29
32 Martin Kirkwood	33:34
33 Jim Vierzba	33:36
34 Richard Baerug	33:40
35*Rick Rietzug	33:40
36 Michael McWillan	33:41
37 Dale Cardwell	33:47
38*John Trealeaven	33:51
39 Dean Brown	33:54
40 Tom Hough	33:57
41*Bob Bruckner	34:04
42 Todd Criselman	34:19
43*Dan Minnich	34:20
44 Jonathan Ludwig	34:21
45*Steve Brown	34:23
46 Bret Curry	34:28
47 Tony Nieto	34:34
48*Rick Myers	34:35
49*Tony Gatto	34:35
50*Mike Melendrez	34:37
51*Don Lindley	34:42
52*Michael Beltz	34:47
53*David Ruetschilling	34:50
54 Scott Benchneider	34:50
55*Todd Walker	34:51
56 Barry Schnieders	34:52
57 Don Smith	34:53
58*Bob Nunley	34:54
59*John Schwartz	35:00
60 Tim Prough	35:15
61 Matt Kirkwood	35:19
62 Kevin Darr	35:22
63 Brian Mottut	35:24
64 John Williams	35:31
65 Shane Ballman	35:37
66*Rick Murphy	35:38
67*Dale Glover	35:38
68*Mike Kolb	35:42

69*Phil Wisniewski	35:44
70*Ed Korr	35:45
71*Norval Lehman	35:49
72 Brett Smith	35:53
73*Dan Moore	36:05
74 Gary Dobbs	36:07
75 Joe Phillips	36:08
76*Russ Suerer	36:09
77*Steve Adkison	36:10
78 Lanny Tillman	36:25
79*Mike Medler	36:27
80 John Keggner	36:32
81*David Waldrop	36:33
82 Tom Lockwood	36:41
83 Bill Rockwell	36:50
84 Tim Hall	36:57
85*Don Branstetter	37:06
86 Bill Monroe	37:12
87 Tim Gasper	37:43
88 Eric McGaney	37:44
89*Steve Yager	37:45
90 Rick Jackson	37:49
91*Mike Novasad	38:11
92 Tim Hickey	37:58
93*Mike Glasper	37:59
94 Randy Newman	38:34
95 Mike Rogers	38:55
96 Gary Arthur	39:16
97*Andy Lubin	39:24
98*Phillip Shafer	39:33
99*Dick Gatto	39:58
100 Brian Curry	40:23
101*Charlie Isch	41:10
102*John Peterson	41:36
103 Larry Brown	42:00
104 Greg Scheidt	42:44
105*Joe Ruppert	42:20
106 Peter Schmechebrin	43:40
107*Larry Lee	43:46
108 Bill Benschneider	47:45
109 Mike McEntee	47:45
110 Jeff Brown	49:10
111 Quinn Curry	49:17
112 Alan Hoskins	52:03
113*Jeremy Jackson	54:39

HRRC/FWTC CROSS COUNTRY RACE #2

1 Bill Hendey	32:18
2*Joe Berile	32:54
3*Larry Averbek	32:59
4*Woody Barker	32:59
5*Fred Ross	33:00
6 Dayne Martin	33:00
7*Jack Morris	33:12
8 Jim Kirkwood	33:15
9*Mike Kast	34:59
10*Myron Meyer	35:36
11 Lee Dye	35:38
12 Jeff Studebaker	35:39
13*Betty Hite	35:58
14 James Magnett	36:26
15*Ken Miller	37:00
16 Herb Hardman	37:25
17*Andy Cauffman	37:27
18 B.K. Campbell	37:29
19*Alma Marie Ojeda	37:36
20*Theresa Ehrman	38:00
21*David Wilson	38:14
22 Tammy Caston	38:44
23*Larry O'Herron	38:50

24*Herb Chandler	38:57
25 Lynne Bennett	39:01
26*Bud Stiffler	39:01
27*David Dale	39:33
28*Ann Jamison	39:39
29 Trent Prough	39:58
30*Joe Ziegler	40:04
31*Vern Chovan	40:48
32*Joan Goldner	40:55
33 James Thill	40:56
34*Don Goldner	41:05
35 Roger Swartz	41:23
36*Chuck DeVault	41:36
37 Janet Hancock	41:36
38 Mose Trout	41:45
39*Donald Helman	41:50
40 Janalee Middelndorf	42:21
41*Kevin Kolb	42:27
42*Phyllis Suelzer	43:06
43*Robin Zeigler	43:11
44*Jerry Cauffman	43:16
45*Chris Dale	44:11
46*Larry Coddling	44:22
47*Rudi Florreich	44:26
48 Jennifer Phillips	44:29
49*John Schwarze	44:30
50*Curtis Nold	44:32
51*Gloria Nycum	44:36
52*Mercedes Cox	44:37
53*Carolyn Horn	44:45
54*Holly Cauffman	44:49
55 Gerry Seeley	45:37
56 Rudy Stoeckel	45:37
57*Phyllis Kerr	46:37
58*King Sullivan	46:43
59*Jason Wisniewski	47:45
60*Brent Jackson	48:20
61*Burneal Fick	48:38
62*Alfred Moore	49:42
63 Terri King	50:34
64*Ross Moyer	50:54
65*Angela Severs	50:56
66*Julia Wilson	52:02
67*Jack Garner	52:28
68*Laura Averbek	55:43
69*Jean DeVault	56:33
70 Tim Graham	57:27
71 Sarah Kleinknight	57:32
72 Susan Gangloff	59:24
73 Sue Davidson	59:30
74*Fam Ruppert	59:31
75 Cheryl Bennett	59:50
76 Cathy Smith	60:17
77 Denise Arthur	62:00
78*Jennifer Schwartz	65:26
79*Jim Schwartz	65:27

RACE INFORMATION: Temp. 60°,  
 9 kilometers = 5.59 miles

\* FWTC Members

FWTC 10K RUN, Foster Park  
December 12, 1981

MALE

14-under  
29 Mike Kolb 39:24  
47 Christopher Dale 41:51  
93 Rob Mills 49:26

15-19  
1 Mark Herndon 33:33  
5 David Milner 34:57  
6 Jose Mendez 35:20  
9 Phil LeMaster 35:41  
10 Tom Mills 35:57  
15 Dan Dismel 36:25  
28 Chris Edington 39:23  
48 Dan Leonard 41:54  
66 Kraig Macke 44:31  
95 Scott Applegate 49:55

20-24  
19 Kris Airgood 36:57  
24 Donn Spillman 38:13  
49 Thomas Wagner 41:59  
64 Trent Cozad 43:31

25-29  
2 Hal Pearson 34:21  
4 Don Carr 34:48  
7 Jerry Mazock 35:32  
8 Marshall Grate 35:36  
14 John Treleaven 36:09  
17 Tony Catton 36:49  
23 Roger Wilson 38:11  
25 David Lamm 38:36  
83 Michael Glasper 47:16  
89 Murtaza Karim 48:23  
90 Mark Schaefer 48:42  
99 Paul Sabrack 52:10  
109 David Lyon 55:48  
110 Geoffrey Leinker 56:24

30-34  
3 Tom Gerbers 34:31  
13 Norm Spitzig 36:06  
16 John Stafford 36:26  
18 Mike Melendrez 36:53  
22 Dennis Kroells 37:58  
26 Phil Wisniewski 38:56  
32 Dan Hannaford 39:47  
35 Ted Buuck 39:54  
36 Mike Zurzolo 40:00  
38 Tom Cavicini 40:31  
45 Phil Shafer 41:29  
50 Lee Pearson 42:01  
51 Mike Yates 42:08  
79 Steven Sherburne 46:08  
96 Phil Kennerk 50:08

35-39  
27 Steve Adkison 39:05  
30 Ed Kerr 39:27  
33 David Waldrop 39:48  
34 Richard Bollinger 39:51  
40 DeWain Cobbs 41:00  
60 Dan McGuire 43:06  
67 Tom Magette 44:32  
69 Chuck Okorowski 44:48  
88 Tom Humbrecht 48:10  
91 Ken Pelto 48:58

40-44  
11 Larry Averbeck 36:00  
12 Jack Morris 36:05  
20 Gerald Perkins 37:01  
41 Jim Stark 41:07  
42 Ray Sibrel 41:09  
56 David Dale 42:27  
59 Pat Fairhurst 42:58  
61 Ken Clark 43:08  
65 Clyde Bray 44:15  
68 Tom Finan 44:38  
70 Larry Lothamer 44:52  
71 Donald Frey 44:57  
72 Marin Langston 45:12  
75 Jim Dumas 45:27  
82 Joe Brooks 46:54  
94 Jim Stump 49:32  
97 Lyle Young 51:50

45-49  
31 Robert McCuan 39:42  
43 Don Peake 41:18  
44 Joe Ziegler 41:25  
54 Terry Gautsch 42:19  
55 Robert Gensheimer 42:22  
62 Larry O'Herron 43:26  
63 Marvin Jarvis 43:27  
74 Ian Rolland 45:41  
76 Doug Curtis 45:41  
78 Chuck DeVault 45:49  
85 Larry Coddling 47:46  
87 Lynn Milner 48:08  
100 Aivars Grietze 52:42  
105 George Walter 53:47

50-59  
21 Mike Kast 37:56  
37 Gene Striggale 40:19  
57 Gene Whitacre 42:52  
58 Vern Chovan 42:55  
81 J.P. Jones 46:46  
92 Wendell Adams 49:13  
101 Bob Schweppe 53:06  
103 Al Moore 53:17  
104 Roger Phillips 53:46  
107 Jack Miller 54:05  
112 Ross Moyer 56:35

60-over  
77 Joe Shull 45:45

Female  
20-29  
39 Mary Connolly 40:54  
46 Phyllis Suelzer 41:51  
84 Betty Jackson 47:20  
106 Linda Gensheimer 54:02  
111 Dianna Lambert 56:25  
113 Cheryl Nimitz 58:29  
115 Kenya Beasley 60:35

30-39  
86 Phyllis Kerr 47:56  
98 Kathy Michael 51:58  
102 Rosann Simmons 53:15  
108 Brenda Wolfe 55:27

40-49  
53 Joan Goldner 42:15  
114 Jean DeVault 58:51  
117 Eunice O'Herron 70:43

50-over  
116 Tess Machlan 65:10

COLUMBIA PLAZA 5000 METER RUN  
Columbia City, IN  
November 29, 1981

1 Tom Loucks 15:44  
2 Mark Moore 16:07  
3 Doug Sundling 16:12  
4 Jerry Williams, Jr. 16:18  
5 Brent Munro 16:25  
6 Rod Goodchild 16:27  
7 Frank Thomas 16:31  
8 Steve Moody 16:33  
9 Phil LeMaster 16:37  
10 Larry Chase 16:43  
11 David Demaree 16:47  
12 David Milner 16:49  
13 Bryan Gross 16:50  
14 Daniel Green 16:58  
15 Tom Mills 17:04  
16 Dan Diemer 17:07  
17 John Stafford 17:08  
18 Bryan Thomas 17:19  
19 Larry Hankins 17:21  
20 Steve Brown 17:22  
21 Jeff Owen 17:23  
22 DeLynn Claxton 17:31  
23 Jerry Perkins 17:31  
24 Larry Averbeck 17:33  
25 Stan Seiss 17:34  
26 Don Lindley 17:37  
27 David Geiger 17:40  
28 Todd Rigelman 17:41  
29 Tim Fleming 17:42  
30 Stephen Bangs 17:47  
31 Art Obregon 17:51  
32 Dennis Hooley 17:53  
33 Chris Gamble 17:54  
34 Myron Meyer 17:59  
35 Matthew Grieger 18:00  
36 Lane Anderson 18:10  
37 Fred Ross 18:12  
38 Tom Hough 18:13  
39 Betty Hite 18:20  
40 Steve Adkison 18:33  
41 Stephen Quiring 18:42  
42 Dick Katte 18:53  
43 Stormi-Ann Guntisch 18:54  
44 Jeff Callicotte 19:00  
45 DeWain Cobbs 19:07  
46 Stan Florea 19:08  
47 Stan Dowell 19:09  
48 Rich Fairfield 19:10  
49 Ken White 19:14  
50 John Slavich 19:16  
51 Jeff Harker 19:19  
52 Alma Marie Ojeda 19:23  
53 Gene Striggale 19:28  
54 Bernie Huesing 19:28  
55 Chris Stauffer 19:30  
56 Mark Callicotte 19:32  
57 Matt Gibson 19:37  
58 Greg Fahl 19:40  
59 Lee Person 19:45  
60 Terry Witzky 19:48  
61 Corky North 19:50  
62 Richard Duke 19:52  
63 Paul Renselle 19:58  
64 Greg Francis 19:59  
65 John Lefever 20:01  
66 Jeff Scare 20:03  
67 Jerry Guntsch 20:04  
69 Steve Kiefer 20:06

70 Steve Popenfoose	20:08	144 Anthony York	25:29
71 Dennis Hudson	20:12	145 Bob Ewing	25:37
72 Brian Curry	20:12	146 Janis Greene	25:41
73 Kent Mitchell	20:13	147 Don Dowty	25:55
74 Larry O'Herron	20:14	148 Becky Stark	26:29
75 M. Satterthwaite	20:18	149 Wayne Winter	26:31
76 John Bloom	20:20	150 Robin Pepple	26:57
77	20:23	151 Jill Anderson	27:10
78 Teresa Perkins	20:24	152 Jean DeVault	27:15
79 Chris Hooley	20:28	153 Jack Garner	27:22
80 John Callicotte	20:29	154 Anna Hooley	27:29
81 Dianne White	20:30	155 Don Rhoades	27:40
82 Julie Striggle	20:30	156	27:46
83 Jason Meyer	20:34	157 Jim Espich	27:47
84 Jenny Field	20:36	158 Kevin Tripcony	28:34
85 Jan Miller	20:37	159 Patrick Finnigan	28:34
86 David Winters	20:43	160 Vickie Finnigan	28:35
87 Roger Knuckles	20:51	161 Paula Popenfoose	28:36
88 Melinda Walker	20:52	162 Carole Karnes	28:37
89 Melvin Bye	20:54	163 Travis Dillon	28:53
90 Craig Anderson	21:04	164 Phyllis Grieger	29:32
91 Andy Marshall	21:13	165 Joyce Pentico	29:56
92 Russ Heritier	21:14	166 Nicky Karnes	30:51
93 Dennis Boggs	21:15	167 Bill Courtney	31:06
94 Jim Peppler	21:16	168 Jean Stevenson	31:51
95 Jack Stark	21:27	169 Ann Francis	31:55
96 Doug Ogden	21:29	170 Jan Lowe	31:56
97 Michael Geiger	21:31	171 Kathy Weir	32:04
98 Jeffrey Younce	21:32	172 Gayle Bloom	32:14
99 Charles E. Smith	21:32	173 JoAnn Espich	36:37
100 Chuck DeVault	21:37	174 Thad Winter	37:09
101 Walter Carpenter	21:40	175 Michelle Smith	38:53
102 Denny Shuler	21:47	176 Kevin Smith	38:54
103 James Krieg	22:01	177 Tami Miller	43:05
104 Jay Trier	22:03	178 Joy Schmoekel	43:47
105 Darrin Deem	22:05	179 Ann Dillon	43:54
106 Rich Braun	22:10		
107 Steve Younce	22:12		
108 Beth Huesing	22:14		
109 Jay Rensberger	22:17		
110 Michael Pleus	22:19		
111 Shawn Clem	22:20		
112 Rob Mills	22:21		
113 David Perkins	22:22		
114 Nou Phouleuanghong	22:23		
115 Bob Grawcock	22:29		
116 Kevin Jackson	22:30		
117 Amy Lefever	22:32		
118 Max Lefever	22:37		
119 Terry Duggins	22:38		
120 Edgar Strouse	22:46		
121 Howard Bash	22:47		
122 Chad Wood	22:53		
123 David Sassanella	22:56		
124 Debra Rogers	23:13		
125 Brian Roberson	23:15		
126 Tom Hesting	23:16		
127 Kendra Kerch	23:25		
128 Charles Cowell	23:26		
129 Carl Minick	23:29		
130 Kevin Lowen	23:54		
131 Larry Tackitt	23:54		
132 Richard Mason	24:03		
133 Dan Seffernick	24:13		
134 Todd Winter	24:15		
135 Joe Hilger	24:23		
136 Sally Spencer	24:24		
137 Michael Marshall	24:38		
138 Jack Miller	24:43		
139 David Cox	24:57		
140 Bill Duffy	25:06		
141 Richard Paczkowski	25:08		
142 Brian Howenstine	25:26		
143 Warren Harker	25:28		



The Columbia Plaza 5000 Meter Race Committee thanks all runners for their participation in this year's race and will appreciate any remarks you may offer. Carl Fields  
535 North Line Street  
Columbia City IN 46725

# LETTERS TO THE EDITOR

Hi, Dave & Jan:

You're doing a great job on the newsletter! I sure to miss you all a lot. As you know, my 1981 race year wasn't the best I've had, as a matter of fact, it was terrible. On Nov. 1, my year peaked during the Ultra. I got more enjoyment from watching and talking to people during the Ultra than all of the races I ran in 1981! My thanks go to all who helped organize and work the Ultra. I guess I liked it so much I'm going to be helping Frank Shorter Sports organize a 50 miler here in Denver on March 28, 1982.

Jan Kissinger was here in Denver this past weekend and ran a race in Boulder on Sunday, "The Bagel Run". Jan is no doubt one of the up and coming female racers in the midwest.

You all feel free to stop and visit with me should you be in the area.

Keep your miles up!  
s/Boss (Dan Bossard)

P.S: I've got some trail runs that will put you into oxygen debt just looking at them. Ask Jan.

THE BAGEL RUN, Denver (4 mi)

Jan Kissinger 28:12 3rd overall  
Dan Bossard 26:06

Dan Bossard  
1325 Corona Street, Apt. 14  
Denver, Colorado 80218  
phone: 303-837-0279

CHRISTMAS GREETINGS TO THE  
FORT WAYNE TRACK CLUB FROM  
THE CENTRAL MASSACHUSETTS  
STRIDERS:

Sorry I haven't written, but I've been BUSY with the new job, settling in, racing, training, and recovering from an injury.

Congratulations to everyone in the Home Loan and the Ultra. I'm glad to see such good women runners emerging. The competition here is amazing. I had no choice but to do PR's at all distances. When I came here I was asked to compete for CMS - and now I am regional representative for North Central Mass.

I am surviving the hills, snow, and freezing temps. Some of my race results:

8-29 Milford, NH, 10K: 41:15

9-7 Charlton 20K - 84:46 PR  
(hilliest course in the world, a real killer)

9-13 City of Presidents'  
Marathon - 3:25 PR

10-17 Cape Cod Relay - ran  
7th leg (13.5 mile) of  
85 mile relay. CMS  
women came in 3rd of  
women's teams at 9:30 hrs.

11-15 New England Athletic Con-  
gress 50K Championship -  
4:45 - 1st woman - dis-  
gusting weather - 40  
degrees, freezing rain,  
40 mph winds

Happy holidays to all.  
s/Christi Jane Scarpino

November 9, 1981

Mr. Don Lindley  
Fort Wayne, IN 46816

Dear Mr. Lindley:

Thank you so much for sending us your comments regarding the marathon coverage. We consider it very important to hear opinions from our viewers.

When ABC notified us a few weeks prior to October 25th that they would be televising the New York City Marathon, we were put into a difficult position. It is unusual for ABC to schedule programming on Sunday mornings, and normally pre-empting local programs is not a problem. But each of our Sunday morning programs is bound by a contract, and in the case of "The Bible Hour", a live hour-long program tele-vised at 11:00 a.m., adjust-ments could not be worked out.

Looking ahead to next year, we hope to make arrangements to bring this important marathon to the Fort Wayne area and our runner viewers.

Thank you again for writing, we hope you'll remain a loyal 21 Alive viewer.

Best personal regards,

s/Barbara Wigham  
Vice President  
Programming & Promotion  
21 Alive WPTA-TV Fort Wayne

Dear Don:

Thanks for the info on your December 12th race. I don't think we will be down as my old Dad wants to run the Reindeer Run in Brooklyn, MI.

I wanted to thank you for the November copy of THE INSIDE TRACK you sent me. It is sure a neat newsletter. I belong to three Michigan clubs and the Toledo RRC and if you put all four of their newsletters together they wouldn't be as nice as yours. I was wondering if the December, 1981, issue has a story about the Home Loan 10,000, if you would be kind enough to send me a copy for my scrapbook.

Yes, I had a good run at the Home Loan 10,000. I was only running to win and could have gone faster but as old Dad says, "A victory is always yours and the award is the same if you win by 5 seconds or 5 minutes." I like to run road races so he won't let me train much, no intervals or speedwork, and only slow LSD. I only average 40 miles of racing and training a week.

He also only lets me run fast enough to win as he says, "Records are only borrowed." He does take me to a lot of races and I have won 127 so far in 1981 and 482 career victories. About 50% of my victories are overall wins and 50% are age group wins. I've been running since April, 1976.

Isn't my good friend, Mara "Little Hot Shoes" Matuszak something else. I threw a 5:29 first mile at her at Home Loan and looked back and she was right there at 5:40. Every Time I turned around she was there. She reminded me of the flea on my old hound dog. Unshakeable.

Good running and God bless your family.

s/Stormi-Ann



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.



This Log Book sells for the low price of \$2.50. To purchase this book, mail this form with your check to:  
 Harding Graphic Arts Club  
 Harding High School  
 6501 Wayne Trace  
 Fort Wayne, IN 46816

PROPOSED WORKOUT		ACTUAL WORKOUT		TOTAL MILES
DATE	COURSE	DATE	TIME	
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

Total Miles for Week ..... Total Miles for Year .....

Please send \_\_\_\_\_ copy(s) at \$2.50 per copy to:  
 (please add 35¢ for postage)

Name \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**RUNNING LOG**

You are cordially invited to attend the  
Fourth Annual Ft. Wayne  
Track Club

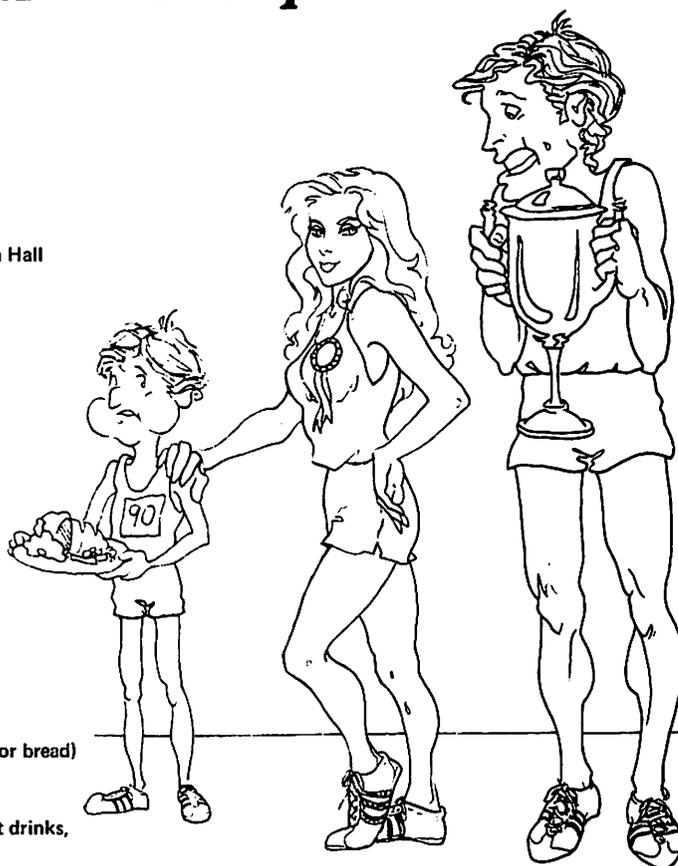
# *Award Banquet*

Saturday, February 13, 1982

7:00 p.m.

The Oaks Dining And Recreation Hall

1336 Ryan Road  
New Haven, IN



Please bring one covered main dish or side dish (vegetable or bread)  
and one salad or dessert (and your own table service).

Donation: \$1.00 per person to cover the cost of beer, soft drinks,  
hall rental and speaker.

Dress: Informal

RSVP: Don Goldner 747-4359  
by January 24, 1982

### ATTENTION

Fort Wayne Track Club membership dues have changed. Instead of "family" and "individual" memberships, the two types of membership will be primary and associate. The "primary" membership dues are \$10.00 per year and the "associate" membership dues are \$5.00 per year, but the highest limit for any family is set at \$20.00 per year.

The associate member will have all the rights and privileges of the primary member except for the address to which the monthly FWTC "Inside Track" and the quarterly RRCA "Footnotes" are mailed. All households must have one primary member. Any other member within the family may be an associate member.

All members will have free or discounted entry fees at most FWTC points races. The track club will attempt to obtain discounts at area sporting goods stores and will publish a list when such discounts are obtained. Membership cards will be issued to all members. Weekly fun runs for all age groups with friendship and fellowship with other runners and families are available.

The Fort Wayne Track Club is still the best bargain in town.



RACE CALENDAR

JANUARY

17\* HOMESTEAD 8 MILE - Ft. Wayne (Homestead HS)  
2pm, Dick Shenfeld 432-4832

FEBRUARY

13\* FOSTER PARK 10k - Ft Wayne,  
Dave Glover 432-4910

21 VALPO 8 MILE - Valparaiso IN., (Thomas  
Jefferson JHS), 10am C.S.T., Jere Kunkle  
1808 Chicago St. Apt 87 Valparaiso IN.  
46383, 219/426-5313

MARCH

14\* HOMESTEAD 20k - Ft Wayne (Homestead HS)  
2pm, Mike Kast 743-5140

APRIL

4\* DIET PEPSI 10k - Ft Wayne (Homestead HS)  
2pm

24\* NORTH AMERICAN VAN LINES 15k - Ft Wayne  
9am, NAVL Headquarters

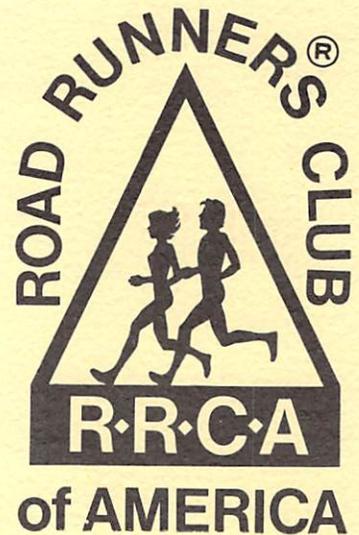
\* FWTC POINTS RACES

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

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

SATURDAY MORNING FUN RUNS ARE BEING HELD AT  
FOSTER PARK AT 10am.

WEDNESDAY EVENING FUN RUNS ARE BEING HELD AT  
FOSTER PARK AT 6pm.



**FORT WAYNE  
TRACK CLUB**

*FWTC NEWSLETTER*

*Dave Fairchild*

*604 W. Oakdale Dr.*

*Fort Wayne, IN. 46807*

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