

the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

PROFILE: RON GUNN

As a high school athlete in Moline, Illinois, Ron Gunn captained the football and track teams. He held the school mile record and ran to a sixth place finish in the mile at the Illinois State Meet in 1960 with a time of 4:28, which helped his team win the state championship that year. Gunn quarterbacked his college football team and captained the track team at Augustana College to a conference championship. After college, Gunn moved into teaching and coaching, where he has continued his record of conference and national championships. Ron Gunn is presently Dean of Sports Education at Southwestern Michigan College – a title which is in part literally descriptive (he is cross country and track coach, and responsible for the physical education, intramural, athletic, and community sports programs at SMU), and in part metaphorically honorific (his many contributions to running would have earned him the title “Dean” regardless of his academic appointment).

Ron is a dedicated 35-40 mile-per-week runner who claims he is only “semi-serious about competitive running.” Although he is too modest to tout it, Ron finished a strong second to Alberto Salazar at the 1981 New York City Marathon in a time of 2:51:12. Ron takes more satisfaction in helping others with their running than in his own accomplishments, and is justifiably proud of his description as “a coach and teacher first.” In the 14 years he has been at SMU, Ron has established and developed one of the most successful running programs to be found anywhere in the country. Teams coached by Gunn have won five national cross country championships, have finished in the top ten in cross country for eleven straight years, have won ten straight cross country titles at the state level, and have won the state track championship six times in eight straight years. Ron has been voted the National Junior College Athletic Association “Coach of the Year” five times, and has won numerous state, regional and conference coaching honors. SMC has been the host school for the NJCAA National Marathon Championships since 1974, when Gunn introduced the innovative team and individual championships, and SMC won the team title in 1979. Gunn has coached 90 athletes who have won “All American” honors.

Among the most interesting of Ron Gunn’s many contributions to running is his work as director of the highly successful Roadrunner Track Club (which he founded), the Roadrunner Junior Champs, and the Community Sports Programs, which promote running activities for both sexes and all ages in the Michiana area. Gunn’s innovative adult running classes have received national recognition, and were the subject of a feature article in the August, 1981 issue of the RUNNER magazine. Affectionately referred to as “Marathon 101,” Gunn’s adult education class for runners has been split into two sections: a Monday night class with about 55 members, many of whom have competed marathons, and a Wednesday night class for 70 or so beginning joggers, a number of whom will graduate into the Monday night marathon class. These running classes are the most popular courses offered at SMC, and may well be the only marathon courses offered for college credit anywhere.

Ron Gunn’s success in motivating people to enjoy the benefits of running could probably and justifiably be attributed solely to the personal example he sets. More likely, however, his success is the result of his highly contagious enthusiasm. “Fire Up”, whether shouted from the trailside (usually in English, sometimes in Hawaiian: Ahi Maluna) or gestered in the distance (first clenched, arm pumping up and down) is more than just a motivational device for Gunn: it is a motto for a way of life. This Michigan member of the Fort Wayne Track Club has been actively involved with the Dowagiac Optimist Club, the Dowagian Rotary Club, and the Big Brothers of Cass County. He is the Faculty Advisor for SMU Fellowship of Christian Athletes, and (with Hal Higdon) the co-founder of Roadrunner Tours.

The FWTC is looking forward to the visit to Fort Wayne of Ron “Thunderthighs” Gunn (Ron claims the nickname results from his husky “football type” build!?) and his wife Karen and son Jeff for the February 13 10K race and the Annual FWTC Awards Banquet.



THE Inside TRACK

THE INSIDE TRACK NEWSLETTER

EDITORS Dave Fairchild
Jan Fairchild

ASSISTANT EDITORS Tom Loucks
Eulalia Loucks

PRODUCTION Jim Dupont
ADVERTISING
COORDINATOR Randy Lavine

THE FORT WAYNE TRACK CLUB

PRESIDENT Larry Lee
VICE PRESIDENT

Don Goldner
SECRETARY Gloria Nycum
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!

WE Meeting

The next WE meeting (Women Enthusiased About Running) is scheduled for February 7th at 7:00 p.m., at Jan Kissinger's home, 4122 South Wayne Avenue. We hope to see all the familiar faces plus lots of new ladies also.

I am happy to report that Dexter Lehman has accepted an invitation to attend this meeting in order that he might share some of his experiences, knowledge and suggestions about running.

There will be the usual informal hour afterwards for refreshments and conversation. In addition, as mentioned in previous issues of THE INSIDE TRACK, and past meetings, we are attempting to collect usable running gear items for the Fort Wayne State Hospital and Training Center through Ann Mize. If you plan to attend the February 7th meeting, you may care to bring any such articles. There will be a "prize" for the lady donating the most items.



EDITOR'S NEWS & VIEWS

by DAVE FAIRCHILD

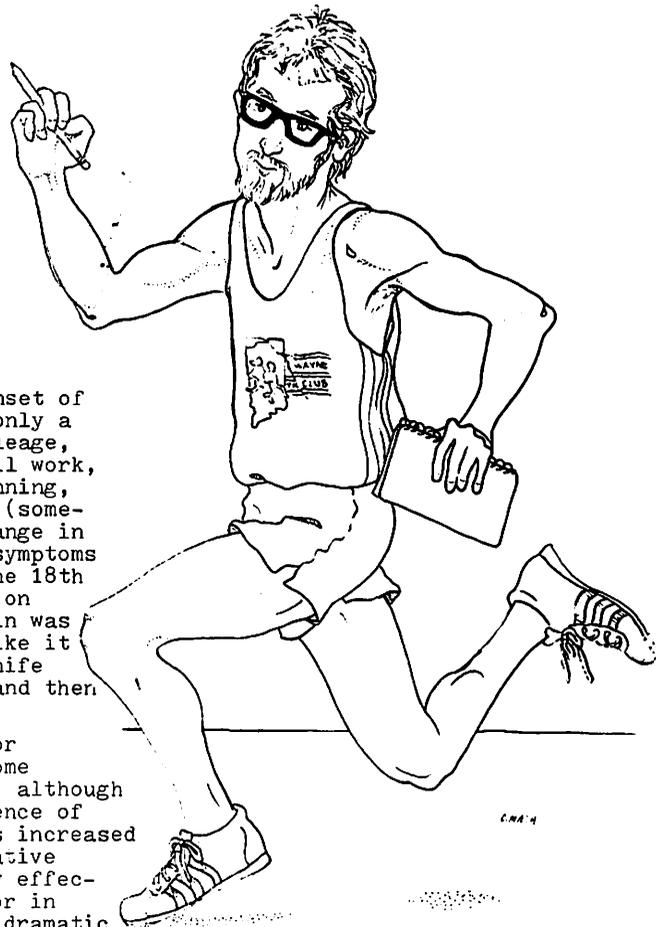
ANATOMY OF AN INJURY

George Sheehan refers frequently to what he terms "diseases of excellence" -- injuries that result when healthy, fit individuals challenge their bodies to surpass previous limitations. Such injuries are typically diagnosed as overuse injuries. One of the most intriguing of these, primarily seen in distance runners and increasingly widespread as more people run longer distances, is iliotibial band syndrome. The iliotibial band is a thickened strip of fascia lata extending from the iliac crest (the lateral half of the pelvis) to the lateral tibial tubercle (the bony "bump" in the tibia just below the knee). At the knee joint the band acts as a stabilizing ligament between the upper and lower leg (lateral femoral condyle and the tibia, respectively). Activities, such as running, in which the knee is repeatedly flexed cause the band to pass over the lateral femoral condyle and may lead to irritation.

Pain from iliotibial band syndrome is significantly aggravated by the repetitive movement of the knee during running, and may well become limiting at a constant distance (which for some runners may be as early as 1/2 mile, for others as late as 10 miles). Interestingly, sufferers can usually walk long distances without pain, and may often be able to participate in such activities as racquetball, softball, and basketball without significant discomfort. Specific causes of this injury seem to vary, but some general indices are typically present. The injury is most often seen in runners who have averaged at least 30-40 miles per week for more than a year. Further, most sufferers made a significant change in their running

schedule before the onset of symptoms -- most commonly a marked increase in mileage, increased speed or hill work, increased interval running, increased racing, and (some-what less often) a change in shoes. (In my case, symptoms were first noted on the 18th lap of the FWTC ultra on November 1st. The pain was severe, rather much like it must feel to have a knife jabbed into the knee and then twisted.)

Long term prognosis for iliotibial band syndrome seems to be very good, although there may be a recurrence of symptoms if mileage is increased too rapidly. Conservative treatment is generally effective. The major factor in treatment should be a dramatic reduction in mileage, but other nonsurgical measures should include iliotibial band stretching, local heat application several times a day, local ice massage after running, and anti-inflammatory medication. Particularly severe cases may require local steroid injections, and/or orthoses. As is true for many running overuse injuries, iliotibial band syndrome may spontaneously improve if the runner adjusts his running schedule. Stubborn, self-diagnosed cases which do not respond to the traditional runner's treatment (rest, ice and elevation) should be referred to a physician. Differential diagnoses should include early degenerative joint disease, cystic and/or torn meniscal, capsular, and ligamentous strains, discoid menisci, chondromalacia, and popliteal tendinitis. Symptoms will usually disappear in two months with conservative treatment, but may linger for six months to two years. Further information about iliotibial band syndrome may be found in the



October, 1981, issue of The Physician and Sportsmedicine.

THE CRUELEST MONTH

The poet tells us the cruelest month is April, but Midwesterners could justifiably present January, 1982, as the cruelest month. Boasting the coldest air of this century, winds to 40 and 50 miles per hour, and consecutive week-ends of wind-chills in the minus 60 and minus 70 degree range, January has confronted Fort Wayne runners with the challenge of nature at its worst. Some of us may have (temporarily) forsaken snow-caked running shoes and ice-covered roads for other winter sports -- cross-country skiing, snowshoeing (see Barney Klecker's article in the January, 1982 issue of Runner's World), stationary bicycling, etc.

But there is another alternative, one that allows us to spend more time running than dressing to run, and that does not involve expensive and time-consuming travel to exotic locales. The new athletic and recreation center on the Indiana-Purdue Fort Wayne campus features an INDOOR track that is unquestionably the nicest I have ever seen or run on. This is a state-of-the-art indoor track, with a rubberized all-weather surface, slightly banked in the turns, four turns per lap and ten laps per mile. One of the most exciting aspects of this track is that there is a continuous window extending the length of the track as it circles the perimeter of the building (about 1/3 of the track is a single straight, bisecting the building and running directly above the basketball/volleyball courts). With the windows to the outside, and the near constant activity below the track, it is difficult to become bored as you run.

As of this writing, the IPFW athletic building is open Monday through Thursday from 9:00 a.m. to 9:00 p.m., Friday from 9:00 a.m. to 5:00 p.m., and Saturday from 9:00 a.m. to noon. (Closed on Sunday.) Visitors (nonstudents, etc.) may use the facility for the nominal fee of \$2.00 per visit. This fee grants the user access to the track, weight room (including supervised nautilus and cybex equipment), basketball courts, lockers and showers. Racquetball courts are available for an additional court fee of \$3.00 per hour. Final decisions regarding semester passes for non-campus personnel have not yet been made, but it is likely that a semester pass (16 weeks) can be purchased for \$24.00, entitling the user to all facilities, plus soap and towel for showers. Further information may be obtained by calling the athletic department at IPFW.

Indoor track running is rather different from outdoor road running, requiring a bit more concentration on the rhythm of the run; breathing, pace, and stride length. Because it does not provide the satisfaction of challenging nature's fury and surviving, indoor track running will never replace road running for me, but it does offer a means of keeping running streaks alive and mileage up under extreme conditions

BLUEWATER 5K
Montpelier, IN - 11-22-81

1	Doug Osborn	16:36:7
2	Tom Loucks	16:43:4
3	Doug Sundling	17:25:0
4	Jerry Williams, Jr.	17:28:4
5	Brent Munro	17:39:0
6	Mike Huber	18:01:8
7	Bob Nelson	18:33:6
8	Mike Lundgren	19:41:9
9	Bill Monroe	20:01:1
10	John Sites	20:13:8
11	Brian Dudley	20:19:9
12	Richard Pogue	20:27:4
13	Jane Tompkins	20:46:8
14	John Grady	20:55:9
15	Mike Grady	21:37:1
16	Jerry Hodge	21:40:0
17	Jim Ponto	21:58:9
18	Balt Lee	22:08:3
19	Duane Smith	22:12:8
20	Chris Paul	22:22:9
21	Kevin Kolb	22:26:9
22	Dick Burchard	22:38:7
23	Danny Wagoner	22:39:5
24	Craig Shuman	22:44:1
25	Dianne Lee	26:36:9
26	Mae Adkins	27:26:2
27	Bill Kolb	28:07:0
28	Nicky Karnes	31:41:0
29	Carole Karnes	33:40:8

Road Runners Track Club
Hangover Handicap - 10K
1-1-82

Don Lindley 43:20
1st place to the farthest

Dean Reinke was the 1st place overall winner with a PW (personal worst). There were about 100 participants that were able to stand up at the starting line. You needed ice skates for the course. Used T-shirts were exchanged for all finishers.



Super Run XV
Warsaw, IN - 11-7-81

Jerry Williams, Jr. 51:25
6th overall (250) 2/20-24

Jingle Bell Jog - 4 mile
Convoy, OH - 12-12-81

Jerry Williams, Jr. 1/20-24
1st overall (60)

Terre Mare Winter Run - .10K
Lakeview, OH - 12-13-81

Jerry Williams, Jr. 33:40
13th overall (301) 7/19-24

Comments from Jerry Williams, Jr.: The Warsaw Race was handled very good. The course was the best marked course I've run on. I have run in 8 Ohio races. There, runners seem to be better than the Hoosier runners. Look for the Flying Eagles this spring!

Dallas White Rock Marathon
12-5-81

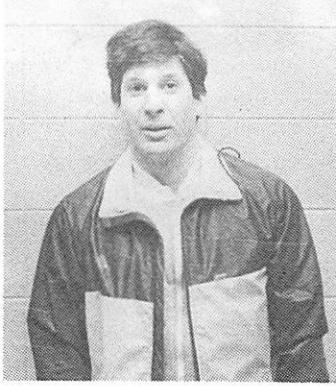
Tim Bowman PR 2:49:27
167th overall 48/22-27

Hurst, TX Torturous Twenty
11-14-81 - Twenty Miles

Tim Bowman 2:12:47
23rd overall

Autumn Equinox - 15K
Dallas, TX - 9-19-81

Tim Bowman PR 52:43
25th overall



President's Column

by LARRY LEE

The most important news to all FWTC members as we move into February is the 4th Annual Track Club Awards Banquet, Saturday, February 13th, at the Oaks Hall in New Haven. Don Goldner, our hard-working vice president, has put together another attractive program this year. Featured speaker is Ron Gunn, much acclaimed track and cross country coach at perennial junior college powerhouse Southwestern Michigan Junior College (Greg Orman, Jim Fitzgerald, etc.). I've heard Ron speak to running groups before -- he is excellent.

Whether you are a competitive racer or a member whose interest in running is completely passive, the Awards Banquet is the one "don't miss" function that we stage each year. Bring your spouse and "running" children (please - no infants). Indulge in a potluck dinner prepared by us, the members; recognize those who will be lauded for their racing achievements and club activities; hear Ron Gunn speak on a subject with appeal to all runners; and - of course - enjoy the camaraderie of friends and fellow travelers in a most relaxed, laid-back atmosphere. Call Don Goldner, 219-747-4359, to RSVP.

One other reminder: Have you paid your 1982 FWTC membership dues? Most members have a January membership expiration date. For 1982, we have "primary" and "associate" memberships, a different arrangement than in prior years. Details are included on the inside back cover of the January, 1982, issue and likely have been repeated somewhere in this issue. Hats off to Phil Shafer, membership chairman, for developing a format that will save multi-runner families

some money while avoiding wasteful duplication of THE INSIDE TRACK and RRCA "Footnotes" mailings, too.

Dave and Jan Fairchild, editors of THE INSIDE TRACK, continue their splendid job with our monthly newsletter. Next time you see them, give them the word. Ditto for Tom Loucks, Mrs. Loucks, and Jim Dupont. Theirs is a tedious, never-ending but largely thankless job.

On the subject of THE INSIDE TRACK, we need more and different contributors each and every month. Have an experience to share? Put it on paper and submit it. Doesn't have to be a Pulitzer Prize winner (we can't all be Dave Fairchilds or Rick Reitzugs!). And you don't have to be a 35:00 10K runner, either, to be qualified to write a story. Far more of us can relate to your trials, tribulations, and joys in breaking the 45:00 or 50:00 barrier for 10K. Stories about a race over "gently rolling hills", types of dog encountered in training runs, satirical reviews of hypothetical running movies starring FWTC members, races in distant places and how they compare to our own -- these have been among my favorite reading in our newsletter the last few months.

The point is, each could have been written by a runner of any degree of competitiveness. If you want THE INSIDE TRACK's pictures, race results, schedules, board meeting minutes, and regular columns balanced by more stories by members, consider sharing your experiences or thoughts with all of us.

The last board meeting was at Curt Nold's home on January 24th, after this column went to print. The main topic for that meeting was what new activities or events besides our races, Awards Banquet, elections/picnic, and pre-Marathon spaghetti dinner should we be promoting, if any. This subject may be on the agenda for the next couple meetings, too, and will always be in order thereafter, for that matter. If you have an idea of something the FWTC should be getting involved in, attend and present your views. Or relay them via a board member.

Regarding our board meetings, they are always open to any member; feel free to attend to listen or to participate actively. I very deliberately have invited all executive council members to attend, rather than just the handful of officers and board of directors. The welcome is extended farther, to all members of the FWTC. The reason is that I value the varied input and consensus of 25 dedicated members more than the efficiencies in decision-making when only five or six dedicated members are involved. Quality of output weighs more than the unwieldiness of a large, vocal group.

Our meetings have been exceptionally well-attended and exceptionally productive. Attendance for our first three meetings has averaged 22; average length, about two and one-half hours. That's a long time to sit still on a Sunday evening, especially when the same agenda could be handled by our seven member board in half the time. But what we decide affects over 700 runners, for some of whom running is a way of life and the FWTC's races and policies key elements in that life. We have a budget of substantial magnitude, too. What we discuss and decide is too important to be sacrificed in the interest of saving a little time.

I wouldn't have concluded such but for the consistently sound, prudent, well-conceived views expressed by all those attending. Check out who has been at our board meetings - the names are listed at the beginning of the board minutes in THE INSIDE TRACK. Each of these persons deserves your support, your input, but most of all, your gratitude. They are doing a super job of representing you.

At the Awards Banquet, the top runners for 1981 will be recognized, of course. There are some interesting "battles" that have been waged in many of the age groups; the announcements of the points standings at the Banquet will be suspenseful for those of us racing faithfully. One winner whose place involves no suspense is Bill Schmidt in the 45-49 year age group. If I'm not mistaken, Bill entered nine points races in 1981 -- and placed first in his age group in all nine! Think about that for consistent high-level running. Congratulations, Bill! You've got my vote as FWTC "Runner-of-the-Year"!

I have drawn attention in recent issues to the fantastic development this year of about ten of our female runners. In so doing, I've omitted the name of probably the most prominent of them all, Betty Hite, forgive me. Though you're from North Webster, you've competed in many of our races and finished at or near the top in all of them. A 58:02 15K, a 2:58:50 marathon in dismal weather, and a 37:32 10K in area races, all within two months. Not too shabby. Then you rang out the year with an incredible 33:38 for the Auld Lang Syne 5 miler. Congratulations on a great year!

Speaking of the Auld Lang Syne 5 miler, thanks to Myron Meyer for keeping this somewhat bizarre but fun and fascinating tradition alive and well. New York City has its New Year's Eve Run in Central Park. Sao Paulo, Brazil, has its St. Christopher's New Year's Day Race. Fort Wayne has its Auld Lang Syne Run around North American Van Lines' parking lot. This was my first Auld Lang Syne run, and, Myron, I can dig it! Ice, snow, 25 mph winds on the uphill stretch, and a great turn-out and a lot of fun.

Mark your calendars now for Saturday, February 13th. Dave Glover's 10K at Foster Park (part of WOMO's Winterfest this year and a points race) and at 7:00 p.m., the Awards Banquet. See you at both.



Just me

by GLORIA NYCUM

Last month I casually joked about falling down, but one can be quite injured. I know at least three of us that fell during the cross country race and I was just recovering from that fall when I fell again at Homestead. I put off going to a doctor because I'm not too crazy about x-rays, but after two weeks I decided I better give in since my arm was still hurting. I found out that my arm was fractured at the elbow and it will take five to six weeks to mend.

The only thing I can think of right now is that my legs still work, but they will be walking for a few weeks instead of running and that's not all bad. I joined a walking club a few months back because I love to walk, so I guess I'll get a lot of practice.

When I was younger my parents never owned a car so I walked everywhere. I probably complained then, but now I know I was lucky I was forced to walk. I feel my walking complements my running not only when I'm injured or tired, but when I

need variety in my exercise program. I love being outside and many times during the winter the icy roads can be very harmful to runners and if I can't stand being inside I borrow my Shelly's walking boots and crunch along out to City Utilities and Spy Run Extended talking to the rabbits, deer and YES, myself. I also answer myself after much discussion. Early walks are fun because traffic is almost nonexistent and I often get to be the first human to put my footprints in the beautiful glistening snow. I feel like the first woman on the moon. I used to be amazed at all the new things I discovered when I first started running as compared to driving a car on the same route. Well, walking is the same way compared to running. Like rurring, I have a rhythm to my walk and move along at a brisk pace and when I'm alone I sometimes find myself lost in thought and time and miles pass without awareness. I feel so light and refreshed after a good walk or run.

Another way to keep in shape during the winter or when injured is to use a small trampoline. There are various names given to these, but they are becoming very popular and can be found in most stores that carry sports equipment. If you love to dance, like me, just turn up the stereo and run or dance in place on the tramp or watch TV while doing it.

Many runners feel embarrassed to walk. They are too proud and feel someone they know will see them. I hate to admit it, but I feel that way sometimes. However, I doubt that anyone really cares if you run or walk or do nothing. That's the key! Each individual has to do whatever is right for that person so whatever you do this year, keep exercising in your own way and I'll see you at the banquet on February 13th. Last year's event was great fun and under Don Goldner's direction again this year, I know it will be the event of the year. Don't miss it!

GET OUR DRIFT AT THE HOMESTEAD 8 MILE - Fran Lanciaux

No Nester Ice tea plunge after this workout was apparent. How cold was it, you ask? So cold that the electronic stop watch used for splits blacked out due to exposure! The temp was minus nine giving a windchill equivalent of minus 38 degrees. Although a majority of runners seemed comfortable (at least from my in-heated-car race director's chair), I could not find it possible to envy any one of them.

A total of 53 courageous souls lined up at 2:00 p.m., Sunday, January 17th, to run. The original course was drifted over so a down and back 2 mile x 4 on Aboite Center Road was the rouring scene. Good efforts produced a winning time of 46:12:4 by Craig Schwartz, age 19, a member of FWTC. The gals' winner was Phyllis Suelzer, 62:44. The award ceremony fortunately was held inside Homestead High School.

Most eyewitnesses would agree: This year's "ol' man frost" award is well deserved by Myron Meyer whose post 8 mile face featured more ice and frost than the beard that usually occupies that locale. The race was fun -- we'll do it again next year!

HOMESTEAD 8 MILE January 17, 1982

Overall

<u>14-under</u>		
45	John Schwartz	65:37
<u>15-19</u>		
1	Craig Schwartz	46:12
<u>20-24</u>		
2	Tom Loucks	46:17
4	Jerry Williams	46:42
5	Brent Munro	48:08
<u>25-29</u>		
3	Rick Reitzug	46:28
6	Steve Gradeless	49:00
10	John Treleaven	50:53
28	Jerry Mazock	57:36
42	Andy Lubin	61:49

FIFTH ANNUAL AULD LANG SYNE
 5 MILLER - December 31, 1981
 Temp: 33; Surface, partly
 snow covered and icy; windy

Winners: Mick Schlachter 29:18
 Jeff Shoemaker 29:18
 Betty Hite 33:38

MEN

14-under

1 Billy Cragg 34:39
 2 Rich Braun
 3 * Mike Kolb
 4 * Rob Mills
 5 Chris Hooley
 6 * John Schwarze
 7 Dan Loshe
 8 * Brent Jackson
 9 * Jason Wisniewski
 10 Tim Graham
 11 * Jim Schwarze

15-19

1 * Craig Schwartz 29:56
 2 * Phil Herndon
 3 * Rick Harkenrider
 4 * Tom Mills
 5 * David Milner
 6 * Jeff Koehlinger
 7 Mike Harmeyer
 8 Tim Harmeyer
 9 Eric Burke
 10 Tom Torson
 11 Les Pancake
 12 Jay Rensberger
 13 * Jeremy Jackson

20-24

1 Mick Schlachter 29:18
 2 * Jerry Williams Jr.
 3 Mark Sanderson
 4 * Tom Loucks
 5 * Don Branstetter
 6 Kenn Dillman
 7 Dave May
 8 * Mark Mikel
 9 Gregg Scheidt

25-29

1 Jeff Shoemaker 29:18
 2 * Steve Gradeless
 3 * Mike Medler
 4 * John Treleaven
 5 * Jim Anderson
 6 * Jerry Mazock
 7 Dave Miller
 8 * Dave Milligan
 9 * Murtaza Karim
 10 * Larry Linson
 11 * Bruce Lockwood

30-34

1 * Steve Foster 31:52
 2 * Steve Brown
 3 * Dan Kaufman
 4 Ted Bear
 5 * Dave Ruetschilling
 6 * Mike Robbins
 7 * Phil Wisniewski
 8 * John Schwarze
 9 * Dennis Kroells

10 * Mike Lundgren
 11 * John Peterson
 12 * Robert Wiersma
 13 Craig Anderson
 14 * Rudy Kleinknight
 15 * Pat Ashton

35-39

1 Dennis Hooley 34:41
 2 * Ed Kerr
 3 * Dave Fairchild
 4 * Larry Lee
 5 * Tim Thomson

40-44

1 * Mike Hill 33:34
 2 * Bob Harter
 3 * Bud Stiffler

45-49

1 * Bill Schmidt 33:31
 2 * Chris Stauffer
 3 * Larry O'Herron
 4 * Don Goldner
 5 * Robert Gensheimer
 6 * David Wilson
 7 Tony Mendenhall
 8 * Ian Rolland
 9 * Donald Helman
 10 * Chuck DeVault
 11 Marlan Dense

50-59

1 * Vern Chovan 41:59
 2 * Ritt Hatch
 3 * Curtis Nold
 4 * Roger Phillips
 5 * Bob Schweppe

WOMEN

19-under

1 * JoAnn Lancioux 35:56
 2 * Alma Marie Ojeda
 3 * Karen Fothergill
 4 Amy Fairfield
 5 * Debbie Wiersma
 6 * Jenny Schwarze

20-29

1 * Theresa Ehrman 35:58
 2 * Jane Tompkins
 3 * Phyllis Suelzer
 4 * Renee Milligan
 5 * Ann Linson

30-39

1 * Betty Hite 33:38
 2 * Jan Kissinger
 3 * Sharon Wiersma
 4 * Phyllis Kerr
 5 * Marsha Schmidt
 6 * Pat Poorman
 7 Anna Hooley
 8 * Roxy Rockwell
 9 * Deloris Fiandt

40-over

1 * Joan Goldner 44:38
 2 * Mimi Roland
 3 * Julie Wilson
 4 * Eunice O'Herron
 5 * Maurine Gensheimer

* FWTC MEMBERS

30-34
 8 Dan Kaufman 49:41
 9 John Schwarze 50:29
 12 Norm Spitzig 51:02
 13 David Ruetschilling 51:06
 15 Mike Melendrez 51:36
 16 Mike Robbins 51:53
 17 Tim Fleming 51:58
 18 Bill Blosser 52:15
 19 Steve Brown 52:16
 21 Jim Berghoff 53:03
 23 Phil Wisniewski 54:16
 25 Dennis Kroells 54:25
 29 Phil Shafer 57:36
 31 Gary Spry 57:54
 35 Randy Williams 59:21

35-39
 20 Steve Adkison 52:51
 26 Don Lindley 55:32
 32 Rich Bolinger 58:07
 37 Barrie Peterson 59:59
 40 Chuck Okorowski 60:36
 41 Charles Owyer 61:31
 46 Larry Lee 65:40
 51 Robert Wiersma 81:14

40-44
 7 Larry Averbeck 49:10
 11 Jack Morris 50:57
 22 Woody Barker 53:16
 24 Bob Harter 54:19
 30 Ray Sibrel 57:39
 33 Mike Hill 58:40
 36 Charlie Brandt 59:58

45-49
 27 Chris Stauffer 55:40
 34 Robert Gensheimer 59:06
 39 Don Goldner 60:17
 44 Don Helman 63:38
 48 Chuck DeVault 69:36

50-59
 14 Myron Meyer 51:31
 38 Vern Chovan 60:14
 50 Alfred Moore 76:57
 52 Hunter Goin 84:56

WOMEN 19-under
 47 Karen Fothergill 69:17

20-29
 43 Phyllis Suelzer 62:44
 49 Betty Jackson 74:27

Point Standings

<u>WOMEN</u>					<u>Men</u>				
	<u>No. of</u>	<u>Total</u>	<u>Ave.</u>	<u>Rating</u>		<u>No. of</u>	<u>Total</u>	<u>Ave.</u>	<u>Rating</u>
	<u>Races</u>	<u>Points</u>	<u>Place</u>			<u>Races</u>	<u>Points</u>	<u>Place</u>	
<u>19-under</u>					<u>30-34</u>				
1 Alma Ojeda	10	10	1.000	.100	11 Eric Thorn	6	57	9.500	1.583
2 Karen Fothergill	7	11	1.571	.224	12 Mike Avilla	9	159	17.667	1.963
3 Holly Cauffman	9	30	3.333	.370	13 Michael Gaspar	6	114	16.286	2.714
4 Debbie Wiersma	9	51	5.667	.630	14 Tom Donelson	6	100	16.667	2.778
<u>20-29</u>					15 Larry Linson	7	147	21.000	3.000
1 Theresa Ehrman	10	13	1.300	.130	16 Barry VandeZande	8	195	24.375	3.047
2 Phyllis Suelzer	10	29	2.900	.290	17 Bahman Zandevakili	6	112	18.667	3.111
3 Betty Jackson	6	23	3.833	.639	<u>30-39</u>				
4 Sabine Florreich	9	56	6.222	.691	1 Betty Hite	6	6	1.000	.167
5 Rose Koczergo	7	34	4.857	.694	2 Ann Jamison	7	14	2.000	.286
<u>30-39</u>					3 Sharon Wiersma	10	35	3.500	.350
1 Betty Hite	6	6	1.000	.167	4 Marsha Schmidt	10	33	3.800	.380
2 Ann Jamison	7	14	2.000	.286	5 Mercedes Cox	7	23	3.286	.469
3 Sharon Wiersma	10	35	3.500	.350	6 Jan Kissinger	10	49	4.900	.490
4 Marsha Schmidt	10	33	3.800	.380	7 Ann Mize	10	63	6.300	.630
5 Mercedes Cox	7	23	3.286	.469	8 Phyllis Kerr	7	50	7.142	1.020
6 Jan Kissinger	10	49	4.900	.490	<u>40-over</u>				
7 Ann Mize	10	63	6.300	.630	1 Joan Goldner	7	7	1.000	.143
8 Phyllis Kerr	7	50	7.142	1.020	2 Gloria Nycum	10	15	1.500	.150
<u>40-over</u>					3 Julie Wilson	10	30	3.000	.300
1 Joan Goldner	7	7	1.000	.143	4 Carolyn Horn	8	22	2.750	.344
2 Gloria Nycum	10	15	1.500	.150	5 Theresa Machlan	8	37	4.625	.578
3 Julie Wilson	10	30	3.000	.300	<u>MEN</u>				
4 Carolyn Horn	8	22	2.750	.344	<u>14-under</u>				
5 Theresa Machlan	8	37	4.625	.578	1 Mike Kolb	10	19	1.900	.190
<u>MEN</u>					2 Andy Cauffman	9	44	4.889	.543
<u>14-under</u>					3 John Schwarze	10	66	6.600	.660
1 Mike Kolb	10	19	1.900	.190	4 Bobby Wiersma	9	74	8.222	.914
2 Andy Cauffman	9	44	4.889	.543	5 Brian Lindley	7	72	10.286	1.469
3 John Schwarze	10	66	6.600	.660	<u>15-19</u>				
4 Bobby Wiersma	9	74	8.222	.914	1 Vince Quinones	7	18	2.571	.367
5 Brian Lindley	7	72	10.286	1.469	2 Dave Milner	7	22	3.143	.449
<u>15-19</u>					3 Don Branstetter	6	40	6.667	1.111
1 Vince Quinones	7	18	2.571	.367	<u>20-24</u>				
2 Dave Milner	7	22	3.143	.449	1 Tom Loucks	10	12	1.200	.120
3 Don Branstetter	6	40	6.667	1.111	2 Mike Bultemeier	9	14	1.556	.173
<u>20-24</u>					3 Jerry Williams, Jr.	10	25	2.500	.250
1 Tom Loucks	10	12	1.200	.120	4 Brent Munro	8	34	4.250	.531
2 Mike Bultemeier	9	14	1.556	.173	5 Gary Williams	7	30	4.286	.612
3 Jerry Williams, Jr.	10	25	2.500	.250	6 Ken King	8	43	5.376	.672
4 Brent Munro	8	34	4.250	.531	7 Tim Bowman	7	35	5.000	.714
5 Gary Williams	7	30	4.286	.612	<u>25-29</u>				
6 Ken King	8	43	5.376	.672	1 Phil Suelzer	10	11	1.100	.110
7 Tim Bowman	7	35	5.000	.714	2 Rick Reitzug	9	22	2.444	.272
<u>25-29</u>					3 Jerry Mazock	10	35	3.500	.350
1 Phil Suelzer	10	11	1.100	.110	4 Steve Gradeless	7	17	2.429	.347
2 Rick Reitzug	9	22	2.444	.272	5 John Treleaven	10	46	4.600	.460
3 Jerry Mazock	10	35	3.500	.350	6 Jim Anderson	9	42	4.667	.519
4 Steve Gradeless	7	17	2.429	.347	7 Mike Stieglitz	6	30	5.000	.833
5 John Treleaven	10	46	4.600	.460	8 Tony Gatton	8	64	8.000	1.000
6 Jim Anderson	9	42	4.667	.519	9 Dave Glover	9	82	9.111	1.012
7 Mike Stieglitz	6	30	5.000	.833	10 Mike Medler	9	90	10.000	1.111
8 Tony Gatton	8	64	8.000	1.000	<u>35-39</u>				
9 Dave Glover	9	82	9.111	1.012	1 Bob Bruckner	10	15	1.500	.150
10 Mike Medler	9	90	10.000	1.111	2 Don Lindley	10	22	2.200	.220
<u>30-34</u>					3 Mike Hill	7	16	2.286	.327
1 Steve Foster	10	23	2.300	.230	4 Ron Motycka	10	50	5.000	.500
Dan Kaufman	10	23	2.300	.230	5 Steve Atkinson	10	55	5.500	.550
3 Tom Gerbers	8	26	3.250	.406	6 Dave Fairchild	10	62	6.200	.620
John Kline	8	26	3.250	.406	7 Ed Kerr	9	55	6.111	.679
5 Jeff Schneider	7	24	3.428	.490	8 Dave Waldrop	10	73	7.300	.730
6 Mike Robbins	10	58	5.800	.580	9 Wayne Schaltenbrand	6	27	4.500	.750
7 John Schwarze	10	71	7.100	.710	10 Michael Beltz	7	42	6.000	.857
8 Dennis Kroells	9	59	6.556	.728	11 Barrie Peterson	10	101	10.100	1.010
9 Bob Nunley	9	67	7.444	.827	12 Todd Rigelman	6	40	6.667	1.111
10 Larry Shively	7	50	7.149	1.020	13 Larry Lee	7	84	12.000	1.714
11 David Ruetschilling	10	116	11.600	1.160	14 Dale Brown	6	68	11.333	1.889
12 Phil Wisniewski	10	121	12.100	1.210	15 Tom DeLong	10	193	19.300	1.930
13 Bill Blosser	6	50	8.333	1.389	16 Tom Mangette	6	87	14.500	2.417
14 Mike Melendrez	10	157	15.700	1.570	17 Don Lunquist	6	128	21.333	3.556
15 Kenny Wolfe	6	57	9.500	1.582	18 Rudy Kleinknight	7	195	27.858	3.980
16 John Heath	6	71	11.833	1.972	19 Jim Martin	6	160	26.667	4.444
17 John Peterson	10	208	20.800	2.080	20 Richard Ummel	7	221	31.571	4.510
18 Dan Bossard	9	187	20.777	2.309	21 Pat Harris	6	187	31.166	5.194
19 Tom Cavacini	8	150	18.750	2.344	22 Tom Firestine	6	212	35.333	5.888
20 Phil Shafer	7	117	16.714	2.388					
Norval Lehman	7	117	16.714	2.388					
22 Mike Novosad	8	156	19.500	2.438					
23 Robert Wiersma	10	244	24.400	2.440					
24 Terry Shipley	7	134	19.143	2.735					
25 Steve Yager	7	139	19.857	2.837					
26 Russell Suever	6	128	21.333	3.556					
27 Bob McKinley	6	131	21.833	3.638					
28 Bob Beatty	6	171	28.500	4.750					

	No. of Races	Total Points	Ave. Place	Rating
40-44				
1 Joe Barile	10	11	1.100	.110
2 Larry Averbeck	10	24	2.400	.240
3 Woody Barker	10	29	2.900	.290
4 Charlie Brandt	9	34	3.778	.420
5 Jack Morris	7	22	3.143	.449
6 Leland Sibrel	10	72	7.200	.720
Bud Stiffler	10	72	7.200	.720
8 Robert McCuan	7	44	6.286	.898
9 Lynn Milner	9	87	9.667	1.074
10 Robert Gensheimer	8	70	8.750	1.094
11 Bob Harter	6	43	7.167	1.194
12 Joseph Brooks	9	137	15.222	1.691
13 Jerry Cauffman	6	107	17.833	2.972

	No. of Races	Total Points	Ave. Place	Rating
50-59				
1 Myron Meyer	10	13	1.300	.130
2 Mike Kast	9	14	1.556	.173
3 Giles Tomlinson	6	10	1.662	.278
4 Vern Chovan	10	32	3.200	.320
5 Curtis Nold	10	39	3.900	.390
6 J.P. Jones	10	50	5.000	.500
7 Ross Moyer	10	88	8.800	.880
8 Alfred Moore	10	91	9.100	.910
9 Roger Phillips	7	48	6.857	.980
10 Paul Snyder	6	50	8.333	1.389
11 King Sullivan	6	66	11.000	1.833

	No. of Races	Total Points	Ave. Place	Rating
45-49				
1 Bill Schmidt	10	10	1.100	.100
2 Joe Ziegler	10	24	2.400	.240
3 Herb Chandler	10	35	3.500	.350
4 Larry O'Herron	10	45	4.500	.450
5 Don Goldner	9	45	5.000	.556
6 Chris Stauffer	7	29	4.143	.592
7 Terry Gautsch	7	52	7.429	1.061
8 Chuck DeVault	10	114	11.400	1.140
9 Rudi Florreich	8	91	11.375	1.422
10 Donald Helman	7	74	10.571	1.510
11 Ian Rolland	7	79	11.286	1.612
12 Bob Schweppe	9	150	16.667	1.852

	No. of Races	Total Points	Ave. Place	Rating
60-over				
1 Al Gumbert	10	12	1.200	.120



Photos of Auld Lang Syne
by Fran Lanclaux

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

NAME OF _____

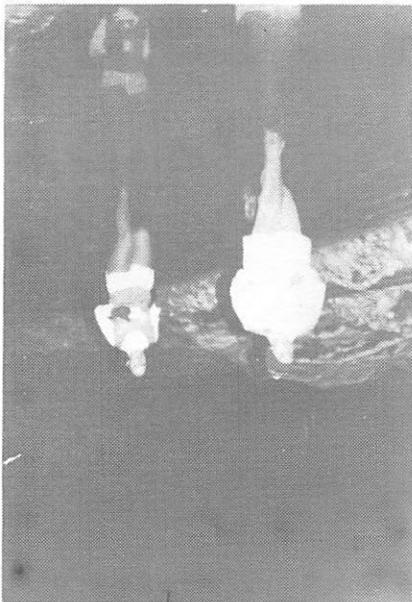
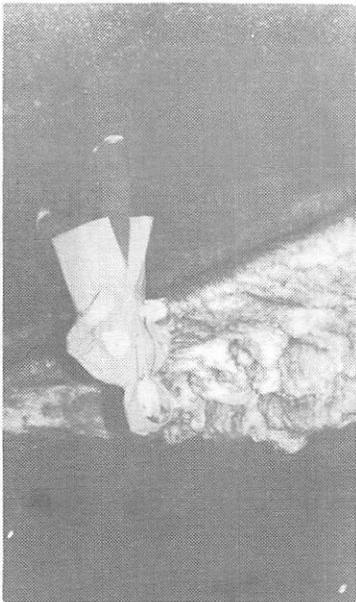
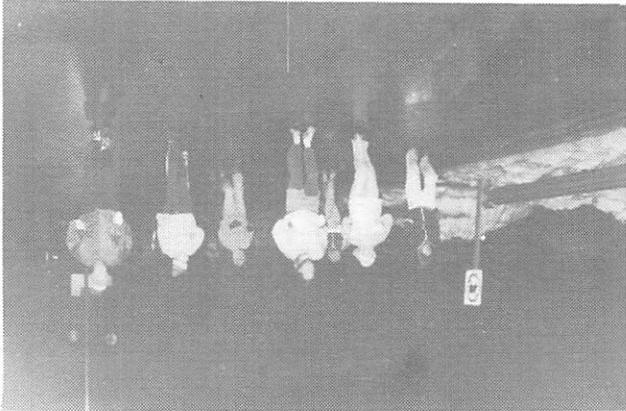
DAY	PROPOSED WORKOUT	ACTUAL WORKOUT	TOTAL MILES
SUNDAY			
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

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



Fifth Annual Auld Lang Syne 5



HONOLULU, ATHENS, OSLO

and also
Duluth,
Minnesota



Hal Higdon and Ron Gunn



Yes, I want to learn more about Roadrunner Tours. Please send me my free copy of "The Running Tourist" plus information on the following tours planned for 1982:

Tours: _____

Name: _____ Address: _____

City: _____ State/Zip _____

Mail to: Roadrunner Tours, 301 West Highway 20, Michigan City, IN 46360.



ROADRUNNER TOURS

Roadrunner Tours is going to Grandma's Marathon in Duluth, Minnesota on Saturday, June 19, 1982. The field will be limited to 6000 and may close as early as mid-February! We have the following tour planned:

Charter Bus: Leaving Michigan City Thursday morning, June 17. Possible pickup stop in Chicago. Overnight and touring in Wisconsin Dells. Friday and Saturday nights at Spirit Mountain ski area, convenient to finish line. Special t-shirt. Maybe a meal or two. Parties. Fun. Return Sunday. Estimated cost, based on double occupancy: \$150 per person.

Land arrangements: Join us in Duluth, or en route. We'll arrange air travel if you're coming from afar. Transportation while in Duluth plus all other activities. How much you pay depends on how much you take, but the estimated cost per person, two nights is: \$80.

Act now: We'll announce final details later (at which point you can reclaim your deposit if unhappy), but we need to get you signed up now because of the expected early closure of the field plus the pressure on motel space. We have blocked space for 100 people at Spirit Motor Inn and Mountain Villas, but have 43 people signed up as of early January. Rooms will be assigned and space allotted on the bus, or buses, according to date of deposit. Don't delay!

Entry blanks: We will mail blanks to all tour members as soon as they become available to us. You are responsible, however, for filing your own entry. If you are nervous about being overlooked (we understand completely), feel free to contact race director Scott Keenan direct c/o Grandma's Marathon, PO Box 6234, Duluth, MN 55806.

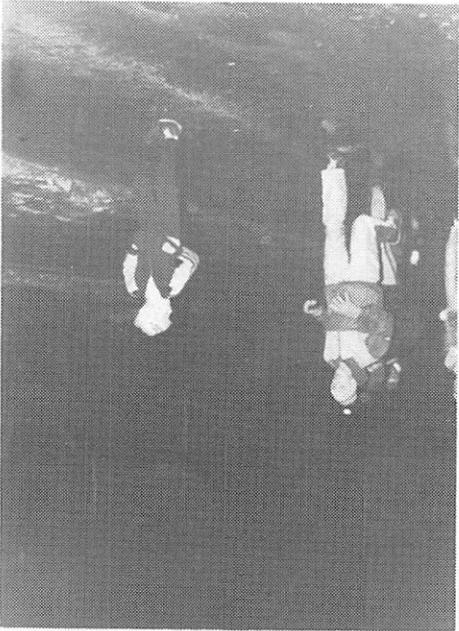
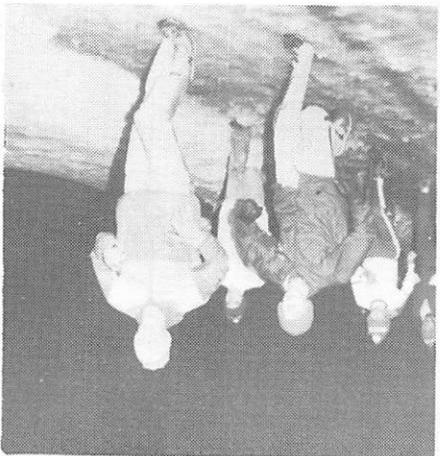
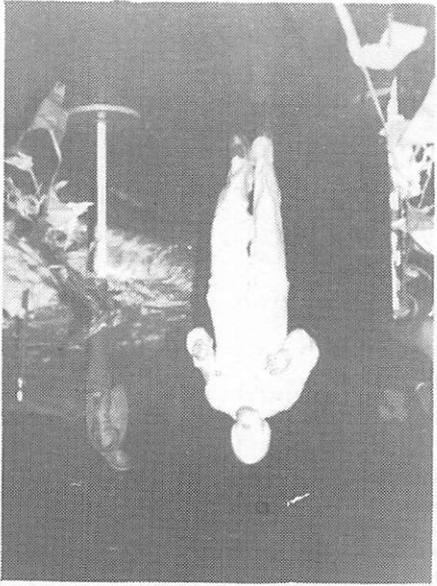
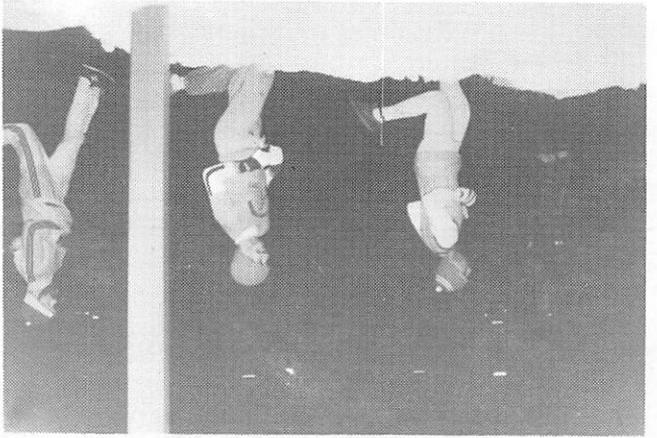
Good times: We visited Duluth in December to inspect facilities and talk to Scott about race plans. Fast course. Good weather. Pre-race carbo dinner. Post-race party featuring polka, country, and rock bands. What more could you want? We'll also plan some running (or hiking) activities for those coming along for the fun. Be there!

Sign up: Send your \$25 deposit to: Roadrunner Tours, 301 West Highway 12, Michigan City, IN 46360. (Telephone: 219/872-7217.)

Name(s) _____
 Address _____
 City _____ State/Zip _____
 Telephone _____ T-shirt size(s) _____



Fifth Annual Auld Lang Syne 5



LETTERS TO THE EDITOR

Dear Sir:

I would like to make some comments and suggestions. First of all, I am a member of the FWTC. I have run in races sponsored by the club and in a couple out of town races.

When I look at the FWTC sponsored races for this year as listed in the latest THE INSIDE TRACK, I am a little distressed. Not one of the races is for less than 10,000 meters. The January 17th is for eight miles, the March 14th is for 20,000 meters, the April 14th is for 15,000 meters. Just what are we people that love to run for competition to do? I know of several people that are average runners like me that would like to run in some of the races but we cannot run 10,000 or more meters. We love the companionship and the encouragement you seem to give us to come and run, but we are 8 to 12 minute milers and we are not capable of running such long races.

Now you will say, "Then get in a fun run." This is no answer. I entered a fun run once and the officials could have cared less whether or not the race was run well. It was for about 15 people, most of them very young kids and a family or two who walked all the way.

You see, we would like to see 2 mile, 3 mile, 4 mile, or even an occasional 5 miler for us older and slower runners. I entered and ran the Hilly Four Mile and had a great time. The Home Loan 10,000 is a race that we shoot for once a year like you good runners shoot for a marathon or one of your ultra races. I hope I do not seem like a complainer but you good runners have set all the races up for you and we others just do not compete.

Another point. Why are three of the races run in the coldest months we have? Not only are they too long, but again only the really serious runners want to compete in the winter. This means that if we want to be counted in the ratings that not only is the distance longer than we can run, but there are many during the cold weather.

Could there be shorter, and I do not mean just one mile, but 2, 3, 4, or so mile races run when you run the 10, 15, and more races? Columbia City runs a 10,000 and a 5,000. Many others run the same. Hey, I could care less whether you give trophies to winners, just give us some distance we could compete in. If you notice, most of the reports you get in your newsletter the past several issues are about the times people posted in some marathon or ultra marathon somewhere. I was proud of what I had accomplished in a couple races but would not report it to THE INSIDE TRACK because I am sure you good runners would think it very insignificant. To me I had done something that I never thought I could do, I had run the Hilly Four Mile in what I thought was really something!!

I hope you see what I am saying. I think the club does a great job and I read THE INSIDE TRACK from cover to cover and save every one. I enjoy everything about it. It is exciting to see your name listed in those who finish a race, but they have to be a distance that some of us can finish.

Keep up the great work, but please do not forget us "lesser than great" that enjoy seeing you better runners perform and like being able to say that we ran in a race with many of you even though we ran quite slowly.

You always ask for suggestions in the newsletter and that I have done. I am a serious runner that enjoys running and I hope I can continue for many years to come. I do not sign my name because here again, I feel that I might be embarrassed by better runners knowing me and making a joke of my feelings.

Sincerely,
(no signature)

TO WHOM IT MAY CONCERN:

1. You have evidently misread the schedule of FWTC points races for this year. We have scheduled 15 points races, four of which are to be contested at distances of five miles or less (8K on 6/12; 4 miles on 6/20; 5K on 8/8, and 5 miles on 12/31). In addition, the X-C race in November is scheduled for 9K (5.6 miles), and the one hour run on May 16 does not involve a set distance, runners simply run for one hour (at a 12 minute pace this would be 5 miles). Contrary to your claim, 40% of our scheduled points races are of less than 10K distance.

(Editor's Note: THE INSIDE TRACK does not generally publish unsigned letters to the editor, but some of the points raised in this letter are significant enough to warrant a response.)

2. The FWTC attempts to be many things to many people, including serious racers. To this end, we have attempted to schedule at least one points race every month, and have attempted to introduce race-distances that will be interesting to a variety of runners. (Frankly, the board felt there were enough races of 10K distance in the greater Fort Wayne area. I am happy to see some longer races on our schedule.) Many members of the club run year round, and enjoy racing in (nearly) all types of weather. Undoubtedly, the majority of club members who are concerned about points standings are "serious runners" who are willing to and interested in competing during the winter. This has never prevented other, presumably less serious runners, from participating in, and yes, even enjoying, these winter races. We also have races scheduled during the three HOTTEST months of the year.

3. THE INSIDE TRACK publishes all race results received by the deadline -- regardless of the distance run or the time recorded. We frequently publish the entire list of finishers. In the January, 1982, issue, for example, we published the complete results of: FWTC X-C races 1 and 2 from 11/15/81 (9K, a total of 192 finishers), FWTC 10K race on 12/12/81 (a total of 117 finishers, and the Columbia Plaza 5K race on 11/29/81 (a total of 179 finishers). We also published 11 individual race results from six different runners, only five of which were marathons or ultras. We are always happy to publish your individual running results -- BUT you have to send them to us. (The only time an individual race result is not published is when that result is included in a total listing of finishers.)

4. THE INSIDE TRACK has extended regular invitations to its readers to submit articles and stories they feel will be of interest to the club. These frequently, but not always feature running experiences. We have received and published a number of interesting and favorably accepted articles from 11 and 12 minute milers -- and we have never received criticism for publishing these articles.

We thank you for your interest in the club and for your letter. We encourage you to run in an occasional race longer than five miles -- and tell us who you are.



Hi!

Eddie and Dora Lee Phillips stayed with me while in Fort Wayne for the ultra. It is in part an open invitation to Fort Wayne Track Clubbers. Perhaps you would like to share the invitation in THE INSIDE TRACK? I was honored to have them as my guests and am sure they will be more than helpful to any of us who could get down to South Carolina for a run in the sun.

THE INSIDE TRACK gets better and better with each issue. We are so fortunate to have the efforts of so many talented people donated to giving us this "class" publication each month.

See you on the road.

s/Jack (O'Neil)

Hi, Jack:

We have been thinking about you a lot since our trip to Fort Wayne. Problem is that graduate school has been keeping us both quite busy. Thank you for all that you did for us during our visit. We'll never forget you and we do hope you and some of the track club members can come to the sunny south for a race sometime.

Still have not finished Be Fit! Or Be Damned! I think that Dora Lee also wants to read it. I'm glad Christmas vacation starts this week!

God bless you and give everyone there our best wishes.

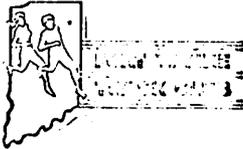
Love, Eddie & D.L.

P.S.- My next ultra in January at Jacksonville, FL. A 24-hour track run where I'll attempt 100 miles as a minimum.





WVWDWV RADIO GROUP
1130 WV



FORT WAYNE TRACK CLUB 10KM RUN

This FWTC Points Race is being held
in conjunction with Fort Wayne's Winter Festival

Date: Saturday February 13, 1982 Entry Fee: Free FWTC members
Time: 2:00 P.M. \$ 1.00 non members
Place: Foster Park Fort Wayne, Indiana \$ 2.00 day of race
Distance: 6.21 Miles Send entries to:
Facilities: Come prepared to run. Mike Melendrez
Restrooms will be available 4524 Leeward Cove
in Pro Shop. Fort Wayne, Indiana 46804
Registration: 1:00-1:45 P.M. (219) 432-4642

Make checks payable to:
Fort Wayne Track Club

Age Divisions and Awards

Men: 14 and under	1-3	Men: 45-49	1-5
15-19	1-5	50-59	1-3
20-24	1-5	60 and over	1
25-29	1-5	Women: 19 and under	1-5
30-34	1-5	20-29	1-5
35-39	1-5	30-39	1-5
40-44	1-5	40 and over	1-5

ENTRY FORM

Name _____ Age _____
Address _____ Sex _____

I acknowledge that I have trained sufficiently to participate in this event. I or my heirs waive all rights and claims I may have against the Fort Wayne Track Club; the Parks and Recreation Department or affiliates in connection with this event.

Entrant's Signature _____ Date _____
Signature of parent or guardian if under 18 _____



CAYLOR NICKEL
KELTSCH PHARMACY

RUN FOR HEALTH

APRIL 17, 1982

ON YOUR MARK

- 1:00 pm Fun Run (1 mile)
- 1:00 pm Fun Run (2 miles)
- 1:30 pm 10,000 meter run (Race will begin at conclusion of Fun Run)

WHERE

Bluffton Junior High School - The school is located one mile east of Bluffton on 116. Facilities are available for showers. Bluffton is located 25 miles south of Fort Wayne.

INFORMATION

For further information concerning this Run for Health, please contact Phil Lockwood of Wells County Trotters, P.O. Box 497, Bluffton, IN 46714 (219) 824-2410 or Jane Thompson at Caylor-Nickel Hospital, Inc., 309 South Main Street, Bluffton, IN 46714.

REGISTRATION INFORMATION

- \$ 4.00 Fun Run
 - \$ 5.00 10,000 meter race
 - \$ 6.00 Day of Race
- Please register in advance. Make checks payable to:

Caylor-Nickel Hospital, Inc.

Late Registration: 10:00 am - 1:00 pm day of race (at Bluffton Jr. Hi.)

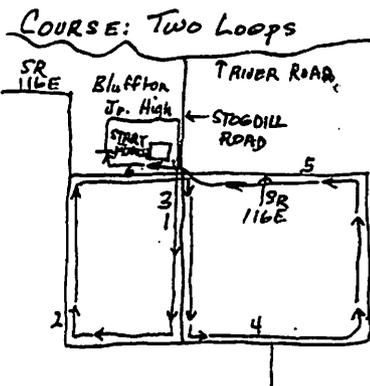
DIVISIONS

Men and Women	M	F
13 & under	3	3
14-18	3	3
19-24	7	4
25-29	7	5
30-39	9	5
40-49	6	4
50-59	4	3
60 & Over	3	2

RETURN ENTRY FORM TO

Mrs. Jane Thompson,
Caylor-Nickel Medical Center
309 South Main Street
Bluffton, IN 46714
(219) 824-3500, Ext. 2103

RACE COORDINATED BY
Phil Lockwood and Wells County Trotters (of Parlor City Trot)



ENTRY FORM

Name _____ Age _____ Birthdate _____
 Address _____ City _____ State _____ Zip _____
 Club Affiliation _____ Sex _____ T-shirt size S M L XL

WAIVER OF LIABILITY

The below form must be filled out in addition to the Entry form in order to qualify for both races.
 In consideration of the foregoing, I, for myself, my executors, administrators, and assignee, do hereby release and discharge Caylor-Nickel Medical Center, Parlor City Trotters, City of Bluffton, and Bluffton-Harrison Junior High for all claims of damage, demands, action and causes of action whatsoever in any manner arising or growing out of my participation in said run. I certify that I have prepared myself for this event and that I am in adequate physical condition to complete the event I have entered on April 17, 1982. I agree to follow all rules of this race and to permit myself to be removed from competition if in the opinion of the race administrators my continuing would endanger my health.

Signature of Entrant (or parent if under 18) _____
 Date _____ Telephone () _____

MARCH

7 15th ANNUAL CHURCHILL'S HALF-MARATHON - Perrysburg, O., (Ft. Meigs), Rich Lachowski 385-4599.

14* FWTC 20k - Homestead HS, 2pm
Mike Kast 743-5140.

21 GIHA'S PETERSBURG HALF-MARATHON and 3 mile - Petersburg MI., (Summerfield HS), \$10 day of race. George Isom 313/279-2107

28 WINDY MARATHON - Carmel IN., (Carmel Clay JHS), 1pm. Certified Course. Chuck Koeppen 317/844-1823.

APRIL

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

11 HEARTWATCHERS MARATHON - Uni. of Toledo Health Building. \$15 after April 1st. Barry Pitts 243-9062.

17 CAYLOR-NICKEL 10k - Bluffton, IN., Bluffton JHS. Phil Lockwood.

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

25 DIET PEPSI 10k - Toledo Area, (Southwyck Mall), Larry McCartney 865-4564.

MAY

1 SAGINAW BAY MARATHON - University Center MI., 10am, Terry Rock, Bay Area Runners 517/686-9223 or 790-1471. Deadline April 23.

16 REVCO-CLEVELAND MARATHON - Cleveland O., 8am, Reno Staronni 216/232-6373. Deadline May 1.

17* ONE HOUR RUN - Ft. Wayne Northrop HS. 8am, Jerry Mazock

22 MARATHON MARATHON - Terre Haute, IN., 7am Rick Matthews 812/232-6311.

* FWTC POINTS RACES

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

Check with race directors or other sources before traveling.

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

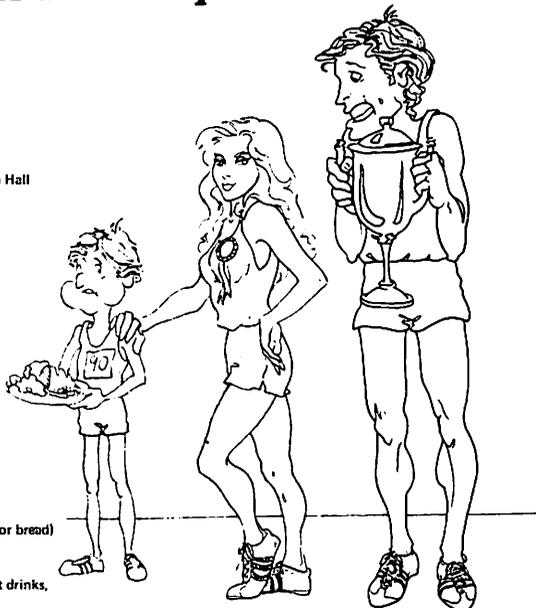
Award Banquet

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

FEBRUARY

- 3 FUN RUN - Foster Park, 6pm.
- 6 FUN RUN - Foster Park, 10am.
- 6 GROUND HOG RUN 10k - Jackson, MI., Step One, 2121 W. Michigan Ave., Jackson, MI. 49202. 517/787-59777
- 7 ICICLE RUN 10k and 5k predictions - Toledo, O. 9:45am, Pearson Park. Dick Corado 419/693-0363.
- 10 FUN RUN - Foster Park, 6pm.
- 12 LONE RANGER & TONTO 6 mile RELAY - Marion, IN. Gary Hall, MVRRC Club 317/662-1890
- 12 HIGH SCHOOL & OPEN INDOOR TRACK MEET - Uni. of Cincinnati Armory Fieldhouse. Bill Schnier 513/475-5708. 4pm
- 13* FWTC 10k - Foster Park, 2pm. Mike Melendrez 219/432-4642. See ad in this issue
- 13 MASTERS INDOOR TRACK MEET (30-over) - Uni. of Cincinnati Fieldhouse. 9am.
- 14 SAM COSTA HALF-MARATHON - Carmel IN., (Carmel Clay JHS), 1pm, Certified Course. Chuck Koeppen 317/844-1823.
- 17 FUN RUN - Foster Park, 6pm.
- 19 HIGH SCHOOL & OPEN INDOOR TRACK MEET - See Feb. 12.
- 20 FUN RUN - Foster Park, 10am.
- 21 VALPO 8 mile - Valparaiso, IN., (Thomas Jefferson JHS) 10am C.S.T., Jere Kunkle, 219/426-5313.
- 21 SWANTON 13 and 3 mile - Swanton, O., 1:45pm, Crestwood School, Lou & Diane Wagner, 419/826-9955.
- 21 MIDWEST MASTERS REGIONAL INDOOR TRACK MEET ages 30-over. Arlington Heights, IL., 8am, Forest View HS. Wendell Miller 312/236-1315.
- 24 FUN RUN - Foster Park, 6pm.
- 28 GET IT IN GLASS 20k and 2.75 mile predictions - Toledo, O., 12:45pm, Secor Park. Mike Cameron 419/531-3639.
- 28 THIRD OLYMPIAD MARATHON - St. Louis, MO., 8am Forest Park. Gateway Athletics c/o Marathon Sports 314/434-9577. Deadline Feb. 23.



**FORT WAYNE
TRACK CLUB**

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

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

RETURN
POSTAGE
GUARANTEED