

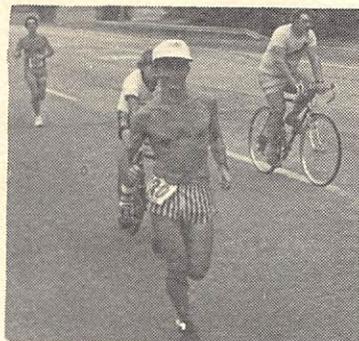
# the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



## ROAD RUNNERS CLUB of AMERICA

January 21, 1982



Larry Lee, President  
Fort Wayne Track Club  
St. John the Baptist Catholic School  
4500 Fairfield Avenue  
Fort Wayne, Indiana 46807

Dear Larry,

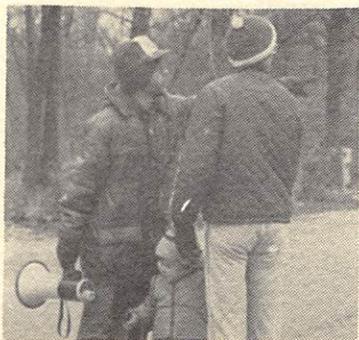
The conclusion of the Rod Steele Memorial Award nominations have been handed to me, and I am happy to inform you that Don Lindley has been selected to receive the award this year. He demonstrates the enthusiasm, dedication, and eagerness that we look for in the recipient of this award -- the kind of member every club would like to have.

We hope that Mr. Lindley will be able to attend the RRCA annual convention in Jacksonville to receive his award and the recognition he deserves. I trust you will pass the word to him and if we can be of assistance to your club in any way, please feel free to notify me.

Sincerely,

ROAD RUNNERS CLUB OF AMERICA

*Jerry Kokesh*  
Jerry Kokesh



### STEELE AWARD TO LINDLEY

# 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

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## 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

Linda McGuire has arranged for WE to use the Lane Middle School gym for volleyball on Sunday, March 21, 1982, from 6:00 p.m. to 8:00 p.m. For a change of pace and some good laughs, mark that date on your calendar.

Date: Sunday, March 21

Time: 6:00-8:00 p.m.  
(pizza afterward?)

Place: Lane Middle School  
4901 Vance Avenue

If you have any questions, call either Linda McGuire or Jan Kissinger.

## NEXT MONTH

Gene Bullshallit returns with a preview of the Saginaw Marathon. Interviews with leading runners before the race, followup interviews after. Don't miss it.



**FORT WAYNE TRACK CLUB**

# EDITOR'S NEWS & VIEWS

by DAVE FAIRCHILD

The Fourth Annual Fort Wayne Track Club Awards Banquet, held on Saturday, February 13, 1982, at the Oaks Dining and Recreation Hall, was easily the most exciting and successful in club history. Featuring the excellent food, stimulating speaker, and warm fellowship that have come to characterize the banquet, this year's edition also provided a number of surprises. The unquestioned highlight of the awards presentation was the recognition of Don Lindley as the recipient of the FWTC "President's Award" for outstanding contributions to the club during the past year. Don's contributions are well known to the Fort Wayne running community and were very well expressed by Larry Lee in his nomination of Don for the RRCA worker of the year award (see the nomination in the January, 1982, issue), and will not be reviewed here. The standing ovation Don received attests to the club's appreciation of Don's efforts. As Don received the plaque for the President's Award, Larry shared a letter he had received from the RRCA announcing that our own Don Lindley had been selected to receive the Rod Steele Memorial Award as THE OUTSTANDING CLUB WORKER in the country! The Rod Steele Award is presented annually to that one individual who, in the eyes of the Road Runners Club of America, has made the most significant contributions to running and the running community. Don's selection for this award is richly deserved, and the entire club joins in offering congratulations to Don and Godspeed to the Lindley family as they travel to Jacksonville, FL to receive the award at the annual convention of the Road Runners Club of America.

Special recognition was also accorded to past Presidents of the Fort Wayne Track Club, Charlie Brandt, Gary Dexheimer, and Mike Hill, all of whom were at the banquet, and each received a handsome wall plaque recognizing their service to the club. The top age group runners were presented with trophies, gift certificates, and plaques, engraved with year end points standing in club races and the winner's name. Phil Suelzer again handled the awards presentation and again managed to award himself an age group first place finish. This was the last such opportunity for Phil to present this award to himself, as Mike Robbins and Dan Kaufman will be computing points standings for the next year. Phil has done an outstanding job as club statistician for the last several years, and while he is the first to admit that it is a time consuming and often frustrating task, it has been recognized and appreciated. Thanks, Phil! Congratulations to all those runners who received recognition for their achievements over the past year.

Don Goldner, continuing a tradition begun last year, presented the "Don Goldner Purple Turd Shoe Award for Dubious Achievement". Again this year the competition for this award was spirited (although the balloting, or whatever Don calls it, evidently was not). It gives me great, but dubious, pleasure to announce that none other than this Editor of THE INSIDE TRACK was the recipient of this award. Having been in contention last year only to see Myron Meyer win, this Editor resolved to launch



a full scale campaign for the shoe. The one achievement this Editor felt would surely win for him was his uncanny ability to fall down while running - for absolutely no reason. On one notable occasion this feat was performed in the presence of Don G himself, who immediately assured me that such an event would not pass unnoticed at the next awards banquet. To my disappointment, this was not the margin of victory. No, indeed. The Shoe was won because Don could not understand what the Editor wrote. I will address this question further in a subsequent column (or several), but a comment or two is appropriate here. One major reason for such incoherence as my columns demonstrate is the frequent falling I experience during runs. This has so addled my brain that I not infrequently spew out total gibberish. Lest this fact be taken too seriously by my audience, however, a second contributing factor is that Don Goldner has recently perfected the "Fall at A Noncrucial Time in a Race Technique", which is also sufficient to addle his brain. The end result of this is that neither of us can understand the other - or perhaps ourselves. Look, Don, Look. Dave is Writing. Read, Don, Read. Run, Joan, Run. Write, Dave, Write. (Before this gets totally out of hand, the Editor would like to inform the members of the club that: he appreciates the

award; he hopes Jerry Mazock wins next year; and he ran all the way to Poe and back, in the snow, in the presence of witnesses, without falling down, the day after he won the Shoe.)

Featured speaker, Ron Gunn, did an excellent job of informing while entertaining the capacity crowd at the banquet with his inimitable style. No stranger to the Fort Wayne area, and a member of the FWTC, Ron combines humor with insight and gentle teaching. I am still confused about one point, however. After Ron and the penguins bounded into the Canadian woods in pursuit of women marathoners, why was Mike Hill still in the barn?

The Fourth Annual Awards Banquet for the FWTC was a resounding success, with an abundance of superb food, lively banter, and high spirited merriment. Congratulations to Don G on another first rate event!

#### CORRECTION

In this column last month I invited members of the FWTC to use the indoor running track at IPFW. Since that column was published, I have been informed by THE AUTHORITIES at IPFW that the track is NOT available to the general public. The only people eligible to use the facilities are: students, faculty, staff, alumni or guests of same. Alumni and guests must be accompanied during their visit by the host(ess). Students who register for fewer than 9 credit hours of courses may receive an activity card for an additional \$12.00, which will then entitle them to use the HPER building for free. Credit courses cost about \$33.75 per credit hour, plus the \$12.00 activity fee, makes the cost of using the facility about \$46.00 per semester or \$92.00 per year. While this is not cheap (and certainly not free), it is highly competitive with the rates charged by the YMCA and various of the health and fitness clubs around town.

For those of you who are offended by this policy of restricted access, and I am one of them, communicate your feelings to Dave Skelton, Director of Athletics, IPFW, 2101 Coliseum Blvd., East,

Fort Wayne, IN 46805. For those of you who wish to play by their rules, I might suggest the following: register for one (1) credit hour of PHIL 590 (independent study) to be taken with Professor Fairchild. Put my name and your initials on the registration card. Pay appropriate registration and activities fees and earn one credit hour for the philosophy of running and being.

#### WE

Jan Fairchild

WE started its second year of meetings on February 7, 1982, with guest speaker, Dexter Lehman. After the long, snowy drive from Elkhart, Dexter entertained numerous questions about his racing, training, and running goals.

Dexter, who was featured in the Midwest People Edition of the February Runners World, started running in high school. At Tri-State College he advanced from sixth man on the cross-country team to Division 3 NCAA 10K champ his senior year with a 30:14 time.

Dexter has been employed as a mechanical engineer at Kent Company in Elkhart for 2-1/2 years. He typically runs right after work. This time works best for him; morning runs and twice daily workouts having proved less desirable.

Dexter's colleagues at work take an active interest in his running. Several have traveled to watch him race and at least one has started running himself.

Dexter's training eases up considerably during the bad winter weather. He finds indoor track running too boring and does not want to hazard an injury on icy roads. He takes days off and when he does run its about six miles at an "easy" 6:30 or 6:45 pace. Although he's never been injured, he feels it's possible to get stale about running and that the reduced winter running helps to avoid that.

Dexter does no stretching exercises before he runs. He does start and end his runs "slowly". However, he cautioned that this technique is probably not good for everyone. He does not make any special dietary concessions

with regard to his running. He eats everything and does carbo-load before his races. Dexter does not have a running coach but bases his training on his experience and what he reads. He attributes his significant 10K progress this past year to serious interval training.

With regard to the future of women's running, Dexter stated that he felt women will continue to approach times comparable to men's. However, he feels that there is a greater chance for women to equal and/or surpass men in the longer distances, particularly marathons and ultra-marathons.

Dexter has two marathon victories to his credit (he has run four), both were in Fort Wayne under the tremendous heat conditions of July, 1979 and 1980. He says he prefers the 10K and 15K distances over the marathon, which is always a "survival" task for him. He has no desire or intention of trying any distance beyond the marathon.

Area runners are well aware of Dexter's excellent record for 1981. He ran the Blueberry Stomp 15K in the winning time of 46:03, a victory for which he trained very hard and of which he is justifiably proud. His Home Loan 10,000 victory was accomplished in 29:42, a course record. His major goal for 1982 is to run a 29:15 10K. He plans to run the TV-33/Hooks Marathon and the Home Loan 10,000. Fort Wayne will have excellent opportunities to watch Dexter's progress in 1982!

#### GROUNDHOG 7 MILE

Carmel, IN, February 7, 1982

Tom Loucks	40:26
5th overall	
Myron Meyer	45:47
19th overall	1/50-54



### Just me

by GLORIA NYCUM

M-A-R-C-H-W-I-N-D-S! Am I moving or just running in place? I run slow enough without the wind holding me back. Maybe it would help if I would gain weight. One step forward-two steps back-one more step forward. No, I can't use the wind for an excuse. Actually the wind resistance is good practice for me and will make me a stronger runner. So, I guess I should be happy that the wind is 50 mph. Somehow, I never experience that happy feeling until my run is over with.

Did you ever try to blow your nose while running against a strong wind? The tissue is shredded before it gets to your nose. It takes all the energy one has left just to blow into a thin thread of tissue. I often wish someone would invent a tissue holder that hangs on my nose. Has it been invented? Is that what Curt Nold wears? I guess if I get desperate enough, I could cork up my nose during a run and just breathe through my mouth.

Outside the wind rips nature bare  
Like death rips life from man  
But runners show little care  
Outside the wind rips nature bare  
For precious hours they cannot spare  
And feel it's part of nature's plan  
Outside the wind rips nature bare  
Like death rips life from man.

What a winter this has been! We've had March winds since January or before and although we try to conceal our agony, the wind has been a real cross to bear. Many of us will always remember last year's March race at Homestead and this year's race is upon us. We still talk about how we kept blowing into each other. It was torture but as usual, a great thrill when the finish line came into view.

March was always the month that my daughter, Julie, and I would decide to begin our training so we would be ready for the spring races. I remember one March when we decided to run at least two miles every morning before getting ready for work. This meant we had to leave the house by 5:30 since I had to be back and ready to leave the house by 6:30 for work. One morning Julie came down and reluctantly said she was ready. Well, I hesitated and then said, "Are you sure you want to run that way. It's all right with me." She looked down and started laughing. She had on her stocking hat, gloves, coat, shoes and long johns, but forgot her sweats. We still laugh about that and I wouldn't be telling you about it but since Julie lives in Denver, I know she can't do anything about it.

I've found that when the wind is fierce, it helps to have another runner suffering along with me. It also seems easier for me to run against the wind right away when I still have strength. I guess the wind is like hills in that both are difficult at first. Repetition seems to ease the pain and weaken the mind or whatever the case may be. Sometimes I get fooled because I don't notice the wind when I first start out and when I turn a certain corner I find myself running into the wind which cools me down quick. When this happens, I'm always glad I decided to tie my zippered, hooded jacket around my waist and quickly put it on.

I guess we'll all be glad to see the nice weather come and the fun times we always have at our races. Those days will soon be here and I'm looking forward to seeing each of your smiling faces soon. I've missed you!

### FWTC BOARD MEETING January 24, 1982

Attendance: Jim Dupont, Dave Fairchild, Jan Fairchild, Steve Foster, Don Goldner, Mike Kast, Dan Kaufman, Jan Kissinger, Larry Lee, Don Lindley, Tom Loucks, Jerry Mazock, Curt Nold, Gloria Nycum, Mike Robbins, Phil Shafer, Terry Shipley, John Treleaven.

Larry Lee, president, opened the meeting.

Dave Fairchild read the new prices for ads in THE INSIDE TRACK which he felt is necessary due to the new format used.

Steve Foster agreed to be temporary Ad Chairman until a new advertising coordinator is found and board members agreed that it is very important that the club have a regular Ad Chairman.

It was agreed that the position of Ad Chairman be advertised in THE INSIDE TRACK with the hope that some member will come forth to take over this very important job.

For now, all ads should be called into Jim Dupont, Harding High School, 447-1547.

Dave Fairchild again stressed that some functions within the club should be combined since sometimes three people handle one function.

It was also agreed by the board members that every person on the board should have a specific position.

Mike Kast suggested the board consider combining the December and January issues of THE INSIDE TRACK for 1982-1983 due to holidays, school closing, and low news volume at that time. The proposal was voted on and passed by the board.

Efforts are being made to keep current and incorporate names, renewal dates on labels for THE INSIDE TRACK, and keep a current mailing list.

As of January 24, 1982, paid-up memberships reached 728 with many memberships due in January yet to be paid. This was reported by Don Lindley who also gave the treasurer's report. Don also stressed the importance of insurance for the club and it was agreed by the board that Don should look into the matter and make the final decision as to insurance coverage.

Don also asked the board to consider selling our mailing list if it is agreed and felt that the list would be used for mailings which would benefit our members. He also stated that people could stay off the list if they so desired. Don pointed out that as members of Road Runners Club of America, our names are on their mailing list which they sell to companies from time to time.

Don Goldner reported that plans for the Awards Banquet are moving along fine and thanked Dave Fairchild and Phil Shafer for sending out Banquet and membership reminders.

Tom Loucks sent in information to the National Running Data Center since two course records were set on the Home Loan course in 1981 by Mara Matuszak and William Andberg in their respective categories. Six single age records have been set on the Home Loan course thus far.

Mike Robbins and Dan Kaufman summarized the points computation regarding age group and point standings for members as agreed by the board at the December 6 meeting. They will be published in the newsletter.

John Treleaven lead a discussion concerning the present policy used to decide if a race should be held or not due to conditions which are questionable to the well being of FWTC members. Jan Fairchild made a motion that we leave guidelines as is but have a committee look into the matter and report findings at next meeting. Motion was passed.

Jim Dupont suggested an indoor race be held, maybe in one of the months like December or January when the weather is questionable.

Steve Foster agreed to be the director of the Corporate Race with B. F. Goodrich being the host for 1982. No date has been set at this time. It was voted and agreed that FWTC equipment will be donated for the corporate race.

Larry Lee reported that the old Diet Pepsi 10,000 will be called the Pepsi Challenge 10,000 and that they are considering having a spaghetti supper the night before the race.

Larry Lee also read the guidelines to be followed in future

races regarding wheelchair participants.

1- Short races (5K-4 mile and under) - wheelchairs start one minute ahead of runners or behind runners.

2- 10K-15K races - wheelchairs start two minutes ahead of runners or behind runners.

3- Longer races (over 15K) wheelchairs start five minutes ahead of runners or behind runners.

Wheelchair participants and race director will make the final decision regarding early starts and the time allowed may vary according to race.

4- Course - wheelchair right of way will be center of road with runners to either side of center. Wheelchairs should give warning by shouting "wheelchair coming through" when approaching runners.

5- Country roads - wheelchairs on country roads must have bicycle escort.

There will be no wheelchairs at the 8K (Northrop) 6-12-82, or the cross country race 11-14-82.

Don Lindley reported that Dan Bossard's schooling will be extended and that a new Ultra Race Director would be needed. Curt Nold considered and later agreed to fill that position.

Phil Shafer suggested that we should try to get discounts for members at not only sporting good stores but stores like health food stores, etc.

John Treleaven mentioned that a sponsor is needed for the "Hilly Four" race.

Larry Lee read a list of suggestions for club get togethers and other members of the board came up with suggestions. Some mentioned are: touring team competition, having a central facility to use for members, co-op for shoes, clothes, etc., seminars on running, basketball or softball teams, roller-dome party, sponsor cross country for jr. high, and write Bill Anthis to let him know we are in favor of cross country and will help organize.

More suggestions are needed and welcomed. Anyone wishing to submit his or her sugges-

tions may call any board member or better yet, come to the next board meeting.

Gloria Nycum

Jim J. Anderson

Region 3 Championship 15K  
1-16-82

2/25-30 1:18

Salt River Run 30K  
1-30-82

4/25-30 2:18

White Pine Stampede 50K  
2-6-82

4th overall 3:27

Region 3 Championship and Salt River Run were held at Boyne and Sanford, MI, and neither place is worth going to by car or train. White Pine Stampede was at Schuss Mt. and Shanty Creek in Mancelona, MI. This is a nice race and a good place to ski.

SAM COSTA HALF-MARATHON

Carmel, IN, February 14, 1982

Snow covered roads, upper 30's

Tom Loucks 1:19:16  
24th overall 9/18-24

Myron Meyer 1:28:10  
67th overall 2/50-59

Women's Winner

Betty Hite 1:22:43

Top Ten Men

1. Curt Carey 1:08:41  
2. Bill Gavaghan 1:09:46  
3. Carl Cox 1:10:33  
4. Joe Metzger 1:10:57  
5. Chuck Koeppen 1:11:19  
6. Wally Saeger 1:12:32  
7. Scott Miller 1:13:05  
8. Willie Young 1:13:22  
9. LaFawn Kirkland 1:13:43  
10. John Carlson 1:14:11

## Point Standings

The following is a summation of the age group and point standings information and the method of point computation.

### 1- Age groups are:

Male: 14-under  
15-19  
20-24  
25-29  
30-34  
35-39  
40-44  
45-49  
50-59  
60-over

Female: 19-under  
20-29  
30-39  
40-over

2- Runners will be deemed to remain in the age category they are in on May 1st for the entire year. Thus, any age changes occurring on or after May 2nd will not be recognized for point computation purposes. Individual race categories and awards, of course, will continue to be based on a runner's age as of the race day.

3- If a runner moves from one age group to another prior to May 1st, that runner's points will be recomputed on the basis of the points he/she would have received had he/she run a particular race in the new age category. No subsequent adjustment will be made to any other runner's points or finish place. For example, if a runner aged 39 in February finished 3rd in the 35-39 age group and 12th overall in a race, becomes 40 in March, that runner will be assigned the number of points the 12th overall place would have received in the 40-44 age group for the particular race. This will not disturb the actual other finish places for either age

group. The result will be two runners assigned the same point values for the same race. This is a situation which already occurs with the race director also awarded a first place finish.

4- Point values assigned will be equivalent to the finish place within each age group, i.e., first place equals one point, second place equals two points, etc.

5- A runner's rating within the age group will be the result of dividing the total number of points assigned by the number of races run squared. This is equivalent to dividing the average finishing position by the number of races run. This is the same method currently employed and weights the result in favor of participating in as many races as possible. For example, a runner who has totaled 47 points in five races would receive a rating of 1.88 (47 divided by 25). Had the same average finish place (9.4) been earned in four races the rating would only have been 2.35 (a final rating of .1 is the maximum possible rating).

6- The minimum number of point races needed to qualify for the final point standings is eight. Those runners who complete fewer than eight point races during 1982 will not be considered for final point standings.

7- The maximum number of races to be considered will be ten. Only the ten highest finish places will be computed even if more than ten races are run.

8- Awards will be given to the first ten age group finishers in the male 20's and 30's age groups, five places to all other male age groups and all female age groups, with a further proviso that awards go to the lesser of five places or 50% of eligible runners. The first place finisher in each age group will receive a trophy while other finishers will receive plaques.

9- Two additional Open Classes will be added which will be in addition to the regular age groups. The male Open Class will reflect the point standings computed according to the men's overall track club finishers position in each race irrespective of age. Those runners comprising the top ten places in the male Open Class will be deleted from the final age group standings. The female Open Class will consist of the top three female runners with points computed in the same fashion irrespective of age. The three top female runners will also be deleted from the final age group standings. Awards consisting of merchandise and certificates will be presented to the Open Class finishers. Suggested awards are the following:

Male/Female 1st running suit, shorts, singlet, shoes

Male 2nd-5th shorts, singlet, shoes

Male 6th-10th/Female 2nd-3rd shoes

Mike Robbins - Dan Kaufman

# President's Column

by LARRY LEE

Especially for those members who could not attend, I would like to recap the highlights of the Fourth Annual FWTC Awards Banquet held at the Oaks Hall, New Haven, Indiana, on February 13, 1982. It truly was a very special occasion, one of the proudest days in our club's five year history.

The biggest surprise was the announcement that our very own Don Lindley had won the National Road Runners Club of America Rod Steele Memorial Award for being the outstanding club member in the entire country for 1981. The RRCA has about 1,500 member clubs representing over 80,000 individuals. What an honor! What pride and elation filled the hall! It was a "magic moment" that Don, his wife Rosann, and his family, as well as all of us who have come to love the man as our Mr. Fort Wayne Track Club, will remember and cherish.

The club will pay round-trip airfare for Don and Rosann to attend the National RRCA Convention in Jacksonville, FL, March 11-13, 1982. Don will receive his award at that time and also attend several workshops that are particularly relevant to our own race and club administration. Rosann is by design being recognized in her own right for the tremendous sacrifices she has made in order to allow Don to serve us as much and as well as he has over the past five years. As it turned out, much of the Awards Banquet could have been renamed the "Don Lindley Testimonial". Prior to my announcing his winning the Rod Steele Award, I presented him with the 1982 President's Award, given to the one single individual who in the mind of the president has performed exceptional service. The basis for my decision was the quality and quantity of Don's service to the FWTC for five solid years. He has done everything his nomination says he has - and more.

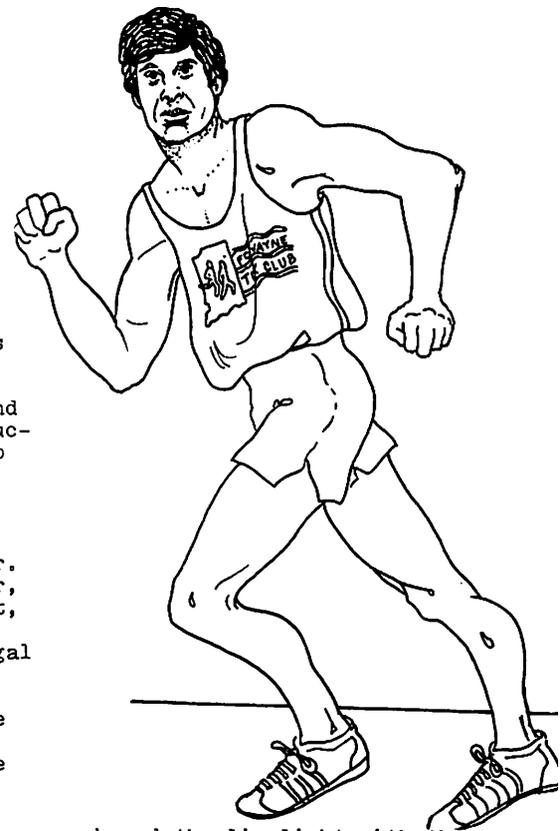
I also recognized last year's President's Award recipient, Charlie Brandt, and remarked that between them, Charlie and Don have done more for the successful operation of our club and successful planning and execution of our tremendous race program than have the rest of the club members, past or present, put together. If Charlie was the philosopher, the policyman, the strategist, then Don was the diligent detail man, the wise and frugal treasurer, the extraordinary tactician. Don has been the heart and soul and conscience of our number. In simplest terms, he has been and is the Fort Wayne Track Club.

February 13 was your night, Don, and you so richly deserved it. The stirring standing ovation you received when I presented you with the President's Award indicated my choice was a popular one - in fact, the only choice.

Don was not the only one who did us honor. O'Ryan Rickard, Midwest Editor for Runners World, the most widely circulated running periodical in the nation, joined us for our 10K race that afternoon as well as for the banquet. The purpose of his visit from Kalamazoo: to obtain material for a possible feature article in a future issue of his fine magazine. How about that, gang? Good news does travel fast.

O'Ryan's visit merely underscored the gist of my brief remarks: that in five short years we have indeed cultivated something special, that our FWTC is somehow exceptional.

Before the top runners in their age groups received their awards and their ovations, our past presidents, Charlie Brandt, Gary Dexheimer, and Mike Hill, received gavel plaques. Rick Reitzug received a special plaque for exceptional service as editor-in-chief of THE INSIDE TRACK, 1980-81. They



shared the limelight with the following, who I singled out for special recognition: the current officers, directors, and executive council; the directors of all 18 races held in the last twelve months; Jim Dupont, Tom Loucks, and Mrs. Loucks for major on-going contribution to THE INSIDE TRACK, and Dave and Jan Fairchild.

Ron Gunn, a fellow member and Dean of Sports Education at Southwestern Michigan College, fired us up with a nicely done, informal chat that covered a number of aspects of running and training. Dan Bossard and Julie Nycum traveled from Denver to be with us and were recognized. Phil Suelzer capped a fine job of keeping track of points standings by announcing the top runners. Everyone enjoyed one another's fine home-made dishes and in general, everyone had a good ol' time.

Who do we thank for masterminding this evening of relaxation and enjoyment? Don Goldner, of course. Don, one beautiful job. You had everything in control, every detail covered, and presided in your usual witty, breezy style. This was the second banquet in a row now that you have chaired; what do you plan as an encore in 1983?

MARCH, 1982

# Runner's Diary

by BEN COX

As a fellow runner, and one who has always enjoyed hearing and reading about other runner's unusual and interesting experiences, it seems appropriate to put to pen a few of my own.

I am forty-five years old and began running in 1976. It doesn't seem necessary to bore you with personal accomplishments as they certainly aren't very impressive. However, running is an important part of my life, having averaged over 2,100 miles per year for the past three years, with every intention to continue for life.

Approximately two years ago, as a result of accepting a new job assignment, the opportunity was presented to be involved with the development of a new worldwide product. It was understood that this would involve some overseas travel.

The first overseas travel was a two-week assignment to Manchester, England, during August, 1980. My traveling companion (a non-runner) and I planned our itinerary to allow for a weekend layover in London; the only reasonable thing to do under the circumstances, since neither of us had been there before.

Early in 1980, RUNNERS WORLD carried a fascinating article about "Running in Europe". In London the writer recommended both Hyde and Regents Parks. According to a London map, our hotel was only a few blocks away from the latter.

On Sunday morning, following an extremely long Saturday of travel and sightseeing, arising very early, I donned proper attire and headed for the park. There was no way for me to get lost, so one would think. However, if you ever run in England, you will soon learn that streets and roads rarely follow a direct route. A

street headed east will change direction oh-so-subtly.

Needless to say, twenty minutes later this runner was thoroughly and totally lost. Finding the park became secondary to finding my way back to the hotel. After receiving directions from a very amused Londoner, I settled down to enjoy some of the sights. It was a beautiful, clear 60 degree morning. This particular run took me through several neighborhood parks, past the London University and the British Museum. One can't help but be impressed by the very old, historic buildings, wide sidewalks, and the abundance of parks. One interesting fact in England, and most of Europe, is that all of their buildings are built to last forever. A hundred-year-old building in England is virtually brand new. In the U.S., we tend to tear down and rebuild them when they get that old.

Back to reality and on to the reason we were there in the first place - to work. Manchester, England, is a large industrial city credited with the birth of the Industrial Revolution. Many of the old cotton mills as well as the canals leading to the coastal city of Liverpool are still operational.

The runs in Manchester were all very early morning jaunts of 4-5 miles. For the first few days, the intention was to cover some new territory each morning. In spite of the confusing layout of the streets, I became very adept at finding the way back to the hotel. During the early morning when most people are still in bed and activity is at a crawl, a runner can see more of a city in a short period of time than just about any other form of sightseeing. You can have the whole city practically to yourself.

There seems to be no safety problem when running in England. People just do not bother you. However, I saw only two other runners during this two-week visit and by their appearance, guessed them to also be Americans. Physical fitness doesn't seem to have caught on yet in England.

Manchester, even though not nearly as romantic as London, does have its own appeal. The biggest drawback with running, or living in Manchester, is the weather. It is rainy and cold most of the year. Supposedly, they receive more rain than any other city in England. At least half of these runs were made in a light rain. If nothing else, I became an interesting diversion to the bored hotel desk clerks and concierge who had to unlock the doors to let me in and out. The friendly banter grew with each passing morning. In fact, on a brief return trip nine months later, I was remembered and greeted warmly and sincerely as "the crazy American runner".

During the first work week while rubbing shoulders with our English co-workers, it was recommended to us that we should plan a weekend trip to Edinburgh, Scotland. Each year, during August, Edinburgh hosts a three-week festival that annually attracts a hundred thousand visitors. Upon my decision to take their advice, our English friends made the necessary arrangements, including obtaining hotel reservations, which as I found out later, was an accomplishment in itself, since most rooms were spoken for many weeks in advance. My traveling companion elected not to go, and instead borrowed a car for a trip of his own in another direction.

The three hour train trip to Edinburgh was an experience in itself. If ever in Europe, don't miss traveling by train.

You'll see the country as it really is. Also, the train systems are usually fast and efficient, plus the opportunity to meet and talk to people from all walks of life is a must. The English and Scottish countryside, once away from the cities, are lush, green and beautiful. It would be very interesting to someday take a leisurely trip all the way up and across Scotland.

The visit to Edinburgh has to be rated as one really great experience. Fascinating and beautiful is the best way to describe this very old, but in some respects very modern, Capitol City of Scotland. The people are warm, friendly, and very proud of their heritage.

After arriving in Edinburgh, the balance of Saturday was filled with sightseeing. The Sunday morning run began from the very old and quaint Caledonian Hotel on Princess Street. This street is the city's main thoroughfare. On one side stands many of the great buildings of Scotland, on the other is a large ravine. Across the ravine is the most awesome sight you can imagine, the huge Edinburgh Castle built upon Castle Rock 270 feet directly above you. This run took me through the Princess Street Gardens, famous for their flower clock, down several spacious squares and past many beautiful churches and stores.

As recorded in my diary, "Ran approximately five miles (40 minutes). One of my all-time great running experiences. Light rain, but warm." The balance of the day was filled with sightseeing, picture taking and the trip back to Manchester.

It will be impossible to forget this first visit to England. The memories of the people, the sights, the runs, will linger on for a long time. I consider myself very fortunate to have had this opportunity.

(To be continued...)



"Glad to see your back, Gary."

## HAMSTRING INJURIES

MaryAnn Felger

We often read or hear about some athlete being out with a hamstring injury. What is a hamstring pull? Why is it so devastating?

The hamstrings are your posterior thigh muscles. There is one lateral and two medial hamstrings. The hamstrings are knee flexors. However, in normal walking, the hamstrings don't function as knee flexors. They serve to decelerate the forward motion of the lower leg. Gravity flexes your knee as you move your thigh forward and lift it as you walk. When running, the hamstrings actively flex the knee while continuing to decelerate the more rapid forward motion of the lower leg. Since more work is required of the hamstrings while running, runners generally have stronger hamstrings than non-runners.

One of the consequences of increase muscle strength is increased muscle bulk. Usually, decreases in muscle flexibility accompany increases in muscle bulk. Most hamstring tears occur during sprint activities. When an athlete accelerates suddenly, stress is applied to the hamstrings. If the muscle is inflexible and can't yield to that sudden stress, the muscle tears. Thus, one must take extra precautions for keeping their muscles flexible.

Test your hamstrings for flexibility. Lie flat on your back with your legs straight. Raise your right leg as high as you can, keeping your knee straight. If you can raise it at least 90 degrees, you have adequate flexibility. Ah, another runner with tight "hams"! Unfortunately you are not the exception. Repeat the test on your left leg. Flexibility should be equal in both legs.

Prevention is simple... S-T-R-E-T-C-H. Keeping muscles flexible allows them to yield to stress and reduces the chance of tearing. There are many good hamstring flexibility exercises. The "reverse" hurdle is my favorite, ask Mike and Don!

Sit on the floor with your right leg straight out in front of you, keeping the leg flat and your toes pointed up.

Bend your left leg and bring your heel to your groin with your lateral thigh against the floor. Keeping that right knee straight, bend forward as far as you can reach toward your toes. DON'T BOUNCE and hold for 10 counts or so. Stretch the left leg the same way.

A hamstring injury can sideline an athlete for weeks, even months. A daily stretching program will probably add longevity to your running along with more quality miles. As most of us are aware, there is nothing worse than being unable to run, unless it is trying to live with that injured runner!

This year's memberships are coming in at a very good rate. But some applications are not being sent directly to me for processing. Also, some members did not complete an application that should have been sent with their remittance. The applications this year are different. It is very important for the FWTC to have your date of birth. For instance, if a race results in any age division record, the date of birth is required by the National Running Data Center which publishes certified courses and age records, statistical analyses, and comments and analyses of the current running scene. Your date of birth is needed by the point system committee for recording any age change to another age division during the year. Also, the sooner we receive your date of birth, we'll be able from the computer to obtain the exact number of members for each age group.

As explained in the January issue of THE INSIDE TRACK, there has been a change in family membership dues. If you do not receive membership cards this year for other members in your family, most likely you did not include them with your remittance, or we made an error. In any case they will not receive the full benefits from the FWTC, such as free or discount entry fees to FWTC races.

Change of address is very important. We have a number of newsletters returned because of "addressee moved, no forwarding address". This is costing us about \$7.00 or \$8.00 a month. Address changes can be mailed to me or Phil Shafer. If you have any questions concerning your membership, please do not hesitate to call or write. Remember your membership expires during the month that appears on the label of THE INSIDE TRACK. Check your label; if it expires 3/82, you must renew now.

Don Lindley - Treasurer  
6015 Landsdowne Drive  
Fort Wayne, IN 46816  
219-456-8739

Phil Shafer - Membership Chairman  
4510 South Wayne Avenue  
Fort Wayne, IN 46807  
219-456-1810

## Sheehan in South Bend

by Dave Ruetschilling

On a Friday night in January, prior to the four weekends that "all hell broke loose" weatherwise, Ray Sibrel and I set out for South Bend, Indiana. At 8:00 p.m., Dr. George Sheehan and Joe Henderson spoke at the kickoff introduction to the merger/consolidation of the St. Joseph Medical Center's Sports Medicine Facility with the newly opened Health Awareness Center.

Dr. George Sheehan - runner, author, cardiologist, philosopher, etc. Joe Henderson - runner, author, editor, and executive director of the IRC which was the prime mover in getting the women's marathon in the 1984 Olympics.

We arrived 20 minutes early, and took front row seats in the nearly empty theater pit at the South Bend Civic Center. Momentarily, and without introduction, Dr. Sheehan, very casually dressed in faded jeans, knit shirt, and Asics afoot, approached the podium. He indicated the program didn't "officially" start for 19 minutes but couldn't tolerate standing around looking at us and we at him. So, until the eight o'clock starting time, Sheehan entertained questions from we early stragglers-in. His responses, in a typical Sheehan blend of medical professionalism, wit, and wisdom, entertained, enlightened, and humored the growing audience.

At eight o'clock, Dean Reinke, Director of the St. Joe Sports Med Facility, extended a hearty welcome to all and announced the consolidation of the Sports Med Facility with the Health Awareness Center. The Sports Medicine Program diagnosis, treats, and instructs in prevention of sports related injuries, and has treated over 300 patients since its October, 1981, opening. Services available include cardio vascular stress testing, exercise prescription, Cybex testing,

and body fat composition, as well as Dr. James Fink's "Cardiac Rehab Program". The facility has a complete staff of orthopedic physicians, registered physical therapists, and certified athletic trainers.

The newly opened Health Awareness Dept., in conjunction with the Sports Med Dept., will offer specific educational programs and health/fitness promotional activities, i.e., the Sports Med Road Runners Club has formed as an outgrowth of the Sports Med 10K road race with Bill Rodgers held last October and tentatively planned for November 5-7, including Bill Rodgers.

After Reinke's plug for the new Med Center facilities and activities, Joe Henderson addressed the group as ... "middle class runners", not in a derogatory fashion, but in light of the fact that most runners today are running at a level above merely running for fitness, yet below a level of fanaticism. Henderson suggested a three point plan for survival as a runner:

First, running should be approached as something a person wants to do.

Second, run gently, run long at a self-perceived comfort level 1-2 minutes slower than maximum pace, with running duration between 30 minutes and 60 minutes.

Third, recover.

Henderson feels that racing is destructive and because it is destructive, it is important to allow sufficient recovery time between races. He endorsed a plan allowing one day of recovery for each mile raced, whether it be a 10K or a marathon. There should be no hard running during the recovery period.

Dr. George Sheehan was then 'officially' introduced. The New Jersey cardiologist praised the Health Awareness Center indicating that a hospital (St. Joseph Medical Center) was finally getting into the business of preventive medicine rather than just treating illness. He speculated that exercise was going to be the medicine of the 80's. Sheehan pointed out that we spend most of our lives learning how to make a living (\$\$) rather than learning about our bodies and how they function. He described three aspects of the athletic experience and their relevance to running:

- 1- exercise - work
- 2- play - training runs
- 3- sport - races

Sheehan admitted exercise is work which is why many people do not stick with an exercise regimen - it's work! However, the exercise (work) helps the attitude, the play (training runs) give us the energy, and the sport (races) gives us self esteem. Sheehan concluded before a Q&A session with the nearly full theater, that indeed the running experience will teach us how to live and not how to make a living.



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Hal Higdon and Ron Gunn



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Name: \_\_\_\_\_ Address: \_\_\_\_\_

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

# PEPSI CHALLENGE 10,000 METER SERIES

## Third Annual

**WHEN:** April 4, 1982

**WHERE:** Homestead High School

**START TIME:** 2:00 PM

**REGISTRATION:**

\$4.00 (Before March 26, 1982)

\$6.00 (After March 26, 1982)

Mall completed entry form to:  
 Pepsi 10,000 P.O. Box 13362  
 Fort Wayne, Indiana 46868

All checks should be made payable to:  
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**STARTING LINE LOCATION:**  
 4310 Homestead Road  
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**STARTING LINE LOCATION:**  
 4310 Homestead Road  
 Fort Wayne, Indiana

**RACE STARTING TIME:**  
 2 PM EST, Sunday  
 April 4, 1982

Please enter complete number here as time of registration

**Registration Form**

NAME \_\_\_\_\_

CLASS \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

SEX  M  F BIRTHDATE \_\_\_\_\_

PHONE ( ) \_\_\_\_\_

FORT WAYNE TRACK ASSOCIATION MEMBER  YES  NO

Include \$ \_\_\_\_\_ registration fee by check or money order to Pepsi 10,000

TSHIRT SIZE XL  L  M  S  CHILD-L

SIGNATURE \_\_\_\_\_

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Participant's name, sex and age form must be signed by parent or guardian

**Registration forms available at:**

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# Winterfest 10k

Poster Park, February 13, 1982

MEN		Overall					
<u>14-under</u>							
1 *	Stan Florea	44:17:0	62	27 *	Rick Longworth	57:20:4	159
2 *	Andy Cauffman	44:53:4	66	25 *	Mike Pressler	55:45:6	151
3 *	Christopher Dale	45:34:8	75	26 *	Dan Bossard	56:55:1	156
4	Jeff Studebaker	50:12:1	117	24 *	Larry Haworth	52:35:4	133
5 *	John Schwarze	55:08:8	147	23	David Van Hiere	52:33:7	131
6 *	Shawn Clem	55:31:2	150	22 *	Randy Patten	50:59:9	122
7 *	Bobby Wiersma	59:00:0	163	21	Dave Eckert	49:38:4	113
<u>15-19</u>							
1 *	Craig Schwartz	35:02:3	1	20 *	Terry Shipley	49:34:0	111
2 *	Mark Herndon	35:53:4	4	19 *	Stan Koehlinger	46:32:3	89
3 *	David Milner	38:34:3	15	18 *	Tom Mather	45:49:4	78
4	Rob Just	39:03:4	17	17 *	Dewey Culbertson	45:43:3	77
5 *	Tom Mills	39:05:5	18	16 *	Bill Halte	45:12:8	72
6	Dan Diemer	39:28:3	23	15 *	Steve Yager	45:01:8	68
7 *	Chris Edington	40:28:9	28	14 *	Russ Suever	44:44:4	65
8 *	Phil Herndon	40:46:6	32	13 *	Phil Shafer	43:47:9	55
9 *	David Vance Jr.	43:35:1	53	12 *	Bob Nunley	43:17:1	51
10	Mark Kuhn	46:23:9	85	11 *	Gary Spry	42:45:4	48
11	Matt Fleming	47:00:9	97	10 *	Dave Waldrop	43:57:3	58
12 *	Jeremy Jackson	56:31:2	153	9 *	Mike Novasad	43:55:7	56
<u>20-24</u>							
1 *	Tom Loucks	35:03:0	2	8 *	Dave Fairchild	42:11:4	46
2 *	Jerry Williams Jr.	36:03:7	5	7 *	Todd Rigelman	41:52:3	42
3	Gary Williams	37:31:8	7	6 *	Norval Lehman	41:51:2	41
4 *	Steve Horstman	38:45:2	16	5 *	Don Lindley	41:41:5	39
5	Bob Smith	40:24:0	27	4 *	Ed Kerr	41:11:6	37
6	Larry Helmsing	46:27:8	86	3 *	Steve Adkison	41:06:3	36
7	Kurt Retz	46:51:0	92	2 *	Mike Beltz	40:29:9	31
8	Ben Fulton	47:58:8	101	1 *	Bob Bruckner	40:16:2	26
9	Gary Rohner	48:41:4	105	10 *	Rich Bolinger	45:16:9	73
<u>25-29</u>							
1 *	Rick Reitzug	35:34:1	3	11 *	Chuck Okorowski	46:01:2	82
2 *	Doug Sundling	37:21:1	6	12 *	Tom Clagg	46:57:6	96
3	Hal Pearson	37:33:8	8	11 *	Mike Byerley	48:27:5	101
4 *	Steve Gradeless	37:37:9	9	15 *	Jim Martin	49:00:0	106
5 *	Dan Minnich	38:11:3	13	16 *	Robert Wiersma	49:24:6	101
6 *	John Treleaven	39:21:5	22	17 *	Rudy Kleinknight	49:41:5	111
7 *	Jerry Mazock	39:47:2	24	18 *	Dan McGuire	49:46:2	111
8 *	Roger Wilson	42:00:8	45	19	John Kramen	50:45:6	12
9 *	Gary Dunn	42:30:4	47	20 *	Tom Humbrecht	51:25:4	12
10 *	Larry Ellis	43:18:8	52	21 *	Larry Lee	53:30:4	13
11 *	Tony Gatton	45:00:4	67	22 *	Donald Hoover	54:59:0	14
12 *	Edward Hoffman	45:03:9	69	<u>40-44</u>			
13	Mike Hoffman	46:22:6	84	1 *	Jack Morris	37:46:1	1
14	Michael Satterthwaitg	49:32:9	110	2 *	Joe Barile	38:03:0	1
15 *	Andy Lubin	50:26:4	118	3 *	Woody Barker	38:29:8	1
16	Leonard Garfein	53:18:5	137	4 *	Jerry Perkins	39:19:4	2
17 *	Paul Sabrack	54:39:0	144	5 *	Bob Harter	40:36:9	2
18	Tom Bohrer	59:05:1	164	6 *	Ray Sibrel	44:01:2	60
<u>30-34</u>							
1 *	Dan Kaufman	37:39:5	10	7 *	Charles Brandt	44:39:6	64
2 *	Mike Robbins	39:05:5	19	8 *	Pat Fairhurst	45:57:8	80
3 *	John Schwarze	39:08:6	20	9 *	Bud Stiffler	45:59:6	81
4 *	Jim Berghoff	40:07:7	25	10 *	Ken Clark	46:09:8	83
5 *	Mike Medler	40:40:4	30	11 *	David Dale	46:31:2	87
6 *	Gary Dexheimer	40:53:9	34	12 *	Donald Frey	46:55:6	95
7 *	Phil Wisniewski	40:58:7	35	13	O'Ryan Rickard	48:14:6	102
8 *	Steve Brown	41:44:2	40	14 *	Alan Gilbert	49:07:3	108
9 *	Mike Zurzolo	41:53:0	43	15 *	Wade Monroe	49:37:7	112
10 *	Larry Shively	41:54:7	44	16 *	John Barbier	49:46:7	116
<u>45-49</u>							
				17 *	Jerry Cauffman	52:25:8	130
				18 *	Larry Lothamer	52:34:5	132
				19 *	Joseph Brooks	52:36:1	134
				1 *	Bill Schmidt	41:13:6	38
				2 *	Chris Stauffer	43:40:0	54
				3 *	Don Peaks	44:13:8	61
				4 *	David Wilson	44:23:0	63
				5 *	Larry O'Herron	45:10:5	70
				6 *	Joe Ziegler	45:20:8	74
				7 *	Robert Gensheimer	45:51:6	79
				8 *	Don Goldner	46:31:7	88
				9 *	David Vance	46:44:5	91
				10 *	Ian Rolland	47:31:3	99

11 * Ben Cox	49:02:8	107
12 * Donald Helman	50:49:0	121
13 * Chuck DeVault	52:08:3	128
14 * Howard Bash	52:13:3	129
15 Larry Coddling	54:28:6	143
16 John Ramsey	54:55:5	145

<u>50-59</u>		
1 * Myron Meyer	40:47:6	33
2 * Giles Tomlinson	42:57:7	50
3 * Vern Chovan	48:40:4	104
4 * J.P. Jones	51:22:0	123
5 * Curtis Nold	53:14:7	136
6 * Bob Scheppe	57:18:5	157
7 * King Sullivan	57:19:1	158
8 * Al Moore	57:24:0	160
9 * Ross Moyer	60:57:6	166

60-over  
No entries

WOMEN

<u>19-under</u>		
1 * Carol McManus	43:56:4	57
2 Lizann McGinnis	45:37:4	76
3 * Alma Ojeda	46:52:5	94
4 * Karen Fothergill	51:46:2	126
5 * Holly Cauffman	52:03:3	127

<u>20-29</u>		
1 * Theresa Ehrman	42:47:2	49
2 * Mary Theresa Connolly	43:59:8	59
3 * Phyllis Suelzer	46:33:2	90
4 Cheri Kukelhan	46:52:2	93
5 Deb Kukelhan	50:44:1	119
6 Michelle Sample	54:05:7	142

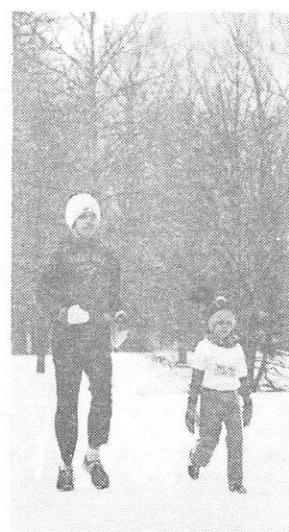
7 * Cindy Sabrack	55:10:3	148
8 * Betty Jackson	55:21:8	149
9 * Julie Nycum	56:54:8	155
10 * Cheryl Nimitz	65:35:6	168

<u>30-39</u>		
1 * Jan Kissinger	47:11:7	98
2 * Marsha Schmidt	51:29:2	125
3 * Sharon Wiersma	52:42:0	135
4 * Stella Bestard	53:38:9	139
5 * Jean Tipton	53:40:4	140
6 * Phyllis Kerr	53:42:6	141
7 * Roseann Simmons	55:48:5	152
8 * Deloris Flandt	57:27:4	161
9 * Becky Heyde	58:21:3	162
10 * Ann Mize	59:35:6	165

<u>40-over</u>		
1 * Joan Goldner	47:45:2	100
2 * Gloria Nycum	56:53:4	154
3 Bonnie Taylor	62:21:2	167
4 * Maurine Gensheimer		169
5 * Sharon Pauley	89:02:0	170

\* FWTC MEMBERS

Race Director - Mike Melendrez



**POSTPONING A RACE DUE TO BAD WEATHER OR BAD COURSE CONDITIONS - Suggested Guidelines for FWTC Races**

Larry Lee, President

It was the coldest race any of them were likely ever to compete in, but a total of 54 runners did show to brace the distance and Mother Nature at the FWTC Homestead 8 Miler on January 17.

The judgment of the Track Club has been questioned in holding this event as scheduled in light of the brutally cold weather. Rather than pretend that criticism does not exist or contend - fallaciously - that only one DNF out of a field of 54 proves the wisdom of not postponing this race, I would like to address the issue of race postponement/cancellation squarely.

Our club, of course, stages all of its races in the Fort Wayne area. We have over 700 active, running members. A good number maintain a running routine all year round, regardless of temperature extremes, precipitation, etc. These "hard cores" have proved their desire to race all year around by showing up for scheduled races in sizable numbers over the past few years regardless of the weather or ground conditions.

Thus, we do have races in December, January, and February. They have generally been well supported. This year's Auld Lang Syne involved not only 33 degree temperatures and a 25 mph headwind on the uphill backstretch of the 7 loop course, but also slippery snow and sheer ice for about 30% of the course, a stretch that could not be avoided. Mike Melendrez's 10K at Foster Park, February 13, was run at decent temperatures, but all but 450 yards of the entire 6.2 miles was slippery melting snow. Look at the turnout for this race: over 150 runners.

Don't forget we also have races - and very popular ones at that - during the hot weather months. Our 1980 TV-33/Hooks Marathon started in temperatures in the 70's with matching relative humidity readings. The official temperature at 1:00 p.m. that day, while some runners were still

on the course, was 98 degrees - in the shade! The first Lincoln 10,000 was run in 80 degrees plus heat.

In short, our year-round schedule of 18 races have been run in extreme heat and humidity, extreme cold and wind chill, over ice and snow, in heavy rain, against strong winds. Each has attracted a strong, loyal field. In other words, enough runners feel that the weather and the footing "come with the territory", that they are part and parcel of the challenge inherent in the race and its distance, enough to make staging the race worthwhile.

Let's address the ultimate question, hinted at near the top of this article. When do you postpone or cancel a race? What responsibility does the FWTC and the race director have to safeguard the health and welfare of its racers? When is weather too dangerous? When are course conditions relating to footing or traction too dangerous? Who decides?

In the final analysis, except in certain specific circumstances, the person or persons who should decide is the individual runner himself. Only he knows what condition he is in, how comfortably dressed he is, how fast a pace he should maintain, how thirsty he is, how slippery the course is to his footing, etc. The individual runner should know if he should run at all, and if so, at what pace. No one is forcing him to enter any race. To suggest "peer group pressure" or the existence of points standings compels entry and competition, against one's best basic interests of life and limb, is far fetched.

Rather than be governed by advice from local meteorologists or guidelines set by the Road Runners Club of America or any other formula involving wind-chill factors and wet bulb readings, I suggest that each runner be governed by his appraisal of his ability to cope with race conditions, with these important exceptions or provisos relating to weather and footing:

1- No race should be started or continued during an electrical storm, when the presence or threat of lightning is a known factor.

2- No race should be held without adequate aid stations and qualified medical personnel on duty. Special care and planning is needed for large races attracting novice runners, especially in the hot and humid months.

3- No race should be held or continued when visibility is so severely obscured - from fog, heavy snowfall, driving rain, or darkness - that general orientation and specific perception of obstacles is substantially diminished.

4- No race should be held when the footing over a substantial part of the course is so treacherous - from ice or mud or uneven terrain or "blind" obstacles - as to render the competition something other than a footrace in the traditional sense, with runners able to compete in unspiked racing flats. (In no way should this proviso be construed to preclude our European cross country races.)

5- No race should be held when loose, unpacked snow covers all or almost all of the course to a depth exceeding three (3) inches or when substantial stretches of the course are covered by loose, unpacked snow to a depth exceeding three (3) inches.

Our FWTC races are planned, organized, and scheduled months in advance of their date. They attract runners who travel great distances to compete with us. They influence training schedules as well as vacation or business trip schedules. To postpone a race is an act not to be taken lightly. To conduct a race on schedule in violation of any of the five provisos above would be even more irresponsible, however.

Which specific person answers the "hard" question as to whether to postpone a race or "black flag" one already in progress? The FWTC does in fact have a procedure for postponing a race. The decision lies in the hands of the President, Vice President, Treasurer, and Secretary. In the event of a tie vote, then the Race Director must vote. If the conditions suggesting

possible postponement or "black flagging" evolve too late to get the vote of at least two of the four named officers, then the race director makes the decision.

In the case of the January 17th 8 Miler at Humstead, there was plenty of suggestion regarding postponing the race due to cold and snow. Matter of fact, up to 24 hours before race time all four officers were leaning strongly toward postponement. However, the morning of the race, with the assurance by the race director of these factors: (a) the course would be altered to be "1 mile out, 1 mile back x 4" so that the farthest the runners would be at any time was one mile from the school and only one-half mile from a heated car; (b) the Aboite Township Fire Department was manned and ready to aid if called upon, from their station right on the course; (c) the course was virtually bare, free from ice and snow; and (d) that he himself had run over the course that morning and that with proper attire, runners could compete without extreme discomfort or injury.

With this assurance, two officers voted not to postpone, the other two officers stood fast to postpone, and the race director, as tie-breaker, voted not to postpone. As you might have guessed, I was one of the two officers who changed his mind and voted at 10:00 a.m. race morning not to postpone.

(Editor's note: See Letters to the Editor)



## LETTERS TO THE EDITOR

February 5, 1982

FWTC Newsletter  
Letters to the Editor  
Mr. Dave Fairchild  
604 West Oakdale Drive  
Fort Wayne, IN 46807

Dear Dave:

I would like to say that I am very pro the FWTC dedicated people, excellent newsletter, just a well managed organization. I have enjoyed my affiliation over the past three and one half years and I have especially enjoyed the December, January, and February races none of which I have missed until this year's January eight miler.

I felt deprived and disappointed, as I am sure many others did, that the January 17th race was not cancelled to be run on a more suitable day. We joined the FWTC not the Polar Bears Club!

On race day, the temperature at 1:00 p.m. was -7 degrees and at 4:00 p.m. it was -6 degrees. The wind chill factor was approximately -35 degrees greatly increasing the chances of frost bite and hypothermia. Also, due to drifting snow, many country roads were impassable and some of our out-of-town members could not travel. Obviously, the race was not a success in that, as compared to last year's race, approximately 45 runners, who would have ordinarily run, did not run and that it was not the true January eight miler because the course was bastardized due to the severe weather conditions.

In the future I feel that we should be more sensitive to severe, abnormal weather conditions. I realize the problems associated with postponing a race, nevertheless, our intent should be to involve as many members as possible in each event. I

can recall once when this same race was postponed because of heavy slush and held at a later date without any significant problems. After all, we say running makes us think better. We already give people enough reasons to think we're crazed!

Thanks, Dave, for your dedication, time, and effort in editing THE INSIDE TRACK. See you at the next race.

Sincerely,

s/David J. Waldrop  
4630 Aboite Lake Drive  
Fort Wayne, IN 46804

(Editor's note: Thanks for a well written letter on a significant and timely question. I share your concern about the wisdom of running a points race or any race under the conditions that prevailed on January 17, 1982. I felt so strongly that the race should not have been run that I deliberated about publishing the results. Results were published but only because it was a points race. On this occasion most, perhaps all, of those who ran were experienced runners, serious about points competition. But this should not obscure the fact that some people will race in any conditions; it is up to the race director to exercise appropriate judgment about proceeding or canceling. We as officers accept the responsibility of choosing for the runners the date and dis-

tance of the course to be raced. We can surely accept the responsibility of canceling because of adverse weather conditions. I would like to hear from others in the club about the issues involved.)

February 3, 1982

FWTC Newsletter  
Dave Fairchild  
604 West Oakdale Drive  
Fort Wayne, IN 46807

Dave:

Would you please pass along my enclosed check to Don Lindley for my membership renewal - thank you.

Also, if not too much trouble, I would like to have my last name spelled correctly on the membership roll ... it is THOMSON (without the "P"). Thanks again.

Incidentally, I ran a 4 hour and plenty marathon in Miami on January 16th at the Orange Bowl Marathon. There were 2700 starters, 1939 finishers. A lovely flat out and back course that ended on the field of the Orange Bowl stadium. The course meandered mostly should of Miami downtown, through Coconut Grove, and back. It was well organized and the spectators were incredibly friendly. Temp was 50 degrees at the start, and about 65 degrees when I finished. It was my second marathon effort. Miami in January, nice people, and a well run marathon...makes for a nice weekend!

Regards,

s/Tim Thomson  
710 West Park Drive  
Columbia City, IN 46725

January 20, 1982

Dear Don:

I am 38 years old and an avid runner for only one year but I can't seem to get the rest of the family interested. I get the dirty looks for running on cold or rainy days.

I called you last Sunday to see if there would be a race and was glad to see that there would be one but was called worse than silly, stupid, and dummy ... out of your mind for sure. I just got started

jogging and just can't quit. Even though I was not there at the race Sunday physically, I was there spiritually. I ran five miles around town that day.

Since I have been in a few races around the area, I have got a few ideas that I would like to share with someone, and if you have someone in mind please let me know. I even made a comparison between being a runner and being a Christian but this outline that I have can't seem to get it into an article because my English isn't that good.

The day I get THE INSIDE TRACK I read it from cover to cover, but have a few questions about it .. like what does PR's mean? How about an article on physical injuries (especially knees - one from the marathon)?

If nothing interferes with the projected schedule of the race and dinner on the 13th of February, I will be there. Thank you for your time and effort and listening.

Sincerely,  
s/Rudy Kleinknight  
1125 Nuttman Avenue  
Decatur, IN 46733

January 28, 1982

Dear Dave:

Even though I am inside prison walls here at the Indiana State Prison, Michigan City, Indiana, I would like to run the Foster Fort Wayne Track Club 10K simultaneously with you here in the prison recreation yard. And also any other future races this year.

I am a friend of Hal Higdon and you may have read about me in the May, 1980 issue of THE RUNNER, and the August, 1980 issue of RUNNER'S WORLD.

I am also going to attempt to break all of Hal's American road racing records in my age-group (40-49) here this summer.

Please let me hear from you.

Sincerely,

s/ Jim Deupree, 8449

Dear Dave:

Both the anonymous letter to you in the February, 1982, issue and your response to it intrigued me. The letter made some excellent, valid points. Beyond that, I was touched by the obvious sincerity and modesty of its author - and saddened that he (or she) felt so self-conscious about his feelings that he chose to remain anonymous.

Dave, first of all if he or any other sensitive potential letter-to-the-editor writer wasn't inhibited about expressing his thoughts, and especially about leveling criticism, he sure will be now! Your response seemed rather hard-hitting and unsympathetic in its tone, despite your conciliatory closing paragraph. It seemed so particularly inappropriate in reply to a letter written by such an unmistakably sensitive, vulnerable person. If we as officers are going to pay more than lip service to the notion of welcoming new ideas, criticism, etc., we need to make sure we are creating a welcome climate.

Hopefully, my indictment has not been too harsh; I'd hate not to practice what I preach. Since you are tough and can take it, I'll proceed.

Dave, I think you missed the main point of that letter. I've reread it four times; each time I get this message loud and clear: "The FWTC does not schedule enough races of 2 to 5 miles, especially in the cold weather months." Period.

And, Dave, I think he may have a very valid point - especially after noting that our membership numbers over 700, yet only about 145 members ran in as many as six of the fifteen points races scheduled in 1981. Many of those 145 are "older and slower", "younger and slower", or "heavier and slower", and likely agree with that main point.

I suspect that there are far more than 145 runners - or even 245 runners - that find all the challenge in road running and distance racing that they want and care to handle in races between 3.1 miles and 5 miles in distance. They are dead serious about their running; some may be religious in their training routine. They are simply not as competitive as the front runners, is all. To them, the Home Loan 10,000 is the Big Race of the year, the one "long" race that they gear up for. Only speculation, mind you, but what do you think?

If I am correct in my supposition, then I'd suggest further that this low-profile but numerous corps of less competitive FWTC runners does not begrudge the honor and glory reaped by the competitive award winners now wishes to have the club replace its races longer than 10K with shorter races. They simply want to compete in more races, to enter more races with a realistic chance of finishing without going through hell and back, or without walking a lot.

Dave, it's a fact that we have only two races between November and May, inclusive, less than 10K. One is on New Year's Eve near midnight, a time that doesn't necessarily turn even the most "hard core" on. The other is a European Cross Country 5.6 miles at Ouabache State Park, which frankly I would not recommend to someone who would have to struggle to run a 10K and beyond that, is unsure of his agility.

One mile "fun" runs are fine for youngsters and other novice runners. They are not the answer for the anonymous letter writer. He says, "Why not have 2, 3, 4, or so mile races when we run our 10, 15, and more races?" Tell me, Dave, why not? If we have the time and effort to discuss for six months or so the need for a computer primarily to compute something as

extrinsic as points standings for about 145 out of 700-plus members, we have the time and ability to put on a 2, 3.1, 4, or 5 mile race in conjunction with most of our races 10K or longer.

If the anonymous letter-writer speaks for as many FWTC runners as I think he does, we officers have a duty to do just that. We should thank him from the bottom of our hearts for opening our eyes to a void that we have allowed to develop in our racing program.

Sincerely,  
s/Larry Lee, President

**CHARLES N. HALL** 1420 Swinney Court • Fort Wayne, Indiana • 46804 • 219/422-1098

*Dear Running Friends*

*On Feb 6 82 I participated  
in the Triathlon in Kona*

*HE.*

*Swim 2.5 miles open ocean  
2:35*

*Bike 112 miles  
9:00 ±*

*Ran 26.2  
4:25 ±*

*Total Time including all  
equipment changes etc.*

*15:27*

*Charlie*







9TH ANNUAL

# MIDWEST MEET OF CHAMPIONS

June 12

Spuller Stadium - Northrop H.S.

1:30 P.M.

## WE NEED YOUR HELP

In The Past You Have Helped Us In Many Ways and Now

We Need Your Help In Another Way.

## BECOME A PATRON

Bring your family - Bring some friends

A \$12 Check - will give you:

4 Tickets

FREE Program

YOUR NAME in Program

(Patron Page - Your choice)

Mail Your Check To: Bill Walker, South Side H.S., 3601 S. Calhoun St.  
Ft. Wayne, 46807 (Include Return Address)

Your Tickets will be mailed in May by ticket Mgr. Tony Stanski

APRIL

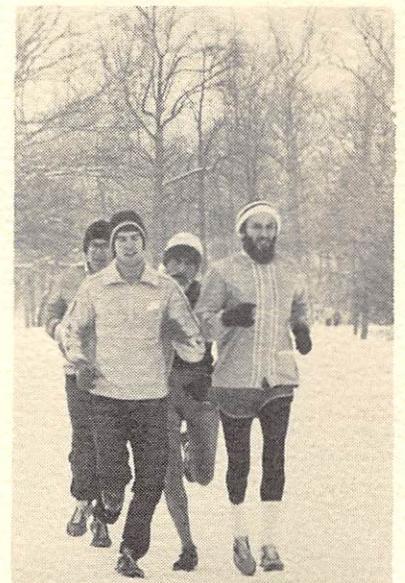
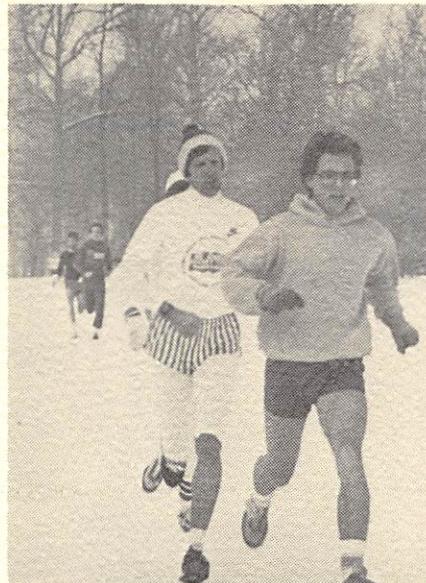
- 3 CHANNEL 50 ROAD CLASSIC 10 MILE - St. John, IN., (Lake Central HS), 8:30am, John Premetz/Denny Martinson 365-4041.
- 3 PLAINFIELD 10k - Plainfield, IN., (Plainfield HS), 10am, Ker Long 882-1800 or Jerry Underwood 839-0718. Deadline 3/26, Heavyweight div.
- 3 YELLOW BELT RUN 83.5 mile - Pittsburgh, PA., 7am, Contact Don Lindley for information.
- 4\* PEPSI CHALLENGE 10k - Ft. Wayne (Homestead HS), 2pm.
- 10 MERCURY MILE, PREFONTAINE MEMORIAL 5,000 on track - Marion, IN., Gary Hall 317/662-1890.
- 10 ST. PATRICKS FARM RUN 5k - South Bend, IN., Athletic Annex 219/272-7565.
- 11 HEARTWATCHERS MARATHON - U. of Toledo Health Building, Barry Pitts 243-9062, \$15 after April 1.
- 17 CAYLOR-NICKEL 10k - Bluffton, IN., (Bluffton JHS), Jane Thompson 219/824-3500 ext. 2103.
- 24\* NORTH AMERICAN VAN LINES 15k - Ft. Wayne NAVL WORLD HEADQUARTERS U.S. 30. 9am.
- 25 JAYCEE WHITE RIVER PARK 10 & 15k - Indy Rich Radez 1-800/382-1730.
- 25 DIET PEPSI 10k - Toledo Area, (Southwyck Mall) Larry McCartney 865-4564.

MAY

- 1 SAGINAW BAY MARATHON - Uni. Center, MI., 10am, Terry Rock, Bay Area Runners 517/686-9223 or 790-1471. Deadline 4/23.
- 16 REVCO-CLEVELAND MARATHON - Cleveland, 8am, Reno Starnoni 216/232-6373. 10k at 8:30, Deadline 5/1.
- 16\* FWTC ONE HOUR RUN - Northrop HS, 8am, Jerry Mazock 747-1064.
- 22 MARATHON-MARATHON and 10k - Terre Haute, IN., 7am, Rick Matthews 812/232-6311 ext. 2572.
- 23 AMERICAN HEART ASSOCIATION 5k and Fun Run - Ft. Wayne (Poster Park), 2pm, Carol Poffenberger.
- 28 "500" FESTIVAL MINI-MARATHON 13.1 mile - Indianapolis, IN., 9:30am, Deadline 3/31 or 5000 runners.
- 31 HICKORY GROVE LAKES CAMPGROUND 10k - Portland, IN., 10am, John McCory 219/637-3524. European Cross-Country.

\* FWTC POINTS RACES

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



MARCH

- 3 FUN RUN - Foster Park, 6pm.
- 6 FUN RUN - Foster Park. 10am.
- 6 MICHIGAN CITY/YMCA 10k - Michigan City, IN. 9am.
- 7 SPRING RUN-OFF 5k - South Bend, IN. (Scottsdale Mall), 8:30am, 219/272-7565.
- 7 15th ANNUAL CHURCHILL'S HALF-MARATHON - Perrysburg, O., (Pt. Meigs), 2pm, Rich Lachowski, 385-4599.
- 10 FUN RUN - Foster Park, 6pm.
- 13 FUN RUN - Foster Park, 10am.
- 13 THE ATHLETES FOOT/COLLEGE MALL 10k - Bloomington, IN., (College Mall), 9:30am, Lisa Smeltzer, 812/339-9370. Deadline 3/11.
- 14\* FWTC 20k - Homestead HS, 2pm, Mike Kast, 743-5140.
- 14 FROSTBITE 5 MILE - Spring Valley, O., 1:45pm, Ohio River RRC, 513/433-4517.
- 17 FUN RUN - Foster Park, 6pm.
- 20 FUN RUN - Foster Park, 10am.
- 21 CINCINNATI HEART MINI-MARATHON 15k - Cincinnati, O., 1pm, (Fountain Square), Melany Stinson, 513/281-4048.
- 21 GIHA'S PETERSBURG HALF-MARATHON and 3 MILE - Petersburg, MI., (Summerfield HS), George Isom 313/279-2107. \$10 day of race.
- 24 FUN RUN - Foster Park, 6pm.
- 27 FUN RUN - Foster Park, 10am.
- 27 SYMPHONY RUN 1 mile, 5k, and 10k - Muncie, IN., (Ball State), 12 noon, Linda Branam, 317/289-3387.
- 27 MIDWEST 50k - Batavia, ILL., 9am, (Johnson's Mound Forest Preserve), Richard Collins, 402 Spruce St., Aurora, ILL., 60506.
- 28 WINDY MARATHON - Indianapolis, IN., (IUPUI Campus), 1pm, Chuck Koeppen, 317/844-1823. 1982 Sports Festival Course.
- 28 NUTRA RUN 10k - Mishawaka, IN., (Emmons School), 1pm, 1.5mi. fun run.
- 28 MIDWEST WEIGHT CLASS RUNNING CHAMPIONSHIPS FOR MEN - Toledo, O., 5k, (Classified by weight every 10 lbs. starting at 150 lbs.) 1pm, Secor Park, Tom Kovacs 419/698-3487.
- 28 ORRRC 10k CHAMPIONSHIP - Bellbrook, O., (Bellbrook HS), 2pm.
- 31 FUN RUN - Foster Park, 6pm.



**FORT WAYNE  
TRACK CLUB**

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

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