



**FORT WAYNE  
TRACK CLUB**

APRIL, 1982

# the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

Lunch is not a regular feature of my daily schedule, but as I enjoyed the excellent sausage omelet and expansive fruit bar in the relaxed atmosphere of Austin County, Charlie Hall's modest recounting of his Triathlon Adventure made it easy for me to imagine myself in Kona, Hawaii on February 6th for the start of the 1982 Ironman World Triathlon. The Triathlon is a unique three-sport event, combining an open-water swim (2.4 miles), a mountainous bike race (112 miles) in succession in one day of continuous activity. Charlie Hall, one of the partners in Austin County and Fort Wayne's first ever Ironman Triathlon contestant (and the only Indiana Competitor this year), encourages my fantasy by claiming, "I'm not an ironman, I'm not even anything special." This claim is supported by citing some impressive statistics: this was the fifth year for the "Original Ironman World Triathlon" and boasted 585 athletes from around the world in its starting field. This is an impressive growth from an original field of 24 starters. This year there were 545 finishers, representing 93% of the total. Charlie's official elapsed time, including equipment changes, was 14 hours 45 minutes 39 seconds, good for 415th place overall. This time represented an event breakdown of approximately 2½ hours swimming, 8½ hours for bike ride, and just over 4 hours for the marathon. "Tickled Pink!" was Charlie's description of his reaction to his accomplishment.

Triathlon training itself is no small challenge. The large muscle groups used in the three events are different, with the result that training must be event-specific. The only way to train for a swimming event is by swimming, bike race by riding a bike, footrace by running. Multiplying the general formula of 1/3 the race distance as a daily average (for running) mileage, times the three events, the triathlete is faced with an average daily training regimen of .8 miles in the water, 37 miles on the bike, and 9 miles running. The resulting mileage totals are formidable under the best of circumstances, nearly overwhelming for a Midwesterner who must also contend with snow, ice and sub-zero wind-chills for days on end.

Yet Charlie contends that training totals do not need to be so high. Once a basic level of cardio-vascular fitness and muscular strength and endurance have been attained, training can be directed at overcoming specific weaknesses. Mega-mileage alone, of course, is no guarantee of successful training. You have to develop specific (attainable) training objectives, both for daily workouts and for the overall training program. Operating within these objectives, Charlie would sometimes ride 40 miles in a day, otherdays might not ride at all. "You can't have a bunch of little demons inside pulling you this way and that. You have to meet the day's training objectives, knowing they are valid objectives. You can't train in bad faith."

Even accepting all this talk about meeting training objectives, just how does one train for a triathlon? Charlie admits he spent about 10 months in serious, concentrated training for this event, and averaged between 25 and 30 hours per week in actual training (and perhaps as much as an additional 10 hours per week in showers, lockerrooms, changing equipment etc.). In good weather, Charlie's training days began with an hour or so in the YMCA pool, followed by a 19 mile(outside) run. Afternoons were typically occupied with business concerns, with a long bike ride in the evening. One of his favorite fair-weather training excursions had Charlie biking to Lake Everett, swimming the length of the lake and back, riding the bike to Kendallville and then back home to Fort Wayne. True to the credo of the longdistance athlete, Charlie's Sunday's were his "long days," usually involving a bike ride of 90-100 miles and or a run of 20 or so miles. As the midwest winter closed in on him, Charlie had to alter his training patterns, but not their intensity. Much of his running was done at the YMCA or in the City Parking garage (fewer cars there). "I really looked forward to weekends, when I could run from one garage to another. Kind of see the sights!" This sense of humor enabled Charlie to keep a sense of perspective as weekly mileage totals held at 4-6 in the pool (at about 30 laps per mile!), 50+ on the road and 175-200 on the bike. Although "It seemed like I was spending my life in the shower or lockerroom,"

PROFILE: CHARLES HALL

(Continued on page 12)

# THE Inside TRACK

## THE INSIDE TRACK NEWSLETTER

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## RUN FOR YOURSELF . . .



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

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

## MEMBERSHIP INCLUDES:

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

INTERESTED? JOIN US!

### TV SHOWINGS OF FWTC 20K RUN Sunday, March 14, 1982

F.W.Cable	3-31-82 7:30
	4- 9-82 6:30
Citizens Cable	3-27-82 5:30
	4- 3-82 5:30

### DECATUR AREA RUNNERS:

Rudy Kleinknight is interested in forming a car pool to FWTC races. Contact Rudy at: 1125 Nuttman Avenue, Decatur, Indiana, 46733.



**FORT WAYNE  
TRACK CLUB**

Note: Absolute deadline for June issue is May 8.

EXCLUSIVE

## Interview With Jim Fixx

by MIKE HILL



The interview that follows took place on February 8, 1982, at about 8:00 p.m., at a very exclusive restaurant. It was conducted by me, Mike Hill, and Park Kaute, a former FWTC member now living in Phoenix, AZ, and working in Stamford, CT.

Jim Fixx is a very personable individual, very candid and very easy to talk to. The interview expresses very well his philosophy of running and why and how he wrote *THE COMPLETE BOOK OF RUNNING*. I hope everyone who reads it in *THE INSIDE TRACK* enjoys it.

M- I feel that your book, *THE COMPLETE BOOK OF RUNNING*, corresponded with the running "boom" and I think it really contributed to the boom. As you look back, how do you feel about it?

J- I never really decided.

This is not the first time I've thought about that question. I think it probably worked both ways. The funny thing about writing a book is that if you're going to write a book to please yourself, you can't write a book (or at least I can't) because it's going to make a lot of money or meet some public demand. You've got to say to yourself (at least I did when I wrote this book), "I wish there were a certain kind of running book, there isn't that kind of running book, so I'll write that kind of running book." You become obsessed with it and you spend two years writing it and it finally comes out and it could just as easily have been a flop as the success that it was.

M- Why do you think it was success? When it hit? The timing?

J- I think timing was a very, very important thing. Unbeknownst to anyone, including me, the author, and my publisher, the running boom was coming on. More and more people were doing it and there was no book of its sort available. And so when the book came out there was an enormous demand, almost like a vacuum... and it was drawn into this vacuum. Random House printed 35,000 copies. It was a big first printing by publishing standards, and within a week after publication they had orders for something like 85,000 copies that they could not fill. It kept up and it was several months before they could catch up with demand. It's a book that for whatever merits hit at precisely the right time. When I was just about finished with the writing there was an article on the growth of running. I showed it to my editor at Random House as I was concerned that my book might be too late. He said not to worry about it, that the book was going to be fine. But I couldn't believe it because I couldn't believe that running could become as big as it finally did become. I saw the growth coming, but of course you could never see the next step.

M- I think they both probably came together, the book and the running boom. I'm sure that I, as well as thousands of runners, look to you as the guru, the general information agent of running. That's another question I want to ask you: How do you feel about that, does that become a big burden sometimes?

J- I think that to an extent people misjudge me. My back-

ground is in magazine work and in writing and in the research I've done in both. And so what I'm good at is researching things very, very thoroughly. When I set out to write *THE COMPLETE BOOK OF RUNNING*, I knew that I wanted to read everything that had ever been written about running. So I spent a lot of time sitting in a chair just reading and taking notes about all that had been written about running, training, various aspects of the sport. Then I started interviewing people and I traveled all over the country. I went to Muncie and interviewed David Costill and his people. I went to Redbank, New Jersey (that was an easy one), and interviewed George Sheehan. I talked to everyone I could find, learning about running. Finally, even before I sat down to write *THE COMPLETE BOOK OF RUNNING*, I knew that I had more information about running than anyone around. There were people who knew more about interval training than I did, there were people who knew more about the history of running than I did, people who knew more about the physiology of running than I did. But I think there was no one who knew more in a superficial way about all these things than I did. And that's why I felt ready to start writing the book. I'm a researcher and I think that's what gave the book its density. I never said to myself, "Oh, it's not worth it to try to get that book back." I'd call someone in England and spend \$12.00 on the phone call to check someone's middle initial. I got utterly obsessed in the book and finally decided that I had to do this book in my way and it doesn't matter what it costs or how much time it takes.

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Editor's News and Views will return in this space next month. This month the Inside Track is pleased to present a first: an exclusive interview with noted runner and author Jim Fixx.

M- I guess referring to it as a general source or general text is a good term because it is probably what you intended it to be, a book that someone could go to for a broad range of very good information about the entire subject of running. How do you feel about running? You seem to run very well and just enjoy yourself, not really try to go out and kill yourself, be competitive, like some of us tend to do.

J- The funny thing is that there is a strange paradox in writing a running book and it is, at least for me, that I was running better before I wrote THE COMPLETE OF RUNNING. I was running better times than I've run since then. I ran my best marathon, 3:12 at Boston, in 1975, and that was the year I started writing THE COMPLETE BOOK OF RUNNING and I haven't come close to it since. The closest was 3:19. What happens in writing about running is that you sit still for a long time, you do a lot of reading, interview a lot of people, sit at a typewriter at a desk for a long time, and no matter how much you run, you are leading a quite sedentary life. I run about an hour and a half every day but for the other 22-1/2 hours, I'm not moving around much. That's not helpful to your running. There's something peculiar about me. Even though I'm not an accomplished competitive runner, I do love running. I look forward to running every single day. Even now as I think about it, I look forward to getting out and running tomorrow. I just started an interval program which I haven't been doing for a long time because I've had several minor injuries. I've done two interval workouts in the past week. I'm doing another tomorrow which is probably more than I should but I'm not really doing them that hard. So tomorrow I have another interval workout, eight quarters on the track at a fairly slow pace. I'm really looking forward to that. I've always looked forward to my running as I feel that it puts so much into my life that doesn't come into it in any other way.

M- That's good. If anyone had asked me to answer that question for you that's what I would have

predicted. I've watched you run a couple of times and you just seem to really enjoy it. I can tell the difference between the people who are working hard and killing themselves and those that are really enjoying themselves.

J- Oh, I don't work hard enough!

M- How much work do you think is really necessary for the person who is running just for the health benefits, maybe for the competition of a few races? You are in the same basic category I'm in. Just generally speaking for the new runner just starting out, what do you see as mileage?

J- As it happens, I can give a very specific answer to that because there is an epidemiologist at Stanford U in California who is a friend of mine. I mentioned him, Ralph Paffenbarger, in my second book. Ralph has done a lot of work on the cardiovascular effects of running and has found that to get an optimum effect, the least amount of running you need is about three miles a day, twenty miles a week, and expenditure of about 2000 kilocalories per week of exercise. That's the point at which the sedentary person and the athlete become separated. So if someone says to you, "I want to run and get the benefits of running but I don't want to do any more than I have to, how much should I do?" That's your answer. Three miles a day. So many of us run more than that for many different reasons. We run because we like to drink a little beer and we burn off about a can of beer for about every mile, a little more than a mile. Or we just like to run for our heads. But I find that for some reason ten miles a day seems to suit me. I'm physically tired by seven or eight miles and the extra two miles make me feel as though I've done something a little bit arduous that day. I think I like the idea that there is something arduous in every day. But that's not something I'd recommend for anyone else, just me. It's my character for good or bad.

M- That might have a lot to do with it. People's personality is reflected in their running. A lot of people who read THE INSIDE TRACK are new people starting out, just

getting into the fun of running. Do you have any advice for them? Is there anything you learned the hard way that you would like to pass on to the beginner?

J- One thing that has impressed me is that running is extremely multi-faceted. You can go out and train very hard to be a good marathoner or 10K runner, or you can go out at the other extreme and just bob along at your own pleasant pace. Or anywhere inbetween. In order to get anything out of running, it has to become a lifetime thing. You don't just want to do it this spring so you'll look good in a bathing suit during the summer. You want to think of it as something you want to metabolize into your life and keep doing 'til the day you die, you hope. So I think you have to ask yourself, "How do I like to run?" Some people get caught up in racing and race weekend after weekend. They discover they don't really have any aptitude for it. They are strictly middle of the pack runners and they start to get discouraged. They've put so much emotional investment into racing that they think that if they can't race well there's no point in running at all. The important thing for the beginner is to discover what he or she really enjoys. Do you like to race? Do you just like to run every day? To keep your weight down? Or do you like a little combination? There is a way to race that a lot of people have discovered, that I've certainly discovered. That is, you aren't really racing against other people except those people who happen to be with you. All you want to do is use racing as a benchmark to the kind of condition you are in. I know, for example, that if I run a 10K race at about 40-41 minutes, I am in pretty good shape and I will use you, if you are running next to me, to get the best out of me. But the only thing that matters to me in the end is the time. I don't care if you beat me. It is of no concern. The fact that I'm 156th or 788th or something like that. What I do feel is that there is something about racing that, even if you don't race all that hard, gives you a benchmark as to your condition. I know plenty of people who run every

day and never race. I understand although I don't think I will ever be that way. Roger Bannister was a runner who had the ability to go out and murder himself in a race and Kenny(?) thinks that the reason he ran the 4-minute mile was because he was so mentally keen to do it. He was not physically trained to do it. Back in the fifties people did not know how to train for the 4-minute mile but he really wanted to do it. It was Bannister's conviction that to run a successful mile was to reach the finish line at exactly the moment you lost consciousness. I don't see that. If there is such a thing as the red-line, I'll run well below that red-line. I might be close but I won't be on it. I'm not going to run that sort of risky stuff. But to be top-level, you have to. You have to say, "I'm hurting terribly but so are these other guys so we'll hammer it for a few miles and see what happens. Somebody is going to break. I've never done that." Maybe once or twice I've finished a race when I've gotten inspired. I've finished and felt like I was going to be sick and all that stuff.

M- In the Midwest, we noticed a real vacuum in the women runners participating in races a few years ago. We'd have trophies for women aged 30-40 years. One woman would run and take the trophy home. Which is okay, she participated. But we wanted to do more than that. I wrote some articles and a group of gals got together to start a group within the Track Club, "WE" (Women Enthusiasts), who are running. They are really active now, getting more women out, not just racing, but fun running. What do you see that running has done for women? Or what can we do to get more women to participate in the sport?

J- In the past several years women have been coming into running at a much faster rate than men, still there aren't as many. I think this is a legacy of women's upbringing. It just wasn't considered proper to sweat. One thing that can be done is to give recognition to women for running. I don't see any justification in giving

trophies to the top five men in the race, or in some category of the race, and then only to the first woman. I've talked to many women that are bewildered by this action. They come in second...a good example is my son's friend, Sally Zimmer. She came in second in the women's category in the Bermuda Marathon. The next day the Bermuda papers carried the names of the top 15 or 20 men and the first woman.

M- What was her time?

J- 2:52

M- They didn't even carry it with that time. That is stupid.

J- It was a PR for her. She had run a 2:54 at Jersey Shore when the weather was terrible. You know, there are a lot of men, including me, who would give anything to run a 2:52. I think one thing that is very important is equal treatment: If you are going to give three prizes to the 40-49 year old men, give three prizes to the 40-49 year old women. If that many women don't show up, that's okay. Maybe the word will get around and women will start showing up. The presence of women in running has much more than just an athletic interest. It has produced a social change also, to a modest extent. I don't want to exaggerate this. There is a group of women in Riverside, about five, at their maximum, who run. They are all marathoners, they are all reasonably good. Sometimes I run with them or some of them. It's a way of having a social occasion with women that is different from most social occasions. It's completely devoid of the slight sexual interest that always exists when men and women get together. There's no drinking, no eating, so there's a kind of purity. We run our ten miles together and just talk. It's like spending an hour or so with your sister. It provides a different opportunity than what we get in any other way. I feel that is quite important and valuable. Women are going to get something out of it also. You talk about meeting this woman running, and teach her how to run intervals. That is something nice. You're married, she's married, but there you

are, just running together.

M- I feel the same way. I hope my wife does.

J- Well, you have to educate her.

M- I understand what you are saying. It is nice to have women as friends. It's one way to do it. I think about friends in the Track Club... Jan Kissinger, an ultra marathoner, I consider a friend. It's really great to be able to say that.

J- There is a fallacy to supposing that running is the only way you can do this. There are lots of ways. If you become involved in a community theater group, for example, you will meet women in the same way. Or if you play an instrument, play for the Greenwich Philharmonic, you will have women who are friends. All of these things are great and running is just another method.

M- Where do you think running is going? Hal Higdon spoke at our last Awards Banquet and talked about a little bit of a leveling out. What is your opinion?

J- I think that the boom, the explosive boom, is over. There are still people taking up running. No question about it. As far as I can see no one is stopping this thing. People who have been running for 2-3-4 months do not stop running. No doubt you can point to isolated cases but I don't happen to know of any. Once you discover that it's an easy way to keep your weight down and feel better and get away with drinking a couple of beers a night without puffing up, you just keep running. I do think running is here to stay but I have the feeling that the enthusiasm for racing will probably diminish as a lot of people will discover that they are not having any success, they're not improving. Just doing a lot of hard breathing or driving a lot of miles using expensive gasoline, they're not getting much out of it. The person who can discover the use for all those running T-shirts can make a million dollars. I do feel that running has become a part of our lives. I would be astonished if there were fewer people running ten years from now than are running now. I suspect that the average

number of miles people are running will be less in ten years. That's only a suspicion. The message will come through that you don't have to run a marathon to be in good shape. You can run 4-5-6 miles a day and be in the top 1% of the nation in fitness.

P- Have you found that, as you have run, your need for mileage has increased?

J- It did up to a point where I was doing ten miles a day. I find that between ten and fifteen miles satisfy me in some psychological way. I feel as though I have had a good workout at that level.

P- I find myself going up and up.

J- I think that happens to a point. I don't think it will happen forever. Eventually you will find a level at which you are comfortable. No one knows what it will be. I know many people who run four miles a day. Four seems to be a popular number. That is more than a jog around the block. It takes about a half-hour. It is respectable. I want to do more than be respectable. If it's a hot summer day, I want to come back feeling dehydrated.

**BUD STIFFLER**

Gasparilla Classic, Tampa, FL  
2-6-82 15K  
66:51; 933(3366); 67/332(40/44)

This is a flat fast course; probably over 5,000 runners. A good race for a family. Parades for the kids and many things to be enjoyed by all.

**JIM J. ANDERSON**

North American Vasa  
Traverse City, MI  
2-13-82 50KM 3:37

Riviere Rouge  
Lachute, Quebec  
2-21-82 55KM 3:59

American Birkebeiner  
Cable, WI  
2-27-82 55KM 3:41  
(somewhere in the top 200 -  
balance of commentary illegible  
due to water damage)



Just me

by GLORIA NYCUM

With Spring in the air and love not far behind, it might be a good time to answer, as best I can, a question asked by a concerned person who was wondering if she would have to cut back on her running so that she could become pregnant. I hope you men don't turn the page or lay THE INSIDE TRACK aside thinking this does not concern you because it obviously does. In fact, if this lady's husband is also a runner, changes have also occurred in his body too.

I have been doing a lot of reading on the above subject and found an article in the November, 1979, issue of "Runner Magazine" entitled, "A New Rhythm Method?" It pointed out that some evidence suggests that sperm vitality may suffer from rigorous exercise and training and some runners do experience difficulty starting families.

Testosterone levels also depend on the general health of the circulatory system. The hormone is released into the bloodstream through the gonadal walls, and absorption depends on the strength of the blood flow around the testes. When the circulatory system is healthy, as it is in trained runners, the tiny capillaries around the testes are well developed and blood flow is strong. When circulation is poor, the capillaries atrophy. As testosterone is produced, the molecules cannot be absorbed into the blood. Testosterone accumulates, and the testes respond by shutting off production.

Some females who run 30-35 miles a week often begin having irregular menstrual cycles. The

stress and low body fat may be a cause of the irregularity or what is called Amenorrhea. It is estimated that an average female distance runner has 6% to 8% lower body fat than sedentary females. Women stop menstruating when they lose weight and reduce their proportion of body fat.

Temporary amenorrhea caused by training fortunately seems to have no permanent effects on woman's ability to bear children. Most researchers recommend simply cutting back on training to encourage conception, and studies of women runners have found that menstruation resumes when women ease up from a rigorous training schedule. While training may temporarily reduce fertility, women athletes are at an advantage in pregnancy because of their superior conditioning. Runners experience fewer complications during pregnancy and childbirth than do non-active women.

I used the above mentioned article because it seemed to sum up what all the other articles and books were saying. It was always mentioned that studies are constantly being done on this subject, especially on the low fat theory in both men and women as being a new rhythm method. However, it was also pointed out in a few other articles that our bodies adapt in time and those couples using running as a prevention to childbearing may find themselves unexpected parents.

Since our bodies seem to react in many different ways to long distance running, it seems that the best advice I can give to someone wanting to start a family is first, irregularity does not necessarily mean a woman cannot become pregnant and second, a heavy running schedule is not always a deterrent for pregnancy. Read Hal Higdon's interview with Karen Cosgrove ( Runner, December, 1981) where she tells that she was running 100 to 110 miles a week and several marathons when she became pregnant.

Experiment seems to be the only sound advice I can give since each body seems to react in different ways and there is never only one answer to a problem of this kind. One could try cutting back on mileage for a while; one might talk to a doctor who is sports minded; one might even write to someone like Dr. Sheehan and ask his advice and/or read every book

and article that is published on the subject. Don't stop running!!! All studies agree that a physically fit woman can tolerate childbirth much better than a sedentary woman. If anyone reading this article wants to dispute, add, or inform us with any additional information, just write to THE INSIDE TRACK, or better yet, write your own article for the newsletter.

The last advice I have to give came from a good friend who knows a lot about the workings of the body and I laughed when I first heard this, but my friend was serious about this suggestion and the men who thought this article may only be for women will now understand why I said to hang in there and read on. The suggestion was: If all else fails and the woman and/or man wants to continue his/her running program, more frequent love making is suggested because of the irregularity and low body fat, if the couple wishes to begin or increase their family. With Spring in the air and Winter forcing us to stay indoors, we may have a huge increase in the FWTC membership in no time at all. Stay happy and I'll see you next month!

#### FWTC BOARD MEETING February 28, 1982

Attendance: Jim Dupont, Steve Foster, Don Goldner, Cindy Goller, Mike Kast, Dan Kaufman, Jan Kissinger, Larry Lee, Don Lindley, Tom Loucks, Tom Mather, Jerry Mazock, Curt Nold, Gloria Nycum, Mike Robbins, Bill Schmidt, Phil Shafer, Terry Shipley, Bill Sohaski, Phil Suelzer.

The meeting was opened by Larry Lee, President, at which time Bill Walker, guest speaker, was introduced.

Bill Walker, state committeeman for the Midwest Meet of Champions, stressed the importance of all running programs being coordinated here in Fort Wayne which Bill feels would result in better training programs for the younger runners of Fort Wayne so they could better represent our city in competition and put Fort Wayne at the top in running. Bill also thanked the FWTC for all the help we have given each year at the Midwest Meet of Champions.

Larry Lee discussed with the board regarding the length and time of board meetings. It was agreed that the meetings would be approximately two hours and 6:30 would be the starting time.

It was also suggested that it is not too early to start discussing election of officers. The board was asked to consider a motion for next meeting appointing the president and two members of his choice to select the 1983 board candidates. The board would consist of not more than eight members including the officers and editor(s) who would attend the board meetings. An executive council's input would still be needed but they would not have to attend board meetings.

Tom Mathers felt all members should have a chance to vote by putting the slate of candidates in the newsletter with a ballot.

Larry Lee appointed Don Lindley as Historian since Don has a complete record of events dating back to the beginning of the club.

Don Lindley read the yearly treasurer's report for 1981 and also projected the 1982 budget including income and expenses. Letters will be sent to all members who have not renewed memberships, it was reported by Don.

It was agreed that the club will pay the expenses for Don and Rosann Lindley to attend the RRCA annual convention in Jacksonville where Don will participate in seminars, a run, and the banquet at which he will receive the Rod Steele Memorial Award.

Don Goldner suggested that we consider sending a representative each year to the RRCA Annual Convention.

A motion was carried to submit an application to hold a national ultra marathon championship race in Fort Wayne in 1983.

Don Goldner read a letter from O'Ryan Rickard of Runner's World thanking FWTC for their hospitality and confirming that an article on the FWTC will be published in the next few months.

Discussion of the long hours and hard work that the Fairchilds are putting in to produce the outstanding newsletter the FWTC has and how members should not only express negatives but let them know they are appreciated was unanimously agreed upon.

Jerry Mazock and Cindy Goller will jointly be taking over advertising for the FWTC. Many thanks were extended to Steve Foster for filling in until the advertising post was filled. All members are asked to call Jerry or Cindy if they have any leads for ads since they are only representatives for us in the advertising for the newsletter.

Dan Widmann will be co-director for the TV-33/Hooks Marathon with Larry Lee again as director. Larry is also considering taking over as director of the Midwest Meet 8K.

Articles for THE INSIDE TRACK are needed from all members who are willing to share their knowledge and experiences, with the 15th of each month being the deadline for submitting such articles to the editor.

It was agreed by the board that the 1982 Race Schedule be listed in each issue of THE INSIDE TRACK.

Steve Foster reported that B. F. Goodrich is very interested in hosting the Corporate Race. The FWTC has confirmed that they will handle the insurance for such race. The race will tentatively be in June with three to four miles being the distance. More details later.

A spaghetti dinner will be held April 3rd at Bishop Luers High School in connection with the Pepsi Challenge Race April 4th. See application in the newsletter for more details.

Jerry Mazock would like to start a soft ball team or teams if enough interest is shown by club members. It will be published in the newsletter to see if there is enough interest in this sport.

Although the present race schedule has a variety in regard to those running four to fifty or more miles, shorter races are being considered for the 1983 race schedule, such as two mile fun runs and maybe shorter races during the winter months. A questionnaire will be pub-

lished so that members can voice their opinions as to the length of races they would like to run. Race directors will be needed for such races.

Don Goldner thanked Bill Schaski for doing such a fine job as Media Consultant. Don pointed out that Bill had to make three trips to the newspaper before anything was published about Don Lindley's award and then only the News Sentinel printed a couple of lines. However, it was pointed out that TV-33 did have a commentary by Hilliard Gates concerning Don's award.

Larry Lee mentioned that he will have an opportunity to talk about the FWTC and running on WFFT-TV55 on March 30th but this will be a taped interview with Steve Shine to be telecast about April 2nd.

Curt Nold has agreed to develop pictures for THE INSIDE TRACK. Fran Lanciaux will be the photographer.

Next Board Meeting will be at 6:30 p.m., May 2, 1982, at Harding High School. Again, we welcome any member to attend. If interested, call a board member before May 2.

Gloria Nycum, Secretary

VALPARAISO - Betty Jackson

Saturday night I bowled 72, 87 and 83 and got home to bed at about 11:30 p.m. The next morning I got up at 6:00 a.m. to prepare for my bus ride. Tom Quickery took me to the bus station for the 8:00 a.m. bus. After three stops at Columbia City, Warsaw and Plymouth, we arrived at Valparaiso. I took a cab to Jefferson Junior High School and did some exercises before the race.

The wind was in my face for the entire race and the temperature was 36°. My mile splits were 1 mile 8:05; 2 miles - 18:08; 3 miles 27:08; 4 miles - 36:08; 5 miles 45:08; 6 miles - 54:08; 7 miles 63:08 and 8 miles 72:08. After finishing the race, I ate lunch at Wendy's. Then I ran to the bus station. On the bus trip home we made the same stops including a supper break. I arrived in Fort Wayne and Tom Quickery drove me home. I had a good time. See you at the next race.

## President's Column

by LARRY LEE

This issue of THE INSIDE TRACK contains an unusual page, a questionnaire designed to elicit information that will help our club make sure that our race schedule is serving the interests of the general membership. Our races are our main activity, our primary raison d'etre. For that reason I hope every single reader - perhaps especially those who feel outside the mainstream - will take five minutes to read, answer, and mail in this questionnaire.

In my first President's Column back in November, 1981, I asked what were the interests of the club membership that we newly elected officers were dedicated to serve. I wondered if our top runners, especially in the pre-teen and over-40 age groups, were "tips of the iceberg". Were there many less competitive, less gifted running members who felt short-changed by too few races short enough for them to compete in? Were there many other local runners who were not members and who would not join because of the same concern?

Today, five months later, I still have the same concerns. We had 728 paid members at the end of 1981. About 145 ran in as many as only six of our 15 FWTC points races last year. Is there some insight to be gained by comparing these figures? The Big Brother/Big Sister Two and Five Mile Park Runs and the McMillen Health Center Four Mile Run for Health, along with our own snorter races, are very popular. The number of local entries compares very favorably with the numbers in longer distance races. Can any generaliza-



tion be deduced from this fact?

The FWTC can never be all things to all members or prospective members. Maybe bigger does not mean better. Maybe our constituency should consist of only "serious" runners who can handle races of 10K and longer on a regular basis. Maybe our race schedule appeals to a solid majority of our club members. Only one member, in an anonymous letter, has expressed any specific criticism. Am I tilting at windmills, perceiving a problem that does not exist?

We will find out - if everyone returns their questionnaire. The validity of the results diminish with every member's questionnaire that is not taken into account. Speak now or forever hold your peace. And I will hold mine, too!

Admittedly, within our 23 member executive council, I have been the Lone Ranger in suggesting that the club's vitality might be enhanced if we stage more races in the 3-5 mile range throughout the year. I respect the council for responding, "We don't feel there is a problem, Larry, but maybe you have a point. Let's ask the right questions of all members and find out." Thus, this issue's questionnaire.

One point that I feel strongly about and want to make clear:

There is no reason to alter our existing race schedule and "points" race program. Any road racing club owes its members the duty of helping them in their individual pursuit of excellence. That duty certainly extends to our better, more competitive racing members. Our 18 races, spaced prudently throughout 1982, at distances from 3.1 miles to 50 miles, create a platter very attractive to these runners. I feel very comfortable with this notion.

Thus, any change in our FWTC race program - if any, in fact is warranted - should be supplemental to what now exists. We might have non-points races of shorter distances as an alternative to some of the longer (more than 10K, perhaps?) races. We might want a totally separate "sattelite" race program for distances of 3-5 miles, maybe with a special two mile section for the middle high school age and younger runners and "beginner" runners, a group I personally feel our club has neglected.

We can do a lot of things, but we need input from you in order to know what direction to take. This is your single best, most convenient opportunity to have your racing interests promoted. Mail that questionnaire in today. Your executive council will discuss your feed-back at its next meeting on May 2.

HAVE YOU NOTICED....the strong rivalry that has brewed in the first three races of 1982 between Tom Loucks and newcomer Craig Schwartz? That competition can only make both these front-runners even tougher .....Betty Hite's Women's Division winning times at the Sam Costa Half-Marathon at Carmel (1:22:43 on snow covered roads) and at the recent FWTC 20K. Betty has stamped herself as a top female runner not only in Indiana but in the Midwest now. Her development this past year has been phenomenal.....America's Love Run fund-raiser for muscular dystrophy the entire month of April. Sign up your pledges now and help this fine cause while piling up those training and racing miles..... the fine turnout for the 20K at Homestead March 14. After such a severe winter it was

a delight to hit the roads under near ideal weather conditions. Quite a contrast to last year's 20K when strong, blustery winds made for a long debilitary ordeal for the hearty few that finished. This year's field numbered about 200, including a good-sized women's division. Congrats to race director Mike Kast, co-director Gloria Nycum, and all race assistants who made this race a success...the 20K marked the fourth FWTC race in a row where a question was raised about postponing the event. Snow and ice on the course were the concerns for the Auld Larg Syne 5 Miler and the Winterfest 10K. Bitter cold was the concern for the Homestead 8 Miler. Possible high water on the course plus the moralistic question of whether 200 well-conditioned citizens should be running around in Aboite Township during a flood emergency in which volunteers were desperately needed to fill and transport sandbags in Fort Wayne.... these were the concerns for the 20K. Your club leaders in each case decided to proceed with the race but there has not been unanimity. Club member Dave Waldrop expressed his feelings about our holding the Homestead 8 Miler very well in last month's letter to the editor. I proposed some specific guidelines for postponing/black-flagging races in that same issue. Hope the article precipitated some thought and reaction. It was not intended to be the gospel - how can these guidelines be improved?.....Don Lindley returned from an enjoyable, triumphant visit to Jacksonville, Florida, for the RRCA national convention. He received the Rod Steele Memorial Award as the outstanding club worker in the country, attended several workshops, and ran a good race in the RRCA 15K Championships. The FWTC remembers Don and Rosann with a telegram on the occasion of his receiving the award, noting that this indeed was our club's proudest moment....April 4: Pepsi Challenge 10K will be history by the time this issue is read. The local Pepsi people are dedicated to making this event bigger and better, ultimately raising it to a level in stature and prestige with our Marathon and the Home Loan 10,000. The pre-race spaghetti dinner was a big step in this direction. We'll see what kind

of turnout we have....next FWTC race is the NAVL 15K. This is a "don't miss" event, one of the very best run in this area. Last year's race directors, John Treleaven and Terry Shipley, two of our hardest working executive council members, did a fantastic job in their very first try. This year should be another highlight-of-the-year race. See you there!

#### BETTY HITE

Christmas Classic 4 mile  
12-20-81  
24:35; 1/30-39

Winterfest 5K  
1-23-82  
24:24(ice)(40MPH winds)  
1/35-39

Syracuse Wonder Run 6M  
2-27-82  
38:20; 1/30-39

Herst Run 4M, So.Bend  
2-7-82  
26.)); 1/30-39

Sam Costa Half-Marathon  
2-14-82  
1:22:43; 1/30-39

Valpo 8  
2-14-82  
50:45;1/30+

Maple City 10 mi.  
2-27-82  
60:15; 1/?

Dayton Marathon  
3-7-82  
2:55;1/ 20-35

The flat, Dayton course was under water and replaced by hills that dwarfed the Homestead hills in both size and frequency. It was definitely the hardest marathon course I've ever seen. Many runners, including the male winner, were treated for hypothermia because of the cold, strong winds. The last five miles were directly into the wind, making me think more about frostbite than tired legs. While the postponement of the race for a day made me more nervous and the new course filled me with dread, the people were friendly and I enjoyed the camaraderie of the other runners as usual. I'll go back again next year, but I certainly hope the river is down!

THE MARATHON IN FOUR EASY RUNS  
Rick Reitzug

As I type this, we are experiencing our first heat wave of 1982. The temperature is 82 degrees, the sun is shining, a balmy wind blowing. With such weather, thoughts of the serious and the fair-weather runner alike turn to running. The serious runner brushes the salt stains off his winter-weathered Nikes, while the fair-weather runner heads to the mall to buy the most colorful, attractive looking pair of running shoes he can find. Both species soon join the racquetball players, tennis players, boxers, and other varieties of athlete in soaking up sunshine, breathing fresh air and working up a sweat. The serious runner, unaccustomed to solid pavement after a winter of slipping and sliding, glides along at a pace faster than usual. Our fair-weather friend huffs and puffs his way through his mile and a half loop. The weather inspires lofty thoughts in both. Fort Wayne's annual mid-summer sweatfest, the TV-33/Hooks Marathon, is not that far away. Why not train seriously for it this year? As one who has experienced a relative amount of success in this event, I'd like to present the "Reitzug Plan for Maximizing Marathon Potential". The plan contains no great new profundities but merely some things I have discovered work for me.

The plan should begin nine weeks before the marathon (for the TV-33/Hooks Marathon this would be approximately the middle of May). Up until this starting point, the runner should attempt to build as solid a running base as possible. This is best done by running slowly, by increasing mileage slightly every week, by staying away from "killer" workouts of any kind. Once you have reached nine weeks to go in your marathon countdown, the plan consists of four different types of runs, only one of which is easy, unlike what the title of this article advertises. The four runs are: 1) a long run; 2) a medium distance run; 3) an interval or race run; and 4) an easy run. These runs can be done in any sequence, although an easy run should always follow any of the first three runs. For example, a typical week might look like this:

Day 1: Easy run  
Day 2: Medium run  
Day 3: Easy run  
Day 4: Long run  
Day 5: Easy run  
Day 6: Interval run or race  
Day 7: Easy run

I can't tell you exactly how long your long run should be, or what you should do during your interval workout, but let me offer what I feel to be some guidelines. Marathon physiology suggests that long runs should approach or exceed two hours in length. If this is not possible, the long run should make-up  $1/5$  to  $1/4$  of your weekly mileage or be about 2-3 times the length of your easy run. My long run is generally from 17-20 miles in length. This run should be done at a pace that is comfortable to the runner. Initially the idea is to finish without being exhausted. As the nine week cycle progresses, the pace can be accelerated slightly if the runner feels the urge.

The medium run should be half-way between the easy run and the hard run in length. Initially, it can be done at an easy pace, but as the training weeks progress, the bulk of the run should approach race pace. In 1980, before I placed 4th in the marathon here, my medium run was 14 miles with ten miles of that at 6:00-6:10 per mile.

If a runner's pre-marathon mileage is high enough, and enough long runs and fast medium runs are included, my feeling is that intervals are not that essential in running a fast marathon. A medium run with 5-10 one hundred yard stride-outs interspersed during the course of it can be substituted. However, if sufficient time for high mileage is not available, or you can't muster any intensity during your long and medium runs, intervals can be very beneficial. Not only will they increase your leg speed, making it easier to run 26 miles at a good clip, but they may actually help you increase the intensity of your other runs. This is because the constant, long, slow miles tend to tighten muscles. Intervals, done after several slow miles of warmup, will stretch those distance muscles. After a day of recovery, you may well find your legs feeling flexible, relaxed, and quick for your next harder or longer run.

Intervals should not be gut-busting affairs that leave your body and soul drained, unwilling to even contemplate the next run. Rather, they should, while putting a certain degree of strain on the system, be done with a relaxed quick stride. Before I ran 2:32:54 at the Joe Steele Rocket City Marathon in Alabama last December, I did intervals once a week for the previous six weeks. A typical workout was a Ladder workout starting with a 30 second run, 30 second jog, 60 second run, 30 second jog, 90 second run, 30 second jog, and so on to 2-1/2 minutes, at which point I proceeded back down the ladder step by step to the 30 second run. These intervals were done at approximately a 5:20 mile pace (marathon pace was 5:50) which was quite simple at the beginning, but became progressively more difficult as the workout progressed, leaving me tired but not exhausted when finished.

Unlike some of my more sadistic running friends (Phil Suelzer, Tom Loucks), I do not look forward to intervals with relish. However, I did find before my Alabama marathon that with intervals once a week I was able to achieve the same training effect that would otherwise have taken an additional 15-20 miles per week. Interval workouts should be followed by several warm down miles.

The easy run should be just that - easy. Length also varies from individual to individual. The essential thing to keep in mind is that this is your rest and recovery day. Runs number 1, 2, and 3 are your hard workouts, these come every other day, so today you better get rested! The pace of the easy run should be leisurely, the mileage such that you are capable of running your hard days on schedule. (Caution: You may find that you need two easy days after every hard day. If you do, take them.)

The above training regimen should continue for 7-8 weeks. Use sanity and caution in not destroying your body by overdoing it. The correct principle is to tear down (within limits) on your hard day and build up stronger than before on your easy day.

If you've blown it and haven't been able to train the way you would have liked, remember, the last week to week and a half before the marathon are the most important. This period should be used for rest. The training phase is over and hard training during this time will serve no purpose but to wear you out for the marathon. Run what you must, but make sure that whatever it is, it is giving your body a chance to rest. The wall is bad enough for six miles...no need to let tiredness make it last for twenty-six.

Have a good run!

#### BETTY JACKSON

Valpo 8 Miles-2-21-82  
72:08; 147 overall; 7/19-29

#### RICK BOLINGER

Valpo 8 Miles-2-21-82  
53:16; 45 overall; 2/35-39

WHAT'S A SMALL TOWN GIRL DOING HERE? or WHY I RAN IN A BLIZZARD. - Debbie Aiken

If I close my eyes for just a minute, I can remember how phenomenal I felt running this fall on the shoreline path of Lake Michigan near the heart of downtown Chicago. We had gone there to visit a friend over the Labor Day weekend and I had anticipated being miserably forced by a city not to run for three days. I returned to Fort Wayne with 18 miles of pure pleasure added to my mileage.

A few years ago I would have never imagined that I could even like let alone fall in love with a big city. A few years ago I wouldn't have had either the courage or the determination to run anywhere, especially in the city of Chicago. After all, a few years ago I was living and growing up in North Vernon, Indiana, population 6,000, where they had one high school for the entire county. My one and only athletic undertaking there was joining the newly formed girls track team because we were going to practice with the boys - one of whom I had a mad crush on! For whatever reasons, neither the team nor the infatuation lasted longer than a few days. What did endure during this time was a desire to someday

get out of that small town that seemed to stifle every new feeling or idea I had.

That desire helped carry me to Indiana University in Bloomington where the seeds of my present love affair with running must have been sown. Those endless miles of walking to classes never failed to leave me invigorated and ready to go when others would be exhausted.

A degree in Social Welfare and a fiance drew me to Fort Wayne which somehow after almost nine years no longer seems like a big city to me. What drew me to running is a little harder to admit. I was smoking two packs of cigarettes a day, overweight, trying to manage a stressful job and also cope with some heavy personal problems. I had to escape and yet I had to gain control.

It's three years later now and I run every day. I've not only kicked the smoking habit and lost thirty pounds, I've never felt mentally or physically better. I've come a l-o-n-g way, baby.

After all, I'm just a small town girl and I've run in Chicago and in a bona-fide blizzard this January 10th when the temperature was minus fifteen degrees and the wind chill was minus sixty-nine degrees!



#### WILL ANOTHER SAGINAW SAGA BE MADE? - GENE BULLSHALLITT

My phone has been ringing off the wall lately! Local running-actors, emerging from a long winter of long cold distance, are inquiring hopefully about the Saginaw Bay Marathon movie.

"Will they have it this year?", or, "When will its production begin?", are typical of the questions usually asked. Last Wednesday night, award-winning-running-actor, Don Lindley, called to see of the race officials agreed to pay his appearance fee.

The answers to these questions are: 1) Definitely yes! Movie director/Race director, Terry Rock, emphatically states there will be a "Death In The Afternoon III", despite increased production costs and "other" expenses. 2) Filming will begin Friday, April 30, with most of the work being shot Saturday with editing, recovery, and road resurfacing scheduled for Sunday. 3) Terry Rock, in a letter, informed me, in regard to Don Lindley's fee ...

"He ... will have the best in open-air accommodations and ... will be seeded in the eighth row at the start ... He will receive personal times at the 1, 5, 10, 15, 20, and 25 mile marks ... He will find in his packet a large commemorative "T" shirt ... He will win an all-expense paid trip to next year's RRCA convention if he breaks Alberto Salazar's world record on our fast, flat course."

Rock finished the letter by saying:

"We are pleased to have a nationally recognized actor-runner, who's also a great guy, come to our race ... He's right up there now with Bruce Dern, Clint Eastwood, and Bill Rodgers. See you May 1st.

Sincerely,  
Terry Rock

"P.S. Please inform Don, if 5-1-82 is a rare hot day (remember 5-3-80?) we will provide ice for his shorts."

According to my count, there may be 30-40 other FWTC members trekking up to Saginaw to star in "Death III". Besides Lindley, it looks like robot-dealer, John Treleaven, and banker-archaeologist-adventurer, Phil Shafer, (who plans to double his mileage and take singing lessons), will be going again this year, along with Dan Hannaford (who recently starred in "Choir Boys Love Fire Chief Tony Myers") and Fats Mazock, who will try to make a comeback following a six month period of overindulgence.

John Schwartz will probably be there (shirtless) and will provide the audience with yet another profound performance. Runor has it that former FWTC president, Mike Hill, may charter Air Force One into Saginaw!

Unfortunately, Tom Loucks and Rick Reitzug will bypass "Death III" but will be seen in the all-new Windy-marathon movie filmed on a new lot in Indianapolis entitled "Who is Phil Suelzer and Why Does He Wear Hiking Boots Nowadays?"

Don Goldner wants race spectators to be human and not cows and pigs which are found between miles 2-25 at Saginaw. He refuses to negotiate a contract this year.

This is all the info I have about "Death in the Afternoon III". In the June issue, I will do a complete review of "Death III". Until then, the secret script will be kept under lock and key until race day, May 1st, when the complete drama commences. So, to all of you who are planning to attend (and the rest of you who will

#### THE QUESTIONNAIRE

\_\_\_\_\_ I am definitely interested in playing softball in an organized League for FWTC.

\_\_\_\_\_ I may be interested.

\_\_\_\_\_ I would prefer playing an informal "choose-up-sides" softball game at a local field once a week (no league).

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Do you know of an empty baseball diamond where we could play regularly? \_\_\_\_\_

be performing elsewhere or viewing the viewing) I want to wish everyone the best of training miles and to stay healthy for May 1, 1982, and the season of 1982.

#### FWTC SOFTBALL TEAM?

It has been brought to the attention of the executive board members that extra non-running activities may be desired by some FWTC members. Therefore, I have volunteered to captain or supervise a FWTC softball team. Please fill in the questionnaire below and mail to:

Jerry Mazock  
6135 Orchard Lane  
Fort Wayne, IN 46809

Please keep the following information in mind:

- 1- It will cost a team approximately \$300.00 to join a league - not including various small equipment fees the league requires you to have. If a team desires some form of uniform, this, of course, is extra.
- 2- A league team plays one night a week from May till August.
- 3- A team has a roster and your name must be on it to play.

#### HOMESTEAD ONE MILE RUN March 14, 1982

<u>Boys</u>		
1	Jeremy Jackson	6:07
2	Rob Mills	6:14
3	Steve Bestard	
4	John Motycka	
5	Kevin Kolb	
6	Tim Graham	
7	Clint Wisniewski	
8	Jason Wisniewski	
9	Billy Cragg	
10	Bobby Wiersma	
11	Alex Ojeda	
12	Brian Simmons	
13	Patrick Gensheimer	
14	Eric Motycka	

<u>Girls</u>		
1	Tracy Sohaski	6:50
2	Suzie Gilbert	
3	Angel Fleming	
4	Sara Hill	
5	Michelle Fleming	
6	Debbie Wiersma	
7	Jodi Ziegler	
8	Maurine Gensheimer	
9	Angie Clem	
10	Rachel Hill	
11	Amy Cragg	

#### RUNNER'S DIARY - Part II Ben Cox

In last month's article I shared a few running experiences while working and traveling in England during August, 1980.

Three weeks from the day of returning from England, we were on our way to trip number two - Australia. Isn't that the way it goes: with thirty-five years of combined company service, my co-worker and I could have recorded our previous travels on a postcard. Now here we were virtually at opposite ends of the world in less than a month's time.

Due to the length of the trip to Australia, our itinerary included an over-night layover in Hawaii. For those of you who have been there, you can appreciate why it would be plain foolish to pass up an opportunity to see this island paradise.

This was not a first time in Hawaii for me as Pearl Harbor was home for thirty months of Navy Submarine Service in the late fifties. It was hard to believe how different it is now than it was back then. The Waikiki area, where we stayed, is built up to the point of being unrecognizable by someone who had not seen it in more than twenty years.

Not much to record about day one, because by the time we got settled it was just about shot, and so were we. Early Saturday morning at around 5:30 a.m., this runner was headed down Waikiki Boulevard thinking, "I've got the whole place to myself; no one else around except this odd ball runner." Not so, I never saw so many other runners in one place, no matter what time of day or night. Of course, the weather may have something to do with it. Anyway, I headed on up the boulevard admiring the beach, or the little you could see of it between the huge hotels, restaurants, bars, stores, etc., progressed beyond the strip to the base of Diamond Head. About a mile later the combination of heat, humidity, plane trip, not to mention the uphill climb, were enough to turn me around for the trip back.

The total distance covered was probably less than five miles, but after arriving back at the hotel, the only relief from the heat was the water, so slowing down just enough to get rid of shirt and shoes, in I went. Too bad we don't have this kind of relief station after the Three Rivers Marathon.

The balance of the day, before boarding a midnight flight, was spent renting a car, sight-seeing, swimming, and of course, eating. My friend and traveling companion fell in love with the place and can't wait to return some day with his family.

I also had the opportunity to briefly revisit the Navy Sub Base which, as previously, had been home for many months. At least a few things were recognizable there. The biggest change was that now all the subs are nuclear powered instead of the old diesel "boats" of my era.

Sunday was practically non-existent; the fifteen hour flight, plus crossing the International Date Line, wiped it out. We left the Hawaiian Islands at midnight Saturday and landed at Melbourne, Australia, at 11:00 a.m. Monday. From the time we arrived until leaving twelve days later, we were overwhelmed by our Australian hosts' hospitality. They tried much too hard to make sure we had everything we needed. No one could have survived the jam-packed agenda they had set up. Work all day, socialize all night. About three days of this and we were throwing in the towel. It took a considerable amount of diplomatic maneuvering to back out of some of their plans for us.

The combination of jet lag, plus the hectic schedule didn't do much for my running program, but I was determined to gut it out. Australia is called the "Land Down Under". It's easy to gain an appreciation for what this means, once there. For one thing, their seasons are just the opposite of ours. Winter is summer, spring is fall and so on. It was a shock to find out that Melbourne is so cold in September. This is late winter/early spring for them. Heading out from the hotel that first morning, it soon became apparent that I was under-dressed. The 45 degree damp, windy weather called for more

than shorts and t-shirt. Fortunately, the weather improved as the trip wore on.

Directly across the street from the hotel was a very large park area called Fitzroy Gardens. For the first couple days, I restricted my runs to the many paths and roads within this park. Problem was, though, too many hills. That's pretty much the story of the whole city, certainly no flat lands of East Allen County to make the runs easier. All up and down.

If Hawaii is the running capital of the world, then Melbourne must be a close second. The running craze was described in graphic detail by another runner one morning. He and thousands of others were training for the Melbourne Marathon to be held the last Sunday in September. He claimed that in ten years this marathon had grown from a few dozen people to an expected 10,000 runners in 1980. He also claimed that you can run fifteen non-stop miles through parks in the inner city and never cross a street. After running there for two weeks I believed him. The Australians have really embraced the physical movement. Nealy everyone we came in contact with was involve in some sort of regular exercise program. Also, unlike England, not nearly as many smokers.

The runs while in Melbourne were not limited to the parks. After catching up on the needed rest, and adjusting to the schedule, I headed for some new territory. Very near the hotel was the Olympic Park built for the 1956 Olympics. A beautiful complex alongside the very scenic Yarra River. This city has to be a runner's paradise. Each morning was a new experience. So many parks, so many paths along the river, even running down town proved to be worthwhile. In any new city there are so many things to see, and what better way to see them than an early morning five mile adventure.

During our one weekend, our hosts took us to an Australian football game. The best way to describe their version of football is to imagine American football, English rugby, and soccer all thrown together. It's wild and wooly to say the least. The most important thing we learned at this football game is that all the spectators try to drink as much beer as humanly possible during the period

breaks. Our lesson was - don't try to keep up with them. Their beer is somewhere near 15% alcohol, and those deceiving little six-ounce glasses will have you barking at the moon in short order.

Sunday we rented a car, and for the first time since arriving escaped our hosts and headed out on our own. It must be noted that driving in Australia, a right-hand drive country, is not for the faint-hearted. Dave, my traveling companion, had been bold enough to try it in England, so being an old hand at it, away we went. Once out of Melbourne, a virtual nightmare for drivers, things improved considerably as we headed down the coast along the Ocean Road. A very beautiful and scenic drive, with the ocean on one side and the hills and forests on the other. We must have driven two hundred miles that day. Taking turns driving, sightseeing, and occasionally napping, as we were both exhausted from the week's activities.

The one additional running experience felt to be worthy of sharing, occurred the second week. We were required to make an overnight excursion to the city of Geelong. My morning run there allowed for a very enjoyable jaunt down along a pretty bay area. This included a large community park and very long board walk stretching out quite a distance into the water.

This side trip also allowed for a quick visit to the company's proving grounds located in a very rugged remote area. These grounds provided a very safe haven for many kinds of wild life. We were treated to close-up exposure to many kangaroos and wallabys.

Well so much for my trip to Australia, except to say it left me with some fond memories of the people and their beautiful country. It also left me some memories not so pleasant, such as the unreal thirty hour trip back and the two weeks required to catch up on all my work, rest, and mileage.

(To be continued...)

Charlie managed to remain "alert for the unexpected," and provided a marvelously poetic description of a sunset he chanced upon over fields dusted with an early winter snow: "I just got on the bike and watched it go down."

Charlie prepared to leave for Hawaii confident of his ability and training and with a fierce determination to complete the triathlon. He had completed the Muncie Endurathon in September in about 6½ hours (1.2 mile swim, 44 mile ride, 13.1 mile run) and had "run through" the FWTC 50 Miler on November 1 in 9:49 as a training run—primarily to accustom his body to performing one activity continuously for 9+ hours. Yet in spite of his meticulous and dedicated preparation, Charlie admits to a certain paranoia before the competition. He had had one bike stolen at the end of the summer, and the new frame he ordered arrived later than he expected and had only about 100 miles on it by race day, causing Charlie to doubt its reliability and durability for a 112 mile race. For the week before he left for Hawaii, Charlie had a recurring nightmare that his bike fell out of the airplane into the ocean. On arrival in Kona, he chained his bike to the bedframe in his hotel room—on the 6th floor. Concerned about adapting to changes in the weather, Charlie spent two days in Los Angeles for training, and went on to Hawaii a week before the competition, allowing himself five training days and two rest days before the Triathlon. Psychologically at least he found this beneficial: he was able to swim nearly the entire course 4 or 5 times in practice ride most of the bike route and run enough of the marathon course to be familiar and comfortable with landmarks.

The Triathlon turned out to be a mixed bag for Charlie. "The swim was terrible. I got seasick, with vomiting and diarrhea." (This was the result of swimming parallel to the shore, and rolling with the swell.) Charlie had expected to swim for about 2 hours, but spent something around 2½ hours in the water race day. There were a few anxious moments when he was not sure he would make it, but each time the doubts became serious, a surfer paddled up beside him, looked directly into his eyes, checked on his condition and assured him assistance was right there if he needed it. The important thing to remember, Charlie says, is that the swim is only ONE event in a full day of activities, and accounts for only about 1/8 of the total mileage. When the whole day is broken down into parts, it is not all that bad. If you are (overly) concerned

about the whole day as an entity, your swim cannot be good. "You can't let your mind trick you. (Winner) Tinley was 53d after the swim." Charlie struggled through the swim, leaving the water ahead of only a handful of other athletes. He began to feel somewhat better almost as soon as he got on the bike, however, and became progressively stronger as the bike race continued, feeling great within about 2 hours. Some 8½ hours later as he got off the bike, Charlie felt strong and confident for the marathon. His goal was to run a faster time in Hawaii than he had run in his first TV-33/Hooks marathon (4:28, 1977). He did, and claims that fact is testimony to just how tough the Fort Wayne marathon really is. Part of the reason for his good solid marathon in Hawaii was that much of it was run in the dark (he started the marathon at about 6 p.m.) as temperatures began to cool. But part of the reason is that he picked up the pace around 20 miles and began to pass people, which provided further incentive to pick up the pace. Chanting "Stride with Pride, Stride with Pride" for the last several miles, Charlie managed to sprint the last quarter mile. The excellent finish in his marathon put a rosy glow on the whole day for Charlie: "I just enjoyed myself for 15 hours that day."

How does Charlie describe the Triathlon now that he has had time to reflect and absorb his accomplishment? "The BEST organized event I have ever participated in, bar none." More than 1400 volunteers manned the course. This group included surfers paddling with the swimmers, runners who handed water bottles to bikers on the fly, aid stations every 5 miles in the bike portion and every 2 miles in the marathon, and medical personnel along the course and at the finish. When complimented on an incredible athletic performance, Charlie, still modest about his own accomplishment, will claim that anyone can finish a triathlon, that you don't have to be a world class bike racer, national champion swimmer or first class marathoner to do well (although some 150 of the competitors were high-level athletes, in training year-round). But Charlie, I've read those stories about weighing competitors before each event, disqualifying them if they lose 10%

of their body weight!! Laughing, Charlie informed me that the scales had not been used this year: "There were just too many people who lost too much weight but were in good condition, and too many who had to quit but had not lost too much weight." Charlie lost only 7 pounds (roughly 5% of his body weight). He had loaded well the days before the event, anticipating a calorie expenditure of about 12,000, and he did a good job of replenishing during the events, consuming 3 peanut butter and jelly sandwiches, 6 bananas, several boxes of raisins and untold gallons of water and ERG. Indeed, Charlie's loading, replenishing and pacing during the competition was so successful that he comfortably ran 3 miles the day after the triathlon, 6 miles the day after that, and one of his fastest 10K's the third day after the event. If there is anything about the Triathlon that left Charlie dissatisfied, it is the media-generated image of triathlon competitors as ironmen, super-jocks. Even the Kona newspaper, West Hawaii Today, described the Triathlon as a "gruelathon" featuring "choppy seas in the swim portion, southwest headwinds on the bicycle leg, and the Kona heat (above 100F) in the marathon." The official name of the event is Ironman World Triathlon. ABC television's Wide World of Sports dramatically presented the "Thrill of victory and the agony of defeat" "If I had watched that TV show before I went to Hawaii, I would have had no idea of what to expect in the Triathlon, it wasn't like that at all," Charlie claims, "Sure it was dramatic, but there was much more to it." There was a great deal of what might almost be called "made-for-TV drama," with the thrill of victory going to Scott Tinley. Tinley was 53d after the swim, and second by 9 minutes after the bike ride. An accomplished marathoner who had spent two years training specifically for this competition, Tinley went out on the marathon at a sub-6:30 pace and made up his 9 minute deficit in the first 6 miles! He subsequently set a course record for the Triathlon of 9:19:40. The agony of defeat belongs to Julie Moss, who was in contention all day, and took the overall women's lead about halfway through the marathon. She hit the wall at 22 miles and felt her lead dwindle as she struggled for home. Finally, just several hundred yards from the finish line she collapsed.

Four times she struggled to her feet only to collapse again, finally crawling on hands and knees across the finish line -- just AFTER Kathleen McCartney

sprinted past her for first place honors. Charlie does not belittle the drama in these episodes, but reminds us that they represent only 2 of the 585 stories from the Triathlon.

Yes, 140.6 miles in a single day is an extraordinary achievement. It probably does go a little easier if the day is seen as 3 successive but independent events. Charlie claims "Inch by inch, anything is a cinch." You may well be right about that, Charlie, but you are wrong in your earlier description of yourself: you are something special. From Fort Wayne to Kona to Austin County. Congratulations, Charlie!!

WHY I RUN  
Rudy Kleinknight

I have now run for over a year,  
And to me a very good one too.  
My goal last year, to run a marathon,  
And now I am ready for number two.  
The winter days are about gone,  
And spring is almost here,  
No more heavy clothes and cold air,  
We can run in shorts - a pleasure, a joy, a cheer.  
I run for fun, for relaxing, for endurance,  
I run with others, and can run by myself.  
My body takes pain in knees, side, and ankles,  
But in these things I'm thankful for my health.  
I encourage others to run  
No matter what your pace may be,  
Right attitudes, desires, proper clothes,  
Shoes, posture, and stride are important to me.  
All these produce clean lungs, sturdy heart,  
Strong muscles, and keeps weight down.  
In the Lord I trust and pray  
To keep my body very sound.

FWTC HOMESTEAD 20K  
March 14, 1982

MEN

14-under

1 * Mike Kolb	1:42:16	157
2 * Andy Cauffman	1:49:48	176
3 * John Schwarze	2:05:34	192

15-19

1 * Craig Schwartz	1:11:15	8
2 Ronald Borkowski	1:14:33	16
3 * Tom Mills	1:16:19	22
4 Steve Lengacher	1:19:18	41
5 * Chris Edington	1:20:47	52
6 John Heinkel	1:23:38	69
7 * Jeff Callicotte	1:25:56	80
8 Dale J. Schaefer	1:27:27	90
9 J. Cliff McCalister	1:28:07	94
10 * Todd Callicotte	1:28:50	97
11 Rod Jones	1:29:10	99
12 * Mark Callicotte	1:30:07	107

20-24

1 * Tom Loucks	1:07:01	2
2 Mike Cook	1:07:19	3
3 John Jordan	1:09:55	5
4 Scott Kimlick	1:10:48	7
5 * Mike Bultemeier	1:12:12	11
6 * Jerry Williams Jr.	1:13:04	12
7 * Ron Redden	1:16:21	23
8 * Chuck DeFord	1:17:18	27
9 Paul Misner	1:19:05	38
10 Mike Scheerer	1:22:30	63
11 * Rick Taylor	1:37:18	141
12 Bryan Gross	1:43:37	160
13 * Kenneth Votaw	2:08:57	193

25-29

1 Jeff Shoemaker	1:09:05	4
2 * Jerry Mazock	1:10:34	6
3 Paul Zahl	1:14:00	15
4 Tim Zumbaugh	1:15:53	18
5 Hal Pearson	1:17:32	28

Overall

6 * John Treleaven	1:17:59	31
7 Tom Riegler	1:18:22	35
8 * Dan Minnich	1:18:35	36
9 * Roger Wilson	1:20:17	47
10 * Tom Yoder	1:20:29	49
11 * Larry Ellis	1:21:23	57
12 Scot Shaw	1:22:25	62
13 * Edward Hoffman	1:22:51	64
14 * Tony Gatton	1:24:32	71
15 Stan Dowell	1:27:52	92
16 * Steve Tielker	1:28:47	95
17 * Michael Glasper	1:28:49	96
18 * Dave Milligan	1:29:22	101
19 * Scott Frazier	1:33:49	122
20 Mike Machlan	1:33:50	123
21 * Greg Fahl	1:38:41	144
22 * Mike Avila	1:43:45	163

30-34

1 Tim King	1:06:41	1
2 Steve Voss	1:11:19	9
3 * Dan Kaufman	1:13:31	14
4 * Tim Fleming	1:16:01	20
5 * Bob Nunley	1:16:14	25
6 * John Schwarze	1:17:40	30
7 * Mike Robbins	1:18:01	32
8 * Art Obregon	1:18:29	35
9 * Steve Brown	1:19:13	39
10 * David Ruetschilling	1:19:20	42
11 * Lynn Armstrong	1:19:30	43
12 * Jim Berghoff	1:19:31	44
13 * Phil Wisniewski	1:20:05	46
14 * Mike Zurzolo	1:20:44	50
15 * Dennis Kroells	1:20:46	51
16 * Mike Medler	1:21:05	54
17 * Larry Shively	1:21:07	55
18 * Tim Bolin	1:24:42	72
19 * Steve Yager	1:25:22.3	75
20 * Pat Hermann	1:25:22.8	76
21 * Gary Rickner	1:25:35	77
22 * Gary Spry	1:25:58	81
23 * Tom Mather	1:29:13	100
24 * Russ Suever	1:29:34	105
25 * Tom Archbold	1:31:02	115

26 * Tony Lillo	1:32:06	117	20 * Rudi Florreich	1:36:29	138
27 * Tom Fischer	1:32:20	118	21 * Marvin Jarvis	1:36:38	139
28 * Joe Ruppert	1:35:59	135	22 * Chuck DeVault	1:37:23	142
29 * D.E. Standiford	1:41:39	156	23 * Jim Pepler	1:40:28	149
30 * Stan Shepherd	1:43:40	161	24 * Doug Curtis	1:40:36	151
31 * Rick Ravin	1:46:13	169	25 * Dick Sive	1:40:51	153
32 * Jim Dotson	1:47:34	171	26 * Larry Codding	1:44:23	165
33 * Stephen Povaiaie	1:57:16	185	27 * Jim Suelzer	2:02:02	191
34 * Rick Longsworth	2:00:22	189			

35-39

1 * Michael Beltz	1:17:38	29
2 * Dave Fairchild	1:19:17	40
3 * Larry Solyom	1:19:48	45
4 * Steve Adkison	1:20:26	48
5 * Ed Kerr	1:21:42	58
6 * Wayne Schaltenbrand	1:21:52	59
7 * James McGowin	1:21:59	60
8 * Norval Lehman	1:23:14	68
9 * J. Wellington	1:25:21	74
10 * Rich Bolinger	1:26:24	84
11 * John Siavich	1:30:00	106
12 * Tom Clagg	1:30:10	108
13 * Lee Person	1:31:39	116
14 * Dan Noland	1:32:47	119
15 * Mike Byerley	1:34:02	124
16 * Rudy Kleinknight	1:35:14	129
17 * John McMillen	1:36:03	136
18 * John Callicotte	1:36:17	137
19 * Tom Mangette	1:36:59	140
20 * Robert Wiersma	1:41:29	155
21 * Robert Growcock	1:49:25	173
22 * Larry Lee	1:52:13	179

40-44

1 * Larry Averbeck	1:15:54	19
2 * Woody Barker	1:16:14	21
3 * Phil Miller	1:17:10	26
4 * Bob Harter	1:22:10	61
5 * Leland Sibrel	1:25:40	78
6 * John Barbier	1:25:48	79
7 * Ken Miller	1:29:26	102
8 * P. Fairhurst	1:30:42	112
9 * David Dale	1:30:45	113
10 * Ken Clark	1:34:20	125
11 * Don Ashton	1:34:21	126
12 * Joseph Brooks	1:38:22	143
13 * Alan Gilbert	1:38:41	145
14 * Donald Frey	1:38:47	146
15 * John Rasmussen	1:43:43	162
16 * Jay Brower	1:56:20	182
17 * Jerry Cauffman	1:56:53	184

45-49

1 * Dayne Martin	1:13:19	13
2 * Joe Barile	1:15:05	17
3 * Bill Schmidt	1:18:13	33
4 * Robert McCuan	1:21:08	56
5 * David Wilson	1:23:07	66
6 * Chris Stauffer	1:24:22	70
7 * Joe Ziegler	1:24:43	73
8 * Donald Peaks	1:26:02	82
9 * Bernie Huesing	1:26:32	85
10 * Dick Katte	1:26:33	86
11 * Robert Gensheimer	1:27:01	88
12 * Larry O'Herron	1:27:54	93
13 * Herb Chandler	1:29:04	98
14 * Terry Gautsch	1:30:11	109
15 * David Vance	1:30:29	111
16 * Don Goldner	1:34:30	127
17 * Ian Rolland	1:35:24	130
18 * Gay Davis	1:35:35	132
19 * Bill Sohaski	1:35:57	133

50-59

1 * Myron Meyer	1:18:50	37
2 * Giles Tomlinson	1:23:07	67
3 * Gene Whitacre	1:27:29	91
4 * R. Hatch	1:29:31	103
5 * Vern Chovan	1:33:12	120
6 * John Hilker	1:38:47	147
7 * Gene Striggle	1:39:07	148
8 * J.P. Jones	1:40:48	152
9 * Curtis Nold	1:43:08	159
10 * Edgar Strouse	1:54:17	181
11 * Alfred Moore	1:58:21	186
12 * Ross Moyer	1:59:09	187

WOMEN

19-under

1 * Alma Ojeda	1:29:34	104
2 * Lizann McGinnis	1:35:32	131
3 * Holly Cauffman	1:49:52	177

20-29

1 * Mary Connolly	1:20:56	53
2 * Theresa Ehrman	1:22:51	65
3 * Nancy Cook	1:26:17	83
4 * Phyllis Suelzer	1:26:44	87
5 * Renee Milligan	1:27:13	89
6 * Cindy Goller	1:30:19	110
7 * Robin Z. Walker	1:33:28	121
8 * Betty Jackson	1:40:31	150
9 * Sabine Florreich	1:42:32	158

30-39

1 * Betty Hite	1:16:45	24
2 * Ann Jamison	1:34:44	128
3 * Marsha Schmidt	1:41:04	154
4 * Jean Tipton	1:43:46	164
5 * Sharon Wiersma	1:45:19	167
6 * Stella Bestard	1:45:25	168
7 * Phyllis Kerr	1:46:34	170
8 * Sue Sorrick	1:48:35	172
9 * Ann Mize	1:49:35.3	174
10 * Becky Heyde	1:49:35.6	175
11 * Mercedes Cox	1:49:56	178
12 * Roseann Simmons	1:52:23	180

40-over

1 * Joan Goldner	1:30:50	114
2 * Bonnie Taylor	1:56:53	183
3 * Julia Wilson	2:01:40	190

\* FWTC MEMBERS

Race Directors: Mike Kast  
Gloria Nycum

OPEN DIVISIONS

Top Ten FWTC Men

1	Tom Loucks
2	Jerry Mazock
3	Craig Schwartz
4	Mike Bultemeier
5	Jerry Williams Jr.
6	Dan Kaufman
7	Joe Barile
8	Larry Averbeck
9	Tim Fleming
10	Woody Barker

Top Five FWTC Women

1	Betty Hite
2	Mary Connolly
3	Theresa Ehrman
4	Phyllis Suelzer
5	Renee Milligan

15	Bill Blosser	1	8	8.0
16	Mike Zurzolo	1	9	9.0
17	Larry Shively	1	10	10.0
18	Dennis Kroells	1	12	12.0
	Bob Nunley	1	12	12.0
20	Russ Suever	1	14	14.0
21	Steve Yager	1	15	15.0
22	Bill Halte	1	16	16.0
23	Dewey Culbertson	1	17	17.0
24	Tom Mather	1	18	18.0
25	Stan Koehlinger	1	19	19.0
26	Terry Shipley	1	20	20.0
27	Randy Patten	1	21	21.0
28	Larry Haworth	1	22	22.0
29	Mike Pressler	1	23	23.0
30	Dan Bossard	1	24	24.0
31	Rick Longsworth	1	25	25.0

POINTS STANDINGS

MALE

14-under

	<u>No. of Races</u>	<u>Total Points</u>	<u>Rating</u>
1	Stan Florea	1	1.0
2	John Schwarze	2	5 1.25
3	Andy Cauffman	1	2.0
4	Christopher Dale	1	3 3.0
5	Shawn Clem	1	5 5.0
6	Bobby Wiersma	1	6 6.0

15-19

1	Craig Schwartz	2	2 .5
2	Mark Herndon	1	2 2.0
3	David Milner	1	3 3.0
4	Tom Mills	1	4 4.0
5	Chris Edington	1	5 5.0
6	Phil Herndon	1	6 6.0
7	David Vance Jr.	1	7 7.0
8	Jeremy Jackson	1	8 8.0

20-24

1	Tom Loucks	2	2 .5
2	Jerry Williams Jr.	2	4 1.0
3	Steve Horstman	1	3 3.0

25-29

1	Rick Reitzug	2	2 .5
2	Steve Gradeless	2	5 1.25
3	John Treleaven	2	8 2.0
	Doug Sundling	1	2 2.0
5	Jerry Mazock	2	10 2.5
6	Dan Minnich	1	4 4.0
7	Andy Lubin	2	17 4.25
8	Roger Wilson	1	7 7.0
9	Gary Dunn	1	8 8.0
10	Larry Ellis	1	9 9.0
11	Tony Gatton	1	10 10.0
12	Edward Hoffman	1	11 11.0
13	Paul Sabrack	1	13 13.0

30-34

1	Dan Kaufman	2	2 .5
2	John Schwarze	2	5 1.25
3	Mike Melendrez	2	6 1.5
4	Mike Robbins	2	8 2.0
5	Norm Spitzig	1	3 3.0
6	Jim Berghoff	2	14 3.5
7	Dave Ruetschilling	1	4 4.0
8	Steve Brown	2	17 4.25
9	Phil Wisniewski	2	18 4.5
10	Mike Medler	1	5 5.0
11	Gary Dexheimer	1	6 6.0
12	Gary Spry	2	25 6.25
13	Phil Shafer	2	26 6.5
14	Tim Fleming	1	7 7.0

35-39

1	Steve Adkison	2	4 1.0
	Bob Bruckner	1	3 1.0
3	Don Lindley	2	7 1.75
4	Mike Beltz	1	2 2.0
5	Rich Bolinger	2	14 3.5
6	Ed Kerr	1	4 4.0
	Barrie Peterson	1	4 4.0
8	Chuck Okorowski	2	17 4.25
9	Charles Dwyer	1	6 6.0
	Norval Lehman	1	6 6.0
	Robert Wiersma	2	24 6.0
12	Larry Lee	2	27 6.75
13	Todd Rigelman	1	7 7.0
14	Dave Fairchild	1	8 8.0
15	Mike Novasad	1	9 9.0
16	Dave Waldrop	1	10 10.0
17	Tom Clagg	1	13 13.0
18	Mike Byerley	1	14 14.0
19	Jim Martin	1	15 15.0
20	Rudy Kleinknight	1	17 17.0
21	Dan McGuire	1	18 18.0
22	Tom Humbrecht	1	19 19.0
23	Donald Hoover	1	21 21.0

40-44

1	Jack Morris	2	3 .75
2	Larry Averbeck	1	1 1.0
3	Woody Barker	2	6 1.5
4	Joe Barile	1	2 2.0
5	Bob Harter	2	9 2.25
6	Ray Sibrel	2	11 2.75
7	Charlie Brandt	2	14 3.5
8	Jerry Perkins	1	4 4.0
9	Mike Hill	1	6 6.0
10	Pat Fairhurst	1	8 8.0
11	Bud Stiffler	1	9 9.0
12	Ken Clark	1	10 10.0
13	David Dale	1	11 11.0
14	Donald Frey	1	12 12.0
15	Alan Gilbert	1	13 13.0
16	Wade Monroe	1	14 14.0
17	John Barbier	1	15 15.0
18	Jerry Cauffman	1	16 16.0
19	Larry Lothamer	1	17 17.0
20	Joseph Brooks	1	18 18.0

45-49

1	Chris Stauffer	2	3 .75
2	Bill Schmidt	1	1 1.0
3	Robert Gensheimer	2	9 2.25
4	Don Goldner	2	11 2.75
5	Don Peaks	1	3 3.0
6	Don Helman	2	16 4.0
	David Wilson	1	4 4.0

\*\*Continued on page 17\*\*

The Fort Wayne Track Club is dedicated to serving its members. A recent newsletter carried a request for more races between 2-5 miles. To determine how our membership feels about that request, the Executive Council has put together a questionnaire. Please take a few minutes to answer the questions and provide your comments. Thank you.

1. How many races did you participate in during 1981?

- A. 10 or more \_\_\_\_\_
- B. 7 to 9 \_\_\_\_\_
- C. 4 to 6 \_\_\_\_\_
- D. Less than 4 \_\_\_\_\_

2. Would you be willing to participate in more races of less than 10,000 meters?

Yes \_\_\_\_\_ No \_\_\_\_\_

3. What distances would you prefer? Check all applicable.

- A. 2 mile \_\_\_\_\_
- B. 3 mile \_\_\_\_\_
- C. 4 mile \_\_\_\_\_
- D. 5 mile \_\_\_\_\_

4. Comments?

5. What is your sex? Male \_\_\_\_\_ Female \_\_\_\_\_

What is your age? \_\_\_\_\_

Mail to:

Don Goldner  
9525 Muldoon Road  
Fort Wayne, IN 46819

FORT WAYNE TRACK CLUB 1 HOUR CHAMPIONSHIP

Starting Time: 8:00 a.m. Location: NORTHROP H.S.  
Sunday just north of I-69 and  
May 16, 1982 Coldwater Road exit

Name \_\_\_\_\_ Pace per mile \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Member FWTC: yes \_\_\_\_\_ no \_\_\_\_\_

Regular FWTC age division awards (at least 3 per division)

No Entry Fee for FWTC. \$2.00 for non-members.

Every participant must bring someone to count and record laps run!  
No exceptions!!

So, if you want a good hard workout and enjoy listening to great music, come and run on May 16th!!

I have conditioned myself to run for one hour. I waive any rights I may have against the Fort Wayne Track Club, Northrop High School, Race Directors, and/or other persons/organizations connected with this event, for any damages or injuries to my person for participating in this event.

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

If under 18, parent or guardian must sign here:

Send to: Jerry Mazock, 6135 Orchard Lane, Fort Wayne, IN 46809.

Please register early - there is enough paper work to do on race day anyway.  
Thanks.

8	Chuck DeVault	2	18	4.5
9	Larry O'Herron	1	5	5.0
10	Joe Ziegler	1	6	6.0
11	David Vance	1	9	9.0
12	Ian Rolland	1	10	10.0
13	Ben Cox	1	11	11.0
14	Howard Besh	1	14	14.0

<u>50-59</u>				
1	Myron Meyer	2	2	.5
2	Vern Chovan	2	5	1.25
3	Giles Tomlinson	1	2	2.0
4	Alfred Moore	2	11	2.75
5	J. P. Jones	1	4	4.0
6	Curtis Nold	1	5	5.0
7	Bob Schweppe	1	6	6.0
8	King Sullivan	1	7	7.0
9	Ross Moyer	1	8	8.0

60-over  
None

FEMALE

19-under

1	Karen Fothergill	2	4	1.0
	Carol McManus	1	1	1.0
3	Alma Ojeda	1	2	2.0
4	Holly Cauffman	1	4	4.0

20-29

1	Theresa Ehrman	1	1	1.0
	Phyllis Suelzer	2	4	1.0
3	Betty Jackson	2	7	1.75
4	Mary Theresa Connolly	1	2	2.0
5	Cindy Sabrack	1	4	4.0
6	Julie Nycum	1	6	6.0
7	Cheryl Nimtz	1	7	7.0

30-39

1	Jan Kissinger	1	1	1.0
2	Marsha Schmidt	1	2	2.0
3	Sharon Wiersma	1	3	3.0
4	Stella Bestard	1	4	4.0
5	Jean Tipton	1	5	5.0
6	Phyllis Kerr	1	6	6.0
7	Roseann Simmons	1	7	7.0
8	Deloris Fiantt	1	8	8.0
9	Becky Heyde	1	9	9.0
10	Ann Mize	1	10	10.0

40-over

1	Joan Goldner	1	1	1.0
2	Gloria Nycum	1	2	2.0
3	Maurine Gensheimer	1	3	3.0
4	Sharon Pauley	1	4	4.0

MALE

OPEN

1	Craig Schwartz	2	2	.5
2	Tom Loucks	2	4	1.0
3	Rick Reitzug	2	6	1.5
4	Jerry Williams Jr.	2	9	2.25
5	Steve Gradeless	2	13	3.25
6	Mark Herndon	1	4	4.0
	Dan Kaufman	2	16	4.0
8	Jack Morris	2	20	5.0
9	Doug Sundling	1	6	6.0
10	John Schwarze	2	26	6.5
11	Larry Averbek	1	7	7.0
12	John Treleaven	2	29	7.25
13	Mike Robbins	2	32	8.0
14	Woody Barker	2	33	8.25
15	Joe Barile	1	10	10.0

16	Myron Meyer	2	42	10.5
17	Norm Spitzig	1	12	12.0
18	Dave Ruetschilling	1	13	13.0
	Dan Minnich	1	13	13.0

FEMALE

OPEN

1	Theresa Ehrman	1	1	1.0
2	Phyllis Suelzer	2	5	1.25
3	Carol McManus	1	2	2.0
4	Karen Fothergill	2	11	2.75
5	Mary Theresa Connolly	1	3	3.0
6	Betty Jackson	2	20	5.0
	Alma Ojeda	1	5	5.0
8	Jan Kissinger	1	6	6.0
9	Joan Goldner	1	7	7.0
10	Marsha Schmidt	1	8	8.0

Standings do not include Homestead 20K.



"Dexter Lehman speaks to WE"

# IN April You've gotta run.



CAYLOR NICKEL  
KELTSCH PHARMACY

## RUN FOR HEALTH

APRIL 17, 1982

### 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.)

### 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.

### 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

You don't have to be an Olympic champion to join. Set a reasonable goal...then ask friends, neighbors, and business associates to pledge 5¢ or more to the Muscular Dystrophy Association for every mile you run during May. Run in your neighborhood, on a track, at a local park—anywhere you'd like—and at any time.

Send in the registration form below along with your \$3.50 tax deductible entry fee (check payable to MDA), and we'll send you an official T-Shirt, Sponsorship Form, Runner's Log, and complete instructions.

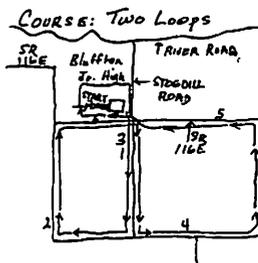
### Registration Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Running Club Affiliation (if any) \_\_\_\_\_  
T-shirt Size (circle one) S M L XL AMERICA'S LOVE RUN

Return Registration with your \$3.50 tax deductible entry fee (check payable to MDA) TO:

**America's Love Run<sup>SM</sup>**  
To benefit the Muscular Dystrophy Association

Please Reply To: 2250 LAKE AVENUE, SUITE 100, FT. WAYNE, INDIANA 46805. (219) 422-9525



### 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 Tro) )

### 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 \_\_\_\_\_

## LETTERS TO THE EDITOR

Dear Dave,

I would first of all like to commend those of the club who organize and direct the details of all our races for the benefit of others. The few inconveniences and problems that have occurred during the administration of a few of the races are far outweighed by the greater number of quality and well directed races put on by the FWTC.

Lately there's been some discussion concerning the longer distances of some of the races on the FWTC schedule. Perhaps the club officers and the membership together need to reevaluate the race schedule based on the premise that there may indeed be an existing situation whereby the majority of our membership may have different needs and wants as compared to the past. I personally find little to complain about concerning the present schedule other than some shifting of certain races to different times of the year. This preference however, is of minor importance when it comes to a majority preference of the total membership. Do we know what the majority of the current membership really wants? If we did know this information, what and how much bearing should it have on the yearly schedule? Maybe a series of questions in the form of a running survey should be sent out to the membership in order to answer these questions. We all know that there are certain races that are sponsored or held in conjunction with another event that must be held on certain dates in the year. There are others however, that could be altered concerning distance and date.

I personally feel that there are too many lengthy distance races from 8 miles upward held too early in the year for the majority of the members. The 8 miler could be moved up to March and the 20k race might also be moved to the middle of May.

Races of 3 - 5 miles might also be added to our 15, 20 and 25K races on the same day of these

longer races allowing more members to participate. This arrangement might also motivate some of our younger members to compete on a more regular basis other than just on those days when fun runs are offered. Whether these shorter races would be allowed to be counted as point races would have to be determined by the officers. Another way to obtain more input by the membership would be for the officers or an ad hoc committee to concentrate on coming up with several different schedules and publishing them in the newsletter which would allow members to vote on the schedule they felt would benefit the majority. Even if there wasn't a clear-cut majority for any one schedule, at least the officers could choose one that would reflect views of the membership. I'm sure the selection of a yearly schedule is at best a difficult task and the rest of us aren't really aware of what it takes to put it together. It's for this reason that even though many of us have varying preferences concerning the race schedule, we must still rely on the discretion of our officers to come up with the best and most viable schedule that will work and benefit the majority. The opinions and views of the membership should be heard and taken not of by the officers, but by the same token we as members also need to be more sensitive about officer decisions and emphasize the positive. These views are meant to be on the side of constructive criticism and not to be taken as unsupportive complaining.

Yours in running,  
Larry L. Shively  
R 3 375 North  
Churubusco, IN 46723

### TO FWTC MEMBERS

If our paths have crossed in the past three years it has been my pleasure. For the last three years one of my running goals has been to receive a point award from FWTC. On the way to this goal I've met so many of you and that alone is a reward to be cherished for life.

If I had never received a point plaque, the time, money, and travel involved to Fort Wayne was well spent for those friendships.

I would like you to know that your reflections will remain in this plaque forever, and when I look at this, I'll have to think of you and our good times. Thank you for those good times.

Your running friend,  
s/Bud (Stiffler)

I want to thank the running Wiersma family for putting up with me on their Valentines "Sweetheart" Sunday morning run and breakfast. A very nice family. Happy running to you, Sharon, Debbie, Bobby Jr., and Bobby Sr.



# Perform a death-defying act.

## RUN - WALK - JOG

### FOR YOUR HEART'S SAKE



When you take part in Run For Life, you'll be one of many thousands of beginning and experienced runners across the U.S. who participate annually in this exciting event.

In addition to the excitement and fun of the run, you'll be supporting the community and research programs of American Heart Association.

By raising pledges for each mile you complete, you'll be helping Heart help hearts everywhere.

**WHEN:** MAY 23, 1982  
2:00 - 4:00 P.M.

**WHERE:** FOSTER PARK  
FORT WAYNE, IN

**DISTANCE:** 2 - 10 MILES

**REGISTRATION:** 1:00 P.M.

**TROPHIES**

Fort Wayne Track Club will award a man's trophy and a woman's trophy to the first man and woman to cover most miles in one hour from 2:00 - 3:00 P.M. Timers will check participants.

**FIRST 200 REGISTRANTS GUARANTEED AN IMPRINTED T-SHIRT**

Pre-registration \$3.00. Day of the race \$5.00. Registering in advance assures T-Shirts and sponsorship forms.

My T-shirt size is: S M L XL

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Make checks or money orders payable to: American Heart Association  
4003 South Wayne Avenue  
Fort Wayne, Indiana 46807  
(219) 745-0661

Return to: \_\_\_\_\_

### NORTH AMERICAN VAN LINES 15,000 METER RUN



Registration Form

**Race Starting Time:** 9:00 a.m. **Location:** North American Van Lines U.S. 30 West Fort Wayne, Indiana

**April 24, 1982**

A custom T-shirt bearing the NAVL 15,000 Meter Run logo will be supplied to all finishers. Entry fee \$4.00 for Fort Wayne Track Club members only. Registration prior to April 10, 1982. All checks should be made payable to: NAVL 15,000 Meter Run

I have conditioned myself to run over 9.3 miles. (15 kilometers). I waive any rights I may have against the NAVL 15,000 officials and sponsors for damages or injuries occasioned by my participation in the NAVL 15,000 Meter Run on April 24, 1982.

Runners # \_\_\_\_\_ Fee \$4.00 pd

OFFICIAL USE ONLY

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

If under 18, Parent or Guardian must sign here: \_\_\_\_\_

Send to: Terry Shipley  
P.O. Box 988  
Ft. Wayne, IN 46801

SPONSORED BY: NORTH AMERICAN VAN LINES  
in cooperation with the Ft. Wayne Track Club

Last Name, First Name, Middle Initial \_\_\_\_\_

Street \_\_\_\_\_ Phone Number \_\_\_\_\_

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

T-Shirt Size (check one) \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

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

Make checks or money orders payable to: American Heart Association  
4003 South Wayne Avenue  
Fort Wayne, Indiana 46807  
(219) 745-0661

Return to: \_\_\_\_\_

- 24\* NORTH AMERICAN VAN LINES 15k - Ft. Wayne, 9am World HQ U.S. 30 and Kroemer Road.
- 24 MUNCIE MALL 10k CLASSIC - Muncie, IN., Athletes Foot.
- 24 SPORTSMED CENTENNIAL RUN 4 MILE & 1 MILE - South Bend, IN., (University Park Mall), 10pm (under the lights).
- 24 RUN FOR YOUR HEALTH 10k - Oaklandon, IN., (Craig JHS), 9am.
- 24 ORRRC 7 MILE XC - Bellbrook, OH., 9:15am, Jack Wallace, 513/433-4517.
- 25 PEOPLE PLEASERS RACE - Warsaw, IN., (Kosciusko County Fairgrounds), 2pm, 1 mile for ages 5-14, 5 mile for ages 9-14. 267-8909.
- 25 JAYCEES WHITE RIVER PARK RUN 5 & 10 MILE - Indianapolis, Rich Radez, 317/635-5550.
- 25 KENNEKUK MARATHON - Georgetown, IL., 8am, Barney Hance, 217/431-0179.
- 25 LAKE COUNTY HEART MARATHON - Waukegan, IL., Heart Association of Lake County, 1722 Washington St., Waukegan, IL. 60085.
- 25 SUPER CROST 10k - Kentland, IN., 2pm, 2 mile fun run at 1pm.
- 25 DIET PEPSI 10k - Toledo, OH., 8am, Larry McCartney 419/865-4564.
- 28 FUN RUN - Foster Park, 6pm.
- 8 DEFIANCE OPTIMIST/PEPSI RUN 10k - Defiance OH. (Defiance College Comm. Center), 1pm, Bryce Harbaugh, YMCA 419/784-4747.
- 14 BLOOD RUN 10k/1.5 mile - South Bend, (Leeper Park), 8:30am.
- 15 THIRD ANNUAL SUNRISERS KIWANIS SPRING RUN 15k - Noblesville, IN., 10am (Noblesville HS), 317/773-1073, after 5pm 776-0180.
- 16\* FWTC ONE HOUR RUN - Northrop HS Jerry Mazock. 8am.
- 16 REVCO-CLEVELAND MARATHON and 10k - Cleveland 8am, Deadline 5/1. 10k at 8:30.
- 22 MARATHON-MARATHON - Terre Haute, IN., 7am, Rick Matthews 812/232-6311 ext. 2572. Also 10k.
- 23 AMERICAN HEART ASSOCIATION ONE HOUR RUN - Foster 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 XC.

JUNE

- 5 PEPSI CHALLENGE 10k REGIONAL - Toledo, OH.
- 5 TRI-COUNTY MINI-MARATHON - Fostoria, OH., 5k and 10k.
- 12\* MIDWEST MEET 8k - Northrop HS
- 19 MUNCHIE 10k - Ft. Wayne, IN. (Foster Park), 9am, John Eakin 745-0021.
- 20\* HILLY FOUR MILE - Ft. Wayne, IN. (Homestead), 8am.
- 20 CARMEL CLASSIC MINI-MARATHON 15k - Carmel, IN. (Carmel Clay JHS), 10am, John Abell 317/844-0695 after 6pm before 11pm ONLY.
- 26 TURTLE 10k - Churubusco, IN., 8am, Larry Shively 219/693-2761. mile fun run.
- 26 MONUMENT CITY CLASSIC 10k - Angola, IN., 9am, Jim Scott 219/665-5582. 2 mile run.
- 26 ROSE FESTIVAL 10k CLASSIC - Richmond, IN.

\* FWTC POINTS RACES

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

MAY

- 1 SAGINAW BAY MARATHON - Uni. Center MI., 10am, Terry Rock, Bay Area Runners 517/686-9223 or 790-1471. Deadline 4/23.
- 1 CRESTVIEW EDUCATION ASSOCIATION SCHOLARSHIP RUN 10k - Convoy, OH., 11am, Dan Feasel 419/749-2970 or 749-2484.
- 1 RIVERBEND 10k - Findley, OH., 10am, Mike or Jim Urbanski, Riverbend Running Co. 419/422-7076. 1 mile fun run at 9:15am.
- 1 TERRE HAUTE DISTANCE CLASSIC 20k - Terre Haute, IN., 9am, (Honey Creek JHS), 5k at 9:15am.
- 2 WOBC 10k CLASSIC - Dayton, OH., (Wright State Uni.), 12 noon, Russ Belt 419/586-2365 or 586-1023.
- 2 RUN-BIKE '82 - Bellbrook, OH., 9am, 6 mile run, 12 miles bike. Pete Disalvo 513/433-6687 or 848-4819.
- 2 CAMP MILLHOUSE 10k/5k/1.5 mile - North Liberty, IN., 8am. Athletic Annex.
- 2 DIET PEPSI 10k - W. Lafayette, IN., (Happy Hollow Park), 8am, Parks & Recreation 317/463-4551.

APRIL

- 3 FUN RUN - Foster Park, 10am.
- 3 CHANNEL 50 ROAD CLASSIC 6 MILE - St. John, IN., (Lake Central HS), 8:30am.
- 3 TA WAN KA 10k - Fremont, OH., 2pm, Grace Sidell, 419/332-8641, 332-7427.
- 3 PLAINFIELD 10k - Plainfield, IN., (Plainfield HS), 10am, Ken Long, Runners Forum 882-1800or Jerry Underwood, 839-0718. Deadline 3/26.
- 3 YELLOW BELT RUN 83.5 MILE - Pittsburgh, PA., 7am, Contact Don Lindley for info.
- 4\* PEPSI CHALLENGE 10k - Ft. Wayne, IN. (Homestead HS), 2pm.
- 4 ANNUAL COOKIE CLASSIC 5k & 15k - Toledo, OH, (Pearson Park), 10am, Dave Barnes, 419/248-8382. Entry \$1, Free with homemade cookies.
- 4 ATHENS MARATHON - Athens, OH., 12 noon, Ellsworth Holden, 614/593-5685.
- 7 FUN RUN - Foster Park, 6pm.
- 10 FUN RUN - Foster Park, 10am.
- 10 MERCURY MILE, PREFONTAINE MEMORIAL 5000 on track - Marion, IN., Gary Hall 317/662-1890.
- 10 ATHLETIC ANNEX ST. PATRICKS FARM RUN 5k - South Bend, IN., 9am.
- 11 HEARTWATCHERS MARATHON - U of Toledo Health Building, Barry Pitts 243-9062, \$15 after 4/1.
- 14 FUN RUN - Foster Park, 6pm.
- 17 FUN RUN - Foster Park, 10am.
- 17 CAYLOR-NICKEL KELTSCH 10k - Bluffton, IN., (Bluffton JHS), Jane Thompson, 219/824-3500 ext. 2103.
- 17 7UP MIDDLETOWN CLASSIC 15k - Muncie, IN., (Ball State University Gym), 1pm, \$7 after 4/10.
- 17 LAKESHORE LAP 5 MILE - Red Lantern-Beverly Shores, 9:30am, Susan Smith, 219/926-5108.
- 17 GENERIC RACE 8k - Westheff-Purdue University 9:00am, Valerie Weber 317/743-0120.
- 17 SPRING RUNNING FESTIVAL 10k - Bloomington, IN., 10am, Monroe County YMCA, 812/332-5555.
- 18 SIXTH ANNUAL POINT PLACE BUSINESSMAN'S ASSOCIATION 10k - Toledo, OH., (Detwiler Park), 11am, Irv Mixer, 419/726-3403.
- 18 SECOND ANNUAL BUNNY BOUNCE 10k & SHORT HOP MILE - Frankford HS, 1pm, Pat Robertson, 317/249-2249 or 249-2783.
- 21 FUN RUN - Foster Park, 6pm.
- 24 FUN RUN - Foster Park, 10am.



**FORT WAYNE  
TRACK CLUB**

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

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