



**FORT WAYNE  
TRACK CLUB**

MAY, 1982

# the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



The sun was warm but the wind was chill.  
You know how it is with an April day  
When the sun is out and the wind is still,  
You're one month on in the middle of May.  
But if you so much as dare to speak,  
A cloud comes over the sunlit arch,  
A wind comes off a frozen peak,  
And you're two months back in the middle  
of March.

A bluebird comes tenderly up to alight  
And fronts the wind to unruffle a plume,  
His song so pitched as not to excite  
A single flower as yet to bloom.  
It is snowing a flake: and he half knew  
Winter was only playing possum.  
Except in color he isn't blue,  
But he wouldn't advise a thing to blossom.

But yield who will to their separation,  
My object in living is to unite  
My avocation and my vocation  
As my two eyes make one in sight.  
Only where love and need are one,  
And the work is play for mortal stakes,  
Is the deed ever really done  
For Heaven and the future's sakes.

From: "Two Tramps in Mud Time"  
by Robert Frost, written 1934.

# THE Inside TRACK

## THE INSIDE TRACK NEWSLETTER

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## RUN FOR FUN . . .



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

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

## RUN FOR YOURSELF . . .



## RUN FOR HEALTH . . .



## 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!**



### CAROLYN MATA

Senior, Harding High School  
Artist of this month's cover.

Carolyn is the girl who has been doing such an outstanding job of drawing characters for columns, plus most of the art work for race ads and advertising. She is a senior in the graphics arts class at Harding High School. The editors of the "Inside Track" appreciate her efforts.

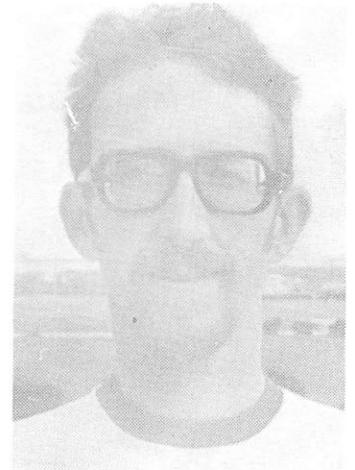


**FORT WAYNE  
TRACK CLUB**

Note: Absolute deadline for June issue is May 8.

# EDITOR'S NEWS & VIEWS

by DAVE FAIRCHILD



One of the dangers of writing a regular column from a position of "authority" (however minimal) such as editor is that of believing that the authority of the position confers a special, exalted status on what is written. This belief may result in an overemphasis on personal achievement - first-person narratives detailing the editor's most recent PR, attempting to draw profound philosophic conclusions relevant to many other runners. I have been known, on rare occasions, to indulge in such purple prose myself, and will undoubtedly do so again. But not this month. There are two often raised, legitimate objections to such an approach to writing and I am sensitive to both. Attempts to "explain" why I run (as much, as often, as far, etc., as I do) are received by other runners as nothing more than statements of the obvious, requiring no explanation, and by non-runners as so much elitist garbage/gibberish. The common theme that unites these objections involves a significant misunderstanding of what running involves/requires.

Colman McCarthy, writing in the May, 1982, issue of THE RUNNER, claims: "Running is not so sacred a use of the body and mind that it must be an end in itself. A lot of us have gotten carried away at times in thinking that it is, but we are deluded. If our running can benefit something more than just precious me or precious you, then it can have social value. We can make a contribution in a culture and world where service to others is seldom held up as an ideal." McCarthy is concerned to justify running as a means of public protest in support of worthy causes.

While I share his interest, I would like to change the focus a little. Obviously, my running benefits me, by whatever criteria I choose to apply: health, fitness, competition, recognition, self-satisfaction and so on. Equally obvious, but less often articulated, the benefits of my running to me depend on, require, contributions from a great many others. Jan and Emily allow, perhaps even appreciate, my time on the roads, dietary and napping peculiarities, pre-marathon irritability, etc. Friends and associates continue to participate in conversations too liberally sprinkled with running anecdotes. My checks have a runner logo, my jacket a FWTC logo. Drivers share the road with me, often yielding the right of way (a source of no small astonishment to me.) The Park Department keeps the roadways through Foster Park admirably clear of snow and ice. Pedestrians and bikers coexist with me. These people do not do what they do in order for me to run every day. But without their (at least tacit) cooperation, running would be much less enjoyable that it is.

Some of the benefits I draw from running come through racing. Here what I take from the community (what others contribute to my running) is much more direct. Traffic control, course layout, aid stations and volunteers, motorists who suffer the inconvenience of rerouted trips are necessary to the racing itself. Without these contributions there would be no race at all. The single most significant factor for some of our (larger) races is corporate sponsorship. Without the substantial financial and emotional support of WKJG-TV33

and Hooks Drugs we would not have the summer that we have. Our Fall 10K, run entirely through town on a Sunday afternoon, would not be possible without the support of Home Loan and Savings. The April 15K results directly from the efforts and sponsorship of North American Van Lines. These are all first-class events, made possible because many people devote much time and money to them.

As racers, we are "gimme" people. Gimme a good fast course. Gimme a well directed race. Gimme a T-shirt. Gimme a trophy. We tend to take all the contributions listed above, and them some, for granted. But it need not, and should not, be that way. We can, and should, give back at least some of what we get from running to those who make it all possible. McCarthy again: "We aren't just runners. We are citizens. Running and politics should mix. Running is a sport of the people, and politics in the original Greek - politikos - meant that which belonged to the people. In that sense, running and politics don't mix, they are already the same." I am not suggesting that we repay the community of which we are (running) members by finding a cause and organizing a protest run. But I am suggesting that we can continue to support our community by directly supporting those individuals/institutions/businesses that make our running possible. We all make use of financial institutions - have savings and checking accounts, home mortgages, auto loans. Take your business to Home Loan and Savings. When you do, let Paul Wolff know

you are a member of the FWTC and that you appreciate his support and sponsorship of the Home Loan 10K in October. (If you are still banking with Lincoln, I have just given you the best reason to transfer your accounts to Home Loan.) Buy your medical supplies and sundries at Hooks Drugs - and let them know why. Watch TV33 and drop Hilliard a note. Run the 15K in April and then recommend North American Van Lines. Patronize those businesses that advertise in THE INSIDE TRACK. Let them know you saw their ad in the newsletter.

As runners we can make contributions to our community, without sacrificing lifestyles or principles. All we need to do is support those who support us.



# President's Column

by LARRY LEE

## WE Meeting

There will be a WE meeting on May 9 at 7:00 p.m. Sue Sorrick has not only volunteered her home as the location but also has arranged for Dr. Bowman, a well known podiatrist in Fort Wayne to be the guest speaker. Sue's address is 3423 Country Park Lane.

WE, which stands for Women Enthusiased about running is a group within the FWTC which seeks to promote the involvement of ladies in the sport of running. We welcome interested individuals, of all ages and abilities.

### JIM J. ANDERSON

Minn-Finn - 3-6/7-82	
50K	3:45
50K	3:13
Skimarathon - 3-14-82	
42K (1098)	2:35
Birkebeiner, Rena - 3-21-82	
55K	4:41

I hit the wall in the Birke, Rena race. We had to carry a 12 pound pack and ski over a mountain pass. There was over a thousand meters in total climb during the race.

Rather than write a letter to the editor I will use the first of this column to applaud the quality of the April issue of THE INSIDE TRACK. Clearly, Dave and Jan Fairchild continue to do an incredible job as editors-in-chief of our newsletter. In the past nine months since accepting their position, they have made numerous improvements in the format, size, photo content, and readability of this publication - including their regular Profile cover feature.

The April issue may well have been the best issue in the history of the publication. There were so many exceptional stories. One was Dave's profile of our own Charlie Hall's incredible success at the 1982 Ironman World Triathlon. Another was Mike Hill's exclusive interview with Jim Fixx. The other articles all were well-written and interesting, too.

Hopefully, they will encourage more of our readers to contribute by sharing their running insights and experiences. All of us who run are expressing something very important about our own being through our running. I do believe that we come to better grips with why we run and why running is so important to our self-fulfillment when we verbalize our feelings. Try expressing your thoughts on paper for THE INSIDE TRACK; you may well find more of a sense of peace about your motivation to run, or you may relive and memorialize a single memorable experience involving your running. Remember: if your feelings or

experiences are meaningful to you, they are meaningful to almost all of us. Almost all of us readers are runners; we all know "where you are coming from".

Again, hats off to the Fairchilds for another in a long line of excellent issues. If you agree with me that our newsletter is "special" (and definitely deserving of recognition by the RRCA as one of the top track club monthlies in the country), please tell Dave and Jan how you feel. There's been such a thankless job, requiring dozens of hours every month, month after month. There is no respite. As soon as one issue is set to go to print, the next issue needs to be planned and laid out. Besides their own pride and sense of responsibility, their only incentive is encouragement from us readers. I'm positive we all appreciate their effort; but frankly very, very few of us have taken the time to call, write, or speak in person to Dave and Jan to express our appreciation. I hate to think what would happen to THE INSIDE TRACK if they felt so unappreciated that they felt no desire to continue editing the masterpiece that they have created.

\* \* \* \* \*

The third annual Pepsi Challenge 10K, April 4th, proved to be an outstanding event, probably now ranking in popularity with the Marathon and the Home Loan 10,000. I stepped in this year for Charlie Brandt as race director, and, except for the weather, I was pleased with how this traditional spring "coming out party" came off. Dick Close, Ron Latham, and the other Pepsi people do an excellent job;

they are competent, open-minded, gracious, and want to do anything to make their race the best possible for the runners. They were a pleasure to work with.

FWTC members who deserve special thanks for helping out at the Pepsi Challenge race are Danny Widmann, Bill Walter, and Bob Pauley. This trio has worked the finish line set-up and timing at other FWTC races - diligently, effectively, and anonymously. Ever wonder who sets up the timing devices and the finish chute and who times every single finisher in all of our races? Talk about unsung heroes! Usually the only time their presence is acknowledged is when, on rare occasions, some finisher, inevitably irate, berates these race officials for "missing" them.

We need many more FWTC members to volunteer to serve as race directors and race officials (i.e. on-the-course timers, aid station captains and personnel, finish line timers, people to set up and tear down the finish area chutes and timer rigging). Lou Berger and Beth Newby volunteered as new club members to help at the Pepsi race; we need dozens more like Lou and Beth. We manage to conduct our 18 races each year with pretty much the same familiar faces doing the unglamorous "support" work. How long can even a dedicated club supporter serve as a behind-the-scenes race planner and race day worker before he gets burned out?

Folks, Mike Hill begged and berated in every other President's Column last year re getting new blood infused as race workers and club administrators. Till now I have refrained from resurrecting that theme. But with the bulk of our 1982 racing schedule ahead of us and "burn out" hitting a number of our three and four year executive council veterans, we do need more people to volunteer. You don't need experience; we will train you. All that is needed is a desire to contribute to your FWTC, coupled with enough conscientiousness to follow through once you have committed to accept a specific responsibility.

If you can help the club in any capacity, get in touch with me or any other executive

council member. Chuck DeVault, thank you for volunteering to serve as newsletter advertising coordinator. Already you have contributed greatly through effective soliciting. Keep up the good work!

\* \* \* \* \*

The Pepsi Challenge 10K was the first road race I can remember watching in person instead of running. I viewed the pack at the 2-1/2 mile mark and again near the finish. Some observations: the 20 mph wind was the big "story" of the race. It hampered the field for the first five miles in particular. I was amazed at the pain and effort etched on the face of every runner, from front-running Dexter Lehman down to the pack-of-the-packers, as early as the 2-1/2 mile mark. The wind had to be brutal. The finishing times and the general absence of strong finishing kicks throughout the field attest to the adverse weather conditions and how much the cold, strong winds took out of each runner.

At the 2-1/2 mile mark, Lehman had about a 100 yard lead, breaking contact with the pack quite soon after the start. Tom Loucks, Patrick Davis, and Craig Schwartz ran side by side in second, another 50 yards ahead of a steady stream of contenders. Lehman was never really challenged, sustaining his margin to the 5-1/2 mile mark over this trailing trio.

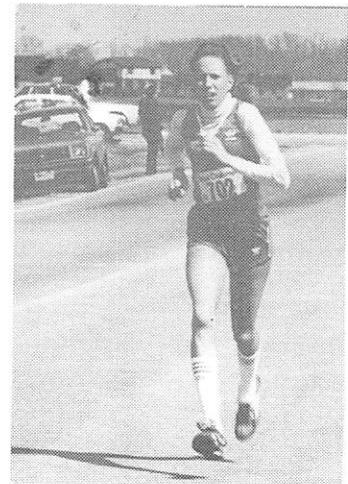
At that point, Loucks picked up the pace as did Lehman. Tho he was unable to close on the winner, Loucks did manage to outkick Davis in an exciting duel for second. Davis held on to outlast a tiring Schwartz for third. In all, four of the top ten finishers were FWTC regulars - Loucks, Schwartz, Mike Bultemeier, and Jerry Mazock. Nice work, men, against a strong field.

I am certain that many of the top runners were amused in the early going and later amazed as the race developed at the presence of a young lady keeping pace with them. Sherrie Matthews, only 16, of Toledo, Ohio, was unknown to virtually the entire field - but not to me. Her father called the night before to find out details about the race, the course, the weather forecast, and the field. He mentioned in passing that Sherrie as a 15 year old had run a 35:00 10K. I encouraged

their joining us - and what a performance Sherrie put on! Her 22nd place overall and Female Division winning time were fabulous, especially in light of the weather and her not quite having recovered from an injury. She has to be one of the top prep girl running talents in the country.

Incidentally, Dexter Lehman was not at 100% either, suffering from a cold for several days before the race. He wore warmup pants in his winning effort, an indication of his health but nonetheless unusual attire for a front-of-the-packer. What a competitor!

One other notable aspect of the race was the solid showing of the large female contingent. No doubt about it, the Fort Wayne lady runners have been coming on strong lately. No longer is Alma Ojeda running away with every female title. Alma is still way up there, but Betty Hite, Theresa Ehrman, Jan Kissinger, Joan Goldner, Ruth Dumas, and others - they're tough and getting tougher. And within age groups on the female side there is developing far more depth in competition. Ladies, take it from us fellas who have been competing since the early days of the FWTC, the increased competition within your age group may make winning high-place honors tougher, but it will also bring your times down and make you better runners. And isn't that what racing is all about?



**SHERRIE MATTHEWS**  
Diet Pepsi Women's Winner  
16 years old

DID YOU REMEMBER . . . to mail in your race questionnaire on page 16 of the April issue to Don Goldner? If not, please do so at once. The responses to date have been numerous - and helpful . . . to return your questionnaire to Jerry Mazock if you're interested in playing softball for a FWTC team? See page 10 of last month's issue. . . to renew your FWTC membership for 1982 by paying your dues to Don Lindley or Phil Shafer? If you are not sure of your status, contact Don or Phil . . . to sign up for Mazock's FWTC One Hour Run at Northrop HS, May 16. Note the 8:00 a.m. two mile race (fun run, if you wish) followed by the 8:30 a.m. start of the Hour Run on the track.

Jerry does a good job with this event. It's fun, it's a change of pace from road racing, and it's a points race. Sign up now, bring a lap counter, and I'll see you there . . . Lindley's Fun Runs at 6:00 p.m. on Wednesdays and the Saturday Fun Runs at 10:00 a.m., both starting near the turnaround parking lot reached by the Old Mill Road entrance to Foster Park. Stale from training on the roads by yourself? Join the troops on Wednesdays and Saturdays; the more, the merrier.



Diet Pepsi --- The end of the beginning.

## Just me.

by GLORIA NYCUM



Well, I ran by another birthday but there were times this past terrible winter I wasn't sure I'd live to be 29 again. My son (one of the twins) warned me that I could only be 29 one more time or we'd become triplets. The sacrifices a mother has to make for her children!!

Anyway, by the time this article is circulated, I will have completed my first marathon for the year 82. I know many track club members will be running marathons before long and last month Rick Reitzug told us how to train for a marathon so I thought it might be a good time to again mention the most important things I feel helped me to not only finish my first marathon, but have a fun time running it.

### WEEK BEFORE MARATHON

1. Do a long depletion run 3-4 days before the marathon.
2. Do not run after depletion run until day of marathon.
3. From depletion day on, eat only carbohydrates, desserts, etc. (all you can eat, but no meats). You can lose up to eight pounds in a marathon, so gaining a little weight won't hurt.
4. Exercise every day and if you feel nervous (due to not running) don't run over one mile - better yet - take a walk.

### NIGHT BEFORE MARATHON

1. Eat a good carbohydrate dinner (spaghetti, etc.).
2. Go to bed early (9:00-10:00). You may have trouble sleeping, that's normal.
3. Around 3:00 or 4:00 a.m., eat pancakes and drink orange juice. This is assuming the marathon starts at 7:00 a.m.

4. Around 6:00 a.m., drink a cup of coffee or some drink that contains caffeine.

### DURING MARATHON

1. Start out at a slower pace than normal for at least the first five miles.
  2. Stop at every water station and drink one glass of water (if gatorade is available, pour some in your water and drink the mixture).
  3. Pour one glass of water on your head and if there are sponges available, keep one and carry it with you in your shorts or shirt.
  4. Wear a headband and dip it in water at every water station.
  5. While doing above, walk through every water station.
  6. If you feel tense, you might stop to stretch at 15, 20, and 22 miles (use your own judgment).
- If you have a friend to run the marathon with, the run will be twice as fun!!

Good luck in your endeavors.

### Windy Marathon

Indianapolis	3/28/82	
Rick Reitzug	1/25-29	2:37:59
4th overall		
Tom Loucks	4/19-24	2:52:48
20th overall		
Myron Meyer	1/50-59	3:00:15
35th overall		

# Running can be hazardous to your health

by BETTY HITE

Everything available to runners regarding training and diet stresses the point that runners should be as lean as possible for that competitive edge. We are to concern ourselves with our body fat percentage and strive to get it as low as possible. We should fast periodically to train our bodies to utilize our stored energy instead of having our fuel replenished at will.

All this sounds good in theory. It can, however, lead to trouble. I'm writing this to illustrate how easy it is for a competitive runner to get caught up in this kind of advice and end up, as I did, emaciated and weak.

Early this fall I decided that to improve myself for racing I had to reduce my weight and increase my activity. I toyed with the idea of vegetarianism and decided to try it. I didn't try to balance proteins the way a good vegetarian would, however. I simply eliminated them. Cheese and peanut butter had too much fat and salt. Eggs had too much cholesterol. Of course, red meat was out. Fish and chicken were okay for a bit or two, but no more. I also began to follow the Prilikin diet program which eliminates fat, salt, sugar, and caffeine. (I kept the caffeine.) I concentrated on salads, fresh fruits, and breads, with hot cereals thrown in. As the winter progressed, I became weaker. My energy level at school was non-existent. I would sit on my stool in the morning and feel like it would take a fork lift to get me up. My sense of humor deteriorated. I no longer joked with the kids or the other teachers. It was just too much work. I was like a zombie. My body went through the motions, but my mind was disengaged. Mornings were the worst. I suppose that was because it was a 6-7 hour span between feedings. At home I was just as bad. I snapped at my family. I felt like a martyr for having to do all the work, when they would have helped had I asked. I felt compelled to keep moving. If I sat down, I was afraid I'd never get up. People kept asking me what was bothering me and all I could

bothering me and all I could tell them was that I was tired. And I was. I was so tired that I wanted to just sit down on the floor and have everyone leave me alone and let me vegetate. I kept up with my running, putting in as many as eighty miles a week getting ready for the Dayton Marathon. In fact, the only time I felt like I had any energy was half way through my daily run. Racing was also rejuvenating. I became more like my old self after a race. The only way I can account for this is that my blood sugar must have risen during the run, and then remained at a high level for a short time afterward.

An article in Women's Sports on anorexia nervosa prompted me to examine my physical conditions more closely. I found a related article in a past issue of Runner's World on the same subject that described me so well that I hopped right out to the kitchen and put a potato in the microwave to bake. I had become an expert on nutrition - for everyone but myself. I prepared complicated dishes for the family and ate a salad myself. Food was on my mind all the time, even though I wouldn't let myself eat. I was a fanatic about activity, but I not only did my running, but I did a 35 minute exercise record daily. I would have worked more, but I had housework and school work to do at home. I just ran out of time, even though I was getting up at 4:00 a.m.

I kept feeling worse and worse. My facial expression deteriorated along with my energy level. My eyes looked dead. I looked as though there was nothing going on behind the face - and there wasn't. It took too much energy to smile. Meanwhile, I must have had some reserves left because my race times kept improving. Getting to the race, however, posed some problems. If I drove myself, I kept having to shake my head to keep from falling asleep at the wheel. I was really a road hazard. Finally, my family and friends convinced me that something was wrong. I decided to have some blood tests, I talked to a dietitian, and had my body fat checked. The dietitian told me that I had a protein deficiency. The first few days that I increased my protein intake with fish and dairy products, I felt remarkably improved. I actually laughed. I joked with my colleagues. I enjoyed my family. My own children no longer asked me how long it had been since I'd eaten. Nor did they try to sneak insidious things like meat and cheese into my salads.

The most eye-opening result was the body fat test. I had the underwater weighing done at the Memorial Hospital Health Awareness Clinic in South Bend. The test was \$30.00 but for me it was worth it. It showed my body fat was 5.6%. According to the physiologist a female needs a minimum of 7-9% to maintain minimal organ function. Even Grete Waitz has 9.5%. No wonder I didn't have any energy. No wonder I attacked food if I hadn't eaten for three or four hours. I had come to the point where I would get up at 2:00 a.m. for some hot cereal. That's not normal for a 36-year-old. I gave up on 2:00 a.m. feedings a long time ago. This shock made me realize that I need to eat more quantities of food. I can't run 80 miles a week on 1500 caloric day. I can have an occasional cookie without adding another five miles to my daily run. I can relax a little about food and be more pleasant to be around. Now that I have my problem defined, I have to correct it. I need to eat enough to increase my energy level and stamina, but of course, not enough to walk a fine line, and it make myself fat. I will have to walk a fine line, and it won't be easy to be guiltless about eating ice cream or a piece of cake. In my later days I thought Heaven would be having a doctor tell me I had to gain weight. That's not so easy. But I'm working on it. I really think that I would have ended up in the hospital had I not realized the extent of my problem. I'm glad my husband finally set me down and stressed the fact that something had to be done. I'm glad my friends cared enough to be concerned about my health. But most of all, I'm glad I finally woke up to the fact that slow starvation is no way to get faster.

We are all looking for that competitive edge. We all want to improve. We all want to reach our potential. Sometimes, though, the price is too high.

CHESTERTON 10K - 3-20-82  
 Betty Hite 38:12  
 2nd overall/F 1/30-39

NUTRA-RUN 10K  
 South Bend - 3-28-82  
 Betty Hite 36:36  
 1st overall/F 1/35-39

## Running maturity

by NORM SPITZIG

"I am turning the corner and heading for home. In the distance I see the digital clock. 39:08, 39:09, 39:10 . . . I cross the finish line in about 39:20, my worst time ever for a 10K race, with a big smile on my face."

The above scene, now replaying on my built-in mental screen for perhaps the 10th time, actually occurred at the Pepsi Challenge race here in Fort Wayne on Sunday, April 4th. What am I, crazy? How can I be happy about this seemingly poor performance? The answer is not so simple.

The logical part of me was well-satisfied for having completed a disciplined, evenly-paced, hard "training run", my first such effort since a recurring leg injury prevented me from running most of January and all of February. But another part of me, that deeper, atavistic, competitive spirit within us all, was upset, perhaps even a bit embarrassed at the performance. Surely I could have tried to race, not just run the course. After all, my injured leg hadn't really ached for over a week; was I just using it as an excuse? Surely I could have run faster if only I had really pushed myself. Why was I holding back?

I think I learned more about my running self during the Pepsi Challenge race than I have in quite awhile. It was, I think, a real turning point for me. I've been running fairly steadily for about the past 15 years, but, until the Pepsi Challenge race, I had never entered a race knowing that I would not be able to run to the best of my ability, knowing that an injury would restrict my performance.

And I learned more than I bargained for during the course of that run. I learned that every race need not be an all-out 100% effort to be satisfying. I learned that I enjoy running far too much to risk the recurrence of a debilitating injury for the sake of a few minutes. I learned too that the objective ticks of the finish line clock fail to measure whether a runner has completed a "good" or a "bad" race. (A time of 39:20 for 10K would be horrendous for Alberto Salazar but a physical impossibility for another runner.)

Running maturity is achieved when one truly accepts his or her current physical limitations and acts accordingly. The mature runner, of course, does not use these limitations as a barrier to further achievement. He is able to discern the difference between a false psychological barrier and a real physical one. He knows that, over the long run, there are inevitable peaks and valleys in one's running life and comes to understand and accept the difference. Overextending oneself during a period of injury only postpones the arrival of the next peak.

Before the Pepsi Challenge race, I was conditioned to believe that not always pushing oneself to the limit was a sign of weakness. I still haven't lost my competitive urge; I just know now that controlling this urge during a period of injury and recovery is really a sign of intestinal fortitude and running maturity. Sometimes it is much harder not to race than it is to race. . .

### LAKE JAMES WINTER FESTIVAL 7000 M - 2-7-82

Chuck Dowe 29:19  
 6th overall 1/20-29

Ran on Lake James, icy and rough.

## Jacksonville run

by DON LINDLEY

It is unusual for Rosann and me to spend a winter vacation in a warm climate, but it was a pleasure for us to represent the FWTC as delegates and for me to be the recipient of the Rod Steele Memorial Award at the Annual RRCA convention in Jacksonville, Florida.

First of all I would like to express my thanks to Larry Lee for nominating me and to Rick Reitzug for writing the resume. I did provide Rick with a general outline but there were a lot of items Rick included himself. There are others whom I wish to thank, but the list is far too long.

It was a joy working out in only shoes and shorts again, acclimate to the warmth, and finally attending the convention with the River Run 15K. Anyway, the first day's workout was used to thin out the old cold blood before fattening up the rest of my body with my typical bad habits. It was hard to believe how warm it was, or just smelling the fresh fragrance of flowers, or just listening to the birds sing as I was running along the St. Johns River near the Hilton. To mention just one thing, the Jacksonville TC provided a map of various jogging routes and during the week sponsored fun runs for everyone including a party at the Applejacks.

The first day of the convention consisted of various workshops. Several good points were discussed. Tom Konieczny of the Dunes Running Club, Michigan City, was present to be their representative. For a complete rundown, a date will be set aside for discussion.

# You've come a long way baby!

by LARRY LEE

A BRIEF HISTORY OF THE FWTC

In preparing a few remarks for our club's Fourth Annual Awards Banquet, February 13, 1982, I had reason to check our earliest roots and trace some of the high points in our history. Here we are, a club with over 700 active members, a very solvent treasury, a popular 18 race program including two "biggies", the Marathon and the Home Loan 10,000, a professional monthly newsletter, a solid foundation of well-conceived policies, practices, and tradition. I said to myself, "The present is bright; the future can be even brighter; but how did we get to where we are now?"

By sheer coincidence, we had planned our Awards Banquet on the fifth anniversary of the "official" founding of the Fort Wayne Track Club. On February 12, 1977, the first organizational meeting was held in a hallway of the Epworth United Methodist Church, Fort Wayne. Present were Don Ankendrant, Bill Sohaski, Don Lindley, Harry Koonitz, Clyde Shank, Janice Shank, and Tom Shank. The name "Fort Wayne Track Club" however, goes back farther than that modest first gathering of these seven. Back in the summer of 1974, Larry Lee, a veteran distance runner and 1969 Boston Marathon finisher, received approval from the Three Rivers Festival Board of Directors to organize a 26.2 mile marathon through the heart of Fort Wayne as part of the 1975 Festival. Larry agreed to be race director and proceeded to prepare a comprehensive master plan of details to be covered. Upon moving to Los Angeles in mid-December, 1974, he turned race director responsibilities over to Bobbi Widmann, another veteran distance runner with extensive experience in race organization.

Because the financial sponsor for the 1975 marathon, TV-33, wanted the race and course sanctioned and certified, Bobbi and her husband Danny joined the Indiana AAU under the name of the "Fort Wayne Track Club". They paid \$35.00

mountain climb for approximately one mile. With the temperature in the high 60's and humidity 87%, the bridge was a good place to watch weak knees if that gives you a thrill. At this point, I reached a runner's high and I managed a 6:57 mile and descended with a 5:43 mile. I had only one goal in mind and that was to let no one pass in those last 3.3 miles, not even Hal Higdon. I was pleased that I was able to pass so many runners and let not one runner pass me. The elements prevented me from setting a PR, but I came in for a "close" third behind Musyoki who finished one second ahead of Rose in 43:33. Musyoki was 25 seconds slower than his 15K world record set in Tampa in February. Wendy Smith of Great Britain won the women's division in 49:52.

But as far as I'm concerned I was "King of the Road" with a finishing time of 59:27 and Tom's time was 70:13. Last February Tom ran a 15K in 67:26 in Clearwater, so the heat did take its toll.

The local media had excellent coverage. Color photography on the front pages of two newspapers, including the press conference and live radio station. They were only a small portion of the gala event. In fact, an entire day was built around the River Run and it was just to celebrate the last day of winter. The 9.3 mile race and country, rock, and gospel music were all parts of the River Day. The festival ended with a bang as fireworks lit up the night sky over Friendship Park near our hotel.

## SYMPHONY RUN 10K

Muncie, IN - 3-27-82	Tom Loucks	5/19-24	32:29
	Betty Hite	1/30-39	37:10
	Don Lindley	8/35-39	37:22
	Mike Kast	2/50-over	37:49
	Larry Linson	45:16	
	Gloria Nyam	2/40-49	52:51
	Ann Linson	364th overall	54:20

The RCA banquet was great, featuring a buffet of interesting dishes such as seafood, creole and fresh fruits. But I couldn't eat the large 100 pound sculpture of ice of a runner. Hal Higdon was the featured speaker. He belatedly received his awards from last year's convention for "damned good guy" award from Walt Stack. Walt won the Scott Hamilton Award as the outstanding local RCA president. He was at his normal best. Andy Burfoot, RCA Journalism Award winner was there to accept his award. Alberto Salazar and Patty Catalano were recognized as the best male and female runners of the year. My award may not have been the highlight of the evening but when Jerry Kokeski, president of RCOA, read Larry Lee's Mailgram, his message was the highlight. But the FWTC banquet was the greatest and Larry's message says it all:

"Don Lindley's receiving the Rod Steale Award is FWTC's proudest moment. Don, you have made us what we are. If our club is strong, it's because of your contributions since day one. You are FWTC. Again, our gratitude goes to all of those that have helped us over the past five years. After all of the festivities, Rosann, Tom, and I returned to the river front bar for a nightcap. It ended up being a very late night. The River Run was very exciting, my brother, Tom, drove from St. Petersburg to run with me. There were well over 5,500 runners and after a very loud howitzer start, much louder than the Blueberry Stomp start, and with women, children, and jocks who lined up in front of me in the 5:00 to 6:00 area, I finally found some open space two miles on the course. There were many runners still in front of me, but at the five mile mark was two-shoe Hal Higdon. I figured he parted too much the night before. Anyway, this gave me a little incentive to run harder. So I conquered the Hart Bridge in hot pursuit behind Michael Musyoki of Kenya and Nick Rose of England. The Hart Bridge was located at the six mile mark and this had to be the longest

out of their own pockets for membership fees, laid out the course, measured it, and certified it.

The 1975 Marathon was reported as "an unqualified success" - an incredible - then - total of 109 runners started the race, about half being from the Fort Wayne area. The race itself came off without a hitch. Danny Widmann co-ordinated all the aid stations and directed the Finish Line area. Bobbi took care of all the other pre-race details.

In 1976, Bobbi and Danny, as the "Fort Wayne Track Club", co-operated once again with TV-33 for the Second Annual Three Rivers Festival Marathon. In their planning for their second marathon, they recognized a need for group training runs and distance races for local people interested in road running. As a result, they organized informal fun and training runs at Franke Park and eventually set up a race schedule of three races at St. Francis College.

Those races, the "Cougar 1-3-5" were actually three races of one mile for women and for boys 14 and under, three miles for women, and five miles for men over 14, held in succession on the same afternoon on September 11, October 10, and November 14, 1976. Note at that time that women of any age were limited to three miles and boys 14 and under were limited to one mile!

The first "Cougar 1-3-5" had 40 finishers, total; the second, 26, total; and the third, 48.

Even with a trio of races that attracted a nucleus of area runners, the club was a club in name only. Bobbi supplied free Fort Wayne Track Club T-shirts, printed the modest race schedule in a flyer, and mailed out race results to all finishers. Budgetary needs were meager, and were met by the sale of old newspapers, the only source of revenue. There were no meetings. There were no membership dues. There were no members, per se.

However, by the winter of 1976, the groundwork had been laid for a formal organization. About 14 local runners felt committed enough to the need for joining ranks to request FWTC T-shirts. The jogging boom had finally reached Fort Wayne,

interest in running swelled, and all the conditions were right for the formation of a real club.

Thus, the organizational meeting on February 12, 1977, for the new Fort Wayne Track Club. Bobbi Widmann, the spearhead for the club, was no longer able to devote the time and effort in leading the new group. A slate of officers was nominated from the floor at that first meeting, but - strangely - were never actually elected at that meeting or at any subsequent meeting. Harry Koontz, acting secretary, presided at the meetings during 1977, and printed and mailed out all correspondence. Furthermore, there appears to be no budget for the year, and no dues.

Highlights for 1977 follow:

2-26-77 Eight persons present at second meeting to discuss plans and goals for the year.

3-1-77 First FWTC newsletter, a one page flyer written by Harry Koontz.

4-1-77 First new FWTC race, St. Francis College: 1 mile, 3 finishers; 1-1/2 mile, 9 finishers; 5 mile, 25 finishers.

4-30-77 By-Laws approved as submitted by Bill Schmidt and Bill Sohaski; FWTC joins Road Runners Club of America.

August meeting - Janice Shank appointed as first membership chairman; 1978 dues established. September meeting - Roger Werlin and Gary Dexheimer appointed race schedule chairmen for 1978 and schedule 22 races for the year.

November, 1977 - First actual officers elected: Charlie Brandt, president; Bill Schmidt, vice president; Don Lindley, treasurer; Harry Koontz, secretary.

12-7-77 FWTC formally incorporated by Debby Gehring as non-profit organization.

At the end of 1977, the FWTC stood on solid ground as a viable organization. Its membership numbered 109. It had a format for monthly meetings. It had a race schedule for the coming year. It had a dues structure. Most importantly, it had four responsible, diligent officers dedicated to move the club in the right direction.

The year 1978 did not see dramatic growth; there were 150 active members, only 41 more than the prior year. It was more a year of consolidation of the many gains made during the prior year, and a struggle to carry out the ambitious race schedule and plans made toward the end of that prior year.

Under Charlie Brandt's leadership as president again in 1979 and with Don Lindley's frugal fiscal administration as repeat treasurer in 1979, the FWTC continued to progress. Membership grew to 323. Races were no longer small, intimate gatherings. Quality of race organization improved, too. The club's newsletter appeared more frequently and in greater length. Points standings were established for FWTC races and the first Awards Banquet held. Individual race performance improved tremendously, and friendly rivalries between and among club members gradually developed.

The first Lincoln 10,000 was held in 1979 and was a huge success. The FWTC had for the first time a high-profile "downtown" race besides its Marathon that the weekend jogger could identify with - and realistically aim for, train for, and succeed in running.

In 1980, membership grew to 415. Charlie Brandt stepped down as president, replaced by Gary Dexheimer. Probably the most significant development was Rick Reitzug's becoming editor-in-chief of the newsletter and committing to make it a regular monthly publication, professionally prepared and printed, with definite literary merit. With the aid of Tom Loucks, Mrs. Eulalia Loucks, and Jim Dupont, he succeeded beyond reasonable expectation.

The year 1981 was marked by a sharp rise in membership, to 728. Mike Hill took over the reins as president and established an executive board as an advisory council to the officers, who had specific areas of responsibility. A "stable" schedule of 18 races, many of them now traditional in a sense, was continued. Probably the most noteworthy development of the year was the sudden emergence of a plethora of talented, competi-

and other business. We can smile, too, about the size of the entry list at our earliest races, the method of timing, the awards, the post-race awards "ceremony". We can laugh at the race times that we recorded "back in the good ol' days", too. It tickles us now to study our roots, but only because we have come so far. Thanks, Bobbi and Danny. Thanks, Don, Charlie, and Harry. Thanks, Rick, Gary, and Mike. Thanks for a rich heritage of dedication to the pursuit of excellence.

ARROWHEAD MILLS NATURAL FOODS 20K RUN - 4-3-82

Tim Bowman PR 1:15:39.4  
62nd overall 6/23

MILLERS BEER BOTTLE OPEN 4 mi. Columbus Grove, OH - 3-13-82

Chuck Dowe 24:02  
44th overall 10/25-29  
Larry Acocks 25:02  
63rd overall /25-29  
Extremely windy conditions.

tive female runners and the big increase in racing by females of all levels of running skill. By September, 1981, Mike Hill's job assignment took him to Connecticut, and Rick Reitzug stepped down as editor-in-chief of THE INSIDE TRACK. The new officers were headed by Larry Lee, president, while Dave and Jan Fairchild stepped in as editors-in-chief to replace Rick. An executive council was selected to complement the elected officers and board members. Together this leadership group numbers 20, each with a specific area of responsibility and each providing input at every board meeting.

As the current administration heads into 1982, our biggest challenge has been to fine-tune and record many somewhat nebulous, unwritten policies, guidelines, and practices that have evolved over the years and that are worth having now in black and white. Membership continues to grow. We are now no longer a small loose-knit group of runners. Our races draw large fields. Our timing devices and race directing expertise is in constant demand by other clubs and sponsors. We see the need to enter - cautiously - the "age of the computer"; our mailing volume and points standings computations no longer allow manual operation, practically speaking.

Like all previous boards, this one is guided by one overriding consideration: to serve the best interests of the running community in the Fort Wayne area. As in the past, that goal may change in definition and in specifics. The genius of Don Lindley and Charlie Brandt especially, but with significant contributions of a strong nucleus of other dedicated FWTC members, has kept us in close pursuit of our goals ever since our creation as a club.

We can now smile and chuckle about the humble beginnings of the Fort Wayne Track Club - the membership number; the nature, size, and frequency of the newsletter; the attendance at general meetings; the budget; the number of people involved in leading the club and the amount of time and effort required to carry out club races

POINTS STANDINGS

Does not include Pepsi Challenge 10K (minimum 2 races to be listed)

	No. of Races	Total Points	Rating
<u>MALE</u>			
<u>14-under</u>			
1 John Schwarze	3	8	.889
2 Andy Cauffman	2	4	1.000
<u>15-19</u>			
1 Craig Schwartz	3	3	.333
2 Tom Mills	2	6	1.500
3 Chris Edington	2	8	2.000
<u>20-24</u>			
1 Tom Loucks	3	3	.333
2 Jerry Williams, Jr.	3	7	.778
<u>25-29</u>			
1 Rick Reitzug	2	2	.500
2 John Treleaven	3	10	1.111
3 Jerry Mazock	3	11	1.222
4 Steve Gradeless	2	5	1.250
5 Dan Minnich	2	7	1.750
6 Roger Wilson	2	11	2.750
7 Larry Ellis	2	15	3.750
8 Andy Lubin	2	17	4.250
9 Tony Gatton	2	18	4.500
Edward Hoffman	2	18	4.500
<u>30-34</u>			
1 Dan Kaufman	3	3	.333
2 John Schwartz	3	9	1.000
3 Mike Robbins	3	13	1.444
4 Mike Melendrez	2	6	1.500
5 Tim Fleming	2	9	2.250
6 Jim Berghoff	3	24	2.667
Steve Brown	3	24	2.667
8 Dave Ruetschilling	2	12	3.000
9 Phil Wisniewski	3	29	3.222
10 Bob Nunley	2	15	3.750
11 Mike Medler	2	19	4.750
12 Gary Spry	3	45	5.000
13 Mike Zurzolo	2	21	5.250
14 Dennis Kroells	2	25	6.250
Larry Shively	2	25	6.250
16 Steve Yager	2	32	8.000
17 Russ Suever	2	36	9.000
18 Tom Mather	2	39	9.750
19 Rick Longsworth	2	56	14.000

35-39

1	Mike Beltz	2	3	.750
2	Steve Adkinson	3	7	.778
3	Don Lindley	2	7	1.750
4	Ed Kerr	2	8	2.000
5	Rich Bolinger	3	22	2.444
6	Dave Fairchild	2	10	2.500
7	Norval Lehman	2	13	3.250
8	Chuck Okorowski	2	17	4.250
9	Robert Wiersma	3	41	4.556
10	Larry Lee	3	46	5.111
11	Tom Clagg	2	22	5.509
12	Mike Byerley	2	26	6.500
13	Rudy Kleinknight	2	30	7.500

40-44

1	Larry Averbeck	2	2	.500
2	Jack Morris	2	3	.750
3	Woody Barker	3	8	.889
4	Bob Harter	3	13	1.444
5	Ray Sibrel	3	16	1.778
6	Charlie Brandt	2	14	3.500
7	Pat Fairhurst	2	16	4.000
8	Ken Clark	2	20	5.000
	David Dale	2	20	5.000
10	John Barbier	2	21	5.250
11	Donald Frey	2	26	6.500
	Alan Gilbert	2	26	6.500
13	Joseph Brooks	2	30	7.500
14	Jerry Cauffman	2	33	8.250

45-49

1	Joe Barile	2	3	.750
	Bill Schmidt	2	3	.750
3	Chris Stauffer	3	8	.889
4	Robert Gensheimer	3	18	2.000
	Dave Wilson	2	8	2.000
6	Don Peaks	2	10	2.500
7	Don Goldner	3	25	2.778
8	Joe Ziegler	2	12	3.000
9	Larry O'Herron	2	15	3.750
10	Don Helman	2	16	4.000
11	Chuck DeVault	3	38	4.222
12	David Vance	2	22	5.500
13	Ian Rolland	2	25	6.250

50-59

1	Myron Meyer	3	3	.333
2	Giles Tomlinson	2	4	1.000
3	Vern Chovan	3	10	1.111
4	Alfred Moore	3	22	2.444
5	J.P.Jones	2	12	3.000
6	Curtis Nold	2	14	3.500
7	Ross Moyer	2	20	5.000

60-over  
none

FEMALE

19-under

1	Alma Ojeda	2	3	.750
2	Karen Fothergill	2	4	1.000
3	Holly Cauffman	2	7	1.750

20-29

1	Mary Theresa Connolly	2	3	.750
	Theresa Ehrman	2	3	.750
3	Phyllis Suelzer	3	7	.778
4	Betty Jackson	3	14	1.556

30-39

1	Marsha Schmidt	2	5	1.250
2	Sharon Wiersma	2	8	2.000
3	Jean Tipton	2	9	2.250
4	Stella Bestard	2	10	2.500
5	Phyllis Kerr	2	13	3.250
6	Becky Heyde	2	19	4.750
	Ann Mize	2	19	4.750

40-over

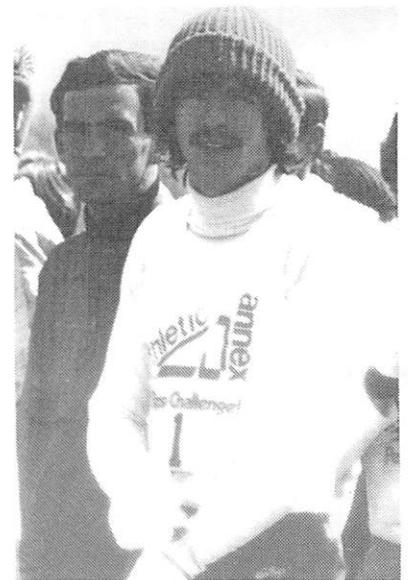
1	Joan Goldner	2	2	.500
2	Bonnie Taylor	2	5	1.250

MALE-OPEN

1	Tom Loucks	3	5	.556
	Craig Schwartz	3	5	.556
3	Rick Reitzug	2	6	1.500
4	Jerry Williams, Jr.	3	14	1.556
5	Dan Kaufman	3	22	2.444
6	Steve Gradeless	2	13	3.250
7	Larry Averbeck	2	15	3.750
8	Joe Barile	2	17	4.250
9	John Schwarze	3	42	4.667
10	Woody Barker	3	43	4.778
11	Jack Morris	2	20	5.000
12	John Treleaven	3	46	5.111
13	Jerry Mazock	3	50	5.556
	Mike Robbins	3	50	5.556
15	Tim Fleming	2	26	6.500

FEMALE-OPEN

1	Theresa Ehrman	2	4	1.000
	Phyllis Suelzer	3	9	1.000
3	Mary Theresa Connolly	2	5	1.250
4	Karen Fothergill	2	11	2.750
	Alma Ojeda	2	11	2.750



RUNNERS GETTING  
READY TO START  
THE PEPSI CHALLENGE  
10K

THE SOUTHWESTERN MICHIGAN COLLEGE  
TRACK AND CROSS COUNTRY PROGRAM

Ronald Gunn  
Dean of Sports Education  
Track and Cross Country Coach

On March 27 the Southwestern Michigan College cross country team, the 1981 NJCAA national champions, represented the USA in the World Student Cross Country Championships in Darmstadt, West Germany. The event is conducted every two years at various university sites around the world and is considered the "olympics of university students cross country". The following is a chronological account of the highlights of the team's trip.

Wednesday, March 24, 1982

Our trip started by dashing from our 10:20 a.m. classes to our vans for our trip to O'Hare Airport in Chicago. We arrived early for our flight to Europe on Sabena Belgian World Airlines. We used the extra time at the airport to exchange our money into German marks. Spirits were high as we settled into our 747 jumbo jet and our eight hour flight to Brussels, Belgium and our connecting flight to Frankfurt.

Thursday, March 25, 1982

Our Thursday started 35,000 feet up in the air somewhere over the Atlantic. It was a short night in terms of light (as we flew straight to the sun) but long in terms of trying to get some rest. Because of heavy fog in Brussels, our landing was diverted to Cologne, Germany and we missed our connecting flight to Frankfurt. We landed at 8:00 a.m. (1:00 a.m. body time) and luckily I was able to arrange flights from Cologne to Frankfurt, instead of taking a two hour bus ride to Brussels.

After a three hour wait in the Cologne Airport, we finally took off for Frankfurt. Our meet hosts were supposed to pick us up at the airport but because of the schedule changes they missed us. Instead, we transferred to Darmstadt, about 30 kilometers south of Frankfurt, via two trains. It was a real hassle with all of the luggage and our unfamiliarity with their train system. We eventually arrived in Darmstadt

tired and hungry early in the afternoon (6:00 a.m. body time).

I was very surprised to find that our lodging was in a plush new hotel, The Maritim, and not in university dorms (they were full). Most of our runners took a nap while I checked in at the meet headquarters in the lobby. I was very disappointed that I missed the noon luncheon meeting of the Darmstadt Rotary Club. I had made arrangements to visit the club and present a Dowagiac Rotary Club flag. The Dowagiac Rotary Club was a generous sponsor of our trip as a project for international relations.

At the meet headquarters I met our team escort, an engineering student at Darmstadt University named Peter. He proved to be a big help throughout our trip.

After checking our team into the meet, I took a short nap and then a 45 minute run around the city before showering for dinner. All of our noon and evening meals were taken at the university mensa (cafeteria), a 10 minute tram (electric trolley) ride from the hotel. The food was ample and good. It did take a while getting used to having no table water or milk with meals. They served pop, juice, mineral water; beer or wine.

It was an early bedtime for the team and the European comforters felt fantastic.

Friday, March 26, 1982

Our team slept late trying to shake off jet lag before eating a buffet continental breakfast in our hotel. The entrees included hard rolls, cold sliced sausages, cold cereal, all varieties of breads, cheese, jelly, butter and fruit. The European breakfasts were difficult to adjust to.

Following breakfast, I took a tram ride to the university to inspect the course. It was fantastic and just what I expected of a European cross country course. Basically it was a circuit of a little over a mile. It started on a soccer field in the stadium and then wound its way out on some forest trails and a meadow full of water. There were three log barriers, one challenging hill, and a mud ditch on the circuit. The forest paths were hard clay and

the loop was lined with streamers on both sides the entire way. I could hardly wait to tell the team about the course.

Following a big lunch (their main meal of the day), I returned to the shopping area of the city and shocked a clerk when I presented 205 postcards to be used for "thank you" to our supporters. I also found a neat soccer shirt for my son.

Late in the afternoon I attended the "technical commission" meeting (coaches meeting). It was very exciting as 26 nations were represented and the meeting was conducted in German, French and English. It was a big thrill to even hear them draw for starting box assignments - "USSR #10, USA #7, Federal Republic of Germany #13", etc.

I was very disappointed to learn that the course for the men's race had been lengthened to 12.2 kilometers. Our team already had several disadvantages. We were the youngest and most inexperienced team in the championships. The age limit was 28 years old and all of the teams with the exception of ours were national student "all star" teams. The University of Jordan and SMC were the only two colleges to represent nations.

Another disadvantage was that this was the end of the European cross country season while we (and the Canadians) were coming off an indoor track season and hadn't seen grass for months. But we wanted the experience and we were eager to do our best.

The meeting ran late and I had to scrap my afternoon run in order to attend a reception given by the Burgmeister (mayor) of Darmstadt at the new city hall. It was at this reception that I enjoyed one of the highlights of the trip. Through the use of two interpreters, I introduced my wife (our team manager and women's chaperone) and myself to the Russian coach. It was a terrific experience and gave me a much better understanding of the Soviets.

Following an outstanding dinner of mixed grill at a local pub (we missed the dinner at the mensa), Karen and I attended another reception given by the race committee in the Old Darmstadt Castle. Many of the

**T-SHIRTS:**

New design to all runners registered prior to June 30. 1981 design to those after June 30 (while they last)

**AWARDS:**

- Open: 1st place - sweatsuit and shoes  
 2nd thru 10th - shoes  
 Age Groups:  
 1st place - shoes  
 2nd thru 3rd - bags  
 4th thru 10th - singlets

**THIS IS INDIANA'S MOST GENEROUS RACE!**

**ENTRY FEE:**

- \$5.00 to Denim Express prior to June 30  
 \$7.00 to Denim Express after June 30

Mail to: Shoe Fly 10,000 c/o Denim Express  
 407 East 3rd Street, Marion, IN 46952  
 (317) 662-6353

**ADDITIONAL SPONSORS:**

- CONVERSE WMRI STEREO 107 F.M.  
 CHRONICLE-TRIBUNE  
 GRANT COUNTY Y.M.C.A.

**ADDITIONAL SUPPORT:**

- Mississinewa Valley Road Runner's Club  
 Marion Chamber of Commerce  
 City of Marion Sports Hotline

**DENIM EXPRESS**

**SHOE FLY  
 10,000**

**JULY 10, 1982**

9:00 a.m.  
**SATURDAY**

Downtown  
 Marion

**MEN**

Open	10	40-44	5	
12 & un	3	45-49	5	
13-15	3	50-54	3	
16-18	5	55-59	3	
19-24	10	60-64	3	
25-29	10	65-69	3	
30-34	10	70 & ov	3	
35-39	10	*Heavyweight	3	
			*Superheavyweight	3

**WOMEN**

Open	3	30-34	5
15 & un	3	35-39	5
16-18	3	40-49	3
19-24	5	50 & ov	3
25-29	5	*Heavyweight	3

\*Heavyweight MUST weight in at 8:00-8:15 a.m.. NO EXCEPTIONS!  
 Male Heavyweight 190 to 220 lbs.  
 Male Superheavyweight 221 lbs. and over  
 Female Heavyweight 150 lbs. and over



**FOURTH ANNUAL DENIM EXPRESS SHOE-FLY 10,000**

Name.....Sex.....Age on July 11.....  
 Address.....  
 City.....State.....Zip.....  
 Phone.....T-Shirt size S M L XL (Circle one)

Heavyweight division check here....

I acknowledge that I am sufficiently trained to participate in this rigorous athletic event. I hereby release from all claims of damages and demands arising from my participation in the Denim Express 6.2 mile run all sponsors, directors, and officials of said run. (Parent or guardian must sign for participants under 18 years of age.)

Date.....

Signature of runner or parent/guardian  
 Entry form not completed unless signed



**10,000  
 Meter Race**

and  
**2-MILE FUN RUN**

**JULY 17, 1982**

Start and finish on the south side of the Whitley County Court House, Columbia City. Start at 8:00 a.m. - 2 mile  
 8:45 a.m. - 10K  
 Fun Run in town, 10K town and country both.  
 Splits every one mile mark.  
 Water at two and four mile mark and at finish.

**ENTRY FEE (check one)**  
 \_\_\_ \$5.00 for Fun Run  
 \_\_\_ \$5.00 for 10K

After July 10, 1982  
 \_\_\_ \$6.00 for Fun Run  
 \_\_\_ \$6.00 for 10K

No showers but restroom in the courthouse and municipal building.  
 Chronomix Timer and ZETA-chron Digital Clock at finish line.

For additional information:  
 219-244-5500

**AWARDS:**

- \*Top 20% in each age group
- \*Award for best time overall for men and women - 10K
- \*Old Settlers Day Awards to first 30 finishers in 2 Mile Fun Run

**RACE RESULTS WILL BE MAILED.**

**AGE CATAGORIES**

MEN	DIVISIONS	WOMEN
14 & Under	1	14 & Under
15-18	2	15-18
19-24	3	19-24
25-29	4	25-29
30-34	5	30-34
35-39	6	35-39
40-49	7	40-49
50 & Over	8	50 & Over

All checks should be made payable to: Old Settlers Day 10,000

**FEE MUST ACCOMPANY REGISTRATION**

Mail Entry To: Old Settlers Day 10K  
 c/o Carl R. F... 535 N. Line St.  
 Columbia City, IN 46725

In consideration of the acceptance of the entry, I waive for myself, my heirs, and assigns, any and all claims for damage against the Old Settlers Day Association, Inc., and their representatives, for any and all injuries received during, before, and after these events.

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

Address \_\_\_\_\_ City \_\_\_\_\_ State/ZIP \_\_\_\_\_

Date \_\_\_\_\_ Signature \_\_\_\_\_  
 (All applications must be signed; parent's signature required if runner is under 18 years of age.)

T-SHIRT SIZE:  S  M  L  XL

Telephone \_\_\_\_\_

university classes were conducted in the castle and we accidentally wandered into a student pub looking for the reception. It was really weird, especially the music. We eventually found the right spot and enjoyed the reception. It was here that the Russians presented us with several gifts, including dolls, spoons, pins and postcards of their country.

Saturday, March 27, 1982

This was race day. I got up early and went for a long run through Darmstadt. It was a beautiful spring day and the run was fantastic as I passed through many parks and quaint streets which offered magnificent buildings and churches hundreds of years old. I also passed by part of the old city wall - built in the 14th century. I didn't encounter any joggers as running does not seem to be nearly as popular in Europe as it is in the USA. After another continental breakfast, I joined my team as we nervously awaited the big race. Many team members spent the long hours before the race writing thank you postcards to our over 200 boosters in the USA. The races were definitely the highlight of the trip. We arrived at the race site via the tram, proudly sporting the dress warmups, uniforms, and shoes provided us by the NIKE Shoe Company. Without question, we were the best dressed team there.

The festivities started with a parade of nations in which our escort, Peter, carried the USA placard and I represented our country. What a thrill! Next, the women runners were paraded into the stadium, again led by the respective escorts carrying the placards of their country. There was a large and enthusiastic crowd.

The women's race was 4.6 kilometers and very fast. The Russian women took the lead from the start and raced away from the field. I felt that our top woman, Julie Lantis, raced very well, especially in her first international cross country race at only 19 years of age. She ran and finished with some excellent women runners. She finished 24th with a time of 17:10.9. Teresa Brink also worked hard and

finished 33rd with a time of 19:34.2. The Russians swept the first three places with Elena Tsoukhlo winning in 15:13.2, well ahead of everyone. The three medalist teams were USSR (6 pts.), West Germany (23 pts.), and Spain (33 pts.). We did not enter as a team.

Shortly following the women's race, the men's teams paraded to the start. We were all shocked when just after our team huddle, two members of the Chilean team ran up a bank near the start and displayed a banner which, translated, read "Yankees go home - stay out of South America". The political display caught everyone off guard, as such displays are against FISU rules. It was a real learning experience for our team.

The men's race was also extremely tough for our young team. The seven lap course took its toll fast as the competition set a blistering pace. There were several hundred spectators along the course and our team was both cheered and booed. Fortunately, there were more cheers than boos but either way, it just made our team run harder. Every mud splattered member of our team agreed that it was the toughest race of his life. They were totally exhausted at the finish and I was very proud of their effort. The Russians also won the men's race, placing 4 men 5 seconds apart in 3rd, 4th, 5th and 6th place. The other medalist teams included West Germany in second with 26 points and Great Britain in third with 53 points. Frank Zimmerman of Germany, fresh from the World Cross Country Championships in Rome, finished first in 36:49.1. We placed a very creditable 15 out of the 26 nations entered. We would have even finished higher (about 10th) but Kurt Russell dropped about 40 places when he sprained an ankle jumping a ditch. Eddie Wroblewski was our top finisher at 51st (40:36.5). Russell limped in 64th (41:22.7), while Jeff Honert finished 73rd (42:04.2). Gregg Osborn finished 76th (42:15.5), Mark Randolph finished 82nd (43:46.7) and Mike Atkinson finished 85th (44:33). This was the largest field ever in this meet and I was just as happy about our 15th place finish here as I

was about our 8th place finish in Ireland. During the race the announcer indicated to the crowd that the USA team was represented by Southwestern Michigan College, the National Junior College champions. It made us feel very proud.

Following both races our team was very popular with TV interviewers and athletes wanting to exchange uniforms, warmups and t-shirts. USA t-shirts and pins were all that our team exchanged. We appeared on TV that night and I was quoted in the German papers.

Later, all the teams enjoyed a steak dinner at the university. I knew that our kids had run hard as several still had not recovered and had difficulty taking on the meal. They did however loosen up at the awards ceremony and dance which followed at the university commons. It was truly an international celebration as everyone relaxed and danced to music of all nations played by a live band. I presented our gifts (Cub hats, a Dowagiac Rotary flag, and Nike USA t-shirts) to our meet hosts. This outstanding evening of international fellowship was one of the highlights of our trip. In fact, on our way home, we joined some Germans who took us to a popular discotheque called Lopus. The Americans were saluted several times by the DJ who featured mostly American music.

Sunday, March 28, 1982

A planned 8:00 a.m. rendezvous with the Russians for a morning run was thwarted by the language barrier. We each reported to the hotel lobby at different times but we did meet during our runs. We didn't go to church but we did spend some quite moments at the beautiful Russian Chapel on the grounds of the Malheldenhöhe (art museum and gardens) remembering who made this whole experience possible.

At 10:00 a.m. we boarded, along with all the other teams, special buses for a tour to Heidelberg hosted by the university. We didn't get started until 10:45 because the Turks were late. The scenic ride took us through the countryside and the fringe area of the Black Forest. Along the way we stopped at the ruins of an old castle in the Neckar River Valley and had a lunch of bread, cheese, sausage, fruit and Coke. The Czechs were

MAY 16

Start at 2:00 p.m.

Supported by:  
Converse  
Instant Copy  
Athletic Annex

AWARDS for runners in each of the following divisions will be presented at the completion of the Run for MS.

Female		Male	
18 & under	30 to 39	12 & under	40 to 44
19 to 29	40 to 49	13 to 15	45 to 49
	50 and Ov.	16 to 18	50 to 54
		19 to 24	55 to 59
		25 to 29	60 to 64
		30 to 34	65 to 69
		35 to 39	70 to 74
			75 and over

The course is mostly flat with some rolling terrain through residential areas around Winona Lake. BEAUTIFUL!!! The course starts and finishes at the Kosciusko Community Fair Grounds, E. Smith Street, Warsaw, Indiana. It is sanctioned by Indiana - TAC - U.S.A.

THE WARSAW ROAD RUNNERS ARE PROMOTING PHYSICAL FITNESS.

Why Run for MS? Across the nation, athletes from virtually every sport have joined in the fight against multiple sclerosis. Bill Rogers, Billy Jean King, Muhammad Ali, and many more are on the team.

# WARSAW 10,000

## MAY 16

\$ 5.00 ENTRY FEE ENCLOSED  
(\$ 6.00 entry fee after May 2)  
FUN RUN \$2.00 (no t-shirt)

\*\*\*\*\*ENTRY FEE MUST ACCOMPANY REGISTRATION\*\*\*\*\*

I attest and verify that I have full knowledge of the risks involved in this event and have trained so that I am physically fit to participate in this run. I also accept full responsibility for my participation in this event and hereby release from any and all responsibility Warsaw Road Runners Club; Multiple Sclerosis Society, the City of Warsaw, Athletic Annex, and any other club, agency, corporation, or business affiliated with this race, with respect to any damages, claims, demands, or action stemming from or in anyway connected with my participation in this event.

Name \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
 Zip \_\_\_\_\_ Sex \_\_\_\_\_  
 Telephone \_\_\_\_\_ Signature \_\_\_\_\_

10,000 Meters \_\_\_\_\_ Wheelchair \_\_\_\_\_ Fun Run \_\_\_\_\_  
(All applications must be signed; Parent's signature required if runner is under 18 years)  
ADULT T-SHIRT SIZE \_\_\_\_\_ Sm \_\_\_\_\_ Med \_\_\_\_\_ Lg \_\_\_\_\_ X-Lg

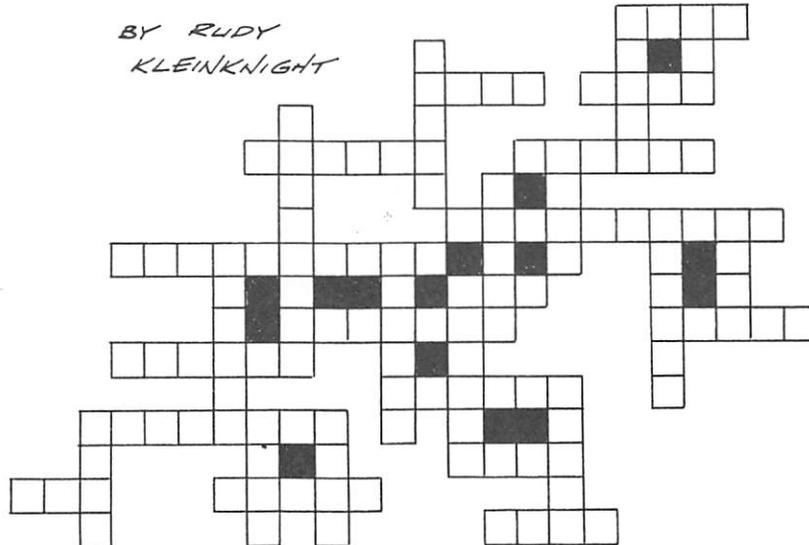
Return entry to:  
Warsaw 10,000  
c/o Athletic Annex  
117 W. Center St.  
Warsaw, IN 46580

MAIL TODAY: First 500 registrants will receive a Run for MS T-Shirt

Match blanks with following words:  
Rudy Kleinknight

- BAY
- CAN
- FUN
- CARE
- DIRT
- FWTC
- HELP
- LAPS
- MINI
- NICE
- NIKE
- OPEN
- PACE
- SOLO
- CLOCK
- DREAM
- PLACE
- RACES
- RELAY
- ADIDAS
- FAMILY
- ETONIC
- JOGGER
- T SHIRT
- RUNNER
- COUNTRY
- MARATHON
- ROADRACE
- NEWBLANCE
- FOSTERPARK

BY RUDY  
KLEINKNIGHT



late reboarding the bus and many defection jokes were made while the coach was trying to locate this team. The famous city of Heidelberg and the magnificent castle were a real treat to explore.

That evening we went to an "off the beaten path" restaurant recommended by one of the locals. We had a fantastic feast of German food and lots of fun. The Jordan team came with us but left because they were afraid that the food may have been "contaminated" with pork.

Monday, March 29, 1982

We started the day with a team workout in the forest and parks near the hotel. The trails and pathways were excellent for a fartlek workout.

After breakfast we were the guests of a local brewery, Pfungstader, for a tour and reception featuring beer, warm sausages and brot (bread). Our escort, Peter, set up the excursion through a friend and they took special care of us (a Pfungstader banner shall be displayed on the '82 Nike-Fair Store course, just as one was present on the course in Darmstadt).

After the tour we checked out of the hotel and walked to the Hauptbahnhof (main railroad station) and boarded a train for Frankfurt. The meet host had made arrangements for our team to stay in the dorms at the Germany Sport Institute on the outskirts of Frankfurt. Of course, the accommodations were stark compared to the plush Maritim but it was a good experience to see where many of the outstanding German athletes learn and train.

An interesting experience occurred when we first arrived at the station near the institute. We asked directions to the institute at a little pub near the station and a gentleman patron and the owner insisted that it was too far to walk with our luggage. They invited us to stay instead and enjoy a brew while they called for a van to pick up our luggage. It was here that we were introduced to Apfelwein, a regional wine made from apples that is very popular. We really enjoyed the warmth and hospitality of the people.

Later in the afternoon everyone took a train to Frankfurt and shopped and had dinner in the city famous for sausages.

Tuesday, March 30, 1982

After a continental breakfast at the institute (our athletes had seen all the hard rolls and jam that they cared to), we boarded a train for a trip to the picturesque wine town of Rudesheim located on the Rhine in the Rhine River Valley. Upon arrival we had a fantastic team workout which involved running through the charming streets of Rudensheim, passing the moss and ivy covered ruins of the 13th century castle Bromersburg, climbing a long hill through the famous vineyards to the Rierend um den Niederwald and running along a vineyard path that featured a breathtaking view high over the Rhine River Valley. On the way back we passed another castle ruins and raced the barges while running along the bank of the Rhine. It was one of the most beautiful runs I have experienced.

Our faithful team manager, Karen Funn, awaited our team's return with dry clothes in the marktplaz (village square). We next made arrangements to go for a wine tasting party at one of the local village wine brokers. It was a really neat experience as we sampled many of the excellent wines of this famous wine region in the broker's old but beautiful Gothic style home. We bought several bottles as gifts.

Our plans for a bread, cheese and wine picnic while taking a cruise on the Rhine were scrubbed because of cool weather (our first overcoat day of the trip) but we did enjoy a tasty German meal at one of the local pubs. A couple of hours were spent exploring this village famous for its beautiful old houses with quaintly shaped gables and turrets. The walk included the old Drosselgasse, a famous small street lined with wine taverns, and shopping for Hummels and other gifts before returning to the Sport Institute. (Note: I would highly recommend a visit to this village for any international traveler as it is only a 60 minute train ride from the Frankfurt International Airport.)



Back at the Sport Institute I took another run in the Stadtwald, a large forest that surrounds the institute. The trails were great and as I passed the stones used to mark distances for fartlek workouts, I couldn't help but think of all the great European distance runners who had trained in forests similar to this. The trails were even lighted for night running.

That evening I attended a major fussball (soccer) match in a large stadium near the institute.

There were over 40,000 people in attendance and they were very spirited. It was an interesting experience.

Wednesday, March 31, 1982

We were up early as we had to catch a 9:15 a.m. flight to Brussels. Once in Brussels we boarded our Sabena 747 for our 8-1/2 hour flight home. We left at 11:35 a.m. and arrived in Chicago just a little past noon, as we raced the sun across the Atlantic. Most of our time was spent sleeping and it was a tired but very happy and enriched group of student-athlete distance runners who arrived home in Dowagiac at 4:30 p.m.

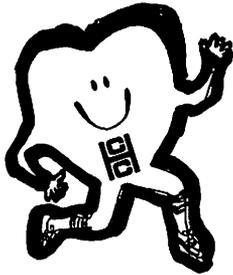
Comments

Needless to say, the trip was a fantastic experience for our team members. Perhaps our most significant moments went unrecorded, as the routine of living in a different culture and interacting with people of many nations was not described adequately in this brief diary.

Undoubtedly the biggest thrill for me was representing our great country, Southwestern Michigan College and our many loyal supporters.

# CHC Happy Heart Run

**MAY 15th**



**Registration Form:**

Sponsored by:  
**Music Radio 16TVB**  
**Coldwater Daily Reporter**  
**Community Health Center**

Date of Race: May 15th  
 Community Health Center

Time: 9:00 for 1 Mile Fun Run  
 9:30 for 5K and 10K

**1 MILE • 5K • 10K**  
**COLDWATER, MICH.**

Name \_\_\_\_\_ LAST FIRST M.I.

Address \_\_\_\_\_ STREET

CITY STATE ZIP

Age \_\_\_\_\_ Sex Birthdate \_\_\_\_\_

Phone \_\_\_\_\_ T-Shirt Size **5K & 10K only**

**S M L XL**

**Before May 8th**

Include \$5.00 pre-registration to: CHC Happy Heart Run. After May 8th \$6.00.

Mail to:  
 CHC Happy Heart Run  
 P.O. Box 547  
 Coldwater, MI 49036

Category:  
 1 mile Fun/Walk  
 5K Run/Walk  
 10K Run

**LIABILITY DISCLAIMER**

For and in consideration of my participation in the Happy Heart Run, I for myself, my executors, administrators and assigns, do hereby release and discharge the CHC of Branch County, Coldwater Daily Reporter, 16TVB, City of Coldwater, Coldwater Township, Conralls, Beth Betty Cassi, Co. and any and all persons officially connected with the race, jointly and severally, and hold and save them harmless from and against any and all actions, claims, demands, liabilities, loss, damage, or expense of whatever kind and nature, including attorney fees, which may at any time be incurred by reason of my participation in or my preparation for the aforesaid race. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

*If under 18 years of age.*

## RUNNERS!!

A BENEFIT RUN FOR UNICEF

FOSTER PARK

MAY 8 9:00 a.m.

Inscribed trophies for the first 150 finishers. Ribbons to all other participants. Splits given each mile. The registration should be received by May 5th. Others may register on race day at 8:00 a.m..

TheMunchie Emporium invites you to participate in this important running event. The purpose of this race is to raise funds for the Special East Africa Relief Programs of UNICEF. These people are in a desperate struggle for survival. Any additional donations over the \$5.00 entry fee will be greatly appreciated.

RETURN TO: John Eakin, Munchie Emporium, 1109 Taylor St., Fort Wayne, IN 46804

Checks may be made payable to: **THE MUNCHIE 10,000**  
 Enclosed is my check for \$5.00 (non-refundable)



**1981 WINNERS**

Rick Reitzig	34:11
Alma Ojeda	42:49

Race Director: John Eakin      Master of Ceremonies: Larry Lee

I HEREBY WAIVE ANY CLAIMS I MAY HAVE AGAINST THE MUNCHIE EMPORIUM OR UNICEF DUE TO ANY INJURIES RECEIVED DURING THIS EVENT

SIGNATURE \_\_\_\_\_

IF UNDER 18

PARENTS SIGNATURE \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

## LETTERS TO THE EDITOR



Dear Dave:

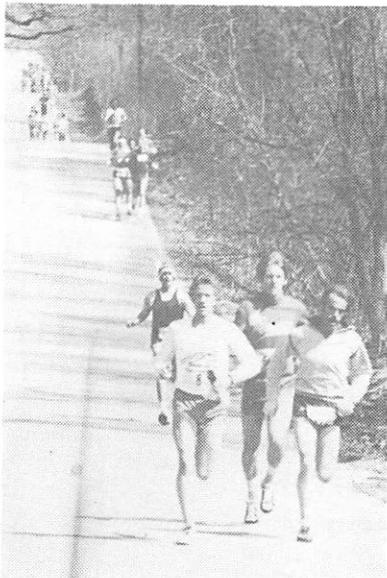
My thanks to both you and Charlie Hall for providing the readers of THE INSIDE TRACK with some fine reading.

Your description of Charlie's training schedule, his actual involvement on race day and his thoughts about the event were extremely well done.

Certainly we must also thank Charlie for sharing his achievement with us. Nice going, Charlie, we're proud of you.

Don Goldner

### LEADERS IN PEPSI CHALLENGE



Easter Day

Dear Dave,

How are things? Sorry I did not see you in the Pepsi Challenge race. Hope everything is all right.

I was looking through poems that I have written a few years ago and the one that I hope to have in the May issue which is appropriate for the mothers of runners and of course mothers that are runners.

Hope you had a nice Easter and to everyone in the FWTC.

MOTHERS DAY

L is for Lots of Love, left for all.  
 A is for Always Available and Amply Affectionate.  
 B is for Bright, Bubbling, and Beautiful.  
 O is for Overwhelming joy to serve Others.  
 R is for Refreshing and Rich with Radiance.  
  
 O is for Overcoming Obstacles.  
 F is for Feels Friendly toward Family and Foes.  
  
 L is for Lends Luminous Love to Loved ones.  
 O is for Offering God fearing Obedience.  
 V is for Vim, Vigor, and full of Vitality.  
 E is for Eager, Efficient, and Energetic.

This was printed into the Decatur Church of Christ newsletter on the 20th of March, 1980. The following was also printed. It is very appropriate for all runners to depend on God for healthy bodies and spiritual growth.

God will decide,  
 Jesus will provide,  
 Holy Spirit will guide,  
 Prayers will be supplied.

Thank you for letting me express my thoughts and hope everyone enjoys them.

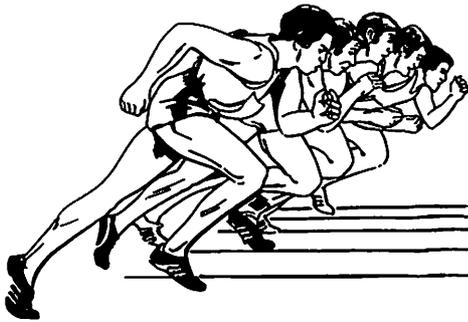
An avid runner.

Rudy Kleinknight

TV SHOWING - FORT WAYNE FOCUS  
 Friday, May 28, 1982, 8:00 a.m.  
 Channel 55 - Steve Shine interviews Larry Lee about running in general and the Fort Wayne Track Club in particular.

### ATTENTION

The one hour run on May 16th will start at 8:30 a.m. (one-half hour later than previously advertised). There will be a two mile fun run beginning at 7:45 a.m., before the hour run.



JUNE 19th, 1982 at 9:00 a.m.

With help from the Fort Wayne Track Club

# FORT WAYNE CORPORATE CUP

Hosted by BFGoodrich Company, located East of New Haven on US 24

\$10.00 Entry Fee per Team

Teams will consist of five (5) individuals (4 male and 1 female)

Event will be scored Cross-Country Style. If five males run, fifth male will be scored by taking the average of total teams.

Companies may have as many teams as they want, with each employee having 3 months employment.

Entries must be received by JUNE 11, 1982.

For further information call 749-5111, Dave Boylan, Ext. 285.

Send to:

BFGoodrich Tire Company

P.O. Box 277

Woodburn, IN 46797 Attn: Bill Chapman D/6717

## CORPORATE RUN

COMPANY \_\_\_\_\_

TELEPHONE # \_\_\_\_\_

CAPTAIN #1 \_\_\_\_\_

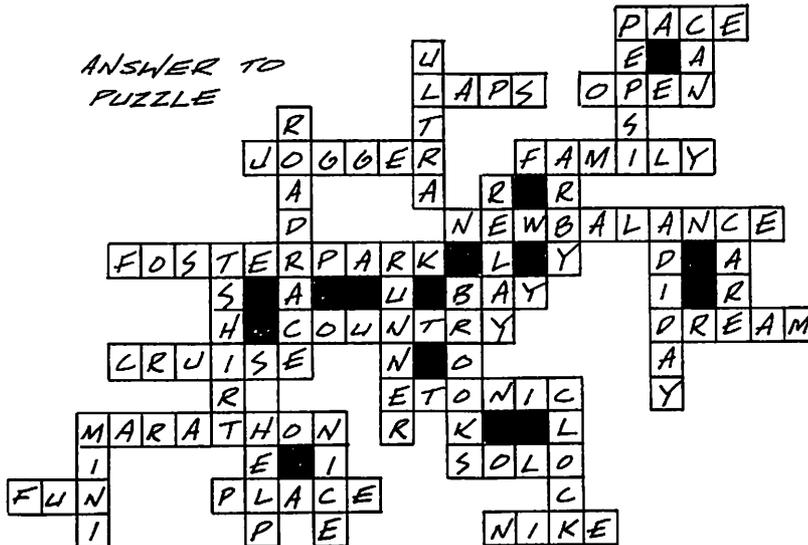
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#4 \_\_\_\_\_

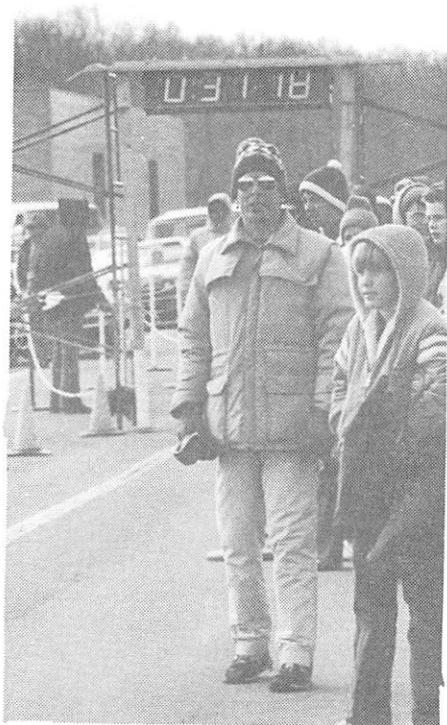
#5 \_\_\_\_\_

ANSWER TO  
PUZZLE





Ron Gunn and the USA  
International Cross  
Country Team, March, 1982.



While time waits  
for no man,  
it waits faster  
for some than  
others.





# Hickory Grove Lakes Campground

## 10km X-Country

### TIME SCHEDULE

9:00 a.m.	Registration opens & info packets	
9:30 a.m.	12 & under Obstacle Course	.25
9:45 a.m.	1 mile run for beginners	1.00
10:00 a.m.	13 & over Obstacle Course	.50
10:15 a.m.	½ mile mixed couples race	1.50/couple
10:30 a.m.	10,000 km European X-Country	
	Preregistered	4.00
	Race Day	5.00
11:30 a.m.	Awards for all 5 events	

MONDAY, MAY 31, 1982 (Memorial Day)

Races for the whole family.

This is a challenging 10 km cross-country type race over 88 acres of hills, gravel roads, across creeks, trails, woods, and grassy areas. Course record is 37:13 set in 1981 by Doug Osborne of Hartford City. All proceeds go to the Jay County Civil Defense.

Hickory Grove Lakes Campground is 8 miles south of Portland, Indiana on 27, 3 miles east on Road 180, then ½ mile north on Road 173. Registration is \$4.00 before race day or \$5.00 race day. Race day registration begins at 9:00 a.m..

Age Divisions: Men 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over.  
Women 19 and under, 20-29, 30-39, 40 and over.

Awards: Prizes and/or trophies in early races; trophies in first 3 finishers in each age division, male and female in 10 km; ribbons to all participants.

Facilities: Modern restrooms and showers on site. Owners/managers trained in First Aid and CPR. Primitive to full hookup camping.

Director: John McCory Pre-registration: Send \$4.00 check to:  
 Hickory Grove Lakes Campground  
 R.R. 1, Box 257 P.O. Box 1274  
 Portland, IN 47371  
 OR \$5.00 Race Day

### REGISTRATION FORM

Name \_\_\_\_\_ Age \_\_\_\_\_ Div. \_\_\_\_\_

Address \_\_\_\_\_

I hereby fully understand the sponsors, the race director, Hickory Grove Lakes Campground, Inc: and all associated with this event are not responsible for any injury, death, or loss of personal property before, during, or after this race. I waive my rights and my heirs to this agreement. Parents and/or guardians must sign for participants under 18 years of age.

Participant signature \_\_\_\_\_

Parent/guardian signature \_\_\_\_\_

# TURTLE DAYS

## TURTLE 10,000



The course is fast and flat with 3 or 4 moderate hills. Course starts at rear of school and finishes back at school after looping out to Blue Lake and back.

This race is held in conjunction with Churubusco Turtle Days Centennial Festival (June 23-26) and is sponsored by Churubusco Super Valu.

Time splits will be given for every mile of the 10K race and finish results will be mailed by request.

SATURDAY, JUNE 26, 1982

CENTENNIAL 1882-1982

8:00 a.m. - 1 mile run  
 8:30 a.m. - 10K (6.2 miles)

CHURUSUSCO HIGH SCHOOL (West Lot)  
 Registration: 7:00 - 7:45 a.m.

Entry Fees: 10K Race  
 \$ 3.00 advance registration (no t-shirt)  
 \$ 5.00 advance register (t-shirt included)\*  
 \$ 6.00 day of race (no t-shirt)  
 1 Mile Race  
 \$ 2.00 advance registration (no t-shirt)  
 \$ 3.00 day of race (no t-shirt)

\*ALL ADVANCE REGISTRATIONS  
 MUST BE POSTMARKED BY SATURDAY,  
 JUNE 19, 1982 in order to receive t-shirt.

AGE DIVISIONS AND AWARDS					
10K Men	Awards	10K Women	Awards	1 Mile	Awards
				Male	Female
14 & under	3	14 & under	3	3	3
15 - 19	5	15 - 19	3	3	3
20 - 24	5	20 - 25	3	3	3
25 - 29	5	26 - 31	3	3	3
30 - 34	5	32 - 39	3	3	3
35 - 39	5	40 & over	3	3	3
40 - 49	5			3	3
50 & over	3			3	3
					8 & under
					9 - 13
					14 - 18
					19 - 29
					30 - 39
					40 - 49
					50 & over

### TURTLE 10,000 AND MILE FUN RUN ENTRY BLANK

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ SHIRT SIZE (adult sizes, 10 K only) S M L XL

WAIVER: I hereby fully understand that the sponsors, the race directors, the Churubusco Turtle Days Organization Committee, the Smith-Green Community Schools and any other officials are not responsible for any injury, loss of personal property or death as a result of this race. I waive all rights with this agreement. Parents and/or guardians must sign for minor participants.

I am running 10 K \_\_\_\_\_ 1 Mile Fun Run \_\_\_\_\_

Make checks payable to TURTLE 10,000.  
 Enclose entry fee and mail to: Larry L. Shively, Route 3, 375 North, Churubusco, Indiana 46723

Signature \_\_\_\_\_

- 15 SPRING SPRING 4 MILE - Portage, IN., (Woodlan Park), 9am, Jill Mumm, 219/762-1675.
- 15 MEDIC MADNESS 15K & 5K - Bloomington, IN., 9am, Michael Krolewski, 812/326-1078.
- 15 2nd ANNUAL BEDFORD MEDICAL CENTER RUN, 5mi., Bedford, IN., 10am, Jerry Alberts 812/279-3780. Also 1 1/2mi. fitness jog.
- 15 MAVERICK SPAMPEDE III 5mi. - Lafayette, IN., (McCutcheon HS), 9am, Gary Longest 317/474-1488.
- 16\* FWTC ONE HOUR RUN - Northrop, HS, 8:30am Jerry Mazoek. 8am 2 mile fun run.
- 16 WARSAW 10,000 - Warsaw IN., (Kosciusko Comm. Fairground), 2pm, Includes wheelchair division. Athletic Annex.
- 16 HRRG ONE HOUR RUN - Richmond, IN., (Earlham College), Jim Brown, 317/962-6372 1pm.
- 16 SRI CHINNOY MARATHON - Chicago, IL., 7am, Pradhan Balter 312/491-1145.
- 16 REVO-CLEVELAND MARATHON and 10K - Cleveland 8am, Deadline 5/1. 10K at 8:30.
- 17 ONE HOUR RUN - Marion, IN., (Marion Coll.), 6pm, Gary Hall 317/662-1890.
- 19 RUN RUN - Foster Park, 6pm.
- 19 MAGICIAN LAKE 8mi. & 3mi. - Dowagiac, MI., Ron Gunn 616/782-5113.
- 22 RUN RUN - Foster Park, 10am.
- 22 THE ATHLETE'S FOOT/MARKIAND MALT 10K Classic Kokomo, IN., 9:30am, Chris Ann Stark 317/457-7485.
- 22 MARATHON-MARATHON and 10K - Terre Haute, IN., 7am, Rick Matthews 812/232-6311 ext. 2572.
- 22 PEPSI CHALLENGE 10K - Lexington, KY.
- 23 AMERICAN HEART ASSOCIATION ONE HOUR RUN - Foster Park, 2pm, Carol Pottenberger.
- 26 FUN RUN - Foster Park, 6pm.
- 28 "500" FESTIVAL MINI-MARATHON 13.1 MILE - Indianapolis, IN., 9:30am, Deadline 3/31.
- 31 HICKORY GROVE LAKES CAMPGROUND 10K - Portland, IN., 10am, John McGory, 219/637-3524. European XC.
- 31 GREAT RACE II 10K & 20K - Elkhart to Goshen, 8am, 10K Concord Mall, U.S. 33, 20K Downtown Elkhart.
- 31 RUN FOR HOPE 10K & 5K - Martinsville, IN., (Martinsville HS), 10K 9am 5K 8:30am. Info. 1-317/831-5514.

JUNE

- 5 THE ATHLETE'S FOOT/TIPPECANOE MALT 10K CLASSIC - Lafayette, IN., 8:30am, Denise Schenck 317/447-1416.
- 5 MISSOURI K.I.D.S. 4th ANNUAL RUN - 2.25 mi. & 5.5 mi. - Kirkwood, MO., (St. Louis), 2.25, 7:45am, 5.5-8:30am. Missouri K.I.D.S. 739-8593.
- 5 PEPSI CHALLENGE 10K REGIONAL - Toledo, OH.
- 5 TRI-COUNTY MINI-MARATHON 5K & 10K - Fostoria, OH.
- 8 RUN FROM THE DEVIL - Marion, IN., Gary Hall 317/662-1890.
- 12\* MIDWEST MEET 8K - Northrop, HS.
- 12 WHITE RIVER RUN 15K - Anderson, IN., (Downtown YMCA), 9am, 317/643-5371. 5K fun run.
- 20\* HILLY FOUR MILE - Homestead HS, 8am.
- 20 CARMEL CLASSIC MINI-MARATHON 15K - Carmel, IN., (Clay JHS), 10am.
- 26 TURTLE 10K - Churubusco, IN., 8am, Larry Shively 219/693-2761. 1mi. fun run.
- 26 MONUMENT CITY CLASSIC 10K - Angola, IN., 9am, Jim Scott 219/665-5582. 2mi. fun run.
- 26 REDMEN FAIR 4 MILE RACE - Decatur, IN., (Bellmont HS), 10am, Rudy Kleinknecht 219/724-3272.
- 26 DANNON OGLESBY 10K CLASSIC - Oglesby, IL., 9am, 815/883-9315 or 883-8803. "Most competitive 10K in the Midwest"

JULY

- 3 1982 DISARMAMENT RACE 10K - N. Manchester, IN., 9:30am, Dave Leiter 982-4277 (Office).
- 11 13.1 MILE PREDICTION RUN - Foster Park, 7am.
- 17 OLD SETTLERS 10K - Columbia City, IN., 8:45am, 2mi. fun run 8am. Carl Fields 219/244-5500 or 244-7726.
- 18\* THREE RIVERS MARATHON - Coliseum, 6am.
- 31 PEPSI CHALLENGE 10K - Lima, OH.

\* FWTC POINTS RACE

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

# Race Calendar

## MAY

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| <p>1 CRESTVIEW EDUCATION ASSOCIATION SCHOLARSHIP RUN 10K - Convoy, Oh., 11am, Dan Feasel 419/749-2970 or 749-2484.</p> <p>1 FUN RUN - Foster Park, 10am.</p> <p>1 COMMUNITY HOSPITAL'S RUN FOR LIFE 10K - Anderson, IN. 4:30, 317/646-5105 (8am to 4pm), 317/649-4770 (5 to 10pm). Includes 3 mi. fun run.</p> <p>1 RIVERBEND 10K - Findley, OH., 10am, Mike or Jim Urbanski, Riverbend Running Co. 419/422-7076. 1 mi. fun run at 9:15.</p> <p>1 COLUMBUS MAYDAY MEDLEY 9 mi. bike, 3 mi. run - Columbus, IN., (Richards Elem.), 9am.</p> <p>1 TERRE HAUTE DISTANCE CLASSIC 20K - Terre Haute, IN., 9am, (Honey Creek JHS).</p> <p>1 BROWNSBURG "SPECIAL 10K" - Brownsburg, IN., (Brownsburg HS), 10am, Brian Fike 317/269-1335.</p> <p>1 SAGE CITY 10K - Monticello, IL., 10am, National RRCA 10K Championship.</p> <p>2 SERTOMA MAYDAY MADNESS 10K - Carmel, IN., (Clay JHS), 3pm, Bob Poppleton 877-2112 or 872-2461.</p> <p>2 CAMP MILLHOUSE 10K/5K/1½ mi. - North Liberty, IN., 8am, Athletic Annex.</p> | <p>2 DIET PEPSI 10K - W. Lafayette, IN., (Happy Hollow Park), 8am, 317/463-4551.</p> <p>5 FUN RUN - Foster Park, 6pm.</p> <p>8 FUN RUN - Foster Park, 10am.</p> <p>8 DEFIANCE OPTIMIST/PEPSI RUN 10K - Defiance, OH., (Defiance College Ccmm. Center), 1pm, Bryce Harbaugh YMCA 419/784-4747.</p> <p>8 ATHLETE'S FOOT/MUNCIE MALL 10K CLASSIC - Muncie, IN., 9am, Lisa Benson 317/282-2121.</p> <p>8 MUNCHIE 10K - Ft. Wayne (Foster Park), 9am, John Eakin 745-0021.</p> <p>8 CHARIS COMMUNITY 10K &amp; 5K - Bowling Green, OH., 10am, Tracy Elliot 419/352-3967.</p> <p>8 5th ANNUAL LAKE SHAFER RUN 11mi. - Indiana Beach Campground (Monticello), 11am, 2mi. fun run.</p> <p>9 PEPSI CHALLENGE 10K - Detroit, MI., Ed Kozloff 313/544-9099.</p> <p>12 FUN RUN - Foster Park, 6pm.</p> <p>15 BLOOD RUN 10K/1½mi. - South Bend, IN. (Leeper Park), 8:30am.</p> <p>15 FUN RUN - Foster Park, 10am.</p> <p>15 THIRD ANNUAL SUNRISERS KIWANIS SPRING RUN 15K - Noblesville, IN., 10am, (Noblesville HS), 317/773-1073, after 5pm 776-0180.</p> |
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