

the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



JUNE, 1982

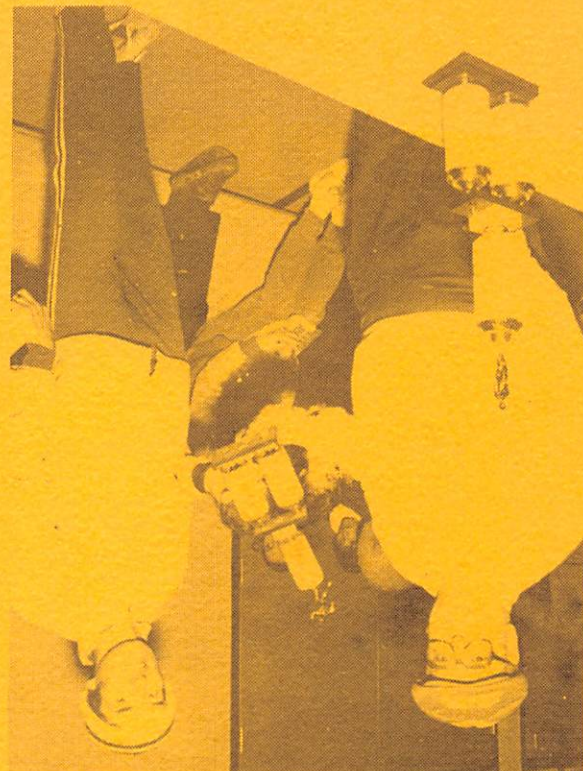
PROFILE: MARSHA AND BILL SCHMIDT

Marsha and Bill Schmidt are one of the most familiar couples in the Fort Wayne Track Club, and both of them enjoy training as well as competition. Bill dates his competitive running from 1977, and lists among his many accomplishments his recognition as the 1977 Run for Research Winner (resulting in his biggest trophy!) and the 1980 National Age Group 10K Winner for 45 year olds.

Long Slow Distance is the basis of Bill's training. He feels that a consistent 8-9 miles daily, with an 18+ long run on Sunday is the most effective preparation for racing. Bill is convinced of the value of the endurance of the long miles over the shorter speed workouts. Bill attributes much of his success to his close friend and running partner Dave Wilson, with whom he can be seen regularly running in and around the Blackhawk-Arlington neighborhood. Myron Meyer has also been a source of motivation for Bill's racing. Bill's admiration for Myron's running is obvious when he talks about "gearing up" to beat Myron. Bill feels that this type of "keying on" a specific runner is common among serious competitors, and he admits that he has been competing long enough to be on both ends of this type of exchange!

Marsha began running in 1979, and just completed her most successful year, recently increasing her mileage to 40 miles per week. Marsha started to race when she became tired of just watching others have all the fun of racing. Marsha has been very active in WE, and is impressed with the increased number of talented women runners. While Marsha and Bill run together, Bill is quick to say he does not push Marsha's running, nor does he coach her. Marsha feels that running with Bill has significantly increased her speed. Not surprisingly, Marsha's Most Admired Runner is -- Bill Schmidt! Bill works in data processing at Essex, and usually runs immediately after work. He admits to jealously guarding this "regular" time, and only delaying it occasionally in concession to work or other social commitments. He considers himself a loner who prefers family activities and work around the house as his non-running interests. Marsha follows a more flexible schedule, including at least one day off from running each week. Her responsibilities to daughter Michelle and the usual home and family duties sometimes interfere with her running. She has a number of co-workers at Waterfield Mortgage Company who share her running interests. In addition to running, Marsha is an avid reader, and enjoys her participation in the Blackhawk Swim Club.

Marsha and Bill share many ideas and goals about running. They agree that new runners should set realistic goals as they begin competitive running. Both Marsha and Bill find running to be valuable not only for the usual fitness and competitive rewards, but also for the friends and social interaction provided by running. The Schmidts plan vacations around racing schedules, especially the FWTG points races. Running and the FWTG are integral parts of the Schmidt's lives, and Bill and Marsha are very special, sensitive members of the Club. Track Club members will have many opportunities to watch the Schmidts in future races: Marsha is preparing for the TV-33/Hooks Marathon this July -- her first -- and Bill is concentrating on additional National Age Group Championships.



THE Inside TRACK

THE INSIDE TRACK NEWSLETTER

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1982 RACE SCHEDULE

June 12	8K	Northrop High School	9:00 a.m.
		(Mid-west Meet)	
June 20	4 mile	Homestead High School	8:00 a.m.
July 11*	13.1 mile	Foster Park	7:00 a.m.
	Prediction		
July 18		Three Rivers Marathon	7:00 a.m.
Aug. 8	5K	Shoaf Park	8:00 a.m.
Sept. 19*	8 mile relay	Foster Park	2:00 p.m.
Sept. 12	25K	Homestead High School	9:00 a.m.
Oct. 24	10K	Home Loan	2:00 p.m.
Oct. 31	50 mile	NAVL	7:00 a.m.
Nov. 14	9K	European X-Country	1:30 p.m.
Dec. 11*	10K	Foster Park	2:00 p.m.
Dec. 31	5 mile	IPFW	11:45 p.m.

KENT DAVIS BENEFIT*

Bar-B-Que Chicken Dinner

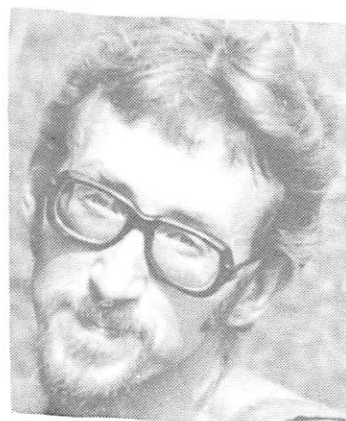
Date & Time	Sunday, June 6, 1982 11:00 a.m. - 2:00 p.m.
Place:	St. Joseph United Methodist Church Corner of Reed Road & St. Joe Center Road
Tickets:	\$4.00 Donation Admission by advance ticket Sales ONLY - Purchase by May 31. Available at all Rogers Markets or call Sue Sorrick - 749-9004
Sponsored by:	Rogers Markets & St. Joseph United Methodist Church

*Kent is a FWTC member who suffers from idiopathic cardiomyopathy, a rare heart condition.



EDITOR'S NEWS & VIEWS

by DAVE FAIRCHILD



The winter of '82 appears, finally, to be behind us. Those of us who ran through 70 wind chills, icy roads, 80+ inches of snow, and near-record floods can run a little easier now as the warmer weather presents us with visions of dry roads, sunshine, tans, and HOT races. Heat adaptation for the runner is never an easy process, and it is doubly difficult when the transition from winter to summer seems to omit spring. As I write this, I am 30 days past a marathon at which the starting wind chill was 1 degree, and 30 hours past a cloudless, windy 85 degree 12 mile run. Although I had been deliberately "overdressing" for nearly every run the last 8 weeks, the effects of real heat were unmistakable: increased demand for fluids, sharp reduction in speed, increased leg-weariness, increased fatigue. Heat adaptation will occur, and summer runs will become (at least) as enjoyable as winter runs.

As many of us begin to focus on the TV-33/ Hooks Drugs Marathon, we would do well to remind ourselves about heat. Heat is the only thing that can kill a healthy athlete (other fatalities during racing or training have their origins in pre-existing conditions). Thus, summer racing carries with it an insidious and dangerous risk. Some of the following comments are adapted from Sheehan's column in the May, 1982, issue of RUNNERS WORLD. Experienced runners/racers (such as those preparing for a marathon) are safely presumed to "listen to their bodies" while running: to be knowledgeable about and

alert to the possibility of heat stress, and willing to respond appropriately to any alarming symptoms. The danger with heat syndromes, however, is two-fold. First, they often give virtually no warning.

The runner who recovers from an acute heat illness often has no recollection of what happened. Thus there is little that can be done between prevention and treatment. Second, serious racers, even those who may be alert enough to recognize that something is wrong, are racing; they do not want the results to read DNF. So they persist in the race in spite of warnings from their bodies.

Information on how to handle heat is widely available, and Sheehan summarizes it in terms of following the three "P's". Preparation: to race in heat one must train in heat. Usually 10 days to two weeks is adequate. It is sometimes possible to augment this adaptation by running in sweats (note the success of Benji Durden, who trains in sweats nearly all year long, in Atlanta).

Perspiration: Fluid loss through sweat must be replaced. Better yet, begin by making sure that you are fully hydrated before the race. (A quick test is the color of your urine - it will be clear if you are adequately hydrated.) Drink 16-20 ounces of water at the starting line - this is especially important for longer races - and plan on drinking about 10 ounces every 20 minutes during the race. This may require that you walk through aid stations while drinking 2 or 3 cups of water. DO IT.

Place: Optimum racing temperature is about 45 degrees. Performance deteriorates as temperatures and humidity rise. By Sheehan's (admittedly conservative) estimate, a hot, humid marathon will add 30 seconds (or more) to your estimated time.

Heat stress is the critical phenomenon. Heat stress is a combination of temperature, humidity, air movement, and heat radiation. It provides a much more accurate indication of the risks involved with vigorous activity than just temperature or humidity. Heat stress is measured by a combination of instruments and typically reported as the "wet-bulb-globe-temperature". The military has charted the implications of various levels of this index, and have established a point at which activities must be curtailed. Some marathons (notably Glass City, now run in September) postpone the race if the WBGT is above 75. This seems a reasonable idea.

An inexpensive device, called the "RSS-213 Mini-Widget Advanced Heat Stress Monitor" gives a fast, digital readout of the WBGT index. Expanding on a suggestion made by Charlie Hall, this device could be used as standard equipment (along with clocks, etc.) at all FWTC warm weather races. In longer races, such as the marathon, runners could be informed of the WBGT index at various points along the course. Each aid station, for example, could be equipped with four flags: green, yellow, red, and black. The WBGT index

could be transmitted by radio (through REACT) to each aid station which would then display the appropriate flag: green if weather conditions are safe for racing; yellow if conditions are such that racing should be approached with caution; red if conditions exceed certain predetermined levels. Runners could then make their own, informed, decisions concerning continuation of their racing under yellow or red flags. If conditions become dangerous, the black flag is raised, the course closed, the race stopped.

Yes, it would be disappointing to have a race black-flagged. But similar decisions are made in other sports for the safety of the participants. It is not only novice runners who may suffer the effects of heat stress. One need only remember Alberto Salazar's near-fatal race at Falmouth in 1978, or his winning performance in Boston in 1982. In the last analysis, of course, each runner must take personal responsibility for the decision whether to continue. The best advice: Run with your head as well as your feet.



President's Column

by LARRY LEE

Nice running weather is here - finally. A number of recent races have been held under ideal temperature conditions, and the number of runners who have come out of their winter hibernation to start serious training since mid-April has been impressive. The harsh winter and unusually blustery early spring makes us appreciate what weather that late April and May has brought. Hope your running has been going well.

Probably the last "harsh-weather" race of this spring was especially sweet for Tom Loucks. After second place finishes at our FWTC's Eight Miler in January, the Winterfest 10K in February, the 20K in March, and Pepsi Challenge 10K in early April, Tom broke his string of runnerup finishes with a victory at Bluffton's fine Caylor-Nickel Keltsch 10K on April 17.

Loucks is an amazing success story: Only 22 years old... never ran track or cross country in high school (Norwell) ...has run competitively for only three years...and yet can make fair claim as the FWTC's top road runner, at least at distances of 13.1 or less, over the last 12 months. Tom "arrived" early in 1981 with his smashing 49:13 victory in the NAVL 15K. Other highlights from last year: a 1:12:36 in Bluffton's 13.1 mile Parlor City Trot; a 31:49 in Home Loan's 10K; and a 25:33 clocking at the five mile mark in that same race.

What does Tom regard as his best effort to date? A recent 20K race in Elkhart - in 1:06:12! He does not enter many marathons; his best was a 2:41 at Columbus, Ohio, back in the fall of 1980. With further maturity and ex-

perience this talented youngster will be finishing as high at the longer distances as he has at the shorter ones. Good luck, Tom; we are proud of you.

Another youngster wearing the FWTC colors who has performed perhaps even more remarkably than Tom this year is 19 year old Craig Schwartz. Craig nipped Tom to win the Eight Miler and Winterfest 10K, placed eighth in the FWTC 20K, placed fourth in the Pepsi Challenge 10K, and then captured the blue ribbon in the NAVL 15K. Craig, you're doing it - keep up the great job.

The NAVL attracted only about 350 runners after a field of 450 in last year's race. Why the decline? Certainly the bad spring had lots to do with it. Many "non-hard cores" were not in shape to race 9.3 miles. Too bad because Terry Shipley and John Treleven, race directors for both the FWTC and for their employer NAVL, again did a splendid job in attending to every detail of this event. The course layout, the split times, the aid stations, the music, the awards - everything was done right. The NAVL 15K has to be one of the best races at that distance in the Midwest.

Theresa Ehrman will undoubtedly remember this year's NAVL 15K fondly. Theresa has been training hard through the bad winter; her sacrifice paid off handsomely with a first-place trophy in the women's division. This was Theresa's first win in a major road race, but it will not be her last. She's highly motivated, strong, and now has added confidence to set her sights on battling Betty Hite for top laurels among the FWTC females.



Rose Ann Lindley with Don's Ron Steele Award.

Another young lady who has made a name for herself with lofty finishes in the TV-33/Hooks Drugs Marathon each July for years is Mary Theresa Connelly. Mary has not competed in club races all that frequently over the years, but she is an experienced, gifted runner who could also give Betty Hite some competition. Mary won the female division of the Munchie Emporium 10K at Foster Park on May 8. Her time: a good 40:11. Good running, Mary – race with us more often. You're a real credit to our club.

Speaking of the Munchie Emporium 10K, this is an example of the dozens of local or area races not sponsored by the FWTC that have a very attractive low-key ambience about them. Many club members choose to run these races now and then because of their special flavor. Some of the smaller ones make good training runs; the small field removes the temptation to compete or race that may be harder to resist in a large, big-name competition. These small races remind one of the ones stages by the Club back in 1977 and 1978. Want a change of pace from the big name, highly publicized, big hoopla races that seemingly every runner peaks for? Try some of the area races. Many small towns that have a summer fair also have a road race as part of the festivities.

Hats off to the overall winner of the Munchie 10K, Roger Kingsbery. Roger is another one of those modest, soft-spoken, yet intense, committed runners normally found near the front of the pack. Good runner, terribly nice person.

Other FWTC runners in the news are Jerry Mazock, Larry Averback, and Don Lindley, all in the top 20 at Saginaw's May 1 Marathon. More than twenty other FWTC members competed at Saginaw. We were also represented by a small contingent led by Mike Kast at the Boston Marathon although none of our top marathoners made the trip East this year.

A special note of recognition to Mrs. Pauley, a loyal FWTC runner whose husband, Bob, also runs in our races and helps out as a race official when not competing. Mrs. Pauley is not a front-runner, but she's as serious about her training and her competing as any of us. I have shared her pride as she has gone the distance in many of our races, most in adverse weather, and improved her times. Running can be for everyone, regardless of age or athletic ability or physique. These are superficialities compared to the courage and willpower that each of us reveals through our running. Mrs. Pauley, you are a winner!

Track Club Board News

All of you who have refrained from entering the TV-33/Hooks Drugs Marathon because of the predictable heat and humidity, note this: The 1982 Marathon will start at 6:00 A.M. That's right, 6:00 A.M., one hour earlier than previous years, which means one hour more of cooler early morning running. So make plans to take part in this Fort Wayne happening this year.

Dexter Lehman will be returning after a one year sabbatical. He and Patrick Davis of Mokena, IL, are the only two time winners of our marathon. I'd love to see Rick Callison, Piqua, OH, 8th place finisher in the 1982 Boston Marathon, and two-time winner of Bluffton's Parlor City Trot, come to Fort Wayne and duel it out with Dexter. What a race that would be!

The Marathon course has been changed slightly, too. The start is near last year's start, on Parnell Avenue. The course proceeds down Parnell to Charlotte Avenue, right one block to Pleasant, left on Pleasant to "no name street" between Romy and St. Joseph Blvd., left on "no name street" about forty yards, right on to St. Joseph Blvd. and follow the traditional route, retracing the new course back to the finish. The finish line will be near last year's on the semi-circular drive in front of the Parnell entrance to the Coliseum.

Mike Robbins has volunteered to serve as race director of the Curvy 5K on August 9. The race has been moved to Shoaff Park where it will be a double loop affair. General Electric has approached the Club about possibly sponsoring this race. We would be happy to co-operate with GE; if time is too short for them to gear up for our 5K, then perhaps another race this fall or next spring will work out.

FWTC races in June are the Mid-west Meet of Champions 8K at Northrop High on the 12th and the Hilly Four Miles at Homestead High on the 20th. Both races have some tradition; both are points races; both should attract strong, deep fields. Thanks to Jack O'Neil and Ann Mize for serving as directors for the 8K.

The 8K precedes one of the finest athletic event Fort Wayne hosts, the Mid-west Meet of Champions All-Star Track and Field Meet. The meet brings together the outstanding graduating senior boys and girls from Ohio, Michigan, Illinois, and Indiana for exciting State vs. State track and field competition. Believe me, next to the Golden State Invitational out in San Francisco, it is the premier high school track extravaganza in the United States. Don't miss it.

Hopefully, one of the Indiana competitors in the 1600 meter or 3200 meter event will be Fort Wayne Northrop's ace, Scott Maddox. Scott is one of the better distance runners ever to come out of our city. His coach is Barrie Petersen, a long-time FWTC member and a fine gentleman who has done so much for running in Fort Wayne. Barrie recently announced his retirement as head track coach at Northrop after 11 glorious years at the helm there. He remains as head cross country coach. Congratulations, Barrie. See you at the Mid-west Meet 8K, June 12, in the morning and later that afternoon for the Meet itself.



TERRE HAUTE 20K DISTANCE CLASSIC

5-1-82

Myron K. Meyer
19th overall

1:18:11
1/55-59

Just me.

by GLORIA NYCUM



Why Saginaw? It is a flat course and a well organized race. However, the lack of spectators can take its toll around 20 miles into the race and when Curt couldn't even get the cows to moo, we knew we were in trouble.

The start of this year's race was changed to circle Delta College twice before resuming the original course the rest of the way. I understand the farmers are not too crazy about runners and so the course was changed with their interest in mind.

I'm not sure why this year's race was tougher than last year for sure, but many runners were off their previous times. Besides many runners dropping out of the race, we found group after group of walkers the last four miles. It made it tough for the few runners left to continue on as runners and not join the so-called walking club.

Yes, I'd go back again! Why? Because of the fun time I had with the other FWTC members.

Jack O'Neil graciously agreed to go and we loaded into his van Friday afternoon around 1:00 p.m. (Betty Jackson, Bonnie Taylor, Dave Ruetschilling, Ray Sibrel, Joe Ziegler, Don Lindley, Curt Nold, Jack and myself). Woody Barker and Dennis Shackley followed in Woody's truck.

We took enough food in the van to last us a week and before reaching Fort Wayne Saturday night, most of it was consumed. Curt and Don showed us the old "driver switch-a-roo" trick in motion and Jack O'Neil demonstrated a RipVan Winkle pose to and from Saginaw. Dave Ruetschilling shared his

self-made cookies and zucchini bread with us. We stopped for our carbohydrate loading in Cleo, Michigan, and was joined by the "big tipplers", J.P. Jones, Herb Chandler and Wayne Schaltenbrand.

Once at the motel, other FWTC members stopped by such as the DeVaults, Jerry Mazock, and John Treleaven. Tess Machlan and Joe Brooks came by on their way to find a band to Bonnie, Don and I followed. However, no band could be found so we returned to the motel and turned in for the night. Many of us met next morning for breakfast at 6:00 a.m.

To and from Fort Wayne, philosopher Joe Ziegler gave us important tips on the right food to eat and how to become better runners. Joe was the first to admit that he does not always follow his own advice and demonstrated to us what not to do. This race was particularly hard on Joe and he woke up under a pine tree fearing he would not be found before next Christmas.

The variety of personalities created a very fun filled weekend for me and I hope for the rest of the group. Because of the special people I was with, I can only remember the great fun I had and I am looking forward to more trips like this one.

Why Saginaw? Why not?

FWTC Minutes

May 2, 1982

Attendance: Jim Dupont, Dave Fairchild, Steve Foster, Don Goldner, Mike Kast, Jan Kissinger, Chuck DeVault, Larry Lee, Don Lindley, Tom Loucks, Jerry Mazock, Curt Nold, Gloria Nycum, Mike Robbins, Bill Schmidt, Phil Shafer, Terry Shipley, John Treleaven, Cindy Goller, and guests, J.P. Jones, and Bob Wiersma.

Larry Lee, President, opened the meeting and introduced Dwight Mosley from General Electric Company. Information was given to Mr. Mosley to submit to General Electric for future consideration to sponsor a FWTC race such as the August 8 5K.

It was suggested that the board consider the possibility of submitting application to sanction not only the Ultra race for RRCA National Championship, but also smaller races such as the 20K.

New racing events for next year are being considered such as a handicap race, triathlon and track carnival.

Don Lindley gave the Treasurer's Report.

Terry Shipley was authorized to purchase equipment needed for races such as stop watches and finish line pennants.

Don Goldner will compile data and submit a report to the newsletter concerning the questionnaire responses received from FWTC members.

Jerry Mazock is seeking a softball diamond for FWTC members to use. Details to be announced.

Jim Dupont and his wife have agreed to do the newsletter this summer.

Chuck DeVault, Advertising Coordinator, reported that new ads will be forthcoming in THE INSIDE TRACK.

Race directors are needed for future races. Contact John Treleaven if interested. Jack O'Neil and Ann Mize will direct the Midwest Meet 8K.

Larry Lee announced that the TV-33/Hooks Drugs Marathon will start at 6:00 a.m. this

year with a slight change in course. Details will be announced.

Steve Foster reported that the corporate race will be June 19. See newsletter for further details.

The Home Loan 10,000 will follow the same course this year as in the past but in reverse to allow for a more spacious start.

Curt Nold announced the Ultra will be held October 31 with the 60K, 50 mile, and 100K races. More details later.

Channel 55 will interview Larry Lee concerning running and the FWTC. It will be aired at 8:00 a.m. on May 28.

Next board meeting is scheduled July 17, 1982, 1:00 p.m., at the Marriott. Again, guests are always welcome.

Gloria Nycum, Secretary

Shamrock Marathon

Betty Jackson

A 4:30 a.m. departure by bus from Fort Wayne, 15 stops in five states, and a taxi ride - just to get to a marathon in Virginia Beach. Friday night featured a running clinic and an Italian Buffet Special. Saturday morning was a light breakfast (toast, OJ, tea) three hours before the race. More than 2000 runners competed in this year's Shamrock Marathon which started and finished directly in front of the Hilton Inn. The race was marked by constant headwinds, rain, and 40 degree temperatures. The course takes running trails along the shore, the state park, past the Cape Henry Lighthouse, Camp Pendleton, and Red Wing Park.

My splits were: 1 mile - 7:30; 5 miles - 40:30; 10 miles - 89:00; 13 miles - 1:59; 15 miles - 2:34; 20 miles - 3:16; 26.2 - 4:24.

After the race, friends took me back to the motel and threw me in the swimming pool. Sunday, Monday, and Tuesday, I took a long walk and a short run. My trip home had only 12 stops. Linda Durbin and Tom Quikery took me home from the bus station. I had a good time and a good vacation. See you at the next race.

COME ONE - COME ALL 2nd ANNUAL PRE-RACE SPAGHETTI DINNER

Saturday, July 17, 5:00-8:00 p.m.

Catered by Casa D'Angelo, selected as Fort Wayne's favorite Italian restaurant in a recent newspaper poll. the dinner is open to all runners, Fort Wayne Track Club members, and any family and friends. Tickets available at the door, priced at \$4.00 for adults and \$2.00 for children.

Dinner will include spaghetti (vegetarian if desired), bread & butter, salad, dessert, and beverage.

A special showing of the film, "New York on the Run-1981" will highlight the evening.

Please call me at 672-3894 if you plan to attend so we will know how many members to plan for. We also need ten (10) volunteers to assist with serving. Please let me know if you can assist. See you there.

Deborah Blume, Chairman

QUESTIONNAIRE RESPONSE From April '82 Issue

The Executive Council has tabulated the 44 questionnaires received and is publishing the results for your interest.

1. Number of races participated in during 1981.

	M	F
10 or more	16	7
7 to 9	6	1
4 to 6	6	2
Less than 4	8	4

2. Willing to participate in more races of less than 10,000 meters.

	M	F
YES	26	7
NO	10	1

3. Distances preferred.

	M	F
2 miles	7	3
3 miles	16	5
4 miles	20	5
5 miles	15	5

4. Total responses.

	Total	Age Range
Female	8	16-56
Male	36	23-45

We also received several comments that deserve mentioning in the newsletter.

1. Have 2 or 3 mile fun runs instead of the 1 mile fun run before a scheduled race for the beginning and casual runners.
2. Add non-point FWTC shorter races with separate race directors to the current schedule.
3. Consider shorter races in very cold and hot months only.
4. Suggest having dual distances such as 5K and 10K together.
5. Consider using a track one night a week for 1-2 mile timed runs.
6. Several runners were satisfied with the present variety of distances that are available to the membership.

We want to thank all the members that took time to send us their questionnaires and comments.

Respectfully submitted,

Don Goldner
Bill Schmidt
Terry Shipley

4 x 26.2/7

Chuck Okorowski

Planning on running 13 marathons this year I began with a disappointing and poorly organized Dayton "On the Corridor" marathon in March. My advice is to stay away from this race as there are too many other marathons that are better directed and organized and more enjoyable to run. Such as the Windy Marathon in Indianapolis (March 28, 1982). This was a very organized event run on a new course this year. Two loops began and finished at IUPUI campus which this July will also host the U.S. Olympic Committee's National Sports Festival Marathon. This was truly a super organized event conducted by the Indy Runners, Inc. Excellent traffic control, splits every mile, plenty of aid and nice scenery too. The Windy also included a unique element in marathons - no T-shirts. All finishers received special marathon mugs.

On April 11th, I traveled to Toledo to run my fourth Heartwatchers Marathon which is conducted on the old Glass City Marathon course. As usual, it was an enjoyable and well run event. Very nice course out and back, that begins and ends at my alma mater, the University of Toledo. Excellent aid, weather, traffic control and facilities too. Of course, I'm biased.

The most unique marathon I've ever run was the 2nd Lake County Heart Marathon on April 25. What a fun race this was. This will probably remain one of my most memorable marathons. Expensive (14 bucks) but worth it. Here's what you get: Early on the morning of the race you board a train in Waukegan, IL, and

travel 26 miles north to Zion, IL, and the starting line. About 1500 runners started this year and ran a well marked (and well manned) course that crossed through many small towns, the Great Lakes Naval Base, and U.S. Army's Fort Sheridan, through the campus of Barat and Lake Forest Colleges and finishing at Ravinia Park. This is an enjoyable and super organized marathon. Rolling hills, a strong headwind the whole route, and some blisters made this one of my slowest marathons ever. Great chute organization but no clock. Also I have never seen so much food and drinks at a post-marathon event. And all of it free to runners. It looked more like Billy Rodgers Birthday Party.

Running four marathons in seven weeks proved to be fun, exciting and only once disappointing. Oh well, three out of four ain't bad.

Indianapolis Windy	
3-28-82	3:18
Heartwatchers Marathon	
4-11-82	3:15
Lake County Heart Marathon	
4-25-82	3:19



Boston '82

Mike Kast

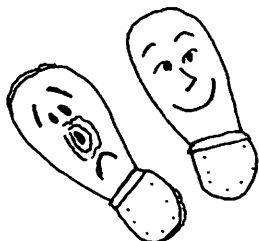
You saw the race on TV - now for the rest of the story. What happens before and after the big race? How about race organization for 7500 "officials" and 2500 "bandits"? What about next year?

Boston truly rolls out the red carpet to the runners. Faneuil Hall, a restored fish market area, offers unbelievable choices of food and goodies (ask Jan "The Cookie Eater" Kissinger - a 3:28 bandit). Saturday and Sunday were occupied with a runners' exposition at the Prudential Convention Center, where runners could wander, socialize, be educated, and grab some souvenirs (posters, Boston '82 pins, free Air Florida T-shirts, etc.). Pick-up of official number and packet (some were required to produce identifying ID cards), official runners'-only poster (really neat), and tickets for Monday's school bus ride to Hopkinton were Sunday afternoon's enjoyable chores. Sunday night, of course, spaghetti. I understand the spaghetti dinner sponsored by the BAA was not only nourishing but well attended by many of the front runners where autographs and pictures could be taken. We ate at a very nice Italian restaurant on the north side but should I return I would certainly attend the BAA spaghetti dinner.

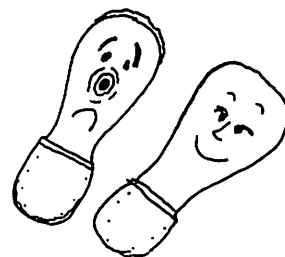
Monday about 8:00 a.m., relaxed and ready, runners "mosey" over to the "PRU" to board one of the many school buses for the 26 mile reverse ride. There was little or no waiting as the buses left as they were filled.

Resole Your
Running Shoes

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The bus ride took you through some beautiful New England countryside, past some fisherman standing in a stream casting for trout, into quaint Hopkinton, where only runners are admitted after 10:00 a.m. Hopkinton is a carnival, with people, press, and TV vehicles everywhere. The mood is definitely up. Runners are deposited at the Hopkinton High School, about six or seven blocks from the starting line. All facilities are available and adequate. It being a warm day (55 to 60 degrees in the morning and 60 to 70 degrees during the run), most runners stretched out on the lawn and soccer field areas to stay relaxed and conserve body fuel. At 11:30 a.m., we turned in our warm-ups to carefully-marked semis which transported the same to the PRU to be returned to us at the finish. Ran into Jeff Schneider, a 2:49 marathoner, and walked with him to the starting area (Jeff finished 3:40 - the pizza the night before did him in). Placards designate your starting position by the number that you are wearing. Jeff stepped in with the faster runners, and yours truly wandered to the back of the pack where the only evidence the race had begun was the balloon release. Yes, you walk to the starting line and much beyond, but slow starts can make for faster and more enjoyable marathons. Five or so miles into the race appears Cindy Goller (a 3:20 qualifier with a 3:30 finish). She looks good as do the thousand or so girls at Wellesley. Seiko watches provided large digital clocks every five kilometers, with minutes behind the leaders indicated. Fresh, cool spring water was provided at each aid station at approximately 2.5 mile intervals. Mile markers were painted on the streets but sometimes not visible from the mass of humanity (estimated to be over one million) who line the route. The course is up and down but more down, except for Heartbreak Hill, which is similar to running up Aboite Center Road towards Homestead, but not so long. The runners' path narrows to three or four abreast for approximately the last ten miles or so, and the enthusiasm of the crowd is beyond description. At about 22 or 23 miles the Prudential

Center is visible and spurs you on. Finally, you turn down the ramp, pass the finish line, and into the Prudential parking garage (you saw how Al beat Dick by two seconds). In the garage the runners are provided with foil wraps (if you feel cool), much to drink, and some foods. Bill Rodgers is sitting to one side wrapped in his foil, with little to no attention being paid to him. This is sad. After picking up my warm-up gear which was tagged with my number (so even if you couldn't talk, they could read your number and get your gear for you) I headed to my hotel to jump in the hot bath that I had been thinking about for the last six miles.

Prudential says it has withdrawn its support, which leaves the pre-race and finish in doubt for 1983. I would hope that the differences between Prudential and the BAA (Boston Athletic Association) can be resolved so that the same race, same pre-race, and same finish can continue for many years, and particularly for those who have not run Boston but have aspirations accordingly. Here's hoping that FWTC provides a large group of qualifiers for 1983.

(Mike's time was 3:16)

BOSTON MARATHON 4-19-82

Bernie Huesing	3:44:02
Humbling experience after 3:09 qualifying time in Detroit.	
Crush of runners - 23 min. for first 2 miles. Many other hills besides Heartbreak surprised me.	
Warm day after training in cold.	
Other Indiana finishers (Partial)	
29 Bill Gavaghan	2:20:32
Indianapolis	
45 John Roscoe	2:22:20
Terre Haute	
171 Chuck Koeppen	2:30:36
Carmel	
176 Sol Epstein	2:30:50
Indianapolis(5th Master)	
247 Tim Karas	2:33:36
Indianapolis	
248 Maurice Ragsdale	2:33:37
Bedford	
257 Michael Mrache	2:33:54
Hammond	
259 James Iddins	2:33:55
West Lafayette	
519 Tom Deardorff	2:40:21
Valparaiso	

DEATH IN THE AFTERNOON III Gene Bullshallitt

The lights dim in the theatre beginning the second sequel of Terry Rock's classic motion picture, "Death in the Afternoon". As the early credits flicker on the screen, we find many FWTC spring marathon aspirants training during the last four months. Sometimes they wore snowshoes, and later, hip high rubber boots and finally windbreakers. These shots speak of their dedication to their sport even during the bleakest of seasons. Nothing much worse could happen to these people. Could it?

I shift uneasily in my theatre chair, however, as a few humorless scenes (filmed in black and white) of John Treleven and Jerry Mazock gasing up John's new Toyota, make me wonder just what producer Rock is trying to do with this year's film. Is this a documentary? Or what? Drab! Drab! Drab!

But don't be misled. When Treleven returns from paying the cashier and sees a huge funnel cloud touch down a mere 75 yards from the station, both he and Mazock interval themselves into the restroom. After throwing up, they emerge to find no apparent damage from the twister.

But, everything has changed: The Shell station is now a medieval roadside inn; Treleven's car has been replaced by a wooden ox cart, with two of the ugliest beasts ever created in harness; Mazock's New Balance 730's are nowhere. In their place, in a product of ox, Treleven removes two pairs of 'King Dick's 101's' - probably the forerunner of the Tiger Jayhawk running shoe.

It is April 23rd, 1124 A.D. The runners have a few critical decisions to make.

"We better go anyway," says John. "The Powers That Be must have a reason for us to be here." "Yeah," agrees Mazock. "But I'll bet you ten pairs of 730's we won't find Papa Pete's Spaghetti Palace in Saginaw either."

With sidekick Larry Averbach in tow, the trio cover the 220 mile trip in seven days and arrive in Saginaw on the eve of the race. After they check in at an Inn with a red roof, they venture out into the countryside in search of a local meal-house. Fifteen minutes down a dirt road the ox cart pulls close to a huge stone building from which a great deal of loud jocularity can be heard from within. The sign in front read:

"Ye Old Porky's Bay View Inn
And Jousting Society"

Averbach speculated they could learn everything they would ever want to know about their present situation if they checked this place out. Once inside they discovered a fancy medieval meal-house which had silverware.

"Art thou here for the tournament tomorrow?" the owner of the Inn asked. Accepting dubious glances as affirmative responses he continued: "The castle tournament committee has arranged a special dinner for all you brave tournament lads! Stuffed mouse (we know you desire such a meal the night before an event) plus our specialty: Leg of Rabid Dog - with or without our savory cheese sauce."

"We'll have that", groans Mazock. "But hold the mouse and dog."

About halfway through the cheese sauce, the great wooden door to the dining area quickly opened. A balding man quickly entered and slammed the door shut behind him. He then leaned heavily against the door catching his breath. It was Don Lindley. The trio converged on Don and led him to their table.

"That one just about got me!" exclaimed Lindley.

"One what just about got you?" questioned Larry.

Lindley immediately glanced at Mazock and Treleaven and knew that none of the three understood what he had meant. "Dragons - They're everywhere ... You mean you guys don't know why you're here?"

"We know it's not to collect recipes ... Something to do with these dragons?" John cracked a smile.

"Right. The barons and the rest of the kingdom have a terrible problem on their hands. Every time somebody goes out

for a run, they can hardly keep from running into one. And believe me running into one of those fire-breathers makes the Three Rivers Marathon seem like a piece of ice cream cake."

"But why did they bring us back to help," queried Mazock.

"After all, Charlie Brandt could wrestle them into oblivion."

"It all started when I ran in that 15K down in Florida the time the track club sent me to the RRCA convention," began Lindley. "Remember how funny everybody thought it was when that alligator crawled out of that lagoon at 5 miles and bit my race number off? And I kicked the bastard so hard in the head with my waffle trainers that it dove back into the lagoon and told its friends to leave all runners alone? Well, not one alligator has attacked a runner in that road race. You see," continued Don, "Merlin believes my shoes acquired a magical power during that race which will frighten all the dragons and scatter them far to the south. All we have to do is run by them".

"And let Merlin's magic do the rest," added Larry. "Merlin may have chosen you for your Nikes, but why us?"

"Because I asked for ya," stated Lindley. "They need me and my shoes and a large group of people who can run all through the kingdom."

"Thanks a lot, Don!"

At this point in the film, the audience was roaring in laughter. A few points of interest should be told. At the race seminar that night earlier, tournament director, Terry The Rock-Hearted explained that each den of dragons was located exactly 5280 feet from each other. Every runner must simply point at any dragon before it has time to breathe fire on him and say: "Go away, Boy." Which, according to Merlin's magic, should be enough to drive that beast far away from Saginaw.

The next moments in the movie dealt with selected pre-event scenes such as Jack O'Neil's large ox cart arriving with exasperated but willing FWTC members back at the Red Roof.

Some great moments included: Curt Nold telling Treleaven

that he found a great little place to eat here called 'Porky's' and we should start a restaurant like it as soon as we get back to Fort Wayne.

Gloria Nycum telling Lindley: "I'm not afraid of any damn animal!"

Chuck DeVault saying: "There goes this month's advertising for the newsletter down the tube."

Perhaps the funniest segment was Lindley having trouble with the innkeeper concerning his guaranteed reservation on his Mastercard.

And finally, later in the evening around midnight, the group was awakened by a booming voice from a distant tower: "Lord help the dragons for Mazock has arrived- Eleven o'clock and all's well." Needless to say Mazock was beet red with embarrassment.

The next morning (Dragon scaring day) the group ate ostrich-egg griddle cakes en-route to the castle. At the starting area, Terry The Rock-Hearted gave the final instructions and words of comfort:

"You must have your race numerals worn in the front, pinned to your loin cloth...We will start when the sun's rays strike the last portajohn on the left. About five minutes in other words."

Then, official starter, Ron Catapaulter, Friar of South-western Michigan Cathedral, gave the same speech I would hear some 860 years in the future at a track club banquet. He concluded with:

"Be of good cheer, ye brave of heart. Enjoy thy run now, for tis getting hot and the dragon's hunger will not permit many of you to see this fair castle again."

As soon as Ron the Gunn finished, the cannon fired and we bounded off. 500 champions trotted away to save the land from the dragons. It was getting warm and would get more so by the end of the event. Most competitors agreed that to get the job done, most would have to slow down. Lindley successfully saved his strength for the closing miles and Mazock felt like he was holding back also. With one great shout they exploded: "Go away, Boy." The dragons quickly fled in terror. But the leaders knew that the

biggest, meanest beasts were lurking near the end of the event.

"Let's take it easy. There's about 25 more dens of these critters out here."

Yet all knew there were trophies to be won and Boston-dragon-slayers-Tournament qualifying times to be met.

Lindley ran with Treleaven a long way at Boston pace. Joe Ziegler was doing well for awhile also. Woody Barker, ailing from being bled by the castle physician, was cornered by 14 dragons at the 15 mile mark and found he couldn't breathe in their hot air. He fought valiantly until he was no more. (Don't worry fans, Woody will return to action in this summer's release: "Three Rivers Snowstorm".)

The lasses from FWTC did very well. Betty Jackson and Gloria Nycum sped around the course in fine fashion.

Mazock finished 2nd overall in 2:34:49 with 70 degrees and sunshine at the end. John Treleaven had great difficulty during the end of the race but somehow garnered enough strength to finish. He stood at the finish, loin cloth tattered and in three pieces in his hand. He looked victorious. Larry Averback, claiming to have "not scared a dragon for quite some time", ran with excellence and finished 18th in 2:49:25. At the end he said: "Next year I'm going to bring my wife and kids."

At the end, the final finishers were crossing the finish line while the great music from "The Chariots of the Fire-breathers" played out of the theatre speakers.

At the end of the race, it was agreed the day was a huge success. All of the dragons were driven south (to Fort Wayne). Everyone was tired and scorched as The Rock-Hearted passed out the various age group awards. When he finished this task, he asked all the FWTC members to come to the front.

"I want to personally thank all of you for coming this year. When you do get back to Fort Wayne don't tell anybody about our race. We want about 500 competitors and 500 dragons... no more! If you will agree to this I will have Merlin send

you on your way back to your own time and inflation."

"But what about my qualifying time for Boston I ran today? It won't be any good at all!" said Mazock.

"It will be official. We will send in your time to your Mr. Clooney right away...any other questions?...if not...my thanks to you, brethren, again...Merlin will transfer you now."

The old magician trotted to the front in his '101's. "Everyone hold hands and click your heels together three times while saying:

There was an old runner from Blackheath,
Who sat on a set of his false teeth.
Said he, with a start, "Oh, Lord, bless my heart.
I've bitten myself underneath."

The time instantly changed and the years flew to the present. They were all attending the end of the 1982 Saginaw Bay Marathon awards ceremony. The final line in the flick got a roar from the audience when Larry Averback said "I think I drank too much Imbalco water- it didn't really happen! Did it?"

Well, that's it for the review of the newest "Death" sequel. The question is...will there be a "Death In The Afternoon IV?"

Saginaw Marathon

Don Lindley

This was a fast, flat, asphalt country road marathon with one mile of gravel road and some heavy crown roads in a different county. The average temperature is 55 degrees for this date, but again in the second time in five years the 70 degrees weather took its toll. To some it was a total disaster, while others took it in stride. There were approximately 500 starters and a total of 381 finishers. The race was well represented by a contingent of FWTC members.

William Hubbard, Concord, MI, was the men's overall winner with a time of 2:31:19. He finished just 3:30 ahead of Jerry Mazock. Janet Wood, London, Ontario, was the women's overall winner with a time of 3:19:34. The FWTC members did fair very well and came back with six awards of which three were awarded to our FWTC women.

Sy Mah, Toledo, OH, had increased his world record by completing his 240th marathon in 3:42:47.

5th ANNUAL SAGINAW BAY MARATHON - May 1, 1982

2	Jerry Mazock	2:34:49
	(1st-30/34)	
15	Larry Averbeck	2:49:23
	(2nd-40/49)	
20	Don Lindley	2:51:23
	(6th-35/39)	
39	David Reutschilling	
	(11th-30/34)	3:01:24
58	Larry Ellis	3:06:43
64	Wayne Schaltenbrand	
	(19th-35/39)	3:07:51
81	Lane Anderson	3:13:59
93	Pat Hermann	3:16:55
113	Leland Sibrel	3:21:18
115	John Treleaven	3:21:48
133	Dan Moore	3:24:12
164	Lynn Armstrong	3:29:04
214	Steve Yager	3:41:17
274	Dennis Shackley	4:00:22
280	Lee Pearson	4:01:12
289	Betty Jackson	4:04:37
	(6th-20/29)	
297	Gloria Nycum	4:08:11
	(3rd-40/over)	
302	J.P. Jones	4:09:23
303	Curt Nold	4:09:53
305	Herb Chandler	4:10:08
346	Chuck DeVault	4:34:29
356	Bonnie Taylor	4:39:31
	(4th-40/over)	



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A RUNNER'S DIARY-Part III Ben Cox

In the previous two articles, I shared a few running experiences while working and traveling in England and Australia.

This month's issue will cover a few travel and running highlights of a trip to Spain in late April, 1981.

By the spring of last year the development of a new world-wide product had gained a considerable amount of momentum. As a result, a co-worker and I were required to make a trip to Spain in order to establish some necessary procedures with our Spanish affiliate.

We arrived in Madrid on Sunday morning following an uneventful all-night flight. After settling in at our hotel, we decided to see a little of the city. As was the case in Melbourne, we found Madrid to be much cooler than expected. Since neither of us had brought topcoats, the sight-seeing proved to be a little uncomfortable. However, we managed to stick it out for several hours around this very interesting capital city of Spain.

Madrid is not an old city as European cities go. In fact, it's not even as old as Boston. Approximately three million people, nearly all apartment dwellers, live in this very busy and energetic metropolis. It was our impression that the city never sleeps. The streets and sidewalks were full of traffic and people at all hours. The normal dinner hour is at 9:30 p.m.; tough on runners used to getting up at 5:00 a.m.

The language barrier was more of a problem than we anticipated, especially in restaurants and stores. Amazing though, how quickly you can pick up some of the basic words and phrases; such as how much is it, where is the bath room, etc.

While sightseeing around the hotel area, I tried to scout out some prospective areas for running. It soon became apparent that this very busy, crowded downtown section was not the ideal spot for putting in the mileage. The other problem was the weather. By

now, I considered myself an experienced traveler. One thing you learn in a hurry is, don't take more than you need, and keep the bags to a minimum. Easier said than done. My arms are now six inches longer than a year ago. Reason is, trying to stuff enough clothes, plus running equipment for all conditions into one very small shoulder bag and one very large suitcase. I'm sure there are several porters and taxi drivers around the world who now have hernias from lifting this runner's luggage in and out of cabs.

As learned from previous trips, running in large cities must be done very early in the morning. However, this city seemed to be on the go twenty-four hours a day. My first morning out was a disappointment. Heading down the large avenue towards a small park spotted the day before, I was constantly dodging pedestrians and stopping for lights on this very cool, windy, and wet morning. The many stares received from passers-by indicated they were not used to, nor pleased about being overtaken and passed by some nut on this dimly lit street. Conditions improved somewhat upon reaching the park, but even this area presented some problems. First of all, the lighting on the back side of the park was practically nonexistent, enough to give you a thrill or two in a strange unknown area; secondly, about half the path was paved with cobblestones, tough to run on to say the least, and thirdly, within a few minutes after

arriving at the park, a police cruiser quickly moved in to see what I was up to. Madrid, and most of Spain, so we learned, is in the midst of much political and internal unrest. Armed guards and police were everywhere.

My morning runs in Madrid did not improve much as the week wore on. They did, however, allow for sightseeing tours around the Royal Palace area and the outskirts of the very large Ciudad University. Unfortunately, it wasn't until our last day in town that we discovered the Retiro Gardens. A very large, beautiful park with three hundred and fifty acres of lakes, trees, roads, paths, cafes; a paradise for runners.

My traveling companion, Mike, and I concluded a very busy week at work with a short bus to the city of Toledo. A memorable experience to say the least. This city represents more than two thousand years of civilization - Romans, Visigothic, and Arabs have passed through Toledo. Today it is much the same as it has been for a thousand years. Points of interest were the cathedral, one of the most impressive in the world, the El Greco museum, the Church of Santo Tome, and many more. We definitely did not allow enough time to properly tour this beautiful old fortified city straight out of the middle-ages.

From Madrid we flew to Barcelona for the purpose of attending a large automotive and truck exposition, and to tour several suppliers' facilities.

Arriving in Barcelona on the weekend allowed us some free time for serious sightseeing. Believe me, this old city is steeped in history and has many interesting places to see. My traveling companion and I quickly learned how to use the very fast and efficient bus banter to start out my morning runs.

This, the third in my overseas' running experiences, concludes the series. These trips have been truly memorable, and hopefully, additional assignments allowing for overseas travel will be possible. However, if not, I'm very grateful to have had this opportunity, and hope you have found these memories of mine to be of some interest.

Hopefully, these articles will encourage more of you to share some of your unique experiences with the rest of us. All of you have interesting experiences to tell us about, so keep those diaries up to date, and share them with others.

24 Hours

Bud Stiffler

The Springfield Road Runners are made up of the same caliber of people as the Fort Wayne Track Club, all number one in my book.

If any Fort Wayne runner is in the Springfield area be sure to give one of the members a call and you will be treated to a run in Washington Park and probably breakfast.

Twenty-four hours on the track is everything but boring when it's your birthday and your goal is a hundred miles or to run for 24 hours. Wonder which one I will complete first. Either one, I'm sure I'll feel the year older but look a year younger, ha! Who knows, after this run maybe. Dan Bossard and I will be the same age. (Pun, ha.) To think I let that pizza eater talk me into this ultra business. I still haven't fully debriefed myself on this event but here are some of my surface thoughts. The day of the 24th was a sunny pleasant 70 degrees, a slight breeze, and well wishes from running friends I had met a year ago on this very track and the Chicago 50 miles. There were several new runners but before this event was over we would be "old" running buddies.

The ladies of the FWTC would have been proud of the three ladies entered in this event. These ladies had ultra marathon experience but this was their first 24 hours on the track.

Kathy Schubert of Chicago, who has done three Boston marathons and ultras, was 1st in the ladies division with 100 miles, 1165 yards, exactly the mileage I wanted. Why did I ever pass her? I should have followed her (dumb Bud). Anite Berkey from Glen Ellyn, Illinois, was 2nd with 84 miles, 1329 yards. She took several hours out, came back running very fast. Myra Linden Chicago, 3rd, a young 54 years old, took a lot of time out, still got 60 miles.

Time passes very quickly on the track, and before we know it the sun sets, leaving shadows and coolness we had felt in the early morning. I stop and start a fire with a heat tab under a water filled coffee pot and con-

tinue running. Several runners are starting to drop out now. I always hate to see that for they're going to miss the best part of this event. After 10 hours, 50 minutes, I have 50 miles in. I stop and have a cup of hot tea and honey and a cup of hot broth, take a 20 minute break and start running again. There's something about the night running that has always intrigued me, the air is good and cool and it seems so little energy is being spent. The last time I ran at night a long distance was after a Fort Wayne race in the afternoon. I stayed another day and went for a midnight run doing the Three Rivers marathon course. I had a PR for that course and got lost twice, ha! The running mechanics of the body are easier to stay in tune with at night because of the quiet and concentration is stronger and you're more alert.

After 17 hours of running I have 70 miles. Some handlers and runners have taken to their sleeping bags in the in-field, sure looks inviting but I'm determined to stay vertical and moving forward for 24 hours. By now my pace is so slow if I don't look at my shadow once in a while I would think I've stopped. I'm getting strange feelings at this time of the run, I don't know if they should be trusted. I'm feeling stronger than when I started but mentally I'm finding it difficult to say what I would like to. A lady is holding up a sign by the scoring tables, I read it, then realize it's for me, takes time for everything to register - Happy Birthday - Go Indiana Bud - That's right, this is my birthday, for a minute I quicken the pace then I feel much older and a little sad. I think of my military days and all the good buddies I've left behind who never had a chance to become older and I think of those individuals who will never run because they have never been able to walk and how sad it is they will never know the enjoyment of running like we do. I pick up the pace for it's easier to run faster than a slow pace. I'm able to hold a nine minute pace from 80 to 90 miles and with this I get the cheers of other runners. We're all in trouble now with blisters for it's been raining for the last two hours, ever since daylight and my birthday

greeting. I finish the last hour running the straights and walking the turns of the track. I'm too unstable running the turns and this puts undue stress on muscle groups that are over-fatigued. The blisters cause unnatural foot plants in the turns which could lead to cramps if not careful. However things sort of balance out running the straights quickly. We're down to the last five minutes of this run and most of us are walking and I'm not so sure that's what it's called. Jim Benston from Chicago is being cheered for he's running flat out and is bare footed. It's raining very steady now, we have a short awards and then I told you there was a best part, I break out my birthday cake for the handlers, scorers and oh yes, runners. Anyone who completes 100 miles in 24 hours qualifies for the six day race in England, Kathy Schubert qualifies but says no thanks. After a few days to recover, I'm betting she changes her mind.

After 24 hours on the track and the only two guys without handlers, Ben Squires and myself have tied for 8th place. We couldn't have planned or made that happen. Neither of us felt like running off the tie so I'm honored to share 8th place with such a fine man as Ben Squires.

If anyone in the club wants to try one of these, please feel free to contact me. It's not boring and to feel the energy drain and build back after depletion I cannot put in words. Maybe some of my experience could be of aid to you.

I'm still on a high. The only bad thing I'm going to share is I don't remember driving from Springfield, Illinois, to Anderson. That is scary to me.

The one lady runner, Anite Berkey, and her husband kept telling me I looked familiar to them. Then we found out they went to school and graduated from Syracuse, Indiana, while I did the same just nine miles away in North Webster, Indiana. Small world, huh? The year was 1957 and I bet we saw each other on the senior trip.

April 24/25, 1982
24 Hours on the Track
Springfield, Illinois
92 miles, 1247 yards
8th of 25

I'll never rest easy until I get 100 miles in 24 hours!

CAYLOR-NICKEL KELTSCH 10,000
Bluffton, IN - 4-17-82

1 Tom Loucks	32:53.4	71 Donald Beaks	42:53.3	145 Gerald Tullis	49:25.6
2 Brady Wells	33:17.5	72 David Heyerly	43:11.8	146 Linda McGuire	49:28.0
3 L. Gary Painter	34:26.3	73 Terry Gautsch	43:13.8	147 James Pace	49:30.5
4 Jerry Mazock	34:36.4	74 Paul Lewis	43:16.5	148 Jerry Rardon	49:38.1
5 David Schmidt	34:43.9	75 Tom Archbold	43:17.8	149 Troy Martin	49:51.6
6 Michael Bultemeier	34:44.7	76 David Dale	43:19.1	150 Tom Frank	49:52.1
7 Rick Reitzug	35:26.7	77 Trent Prough	43:22.2	151 Mike Deardorff	49:59.4
8 Roger Kingsbery	35:49.5	78 Robert Hatch	43:22.8	152 Eddie Knappen	50:08.2
9 Mike Huber	36:15.2	79 Stephen Hollinger	43:50.2	153 Todd Butcher	50:14.3
10 Joe Barile	36:41.6	80 Ted Buuck	43:53.4	154 Pete Case	50:29.8
11 Dan Minnich	36:47.7	81 Joe Rogers	43:54.6	155 William Hippen	50:33.1
12 Larry Averbek	36:50.9	82 Gary Hooten	43:59.6	156 Trina Brooks	50:35.4
13 Paul Beckwith	36:53.9	83 Joe O'Brien	44:06.8	157 Ty Morton	50:36.4
14 Tim Fleming	37:04.4	84 Don Goldner	44:16.3	158 James Widmeyer	50:37.9
15 John Treleaven	37:12.9	85 Mike Avila	44:20.3	159 Chester Fleetwood	50:48.2
16 Todd Rigelman	37:17.3	86 John Schwarze	44:36.1	160 Missy Prior	50:49.1
17 Thomas Yoder	37:34.3	87 Duane Steffen	44:36.1	161 Pete Schmeckebier	50:56.9
18 Jim Berghoff	37:40.8	88 John Gerend	44:40.7	162 Keith DeMeritt	51:16.2
19 Don Lindley	37:49.1	89 Harry Shook	44:43.1	163 Dave Wolf	51:27.7
20 Tim Glasper	37:57.3	90 Max Fuelling	44:43.8	164 Jay Brower	51:30.6
21 Daniel Moore	37:58.1	91 Ian Rolland	44:45.5	165 Paul Sabrack	51:37.7
22 Paul Shaffer	38:04.0	92 Mark Jennings	44:46.4	166 Cynthia Sabrack	51:38.2
23 Michael Glasper	38:04.4	93 Joe Greene	44:48.7	167 Patti Fleming	51:50.3
24 Steve Brown	38:13.4	94 Dennis Flennerly	44:49.3	Bill Walker	52:19.9
25 Mike Robbins	38:19.5	95 Joe Shull	44:52.1	Beth Ann Oliphant	52:20.8
26 Bret Curry	38:22.0	96 Bill Hogg	44:54.2	170 Ronald Scheinkoffer	52:31.4
27 Wayne Schaltenbrand	38:32.3	97 Jon Triggy	44:58.9	171 Kellen Shawn Smith	52:37.0
28 Phil Wisniewski	38:47.7	98 Bill Steiner	44:59.7	172 Kim Dove	52:37.5
29 Chris Edington	38:57.2	99 Charles Wallace	45:02.4	173 William Bailey	52:38.8
30 Terry Pulley	39:04.3	100 Rex Joseph	45:04.1	174 Randy Ream	52:42.7
31 Steve Adkinson	39:05.4	101 Larry W. Linson	45:07.7	175 Don Howard	52:57.8
32 Myron Meyer	39:08.8	102 Joan Goldner	45:08.5	176 Mae Adkins	53:11.4
33 Mike Melendrez	39:16.0	103 Greg Wing	45:18.9	177 Richard Mason	53:31.2
34 Michael Sheehan	39:20.5	104 Greg Hughes	45:56.2	178 Jim Shull	54:03.1
35 Rick Murphy	39:26.5	105 Doug Curtis	46:04.7	179 David Stokes	54:04.9
36 John Schwarze	39:29.3	106 Marvin Jarvis	46:11.3	180 J.R. Hendrix	54:07.7
37 Kenneth King	39:33.9	107 Jim Uptgraft	46:24.9	181 Donald Dian	54:12.6
38 Mike Zurzolo	39:37.3	108 Ed Oliphant	46:27.6	182 Ed Nocon	54:22.4
39 Stormi-Ann Guntch	39:40.7	109 Ed Geans	46:28.9	183 King Sullivan	54:23.1
40 Tom Hough	39:41.8	110 Tom Laird	46:31.3	184 Bertie Teegarden	54:55.8
41 Kelly Pulley	39:42.7	111 Don Shafer	46:36.8	185 Sally Spencer	54:55.8
42 Theresa Ehrman	39:44.7	112 Dan York	46:42.5	186 Sheryl Yoder	54:56.5
43 Norval Lehman	39:58.3	113 Howard Bash	46:46.5	187 Don Johnstone	55:43.0
44 Larry O'Herron	40:08.5	114 Jeff Strauch	46:48.4	188 David Wilkey	55:43.0
45 Tony Gatten	40:12.4	115 Larry Phillips Sr.	46:50.3	189 Ann Linson	56:16.6
46 James Bushey	40:16.8	116 Richard Lautzenhiser	46:53.5	190 Gary Studebaker	56:22.6
47 Steve Yager	40:17.7	117 Farrell Mock	46:56.8	191 Gary Windmiller	56:24.3
48 Gary Noll	40:22.9	118 Larry Lothamer	46:57.3	192 David Cox	56:34.2
49 Philip Martin	40:59.3	119 Ward Krause	47:00.8	193 James Mertz	57:02.8
50 Marty Clemmer	41:09.4	120 Kevin Kolb	47:03.8	194 Sue Hoppe	57:12.4
51 John Barbier	41:11.5	121 Mary DuBois	47:05.6	195 Richard Keltsch	57:13.9
52 Eric Hancock	41:12.6	122 Ed Shaheen	47:10.8	196 Alfred Moore	57:25.0
53 Leland Sibrel	41:15.9	123 John Hilker	47:12.4	197 Bob Schweppe	57:44.0
54 Kris Bullock	41:22.9	124 Joseph Brooks	47:21.2	198 Jack O'Neil	57:44.7
55 Pat Hermann	41:27.0	125 David Geisman	47:33.4	199 Janis Greene	57:48.0
56 Christopher Dale	41:28.9	126 Scott Applegate	47:33.8	200 Galen Heyerly	58:00.9
57 Dave Davis	41:37.0	127 Donald Hanni	47:43.5	201 David Trazee	58:22.2
58 Alma Marie Ojeda	41:41.7	128 Tom Finan	47:44.7	202 Jean DeVault	58:29.0
59 B.K. Campbell	41:44.3	129 Mike Pressler	47:54.2	203 Chuck DeVault	58:29.4
60 John Noll	41:57.4	130 Michael Hayes	47:56.9	204 Kimberly Hendrix	58:37.8
61 Chuck Bayman	41:57.4	131 Vern Chovan	47:56.9	205 Laura Averbek	58:57.2
62 David Wood	41:59.4	132 Leon Kincaid	47:58.3	206 Ron Fulk	59:22.0
63 Michael Novosad	42:02.2	133 Jim Martin	48:03.3	207 James Howard	62:05.7
64 Steve Mugg	42:11.2	134 Dave Broman	48:26.5	208 Sandra Decker	62:16.1
65 Dewey Culbertson	42:24.9	135 Rex DeVoe	48:27.9	209 Karen Perrin	62:25.6
66 Steve Glasper	42:31.5	136 Fred Prescott	48:42.5	210 Conrad Engsborg	62:52.6
67 Mike Kolb	42:39.9	137 William Bore	48:48.4	211 Bruce Loos	63:19.2
68 Gene Whitacre	42:41.1	138 James Jones	48:57.0	212 Michael Lindley	63:35.9
69 Mike Byerly	42:42.6	139 Alan Arnold	49:07.8	213 Tess Machlan	68:00.6
70 Norman Whisler	42:44.5	140 James Thill	49:13.9	214 Richard Grose	68:41.4
		141 Del Lewis	49:15.4	215 Brian Lindley	69:26.7
		142 Thomas Johnson	49:23.8	216 Sarah Kleinknight	69:43.4
		143 C.Wayne Hendrix	49:24.3	217 Bob Pauley	71:01.1
		144 William H. Moody	49:24.7		

TOP TEN MALE WINNERS

- 1 Tom Loucks
- 2 Brady Wells
- 3 L. Gary Painter
- 4 Jerry Mazock
- 5 David Schmidt
- 6 Michael Bultemeier
- 7 Rick Reitzug
- 8 Roger Kingsbery
- 9 Mike Huber
- 10 Joe Barile

TOP FIVE FEMALE WINNERS

- 1 Stormi-Ann Guntsch
- 2 Theresa Ehrman
- 3 Alma Marie Ojeda
- 4 Joan Goldner
- 5 Linda McGuire

DIVISION WINNERS**MALE****13-under**

- 1 Christopher Dale
- 2 Steve Glasper
- 3 Paul Lewis

14-18

- 1 Eric Hancock
- 2 Kris Bullock
- 3 Mike Kolb

19-24

- 1 Tim Glasper
- 2 Paul Shaffer
- 2 Bret Curry
- 4 Chris Edington
- 5 Kenneth King
- 6 Kelly Pulley
- 7 James Bushey

25-29

- 1 Dan Minnich
- 2 Paul Beckwith
- 3 Michael Glasper
- 4 Rick Murphy
- 5 Tom Hough
- 6 Tony Gattton
- 7 Gary Noll

30-39

- 1 Tim Fleming
- 2 John Treleaven
- 3 Todd Rigelman
- 4 Thomas Yoder
- 5 Jim Berghoff
- 6 Don Lindley
- 7 Dan Moore
- 8 Steve Brown
- 9 Mike Robbins

40-49

- 1 Larry Averbek
- 2 Larry O'Herron
- 3 John Barbier
- 4 Leland Sibrel
- 5 Dave Davis
- 6 Norman Whisler

50-59

- 1 Myron Meyer
- 2 B.K. Bampbell
- 3 Gene Whitacre
- 4 Robert Hatch

60-over

- 1 Joe Shull
- 2 Gerald Tullis
- 3 Chester Fleetwood

FEMALE**13-under**

- 1 Trina Brooks
- 2 Missy Prior
- 3 Laura Averbek

14-18

none

19-24

- 1 Cynthia Sabrack
- 2 Sue Hoppe
- 3 Sandra Decker

25-29

- 1 Sally Spencer
- 2 Cheryl Yoder
- 3 Ann Linson
- 4 Kimberly Hendrix

30-39

- 1 Patty Fleming
- 2 Beth Ann Oliphant
- 3 Janis Greene
- 4 Karen Perrin
- 5 Sarah Kleinknight

40-49

- 1 Mae Adkins
- 2 Bertie Teegarden
- 3 Jean DeVault

50-59

- 1 Tess Machlan

60-over

none

Race Director - Phil Lockwood

POINTS STANDINGSIncludes first five points races
(minimum 3 races to be listed)

	No. of Races	Total Points	Rating					
				30-34				
MALE				1 Dan Kaufman	4	6		.375
14-under				2 Rick Reitzug	3	4		.444
1 Andy Cauffman	3	8	.778	3 Mike Robbins	5	22		.880
2 John Schwarze	4	18	1.125	4 John Treleaven	4	17		1.062
3 Shawn Clem	3	19	2.111	5 Jerry Mazock	4	20		1.250
15-19				6 Tim Fleming	3	13		1.444
1 Tom Mills	3	7	.778	7 Steve Brown	5	43		1.720
2 Chris Edington	3	9	1.000	8 Art Obregon	3	16		1.778
3 Mike Kolb	3	15	1.667	9 Jim Beghoff	5	47		1.880
20-24				10 Norm Spitzig	3	18		2.000
1 Tom Loucks	5	7	.280	11 Dave Ruetschilling	4	35		2.188
Craig Schwartz	5	7	.280	12 Bob Nunley	3	20		2.222
3 Mike Bultemeier	3	7	.778	13 Mike Melendrez	3	22		2.444
Jerry Williams, Jr.	3	7	.778	14 Mike Medler	3	23		2.556
25-29				15 Phil Wisniewski	4	46		2.875
1 Steve Gradeless	4	8	.500	Mike Zurzolo	4	46		2.875
2 Dan Minnich	3	10	1.111	17 Lynn Armstrong	3	29		3.222
3 Tony Gattton	3	14	1.556	18 Dennis Kroells	3	32		3.556
4 Edward Hoffman	4	27	1.687	19 Gary Spry	4	68		4.250
5 Larry Ellis	4	31	1.937	20 Russ Suever	3	47		5.222
6 Mike Glasper	3	21	2.333	21 Tom Mather	4	85		5.313
7 Gary Dunn	3	27	3.000	22 Terry Shipley	3	48		5.333
8 Steve Tielker	3	30	3.333	23 Phil Shafer	4	87		5.437
9 Greg Fahl	3	41	4.556	24 Tim Bolin	3	50		5.556
10 Mike Avila	3	45	5.000	25 Larry Shively	3	52		5.778
				26 Tom Archbold	3	69		7.667
				27 Rick Longsworth	4	143		8.937

28	Randy Patten	3	91	10.111
29	Rick Ravine	3	106	11.778

60-over
none

35-39

1	Mike Beltz	4	8	.500
2	John Schwarze	5	13	.520
3	Bob Bruckner	3	6	.667
4	Steve Adkison	5	20	.800
5	Don Lindley	4	15	.938
6	Wayne Schaltenbrand	3	13	1.444
7	Ed Kerr	4	25	1.563
8	Todd Rigelman	3	15	1.667
9	Rich Bolinger	5	48	1.920
10	Dave Fairchild	3	18	2.000
11	Larry Lee	5	67	2.680
12	Mike Byerley	4	53	3.312
13	Chuck Okorowski	3	32	3.556
14	Robert Wiersma	5	105	4.200
15	Tomm Clagg	3	39	4.333
16	Rudy Kleinknight	4	80	5.000
17	Don Noland	3	48	5.333
18	Jim Martin	3	56	6.222
19	Tom Humbrecht	3	69	7.667

FEMALE

19-under

1	Alma Ojeda	3	4	.444
2	Holly Cauffman	3	9	1.000

20-29

1	Mary Theresa Connolly	3	4	.444
	Theresa Ehrman	3	4	.444
3	Phyllis Suelzer	4	9	.563
4	Betty Jackson	5	23	.920

30-39

1	Jan Kissinger	3	4	.444
2	Marsha Schmidt	4	12	.750
3	Ann Jamison	3	7	.778
4	Jean Tipton	4	19	1.187
5	Sharon Wiersma	4	21	1.312
6	Stella Bestard	4	27	1.687
7	Phyllis Kerr	4	29	1.812
8	Becky Heyde	4	43	2.687
	Ann Mize	4	43	2.687

40-44

1	Larry Averbeck	4	5	.313
2	Woody Barker	5	15	.600
3	Phil Miller	3	6	.667
4	Bob Harter	5	23	.920
5	Ray Sibrel	5	31	1.240
6	Charlie Brandt	4	29	1.812
7	Pat Fairhurst	4	35	2.188
8	Ken Clark	4	43	2.687
9	John Barbier	3	30	3.333
10	Alan Gilbert	3	39	4.333
11	Don Frey	3	42	4.667
12	Joe Brooks	3	45	5.000
13	Wade Monroe	3	48	5.333
14	Jerry Cauffman	3	54	6.000

40-over

1	Joan Goldner	4	4	.250
2	Gloria Nycum	3	6	.667
3	Bonnie Taylor	3	9	1.000
	Julia Wilson	3	9	1.000
5	Sharon Pauley	3	20	2.222

45-49

1	Joe Barile	4	4	.250
2	Bill Schmidt	4	7	.438
3	Chris Stauffer	4	14	.875
	Dave Wilson	4	14	.875
5	Joe Ziegler	4	20	1.250
6	Robert McCuan	3	13	1.444
7	Robert Gensheimer	4	25	1.563
8	Larry O'Herron	4	29	1.812
9	Don Goldner	5	58	2.320
10	Don Helman	4	43	2.687
11	Herb Chandler	3	31	3.444
12	Dave Vance	3	32	3.556
13	Ian Rolland	3	34	3.778
14	Bernie Huesing	3	35	3.889
15	Chuck DeVault	4	66	4.125
16	Rudi Florreich	3	52	5.778
17	Larry Coddling	3	65	7.222

MALE-OPEN

1	Craig Schwartz	5	8	.320
2	Tom Loucks	5	11	.444
3	Rick Reitzug	3	9	1.000
4	Mike Bultemeier	3	11	1.222
5	Jerry Williams	3	14	1.556
6	Dan Kaufman	4	28	1.750
7	Steve Gradeless	4	30	1.875
8	Joe Barile	4	33	2.062
9	Larry Averbeck	4	42	2.625
10	Jerry Mazock	4	54	3.375
11	Mike Robbins	5	93	3.720
12	Tom Mills	3	34	3.778
13	John Treleaven	4	61	3.812
14	John Schwarze	5	99	3.960
15	Woody Barker	5	100	4.000
	Tim Fleming	3	36	4.000
17	Phil Miller	3		4.444
18	Mike Beltz	4		4.625
19	Steve Brown	5	2	5.680
20	Bob Bruckner	3	54	6.000

50-59

1	Myron Meyer	4	5	.313
2	Mike Kast	3	3	.333
3	Giles Tomlinson	3	6	.669
4	Vern Chovan	4	15	.938
5	Robert Hatch	3	14	1.556
6	Gene Striggle	3	15	1.667
7	J.P.Jones	4	27	1.687
8	Alfred Moore	5	45	1.800
9	Curtis Nold	4	29	1.862
10	John Hilker	3	17	1.889
11	King Sullivan	3	33	3.667
12	Ross Moyer	3	35	3.889

FEMALE-OPEN

1	Theresa Ehrman	3	5	.556
2	Mary Theresa Connolly	3	7	.778
3	Phyllis Suelzer	4	16	1.000
4	Jan Kissinger	3	12	1.333
5	Alma Ojeda	3	14	1.556
6	Joan Goldner	4	26	1.625
7	Ann Jamison	3	19	2.111
8	Betty Jackson	5	59	2.360
9	Marsha Schmidt	4	39	2.437

Heat Peril in Distance Runs Spurs ACSM Guideline Alert

Concerned by hot weather conditions under which official distance races are sometimes held — and by the growing number of middle-aged and older runners — the American College of Sports Medicine (ACSM) has issued a position statement aimed at preventing heat injuries during distance running. It includes a set of guidelines that sponsors of running events are urged to follow, and a recommendation that rules barring the administration of fluids during the first part of a marathon race should be changed to allow fluid ingestion all along the way. This subject will be further explored in a round-table discussion in the August issue.

Recommendations concerning the ingested quantity and content of fluid are merely a partial preventative to heat injury. The physiology of each individual athlete varies; strict compliance with these recommendations and the current rules governing distance running may not reduce the incidence of heat injuries among those so inclined to such injury.

Heat Injuries in Distance Running

The requirements of distance running place great demands on both circulation and body temperature regulation.¹⁻³ Numerous studies have reported rectal temperatures in excess of 40.6°C (105°F) after races of 6 to 26.2 miles (9.6 to 41.9 km).¹⁻³ Attempting to counterbalance such overheating, runners incur large sweat losses of 0.8 to 1.1 l/m²/hr.¹⁻³ The resulting body water deficit may total 6% to 10% of the athlete's body weight. Dehydration of these proportions severely limits subsequent sweating, places dangerous demands on circulation, reduces exercise capacity, and exposes the runner to the health hazards associated with hyperthermia (heat stroke, heat exhaustion, and muscle cramps).³⁻⁵

Under moderate thermal conditions, eg, 65 to 70°F (18.5 to 21.3°C), no cloud cover, relative humidity 49% to 55%, the risk of overheating is still a serious threat to highly motivated distance runners. Nevertheless, distance races are frequently conducted under more severe conditions than these. The air temperature at the 1967 US Pan American Marathon Trial, for example, was 92 to 95°F (33.6 to 35.3°C). Many highly conditioned athletes failed to finish the race and several

of the competitors demonstrated overt symptoms of heat stroke (no sweating, shivering, and lack of orientation).

The above consequences are compounded by the current popularity of distance running among middle-aged and aging men and women who may possess significantly less heat tolerance than their younger counterparts. In recent years, races of 10 to 26.2 miles (16 to 41.9 km) have attracted several thousand runners. Since it is likely that distance running enthusiasts will continue to sponsor races under adverse heat conditions, specific steps should be taken to minimize the health threats which accompany such endurance events.

Based on research findings and current rules governing distance running competition, it is the position of the American College of Sports Medicine that:

1 Distance races (16 km or 10 miles) should *not* be conducted when the wet bulb temperature-globe temperature exceeds 82.4°F (28°C).^{4,8}

2 During periods of the year when the daylight dry bulb temperature often exceeds 80°F (27°C), distance races should be conducted before 9 AM or after 4 PM.^{2,4,9}

3 It is the responsibility of the race sponsors to provide fluids which contain small amounts of sugar (less than 2.5 gm glucose per 100 ml of water) and electrolytes (less than 10 mEq sodium and 5 mEq potassium per liter of solution).^{6,7}

4 Runners should be encouraged to frequently ingest fluids during competition and to consume 400 to 500 ml (13 to 17 oz) of fluid 10 to 15 minutes before competition.^{3,6,7}

5 Rules prohibiting the administration of fluids during the first 6.2 miles (10 km) of a marathon race should be amended to permit fluid ingestion at frequent intervals along the race course. In light of the high sweat rates and body temperatures during distance run-

petitor is certain to accumulate a large body water deficit (-3%) before any fluids would be ingested. To make the problem more complex, most runners are unable to judge the volume of fluids they consume during competition.¹ At the 1968 US Olympic Marathon Trial, it was observed that there were body weight losses of 6.1 kg, with an average total fluid ingestion of only 0.14 to 0.35 liters.¹ It seems obvious that the rules and habits which prohibit fluid administration during distance running preclude any benefits which might be gained from this practice.

Runners who attempt to consume large volumes of a sugar solution during competition complain of gastric discomfort (fullness) and an inability to consume fluids after the first few feedings.^{1,6,7} Generally speaking, most runners drink solutions containing 5 to 20 gm of sugar per 100 ml of water. Although saline is rapidly emptied from the stomach (25 ml/min), the addition of even small amounts

in the heat, race sponsors should provide "water stations" at 2- to 2½-mile (3- to 4-km) intervals for all races of 10 miles (16 km) or more.^{1,3}

6 Runners should be instructed in how to recognize the early warning symptoms that precede heat injury. Recognition of symptoms, cessation of running, and proper treatment can prevent heat injury. Early warning symptoms include the following: piloerection on chest and upper arms, chills, throbbing pressure in the head, unsteadiness, nausea, and dry skin.^{3,4}

7 Race sponsors should make prior arrangements with medical personnel for the care of cases of heat injury. Responsible and informed personnel should supervise each "feeding station." Organizational personnel should reserve the right to stop runners who exhibit clear signs of heat stroke or heat exhaustion.

It is the position of the American College of Sports Medicine that policies established by local, national, and international sponsors of distance running events should adhere to these guidelines. Failure to adhere to these guidelines may jeopardize the health of competitors through heat injury.

*Adapted from Minard, D. Prevention of heat casualties in Marine Corps recruits. *Mil Med* 126:261, 1961
WB-GI = 0.7 (WBt) + 0.2 (GI) = 0.1 (DBT)

Fluid ingestion during prolonged running (two hours) has been shown to effectively reduce rectal temperature and minimize dehydration.¹ Although most competitors consume fluids during races that exceed 1 to 1½ hours, current international distance running rules prohibit the administration of fluids until the runner has completed ten miles (16 km). Under such limitation, the com-

of sugar can drastically impair the rate of gastric emptying.⁶ During exercise in the heat, carbohydrate supplementation is of secondary importance and the sugar content of the oral feedings should be minimized.

THIS ARTICLE WAS ADAPTED FROM "THE PHYSICIAN AND SPORTS MEDICINE."

C.E.A. SCHOLARSHIP RUN
Convoy, Ohio - 5-1-82

1 Tom Loucks	32:13
2 Roger Kingsbery	33:19
3 L. Gary Painter	34:00
4 Kevin Olding	34:25
5 Mark Sanderson	34:43
6 Bob Bruckner	35:10
7 Joe Barile	35:16
8 Tim Fleming	35:25
9 Todd C. Rigelman	35:36
10 Paul Shaffer	35:58
11 Rick Schooley	36:24
12 Steve Brown	36:41
13 Steven Keller	37:36
14 Jim Cox	37:42
15 Steve Adkison	38:16
16 Donn Spilman	39:09
17 Phil Wisniewski	39:15
18 Chris Stauffer	39:20
19 Mike Kolb	40:23
20 Donald Peaks	40:53
21 Mike Hoffman	41:30
22 Steve Haubert	41:31
23 Michael E. Byerly	41:32
24 Sue Carnes	41:54
25 John R. Manz	42:16
26 Ron Motycka	42:28
27 Mike Waldron	43:16
28 Cheri Kukelhan	43:29
29 Bill Moody	44:39
30 Rudy Kleinknight	44:43
31 Bernie Motycka	45:28
32 Deb Kukelhan	45:34
33 Alan Arnold	45:47
34 Linda McGuire	46:00
35 Richard I. Dougal	46:03
36 Rex D. DeVoe	46:08
37 Connie Hoverman	46:27
38 Duane Voirol	46:40
39 Pete Case	46:45
40 Dwight L. Brunner	46:50
41 Bart O. Mansfield	46:57
42 Randy Adams	48:06
43 Michael Buchman	47:22
44 Due Griggs	47:28
45 Gerald Tullis	48:18
46 Patti Fleming	48:46
47 James Hegmann	48:59
48 Chet Fleetwood	49:13
49 Deloris A. Fiantt	49:26
50 Bill Benschneider	49:47
51 Jerry Rardon	49:48
52 Kim Dove	49:56
53 Howard B. Foltz	50:00
54 Linda Benschneider	50:12
55 David Coon	50:37
56 Bob Stevens	51:25
57 Don Johnstone	51:54
58 Jack Devitt	52:15
59 Gary Windmiller	52:50
60 Randy Humerickhouse	53:31
61 Dee Howell	53:39
62 Walt Harris	54:36
63 Michael Germann	55:42
64 Linda Mansfield	56:37
65 Rondalee Derry	61:45
66 Dave Brown	64:43
67 Mary Case	66:00

Overall Winners:

Tom Loucks - 32:13
Sue Carnes - 41:54

Race Director - Dan Feasel



LETTERS TO THE EDITOR

May 6, 1982

Mr. Dave Fairchild
THE INSIDE TRACK
605 W. Oakdale Drive
Fort Wayne, Indiana 46807

Dear Mr. Fairchild:

This letter is in response to your editorial written in May's issue of THE INSIDE TRACK.

It was refreshing to read about a runner's selfish interests and how they relate to the environment in which he/she lives. And yes, many people (and obstacles) must be tolerated in order for the runner to successfully enjoy outdoor running.

To my disappointment, Lincoln Bank's corporate support for the Fort Wayne Track Club was spit upon and cast away like a worn out pair of Nikes. Back in the years of 1978, '79, and '80, many long hours of organization, preparation, headaches, and heartaches were spent in the coordination of the Lincoln 10,000 Meter Run. This effort helped to establish and ensure the quality of future running events in Fort Wayne. The cooperation of city officials and volunteers is a result of the efforts of Lincoln Bank personnel. What other financial institutions have even gotten involved since then?

You also touched on support of THE INSIDE TRACK advertisers. Lincoln Bank was an advertiser every month during 1981. In fact, we were never contacted for renewal of our ad once our contract had expired. What other financial institution was an advertiser? Why tell your members to pull their accounts from Lincoln Bank when

we fully support you? You didn't mention pulling accounts from Fort Wayne National, Peoples Trust, Indiana, Anthony Wayne, or First Federal, and they have done nothing for the Fort Wayne Track Club.

One final point, look at your inventory of technical equipment and see how much of it was either partially or fully donated by Lincoln Bank.

Now I ask you, look at the corporation and determine who is the true supporter of the Fort Wayne Track Club - the corporation who worked with you to make the 10,000 Meter Run a success or the corporation who took over the successful run!

Regretfully,

s/Karer J. Cameron
Marketing Officer
Lincoln National Bank and Trust Company

cc: Larry Lee, President FWTC

(Ed. Note: Lincoln National Bank and Trust Company provided invaluable support to the FWTC through their initiation and sponsorship of the Lincoln 10K for its first three years. Nothing in Mar's editorial denigrates that contribution. The inescapable fact remains, however, the Lincoln withdrew sponsorship from the 10K on April 9, 1981, and that Home Loan and Savings stepped in with a major investment of personnel, time, energy, and money to ensure that the Fall 10K would remain a quality event. Without Home Loan's assistance, there would have been no 10K last October and that deserves the support of FWTC members.)

4th Annual MONUMENT CITY CLASSIC 10K & 2 Mile

Angola, Indiana

Saturday, JUNE 26, 1982

9:00 a.m. - 10K

2:45 a.m. - 2 Mile

Checks payable to:
MONUMENT CITY CLASSIC
Jim Scott, 302 Victoria, Angola,
IN 46703 219-665-5582

CLASSIC 2 MILE

COURSE - The 2 mile layout starts and finishes at the ANGOLA COMMONS PARK traveling a flat out - and - back circuit through southeastern Angola residential areas.

AWARDS - Ribbons to all finishers
- Trophies to top male/female finishers

FEES - \$1.00
- \$5.00 if t - shirt desired
*Results available with a self - addressed stamped envelope and in the Hoosier Runner & Inside Track

Sponsored by the ANGOLA SPORTS CENTER
as a part of the Steuben County 101 Lakes
Festival with proceeds to the Angola City Parks.

CLASSIC 10K

COURSE - The scenic 10K course starts at the ANGOLA COMMONS PARK (5 blocks east of the MONUMENT on US 20), circles the historic ANGOLA MONUMENT, heads southeast through rolling countryside, splits Twin Lakes, and completes its single loop at the ANGOLA COMMONS PARK.

AWARDS - T-SHIRTS to all finishers
- ASICS/TIGER running apparel (shoes, bags, singlets, certificates, socks) to top 10% of each age category.

FEES - \$5.00 by JUNE 21, 1982
- \$7.00 after JUNE 21, 1982 through race day registration (7:30 - 8:30 a.m.)

RECORDS - 17 under *B. Wells 34:50 *C. Everage 41:35
18 - 29 *D. Lehman 30:53 *D. McCain 46:44
30 - 39 *J. Kline 35:26 *L. Lasure 47:00
40 - 49 *G. Kuhn 38:15 *W. Kyle 48:01
50 - up *M. Kast 38:01

MONUMENT CITY CLASSIC

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge the ANGOLA CENTER, Inc., and ANGOLA PARKS AND RECREATIONAL DEPARTMENT, for all claims of damages, demands, and actions whatsoever in any manner arising or growing out of my participation in the MONUMENT CITY CLASSIC. I attest and verify that I have full knowledge of the risks involved in this event and am physically fit and trained to participate in this event.

Signature _____
(parent's signature also required if under 18)
Print Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Race _____ 10K _____ 2 m.



Age Category
MALE FEMALE
--- 17 & under ---
--- 18-29 ---
--- 30-39 ---
--- 40-49 (up) ---
--- 50-up ---
Shirt XS S M L XL
(Circle one)

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

To: Fort Wayne Track Club

Being a charter member of this club, I have read with extreme interest both the account by Charlie Brandt earlier and the fine account by Larry Lee in the May issue.

In shame I admit to not serving the club in an official capacity, especially during those early years, yet selfishly I feel a part of the club's original nucleus. I also was there February 12, 1977, at its organization. Four supporters who planned to attend but were unable were Phil Suelzer, Bill Schmidt, Ron Motycka, and Max Blank.

My point is not really to scream we too shared in this club's organization, but to further emphasize the important role played by two really early hard workers.

Larry's account of Bobbie Widmann's efforts was fine, but I wish to repeat her enthusiasm for running and encouragement to the sport by conducting those Cougar 1-3-5 monthly for nearly three years with only 20 to 30 attending and giving those many small awards at each event was some effort on her part. It's

being supported by the sale of newspapers is news to me. I think when the quarter didn't cover it, she did - we really enjoyed and took advantage of her dedicated labor.

Don Lindley never asked me to not divulge that he was once a DNF. July, 1976, at the Berne 10 Miler approximately four miles out, I came up to a very much younger floundering runner who seemed bent on a conversation, something I'm not capable of during a race. He seemed to tell me this was his first race and he had trained nearly two months. He was over-joyed to have finished four miles and knew he couldn't stagger much further. After three or four more questions, I'm sure he rode in. He questioned where I was from and pleased to hear Fort Wayne. He indicated the need in Fort Wayne for an organized running club and that he would be in touch.

I talked to Don a couple of times that fall in his planning for the February meeting. Don got some very overdue recognition this winter from RRCA. In those early days of the club, Don was the magic glue that kept this club together.

He never sought credit but he'll never be over thanked.

s/Chet Flattwood

April 28, 1982

Dear Dave,

Being new to Fort Wayne and the FWTC I've found your organization and races to be first class. I've been a member of other running clubs in Ohio and Florida where I've previously lived and was pleasantly surprised to find the dedication and professionalism among the FWTC members. THE INSIDE TRACK is by far the best club newsletter I've ever seen. Keep up the good work.

s/Chuck Okorowski

Dear Larry and all FWTC members:

I wish to thank you all for the beautiful points award plaque and the Athlete's Foot gift certificate. I regret not being able to attend the awards banquet and thanking you in person. I consider being second to Betty Hite quite an honor (if only it could happen in a race). My congratulations to all who participated. Being a member of FWTC and getting to know all you proud and active people has been a source of great joy for me. Thank you and happy running.

s/Ann Jamison



THREE RIVERS FESTIVAL

CHILDREN'S PARADE

WANTED: Children ages 15 years and under.
On Saturday, July 17, 1982
10:00 to 11:00 a.m.

Any questions or comments call:

Robert Wiersman - 447-9911

Every kid loves a parade and here's their chance to be in one.

any question or comment call:

Barb at 423-7015 or Diana at 432-0787

DATE:
TIME:
PLACE:
AGE LIMIT:
THEME:
CATEGORIES:

Saturday July 17, 1982

10:00 - 11:00 a.m.

Wayne and Webster to Calhoun and Superior Sts.
Groups with ages 15 years and under
"Happily Ever After"

- 1) Non - commercial Floats
- 2) Commercially Sponsored floats
- 3) Entertainment Groups (clowns, dancers, gymnast, & musical)
- 4) Twirling Groups
- 5) Specialty Units (all others)
- 6) Marching Bands

Categories 1 - 5: 1st and 2nd place group trophy for each category plus individual participation awards.

Marching Band: Cash award of \$75, \$50, & \$25 for top 3 plus group participation awards.

June 1, 1982 or when parade is filled

McDonald's Restaurants of Ft. Wayne, Decatur, Auburn, and Columbia City

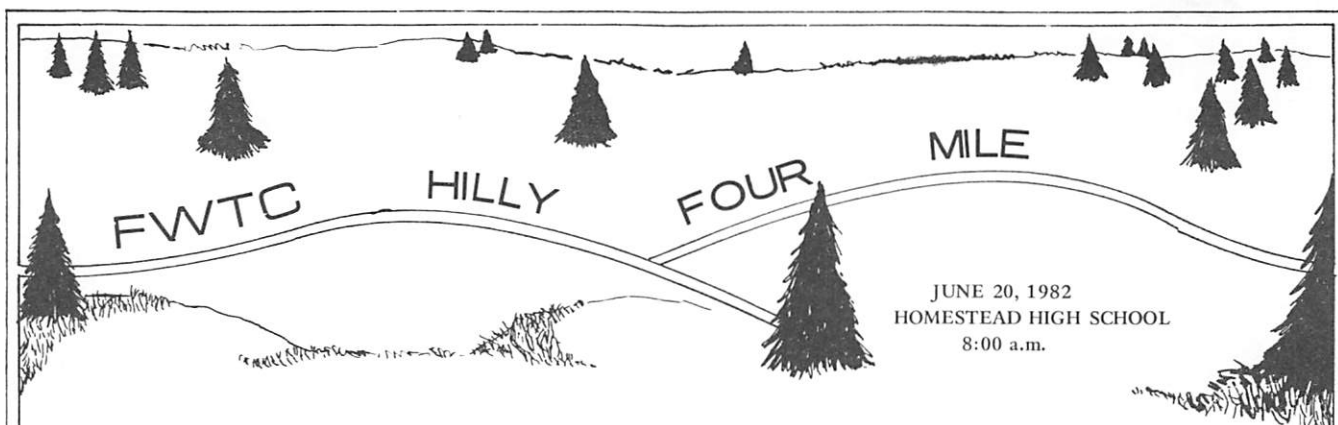
WFFT-TV, channel 55

Fort Wayne Parks and Recreation Department

AWARDS:

DEADLINE:

SPONSORS:



FWTC HILLY FOUR MILE

JUNE 20, 1982
HOMESTEAD HIGH SCHOOL
8:00 a.m.

Regular FWTC Age Division Awards.
Registration Day of Race.
\$ 2.00 to non-members
Free to FWTC Members

Mail to:
John Treleven, Race Director
Homestead Hilly Four
9204 Sea Wind Place
Fort Wayne, IN 46804

Pre-Registration:
Name
Address
Phone Age Sex

Waiver:
I waive all rights and claims for damages I may have against any of the sponsors and/or officials of this race for any injury I may receive. I am sufficiently conditioned to compete in this event, and my signature attests to this.

Signature (parent, if under 18)



MIDWEST MEET 8K

8:00 a.m.
SATURDAY, JUNE 12

Northrop High School (Just north of I-69 and Coldwater Road Exit)
Fort Wayne, Indiana

Name Sex Age
Address
City State Zip
Phone

Member FWTC: Yes NO

Regular FWTC age division awards (at least 3 per division)
No entry fee for FWTC. \$2.00 for nonmembers. \$1.00 for late registration.

Waiver: I waive all rights and claims for damages I may have against any of the sponsors and/or officials of this race for any injury I may receive. I attest I am sufficiently conditioned to compete in this event. My signature below shows my understanding and acceptance of these two statements.

Signature of agreement
Signature of parent if
Competitor under 18.

Send to: Jack O'Neil, P.O. Box 10358, Ft. Wayne, IN., 46851.
PLEASE REGISTER EARLY - There is enough paper work to do on race day anyway - THANKS

- 19 HOOK'S FITNESS FESTIVAL '82 1M/5K/10K - Indianapolis (Butler University), 9am.
- 19 FUN RUN - Foster Park, 10am.
- 20* HILLY FOUR MILE - Ft. Wayne (Homestead HS), 8am., John Treleaven.
- 20 CARMEL CLASSIC MINI-MARATHON 15K - Carmel, IN., (Clay JHS), 10am. 5K at 9am.
- 20 ST. PATRICKS FARM RUN 5K - South Bend, IN., Athletic Annex University Commons. 8:30am.
- 20 HERITAGE DAY CLASSIC 10K - St. Marys, OH., James Bergman 419/394-8381.
- 22 BIG BROTHERS/BIG SISTERS 4th ANNUAL HERITAGE DAY 10K - Huntington, IN., 9am, Brown & Rowe 323 N. Jefferson, Huntington, IN., 46750
- 23 FUN RUN - Foster Park, 6pm.
- 26 TURTLE 10K - Churubusco, IN., 8am, Larry Shively 219/693-2761. 1M fun run.
- 26 MONUMENT CITY CLASSIC 10K - Angola, IN., 9am, Jim Scott 219/665-5582. 2M fun run.
- 26 REDMENS FAIR 4 MILE RACE - Decatur, IN., (Bellmont HS), 10am, Rudy Kleinknight 219/724-3272.
- 26 BUZZARD'S ROOST 10K - Arcadia, IN., (Hamilton Heights HS), 5:30pm, Evan Achenbach 317/984-3019.
- 26 FOURTH ANNUAL RC ALL AMERICAN CITY RUN - Vincennes, IN., (Gregg Park), 7:30am, Bill Conner 812/882-2288.
- 26 ROSE FESTIVAL 10K CLASSIC - Richmond, IN., 9am, 317/935-7170.
- 26 MOON CITY STRIDER LADIES 4 MILE RUN - Wapakoneta, OH., 6pm, Stephan Hailer, 419/738-9258.
- 26 DANNON OGLESBY 10K CLASSIC - Oglesby, ILL., 9am, 815/883-9315 or 883-8803.
- JULY
- 1 BASS LAKE RUNAROUND 8.1M - South end of Bass Lake, 8am, Dr. H.J. Henry 219/772-2141.
- 3 1982 DISARMAMENT RACE 10K - N. Manchester, IN., 9:30am, Dave Leiter 982-4277 (office).
- 3 5th ANNUAL MAIL-JOURNAL FLOTILLA ROAD RACE 3.3M and 8M - Syracuse, IN., (City Park), 9am, Ron Baumgartner 219/658-4111.
- 3 RIVER BEND RUN 5M & 1.5M - South Bend, IN., (Howard Park), 8am, Athletic Annex 219/272-7565.
- 3 ROACHDALE LION'S RUN 1M/5K/10K - Roachdale, IN., 9am, James Spear 317/596-5277.
- 3 BLUFFTON FREEDOM RUN 4 MILE - Bluffton, OH., Ken Schumacher 419/358-6839.
- 3 7th ANNUAL VOLKSLAUFE 10K - Frankenmuth, MI., also 20K, Paul List 517-652-9809.
- 4 FIRECRACKER 10K - Grover Hill, OH., 7pm.
- 4 BOWLING GREEN JULY 4th DOUBLES ROAD RACE - 5M - Bowling Green, OH., Barbara Brown 419/372-2401.
- 10 DENIM EXPRESS SHOE FLY 10,000 - Marion, IN., 9am, Kermit Welty 317/664-0544.
- 10 ROCHESTER OPTIMIST CLUB 5M & 2M - Rochester, IN., (Fulton County Fairgrounds), Gary Sriver 223-4109.
- 10 DELTA CHICK'N RUN 10K - Delta, OH., (Delta HS), 8:30am, Dave's Running Shop 419/822-3498.
- 11 13.1M PREDICTION RUN - Ft. Wayne (Foster Park) Don Lindley. 7am.
- 11 CLUB KOKOMO 5K & 20K - Kokomo, IN., 6pm, Ricke Stucker 457-0352.
- 17 OLD SETTLERS DAY 10K - Columbia City, IN., 8:45am, Carl Fields 219/244-5500 or 244-7726 2M fun run 8am.
- 17 MARATHON MINI-THON 10K - Portland, IN., 9am, Dennis Dwiggin 219/726-6129.
- 17 IRON HORSE 10K - Logansport, IN., 8:30am, Gary Bates 219/722-3618.
- 17 RTC/FAIR STORE 10,000 ROAD & TRAIL RACE - Dowagiac, MI., (Lions Park), 9am, Ron Gunn 616/782-5113.
- 17 RUN TO THE MOON 10K - Wapakoneta, OH., 9am, Jim Copeland 419/738-7625.
- 18* TV/33 HOOKS THREE RIVERS MARATHON - Ft. Wayne (Memorial Coliseum), 6am.
- 17 3rd ANNUAL PAULDING "RUN FOR CANCER" 10K - Paulding, OH., (Library), 9am (Ohio time), 1M fun run, Darriel Suffel 419/399-4999.
- 24 HISTORICAL DAYS RUN 10K/20K - New Carlisle, IN., 8am.
- 25 WICKER PARK 4 MILE RUN - Highland, IN., 8am, 219/932-2530.
- 31 MORRISTOWN DERBY DAYS RUN 10K - Morristown, IN., 8am, Paul Goble/Ken Long 317/763-6561.
- 31 SPUD RUN 10K/1.5M - N. Liberty, IN., 8am.
- 31 PEPSI CHALLENGE 10K - Lima, OH., (Faurot Park), 9am, Deadline July 27. Gerry Watkins 419/227-3541 or 225-9266.
- * FWTC POINTS RACES
- Send race announcements or changes to - Tom Loucks, Route 1, Ossian, IN., 46777 219/622-7108.

Race Calendar

JUNE

- | | |
|---|---|
| 2 FUN RUN - Foster Park, 6pm. | 12 10 YEAR 10K, 10K/5K/1M - Indianapolis, (Eagle Creek Park), Rich Radez, 317/635-5550. |
| 5 CHAIN O' LAKES DAYS FOURTH ANNUAL MINI-MARATHON and SECOND ANNUAL 10K - Albion, IN. (Valley View Park), 8:30am. | 12 GREENTOWN GLASS FESTIVAL - Greentown, IN. (Eastern Elem. School), 9am, Brad Shrock, 628-3728. |
| 5 THE ATHLETE'S FOOT/TIPEECANOE MALL 10K CLASSIC - Lafayette, IN., 8:30am, Denise Schenck 317/447-1416. | 12 HYATT MILE - Columbus, OH., 2pm. Jim Gibson, 614/276-4321. |
| 5 MISSOURI K.I.D.S. 4th ANNUAL RUN - 2.25 mi. & 5.5 mi. - Kirkwood, MO., (St. Louis), Missouri K.I.D.S. 739-8593. | 12 ST. PATS 7 MILE - Toledo, OH., 9am, Joe Rutherford, 419/381-1453. |
| 5 PEPSI CHALLENGE 10K REGIONAL - Toledo, OH. | 13 NEWS-DISPATCH 15K - Michigan City, IN., 8am, Dunes Running Club. |
| 5 TRI-COUNTY MINI-MARATHON 5K & 10K - Postoria, OH. | 13 GREENTOWN GLASS FESTIVAL TRIATHLON - Greentown, IN., (Wildcat Creek Reservoir), .8M swim, 37M bike, 9M run. Jim Varnau 317/452-8201. |
| 5 FUN RUN - Foster Park, 10am. | 13 CLUB KOKOMO 8K & 16K - Kokomo, IN., (E. Carter/Goyea Rd., Ricke Stucker 457-0352. |
| 8 RUN FROM THE DEVIL - Marion, IN., Gary Hall 317/662-1890. | 16 FUN RUN - Foster Park, 6pm. |
| 9 FUN RUN - Foster Park, 6pm. | 19 2nd ANNUAL STONE CITY OPTIMIST CLASSIC 10K - Bedford, IN., 9am, 812/279-2630. |
| 12* MIDWEST MEET 8K - Ft. Wayne (Northrop HS), 9am. Jack O'Niel & Ann Mize. | 19 SAM DAVIS MEMORIAL 10K RUN - Forest, IN., 8:30am, Jack Watson, 317/249-2783. |
| 12 WHITE RIVER RUN 15K - Anderson, IN., (Downtown YMCA), 9am, 317/643-5371. 5k run also. | 19 FIREMAN'S SIX - N. Judson, IN., 6pm, Herb Ufkes, 219/896-2622. |
| 12* INDY MASTERS TRACK & FIELD MEET & 10K - Indianapolis, Bob Coughlin, 317/241-5446. | |



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

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