



**FORT WAYNE  
TRACK CLUB**

JULY, 1982

# the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

## MARATHON WEEKEND 1982

### SATURDAY, JULY 17

- 12 noon to 5:00 p.m. Registration at Marriott Hotel
- 2:00 to 4:00 p.m. TV-33/Hooks Marathon Mini-clinic  
IPFW Athletic Center Gymnasium  
Featuring: Dexter Lehman, Junior Rice, Dr. J.R. Edwards,  
Wheelchair Basketball Demonstration  
Sponsored by: FWTC, IPFW, Parkview Hospital  
Admission Free
- 5:00 to 8:00 p.m. 2nd Annual Pre-Marathon Spaghetti Dinner  
Lincoln Life Cafeteria  
Catered by Casa D'Angelo Restaurant  
Sponsored by FWTC; Del Blum, Chairwoman  
\$4 for adults, \$2 for children - Tickets at Door

### SUNDAY, JULY 18 - MARATHON SUNDAY

- 5:55 a.m. Start of Wheelchair Division  
Parnell Avenue at the Memorial Coliseum
- 6:00 a.m. Start of Marathon
- 11:30 to 12:30 Awards Ceremony - Memorial Coliseum Basement  
Distribution of awards, certificates, T-shirts
- 1:00 to 5:00 p.m. Post-Marathon Mellow-Out Party  
11808 Weigela Court, Bittersweet Moors, Fort Wayne  
3 miles SW of I-69/US 24 cloverleaf, off of 24 West  
Sponsored by FWTC, hosted by Larry Lee - FREE
- 10:30 to 11:00 p.m. Marathon '82 - Film highlights of the 1982 TV-33/Hooks  
Marathon - WKJG-TV, Channel 33

# THE Inside TRACK

## THE INSIDE TRACK NEWSLETTER

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## 1982 RACE SCHEDULE

July 11*	13.1 mile Prediction	Foster Park	7:00 a.m.
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	NAVI	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.

## TV-33/HOOK'S MINI CLINIC



Sponsored by: The Fort Wayne Track Club, Indiana-Purdue Universities at Fort Wayne, and Parkview Memorial Hospital

Purpose: To inform the general public of the importance of good physical and mental fitness of sports competition.

When: Saturday, July 17, 1982

Time: 2:00 to 4:00 p.m. (EST)

Where: Indiana-Purdue Universities Campus at Fort Wayne, in the new athletic center facility at 2102 Coliseum Blvd, Fort Wayne, Indiana

Featuring: Dexter Lehman, TV-33/Hook's Marathon winner in Men's Division in '79 in 2:26:58.9 and '80 in 2:26:22

Junior Rice, TV-33/Hook's Marathon winner in Wheelchair Division '81 in 2:12:52

† Robert Edwards, M.D., runner, former marathoner

Wheelchair basketball demonstration by Don Vandello, MVP in the nation twice per NWBA, Marathon finalist in Boston and Fort Wayne

MC: Don Goldner, Vice-president of Fort Wayne Track Club

NO FEE



**FORT WAYNE  
TRACK CLUB**

# EDITOR'S NEWS & VIEWS

by DAVE FAIRCHILD



Many of us know Kent Davis. All of us know about Kent. Kent suffers from idiopathic cardiomyopathy, a condition that requires a heart transplant. As this is written, Kent is in Tucson, at the University of Arizona, where he has passed all preliminary tests and evaluations. The financial cost of Kent's surgery is enormous, estimated at around \$140,000.00, exclusive of follow up care. Many Fort Wayne citizens have contributed to the Kent Davis Heart Transplant Fund. Included in this group is the Fort Wayne Track Club which will have Kent Davis contribution cannisters at all future club races. Members of the FWTC have always recognized that the ability to run is a gift not shared by everyone and many FWTC runners have run to benefit others who could not. During the past several weeks I have spoken and corresponded with Bruce Davis, Kent's brother. Bruce is interested in organizing a pledge race to help raise money for Kent, and he has already enlisted the assistance of several people in Fort Wayne. If you would like to help, to run, or to pledge, you can contact Bruce Davis at 312-758-3238 evenings, or 312-938-7468 days, or 513 Tulip Drive, Glenwood, Illinois 60425. Watch for further details at future club functions and in future issues of THE INSIDE TRACK.

The following article was written by Bruce Davis and expresses some very special feelings.

## BROTHERLY BONDS

A few of us are blessed with close friends or close family; I am so fortunate to have my brother who is also my best friend. Not only do we have those bonds, but becoming running partners has further developed that respect, admiration, compassion, understanding, and competitiveness that runners share.

He began running before me four years ago with the goal of finishing his first marathon, but after his first 20 miles he stopped temporarily, saying that running that far was too long.

I was still smoking three packs of cigarettes a day and was amazed that he could run 20 miles. But, he was 27, 5'10", and 150 lbs., and had run track in school, so he was excellently equipped. Later that year we discussed running, eventually he got me out on our first three miler. I made it, and with a little encouragement soon quit smoking. I ran regularly until winter as did Kent. The spring of 1980, we decided to train for the TW-33/Hooks Marathon. Even though we lived 130 miles apart, we talked weekly about distance, times, training goals, and got together for the long runs whenever possible.

That year we finished two marathons, I breaking four hours, he breaking 3:30. We were lucky - developing a closeness that only a few people can experience.

We had worked together to reach common goals with a growing admiration, respect, and determination. By the end of the year he had run 10K in 39:15 and was getting ready for next year's marathon. I had run through my first winter and felt a chance of even running his pace in longer races. We knew this was going to be a great year.

At our next race, the 1981 Diet Pepsi 10K - we planned to run a 6:30-6:35 pace. But throughout the warm-up Kent was not feeling well. We started, but at 1/2 mile he slowed. I went on. At two miles he quit - when I finished and saw him, he was quite pale. He said it was the flu. He took a week off and then went back at it. He trained hard and ran races in April and May. But, his performance was not improving, so he trained harder. I just continued to train for the marathon. Then, in May I had an emergency call at my office - Kent was in the hospital - his heart! The diagnosis was myocarditis with arrhythmia problems. His heart was 70% larger than normal and had permanent damage.

He's been in bed this last year. Now, even after the rest, he has been in and out of the hospital. The only prognosis is that to continue life he will require a heart transplant.

Now, even with all the hurt, our painful feelings of being cheated and the many frustrations, I realize we are still lucky. We still have the bonds that so very few have. We are brothers, best friends and runners. All the wonderful feelings we have shared cannot be taken away. Hopefully, with some help, prayers, and luck we could walk and jog together again some day.

## President's Column

by LARRY LEE

(Gifts to help pay for the transplant can be made payable and sent to the Kent Davis Heart Transplant Fund, Fort Wayne National Bank, 110 West Berry Street, Fort Wayne, Indiana 46802.)

### WE Meeting

The May WE Meeting was held on May 9th at the home of Sue Sorrick. Dr. George Bowman, Podiatrist, was guest speaker.

Prior to his presentation, Jan Kissinger distributed current WE Directories to all present.

Dr. Bowman has been practicing in Fort Wayne for five years. He is a previous runner and now specializes in treating sports injuries.

Dr. Bowman explained the method of his complete preliminary exam on the patient's initial visit to his office. He also gave us information on how to diagnose yourself for simple injuries along with information on buying correct shoes for simple injuries.

In addition he talked in depth about running injuries, ailments and treatments for these injuries.

A question and answer session followed his presentation; then a social time. A tentative meeting is planned in early August.

-Marsha Schmidt

The month of July means TV-33/ Hook's Marathon time. The eighth annual running of this Three Rivers Festival classic has evolved into an entire weekend extravaganza, one that every FWTC member and family will want to participate in even if not entering the race itself. Registration at the Marriott, mini-clinic at the IU-PU's new gym, pre-race spaghetti dinner, the Marathon, the awards ceremony, the post-race FWTC party, the TV-33 filmed highlight program - seven big events to enjoy. And with the exception of the Spaghetti Dinner, all are free!

The Club has been working hard to make the 1982 Marathon weekend the best ever. Dan Widmann is working as my co-director. Together with Bill Nichols and Cheryl DeFay at TV-33, we have devised a plan whereby finishers' T-shirts and certificates with unofficial times will be distributed at or before the awards ceremony, which starts at 11:30 a.m., Sunday morning. We hope all goes well on race day with the execution of our plan.

Anne Sheets, chairman of the Wheelchair Division, has put in a tremendous amount of conscientious effort both to insure a large, competitive wheelchair contingent and to stage our first marathon mini-clinic. Junior Rice, the 1980 wheelchair champ and course record-holder, Marty Ball, and Natalie Bacon headline the wheelchair entries. Columbia City's Larry Smith should be ready for his second TV-33/ Hook's success. The FWTC also welcomes and salutes Ossian's Tony Jester, who recently received his first racing chair and is gearing up for his first marathon with us.

The mini-clinic that has been lined up looks impressive. FWTC VP Don Goldner is serving as master of ceremonies and the program should prove to be a major attraction for the runners, local handicapped people, and the general community. Bring your friends and let's have a gib crowd to get this inaugural effort nicely off the ground.

Deborah Blume has again put the spaghetti dinner together this year. Last year's dinner was a resounding success, thanks to Deb, Ian Rolland, and the people at Lincoln Life, and Tom Casaburo. Ian has again volunteered his company's cafeteria, and Tom, co-owner of Casa D'Angelo's, will again be serving up the best Italian food in the area. The fare is delicious, the setting is pleasant, and camaraderie couldn't be better, the price is right. Get your reservations early so Deborah and Tom can plan appropriate quantities to serve.

Planning the race itself has gone smoothly. The course was changed slightly to maintain last year's improved starting point and finishing point with the least amount of change to the rest of the course. Dan and I schemed long and hard to devise the exact route - we hope you like it. Thanks to Phil Suelzer for his certified measuring of the final course.

Don Lindley again is heading up the aid stations and is doing his usual phenomenally diligent job. Another FWTC stalwart, John Treleaven, is lining up on-the-course timers and several anonymous spotters who will discover any Rosie Ruizes and help maintain the integrity of our race. Dozens of other FWTC members and friends will be contributing their help to make the 1982 edition truly America's finest mid-summer Marathon.

Needless to say, TV-33 and its General manager, Hilliard Gates, have also put their best foot forward again and have co-operated nicely to improve certain little things that all add up to a better race for the runners; the new 6:00 a.m. starting time; the receipt of certificates and T-shirts within an hour of the runners' finishing; an improved filming process for the half-hour highlight show, Bill Nichols has succeeded Cal Mahlock as TV-33's Marathon Director. He's one heckuva good man, an absolute pleasure to work with. And he knows a good deal about road racing and road races.

What better way to relax after Sunday morning's ordeal than a FWTG-sponsored beer and light refreshments party? Jerry Mazock started this "natural" of an event in 1980 at his home. An Kissinger followed suit with an informal back at her home last year. This year we thought we'd make the post-Marathon party an "official" FWTG function. I am hosting the party at my home, which sits on the small 18 acres lake in Bittersweet Moors. Addition, a few miles southwest of town off US-24 West. All Marathoners and all FWTG members are welcome. Bring the kids, tip a few with friends and fellow travelers, and mellow out on the tree and the unique ambience that heightens in pleasant, tranquil surroundings after a marathon.

As far as the field for the race itself is concerned, we are expecting a record turnout. There has been more advance interest in the 1982 race than any of the previous seven - and the new 6:00 a.m. starting time can account for only a part of that increased interest.

At any rate, the clear-cut favorite to win is two-time champion Dexter Lehman, now of Goshen, Indiana. That is, unless some unknown from outside the tri-state area enters and sneaks up on ol' Dexter. I don't believe any of the other past champs likely to enter - Patrick Davis, John Hanley - can touch him. The only name that comes to mind as a possible entrant is Piqua, Ohio's Rick Callison, 8th place finisher in Boston, 1982. Rick has competed as close as Bluffton but never in Fort Wayne to the best of my knowledge. Maybe someday we'll get him for our marathon.

If the weather is even half-way decent and Dexter stays free of injury, I'm predicting a new Fort Wayne record, possibly in the 2:18:00 range, Lehman is capable. Consider his 1:18:40 effort in the Old Kent Bank 25K River Run in May - that's a 5:05 per mile clip for 15.5 miles. The 6:00 a.m. starting time should help, but a challenger or two might be even more of an aid to his quest for a sub-2:20 clocking. As far as the local FWTG aspirants go, I am betting on Rick Reitzug to be the first local runner home. Jerry Mazock could push Rick, and perennial toughie Dan Kaufman should be up there, too. Among the women, look for Mary Theresa Connelly, Theresa Ehrman, Jan Kissinger, Alma Ojeda, and Ann Suetzer, Joan Goldner, and Ann Jamison to dominate the top 25. The FWTG women contingent has come on very strong this past year.

Hats off to Race Director Jerry Mazock for another successful Hour Run on the track at Northrop HS, May 16th. This was my first distance run around a 400 meter oval, and frankly, I had trepidations about circling a small track monotonously for 60 minutes. I was pleasantly surprised at the lack of tedium - it was impossible to get bored running in the middle of a 9-rung circus with non-stop stringing music and topical patter from Jerry. What a pleasure to see the top runners like Loucks and Reitzug many times in the course of a race. I was amazed how smooth and strong these guys looked. Tom Loucks' winning effort? When you break a Dan Cloeter-held event record, you've done something.

We owe a big "thank you" to Jack O'Neill and Ann Mize for the nice job they did as co-directors of the Midwest Meet of Champions 8K at Northrop. By far the largest field this race has ever seen, 222 official finishers, enjoyed near perfect weather conditions and a well-organized race. Look at the times - it was a very competitive field. Tom Loucks graciously allowed Carmel's 36 year old Chuck Koepen to tie for first in 25:12. For those runners who relied on the 9:00 a.m. starting time listing

In the June issue of THE INSIDE TRACK Race Schedule and Race Calendar - and there were about a dozen of you - the FWTG apologizes most sincerely for that this error caused. Again, Ann and Jack, congratulations on a job well done. Hope your success will encourage other first-time race directors to volunteer their services.

With all the summertime races to peak for and personal goals and PRs on our minds, it is gratifying to see how many FWTG members looked beyond their own concerns to help out fellow club member and runner Kent Davis. The club has donated \$150.00 to Kent and will make available a "Kent Davis Fund" committee at all 1982 races for those who would like to help on an individual basis to delay Kent's hospital costs. Many FWTG members supported the Benefit Lunch at St. Jude's United Methodist Church, June 6th. I believe strongly that we look after and care for our own - if there are any suggestions for other ways we as a club can help Kent and his family in this time of deepest need, please share your ideas with any member of the executive council prior to our July 17 meeting.

See you at Don Lindley's 13.1 mile prediction run July 11th and at the Marathon Weekend Festivities July 17-18.

OXFORD TRIATHLON  
Charles Hall  
Swin - 2 mi. - 2 hrs.  
Run - 20 mi. - 3 hrs.  
Bike - 50 mi. - 3:20

RUN FOR HOPE 10K  
Martinsville, IN - 5-31-82  
Don Lindley PR 36:06  
5/35-39 PR 54:59  
53rd overall  
Michael Lindley PR 54:59  
337th overall  
Brian Lindley PR 64:27  
366th overall

INDIANAPOLIS MINI-MARATHON  
13.1 miles - 5-28-82  
Brady Wells 1:11:50  
18th overall(5200) 3/18-23  
Much better finish line organization this year and overall a very good race. Splits given every mile and more aid on the course this year. Overall winner was Greg VanWinkle in 1:07:15.

## Just me.

by GLORIA NYCUM

"Jessica" Nycum, stop eating my plants. Jessica is our cat and she is crazy about my house plants. The more I yell, the more she eats! She listens to me as well as my kids. Oh well, if you can't beat them, join them. Grow herbs and spices for house plants and then the plants will be attractive plus edible for all.

To begin this adventure I first secured a book that could explain the care and use of such plants. The World of Herbs and Spices by Ortho is the one I purchased. However, I'm sure there are many other books of equal quality that can be used. The book suggested some "easy to grow plants" such as basil, catnip, chamomile, fennel, giner, mistletoe, parsley, rosemary, sage, and thyme. The Ortho book gives specific directions on the planting and care of these "easy to grow plants".

The main reason I'm excited about having my own herbs and spices is that I'm trying to eliminate salt from my diet since it is believed to cause heart trouble, high blood pressure, kidney trouble, anxiety, and even allergies. Basil, parsley, rosemary, sage, and thyme are suggested as good salt substitutes.

Many people confuse table salt with natural sodium which our bodies need to keep all organs working in a balanced manner such as the acid-alkali levels, nerve impulses which influence muscle contractions and our digestive system. We can acquire natural sodium from fresh foods such as celery, carrots, beets, strawberries, cheese, coconut, and raw egg yolk. When I'm blending my orange juice, I throw in a raw

egg and sometimes a banana and the juice becomes foamy and delicious plus I'm getting my natural sodium.

I just peeked at my plants and they are still too small to use. While I'm waiting for them to become abundant so I can season my salads, soups, meats, and vegetables with them, I better check out how to use them. My Ortho book tells me that the oven can be used to dry out the plants and once dried, they can be kept in a small pottery container near the stove so they are at your fingertips for cooking. Plants can also be tied in bunches and hung near the stove to dry. A mortar and pestle or blender can be used to combine herbs and spices but careful experimentation by each household to produce combinations pleasing to the tastebuds is important.

Herbs and spices have many uses in wines, teas, bouquets, sachets, scented candles, oils, perfumes, soaps, skin and hair care, and other uses. Ortho gives directions for these, various uses but unless I find an overnight giant plant producer, it will be awhile before I get to use my plants for cooking let alone the other suggested uses.

For those of you who have a head start on raising herbs and spices, I found the following suggestions for the easy to grow plants mentioned at the beginning of my article:

Basil - especially good in soups and spaghetti sauces; scrambled eggs, potpourris, and sachets.

Catnip - besides being irresistible to Jessica and other cats, it can be used in tea, jellies, potpourris, and sachets.

Chamomile - most popular of herb teas. Also used in facial saunas and hair rinses.

Fennel - used in teas, puddings, cakes, pickles, and potpourris.

Ginger - adds zest in soups, breads, pies, stewed fruits,

cheese dishes, stews, or try a pinch in coffee.

Mistletoe - makes a soothing tea.

Parsley - eating parsley after garlic and onions removes odors from the breath since it contains chlorophyll. Also used as a flavoring in soups, salads, meat and egg dishes. Parsley is high in vitamin K.

Rosemary - used in lamb, chicken, shrimp, breads, vegetables, stuffings, fruit (especially citrus), and salads.

Sage - used in soups, stuffings, sauces, stews, cheese, and tea.

Thyme - a pinch of thyme is a necessary ingredient in Manhattan clam chowder. Also used in soups, stews, stuffings, salad dressings, fish and meat dishes, and adds zest to vegetables. Adds a woody touch to potpourris and sachets.

### TULIP TIME RUN

Betty Jackson

We left Fort Wayne at 4:30 a.m., arrived in Holland at 9:10 a.m. The race started at 9:30 a.m. My legs were ready to run. I warmed up a couple of blocks with my hot jogging shoes. At 9:30 a.m. I was standing in the front of the starting line, ready; the gun went off and so did I. The course was good and the weather was cool. The scenery was so beautiful that I had to slow down to take in the view; any excuse is better than none. I saw the finish line about 11:09. What can I say? At least I broke PR. After the race I went to the awards banquet. Several Fort Wayne men had finished very well. Tom, Linda, kids, and I had a picnic lunch and went to the beach. It was beautiful. We started home at 4:30 p.m., arrived at 8:00 p.m. What a day!

TULIP TIME RUN 20K - 5-22-82  
10/18-28(235) PR 1:39:00

440 RUN - 6-8-82  
1/19-29 PR 72.4

ONE MILE - 6-8-82  
1/19-29 6:39

HEART FUND RUN FOR LIFE  
6 miles - 5-23-82

Jeannie Hormann 82:30  
1st-Wheelchair Division

## FWTC FRIEND IN OREGON

Dave Waldrop

For those of you who aren't aware, we do have a FWTC member in Portland, Oregon. Steve Weiss, formerly a five year Fort Wayne resident and Plant Manager of Guardian Photo Lab, moved to Portland one year ago last March following a promotion/transfer. Some of you may remember Steve's "Farewell" article in the May, 1981, FWTC newsletter.

Steve and his wife, Shirley, became very good friends of ours while in Fort Wayne. Steve and I met one day approximately three years ago while running in Haverhill. Since that time, through many miles of running and racing together, we became extremely close and the best of friends.

This past April, my wife, Diane, and I had the opportunity to visit with Steve and Shirley in Portland. They have a lovely new contemporary home complete with hot tub and swimming pool in a hilly scenic area of West Linn. Mount Hood is visible from their dinette window. They have been enjoying and taking advantage of all the activities that the area has to offer - hiking, and snow skiing in the mountains, visits to the coast, plus walking and running in the many scenic parks and wooded areas. Unfortunately, since being in Portland, Steve has had to limit his running due to the treatment and possible eventual surgical removal of a heel spur. However, Steve did run in the 1981 Cascade Run Off and one other local 10K run.

Briefly, our visit consisted of a trip to the coast, the Columbia River Gorge, and Mulnomah Falls; two full days of downhill snow skiing at Mount Hood Meadows and Timberline (no broken bones-runners ski very carefully), shopping and sight seeing in downtown Portland, plus hot tubing, lots of hospitality with many home cooked meals, and three very enjoyable and unforgettable runs of which I would like to relate to you.

Our first run which included Diane was an early morning eight miler starting in a wooded area of Mary S. Young Park and out along the Willamette River and back. The

entire run was very scenic with rolling hills, waterfalls, and many early morning Salmon fishing vessels scattered along the river.

Our second run was again early morning. We wanted to run twice that day so when looking at the Portland running guide we attempted to find a short three to four mile scenic course. We found a 3.8 miler in Washington Park described as scenic, hilly, and a part of the Wildwood Trail 26 mile marathon training course. The 3.8 miles was to be a loop course starting on Wildwood Trail at the zoo and continuing to Hemlock Trail and back to complete the loop. If you like running up muddy "switch back" mountain trails, this was the course for you! To add insult to injury, Hemlock Trail was never to be found and after four miles the only logical thing to do was to run back the way we came. I now believe those being lost in the wilderness stories!

After eight miles with mud soaked shoes and sore quads, the car was a welcome sight. Steve remarked that the car looked better to him than all the beautiful scenery we had just encountered during the run. Seriously, the course was beautiful with green dense forest, cliffs, small waterfalls, and a Japanese garden. During the dry season and with a strong pair of legs, this would be a very desirable course

In spite of this unexpected stressful experience, we stuck to our plan for later the same day to run Terwilliger as this was the eve of our return trip to Fort Wayne. And when you are in Portland you have to run Terwilliger above Duniway at sunset. The only change in our plan was to reduce the distance to approximately four miles. We started just before dusk approximately one mile up the hill from the YNCA and outdoor track. I have never seen so many other runners during a training run. We continued up the hill for two miles and back on the 6' wide designated soft asphalt running area along Terwilliger. Well below was a view of downtown Portland and the surrounding area plus there was Mount Hood on the horizon with the moon slowly rising above it as darkness set in and the lights of the city began to appear. Need I say more?

Yes! It was my most enjoyable running experience and doubly so because it was another final run, at least for awhile, with my best running buddy, Steve Weiss.

Thank you Steve and Shirley for affording us the opportunity for these most memorable experiences.

If any of you fellow FWTC members are ever in the Portland area, give Steve a call. He would be more than happy to run the Washington Park "Muddy/Hilly 8" with you.

As a final note, in spite of the many advantages Portland has for runners, there are some neighborhoods, Steve's included, which due to several severe inclines (hills) one cannot enjoy the convenience of running out the front door and back again for a training run. The hilly conditions necessitate driving to a designated running area or park. This was one advantage I could think of for living in Fort Wayne, and after this past winter, we need as many advantages as we can get!

### HYATT MILE - 6-12-82

Robin C. Hartzell 5:06.44

What can you say for a race that was over before it got started. One mile doesn't leave much room for sight seeing or daydreaming. It was a good feeling though to know the legs could still handle it after a layoff of 8 months due to a knee injury.

### WARSAW 10,000 - 5-16-82

Robin C. Hartzell 46:17  
101st overall

Warsaw always holds a nice race with quality directing, an off the main road course and nice awards to top finishers. This year's race was postponed 45 minutes due to heavy rain and tonado conditions.

### KANSAS RELAYS MARATHON-4-17-82

Kansas Univ., Lawrence, KS  
Tim Bowman 2:50:04  
21st overall

A challenging course - had some up and down terrain, a headwind for a few miles, and a 3/4 mile climb (hill) near the end. Winning time was 2:27:32.

### CLEVELAND MARATHON

Dick Sive 3:55:34

## RUNNING IN SWEDEN

Betty Hite

I won the Lake County Heart Marathon, April 25, which qualified me to go to the Stockholm Marathon, June 5. I felt I could train and be prepared for the race. I could not, however, be prepared for the other obstacles I was to encounter.

I had four weeks to make sure of travel arrangements, see if I could miss the last week of school, and a myriad of other small chores. But the biggest obstacle was getting a passport. I found out that I had no birth certificate, one of the big essentials in getting a passport. The hospital had no record of my birth, nor did the state. I had to find two people who could verify that I had, indeed, been born. I also needed to provide early school records, etc., to prove, I suppose, that I hadn't been educated by the Commies and then dropped into Indiana as a plot against the CIA.

Time was getting short and I was getting desperate. Senator Lugar's office proved to be extremely helpful and my passport came the Thursday before I was to leave on Memorial Day.

I ran the Elkhart to Goshen 20K, then my family picked me up to go to the airport. My flight was great though eight hours is a long time in the air. I was met in Stockholm by a member of the race director's staff and taken to Boson, a college type PE facility that the Swedish government uses for housing foreign athletes.

The other runners at Boson were definitely world class. They had run all over the world and done well in the process. Emile Puttemans was there as were Ingrid Christensons, Doug Curtis, Mike Pinocci (the teacher-turned-black-jack-dealer who said to tell Jan hi), and several others. I was outclassed. But it was really interesting to listen to

these people talk about running. Running is on a whole new plane for them. While I didn't learn much from them about running per se, I did learn a great deal about international competition, sponsorships, etc. It was a valuable experience.

My next three days were spent sightseeing in Stockholm. I would not advise anyone to do this before a marathon. By Thursday night my legs were very tired and tight. Besides walking for hours, I had also run every day on the trails around Boson. I knew better than this, but I have occasionally been told that I don't use much sense when it comes to running.

The weather was to be a big factor in the race. It had been in the eighties all week, and we kept watching the skies for signs of change. Saturday morning the skies were still bright blue. This was perfect for vacationing, but not for running. The race was to start at 4:00 p.m. - a terrible time in my opinion. When it's broad daylight at 3:00 a.m., why not start the race then? But, as usual, no one asked my opinion.

The seeded runners got their own warm up area, so as not to be trampled by the other 12,000 runners. Our numbers had our names printed on them, and this would become important later in the race as the spectators would look at our numbers and cheer for us on a first name basis.

At 4:00 p.m. it was 87°F. I was having trouble staying cool just standing there. I was worried about the heat, I was scolding myself for being such a tourist, and I was wondering why I was in a race of this caliber in the first place. All runners, I think, can identify with these last minute doubts.

While the race director was giving last minute instructions, in Swedish, the gun went off. It had started. The spectators were numerous and enthusiastic. Though I couldn't understand what they were saying, I knew what they meant. The course wound around the streets of Stockholm. The aid stations were extremely important; I used each one, though I knew it was adding to my time. On some parts of the course the temperature was over 100°. It was displayed on digital clocks in Celsius, and I was glad I couldn't do the conversion to Fahrenheit in my head.

The finish was the most emotional experience I've ever had in running. The race

ended at the Olympic stadium from the 1912 Olympics. We passed through a big arch into the stadium itself. Our last 1/4 mile was running around the actual Olympic track. The stands were full of 50,000 vocal, enthusiastic spectators. It was really thrilling.

Though I was disappointed with my time, 3:02, I was more than positive about the race itself. It was well organized, well run, and had world class competition. I am proud to have been a part of it. The whole trip is an experience I'll never forget.

GREENWOOD 10K - 4-17-82  
1st F overall 37:40  
1/35-39

LAKE CO. HEART MARATHON 4-25-82  
1st F overall 2:52:50  
1/30-39

LAFAYETTE DIET PEPSI 10K 5-2-82  
1st F overall 37:20  
1/35-39

OLD KENT BANK RIVER RUN 25K 5-8-82  
3rd F overall 1:35:10  
1/35-39

WARSAW 10K - 5-16-82  
1st F overall 36:31  
1/30-39

MARKLAND MALL 10K Kokomo 5-22-82  
1st F overall 36:20  
1/30-39

BONNE BELL 10K-Columbus 5-23-82  
4th F overall 37:12  
2/33-39

GREAT RACE II 20K-Elkhart 5-31-82  
1st F overall 1:17:44

STOCKHOLM MARATHON 6-5-82  
5th-6th F 3:02

(additional comments from Betty)

I passed up the Boston Marathon this year because I thought I had a better chance at the Lake Co. Marathon. The overall prize of a free trip to the Stockholm Marathon helped me make the decision. This was one of the best organized races I've ever been in. It was even comparable to the FWTC races! The temperature was almost perfect for running. The only problem was that the personal tail wind turned into a head wind - for the whole 26.2 miles! I'm really looking forward to the Stockholm Marathon June 5. I've never been anywhere, and this sounds really exciting.

I went to the Old Kent River Bank Run to run with some world class runners in a first class

race. I had read about this from several sources and it sounded great. There were 3500+ registered runners including Herb Lindsay, Greg Meyer, Stan Mavis, Joan Benoit and Karen Blackford. Originally I was going to take it easy and enjoy the course. That lasted a mile or so. One neat thing about the race was that corporations were in charge of the aid stations and all runners were to vote on which was the favorite. One station had a brass band, one had lots of balloons, another had encouraging signs along the way. It added a little variety to the course. Greg Meyer won for the men and Joan Benoit was close to her world record time of 1:26 even with an unscheduled pit stop. It even happens to the biggies!

One neat thing I saw was when I was walking back to the car and saw Joan Benoit coming out of her hotel with a gigantic Nike bag slung over her shoulder. I thought at the time, "Even the best of them have to carry their own bags."

The race was marred by the death of a 29 year old East Lansing lawyer. I had no idea this had happened until Monday morning. He evidently had a heart attack, but he also had bronchial asthma. It's really too bad this had to happen. It gives critics more ammunition about the dangers of the sport. There is so much that is positive about running, I'd hate for people to be apprehensive about participating in it.

### WARRIOR 10K - Ohio City

1 Dan Irwin	32:15
2 Roger Kingsbery	32:27
3 Ed Eichler	33:03
4 Neal Kingsbery	33:21
5 Gary Williams	33:34
6 Mark Sanderson	33:36
7 Ken Williams	34:04
8 Jerry Williams	34:14
9 Brent Munro	35:06
10 Dave Stroh	35:19
11 Mike Hawk	35:28
12 Eric Pullins	35:29
13 Paul/Shaffer	35:29
14 Dave Ostendorf	35:50
15 Tom Brygider	36:13
16 Gary Sweigart	36:33
17 Dan Minnich	36:36
18 Dave Alt	36:48
19 Steve Keller	36:58
20 Roger Calvelage	37:08
21 Dave Smith	37:17
22 Jim Cox	37:35
23 James Mullins	37:37
24 Gary Noll	38:33
25 Gary Decker	39:03
26 Giz Youngerman	39:25
27 Dee Richardson	39:34
28 Rick Rickard	39:37
29 Joe Morgan	40:02
30 David Grothouse	40:08
31 Elliot Reymonds	40:10
32 Dave Roach	40:44
33 Larry Moody	42:07
34 Rod Carpender	42:23
35 Richard Ashman	42:27
36 Jim Davis	42:29
37 Steve Keister	43:07
38 John Snyder	43:15
39 James Rigdon	43:48
40 Randy Adams	43:52
41 Steve Hayes	44:07
42 James Heymann	44:18
43 Jim Inkrott	44:29
44 Bernie Motyka	45:15
45 Bob Clay	46:01
46 Connie Hoverman	46:18
47 Joe Salazar	47:37
48 Sue Griggs	48:25
49 Greg Scheidt	48:52
50 Bob Stevens	48:58

51 Jack Devitt	49:12
52 John Harlett	49:29
53 Amy Clay	49:33
54 Charles Mosure	49:48
55 Barb Feasby	49:53
56 Bill Benschneider	49:58
57 Tom Martke	50:00
58 Linda Benschneider	50:07
59 Bob Bryan	50:38
60 Phillip Steinen	51:05
61 Dave Bolenbaugh	51:14
62 Dave Conn	51:43
63 Pam Stevenson	53:13
64 Dee Howell	55:37
65 Lupe Bejarano	57:39
66 John Anderson	63:50
67 Jeremy Coutts	64:88
68 Joyce Eller	65:01

(Courtesy of Roger Kingsbery)

### RUN FOR LIFE - Toledo 15K - 5-2-82

Chuck Dowe	58:52
24th overall - 4/25-28	
Larry Acocks	1:01:37
41st overall - 10/24-29	

### DEFIANCE OPTIMIST RUN 10K - 5-8-82

Chuck Dowe	37:12
14th overall - 6-20-29	
Larry Acocks	38:49
24th overall - 8/20-29	

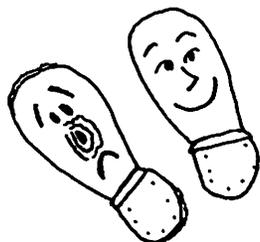
### OILER 5 MILER - Findlay - 4-17-82

Chuck Dowe	29:42
13th overall	
Larry Acocks	29:49
15th overall	

### NEWS DISPATCH 15K

Michigan City - 6-13-82

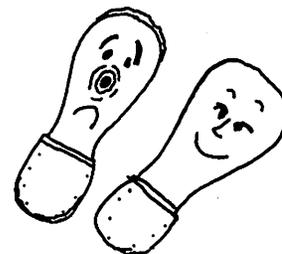
Tom Loucks	PR 48:04
22nd (8th open) - 3/19-24	



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MIDWEST MEET OF CHAMPIONS  
8K - Northrop HS - 6-12-82

1	Chuck Koeppen	)	25:11.9	70	* Chuck DeFord	30:35.6
*	Tom Loucks	)	25:11.9	71	* Ray Sibrel	30:36.2
3	* Brady Well-	)	25:43.9	72	Tim Kent	30:38.2
4	Kent Mahnesmith		25:59.4	73	John Heinkel	30:40.9
5	* Doug Sundling		26:25.8	74	* Joe Ziegler	30:44.8
6	* Jerry Mazock		26:26.1	75	* Mary Theresa Connolly	30:46.7
7	* Mike McManus		26:40.6	76	Tom Hickey	30:57.4
8	* Mark Herndon		26:41.4	77	Randy Widdifield	30:58.5
9	Vincent Garcia		26:57.1	78	* Larry Shively	30:59.5
10	* Tom Gerbers		26:59.9	79	Curt Vinson	31:01.0
11	* Dan Kaufman		27:08.5	80	Dan Martin	31:15.9
12	* Phil LeMaster		27:09.9	81	* Donald Peaks	31:19.3
13	* Tom Mills		27:14.9	82	Dan Bradtmiller	31:21.6
14	* Ken Babcock		27:18.0	83	* Chris Stauffer	31:23.7
15	Paul Sibray		27:19.1	84	Randy Drake	31:25.5
16	Bryan Thomas		27:43.4	85	* DeWain Cobbs	31:26.4
17	* Paul Beckwith		27:45.4	86	Jennifer Joyce	31:27.2
18	Brad Reinking		27:52.3	87	* Russ Suever	31:27.8
19	* Phil Suelzer		27:54.7	88	* Ken Miller	31:29.4
20	* Tim Fleming		27:57.9	89	David Ellis	31:32.3
21	* Phil Herndon		27:59.6	90	* Theresa Ehrman	31:36.6
22	* Jerry Perkins		28:03.3	91	* Dewey Culbertson	31:39.3
23	* Joe Barile		28:04.4	92	* Jeff Jones	31:42.1
24	* Don Lindley		28:05.5	93	* Dave Quinones	31:44.8
25	* Bob Bruckner		28:06.6	94	Tammy McCarty	31:51.6
26	* Edwin Hoffman		28:09.6	95	Don Thorp	31:55.3
27	* Norm Spitzig		28:10.3	96	* David L. Wilson	32:06.3
28	* Mike Robbins		28:12.9	97	Ted Moore	32:13.6
29	* Tim Glasper		28:13.8	98	* Tim Bolin	32:14.5
30	* Steve Brown		28:15.7	99	Chris Dobosz	32:21.5
31	* Ken King		28:22.1	100	* Tom Fisher	32:22.1
32	* Mike Kast		28:22.9	101	* Kristi Walker	32:22.9
33	* Mike Glasper		28:25.2	102	* Michael Byerley	32:23.6
34	* D. Hockley		28:29.8	103	* Bruce Barton	32:26.8
35	* Calvin King		28:33.8	104	* Larry Lee	32:27.3
36	Shane Ballman		28:35.6	105	* Barrie Peterson	32:28.9
37	* Woody Barker		28:39.4	106	* Tom Stinson	32:30.5
38	Sean Collentine		28:39.9	107	* Larry O'Herron	32:31.4
39	* Jim Anderson		28:42.0	108	Steve Chrislieb	32:33.8
40	Jim Hiester		28:42.7	109	* Gary Hooten	32:35.9
41	* Myron Meyer		28:43.2	110	* Tim Bradner	32:39.3
42	* John Treleaven		28:45.7	111	* Andy Lubin	32:39.8
43	Jim Spragle		28:51.1	112	* Gene Whitacre	32:40.5
44	* Mike Beltz		28:51.7	113	* Ann Jamison	32:49.7
45	* Chuck Dowe		28:53.3	114	* Tom Donelson	32:56.7
46	* John Schwarze		28:57.2	115	Shannon Planck	32:57.1
47	* Larry Averbek		28:59.5	116	James Mohr	32:58.4
48	Bob Swinehart		29:03.5	117	* Alma Ojeda	32:58.8
49	Brad Berggoetz		29:08.8	118	* David Dale	33:01.5
50	* Tom Shank		29:09.3	119	* Gene Striggle	33:02.2
51	* Steve Gradeless		29:18.7	120	* Rob Mills	33:16.8
52	John Hinkley		29:20.2	121	* Don Goldner	33:17.5
53	* Bill Schmidt		29:25.2	122	* Stan Florea	33:26.6
54	Jerry Banantes		29:28.6	123	Rick Kessler	33:34.9
55	Joe Hollobaugh		29:33.3	124	* John Peterson	33:41.1
56	Don Drake		29:35.4	125	* Dan McGuire	33:49.6
57	David Garrett		29:38.6	126	* Rex DeVoe	33:57.4
58	Bill Lambort		29:57.1	127	* Greg Hughes	33:59.2
59	Kent Buehrer		29:59.0	128	* Jerry Rickard	33:59.9
60	Phil Wisniewski		30:01.1	129	* Rick Hower	34:05.3
61	* Larry Acocks		30:07.4	130	* Clyde Shank	34:06.7
62	* Dave Fairchild		30:08.0	131	* Tom Laird	34:08.0
63	* Giles Tomlinson		30:12.4	132	* John Schwarze	34:12.7
64	* Charles Brandt		30:18.2	133	* Dennis Flennerly	34:15.1
65			30:21.5	134	* Donald Helman	34:18.5
66	* Steve Adkison		30:23.6	135	Jerry Kortzenber	34:19.0
67	Fred Morstman		30:25.1	136	* Ian Rolland	34:19.4
68	Rod Tones		30:33.1	137	* Doug Curtis	34:20.1
69	* Gary Dunn		30:33.8	138	* Tom Finan	34:24.3
				139		34:25.4
				140	* Kelly Muter	34:27.6
				141	* Phyllis Suelzer	34:36.2
				142	* Marvin DuBois	34:44.8

143 * Larry Linson	34:59.0	183 * Rick Longworth	38:20.1
144 * Andy Havens	35:07.6	184 * Gloria Nycum	38:21.3
145 * Chuck Okorowski	35:12.9	185 * King Sullivan	38:32.5
146 * Dave Wolff	35:15.7	186 * Jim Amstutz	38:47.2
147 * Bill Sohaski	35:25.2	187 * Doloris Fandt	38:51.7
148 * John Ramsey	35:26.0	188 * Jack Goble	38:55.9
149 * Rudy Kleinknight	35:30.5	189 Greg Gobet	39:14.0
150 * Rick Braun	35:37.0	190 Greg Robbins	39:27.1
151 * Terry Coonan	35:41.7	191 * Cynthia Sabrack	39:29.0
152 Dave Klopfenstein	35:42.2	192 * Paul Sabrack	39:29.6
153 Jeff Clark	35:48.4	193 * Jeremy Jackson	39:42.2
154 * Robert Wiersma	35:56.5	194 * Chet Fleetwood	39:45.8
155 Eric Maze	36:05.7	195 * Don Hoover	40:20.8
156 * Mike Pressler	36:08.1	196 * Tracy Sohaski	40:25.0
157 * Jim Drews	36:17.3	197 * Richard H. Mason	40:38.4
158 Robert Clay	36:23.5	198 * Linda Gensheimer	40:40.1
159 * Jan Kissinger	36:25.4	199 * Roseann Simmons	40:47.4
160 * John Hilker	36:26.1	200 Steve Lehr	41:39.2
161 * Betty Jackson	36:27.7	201 * Al Moore	41:42.5
162 Chad Gerbers	36:28.4	202 * Bonnie Taylor	41:48.2
163 * Rudi Florreich	36:57.7	203 * Brenda Wolfe	42:00.3
164 * Joseph Brooks	37:02.1	204 * Ann Linson	42:06.5
165 Mark Mollett	37:09.5	205	42:23.0
166 * Marsha Schmidt	37:09.8	206 * Michael Lindley	42:39.5
167 * Linda McGuire	37:10.3	207 * Julia Wilson	42:59.3
168 * Sharon Ray	37:15.0	208 Peggy Bass	43:00.1
169 Jim Alguire	37:16.0	209 * Shahrokh Behnampour	43:23.5
170 * Mark Mishler	37:19.5	210 * Ross Moyer	43:55.8
171 * Jean Tipton	37:27.3	211 * Russ Neuman	44:14.6
172 * Stella Bestard	37:32.1	212 * Jean DeVault	44:37.1
173 * Sharon Wiersma	37:36.3	213 * Brian Lindley	44:55.5
174 Tim Carnall	37:43.6	214 * Mike Rumble	46:55.9
175 Connie McCarty	35:58.0	215 * Evelyn Myers	47:00.2
176 * Don Johnstone	38:00.5	216 * Mike Holbrook	47:24.8
177 * Curtis Nold	38:03.7	217	47:40.5
178 * Kim Dove	38:05.1	218 * Jody Ziegler	48:34.7
179 Amy Clay	38:06.6	219 * Tess Machlan	48:48.7
180 Mark Kimdol	38:14.5	220 * Maurine Gensheimer	51:10.5
181 * Wendell Adams	38:16.7	221 * Sharon Pauley	67:43.4
182 * Eunice Weis	38:19.4	222 * Bob Pauley	67:44.6

AWARDS  
MIDWEST MEET OF CHAMPIONS

MEN

14-under

- 1 Jerry Banantes
- 2 Dan Martin
- 3 \* Jeff Jones
- 4 Ted Moore
- 5 Chris Dobosz

15-19

- 1 Kent Mahnesmith
- 2 \* Mike McManus
- 3 \* Mark Herndon
- 4 \* Phil LeMaster
- 5 \* Tom Mills

20-24

- 1 \* Tom Loucks
- 2 \* Brady Wells
- 3 \* Ken Babcock
- 4 \* Tim Glasper
- 5 \* Kenneth King

25-29

- 1 \* Doug Sundling
- 2 Vincent Garcia
- 3 \* Paul Beckwith
- 4 \* Edwin Hoffman
- 5 \* Mike Glasper

30-34

- 1 \* Jerry Mazock
- 2 \* Tom Gerbers
- 3 \* Dan Kaufman
- 4 Paul Sibray
- 5 \* Phil Suelzer

35-39

- 1 Chuck Koeppen
- 2 \* Don Lindley
- 3 \* Bob Bruckner
- 4 \* Mike Beltz
- 5 \* Jonn Schwarze

40-44

- 1 \* Jerry Perkins
- 2 \* Woody Barker
- 3 \* Larry Averbek
- 4 \* Charles Brandt
- 5 \* Ray Sibrel

45-49

- 1 \* Joe Barile
- 2 \* Bill Schmidt
- 3 \* Joe Ziegler
- 4 \* Donald Peaks
- 5 \* Chris Stauffer

50-59

- 1 \* Mike Kast
- 2 \* Myron Meyer
- 3 \* Giles Tomlinson
- 4 \* Gene Whitacre
- 5 \* Gene Striggle

60-over

- 1 \* Chet Fleetwood

WOMEN

19-under

- 1 Jennifer Joyce
- 2 Tammy McCarty
- 3 \* Kristi Walker
- 4 \* Alma Ojeda
- 5 \* Kelly Muter

20-29

- 1 \* Mary Connolly
- 2 \* Theresa Ehrman
- 3 \* Phyllis Suelzer
- 4 \* Betty Jackson
- 5 \* Linda McGuire

30-39

- 1 \* Ann Jamison
- 2 \* Jan Kissinger
- 3 \* Marsha Schmidt
- 4 \* Sharon Ray
- 5 \* Jean Tipton

40-over

- 1 \* Gloria Nycum
- 2 \* Bonnie Taylor
- 3 \* Julia Wilson
- 4 \* Jean DeVault
- 5 \* Evelyn Myers

\* FWTC Members

Race Directors:

Ann Mize - Jack O'Neil

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NEWS-DISPATCH 15K - Michigan City, IN  
June 13, 1982

(Masters and all women had a 10-minute head start on the balance of the field. \* denotes open runners with finish times adjusted.)

1	Brian Harris (45-49)	49:39:4
2	Bill Olrich (45-49)	49:53
3	Ernest Billups (45-49)	50:30
4	Carl Carey (45-49)	51:20
5	Susan Morgan (19-24F)	53:46
6	Hal Higdon (50-54)	53:46
7	Abbas Goudarzi (40-44)	53:57
8	Clyde Baker (50-54)	54:11
9	Ray Carey (50-54)	55:12
10	Betty Hite (35-39F)	55:48
11	Myron Meyer (55-59)	55:51
12 *	Mike Matteson (19-24)	45:56
13 *	Dexter Lehman (25-29)	46:00
14 *	Curt Carey (16-18)	46:38
15 *	Kevin Higdon (19-24)	46:50
16	Jim Forshee (55-59)	56:54
17	Judy Crowe (14-18F)	57:23
18 *	Don Kardong (30-34)	47:26
19 *	Steve Serma (25-29)	47:39
20 *	Dean Reinke (25-29)	47:50

With Nike, Inc., sponsoring trips to Philadelphia for six Masters runners (4 men, 2 women), the News-Dispatch 15K drew one of the best masters fields of the year. The great weather and fast course helped many runners set personal records. The race was the fifth of a seven race series that selects the best masters runners in the country for a 10K race to be held in Philadelphia, August 15th. Two prominent FWTC members earned the coveted honor: Myron Meyer, winner of the 55-59 division; and Betty Hite, winner of the women's 35-39 division. Congratulations to both of these fine competitors.

Following is a copy of the letter given to the winners of this honor:

June 13, 1982

Dear Masters Athlete:

Congratulations!

Your performance at the News-Dispatch 15K in Michigan City, Indiana, has won you a trip to Philadelphia. There, the National Masters Sports Festival 10K Road Run, Sunday, August 15th, will serve as the Final in the NIKE Masters Grand Prix series.

The National Masters Sports Festival coincides with the 300th anniversary of the founding of the city of Philadelphia and is one of its official activities. Men and women masters will participate in a number of sports, including road racing and track & field. Plans are being made to televise the event as a celebration of the masters athlete.

Besides yourself and 45 other outstanding distance runners who have won similar trips, there may be as many as one thousand masters and sub-masters in this historic race along the Schuylkill River. NIKE and Penn Mutual hope it will be an event which helps to focus the nation's attention on the older athlete.

NIKE will cover your airfare to Philadelphia, your lodging there and provide a modest amount for your expenses in Philadelphia.

Please complete the enclosed form and return it to 3900 S.W. Murray Blvd., Beaverton, OR 97005. If you have any questions, please call (503) 641-6453 and either I or my assistant should be able to help you.

Again, congratulations on your fine race.

Best Regards,

s/Valdemar Schultz  
Masters Athletes  
(Nike, Inc.)

GREAT RACE II - Elkhart - 5-31-82

(partial list of finishers)

20K - Elkhart to Goshen

2	Tom Loucks	1:09:56
14	Betty Hite	1:17:44
21	Myron Meyer	1:19:27
56	Gary Spry	1:27:46
153	Chuck DeVault	1:43:48
161	Tom Firestine	1:45:29
163	Joseph L. Brooks	1:45:35
186	Kathy Leistikow	1:49:40
202	Bonnie Taylor	1:58:46
223	Jean DeVault	2:12:27

10K - Dunlap to Goshen

8	Brady Wells	33:35
42	John Schwarze	38:19
51	Art Obregon	38:55
53	Rich Fairfield	39:00
72	Giles Tomlinson	40:50
84	Sue Carnes	41:30
108	DeWain Cobbs	43:01
112	Don Branstetter	43:16
127	Bernie Huesing	44:00
188	John Schwarze, Jr.	46:55

CARMEL CLASSIC 15 KILOMETER - 6-20-82

Bright, sunny skies and temperatures in the low 70's greeted runners at Carmel Junior High for this competitive 15K. The added attraction of open team competition leads most of the top road runners in the state to compete here. Following is a list of the top ten men, top three women and team results.

MEN

1	John Bixby	46:54
2	Curt Carey	47:02
3	Gary Romesser	47:36
4	Herman Bueno	47:39
5	Bill Gavaghan	47:42
6	Dexter Lehman	47:58
7	Tom Loucks	48:38
8	Kerry Dickson	49:00
9	David Widmer	49:12
10	Doug Osborn	49:26

WOMEN

1	Diane Bussa	53:45
2	Betty Hite	
3	Diane Okon	

TEAM

1	Athletic Annex (orange)	
	1,6,7,8,10 =	32
2	Runners Forum	
	2,4,5,11,13 =	35

**FWTC ONE-HOUR CHAMPIONSHIP**  
**Northrop HS - 5-16-82**

Overall Winners: - 11.174 miles  
 Tom Loucks  
 Theresa Ehrman - 9.024 miles

**MEN** miles

- 14-19  
 1 Andy Cauffman  
 2 John Schwaner, Jr.  
 3 Bobby Wiersma  
 4 Brent Jackson  
 5 Brian Lindley  
 6 Tom Gilbert  
 7 Michael Lindley

8.16  
 7.84  
 6.69  
 6.53  
 6.14  
 4.93  
 4.19

- 20-24  
 1 Tom Loucks  
 2 Mike Bultemeier  
 3 Jerry Williams  
 4 Ken Sohaski  
 5 Terry Matthews  
 6 Ken Votaw

11.174  
 10.58  
 10.47  
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- 25-29  
 1 Edward Hoffman  
 2 Mike Steigaltz  
 3 Mike Glasper  
 4 Roger Wilson  
 5 Gary Hooten

9.86  
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 8.32

- 6 Andy Lubin  
 7 Tom Donelson  
 8 Ed Brower  
 9 Larry Linson

8.25  
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 7.70  
 7.56

30-34

- 1 Rick Reitzug  
 2 Tom Gerbers  
 3 Dan Kaufman  
 4 Norm Stitzig  
 5 Mike Robbins  
 6 Jim Berghoff  
 7 John Treleaven  
 8 Phil Wisniewski  
 9 Lynn Armstrong  
 10 Mike Zurzolo  
 11 Dennis Kroells  
 12 John Schwarze  
 13 Russ Sneider  
 14 Tim Bolin  
 15 Phil Shafer  
 16 Dave Winter

10.746  
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 10.47  
 9.95  
 9.9  
 9.68  
 9.667  
 9.439  
 9.39  
 9.35  
 9.29  
 9.23  
 8.89  
 8.78  
 8.52  
 8.36

35-39

- 1 Todd Rigelman  
 2 Don Lindley  
 3 Art Obregon  
 4 Wayne Schaltenbrand  
 5 Tom Mangette  
 6 Mike Byerly  
 7 Chuck Okorowski  
 8 Larry Lee  
 9 Dennis Flannery  
 10 Marv Dubois  
 11 Rudy Klein knight  
 12 Robert Wiersma  
 13 Larry Yant

10.02  
 10.001  
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 9.50  
 8.77  
 8.608  
 8.39  
 8.34  
 8.09  
 8.07  
 7.88  
 7.47  
 7.169

## HEART RATE MONITORING

### a proven aid to Physical Fitness & Conditioning

Heart rate — the number of heartbeats per minute — is the ideal medical basis on which to control exertion, particularly the intensity of training effort.

EXERSENTRY™ enables you to achieve maximal training effect because it gives you immediate, continuous and reliable feedback about your conditioning effort in relation to your current level of fitness. This simple lightweight digital instrument can be worn unobtrusively under your clothes while you jog or run.

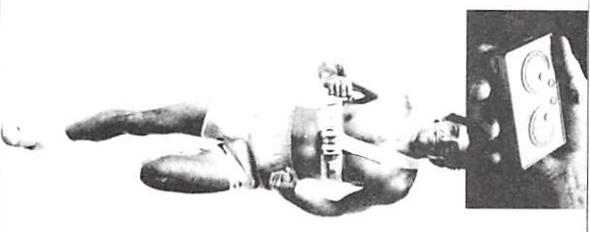
UNIT PURCHASE PRICE of \$125.00 includes measurements of fitness, aerobic "target zone" conditioning prescription, and personal use accessories. EXERSENTRY™ is warranted for individual use for a full year.

AVAILABLE FROM

#### HEALTH MANAGEMENT GROUP

6116 Neighbor Drive  
 Fort Wayne, IN 46815

For Information or Demonstration  
 call (219) 485-4746



40-44

1	Woody Barker	9.79
2	Jack Dyer	9.37
3	Charlie Brandt	9.254
4	Ray Sibrel	9.031
5	Ken Miller	8.71
6	Ken Clark	8.413
7	Alan Gilbert	7.997

POINTS STANDINGS (as of 6-1-82)  
 (includes first six points races -  
 minimum of three races to be listed)

45-49

1	Joe Barile	9.886
2	Bill Schmidt	9.402
3	Larry O'Herron	8.958
4	Chris Stauffer	8.908
5	Dave Wilson	8.79
6	Bill Sohaski	8.33
7	Terry Gautsch	8.26
8	Joe Ziegler	8.26
9	Don Goldner	8.209
10	Ian Rolland	8.13
11	Don Helman	7.952
12	Rudi Florreich	7.51
13	Chuck DeVault	7.193
14	Edgar Marrotte	7.08
15	Lynn Milner	6.91
16	Jim Dupont	5.4

No. of	Total
<u>Races</u>	<u>Points</u> <u>Rating</u>

MALE

14-under

1	Andy Cauffman	4	8	.500
2	John Schwarze	6	20	.556
3	Shawn Clem	3	19	2.111
4	Bobby Wiersma	3	21	2.333
5	Brian Lindley	3	26	2.889

15-19

1	Mark Herndon	3	5	.556
2	Tom Mills	3	7	.778
3	Chris Edington	3	9	1.000
4	Mike Kolb	4	18	1.125
5	Scott Applegate	3	16	1.778
6	Jeremy Jackson	3	23	2.556

20-24

1	Tom Loucks	6	8	.222
2	Craig Schwartz	5	7	.280
3	Mike Bultemeier	4	9	.563
4	Jerry Williams, Jr.	4	10	.625
5	Ken Votaw	3	29	3.222

25-29

1	Steve Gradeless	4	8	.500
2	Dan Minnich	3	10	1.111
3	Edward Hoffman	5	28	1.120
4	Tony Gatton	3	14	1.556
5	Roger Wilson	3	15	1.667
6	Larry Ellis	4	31	1.937
7	Mike Glasper	3	21	2.333
8	Andy Lubin	3	23	2.556
9	Gary Dunn	3	27	3.000
10	Steve Tielker	3	30	3.333
11	Larry Linson	3	37	4.111
12	Greg Fahl	3	41	4.556
13	Mike Avila	3	45	5.000

30-34

1	Rick Reitzug	4	5	.313
2	Dan Kaufman	5	9	.360
3	Mike Robbins	6	27	.750
4	Jerry Mazock	5	21	.840
5	John Treleaven	5	24	.960
6	Norm Spitzig	4	22	1.375
7	Tim Fleming	3	13	1.444
8	Jim Berghoff	6	53	1.472
9	Steve Brown	5	43	1.720
10	Phil Wisniewski	5	54	2.160
11	Dave Ruetschilling	4	35	2.188
12	Bob Nunley	3	20	2.222
13	Mike Zurzolo	5	56	2.240
14	Lynn Armstrong	4	38	2.375
15	Mike Melendrez	3	22	2.444
16	Mike Medler	3	23	2.556
17	Dennis Kroells	4	43	2.687
18	Russ Suever	4	59	3.687
19	Tim Bolin	4	63	3.937
20	Phil Shafer	5	101	4.040
21	Gary Spry	4	68	4.250
22	Tom Mather	4	85	5.313
23	Terry Shipley	3	48	5.333
24	Larry Shively	3	52	5.778
25	Tom Archbold	3	69	7.667
26	Rick Longsworth	4	143	8.937
27	Randy Patten	3	91	10.111
28	Rick Ravine	3	106	11.778

50-59

1	Myron Meyer	9.73
2	Giles Tomlinson	9.124
3	Gene Whitacre	8.8
4	Eugene Striggle	8.409
5	Vern Chovan	8.24
6	Larry Coddling	7.826
7	Wendell Adams	7.75
8	J.P. Jones	7.5
9	John Hilker	7.3
10	King Sullivan	6.86
11	Curt Nold	6.815
12	Ross Moyer	5.465

60-over

None

WOMEN

19-under

1	Alma Ojeda	8.483
2	Tracie Liebman	6.992
3	Holly Cauffman	6.81

20-29

1	Theresa Ehrman	9.024
2	Linda McGuire	7.84
3	Phyllis Suelzer	7.78
4	Betty Jackson	7.39
5	Ann Linson	5.996

30-39

1	Ann Jamison	8.556
2	Sharon Wiersma	7.535
3	Stella Bestard	7.51
4	Marsha Schmidt	7.202
5	Roseann Simmons	7.076
6	Deloris Fiandt	6.30

40-over

1	Bonnie Taylor	6.58
2	Julia Wilson	6.39
3	Jean DeVault	6.162
4	Maurine Gensheimer	5.045

Race Directors:

Jerry Mazock  
 Tony Gatton

**THE HALT  
BIG BROTHER:**

1-1/2 ounces;  
4-3/4" length;  
1-5/16" diameter



# HALT!<sup>®</sup>

## DOG REPELLENT

*the only dog-bite preventive used by the  
U.S. Post Office Department*



**LOW-COST,  
HIGHLY-EFFECTIVE**  
defense against vicious dog  
attack and injury for—

( Bike Riders and Runners )

HALT DOG REPELLENT provides unsurpassed protection from dangerous dog attacks. While repelling dogs on contact, HALTS stinging sensation soon wears off, leaving no harmful after effects.

HALT clips easily to your side and shares these superior advantages:

**CONVENIENTLY SIZED CONTAINERS**—Lightweight and compact for easy carrying in pocket or purse.  
**POWERFULL "FIRING" RANGE**—Pressure-packed aerosol can shoots stream up to twelve feet.  
**EXCLUSIVE ONE-PIECE CLIP/CAP**—Patented top-design assures accurate, one-direction spray. Recessed, uncovered "trigger" enables instant use, prohibits accidental discharge. Friction clip allows "fast draw" mounting on pocket or belt.  
**POTENT, HIGHLY-EFFECTIVE FORMULA**—Irritating contents aggravate sensitive nerve endings of dogs' eyes, nose, and mouth—inhibit their aggressive tendencies.  
**SAFE, MEDICALLY-TESTED INGREDIENTS**—Temporarily painful effects of spray usually wear off in ten minutes, leaving the dog completely unharmed.

Send \$3.99 to:  
Fleming Running Aids  
3120 Country Park Lane  
Fort Wayne, IN 46815

Allow 12 days for delivery

35-39

1	Mike Beltz	4	8	.500
2	John Schwarze	6	18	.500
3	Bob Bruckner	3	6	.667
4	Don Lindley	5	17	.680
5	Art Obregon	4	12	.750
6	Steve Adkison	5	20	.800
7	Todd Rigelman	4	16	1.000
8	Wayne Schaltenbrand	4	17	1.062
9	Ed Kerr	4	25	1.563
10	Rich Bolinger	5	48	1.920
11	Dave Fairchild	3	18	2.000
12	Larry Lee	6	76	2.111
13	Mike Byerley	5	60	2.400
14	Chuck Okorowski	4	40	2.500
15	Robert Wiersma	6	118	3.278
16	Rudy Kleinknight	5	92	3.680
17	Tom Clagg	3	39	4.333
18	Tom Mangette	3	42	4.667
19	Don Noland	3	48	5.333
20	Jim Martin	3	56	6.222
21	Tom Humbrecht	3	69	7.667

40-44

1	Larry Averbek	4	5	.313
2	Woody Barker	6	16	.444
3	Phil Miller	3	6	.667
4	Bob Harter	5	23	.920
5	Ray Sibrel	6	35	.972
6	Charlie Brandt	5	32	1.280
7	Ken Clark	5	49	1.960
8	Ken Miller	3	18	2.000
9	Pat Fairhurst	4	35	2.188
10	Alan Gilbert	4	45	2.813
11	John Barbier	3	30	3.333
12	Don Frey	3	42	4.667
13	Joe Brooks	3	45	5.000
14	Wade Monroe	3	48	5.333
15	Jerry Cauffman	3	54	6.000

45-49

1	Joe Barile	5	5	.200
2	Bill Schmidt	5	9	.360
3	Chris Stauffer	5	18	.720
4	Dave Wilson	5	19	.760
5	Joe Ziegler	5	28	1.120
6	Larry O'Herron	5	32	1.280
7	Robert McCuan	3	13	1.444
8	Robert Gensheimer	4	25	1.563
9	Don Goldner	6	67	1.861
10	Don Helman	5	54	2.160
11	Ian Rolland	4	44	2.750
12	Chuck DeVault	5	79	3.160
13	Herb Chandler	3	31	3.444
14	Dave Vance	3	32	3.556
15	Bernie Huesing	3	35	3.889
16	Rudi Florreich	4	64	4.000
17	Bill Sohaski	3	37	4.111

50-59

1	Myron Meyer	5	6	.240
2	Mike Kast	3	3	.333
3	Giles Tomlinson	4	8	.500
4	Vern Chovan	5	20	.800
5	Gene Whitacre	3	9	1.000
6	Gene Striggle	4	19	1.187
7	J.P. Jones	5	40	1.400
8	Robert Hatch	3	14	1.556
9	Curt Nold	5	40	1.600
10	John Hilker	4	26	1.625
11	Alfred Moore	5	45	1.800
12	Larry Coddling	4	33	2.062
13	King Sullivan	4	43	2.687
14	Ross Moyer	4	47	2.937

60-over  
none

FEMALE

19-under

1	Alma Ojeda	4	5	.313
2	Holly Cauffman	4	12	.750

20-29

1	Theresa Ehrman	4	5	.313
2	Mary Theresa Connolly	3	4	.444
3	Phyllis Suelzer	5	12	.480
4	Betty Jackson	6	27	.750
5	Ann Linson	3	18	2.000

30-39

1	Jan Kissinger	3	4	.444
2	Ann Jamison	4	8	.500
3	Marsha Schmidt	5	16	.640
4	Sharon Wiersma	5	23	.920
5	Jean Tipton	4	19	1.187
6	Stella Bestard	5	30	1.200
7	Phyllis Kerr	4	29	1.812
8	Betty Heyde	4	43	2.687
	Ann Mize	4	43	2.687
10	Roseann Simmons	3	27	3.000
11	Deloris Fiandt	3	28	3.111

40-over

1	Joan Goldner	4	4	.250
2	Bonnie Taylor	4	10	.400
3	Julia Wilson	4	11	.440
4	Gloria Nycum	3	6	.667
5	Maurine Gensheimer	3	9	1.000
6	Sharon Pauley	3	20	2.222

MALE-OPEN

1	Craig Schwartz	5	8	.320
2	Tom Loucks	6	12	.333
3	Rick Reitzug	4	12	.750
4	Mike Bultemeier	4	13	.813
5	Jerry Williams, Jr.	4	20	1.250
6	Dan Kaufman	5	33	1.320
7	Joe Barile	5	45	1.850
8	Steve Gradeless	4	30	1.875
9	Mark Herndon	3	17	1.889
10	Larry Averbek	4	42	2.625
11	Mike Robbins	6	104	2.889
12	John Treleaven	5	79	3.160
13	Woody Barker	6	115	3.194
14	Jerry Mazock	4	54	3.375
15	John Schwarze	6	130	3.611
16	Tom Mills	3	34	3.778
17	Tim Fleming	3	36	4.000
18	Phil Miller	3	40	4.444
19	Mike Beltz	4	74	4.625
20	Myron Meyer	4	80	5.000

FEMALE-OPEN

1	Theresa Ehrman	4	6	.375
2	Mary Theresa Connolly	3	7	.778
3	Phyllis Suelzer	5	21	.840
4	Alma Ojeda	4	17	1.062
5	Ann Jamison	4	21	1.312
6	Jan Kissinger	3	12	1.333
7	Joan Goldner	4	26	1.625
8	Betty Jackson	6	67	1.861
9	Marsha Schmidt	5	47	1.880



# 3RD ANNUAL OLD SETTLERS DAY

## 10,000 Meter Race

and  
2-MILE FUN RUN

JULY 17, 1982

Start and finish on the south side of the Whitley County Court House, Columbia City. Start at 8:00 a.m. - 2 mile 8:45 a.m. - 10K

Fun Run in town, 10K town and country both. Splits every one mile mark. Water at two and four mile mark and at finish.

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

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

No showers but restroom in the courthouse and municipal building. Chronomix Timer and ZETA-chron Digital Clock at finish line. For additional information: 219-244-5500

### AWARDS:

\*Top 20% in each age group  
 \*Award for best time over-all for men and women - 10K  
 \*Old Settlers Day Awards to first 30 finishers in 2 Mile Fun Run  
**RACE RESULTS WILL BE MAILED.**

### AGE CATEGORIES

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

All checks should be made payable to: Old Settlers Day 10,000  
**FEE MUST ACCOMPANY REGISTRATION**

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

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

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

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

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

T-SHIRT SIZE:  S  M  L  XL Telephone \_\_\_\_\_

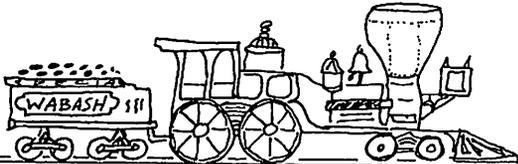
### SPONSORED BY:

Wabash Community Service, Wabash County Hospital, and MacDonald's, in conjunction with the Wabash Canal Days Festival and parade, one of the largest in the area.

Saturday, July 31, 1982, 8:30 a.m. Fun Run to start at approximately 8:40 am.

Honeywell Memorial Community Center, located on Canal Street, downtown Wabash.

CHECK - IN TIME:  
 7:00 - 8:00 a.m. at the Honeywell Center. Pick up race packets at this time.



# WABASH CANNONBALL

10,000 METER RACE

& FUN RUN

\$5 prior to July 27, \$6 after and day of race for 10,000 meter;  
 \$3 for Fun Run

The race will start at the Honeywell Center and will end approximately three blocks away on Fulton Street. Times will be posted as soon after the finish as possible, and complete results mailed within two weeks.

Showers, toilets, and dressing room facilities available at the Honeywell Center.

T-shirts to all pre-entries and day of race, as supply lasts, for all 10,000 meter and fun runners. Running suit to overall winner, trophies to first three places in each division. Awards ceremonies immediately following the race.

### RETURN ENTRY TO:

Carol McVicker  
 WABASH COUNTY HOSPITAL  
 P.O. Box 548  
 Wabash, IN 46992

### FOR ADDITIONAL INFORMATION CALL:

Mike Kennedy, Race Director  
 WABASH COMMUNITY SERVICE  
 (219) 563-1917

### DIVISIONS:

Men under 20  
 20 - 29  
 30 - 39  
 40 - 49  
 50 - 59  
 60 - over

Women under 20  
 20 - 29  
 30-39  
 40 - over

### ENTRY FORM AND WAIVER OF LIABILITY

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

ADDRESS \_\_\_\_\_ T-shirt: S M L XL

I plan to enter the 10,000 meter run \_\_\_\_\_ Fun Run \_\_\_\_\_

In consideration of your accepting my entry, I do hereby for myself, my heirs, executors, administrators and assigns waive and release all rights and claims for damages which I may have or which may hereafter accrue to me against the Wabash Cannonball 10,000 Meter Run and Fun Run, its sponsors, agents, representatives, or assigns for any and all damages which may be sustained and suffered by me in connection with my association with or entry or participation in the Wabash Cannonball 10,000 Meter or Fun Run.

Signature \_\_\_\_\_

(Parent or guardian if under 18)

(Date) \_\_\_\_\_

Dear Editor:

Being a non-runner, I was very lucky to have the skill and knowledge of Don Lindley in helping me with the fourth annual Run for Life Day to benefit the American Heart Association.

He devoted countless hours to this event and I am confident that he helped make it a success.

I thank all members of FWTC who participated this year. I hope to see more of you next year.

Special thanks to Terry Shipley who provided us with the timing equipment. Also, thanks to other FWTC members: Bob and Sharon Pauley and Barrie Peterson who worked as committee members and donated their time.

Who knows, Don might talk me into running yet; especially if everyone else in FWTC is as super as all the members I've met.

Thanks for helping Heart help Hearts.

s/Carol D. Poffenberger  
Run for Life Chairperson

NATIONAL SPORTS FESTIVAL  
Indianapolis, Indiana  
July 23-31, 1982

Andy Havens of Indianapolis has extended an invitation to the FWTC to reserve block seating for the Saturday, July 24th, events at the National Sports Festival. Andy's invitation includes:

- 10:00 a.m. - 4 mile run along Indianapolis Canal (scenic, lots of ducks) showers available.
- 12:00 p.m. - cookout at Andy's home.
- 2:00 p.m. - leave for the track.

Ticket deadline is July 15, 1982. All orders must be prepaid at \$7.50 each. If you are interested, contact Andy at:

317-844-9820  
Andy Havens  
935 Lake Nora  
North Dime, Apt. D  
Indianapolis, IN 46240

Event Number 7

- Saturday, July 24, 1982
- Athletics (Track & Field)
- I.U. Track and Field Stadium
- 3:30 Hammer Throw M
- 4:00 100 m Hurdles-Heptathlon
- 4:30 100 m Decathlon M
- 4:30 Shot Put Heptathlon W
- 5:00 Long Jump Decathlon M
- 5:15 Discus W
- 5:30 High Jump Heptathlon W
- 6:10 Shot Put Decathlon M
- 6:55 Javelin W
- 7:00 3,000 m Steeplechase M
- 7:00 Long Jump M
- 7:15 High Jump Decathlon M
- 7:20 4 x 100 m Relay W
- 7:30 4 x 100 m Relay M
- 7:35 Pole Vault M
- 7:40 200 m Heptathlon W
- 7:50 100 m Hurdles W
- 8:00 800 m W
- 8:10 1500 m M
- 8:20 400 m W
- 8:30 400 m M
- 8:40 3,000 m W
- 8:45 Javelin M
- 9:00 200 m W
- 9:10 200 m M
- 9:20 400 m Decathlon M
- 9:30 10,000 m M

NORTH AMERICAN VAN LINES

15,000 METER ROAD RACE

April 24, 1982

Overall Winners:

- Craig Schwartz - 51:31.7
- Theresa Ehrman - 1:01:35.6

MEN

14-under

- 1 Rick Ehlers 1:08:51.5
- 2 Steve Connelly 1:09:33.5
- 3 John Schwarze 1:12:30.4
- 4 Eric Heffley 1:15:13.7
- 5 Kevin Kolb 1:16:41.0
- 6 Shawn Clem 1:20:02.7
- 7 Steve Glasper 1:21:43.5
- 8 Brian Russ 1:29:39.0
- 9 Dan Hatcher 1:35:35.6
- 10 Brian Lindley 2:05:54.3

15-19

- 1 Chris Edington 59:10.1
- 2 David Quinones 1:01:49.2
- 3 Kirk Klein 1:02:00.4
- 4 Mike Kolb 1:05:53.4
- 5 Scott Applegate 1:09:04.7
- 6 Rick Schmalzreid 1:10:00.5
- 7 Dave Cooper 1:14:50.2
- 8 Mark Flaugh 1:22:20.2
- 9 Mark Mawer 1:27:31.9

20-24

- 1 Craig Schwartz 51:31.7
- 2 Bryan Sponseller 52:06.8
- 3 Clif Airgood 52:34.3
- 4 Michael Bultemeier 52:54.6
- 5 Tom Loucks 53:35.9

- 6 Terry Diller 57:12.2
- 7 Kenneth King 57:20.7
- 8 Tim Glasper 57:25.5
- 9 Bob Smith 57:55.1
- 10 Don Branstetter 58:11.6

25-29

- 1 Randy Airgood 53:14.1
- 2 Gary Painter 54:59.3
- 3 Vincent Garcia 54:38.2
- 4 Steve Gradeless 55:35.8
- 5 Darriel Suffel 56:06.7
- 6 Ron Wilkinson 56:33.3
- 7 Michael Glasper 57:36.8
- 8 Marshall Grate 57:44.6
- 9 Edward Hoffman 58:09.3
- 10 Chuck Dowe 58:16.3

30-34

- 1 Tom Gerbers 52:42.8
- 2 Rick Reitzug 52:48.9
- 3 Dan Kaufman 52:22.8
- 4 Tim Fleming 56:11.1
- 5 John Treleaven 56:39.4
- 6 Mike Robbins 57:13.5
- 7 Norm Spitzig 57:26.5
- 8 Rick Schooley 57:35.3
- 9 Art Obregon 57:38.3
- 10 Tom Yoder 57:43.9

35-39

- 1 Michael Beltz 56:15.9
- 2 Don Lindley 56:18.7
- 3 Todd Rigelman 56:27.7
- 4 Bob Bruckner 57:07.6
- 5 Wayne Schaltenbrand 58:18.2

**Sponsored by:** The Clear Lake Lions Club with the cooperation of the Fort Wayne Track Club and Toledo Road Runners Club

**Start/Finish:** Race will start and finish at Clear Lake Lutheran Chapel, 270 Outer Drive, Clear Lake, Indiana.

**Course:** The course is a TAC certified 10K and will be run on the left side of the road. The route will be one counter-clockwise loop around the lake. The course will cover rolling terrain. Traffic will be semi-maintained and splits given each mile.

**Entries:** For applications received on or before July 31, the fee is \$4.50 - after that date, \$6.00. There will be registration on the day of the race from 7:00 to 7:30. The 1-mile Fun Run begins at 7:30. It will cost 25 cents with ribbons to all finishers. Nylon mesh racing singlets will be given to the first 300 entries in the 10K.

The Clear Lake Plaque will be presented to the first overall male and female finishers. Customized desktop awards will be presented to the first four men and two women in each age group. Special Category awards will also be presented.

**Men and Women**  
 12 and under 13 to 15  
 16 to 19 20 to 24  
 25 to 29 30 to 34  
 35 to 39 40 to 49  
 50 and over

**Potluck Lunch:**  
 12 noon at 506 Lake Drive (1 mile mark or course). Open to all FWTC and TRRC club members. Hamburgers provided - bring your own side or dessert dish.

**8:00 AM INDIANA TIME**  
**9:00 AM OHIO & MICHIGAN TIME**  
**1 MILE FUN RUN STARTS AT 7:30 AM**

A team plaque will be presented to either the Fort Wayne Track Club or the Toledo Road Runners Club. Any club member may race for the team, but team members MUST pre-register by July 31, 1982.

AUGUST 7, 1982

# CLEAR LAKE 10 K

## OFFICIAL REGISTRATION AND SIGNED RELEASE FORM

In consideration on the acceptance of my entry in the Fourth Annual Clear Lake 10 KM Run for the Blind, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages which I may have against the Clear Lake Lutheran Chapel, the Clear Lake Town Council, the Clear Lake Police Department, the Clear Lake Lions Club, the Stueben County Sheriff Department, the Officials, and any person connected with this event from all responsibilities for any injury to person or property before, during, and after this event. In addition to this, I give permission for the release of my address for any running related purposes.

Name \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Previous best time \_\_\_\_\_ How many times have you run Clear Lake? \_\_\_\_\_  
 Shirt Size: Choose one: ( S M L XL ) FWTC member \_\_\_\_\_ TRRC member \_\_\_\_\_  
 Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Signature of Guardian if under 18 \_\_\_\_\_

MAIL TO: Clear Lake 10 KM Run for the Blind Fremont, Indiana Make all checks payable to:  
 P.O. Box 359 46737 (419) 893-7374 Kent Buehrer, Race Director

Medals to 1st - 3rd Place 10 KM (men and women) - under 13, 14-19, 20-29, 30-39, 40-49, 50 & up  
 Medals to 1st Place 1 Mile (men and women) - under 7, 8-10, 11-13, 14-19, 20-29, 30-39, 40-49, 50 & up

TIMES EVERY MILE: REFRESHMENTS



**ENTRY FEES:**  
 \$6.00 with T-shirt (before Aug. 14)  
 \$3.00 without T-shirt (day of race)  
 75 cents for one mile run

Breakfast Available After Race  
 Special Category Awards Ceremony  
 Free Merchandise Drawing at the Awards Ceremony (Sacony/Pepsi)

Sponsored by: St. Pat's Top-of-Ohio Festival Race Committee

CATCH THAT PEPSI SPIRIT

At The

# BRYAN-PEPSI RUN

SATURDAY, AUG. 21, 1982

**10 KILOMETER and 1 MILE FUN RUN**



Measured courses, water stations, radio-monitored, electronic timing/clock, published results

**REGISTRATION 7:30 A.M.**  
**ST. PAT'S SCHOOL/ATHLETIC FIELD**  
 (Center at Portland Sts.)

**1 MILE 8:30 A.M.**  
**10 KM 9:00 A.M.**  
**BREAKFAST 9-11 A.M.**

### INFORMATION AND REGISTRATION (Checks payable to Paul Langevin)

Paul Langevin Pepsi-Cola Bottling  
 519 John St. 419-636-4533  
 Bryan, OH, 43506 419-636-3640

Name (print) \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 Shirt Size S ( ) M ( ) L ( ) XL ( )  
 Breakfast: Yes ( ) No ( )

My signature below signifies that in consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge the St. Patrick's Festival Committee Race for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participation in the 1 mile and 10 km. run. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature \_\_\_\_\_  
 if under 18, parent signature

6	Steve Keller	58:39:3
7	Tom Brygider	58:49:3
8	Steve Adkison	59:09:5
9	John Schwarze	59:17:9
10	Dave Fairchild	59:26:0

<u>60-over</u>		
1	Chet Fleetwood	1:19:06:5

<u>WOMEN</u>		
<u>19-under</u>		
1	Lizann McGinnis	1:09:23:3
2	Debbie Wiersma	1:50:16:7

<u>40-44</u>		
1	Larry Averbek	56:20:6
2	Phil Miller	56:41:5
3	Fred Ross	57:21:9
4	Woody Barker	58:59:8
5	Bob Harter	59:04:2
6	Tony Clouse	1:00:02:1
7	Charles Brandt	1:00:34:4
8	Stanley Hoover	1:01:31:3
9	Leland Sibrel	1:02:22:6
10	John Barbier	1:02:43:7

<u>20-29</u>		
1	Theresa Ehrman	1:01:35:6
2	Cindy Goller	1:05:28:8
3	Robin Ziegler Walker	1:11:39:6
4	Cher Kukelhan	1:12:41:4
5	Linda McGuire	1:13:25:8
6	Susan Griggs	1:14:54:8
7	Deb Kukelhan	1:15:29:9
8	Rose Maria Koczergo	1:17:05:3
9	Betty Jackson	1:21:57:7
10	Susan Hope	1:23:53:9
11	Linda Gensheimer	1:24:09:6
12	Sally Spencer	1:24:16:6
13	Linda Mansfield	1:27:26:5
14	Ann Linson	1:29:30:8
15	Anne Bridges	1:41:22:5

<u>45-49</u>		
1	Joseph Barile	56:03:4
2	Bill Schmidt	58:28:5
3	David Wilson	1:01:43:9
4	Joe Ziegler	1:01:49:9
5	Robert McCuan	1:02:26:6
6	Larry O'Herron	1:04:20:2
7	Donald Peaks	1:04:43:7
8	Diok Katte	1:04:48:6
9	Herbert Chandler	1:04:56:5
10	Terry Gautsch	1:06:37:3
11	Don Goldner	1:06:57:6
12	Joe O'Brien	1:07:05:3
13	Ian Rolland	1:08:24:0
14	Marvin Jarvis	1:08:27:5
15	Donald Helman	1:09:17:7
16	James Peppler	1:10:24:9
17	Tom Laird	1:11:10:9
18	Rex Devoe	1:11:44:2
19	David Vance	1:11:57:5
20	Rudi Florreich	1:12:40:0
21	Ben Cox	1:12:43:2
22	Karl Holle	1:12:50:2
23	Bernie Huesing	1:14:35:8
24	John Ramsey	1:17:03:8
25	Jack Goble	1:17:31:5
26	Larry Coddling	1:17:47:3
27	Lynn Milner	1:18:40:5
28	Lyle Freimuth	1:18:46:8
29	Ralph Robertson	1:21:32:2
30	William McKinley	1:23:44:7
31	Jim Dupont	1:43:19:7
32	Bob Pauley	1:50:26:3

<u>30-39</u>		
1	Jan Kissinger	1:04:26:4
2	Ann Jamison	1:05:39:9
3	Marsha Schmidt	1:13:40:8
4	Pat Poorman	1:13:43:1
5	Jean Tipton	1:14:24:9
6	Liz Rickner	1:14:40:3
7	Sharon Wiersma	1:17:07:6
8	Phyllis Kerr	1:17:11:0
9	Kathy Leistikow	1:17:35:3
10	Stella Bestard	1:18:16:7
11	Roseann Simmons	1:20:55:9
12	Jane Lewandowski	1:21:35:5
13	Becky Heyde	1:22:34:2
14	Ann Mize	1:22:34:2
15	Janis Greene	1:24:20:1
16	Deloris Fiandt	1:25:28:2
17	Suzanne Russ	1:29:41:1
18	Brenda Wolfe	1:31:14:7
19	Diana McCullouch	1:35:25:9
20	Carol Jolliff	1:38:34:1
21	Karen Perrin	1:39:43:3
22	Maryann Felger	1:43:50:0
23	Sarah Kleinknight	1:49:10:3
24	Cathie Dunar	1:55:33:5

<u>50-59</u>		
1	Mike Kast	58:31:4
2	Myron Meyer	1:00:05:9
3	Gene Whitacre	1:03:19:1
4	Eugene Striggle	1:06:22:4
5	Vern Chovan	1:11:11:9
6	John Hilker	1:11:28:2
7	Robert Hatch	1:13:45:5
8	James Jones	1:16:26:3
9	Curtis Nold	1:16:29:2
10	Robert Habig	1:17:52:1
11	Paul Snyder	1:19:55:6
12	Cyrus Johnson	1:24:34:7
13	Alfred Moore	1:24:54:9
14	King Sullivan	1:25:28:9
15	Roger Phillips	1:27:10:7
16	Eugene Haines	1:27:14:8
17	Bob Schweppe	1:29:03:5
18	David Cox	1:32:56:2
19	Manuel Torres	1:44:45:9

<u>40-over</u>		
1	Joan Goldner	1:07:14:2
2	Gloria Nycum	1:17:48:9
3	Julia Wilson	1:25:16:6
4	Bonnie Taylor	1:29:30:1
5	Tess Machlan	1:47:26:4
6	Sharon Pauley	2:05:56:8

Race Directors: Terry Shipley  
John Treleaven

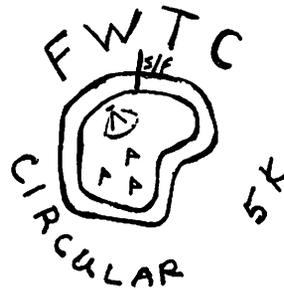
AUGUST 8, 1982

SHOAF PARK

REGISTRATION DAY OF RACE

FREE FOR FWTC MEMBERS

\$2.00 for non-members



The course is a double-loop starting in back of the baseball diamond and proceeding in a clockwise direction around the golf course and down the main park road. The course is mostly paved road with some sections of cracked pavement and loose stones.

Standard FWTC age divisions and awards format.

Send completed pre-registration form to:

Mike Robbins  
7623 Sunderland Drive  
Fort Wayne, Indiana 46815

Please pre-register.

Pre-Registration:

Name \_\_\_\_\_ Sex  M  F Age \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ Member FWTC  Yes  No

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 indicates my understanding and acceptance of these two statements.

Signature of Agreement: \_\_\_\_\_

Signature of parent if competitor under age 18 \_\_\_\_\_

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





# Race Calendar

JULY

- 3 RUN RUN - Foster Park, 10am.
- 3 1982 Disarmament Race 10K - N. Manchester, IN., 9:30am, Dave Letter 982-4277 (office).
- 3 MAIL-JOURNAL FLOTTILLA ROAD RACE 3.3M & 8M - SYRACUSE, IN., (City Park), 9am, Ron Baumgartner 219/658-4111.
- 3 SALAMONIE 10,000 - Warren, IN., (Lower Park) 8am, Paul Baker 219/786-3719.
- 3 HAYNES APPERSON 13.1M - Kokomo, IN., 9am.
- 3 LIBERTY FREEDOM RUN 10K & HALF-MARATHON - Liberty, IN., 8:30am.
- 3 ROACHDALE LION'S RUN 1M/5K/10K - Roachdale, IN., 9am, James Spear 317/596-5277.
- 3 BLUEPION FREEDOM RUN 4M - Bluffton, OH., Ken Schumacher 419/358-6839.
- 3 VOLKSLAUF 10K - Frankenuuth, MI., also 20K, Paul List 517-652-9809.
- 3 PLANNER HOUSE 5K & 10K - Indianapolis, (Lawence North HS), 8:30am, 925-4231.
- 3 DOUGHBOY FREEDOM RUN 10K - Spencer, IN., 8:30am, Steve Gearhart 812/829-6216.
- 4 LIBERTY 10,000 - Hartford City, IN., (Courthouse Square), 5pm.
- 4 "THE FESTIVAL 5" - South Bend (Howard Park) 8am, Athletic Annex 219/272-7565.
- 4 FIRECRACKER 10K - Grover Hill, OH., 7pm.
- 5 FIRECRACKER 5M - Argos, IN., 10am, Dennis Casey 219/936-7154.
- 7 RUN RUN - Foster Park, 6pm.
- 10 DENIM EXPRESS SHOE FIX 10,000 - Marion, IN., 9am, Kermit Walty 317/664-0544.
- 10 BRISTOL FRUITHILLS CLASSIC 10K & 25K - Bristol, IN., (St. Joe Valley Bank), 8am, team competition, no race day registration.
- 10 ROCHESTER OPTIMIST CLUB 5M & 2M - Foch-ester, IN., (Fulton Co. Fairgrounds), Gary Silver 223-4109.
- 10 DELTA CHICK'N RUN 10K - Delta, OH., (Delta HS), 8:30am, Dave's Running Shop 419/822-3498.
- 10 RUN RUN - Foster Park, 10am.
- 11 13.1M Prediction Run - Ft. Wayne (Foster Park), Don Lindley, 7am.
- 14 RUN RUN - Foster Park 6pm.
- 17 RUN RUN - Foster Park 10am.

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



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

RETURN  
POSTAGE  
GUARANTEED