

the inside track

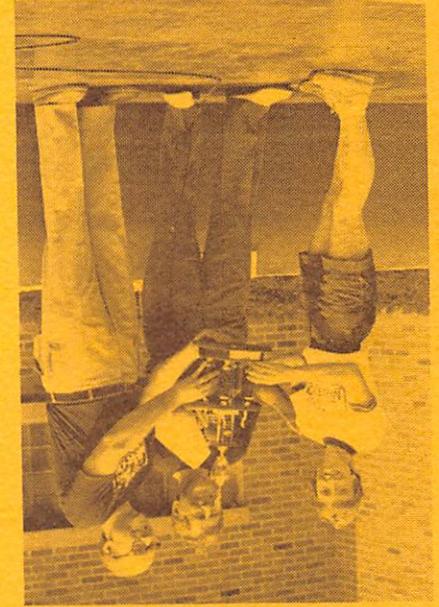
NEWSLETTER OF THE FORT WAYNE TRACK CLUB

Betty Hite had not really considered herself much of a traveler. The North Webster native had been racing regularly in the Fort Wayne area, often at FWTC races, with an occasional jaunt to such "distant" race locales as Dayton or Grand Rapids. She had been successful on these trips, winning the Dayton Marathon (in a time of 2:55) and having just won the Lake County Heart Marathon (with a PR time of 2:52:50). Betty chose to run the Lake County Marathon (outside Chicago) rather than the Boston Marathon, and her victory proved the wisdom of her choice. True, Boston provided a greater opportunity for travel than did Chicago. But by winning in Chicago, Betty had won a trip to the Stockholm Marathon in Sweden. Betty was about to join the ranks of racing's Jet Set, about to become an International Competitor. In spite of her achievement in Chicago, however, Betty discovered that she was not the only one who did not consider her to be a traveler. Travel to Sweden requires a passport, a passport requires a birth certificate, and there was the rub: the good people at Betty's hometown Hall of Records did not even consider her a person: they could find no record that a birth certificate had ever been issued for her, and without a birth certificate, it was questionable whether she in fact had ever been born. Fortunately, Betty was able to convince the authorities that she was alive, and with her new passport she left for Sweden. A finishing time of 3:02 left her a little disappointed, but race temperatures hovered at 87 degrees, reaching over 100 on parts of the course. Betty's return from Sweden has not been the end of her interest in running in exotic places. She recently ran on the National Sports Festival Torch Relay Team, a two-week running tour that took her from the top of Pike's Peak all the way to Chicago, with frequent stops along the way to celebrate Sports Festival ceremonies. An impressive 55:48 in a 15K race in Michigan City won Betty a trip to Philadelphia to compete in the National Masters Championships, to be held later this month. Running across the country is one way to travel, but it may not be the best way to train seriously for a marathon. After her "disappointing" race in Stockholm, Betty set her sights of the Three Rivers marathon. She had run in Fort Wayne once before, 1980, on another hot, sunny day. Her time then was a respectable 3:24:03. Her major goal for the 1982 race was to win, secondly to break the 2:50 barrier. Once again the weather in Fort Wayne was less than fully cooperative, and Betty did not get below 2:50. But her winning time of 2:58:50 was the fastest winning time since 1978.

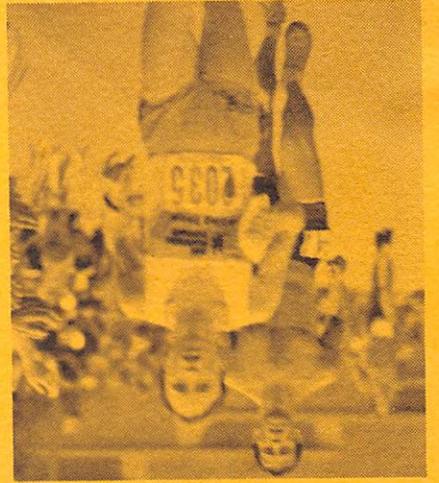
In spite of her impressive marathon credentials, Betty has been running marathons for only about three years. Like many serious competitors, Betty began a running / fitness program to improve her overall health and fitness. She and her husband Jim began by walking every day after school, gradually increasing their distance until they were walking about three miles a day. Busy schedules, however, did not allow for an hour of walking every day, so one day Betty and Jim began jogging. It did not take long for Betty to discover that she had some talent for running and that she enjoyed competition. Within the last year, she has lowered her 10K PR to 36:18 (hopes to go below 36 minutes by the end of the year) and her 15K PR to 55:48. Betty insists she does no speedwork as such: she does not run intervals, does no quarter repeats, no repeat miles. (She admits she does race hard nearly every week-end.) Betty's favorite workout is to go out the door, start running "slow", for a couple of miles or so, then the pace picks up. "Not surprising in light of her times at 10K, 15K, and the Marathon, Betty's favorite race distance is "whatever race is close that weekend!"

Although Betty is the only runner in her family, she is not the only athlete. Her husband Jim is a former football player, who completed his first bicycle marathon on July 18 -- accompanying Betty to her victory, a factor which made the race "much more exciting for both of us." Son Bret, 16, is a swimmer and basketball player, and daughter Wendy, 14, also a basketball player, recently won her school Academic Athlete Award. The whole family enjoys racquet sports, but Betty admits her reaction time on the court has slowed as a result of her running.

The Hall of Records may be able to overlook this 5 foot 1 inch tall 99 pound superathlete, but the running community knows she is for real, and chuckles appreciatively when Betty Hite maintains she began running simply because she "just had no time to walk."



PROFILE: BETTY HITE



August, 1982



THE Inside TRACK

THE INSIDE TRACK NEWSLETTER

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1982 RACE SCHEDULE

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.

WE Meeting

August 8 - 7:00 p.m.

Ann Mize's home -
9511 Aboite Road

Lisa Sheets from the Athletic Annex will give a presentation on how to select running shoes for individual needs.



**FORT WAYNE
TRACK CLUB**

EDITOR'S NEWS & VIEWS

by DAVE FAIRCHILD

Monday, July 19, 1982, the day after THE MARATHON. July in Fort Wayne is highlighted by the Three Rivers Festival, and the Festival is climaxed by the MARATHON. As pre-race anxiety is replaced by post-race relief, the butterflies in the stomach are replaced by aches and pains, and everyone who participated in marathon activities is beginning to formulate a Marathon Story. Whether you ran, worked an aid station, cheered, organized, called splits, worked the finish line, typed certificates, drove a sag-wagon, controlled traffic, or did any of a thousand other jobs, you have a story to tell, and we would like to have you share it. I have previously written a number of marathon stories, and rather than offer another one, I will share a number of images presented by the 1982 marathon, some of them very dramatic.

Every marathon has its own personality and character. The Boston Marathon has tradition, qualifying standards, and Heartbreak Hill. New York has 16,000 runners, a 5-borough course, and the world's fastest times. Fort Wayne has heat and humidity - on race day - and almost always substantially lower temperatures the day after the race. I ran this morning at 11:00, under cloudy skies, with a light drizzle and 73 degrees. Yesterday at 11:00, it was sunny and 84. The challenge of the marathon is intensified in Fort Wayne by the weather - which is aptly described by Larry Lee as part of the "perverse attraction" of this race. Love it or hate it, when you survive July weather in Fort Wayne, you have won the marathon.

Aid Station Oases: The Lincoln National Life station at 4/22 miles - a lady in a white blouse runs beside a wheelchair racer as she hands him one cup to drink - without spilling a drop - and pours a second cup over his head. She is still there at 22 miles - this time she walks with me as I take a 60 second walk through the station - and she still doesn't spill a drop. JERRY MAZOCK working his aid station in

Foster Park - ankle deep in water as he and his crew dispense water and sponges. Two little girls (5 years old?) on South Calhoun Street who diligently pick up every discarded cup and dropped sponge at a "Household" aid station. Many people along the route with hoses, water, and ice.

Timers and Splits: Imagine a Fort Wayne Marathon at which John Treleaven, Mike Robbins, and Phil Shafer all give splits rather than run!! John, at the 5/21 mark on South Calhoun, stated publicly in the presence of witnesses that if he got TV coverage on WKJG's marathon show as a timer, he would never run another one. Golly, John, we're really gonna miss you next year! Mike Robbins, at 6/20, calling hours, minutes and seconds at two-second intervals. Phil Shafer at the turnaround giving runners their times by name. All the timers were loud and clear, a tough job well done!

Courage and Class: Much has already been written and said about Paul Emery (2:28:55), Betty Hite (2:58:50), Marty Ball (2:11:03, and Jayne Schiff (3:22:27), overall winners of their respective divisions. These four athletes demonstrated once again that HEART plays a major role in successful marathoning. Congratulations again to these winners!! I would like to accord special recognition to five other individuals who demonstrated particular courage and grace on Sunday.

Tom Loucks: One of last year's pre-race favorites, Tom ran this year as a member of the National Sports Festival Torch Relay Team, a commitment which found him in Greencastle, Indiana, at 5:30 p.m. on the Saturday before the marathon. The easy choice would have been to stay in Greencastle overnight, miss the marathon entirely. But Tom was in Fort Wayne Sunday morning, taking pictures at several points along the course, and assisting at Jerry Mazock's station in Foster Park.

Jerry Mazock: Highly touted before the race as a serious contender for First Fort Wayne Finisher honors, Jerry had run an impressive 2:34 at Saginaw in May. Honestly assessing the weather expected for race day, Jerry chose not to run and organized, directed and worked at the Foster Park Aid Station - admitting after the race that his decision NOT to run was a tough one, and that it almost changed his mind when as late as 5:30 a.m.

Sharon Pauley: Anxious to complete a marathon while the finish line was open and spectators present, Sharon concluded that her ability and the weather demanded unusual efforts. Sharon began her race at 3:00 a.m., from the Coliseum, running alone on the course for 3-1/2 hours, in the dark, without spectators or aid stations or splits. She was about 14 miles into the race when the first runners passed her. Running for another 3-1/2 hours, Sharon finished her marathon in 7:05 - in front of the crowd and while the finish line was still open.

Dexter Lehman: A two-time winner of this marathon, Dexter ran into trouble at about 18-1/2 miles. The easy choice for front-runners is to quit, step off the course, fade into the crowd, and wait for a better day. But Dexter stayed on the course, walked several miles, and jogged back to the Coliseum, finishing around 3:07.

Rick Reitzug: Fort Wayne's Mr. Consistency at the marathon, Rick finished 11th overall in a time of 2:37:37 (only 41 seconds slower than last year, which was also an 11th place finish). For his effort, Rick was presented with the first Cal Mahlock Award as the first Fort Wayne Track Club finisher. But when Patrick Davis was announced as the 2nd place finisher, Rick returned the trophy.

Players of anagrams recognize GENUINE CLASS in Alec Guinness, the outstanding actor. Congratulations and thanks Tom, Jerry, Sharon, Dexter, and Rick. The Alec Guinness touch you brought to this year's marathon proves that winning a marathon is much more than crossing the finish line first.

Presidents Column

by LARRY LEE

running in Portland, Oregon, and Betty Hite's place on running in the Stockholm Marathon. Dave's Editor's News and Views with the article by Bruce Davis on Kent Davis' situation and hopes for a benefit run galvanized my conviction that the FWTG definitely should organize a Kent Davis Benefit Run. I will be proposing at our July 17th board meeting that it take place the weekend of August 20-22 at an early morning start time, for a distance of 10K or less. If possible, I'd like to see the race run at least near where Kent lived or worked (perhaps at the shopping center where he worked and had made so many loyal friends). All proceeds go to the Kent Davis Heart Transplant Fund, plus runners obtaining pledges in any manner they wish, all pledge money, of course, going to the Fund, too.

I have talked to Kent's brother, Bruce, about such a race. He's behind it and the notion of co-operating with us. With the TV advertising commitments he says that he has already received, we can expect perhaps the best publicized "non-annual" race that the FWTG has ever put on. Since the race likely will be run before the September newsletter is mailed, watch and listen for media promotion on the date, time, place, and congratulations again to our own, Rick Reitzug, Myron Meyer, Tom Loucks, Fred Ross, and Betty Hite for carrying the National Sports Festival Torch from Pike's Peak to Indianapolis. Betty has obviously been doing some tremendous training this spring - did you note some of her times listed in last month's THE INSIDE TRACK? A \$152.50 marathon and a \$620 10K top the list. What you have done the last 18 months is phenomenal, Betty. Next to Diane Bussa, you rate as the best female road racer in Indiana. With all your success, including invitations to compete internationally, your hat size has remained the same; and you seem as amazed as we, your admirers, are at your spectacularly skyrocketing success. Betty, we are proud of you, very proud. Welcome back to competitive racing to two of the club's finest all-time members and runners, Charlie Brandt and Phil Suetzer. Charlie and

Tom Casaburo - "caterer extraordinaire" who so generously provided "Casa D'Angelo Fabulous" Italian fare at a non-profit basis. Ian Roland and the Lincoln National Life - for providing their beautiful cafeteria facilities gratis for the spaghetti dinner.

For the post-marathon party at my home, thanks go to Pepsi Cola's Ike Strange and Dick Close (free soft drinks and cups); Herb Chandler and Falstaff Brewery; Korte Paper (free beer cups); Chris Stauffer; and Delbert Lindley. Thru these companies and individuals, the club was able to put on a nice get-together at almost no cost.

Incidentally, the club recognized Sheets, Blume, Lincoln National Life, Casaburo, and Gates with plaques during the Marathon Weekend '82 for their contributions to their respective events.

Recent races that are history at the time of this writing are the HILLY Four Miles at Homestead and the 13.1 Mile Prediction Race at Foster Park. John Treleaven did a superb job with the HILLY Four; this was the third race since January 1 that he has either directed or co-directed. It was heartening seeing the high number of female and "under 19" entries for John's race. Don Lindley put on his traditional prediction race again, drawing over 100 entries for this low-key competition that serves as one final distance run for many peaking for the subsequent week's TV-33/Hooks Marathon. Irony of ironies, did you not see when the "prediction accuracy"? Tom Loucks who wins enough first-place awards on the basis of his speed. Can't believe it!

How did you enjoy the May issue of THE INSIDE TRACK? Dave and Jan Faltrchld, Tom Loucks and Mrs. Loucks, and Jim Dupont and their crew keep on pumping out one excellent newsletter after another. I really enjoyed Dave Waldrop's story about Deborah Blume - chairman of the second annual pre-marathon spaghetti dinner.

This column for August, 1982, has been written prior to the running of the eighth RV-33/Hooks Marathon because of publication deadlines. Congratulations to all finishers, especially the first time marathoners and those who posted PR's for the distance. The marathon - our marathon, any marathon - is far more than an athletic event with an overall winner and a top ten, etc. It is a human interest spectacle whose every entrant is a human interest story worthy of telling. Only one of us crossed the finish line first, but all who ran their race and conquered the distance, the heat, the pre-race anxiety and apprehension over the physical pain that was certain to develop in the later stages of the race, and then the real agony of utter physical fatigue that did in fact develop - all of you are true winners and champions. Congratulations for "going for it".

The TV-33/Hooks Marathon has traditionally been the FWTG's brightest moment. I am certain this year's race was another tremendous artistic success. Co-director and Dan Wiemann, aid station director, Don Lindley, and on-the-course timer chairman, John Treleaven, deserve special recognition. Those they supervised do, too.

TV-33, in the persons of Hillard Gates, Bill Nichols, and Cheryl DeFay, were outstanding co-sponsors. Our rapport this year could not have been better; as I observed last year, we could not ask for a better partner and financial sponsor, along with Hooks.

These club members should also be recognized:

Ann Sheets - chairman of the successful Wheelchair Division and founder of this year's Mini-Clinic.

Deborah Blume - chairman of the second annual pre-marathon spaghetti dinner.

Phil, it is great to see you fellas back and at the front of the pack. Howdy to Tim Bowman, up from Dallas, Texas, for the summer and still smiling about his 2:50.04 marathon in the Kansas Relays. Welcome also to Tony Jester, a brand new wheelchair racer. Tony's entry to the racing scene means you are going to have to get serious, Larry Smith, if you want to stay #1! Brent Munro and Steve Foster, where are you? -- We miss you.

Races to circle on your calendar for August: the FWTC 5K at Shoaff Park, 8:00 a.m.; Mike Robbins, director. Also, the Big Brothers/Big Sisters Run in the Park, August 28, at Foster Park. Two miler starts at 6:00 p.m.; the five miles starts at 7:00 p.m. Frank Zirille and his staff put on two fine races and promote about the most festive race atmosphere that you could hope to enjoy. And remember the Kent Davis Benefit Run, whenever and wherever we decide to stage it. Don't miss that one - that's the one that COUNTS.



Thoughts from the 20-mile mark

by MIKE ROBBINS

This was my first opportunity to watch a live marathon from a constantly stationary position. After four and one-half hours of waiting, watching and giving splits, I was both encouraged and depressed by what I had seen. The following thoughts reflect my various observations and are offered merely as a personal perspective and not as an overall evaluation of the race.

The greatest impression was left by the drastic behavioral change which most runners seemed to have undergone between six and 20 miles. Runners only sense the gradual changes the Foster Park segment forges: those watching are more overwhelmed by the sight of it. I almost felt like a mother who had sent her son to the army believing she knew what effect the first six months would have, but was still amazed to see the person those changes had formed. Many runners had been changed from excited exuberant individuals with a laugh and a "how 'ya doing" for everybody to glassy-eyed front-focussed, humorless people with a jerky gait and an unpleasant but necessary mission to complete. Though these changes can always be appreciated intellectually, there remains a big difference between the way those at a party look to others at the party who also have been drinking, and the way they look to one who has not.

Some of the best "pacers" in the race, beside all three winners who did an excellent,

steady job, were Rick Reitzug, Patrick Davis, Terry Shipley, Jan Kissinger, Curt Nold, and Gloria Nycum. It's fascinating to see these people accomplish their goals by approaching them in the cautious, well planned, even-paced manner always recommended but seldom able to be practiced. There were many others who also ran "smart" conservative races, but as indicated above, they were in the minority. Fortunately, many people "pulled up" after the turnaround, modified original, optimistic goals, and minimized the cost of their initial eagerness.

The most surprising sight at 20 miles was Dexter Lehman walking, accompanied by his girlfriend on her bike. To learn later that he had indeed finished the race was tremendously motivating. He presents an outstanding example of courage. Despite adversity, Dexter, like many far less talented runners, completed the course, time was secondary to experience. A bad day was accepted as graciously and unassumingly as a good one.

The last hour the course was open, no runners passed the 20mile mark -- only walkers. Though I have had to walk more often than not in this marathon many of these people should not have continued at this point. Many probably should not have begun. This though may seem unduly harsh to some, but I don't believe everybody should either start or try to finish a marathon, particularly in Fort Wayne in July. I asked the rescue squad to check and possibly remove one young man from the course. He was "running" his first marathon and insisted he would finish. He, like many others, was not condition to be making that judgment. It is not noble to continue at any cost. Perhaps, the course can be closed by degrees in the future. Rather

than the entire course closes after four hours, the "station" at 13 miles could close at two and one-half hours, the 14 mile station at two hours and forty minutes, the 15 mile station at two hours and fifty-five minutes and so forth, until the end is reached at five hours. All runners who were not completing the course by such times would be asked to leave it. Since traffic is not barred from the course, many of the end runners are in increasing jeopardy as the morning progresses. Race officials should be in a position to request participants to discontinue the race with discretion.

After having been both brutalized by the heat and humidity and now having seen others brutalized by it, I am doubly convinced that this marathon should be run in the spring. If run in ear-

ly May (Yes, there is always a chance of the same heat, but when did you last see 45 - 50° on a Mid-July morning?), this marathon could be one of the best spring marathons in the Midwest. Moving it to the Fall would provide too many conflicts with other existing marathons. Only the presence of aid stations almost every mile and a large portion of luck have prevented tragedy at this race. Without change someday even those won't be enough.

Did you run the marathon?

by KAREN PERRIN

If you run an aid station you will feel some of the same pains and pride. Every runner should at least once in their running career organize and work an aid station. All runners realize they are very valuable, but after being on the other side, I really appreciate the workers of an aid station.

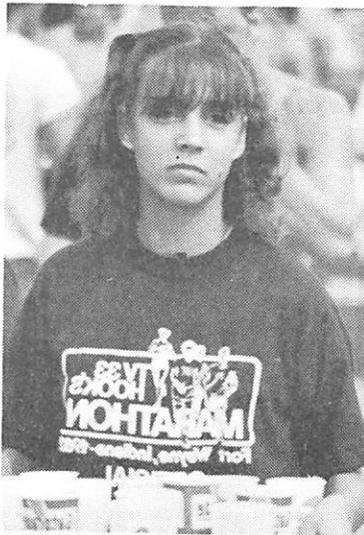
Lincoln National Corporation sponsored their first aid station in the eight year history of the TV-33/Hooks Marathon this year. I co-chaired our station with Ron Taylor. I'm sure it was to the marathoners' benefit to have FWTC members/runners Bonnie Taylor, Bill Bailey, and me, to know what was needed. We gave instructions to our 34 other volunteers, to provide these needs for the marathoners. This was the first time any of us ever worked an aid station. Bonnie Taylor was very valuable to the runners and all her fellow workers. She finished her first marathon in Saginaw, Michigan, this year and was able to know exactly what the runners were going through and their needs, especially at our 22 mile mark. If she could have personally helped each runner, she would have - God knows she tried!

All our workers did a beautiful job of spreading out our station over a block and a half in the Calhoun/Creighton area. We provided all the

aids two or three times over in that stretch, making sure every runner and wheelchair marathoner received what they needed. Our enthusiasm, love, and tender care was hard to beat.

Our star runner, of course, was Ian Rolland, president of Lincoln National Corporation. We were pleased to add some of his support to help him complete the marathon.

As organizers, Ron, Bonnie, and I are very proud of every Lincoln employee, family member, and friend who helped. All the marathon runners who appreciated our aid station will be pleased to know, our people loved you so much, we will be back next year to give you an even bigger and better aid station. Congratulations, finishers, your victory was ours!



Just me

by GLORIA NYCUM

Grandma's Marathon with Rose and Hal Higdon (Roadrunner Tour) was a real trip. A preview of the trip via Hal's flexible itinerary describing the meals as "you pay" or "our treat" was just the beginning of a relaxing, carefree atmosphere which prevailed throughout the trip. Most of the special people were from the Michigan City area with a few from Chicago and a couple hobos from Fort Wayne.

Mike Kast and I started out around 5:00 a.m., for Michigan City. I drove very carefully since Mike had a headache and upset stomach. We arrived at our destination around 7:00 a.m., with Mike hanging onto his favorite pillow. I had time for a good breakfast but for some reason Mike wasn't hungry (I'm not talking about it - ask Mike).

As the bus took off around 8:00 a.m., Rose and Hal introduced themselves and proceeded to acknowledge everyone present. This type of introduction was repeated occasionally for checking purposes, as well as helping us to become familiar with each person. After picking up a few extra passengers, we arrived at Clock Tower Inn in Rockford, Illinois. A light Quick Lunch ("you pay") and a little browsing, we were on our way.

Late afternoon we arrived at the Day's End Motel in the Wisconsin Dells. Physiologist Al Claremont led a short scenic run (Hal promised a t-shirt to the worst dressed person). Some of us just walked or sat by the pool (it was in the 50's). Around 6:00 p.m., we were bussed downtown to eat ("you pay"), shop and sightsee.

Friday morning we were on the road by 7:00 a.m. We stopped at Black River Falls for breakfast ("our treat"). We joked that we paid the expensive meals and Hal's "our treat" meant he paid the 95¢ meals. After a few other stops, we arrived in Duluth around 3:00 p.m. Part of our group stayed in Mountain Villas and part at Spirit Mountain Inn, a ski resort area. After unpacking, stretching, and a little rest, we were off for Grandma's to pick up our race packets. Mike and I met the Don Lindley Family for the traditional carbo-loading party ("you pay"). Many of the top runners were introduced during the meal. I am still amazed at the organization displayed with any event connected with this marathon.

Saturday morning we were bussed out to the start of the race, Two Harbors. At 9:00 a.m., we were on our way running parallel with beautiful Lake Superior. The whole

town caters to the runners and all streets are blocked off for us. It doesn't matter whether you come in first or last, the people make you feel like number one. The Higdons made sure we were found after the race and got us back to shower and rest. Later they treated us to a fantastic buffet at the ski lodge and then we visited Grandma's Tavern once more before turning in for a well deserved night's rest.

Sunday morning we began our trip back home. Our first stop was at Telemark Lodge near Cable, Wisconsin, where we ran with Mom and Dad Higdon (by now we felt like a family). After we swam, sat in the whirlpool and partook in a buffet lunch ("you pay"), we left Mom and Dad Higdon behind as we continued our return trip. After several short stops, including a short jog

around the bus with the driver, we were in Michigan City. We threw our luggage and Mike's pillow in the car and arrived back in Fort Wayne around 3:00 a.m.

Rose and Hal make quite a team and although we had a schedule to follow, all was flexible, relaxed and a great time was had by all. I would certainly recommend that you try a bus tour sometime, maybe Grandma's next year. The Higdon's did invite me on their Hawaii trip, but I have a feeling if I asked them who pays for it they would just point to the itinerary where it says, "you pay".

Grandma's Marathon

by DON LINDLEY

I was one of the some 6000 runners that started the 6th Annual Grandma's Marathon, who were unloaded from some 70 buses at Two Harbors, Minnesota. The 26.2 mile course was run over a scenic highway along Lake Superior east of Two Harbors to Duluth.

Mike Kast, Gloria Nycum, and I were all geared up to run one of our fastest marathons yet. Dick Beardsley, the favorite,

was about to run a world record time of 2:07.59, quick enough to best Alberto Salazar's current record time by 14 seconds. It was realistic, but it was too hot, 66 degrees; too windy, 7-15 mph headwind from the west. There were no records, as he won in 2:14.49. The real duel was in the women's division when 23 year old Jan Ettle finished 33 seconds in front of her teammate in 2:41.20. Dr. Alex Ratelle, a 57 year old, and one of the nation's top seniornrunners finished well ahead of Mike Kast. But Mike's 3:08.13 was good enough for 10th place and personal record for him. To place in the top hundred overall in the men's division you had to finish 2:39.39 or better and in the women's division top ten overall a 2:49.58 or better.

At the beginning, some runners started doing their thing, some stretched, some danced with trees and some sung songs, but I just relaxed and took a short nap. With four helicopters and three airplanes at the start, who could really sleep, when those airborne cameramen were trying to capture the rainbow river of colors and shapes that were going to snake its way in motion.

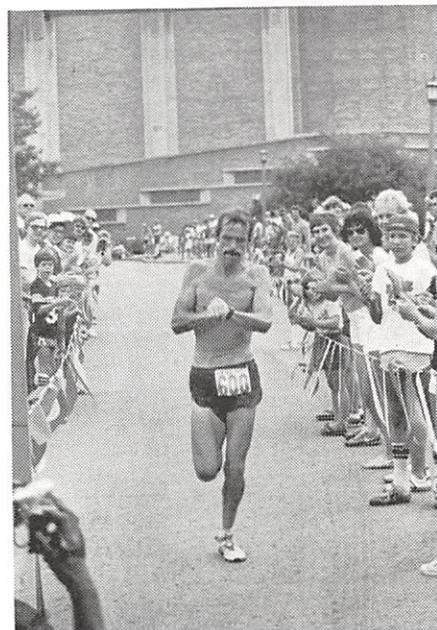
Everyone waited anxiously for the start, but none as much as I for I wanted a 6:18 that first mile. I started in the area where pace signs read 2:50, it was about 13 seconds for the start. The gun went off and I was on my way to a 6:45 during the first mile. I tried to catch the powder blue VW Rabbit pace car on the second mile, timed in 11:53. I was running smoothly thereafter. I had very few runners to deal with at this point, but it was always wise to use a pack of runners to break the headwind. I liked the choice of running surface, I could use either the level surface of the highway or the bicycle path. You didn't have to worry about the crown in the road. But in any case, I just followed the crowd of runners that were ahead of me. At five miles, I projected a time of 32:30, I was actually one minute ahead of myself at this time and it was a good time to take a 30 second pit stop before we got too close to town. My splits were: 10 miles, 62:30; 13.1 miles, 1:20.30; 16 miles, 1:40.24; 20 miles, 2:06.30; 25 miles, 2:40.00.

The entire course was sometimes winding and gently flowing upward or downward with a small hill pass 22 miles. But in all, the irregularity of the course helped rotate the usage of different muscles.

It was nearly two hours into the race when I knew I was on my way to a PR. I had already estimated I would make it in around 2:48. And close to the finish line were thousands of enthusiastic race spectators, positioned along the wire fence forming a corridor for my final few hundred strides. As I looked for Rosann, Brian and Michael during those final seconds, cheers and applause followed me every step until I crossed the finish line in **2:48.25, 268th place.** It was an unforgettable event, almost equal to my first marathon during the 1976 Three Rivers Marathon in which I finished in 4:44.32.

Other local runners:

Dave Smiley	2:41.45	130th
Wayne Martin	2:52.26	343rd
Mike Kast	3:08.13	836th
Gloria Nycum	4:12.10	3640th
	(472nd-women)	



PAT DAVIS 2:30:42

FWTC BOARD MEETING
7-17-82

Attendance: Chuck DeVault, Dave Fairchild, Mike Kast, Dan Kaufman, Jan Kissinger, Larry Lee, Don Lindley, Tom Mather, Jerry Mazock, Curt Nold, Gloria Nycum, Mike Robbins, Bill Schmidt, Phil Shafer, Terry Shipley, Bill Sohaski, Phil Suelzer, John Treleaven.

Larry Lee opened the meeting with a discussion regarding the use of equipment at charity type races not sponsored by FWTC. Terry Shipley agreed to handle such situations.

Curt Nold reported that a bid has been submitted to hold a national ultra championship race (50 miles) in Fort Wayne sponsored by FWTC.

Larry Lee presented a motion to present a trophy each year for the first FWTC member to finish the TV-33/Hooks Marathon. Motion was carried.

Don Lindley gave the Treasurer's report and also asked the board to set a uniform fee for race application ads. It was agreed a flat fee would be charged and Chuck DeVault agreed to handle all future race application ads.

Larry Lee asked that anyone who notices a race being published with an incorrect starting time or two starting times to bring it to the attention of a board member immediately.

The next WE meeting will be August 8th. Contact Jan Kissinger for further details if you do not receive a mailing.

Mike Robbins and Dan Kaufman presented a proposal to change the present point standings to correspond with the points system used by Hoosier Road Runners. It was discussed and agreed to become effective

in 1983. Details will be published in the newsletter.

The board passed a motion to add a 50-over age category for women in 1983. The women 40-over category will become 40-49. All other categories will remain the same.

A new procedure regarding election of officers and selection of board members was adopted. Details are published elsewhere in this issue.

A 5K Kent Davis Benefit Run will be held at Georgetown Square, August 21st, 7:00 a.m. Bruce Davis and Bill Schmidt will plan the event.

The next board meeting will be at Larry Lee's home, Sunday, September 12th, 7:00 p.m. Any member is welcome, just contact any board member.

Gloria Nycum, Secretary

PROCEDURE - ELECTION OF OFFICERS & SELECTION OF BOARD OF DIRECTORS
7-17-82

1. Election of officers shall be held annually, during the first two weeks in October, at a meeting publicized and open to the general club membership. At least 60 days prior to the elections, a nominating committee consisting of the outgoing President, the past President, and one club member selected jointly, shall prepare and publicize a slate of officers. Further nominations must be submitted in writing to the nominating committee not less than 30 days prior to the elections.

2. The Board of Directors shall consist of the four elected officers (president, vice-president, treasurer, secretary), the immediate past president (if other than the current president), the editor(s) of THE INSIDE TRACK, and the following Committee Chairpersons:

a. Membership: Responsible for (1) maintaining an accurate paid-up membership roster, (2) providing information to prospective members, and (3) providing a FWTC information table at all club races and other appropriate functions.

b. THE INSIDE TRACK production: Responsible for the actual printing of the club newsletter.

c. THE INSIDE TRACK advertising: Responsible for soliciting ads for the newsletter and collecting payments for such ads.

d. Race scheduling: Responsible for securing and "trouble shooting" for race directors at all club races.

e. Race property: Responsible for safe storage, maintenance, repair, rentals to other clubs, and setting up at club races all timing devices and other race equipment owned by the club.

f. Media: Responsible for providing pre-race publicity and post-race results to local and area press, radio, TV media.

g. Legal: Responsible for counseling the club on matters involving legal rights and/or liabilities.

h. Course measurement: Responsible for accurate measuring club race courses and certifying the same to appropriate sanctioning bodies as necessary.

i. Points standings: Responsible for maintaining cumulative points race results and provide up-to-date points standings.

Committee chairpersons are responsible for selecting others to adequately staff their committees so that neither the burden nor the expertise of the responsibility involved falls on or is developed in only one person.

In addition, there may be two At-Large members of the board of directors, selected by the board.

3. The Executive Council shall consist of the four elected officers, the past-president, and the editor(s) of THE INSIDE TRACK. Responsibilities of the Executive Council shall include but not be limited to preparing the agenda for board meetings, delegating specific responsibilities to various board members, and acting on behalf of the board as circumstances require.

TERMINAL TROPHY-ITIS?

Norm Spitzig

The recent proliferation of road races and the awarding of trophies to the top 10% of all participants according to their various age groups have greatly increased the "average" runner's chance of winning some sort of prize whenever he or she competes. Up until just a few years ago it was usually only the winner, regardless of age, sex, or city of residence, who went home with a visible memento for his or her efforts. The fact that we "ordinary" runners had no chance of winning did not deter us from participating.

Today things are different. A significant percentage of entrants in most races now have a realistic chance of capturing some sort of award. This, of course, is in itself not bad. Our basic human desire for visible recognition for our achievements can and does provide a strong motivation to excel, often beyond what was once assumed to be our limitations. To say that we should run only for the pure and simple

joy of competing seems to be a bit too idealistic.

For some of the current wave of runners, however, the pendulum has swung too far the other way. How many times do we overhear runners, covertly huddled at the finish line, downgrading a particular race course, its directors, the high humidity or the seemingly inadequate number of awards, when they fail to win something for their efforts. (Very rarely do we runners place the onus on ourselves for an unsatisfactory performance!)

It seems to me that there are those among the running ranks who have lost sight of the pure thrill of competing. Winning an award can be a legitimate part of our reason for running, but surely it should be only a peripheral motivation at best. Don't think for a moment that yours truly hasn't from time to time been a victim of trophy-itis. In fact, what prompted this article was a brief flare-

up of self-commiseration after last Sunday's Hilly Four Mile. It was, I think, the fourth time in the last year that I had missed winning an award in my age division by a single spot, none by more than a few ticks of the second hand. (Why are there so many talented runners in Fort Wayne in the Men's 30-34 age category?)

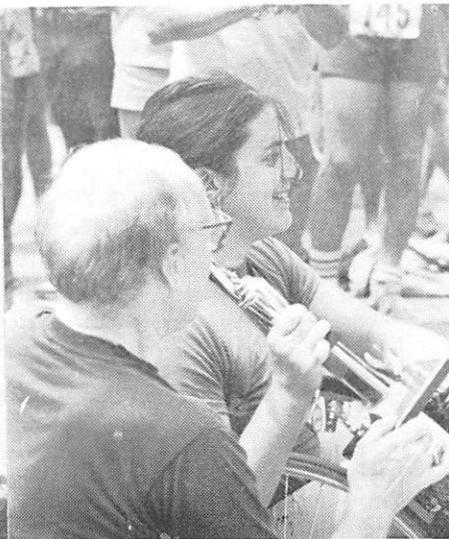
But my recent experience last Sunday ultimately proved to be beneficial. It made me acutely aware that I was gradually becoming more and more susceptible to trophy-itis and allowed me to perform a psychological self-vaccination before the disease became unchecked. Of course, I'll still try to run the very best I can at the next race I enter and if I win some sort of award, so be it. But if I don't, it won't be the end of the world. I'll take the new friends I make at each race I participate in any day of the week.....



GENE ROBERTS 2:25:04



MARTY BALL 2:11:03
Course Record



JAYNE SCHIFF 3:22:27

NIKE/FAIR IS FULL OF SURPRISES
Gunn run is fun!

by JIM DUPONT

The "Nike/Fair" 10K Road and Trail Race at Dowagiac, Michigan has been rated as one of the top 20 road races in the United States. Larry Yant, Brad Stevens and I decided to run this race to see what made it worthy of this acclaim. Larry is coach for the track team at Harding High School. We drove to Dowagiac on Friday evening, parked at the Amtrak station and spent the night sleeping in my van. It rained most of the evening and the damp conditions made it difficult to get a comfortable night's sleep.

The next morning, the town became alive with activity. We crawled out of the van and walked over to pick up our race packets. The registration desk was handled by friendly and highly efficient townspeople. After a cup of coffee, we consulted the famous "poop sheet" in our packet. This sheet contained a map of 15 rest rooms that one could use in Dowagiac. Also, in our packet, we found our race number. My number was number 1 But then every runner in the race's given number 1! This is an indication of the importance that they place on each individual in the run.

After some stretching and light jogging, we were ready to start the run. I lined up in my usual position, dead last. After every run I am able to brag that I have never been passed. My strategy for the race was the same as for other runs - start very slow, but gradually taper off. The race began like many other runs. A loud shot was sounded and the runners started thru the down town streets. The people cheered and the music was playing "On The Road Again."



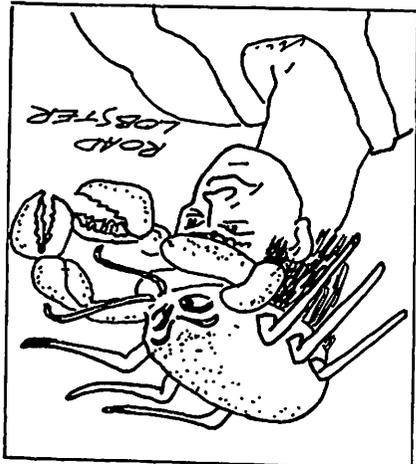
The one redeeming factor that the woods offered was its shade. At three miles we left the woods and took a tour of Southwestern Michigan College. This is a small but modern campus. After a half mile tour we were back in the woods and on the trails again. The SMC cross country team utilizes these hills in their training, a factor that has helped account for the tremendous success that they have enjoyed. As we ran up and down "Lovers Lane" we were amused by all sorts of signs along the trail. There was everything from political signs for sheriff to signs making derogatory comments about the race director. The most common signs, however, were of a positive nature, such as, "2 miles to go, and you're looking great!" The people bracket. Brad had run a nice race and finished 21st overall, and yet he did not win a trophy in his age bracket despite the fact that they handed out 15 awards in that division. Brad's disappointment was offset by the fact that he ran into a large group of people who hadn't used their "wheat juice" tickets and they gave them to him. The three of us found a shady spot where we enjoyed our juice, made by Michaelob, and observed the festivities.

At the 7K mark, we finally left the woods and hit a black top road leading back to town. At this point we ran into another surprise. The last mile was entirely down hill!!! It seemed as though we were being rewarded for enduring the trails and obstacles. The finish line was located at Lions Park.

At the end of the chute you were given an iced towel to help you cool down. (They ran out of these towels by the time I finished - one of the runners did and took my shoes off and waded the creek, a refreshing experience after a long hot run. On our race number was stapled two tickets for wheat juice." I had never drunk this before, they really are number 1.

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The check out table was located on the other side of Dowagiac Creek. You could get there by crossing a footbridge, but I did what many of the runners did and took my shoes off and waded the creek, a refreshing experience after a long hot run. On our race number was stapled two tickets for wheat juice." I had never drunk this before, they really are number 1.



so I cashed them in for two glasses. This juice is yellow in color and has a white foam on top. I think that this drink could become very popular among runners.

Purhaps one of the outstanding features of this run is in the atmosphere of the post-race activities. Many runners were there with their families and were picnicking in the park. The children splashed in the creek. A band was playing nearby. Several people were charcoaling steaks and the aroma spread throughout the park. Members of a track club known as the "Road Lobsters" were there in large numbers. They were a fun loving group and they each wore a strange looking lobster hat. The hat had long legs and pincers that stuck out in all directions.

The toughest competition was in the 19-24 age bracket. Brad had run a nice race and finished 21st overall, and yet he did not win a trophy in his age bracket despite the fact that they handed out 15 awards in that division. Brad's disappointment was offset by the fact that he ran into a large group of people who hadn't used their "wheat juice" tickets and they gave them to him. The three of us found a shady spot where we enjoyed our juice, made by Michaelob, and observed the festivities.

The people sat on the grass in the park as the awards were presented by Ron Gunn, race director. As Ron handed out the plaques, he made many personal and interesting comments about the winners. Ron has a remarkable knowledge of runners and their accomplishments and his commentary added a great deal of interest. When Ron presented the trophy to the first place runner, Thom Burleson, (South Bend, 30:46) he mentioned that Tom had made the comment to him earlier, "I enjoyed winning, but what really makes me most happy today is that everyone here is having so much fun," The comment met with great approval, and the runners responded with a long and rousing ovation. Purhaps this is one of the reasons that this race is so highly regarded. It is a lot of fun. It is a challenging course, well organized, fully supported by the entire community, and everyone feels like they really are number 1.



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athletic
annex

HILLY FOUR MILE
Homestead H.S. - 6-20-82

MEN

14-under

1	Tim Bickel	24:36
2 *	Andy Cuffman	25:53
3 *	Rob Mills	26:07
4 *	Christopher Dale	26:43
5	Ray Ball	26:58
6	Jeff Vachon	27:06
7 *	John Schwarze	27:38
8 *	Rich Braun	27:31
9	Chuck Vachon	30:02
10 *	Chad Gerbers	30:05
11 *	Brent Jackson	34:38
12 *	Alex Ojeda	34:41
13 *	Brad Peterson	38:20
14	Mark Enter	38:23
15	Cameron Hoover	41:01
16	Chris Hoover	41:15
17	Jim Schwarze	48:55

15-19

1	Kent Mahnesmith	20:49
2 *	Tom Mills	21:47
3 *	Robin Schmidt	21:59
4	Chuck Clendenen	22:22
5	Scott Eberle	22:29
6 *	Tom Shank	22:42
7	Bryant Lambert	22:44
8	Rod Jones	22:53
9	Brett Hess	23:24
10 *	Chris Edington	23:37
11	Kevin Pensinger	23:52
12	Kent Buehrer	23:59
13	Jeff Geller	24:16
14	Jon Sprague	24:24
15	Ed Steele	24:25
16 *	Matt Ebersole	24:42
17 *	Dale Schaefer	24:45
18 *	Jeff Callicotte	24:49
19	Eric Maze	27:35
20	Brett Buehrer	27:37
21	Steve Shannon	27:50
22	Dave Klopfenstein	28:03
23 *	Mark Callicotte	30:24
24	Jamie Trahin	30:30
25 *	Jerry Jackson	31:48
26	Danny Clemens	32:08

20-24

1 *	Jerry Williams, Jr.	21:12
2 *	Mike Bultemeier	21:17
3 *	Steve Horstman	21:36
4 *	Ron Redden	21:38
5	Richard Strehler	21:51
6	John Wiening	22:37
7 *	Tim Flasper	22:51
8 *	Kenneth King	22:52
9 *	Bryan Gross	23:33
10	Frank Best	24:00
11 *	Terry Mathews	26:05
12 *	Jim Amstutz	30:11
13 *	Curtis Rash	30:43
14 *	Roger Grable	31:05
15 *	Kenneth Votaw	36:03

25-29

1 *	Paul Beckwith	22:24
2 *	Edward Hoffman	22:37
3 *	Greg Mort	23:21
4 *	Michael Glasper	23:36
5 *	Roger Wilson	23:53
6 *	Dan Minnich	24:10

Overall

64
88
92
108
116
120
135
163
173
175
230
232
247
248
256
258
267

7	John Connolly	24:16	55
8 *	Gary Dunn	24:26	59
9 *	Jim Brandner	25:43	82
10	John Plant	26:15	95
11 *	Tom Donelson	26:36	106
12 *	Andy Lubin	26:56	115
13	R.C. Hartely	27:02	118
14 *	Thomas Wagner	27:11	122
15 *	Michael Machlar	27:14	125
16 *	Larry Linson	27:51	138
17	Ric Heeter	27:56	141
18	Greg Gabet	29:10	153
19	John Shedron	29:11	154
20	John Blakeslee	29:27	159
21 *	Kim Dove	30:33	185
22	Marcus Hedges	32:14	208
23 *	Russ Neuman	37:04	244

30-34

1 *	Rick Reitzug	21:24	4
2 *	Jerry Mazock	21:27	5
3 *	Tom Gerbers	21:49	9
4 *	Dan Kaufman	21:58	11
5 *	Mike Robbins	22:16	13
6 *	Steve Brown	22:22	15
7 *	Phil Suelzer	22:29	17
8 *	Dave Ruetschilling	22:38	22
9 *	Norm Spitzig	22:47	27
10 *	Tim Fleming	23:06	32
11 *	Mike Melendrez	23:22	34
12 *	James Scott	23:45	42
13 *	Phil Wisniewski	23:47	43
14 *	Lynn Armstrong	24:06	50
15 *	Dan Moore	24:11	52
16 *	Mike Zurzolo	24:34	63
17 *	Larry Shively	24:43	67
18 *	Russ Suever	24:46	69
19 *	Arni Placencia	24:58	72
20 *	Dewey Culbertson	25:15	75
21 *	Tim Bolin	25:31	78
22 *	Pat Hermann	25:35	80
23 *	Steve Yager	25:43	83
24 *	Randy Williams	25:58	89
25 *	Bruce Barton	26:05	91
26 *	Allen Wood	26:12	94
27 *	Phil Shafer	26:20	97
28 *	Tom Archbold	26:29	103
29 *	Gary Spry	26:31	104
30	Dave Winters	26:40	107

31 Steve Tomlinson

31	Steve Tomlinson	26:48	110
32 *	Terry Coonan	26:51	112
33	Max Murchland	27:11	121
34 *	John Peterson	27:13	123
35 *	Rick Hawer	27:30	130
36 *	Bruce White	27:31	131
37 *	Dan Gordon	28:46	148
38 *	Mike Pressler	29:33	165
39 *	Rick Longworth	30:55	192
40 *	Paul Sabrack	21:23	197
41 *	Steve Lehr	32:49	209
42	Doug Weidner	34:59	234
43	Russ Badgett	38:26	249

35-39

1 *	John Schwarze	22:52	29
2 *	Art Obregon	23:26	36
3 *	Mike Beltz	23:59	48
4 *	Wayne Schaltenbrand	24:33	62
5 *	Ed Kerr	24:37	65
6 *	Steve Adkison	25:07	73
7 *	Larry Lee	25:30	77
8 *	Dave Waldrop	25:49	84
9 *	Terry Shipley	25:52	86
10 *	Mike Byerly	26:16	96

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chloride	HDL cholesterol
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phosphorus	T ₃ uptake
glucose	T ₄ by RIA
total protein	free thyroxine
albumin	alkaline phosphatase
globulin	SGOT CPK
A/G ratio	GGT RPR
creatinine	white blood cells
osmolality	red blood cells
BUN	hemaglobin
uric acid	hematocrit
total bilirubin	MCV MCH
direct bilirubin	MCHC
indirect bilirubin	differential
lactic dehydrogenase	platelets



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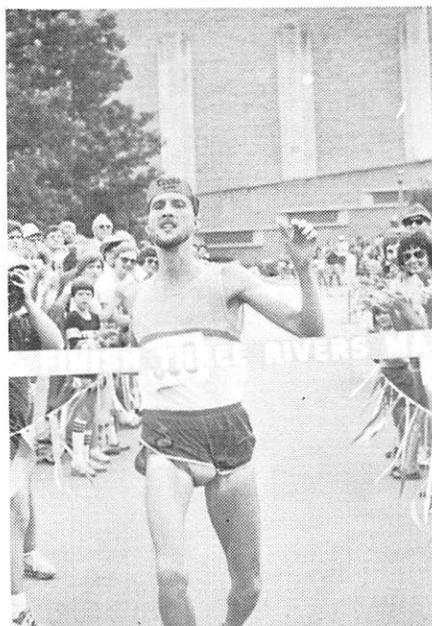
30-39

1 * Ann Jamison	26:24	101
2 * Bobbi Widmann	28:57	150
3 * Mercedes Cox	29:15	155
4 * Marsha Schmidt	29:28	160
5 * Sharon Wiersma	29:41	168
6 * Jean Tipton	30:45	191
7 * Phyllis Kerr	32:12	205
8 * Roseann Simmons	32:13	207
9 * Ann Mize	33:00	212
10 Vivian Johnson	33:08	215
11 * Brenda Wolfe	33:31	220
12 * D. Fiantt	33:53	222
13 Karen Slyford	40:55	255
14 Bev Badgett	42:28	261
15 Lydia Sirlin	42:37	262
16 Jodi Haynes	42:37	263

40-over

1 * Wilma Kyle	30:13	180
2 * Julia Wilson	34:36	229
3 * Bonnie Taylor	34:38	231
4 * Jean DeVault	35:23	235
5 Jean Longsworth	35:30	237
6 * Tess Machlan	38:38	250
7 * Maurine Gensheimer	41:28	260
8 * Doris Snyder	45:06	265
9 * Sharon Pauley	49:59	268
10 * Ruth Dumas	54:18	269

* FWTC MEMBERS



PAUL EMERY 2:28:58
Men's Overall Winner

Saturday August 21, 1982

1 Mile Fun Run 7:00 AM

Georgetown Square

5 Km Race 7:30 AM

Kent Davis Benefit Run

Registration: Fun Run 50 cents
5 Km Race \$2.00

All proceeds go to the Kent Davis Heart Transplant Fund.

Participant ribbons to all runners. Watch for further details in your newspaper and on your favorite television station.

Race Director: Bill Schmidt 485-1114
Co-Director: David May, Sr. 749-0540

MONUMENT CITY CLASSIC 10K

Angola, IN - 6-26-82

Overall Winners

Dexter Lehman - 31:01.6
 Connie Everage - 38:50.7

1 Dexter Lehman 31:01.6
 2 Greg Orman 31:02.1
 3 Robb Bostater 31:20.8
 4 Tom Loucks 31:46.7
 5 Barry Vandezande 32:41.7
 6 Kent Mahnesmith 32:45.2
 7 Brady Wells 32:53.0
 8 Jon Gnagy 33:29.3
 9 Ron Pepple 33:31.8
 10 Tom King 33:39.0
 11 Rick Reitzug 33:47.3
 12 Carl Carey 33:56.4
 13 Randy Houser 34:11.6
 14 Gunnar Johansson 34:18.7
 15 Dave Bussard 34:33.2
 16 Rowland Perez 34:39.6
 17 Kevin Ashcraft 34:54.3
 18 Tim Zumbaugh 34:56.8
 19 Scott Goe 35:02.0
 20 Fritz Menchinger 35:08.5
 21 Tom Mills 35:16.0
 22 Steve Brown 35:18.4
 23 Dan Sellars 35:33.7
 24 Terry Teegardin 35:39.5
 25 Trent Alexander 35:41.5
 26 Stephen Bangs 35:46.2
 27 Joe Barille 35:47.4
 28 Roger Hawks 35:55.8
 29 Paul Beckwith 35:56.2
 30 Phil Lenaster 35:56.7
 31 Tim Fleming 35:59.8
 32 Steve Kolbow 36:03.7
 33 Alex Kyle 36:16.7
 34 Jack Vrana 36:21.3
 35 Jerry Perkins 36:30.6
 36 Chuck Dowe 36:34.9
 37 Jim Garner 36:45.8
 38 Todd Rigelman 37:05.3
 39 Larry Averbeck 37:11.8
 40 Joel Vorndran 37:15.2
 41 Dale Gajewski 37:20.4
 42 Thomas Morrival 37:22.5
 43 Brian Shepherd 37:24.7
 44 Tim Gerardot 37:25.2
 45 Jon Sprague 37:33.2
 46 Ed Steele 37:39.2
 47 37:46.6
 48 Bert Hartman 38:05.2

49 Daniel Flesch
 50 Scott Frazier
 51 John Dyer
 52 James Little
 53 Giles Tomlinson
 54
 55 Connie Everage
 56 Mike Hoffman
 57 Dave Martin
 58 Larry Acocks
 59 Ronald Murphy
 60 Dan Heck
 61 Matthew Grieger
 62 Daniel Schneider
 63 Michael Gasper
 64 Jim Sellers
 65 Kent Buehrer
 66 Kevin Beard
 67 Bill Selman
 68 William Fee
 69 Rudy Stoeckel
 70 Marc Koore
 71 Scott Poor
 72 Robert Krause
 73 Don Weinkauff
 74 Brad Davis
 75 Tom Stinson
 76 Julie Williamson
 77 Lance Loucks
 78 Terry Osborn
 79 Evelyn Leiter
 80 Dan Greathouse
 81 Milt Grissom
 82 Ron Monroe
 83 Fred Foland
 84 Robert McKinley
 85 Larry Hofman
 86 Mike Miller
 87 David Dolson
 88 Kevin Dunitan
 89 Keith Pepple
 90 Doug Watson
 91 Mark Strasser
 92 Donald Miller
 93 Sue Carnes
 94
 95 Richard Fee
 96 Derek Cade
 97 Scott Stuckey
 98 Robin Hartzell
 99 Michael Machlan
 100 Jeff Huss
 101 Herb Chandler
 102 David Little
 103 Rod Knox

38:09.3
 38:18.2
 38:26.0
 38:33.0
 38:38.6
 38:43.8
 38:50.7
 38:56.7
 39:00.0
 39:00.8
 39:17.5
 39:20.3
 39:20.7
 39:24.0
 39:24.4
 39:46.7
 39:47.9
 39:51.4
 39:58.3
 39:58.8
 39:59.7
 40:14.4
 40:20.7
 40:22.5
 40:24.8
 40:30.3
 40:34.4
 40:40.8
 40:43.5
 40:45.7
 40:55.4
 41:07.8
 41:15.4
 41:21.6
 41:23.5
 41:27.7
 41:32.6
 41:36.8
 41:48.0
 41:49.8
 41:50.2
 41:55.0
 41:59.9
 42:04.6
 42:08.6
 42:16.5
 42:16.8
 42:21.1
 42:29.1
 42:31.3
 42:36.8
 42:39.2
 42:42.4
 43:00.1
 43:03.0

104 Paul Bair
 105 John Scott
 106 Kim Shoup
 107 Kris McCain
 108 Tom Herendeen
 109 Hal Ulrich
 110 James Mason
 111 Eric Woodcox
 112 Marvis Dubois
 113 Jim Lovejoy
 114 Dave Smith
 115 Bill Landon
 116 Norman Gecowets
 117 Vern Chovan
 118
 119 Jeff Beach
 120 Gary Wheeler
 121 Ray Montague
 122 Jerry Hartman
 123 James Lowry
 124 Doyle Putman
 125 Jennifer Field
 126 Christa Beach
 127 Larry Vogtsberger
 128 Joe Law
 129 Tom Cannon, Jr.
 130 Paul Langevin
 131 Charri Vorndran
 132 Joe Kuhn
 133 Tom DeLong
 134 Gary Muntz
 135 Glen Graber
 136 James Heyman
 137 Frederick Post
 138 Susan Magocs
 139 Gregory Stephenson
 140 Brett Buehrer
 141 Cathleen Kujawski
 142 Dave Wolff
 143 Rudi Florreich
 144 Stephen White
 145 Sally Mowrey
 146 Terry Parker
 147 Gerald Seeley
 148 Mike Holland
 149 Ed Burger
 150 Don Lundquist
 151
 152 Dwight Brunner
 153 Sara Mason
 154 Rick Butler
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 South Town Mall
 Fort Wayne, IN

159	Kathy Michael	47:26.2	195	Karen Shire	52:04.8
160	James Crowl	47:39.8	196	Jack Stiefel	52:22.9
161	Tom Lawler	47:43.4	197	Larry Bihlman	52:28.7
162	Dick Sive	47:50.1	198	Pat Bauman	52:43.7
163	John Compo	47:53.7	199	Craig Buckles	53:05.6
164	Robert Schmidt	47:59.3	200	Joulie Ahlersmeyer	53:08.8
165	Wilma Kyle	48:01.7	201	Douglas Pyles	53:16.3
166	Joseph Wozniak	48:03.8	202	Sherrie Davis	54:24.6
167	Gordon Sweet	48:07.0	203		54:53.7
168	John Johnson	48:10.5	204	Kathy Calhoun	55:16.4
169	Sue Compo	48:13.2	205	Brian Lounds	55:26.4
170	Brian Valle	48:14.6	206	Jay Simpson	56:13.8
171	Steven Shelly	48:28.8	207	Susan Wiley	56:32.2
172	Carlton Lemons	48:32.2	208	Sheryl Scotney	56:57.0
173	Dave Smith	48:46.3	209		57:00.8
174	Leslie Sutton	48:50.3	210	Ralph Lagro	57:03.7
175	Cy Johnson	48:51.5	211	Randi Hardy	57:08.0
176	Joanne Brown	48:54.7	212	Keith Hedges	58:02.4
177	James Zimmerman	49:14.6	213	Donald Carpenter	58:43.2
178	William Wills	49:26.3	214	Joseph Brooks	59:58.5
179	Becky Vanwagner	49:30.2	215	Bill Clarke	60:00.7
180	Dave Kruse	49:34.9	216	Karen Sue Miller	60:18.9
181		50:04.2	217	Tess Machlan	60:27.4
182	Susan Thompson	50:04.8	218	Diana McCullough	60:27.9
183	Patti Fleming	50:06.3	219	Janet Braun	60:35.2
184	Rikki Kain	50:17.0	220	Johanne Saltzgaber	60:44.2
185	Steve Cords	50:30.5	221	Barb Rexilius	60:52.6
186	Vaughn Roberts	50:41.9	222	Alice Haag	62:22.3
187	Kevin Ahaus	50:48.5	223	Jim Bunge	63:06.0
188	Mark Eades	51:24.3	224	K. P. Kleeberg	63:10.9
189	Laurie Eades	51:28.7	225	Ruth Bottoms	63:46.5
190	Barak Burr	51:29.5	226	Barb Sheffield	64:07.5
191	Roger Viton	51:32.5	227	Mari Jo Krebs	64:26.8
192	Kathy Vrana	51:34.2	228	Kelly Rushart	64:51.1
193	Robert Reese	51:55.8	229	Laura Scatena	65:33.9
194	Vern Miller	52:04.4	230		65:34.6



MARY CONNOLLY 3:14:10

3rd Overall

13.1 MILE PREDICTION RUN
Foster Park - 7-11-82

	Place	Actual Time	Pred. Time	Diff.							
1	Tom Loucks	9	1:20:20	1:20:18	:02	31	Fred Hannan, Jr.	13	1:24:03	1:25:00	1:57
2	Jim Richardson	61	1:44:57	1:45:00	:03	32	Chris Edington	34	1:36:00	1:35:00	1:00
3	Dennis Kroells	18	1:26:53	1:27:00	:07	33	Mike Kast	27	1:31:05	1:30:00	1:05
4	Gary Adkison	69	1:45:38	1:45:30	:08	34	Ann Mize	87	1:55:56	1:54:45	1:11
5	Mike Novosad	59	1:44:18	1:44:10	:08	35	Dave Ruetschilling	26	1:30:46	1:29:30	1:16
6	Mike Zurzolo	17	1:26:39	1:26:30	:09	36	Joe Ziegler	38	1:36:18	1:35:00	1:18
7	Fred Fulcher	60	1:44:50	1:45:00	:10	37	Norm Spitzig	28	1:31:19	1:30:00	1:19
8	Bill Schmidt	65	1:45:20	1:45:06	:14	38	Gene Striggle	46	1:39:25	1:38:00	1:25
9	Mike Melendrez	57	1:44:16	1:44:00	:16	39	Don Peaks	30	1:33:32	1:35:00	1:28
10	Phil Shafer	64	1:45:04	1:44:48	:16	40	Bob Harter	39	1:36:29	1:35:00	1:29
11	Pete Bowman	19	1:27:43	1:28:00	:17	41	Gene Chandler	62	1:45:01	1:46:30	1:29
12	David Waldrop	58	1:44:18	1:44:00	:18	42	David Garst	66	1:45:29	1:44:00	1:29
13	Don Goldner	45	1:38:34	1:38:15	:19	43	Ken Babcock	12	1:23:49	1:25:24	1:35
14	Michael Machlan	70	1:45:40	1:46:00	:20	44	Joyce Ogden	15	1:24:35	1:23:00	1:35
15	Phil Suelzer	25	1:29:38	1:30:00	:22	45	Rebecca Brown	71	1:46:41	1:45:00	1:41
16	Marsha Schmidt	90	1:55:58	1:56:20	:22	46	John Treleaven	22	1:28:16	1:30:00	1:44
17	Larry O'Herron	35	1:36:01	1:36:24	:23	47	Paul Snyder	92	1:56:46	1:58:30	1:44
18	Ann Jamison	42	1:37:52	1:38:15	:23	48	Roger Hawks	8	1:20:19	1:18:30	1:49
19	Bob Williams	16	1:25:50	1:26:15	:25	49	Mike Glasper	37	1:36:11	1:38:00	1:49
20	Gerry Troyer	50	1:41:35	1:42:00	:25	50	D.E. Standiford	80	1:49:50	1:48:00	1:50
21	Jack O'Neil	93	1:59:35	2:00:00	:25	51	Steve Adkison	21	1:27:56	1:30:00	2:04
22	Bob Beatty	52	1:42:28	1:42:00	:28	52	James Bushey	40	1:36:54	1:39:00	2:06
23	Vince Garcia	6	1:18:30	1:18:00	:30	53	Dennis Flennerly	51	1:41:48	1:44:00	2:12
24	John Rasmussen	68	1:45:33	1:46:05	:32	54	Phil Wisniewski	23	1:29:04	1:31:20	2:16
25	Steve Yager	48	1:40:25	1:41:00	:35	55	Mike Robbins	20	1:27:43	1:30:00	2:17
26	Mike Byerly	72	1:47:19	1:48:00	:41	56	Gary Spry	53	1:42:39	1:45:00	2:21
27	Mike Airla	47	1:40:16	1:41:00	:44	57	Larry Averbek	14	1:24:24	1:22:00	2:24
28	John Barbier	49	1:40:46	1:40:00	:46	58	Theresa Ehrman	73	1:47:37	1:45:00	2:37
29	David Dale	41	1:37:49	1:36:56	:53	59	Diane Waldrop	105	2:17:40	2:15:00	2:40
30	Jerry Williams, Jr.	7	1:19:06	1:20:00	:54	60	Ann Linson	99	2:08:15	2:11:00	2:45
						61	Larry Linson	85	1:55:14	1:52:28	2:46
						62	Mercedes Cox	86	1:55:56	1:58:43	2:47
						63	John Hilker	95	2:00:10	2:03:04	2:54
						64	Joe Brooks	77	1:48:55	1:46:00	2:55
						65	Tim Bowman	10	1:22:04	1:25:00	2:56
						66	Ed Freygang	11	1:23:17	1:20:00	3:17

HAVENHURST GOLF COURSE
FLORIDA SCRAMBLE

AUGUST 22 1982



MAKE YOUR OWN FOURSOME



Price: \$25.00

Includes:

Green Fees * Cart Fees * Score Keepers

\$\$\$\$ CASH PRIZES \$\$\$\$

Beer and Pop On and Off Course
Five Points Cafe Famous Bar-B-Que Ribs

Other Fine Foods

Money must be in by August 10, 1982

NET PROCEEDS GO TO THE FORT WAYNE TRACK CLUB



The Start-Finish Line is located in the 300 block of South Main Street, downtown Montpelier.
The course is 6.2 miles of mostly flat to slightly rolling pavement. The course is fast and A.A.U. certified.

Dressing and shower facilities are available at the Montpelier Middle School. Aid stations will be strategically located on the course and split times will be given each and every mile. Official timing will be electronic.

DIVISIONS			
MEN		WOMEN	
15 & under	3 awards	15 & under	3 awards
16 - 19	3	16 - 19	3
20 - 29	3	20 - 29	3
30 - 39	3	30 - 39	3
40 - 49	3	40 - 49	3
50 - 59	3	50 & older	3
60 & older	3	OPEN	5
OPEN	10		

The ENTRY FEE is \$6.00 on the day of the race or \$5.00 pre-registration.

Send check or money order to:

Jamboree Jog
c/o Tom Schwarzkopf, Race Director
512 South Main Street
Montpelier, IN 47359
(317) 728-5333

200 T-shirts of original design* are reserved for pre-entered runners (9-6-82). Late registration will be held between the hours of 7:00 a.m. and 8:30 p.m. race day at Race Headquarters, 300 South Main Street.

\$ 1.00 per runner for the Jamboree Mile, Run for Fun.

The JAMBOREE MILE WILL START AT 8:30 a.m. followed by the 4th annual JAMBOREE JOG 10K at 9:00 a.m..

Any runner to set a new course record in one of the 4th annual



SATURDAY, SEPTEMBER 11, 1982

HRRC POINTS RACE

Any runner to set a new course record in one of the fifteen divisions will receive a special award.

MEN		WOMEN	
36:38	15 & under	40:22	15 & under
32:19	16 - 19	37:52	16 - 19
31:35	20 - 29	44:18	20 - 29
33:12	30 - 39	44:47	30 - 39
36:34	40 - 49	52:51	40 - 49
38:34	50 - 59	56:43	50 & over
46:28	60 & over		

Course Records: Joe Sherman 31:35
Lora Cartwright 37:52

THE JAMBOREE JOG ENTRY FORM

Name _____ Age _____ Sex _____
Address _____
Street City State
Phone _____ T-shirt Size S M L XL

In acceptance of this entry, I for myself, my executors and administrators do hereby understand that the Montpelier Legion Jamboree, the sponsors, the town of Montpelier, and the Jamboree Jog Committee are released from all claims of damages, demands, acts of God, or Actions whatsoever in any manner arising from or growing out of my participation in the 1982 Jamboree Jog. I also certify that I am sufficiently trained to participate in this event. Parents or guardians must sign for participants under 18 years.

Signature _____

67	Larry Lee	56	1:43:22	1:40:00	3:22	103	Tracy Sohaski	104	2:12:58	1:52:00	20:58
68	Manuel Martinez	2	1:14:37	1:18:00	3:23	104	Steve Bowman	74	1:48:07	2:17:00	28:53
69	Kellen Shawn Smith	98	2:07:24	2:04:00	3:24	105	Tom Theard	79	1:49:37	2:30:00	40:23
70	Tim Hornak	29	1:32:28	1:29:02	3:26	106	Jerry Mazock	5	1:18:16	2:08:13	49:57
71	Tom Fisher	88	1:55:57	1:59:50	3:53						
72	Lyle Freimuth	78	1:48:58	1:45:00	3:58						
73	James McGowin	36	1:36:01	1:40:00	3:59						
74	Tim Bolin	89	1:55:57	2:00:00	4:03						
75	Dan Belschner	55	1:43:21	1:48:00	4:39						
76	Al Moore	94	2:00:09	2:05:00	4:51						
77	Barrie Peterson	43	1:38:03	1:33:00	5:08						
78	Roger Phillips	100	2:08:28	2:03:00	5:28						
79	Dan Minnich	24	1:29:25	1:35:00	5:35						
80	Bill Bare	63	1:45:03	1:50:42	5:39						
81	Steve Tielker	81	1:50:20	1:56:00	5:40						
82	Jerry E. Rickard	82	1:48:49	1:55:00	6:11						
83	Ian Rolland	75	1:48:48	1:55:00	6:12						
84	Bill Lambert	32	1:35:09	1:28:30	6:39						
85	Christopher	82	1:52:11	1:45:00	7:11						
86	Perry Haney	1	1:14:33	1:22:00	7:27						
87	Bob Gardner	91	1:56:38	1:49:00	7:38						
88	Alma Ojeda	44	1:38:07	1:30:00	8:07						
89	Marvin Jarvis	54	1:43:16	1:35:00	8:16						
90	Robert Habig	96	2:01:30	2:10:00	8:30						
91	Terry Shipley	33	1:35:17	1:44:00	8:43						
92	Susan Helton	101	2:08:53	2:00:00	8:53						
93	Chris Norrick	4	1:16:46	1:26:00	9:14						
94	David Wilson	67	1:45:31	1:55:00	9:29						
95	Tom Laird	83	1:52:31	1:42:29	10:02						
96	Julia Wilson	103	2:11:04	2:01:00	10:04						
97	Giu Zimmerman	102	2:10:25	2:00:00	10:25						
98	Bill Sohaski	97	2:03:07	1:52:00	11:07						
99	Russ Holland	31	1:33:49	1:45:00	11:11						
100	Ken Votaw	105	2:42:00	2:30:00	12:00						
101	Mike Bultemeier	3	1:16:46	1:30:00	13:14						
102	Betty Jackson	84	1:54:14	1:37:00	17:14						

Many thanks to all of those who volunteered for this race. I would especially like to acknowledge Chuck DeVault and Gloria Nycum who worked the finish line system, Jean DeVault and Rosann Lindley who handled all registration and results; Don Goldner who blocked traffic with our traffic cones along Fairfield Avenue, and Fred Ojeda, Brian Lindley, and Michael Lindley who were your aid station directors.

The weather was very cooperative. It stayed cool, cloudy, windy for most of the day, then the clear sky and hot sun made it very miserable. At the start it was 70 degrees and there were 111 starters. I hope the closed gate near Hartman Road did not inconvenience anyone for it did prevent a wheelchair participant to run. I'm sorry that this happened. We did receive \$72.00 for the Kent Davis Heart Transplant Fund. Thank you for the contributions. - Race Director, Don Lindley

Saying "yes" to Michigan

Larry Lee

When my friend, John Eakin, mentioned the idea in early April, it intrigued me: the two of us to run a two-man relay across the State of Michigan in a Run for Life to raise pledged funds for the Catholic Relief Services-Unicef East African Hunger Relief Fund. The cause was one to which John had gotten me committed earlier, through his Munchie Emporium 10,000 meter race in 1981. He had asked me to serve as honorary director for that race, and we were in the process of planning last minute details for his 1982 race. Yes, I could get behind a run to raise some substantial funds for the starving children of East Africa.

A cursory look at the map and at John's tentative route, from Luna Pier on Lake Erie just north of Toledo to New Buffalo on Lake Michigan just north of Michigan City, did not suggest an impossible feat. The distance we estimated to be about 185 miles, total, or 92.5 miles

for each man to cover. John had scheduled the week of June 21-28 as vacation from his job at the post office; so we had up to seven days to get the job done if necessary.

The purpose was a good one; the route, distance, and time frame appeared challenging but not overwhelming; we each felt that we could tolerate the other, even in the "down" times; and the chance to get in some good mileage on the roads three weeks before the 1982 TV-33/Hooks Marathon was also appealing.

This was early spring, before I had started my training for the 1982 season. With visions of many 50-mile-plus weeks of training prior to June 21, I felt I'd be in decent shape to handle 20 miles a day for four to five days straight fairly easily. Without much hesitation trepidation, I committed myself to joining forces with John and saying "yes" to Michigan. Once I gave my word, I would not leave John hanging. As matters developed,

it required that kind of deep commitment for us to make our goal.

In the weeks that followed, John publicized our proposed Run for Life through the Fort Wayne-South Bend Diocese news publications and bulletins. Word of pledges and cash coming in to the local parish churches and the thought of the imminent adventure fired us up. John started running twice a day and was primed for the big push by putting in 50 mile weeks of training. I, too, was all pumped up, but strangely not enough to increase my mileage beyond my customary 18-20 miles a week. Two weeks before June 21 I developed tendonitis in my left knee, so cut back even from that modest figure. I raced in the Hilly Four at Homestead June 20th to get ten miles in for that week.

The knee didn't affect my performance in the Hilly Four, and I foresaw no problems for the week of leisurely running that lay ahead. I was fresh mentally and fresh physically, I thought.

At 8:20 a.m., Monday, June 21, 1982, John and I touched the chilly waters of Lake Erie at a singularly unattractive strand of sand that passed as Luna Pier's public beach. At 1:15

Saturday, September 4, 1982 at 9:00 AM.

Canterbury Green Apartment Complex, Fort Wayne, IN
ENTRY FEE: \$5.00 No Refunds. All proceeds go to the Muscular Dystrophy Association and are tax deductible.

REGISTRATION: Before August 28, mail registration form and check to:
 Canterbury Green Fund to Benefit Muscular Dystrophy Assoc.
 2615 Abbey Drive
 Fort Wayne, IN 46815

Late registration and runner's packets will be handled on Friday, September 3, 5:00 - 9:00 PM at the Canterbury Green Country Club House and on Saturday, September 4, 7:00 - 8:30 AM at the large tent between the tennis courts and the Club House.

COURSE: The 5-mile course starts on the hill at the Canterbury Green Club House, winds through the beautiful paved streets, around the lush green golf course, and finishes near the Golf Pro Shop. The course consists of both paved streets and grass. Splits will be given at each mile. Aid stations will be at 2 1/4 miles and at the finish. Restrooms, showers, and lockers are available in the Club House. The swimming pool is available after 10:00 AM to all runners. (Bathing suits are required and furnish your own towel.)

AWARDS: T-Shirts will be given to the first 200 finishers.

Other awards to:

MEN	WOMEN
19 and under	19 and under
20 - 29	20 - 29
30 - 39	30 - 39
40 - 49	40 and over
50 - 59	
60 and over	



CANTERBURY GREEN

CANTERBURY GREEN'S MUSCULAR DYSTROPHY

"LOVE RUN"



CANTERBURY GREEN'S MUSCULAR DYSTROPHY LOVE RUN

NAME _____ AGE _____ SEX _____

ADDRESS _____ CITY/STATE/ZIP _____

T-SHIRT SIZE: Small _____ Medium _____ Large _____ X-Large _____

In consideration of your accepting my entry, I do hereby for myself, my heirs, executors, administrators, and assignees, release and discharge Muscular Dystrophy and Canterbury Green 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 Canterbury Green's Muscular Dystrophy Love Run.

Signature _____

(Parent or guardian if under 18)

Date _____

For additional information, call Tom Mather. 219/485-5895.

COURSE DESCRIPTION: Starting from downtown Bluffton in the heart of the carnival aroma and atmosphere of the Street Fair's Midway, the course heads east out of town trotting past acres of genuine, 100% natural Indian bean and corn fields intermingled with the fresh country air of cows and pigs. The course runs around the very verdant Quabache State Park and then loops into the park circling Kunkel Lake where "the deer and the buffalo roam." The course returns to Bluffton along the "Banks of the Wabash" River on picturesque River Road.

DATE: September 25, 1982 at 8:30 AM.

REGISTRATION & ENTRY: \$5.00

LATE REGISTRATION: \$6.00 from 6:30-8:00 AM at the Bluffton City Building, 128 E. Market Street (one block east of the Court House) on the morning of the race. Runners should be in the gym at the City Building for final instructions. Come early as parking will be difficult due to the Street Fair.

1982 PARLOR CITY TROT

The 8th FARLOR CITY TROT--a Half-Marathon (13 miles, 192.5 yds.) held in Bluffton, Indiana on the last day of the Bluffton Free Street Fair

ENTRY FORM

T-Shirt Size _____

NAME _____ AGE _____ SEX _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

I waive and release any and all rights and claims for damages against sponsors and/or officials of the Parlor City Trot for any injuries suffered during this event. I attest and verify that I am sufficiently conditioned to compete in this event. My signature indicates acceptance and acknowledgement of the above.

SIGNATURE _____

IF UNDER 18 SIGNATURE OF PARENT/GUARDIAN

Return entry to: Parlor City Trot
 c/o Philip K. Lockwood
 P.O. Box 497
 Bluffton, IN 46714

For further information write:
 Wells County Trotters
 P.O. Box 497
 Bluffton, IN 46714

Or call: Phil Lockwood 219-824-2412
 9 to 5 weekdays

DIVISIONS:	
MEN	WOMEN
0 to 13 35 to 39	0 to 13 35 to 39
14 to 15 40 to 44	14 to 18 40 to 49
16 to 18 45 to 49	19 to 24 50 to 59
19 to 24 50 to 54	25 to 29 60 +
25 to 29 55 to 59	30 to 34
30 to 34 60 to 69	
70 +	

THE AWARDS: No one, but NO ONE in the Top 50 goes away empty-handed, WHY? Merchandise awards to Top 10 men and Top 5 women. Trophies for places 11 through 25 and plaques for places 26 through 50. Medals with neck ribbons to winners of each age division. T-Shirts to all! All runners will receive \$2.00 off a large pizza at the Bluffton Pizza Hut.

HRRC POINTS RACE

p.m., that Friday, 187.5 miles later, we experienced one of the highest "highs" of our lives by plunging into Lake Michigan at New Buffalo. What transpired in the 4-1/2 days between start and finish constitutes one of the most satisfying triumphs of my life.

The mechanics of the trip, the sights, the scenery, the people we met, do not make a terribly interesting travelogue. What I learned about high mileage running on successive days, running on hard pavement, conditioning, pace, the need for rest, etc., may be more worth sharing. First, a little about the run itself:

John and I each ran twice in the morning, about 8 miles and 4 miles, and again twice in the late afternoon, about 5 miles and 3 miles. We ran 40 miles each of the first four days and 27.5 miles on the last "short" day - just as we had planned. While one was running, the other would drive up ahead in John's 1972 VW, keeping track of the mileage via the odometer and tracing our progress, fraction of inch by fraction of inch, by a blue ink line moving due west from Luna Pier.

Monday, June 21 - rural/sub-urban area along a straight flat country road. Bedford, Samaria, a drop south for 2-1/2 miles to Ottawa Lake, then due west four gas stations, two taverns, the Ogden Center and Weston. Most serious runners, I would guess, have fantasized about running a long journey, a many-day trip from any given point to any given destination. I know I have. When I was 12 or 13, I dreamed of running across the United States in the same fantasy of running the Boston Marathon and running (and winning) a Fort Wayne Marathon. (That was in 1957, many years before the first IV-37/Hooks Marathon.) Running 3000 miles as hard, as running 26.2 miles seemed just as easy, or just to me then. The two had the same degree of difficulty to my completely naive mind.

nothing more in reality than a sparse grouping of houses. Fawn River Road just south of Sturgis, we have seen in over 110 miles of running, to a point just south of Klinger Lake. Head-wind has dropped to a very tolerable 10 mph.

Thursday, June 24 - first three days were cool - in the 60's with a stiff breeze. Today that 10 mph headwind gives well-coming relief to temperatures rising into the high 70's and low 80's. Slight jog to U.S. Route 12 at White Pigeon, then on to Mottville and Union, south of Edwardsburg on straight country roads, on Route 12 again into Bertrand, just south of Niles. Physically, spent but emotionally high, we joke that we can almost smell Lake Michigan from our stopping point 200 yards west of the U.S. Route 33 interchange on the Route 12 By-pass.

Friday, June 25 - twenty-seven miles or so of good road to go. Temperature in the 80's by late morning. Love that 10 mph headwind now! Bakerstown, Peyton, Galien, Three Oaks, the I-94 interchange, New Buffalo, and the cool, clean water of Lake Michigan. A toast of wine, picture-taking, quiet jubilation, a tremendous feeling of accomplishment. We've made it!

Most serious runners, I would guess, have fantasized about running a long journey, a many-day trip from any given point to any given destination. I know I have. When I was 12 or 13, I dreamed of running across the United States in the same fantasy of running the Boston Marathon and running (and winning) a Fort Wayne Marathon. (That was in 1957, many years before the first IV-37/Hooks Marathon.) Running 3000 miles as hard, as running 26.2 miles seemed just as easy, or just to me then. The two had the same degree of difficulty to my completely naive mind.

Continued Next Month

body to run without proper training and conditioning. In capsule form, these are some of the lessons I learned or re-learned one week in June, 1982:

- The experts are right - you need rest after a hard race or training run and you can't jump dramatically in training mileage without risking injury to your body. In going from 18-20 miles/week to 20 miles/day after a hard four mile race, I aggravated my tendons, and pulled a groin muscle, and herniated an abdominal muscle - all on my left side, all in the first few miles of running on the first day.
- A corollary to point 1 - rest, total rest, is as important a part to conditioning and muscle strengthening as is stressing that muscle. Without adequate rest, you can and will tear your body down instead of building it up.
- There is no substitute for being adequately conditioned for running demanding distances on successive days than thru training by running such distances in a similar regimen. I felt before this run that if I should prove under-conditioned to handle 20 miles a day, I could (1) run more, shorter "legs" each day and/or (2) run more slowly on each "leg". Believe me, once you have reached the point of fatigue, running slowly hurts as much or more as running "faster". You only get to run for a longer time at the slower pace! It is not pain from injury that dictated my pace throughout the entire run, it was pain and simple leg muscle fatigue, leader legs, if you will. After running a sub-8 minute miles on day 1, I averaged over 9-1/2 minute miles for the rest of the trip. And no amount of dwelling on how many starving children in East Africa were benefiting from our efforts helped to ease the fatigue-pain or to quicken my pace.

Tuesday, June 22 - beautiful, slightly rolling farm area. Some dirt and gravel roads now. North Morenci, Camden, and Montgomery are the only three hamlets we pass. One gas station, one general store, one American Legion post, several "mom and pop" commercial enterprises. This is really getting away from it all! Headwind picks up from early morning to 14 mph by our late afternoon runs.

Wednesday, June 23 - rolling hills and twisting county roads through Lake county. East Gilead, Fawn River - two more names and dots on the map, but

SUB PEARCE 3:03:37
2nd Overall

MYRON MEYER 2:59:00
48th Overall

MIKE BULTEMEIER 2:39:18
12th Overall



I am a PWTC member who participated in and enjoyed many of the activities associated with Marathon Weekend July 17-18, 1982. I enjoyed the spaghetti dinner and Tim and Gheppi had fun in the marathon. I also attended the so-called "Post Marathon Mellow Out" party at Larry Lee's home. I was disappointed and embarrassed that this activity was listed as an official Track Club function.

I was disappointed because there was absolutely NO FOOD of any type (after a marathon no less); beer did not arrive until the party was half over; a porta-potty in a truck offered the only restroom facilities; and, in spite of a light rain, guests were locked out of the house and garage (this included some out-of-town racers who were concerned about flying home in wet clothes).

I was embarrassed because this event, with the PWTC label, implies Club approval and at least tacit support. Now wheelchair racers supposed to get into the pickup truck to use the portapotty even had they wanted to? Wheelchair racers left before many of the guests arrived so that they could go to Pizza Hut for food. This is embarrassing not just because it is shabby treatment, but because special efforts have been made to get wheelchair racers to come to Fort Wayne in the first place. I understand that the PWTC is submitting a bid to host the national wheelchair marathon championships next year, a bid Lee in his capacity as a member of the National Spinal Cord Injury Foundation Board. I sincerely hope the PWTC can do better by the wheelchair athletes next year than this.



- 14 MONROE COMMUNITY DAYS 10,000 - Monroe, IN., (Downtown), 9am, Alan Arnold 692-6610. \$4 pre-entry, \$5 day of race. T-shirts first 100 entries.
- 14 ARCOLA DAYS 10,000 - Arcola, IN., 8:15am, Steve Trahin. 1M at 7:45am. Arcola School.
- 14 MASTODON 8 MILER - Maxwell, IN., (Maxwell School), Tom Miller, Rt. 1, Box 376 McCordsville, IN., 46055.
- 15 RUNNER'S FORUM MADISON AVENUE 2 MILE RUN - Greenwood, IN., (852 U.S. 31 North), Runners Forum 317/882-1800.
- 18 FUN RUN - Foster Park, 6pm.
- 21 FUN RUN - Foster Park, 10am.
- 21 KENT DAVIS BENEFIT RUN 5K - Ft. Wayne, (Georgetown Square), 7am.
- 21 CHESTERFIELD RUN 10K - Chesterfield, IN., (Makepeace Park), 9:30am, Fred Taylor 317/378-6277. 2M at 8:30.
- 21 BRYAN PEPSI 10K - Bryan, OH., (St. Pats School), Paul Langevin 419/636-3460.
- 21 BOBBY CRIM 10 MILE - Flint, MI., 9am, Michigan Special Olympics 517/774-3102.
- 22 PEPSI CHALLENGE REGIONAL 10,000 - Indianapolis, (IUPUI T&F Stadium), 8:30am, Harry Lemmon 317/632-3463. Aug. 8 deadline.
- 22 LaPORTE AIRPORT AERO CLUB 4 & 1 MILE - LaPorte, IN., 8:30am, Steve Dickens 219/362-7018.
- 25 FUN RUN - Foster Park, 6pm.
- 28 FUN RUN - Foster Park, 10am.
- 28 BIG BROTHERS/BIG SISTERS 5M & 2M - Ft. Wayne, (Foster Park), 2M at 7:30am, 5M at 8:30am.
- 28 CONVOY COMMUNITY DAYS & LIONS 10K - Convoy, OH., (Edgewood Park), 9am, Steve Keller 419/495-2194.
- 28 GIRL'S CLUB 10K - Indianapolis, (Eagle Creek Park), 8:30am, Sally Finnegan 317/632-7430.
- 28 BEAR'S OF BLUE RIVER CLASSIC 10K - Shelbyville, IN., 9:15am, Denise Coffey 317/398-8875. 1M 8am, 5K 8:30am.
- 28 BREMENFEST 10K CLASSIC - New Bremen, OH., 9:30am, Rick Schoby 419/629-2896.
- 6 BLUEBERRY STOMP 15K - Plymouth, IN., 10am, Limited registration race day \$10. 219/936-2323.
- 6 REDBRUSH FOUR-MILER - 11 mi. west of Seymour IN. on St. Rd. 258., Jan Hines 812/497-2420.
- 11 ROANOKE 5M & 2M - Roanoke, IN., Russ Grose 672-3562. 2M at 8:15am, 5M at 9am. Flat course.
- 11 POPCORN PANIC 5 MILE - Valparaiso, IN., (Courthouse), 7:30am, Youth Service Bureau 219/464-9585.
- 11 JAMBOREE JOG 10,000 - Montpelier, IN., 9am, 1M at 8:30am, Tom Schwarkopf 317/728-5333.
- 11 THE ATHLETE'S FOOT/TIPPECANOE MALL 10K - Lafayette, IN., 8:30am, Denese Schenck 317/447-1416. 1M 8am.
- 11 KALIDA PIONEER DAY 10K RUN - Kalida, OH., Janet Hickman 419/532-3087.
- 11 GRAPE STOMP 10K - Berrian Springs, MI., 10am, (Indiana time), Rod Goodchild 616/471-2011.
- 12* FWTC 25K - Homestead HS, 9am.
- 12 GLASS CITY MARATHON - Toledo, OH., 7:30am, Glass City Marathon, P.O. Box 2372, Toledo, OH., 43603.
- 12 Y.M.C.A. AUTUMN RUN 4 MILE - Lima, OH., Estella Cooper, 419/228-8664.
- 18 PERSIMMON RUN FESTIVAL 5 MILE - Mitchell, IN., 8:30am, Frankie Young 812/849-4099.
- 19 FWTC 8M/2 man RELAY - Foster Park, 2pm, John McMillan 219/432-7311.
- 19 RUN IN MEMORY OF TERRY FOX 5K & 15K - West Lafayette, IN., (Purdue), 1pm, Doug Lamb 317/743-6645.
- 19 ST. MARY'S COUPLES RUN 4M - South Bend, 1pm, Athletic Annex 219/272-7565. Mixed team & open.
- 25 PARLOR CITY TROT HALF-MARATHON - Bluffton 8:30am, Phil Lockwood 219/824-2412.
- 25 MONROEVILLE HARVEST RUN 10,000 - Monroeville, IN., Monroeville Park, 623-3220 or 623-3197.
- 25 STRIDE FOR EPILEPSY 10K - Muncie, IN., 10am, Kim Armantrout 317/747-1902.
- 25 DANNON 30K - Indianapolis (Fort Benjamin Harrison), Indy Runners Inc.
- 25 CORY APPLE FESTIVAL 6M - Cory, IN., 9am, Richard Lockhart 812/448-2281. 1M fun run.
- * FWTC POINTS RACE
- Send race announcements or changes to - Tom Loucks, Route 1, Ossian, IN., 46777, 219/622-7108.
- SEPTEMBER
- 4 NEW KNOXVILLE FALL FESTIVAL 10K - St. Mary's OH., Robert or Ray Bayhan 419/753-2749. 9am.
- 4 RACE OF CHAMPIONS 5 MILE - Piqua, OH., 9:30am, Bob Bowman or Jim Roth 513/778-1847, 773-0895. 1M run.

Race Calendar

AUGUST

- 1 BASS LAKE RUNAROUND - South end of Bass Lake
8am, Dr. H.J. Henry 219/772-2141. 8.1 mile.
- 1 WILDERNESS STOMP 6K - South Bend (Bendix
Woods County Park), Athletic Annex.
- 4 FUN RUN - Foster Park, 6pm.
- 7 FUN RUN - Foster Park, 10am.
- 7 CLEAR LAKE RUN FOR THE BLIND 10K - Clear
Lake Lutheran Chapel, 8am, Kent Buehrer 419/
893-7374 or 219/495-3665.
- 7 RAINTREE COUNTY JAMBOREE 10K - New Castle,
IN., (Baker Park), 8:30am, Ed Miller 317/
529-2617.
- 7 PEPSI CHALLENGE 10,000 - South Bend, 8am,
Athletic Annex 219/272-7565.
- 7 RUN AMERICAN STYLE 5M ROAD RACE - Marion,
(YMCA), 9am, Roberto Sanchez 317/668-7884
- 7 GANDER OVERLANDER/GOOSE & GANDER MEANDER
10K - Michigantown, IN., 8:30am, Dick
Davison 317/258-3160 or Jeff Wellman 317/
249-2792.
- 7 RUN FOR HOME 5K & 10K - Tippecanoe Fair-
grounds, 8am, Larry Miller 317/474-0756.
- 7 INVITATIONAL FRANKLIN STREET MILE -
Michigan City, 12:30pm, Denny Martinson.
- 7 MORGAN-MONROE MILER 10M & 4M - Bloomington,
(Morgan-Monroe State Forest), 10am, Gail
Daly 812/336-8500. Deadline Aug. 3.
- 8* CIRCULAR 5K - Shoaff Park, 8am, Mike
Robbins.
- 11 FUN RUN - Foster Park, 6pm.
- 13 YOGI BEAR'S 5,000 Meter ROAD RACE - Pierceton
(Jellystone Park), 7pm, Stan Seiss 219/
594-2124.
- 14 FUN RUN - Foster Park, 10am.
- 14 BUTLER DAYS ROAD RACE 5K & 10K - Butler,
IN., Rick Hower, 219/925-4112.
- 14 FUN FEST 5 MILER - N. Manchester, IN.,
(Market Square), 10am, Dick Miller 219/
982-6919.
- 14 CANAL STOP 10K RUN - Spencerville, OH.,
(Spencer Township Park), 6pm, Brian
McMichael 419/647-6433.
- 14 ROTARY RAMBLE 5K - DeMotte, IN., (U.S. 231
Elem. School), 9:30am, Char Groet 219/
987-2875.
- 14 HAGERSTOWN LION'S CLUB SESQUICENTENNIAL
10K & 2K - Hagerstown, IN., 8am, Chester
Sanders Rt.2 Box 216, Hagerstown, IN., 47346



**FORT WAYNE
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