

# the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

A TOUCH OF AMERICA:

## The National Sports Festival

### Torch Run

by RICK REITZUG

Eight a.m. It was time to leave. Yet there was no movement toward the vehicles. The runners continued their conversation. Nearby several staff members tried to devise a way of hanging the foot long National Sports Festival Torch Run banner onto the RV.

Finally, after more conversation and a "fueling" stop at the IUPUI Student Union for some vending machine cookies, the staff members announced that it was time to leave. The banner was strung across the side of the RV, ready to announce our presence to all whose eyes should fall upon it. After vehicle assignments were given, twelve antsy runners and ten nervous crew members boarded their respective vehicles and the Torch Run Caravan to Colorado Springs was on its way.

By the time we passed Terre Haute on I-70, the carefully strung Sports Festival banner had worked its way loose and was flying, tattered, above the roof of the RV, a single cord holding it in place. After a quick stop to remove it completely, the caravan continued uneventfully on its way. Our first evening was spent in Kansas City. Upon arrival (7:00 p.m.), everyone quickly changed into running clothes to explore KC on foot. Two surprises awaited us. A quick look in any direction from the hotel educated us to the fact that not all of Kansas is flat. After this initial surprise, we gleefully (?) and vigorously attacked the biggest hill. About a

mile into the run a look at the sky provided our second surprise. The ominous, black clouds provided a hint that our run might well be cut short. We continued several more blocks and decided it might be wise to head back in the direction of the hotel. About halfway back the clouds burst and, within a minute, we were all completely drenched. By the time we got back to the Holiday Inn, the rain had subsided to a mere sprinkle so several of us decided to continue the run by doing laps around the "parking lot complex" of the hotel and the surrounding buildings.

Dinner that night provided an omen of things to come. To say that the service was slow would be as much an understatement as saying that Alberto Salazar is a "pretty good" runner. It was not to be the only time during our trip that the total absence of what might be variously termed speed, quickness, efficiency, or plain, old good service in serving our dinners was to cause many of us to miss our usual bedtimes. If nothing else, we all became experts in two things: 1) sleeping with a full stomach, and 2) running with a full stomach. After the marathon length meal, Myron (Meyer-my roommate) and I took the elevator to our top floor room, detoured around the wastebasket set up in the middle of the floor to catch the water from the leak in the ceiling, hopped into our beds and closed our eyes to the first day of the Torch Run.

#### Day II

The alarm rang. 5:30 a.m. Even though God meant only the hyperactive, overachiever, and first shift worker to be awake at this hour, all over the Kansas City Holiday Inn, Torch Runners were awaking to get in the workout that lack of time might make impossible later on. Who knew what surprises awaited us? Even without any, it was a long way to Colorado Springs. The distance hadn't decreased much when we had to make our first stop. One of the RVs was not running properly. We were soon back on the road again, only to stop again a few miles later. It looked like it would be a long day. Meanwhile, we were all getting to know each other better. Our four vehicles had also acquired names to be used in our radio communications with each other. The lead RV was dubbed "Trail Boss", followed by the "Burgundy Baby" in reference to the van's color. This was followed by the "Bob Squad" containing the torches and propane containers to be used during the run. Bringing up the rear was the second RV, the "Honey Wagon", referring to its maker, the Honey Company. Shortly, after some tinkering with the engine, we were back on the road again. By the time the Rockies came into view, some fifty miles distant, everyone had read everything of interest in all the vehicles, from Cathy Bussa's "Teen" magazine to Paul Drock's "Omni" science journal. Finally at 8:30 p.m. we pulled into the grounds of the U.S. Olympic Committee. We were quickly ushered to the dining hall and from there to the registration desk where we were given room assignments, then into a "briefing" session for the next day's activities.

(Continued on page 6, column 2)

# THE Inside TRACK

## THE INSIDE TRACK NEWSLETTER

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## 1982 RACE SCHEDULE

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.

## ULTRA MARATHON TELECASTS

### CHANNEL 10

Ft. Wayne Cablevision 10 Sat. Nov. 13, 1982 12:00 noon

Sat. Nov. 20, 1982 12:00 noon

Citizens Cable 10 Thurs. Nov. 11, 1982 8:00 p.m.

Thurs. Nov. 18, 1982 8:00 p.m.

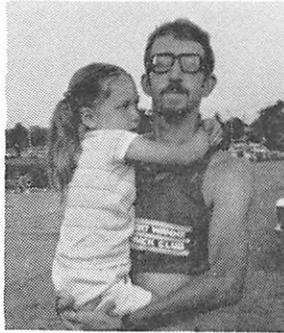
TV coverage of the seminar on Saturday and the race on Sunday



**FORT WAYNE  
TRACK CLUB**

# EDITOR'S NEWS & VIEWS

by DAVE FAIRCHILD



The last two months have been exciting ones for us as editors. We are pleased to have received a number of nicely done pieces from people who had not previously written for us, and we look forward to continued contributions from "new" writers. Many club members are capable writers with interesting perspectives and stories. This month also marks the return of Rick Reitzug as a writer after an absence of several months. Rick's chronology of the National Sports Festival Torch Run offers a warm and sensitive look at a most unique event and we are delighted to present the first installment this month, to be continued in the October issue.

Two well known members of the FWTC have recently moved from the city. Reverend John Scott has accepted a pastorate in Chicago. John's last day in Fort Wayne was July 18, and he concluded his stay with a PR marathon through the community he had well served the past several years. Mike Hill, former FWTC president, has just been transferred to Houston, Texas. Mike's most recent contribution to THE INSIDE TRACK was his interview with author (and sometime runner) Jim Fixx. Fort Wayne and the FWTC will miss both of you - and we wish you all the best in your new communities. We are confident you will be as successful in meeting your new challenges as you have been here. Godspeed to you and your families.

Finally, the letter to the editor published in the August, 1982 issue of THE INSIDE TRACK generated a greater volume of response than anything we have published during the past year. Much of that response reviewed the contribution and support for wheelchair athletes provided by members of the FWTC - notably Larry Lee, Charlie Brandt, and Don Lindley. But much of the response was directed to the fact that no signature was on the letter as published. We hope the following sets the record straight. The letter was not anonymous. Our editorial policy is that unsigned material will not be considered for publication. The letter published was signed - the decision to withhold the writer's name was made by the editors, not by the author. Our inclusion of the letter on the topic reflected the quantity of comments we had received on that issue. That particular letter was selected as representative of all those received. The editors and author are the only persons who know the identity of the author and the editors are not entertaining speculation on the matter. The editors and the FWTC president believe the interests of the FWTC can best be served by not using THE INSIDE TRACK as a vehicle for a continuing exchange of opinions on the subject. Consequently, while the editors acknowledge the many letters and comments received, no further letters on this matter will be published.

## Our happening

by MICHAEL A. NOVOSAD

It's completed! It's over! Most of the memories of pain are gone. We remember saying, "Never again, never again, never again", but it doesn't feel so bad today. Nature works in wonderful ways.

We all hurt in a marathon - especially in Fort Wayne! In different degrees but it is all relative. So why do we do it? Maybe it's an ego trip. Maybe to belong to a group with a similar goal. Maybe it is pride that drives us or the challenge it offers. Possibly to relive the feeling of victory because we are all winners. Running, completing, the Fort Wayne Marathon is a personal thing. Each of us knows whether he or she really won, met their goal, conquered the course. Our time is relatively insignificant - who cares except oneself!

It's a special feeling to run the Fort Wayne Marathon, to conquer the heat and humidity, to run in front of the home crowd, to run our Marathon. It's a once a year happening, the pinnacle of our racing season. An event we have trained hard for and one that will not be easily forgotten.

The memories are fond ones of the terrific, caring people who worked the aid stations, the many spectators who cheered us on, and the thrill of participating in a spectacle. The Fort Wayne Marathon is more than just a marathon, greater than Boston or New Ork. The Fort Wayne Marathon is "our happening".

We now have another nine months to decide - will we run again? Most of us will run a few more 10K races. During the winter we will gain a few pounds and 1983 will be on us before we know. The question will come up again. "Are we going to try it again? Are you going to run?" Initially fright will set in but the miles will increase. The first stages of "our happening" will begin. Spouses will plead "no" - they remember. But it is in our blood - there is no turning back.

See you next year!

AS I SEE IT:

# From the back of the pack

by ANGIE SEVERS

I wish to address this article to all my fellow back-of-the-packers. We have at our disposal one of the finest running clubs and newsletters in the country, thanks to all the people who have put forth untold hours and efforts. We all know their names and their accomplishments, not only on behalf of the club, but generally also as runners of some notoriety. There is, however, one vast area of our club which seems untapped for effort or notoriety: those of us at the back (or even the middle) of the pack.

I, for one, love to read stories by and about the elite runners, and do read THE INSIDE TRACK from cover to cover every month, but I was also delighted and interested to read about Sharon Pauley (August '82). Let's face it, we ordinary runners make up the bulk of our club's membership and therefore should have at least some responsibility of contribution. Surely we too have something to share. I would like to see more of "us" write for THE INSIDE TRACK. Perhaps by telling our stories and feelings about running we can not only encourage each other, but might reach a non-runner spouse who can relate better to our experiences than the running thoughts of the more seasoned or elite runners.

It is difficult to start running and sometimes even more difficult to keep running, as we all know. But I feel our club can and should have impact in this area. Whether we run ten miles a week or 60, we each have come to an understanding about ourselves through our running. It is this understanding that keeps us running for as many motivations and means as there are runners. It is vital to the growth of running and the growth of our club that we, at the back of the pack, cease to be the silent majority. Maybe through our sharing we can become better club members, but more importantly, better runners.

by KAREN PEDDEN

You've seen those funny people standing as far away from the start line of a race as possible and still look like they are involved in the race. I am one of those people and this is an article about us.

You won't see us running any two mile warmups before a marathon because that would expend too much precious energy. We figure since we aren't going to win a trophy we might as well enjoy ourselves and that is just what we do. You will find us standing around joking and just relaxing before an event. It's not really a race except in the sense that we are racing against ourselves.

During the marathon I ran with a number of other people. For about the first two-thirds of the race, we were joking and having a good time, talking to the spectators and thanking the police for stopping traffic for us (it was really a high to think that for once you had the right of way over a car). One of our members - Al - managed to consume a doughnut at mile 18. The last six or eight miles we decided that we were going to finish so that became our prime motivation rather than having fun.

We all finished, some of us for the first time, and we were right back to joking around after the finish. Not bad for some of us who only have time to run 10-15 miles a week, but it was fun and that was the point of the event. We will probably be there again next year for anyone who runs just for the fun of it.

DUNKIRK, IN 10,000 meter  
7-28-82

Betty Jackson 47:00  
118th overall - 3/20-24

CLEAR LAKE 10K - 8-7-82

Tim Bowman 36:10  
23rd overall - 6/20-24

VOLK NAPANEE - 7-31-82 - 3.1

Matt Holbrook 18:13  
9th overall - 5/15-20  
Mike Rumble 27:45  
77th overall - 6/30-39  
Mike Holbrook 27:54  
78th overall - 6/40-49  
Chad Rumble 29:45  
88th overall - 3/12-under

OLD SETTLER'S 10K RUN

Columbia City, IN - 7-17-82

Overall Winners:

Kent Mahnesmith - 33:57.5  
Robin Zeigler Walker - 47:19.9

FWTC Participants:

5 Doug Sundling	35:33.6
8 Brett Hess	35:59.2
9 Phil Herndon	36:15.3
14 Joe Barile	37:00.6
18 John Treleaven	37:15.0
20 Tim Fleming	37:37.7
23 Phil Beckwith	37:54.1
24 Don Lindley	37:55.1
29 Mike Kast	38:25.5
30 Mike Robbins	38:40.9
32 John Schwarze	38:57.8
40 Fred Ross	39:48.3
47 Dan Hannaford	40:31.8
48 Scott Frazier	40:42.0
68 John Barbier	43:12.2
112 Mike Pressler	49:19.6
120 Dick Sive	50:05.9
139 Gloria Ambrose	53:10.3
155 David Cox	55:19.1
159 Michael Callahan	56:29.0
163 John Schwarze	56:54.7
171 James Suelzer	60:08.0

Race Director: Carl Fields

TOM LOUCKS

Pepsi Challenge 10K  
Lima, OH - 7-31-82  
6th overall - 4/20-29 31:05

Raintree County 10K  
New Castle, IN - 8-7-82  
1st overall 31:45

Mastadon 8 Mile  
Maxwell, IN - 8-14-82  
3rd overall 42:24

BRADY WELLS

Madison Courier 10K  
Madison, IN - 7-3-82  
2nd overall 32:21  
2/19-29

JOHN E. RAMSEY

Pepsi Challenge 10K  
Lexington, KY - 5-22-82  
141 overall (238) 48:11

Chain O' Lakes Mini-Marathon  
Albion, IN - 6-5-82 (13.1 mi)  
44 overall (451) 1:49:39

JEANNIE HORMANN

Swiss Days - Berne, IN  
7-31-82  
10K (WC) 84:36

# President's Column

by LARRY LEE

Last month's issue of THE INSIDE TRACK contained several excellent stories on the TV-33/ Hooks Marathon. My column related in part to the marathon but only in a prospective sense; I could not meet the press deadline after the race in order to comment when the event was already history. Tho it is now a month and a half behind us, I would like to dedicate this column to sharing my observations about Marathon Weekend '82.

As far as the race itself is concerned, not enough compliments and praise can be heaped on Dan Widmann, Don Lindley, John Treleaven, and dozens of other FWTC volunteers and friends for a virtually flawless artistic performance. From the feedback we receive, our club should realize that we put on as fine a marathon as any in the country. What Don Lindley and his official aid station workers do every year is incredible. In 1982 where heat and humidity once again served as nemesis to a record field, they again made the difference for many of us re finishing as opposed to dropping out. We are not nearly so concerned about heat and sun stroke problems simply because of the frequency of the aid stations and the expertise of the many dedicated persons who serve at them.

What TV-33 contributes to make this event a success is obvious. Why not take a minute and write Hilliard Gates to tell him how much you enjoyed the job that he, Bill Nichols, Sherrill DeFay, and his staff did again this year. Hilliard's Marathon highlight show viewed at 10:30 p.m. after the race is often singled out as the one feature that makes our event distinctive. I had the opportunity to witness first-hand at the studio the last two hours of the many hours of frantic, hectic editing that is required to produce this year's 38 minute show. You can not believe the amount of top-class effort that leads up to what undoubtedly is one of the very finest same-day filmed highlight shows of any

race held anywhere. Masters of their art - that's Gates, Nichols, and Chuck Davis of TV-33.

How did you like the pre- and post-marathon local newspaper coverage this year? Did it remind you of the late 1970's when Bill Estap, the best friend the FWTC ever had, of the Journal-Gazette, covered our marathon? Why not take another few moments to call or write Bill Scott of the News-Sentinel and Mark Montieth of the Journal-Gazette to tell them how much you appreciate their extensive, well-written stories. It is flattering to see that our hometown thru its newspapers deems the marathon as one of its featured sporting events of the year.

I particularly enjoyed Montieth's human-interest chronicle on Tom Humbrecht, Dexter Lehman, Sharon Pauley, and Rick Reiff. (What more can be said about Dexter's "class" and Sharon's "heart"? Some kind of inspiration.) It was heartening to see increasing recognition by TV-33 and the papers that this race is so much more than an athletic contest, with almost exclusive focus on a winner and a handful of contenders. Hats off to Humbrecht, Reiff, Marsha Schmidt, Jeff Mollen, Don Johnstone, Tony Jester, Tracy Sohaski, and the dozens of other first-time marathon finishers. In your world, under your circumstances, in your condition, your triumphs were as impressive and gratifying as any.

Somehow I wish our local media could highlight our own Fort Wayne high-place finishers. Rick Reitzug has been the number one Fort Wayne finisher in 1978, 1980, 1981, and 1982. Yet he is hardly a household name outside the club. Mike Bultemeier and Jerry Williams, Jr., are even stronger cases in point perhaps. These two youngsters are almost-tops in every distance from 5K to 26.2 miles that the FWTC runs. However, they can not unseat Reitzug as king of the marathon, and they have been a few strides back of Craig Schwartz (no longer competing in FWTC races) and Tom Loucks in the shorter distances. Mike and Jerry are super runners and fine gentlemen, quietly pursuing their personal goals and

never complaining about the little publicity they receive. Keep strokin', guys; your consistent excellence is not totally unrecognized!

There were several other noteworthy individual FWTC performances. In the women's division, Betty Hite again led the way. I had not expected Betty even to enter this year's race because of her heavy racing schedule followed by her run from Pike's Peak to Indiana prior to July 18. Mary Connelly, Ann Jamison, Alma Ojeda, and Theresa Ehrman gave our club five of the first nine places among the women. Joan Goldner ran a very strong race to lead the "over-40" women. In all, well over half the female finishers this year were FWTC members. Can there be any doubt at all now that our ladies have "arrived"?

In the men's division, Brady Wells of Angola and Tim Bowman of Garrett (and SMU in Dallas) continued on their respective rolls. Bryan, Ohio's Tom King and Warsaw's Rex Reed were two more area FWTC high finishers. Incidentally, Bryan, Ohio had the distinction of having the third place winner (Robb Bostater) and the 19th place finisher (King). Myron Meyer, at age 55, ran a superb 2:59 flat, good for 48th place.

In the event leading up to the marathon, Ann Sheets deserves a great deal of thanks from the club. She chaired the highly successful Wheelchair Division, which produced 12 starters, 12 finishers, and a new course record. The story behind the story: Two months prior to the marathon, Ann was confident of having over 20 entries. Then she learned that Minneapolis was holding a 10K wheelchair race the day before our marathon, paying round-trip transportation, lodging, and meal expenses to all entries. That our marathon had any entries at all, let alone 12, is a credit to (1) Ann Sheets' perseverance and persuasiveness, and (2) the excellent reputation our city and our race enjoy among the wheelers. The Minneapolis race was touted - and in fact turned out to be - a major, big-buck, big promo event financed by one well-heeled business man. Too bad Fort Wayne has no "angel" for our wheelchair division.

Next year Ann and I will do our best to make certain no other wheelchair race is scheduled to

conflict with ours. Hopefully, we can host a field of over 20 for 1983. If you would like to help Ann, who almost single-handedly arranges the invitations, travel, lodging, in-town transportation, etc., each year, please contact her directly or thru THE INSIDE TRACK, or me.

Ann also was the founder of the marathon mini clinic and did a nice job in her first go. Thanks to Parkview Hospital and TV-33 for their support. Word is that Parkview was impressed enough with their first clinic that they may devote more resources for the second annual mini-clinic prior to the 1983 marathon. If you feel that this is a worthwhile addition to our track club/community health awareness program, contact Jack Goodwin or Tom Hermann at Parkview and give these two administrators the moral encouragement necessary to move our clinic onto a plane with South Bend's Sportsmed clinic and others held prior to many other major races throughout the country.

The second annual pre-race spaghetti dinner was even more successful than last year's winner. Debby Blume puts it all together with style - and with the cooperation of Tom Casaboro, Ian Rolland, Lincoln National Life, and many FWTC volunteers.

The post-race party, made an "official" club event this year in order to improve the publicity over the past word of mouth approach in regard to a private "you all come" get-together, can be improved in several ways. I would suggest two alternatives to an afternoon party. One would be to open a FWTC Hospitality Tent near the finish line from 9:00 a.m. till the start of the awards ceremony at 11:30 a.m. What kind of refreshments are served and to what degree access is availed to runners only or to everyone are important details that the club can resolve after full discussion.

Another "pet" idea is to host a party in a large private hall in the evening, well after the runners have had a chance to rest, sleep, and recover somewhat from the morning's ordeal. Start it at, say, 8:00 or 8:30 p.m., serve whatever food and drink the club decides is

appropriate, and climax it with a wide-screen showing of TV-33's marathon highlight show at 10:30 p.m.

Both ideas are not mutually exclusive; we could do both. Like my ideas in 1974 to have a marathon as part of the Three Rivers Festival and in 1980 to have a pre-1981-race spaghetti dinner and like Ann Sheet's idea earlier this year to put on a mini clinic, the scale, quality and popular success of these two notions is limited only by our club's collective imagination and willingness to communicate. We have the money; we have the manpower; we have the track record for cooperation and success. If the notion of some kind of post-marathon celebration/get-together is something that excites you, contact me. It is an event that is looking for another Debby Blume or Ann Sheets to head things up and make the ideas reality in 1983.

\* \* \* \* \*

Plaudits to Mike Robbins, author of a well-conceived article in August's issue and also race director for the August 8 Circular 5K at Shoaff Park. The race was well-attended and went without a hitch. Here's hoping the Kent Davis Benefit Run, held on August 21, sponsored by the club with Bill Schmidt as race director, was also a big success.

Mark your September calendar for the FWTC 25K on the 12th. Jim Anderson, race director, has all relevant details listed elsewhere in this issue. Also, on the 25th is Phil Lockwood's fine Parlor City Trot in Bluffton, IN. This is not a FWTC event but is a well-run half-marathon traditionally well-supported by club members.



## Saying "yes" to Michigan

(Continued from August issue)  
by LARRY LEE

4. Warming up and medicinal balms will never substitute for rest in rejuvenating over-fatigued leg muscles. No matter how much loosening up we pushed ourselves through and how much Ben-Gay we rubbed into our legs before we started our "legs", the first mile for each of us was invariably a painful hobbling trudge. The first miles were always the toughest, but we could not manage to cover 20 miles in less than four separate "legs" each per day. That meant four creaking startups the first four days, plus two more on the last, short day of the run.

5. A stiff headwind is as demoralizing when you are running at a slow pace without concern for time as it is when racing. Undoubtedly, the biggest tactical error we made was deciding to run east to west, into a predictably prevailing west wind. In retrospect, I would have much preferred to have had a 10-16 mph tailwind and ended at dingy Luna Pier beach rather than right the wind every step and end at esthetically more pleasant New Buffalo beach.

6. Running on asphalt pavement, as opposed to more forgiving surfaces, for distances exceeding what you have trained for will expedite the onset of tendon and ligament problems in all the familiar places. Of the 94.5 miles I logged, by choice less than 7 miles were on pavement. I chose six inch wide dirt and stone shoulders, half foot high weed shoulders, wide but sloping shoulders, rather than pound on pavement. I became a real connoisseur of shoulder of roads, a real expert at maintaining decent footing on some very challenging terrain. Probably spent more time looking at the trail 5-15 feet ahead than enjoying the peaceful, idyllic countryside.

I couldn't think of sharing my trip without acknowledging several heroes: first, my partner, John Eakin. A dreamer and a doer. Very positive approach to life and to running.



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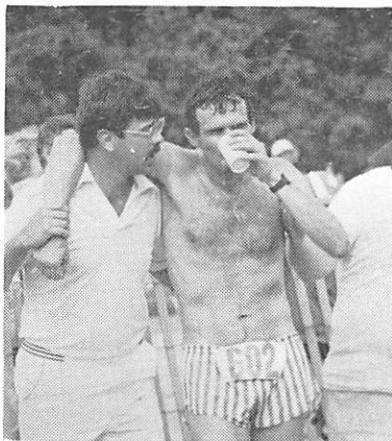
484-4322 by the ice rink  
483-8372 apple orchard

**athletic**  
**annex**

Strong runner. Eak, you're "on" for that four-man relay across the U.S. we talked about for September-October, 1983. John Sullivan, you, myself, and one other free spirit with more guts than brains and we'll make that dream come true, too.

Three host families that took us into their home for the first three nights of our run. Besides feeding us and allowing us to rest and sleep in their homes, they made us feel that what we were doing was something important, something worthwhile, something that we must accomplish. (Self-doubt runs darn deep when you have "hit the wall" 12 miles into a 94 mile trip.) Total strangers till we met them, they each became partners in our venture and friends for life. For your incredible hospitality and moral support needed beyond what you could possibly fathom, the Larens of rural Jasper, Michigan; the Poikeys of rural Camden, Michigan; and the Koladys of Sturgis, Michigan; we will be forever in your debt. We had nothing to give to you, only voracious appetites and pretty much zapped, unsociable personalities, you gave us so much.

For the record, upon returning home Friday evening, June 25, I made a point of running over six more miles in order to total over 100 miles in five days. Something magical about the "100 mile" figure - had to go for it! Chance for setting such a personal record, however obscure, may never come again!



Wayne Schaltenbrand  
3:15:51

The "briefing session" was my first introduction to the amateur sports official, in this case, the United States Olympic Committee official. Unfortunately, previous information gathered from reading and other sources was not changed by personal contact. We were first given some background information on the Olympic Committee (which we'd listened to previously at a briefing session in Indianapolis), then we were shown a film of the U.S. Hockey Team's gold medal performance at the 1980 Winter Olympics. All of this would have been most enjoyable at another time, but it was 10:00 p.m., and we'd been on the road for two straight days with a 5:30 a.m. wake-up call necessary the next morning in order to insure a timely arrival at Pike's Peak for the Torch Lighting Ceremony. That's not to mention that the actual briefing still had to take place, as did the distribution of uniforms, getting our luggage and finding and checking into the rooms that had been assigned to us at registration. (Not to mention, either, a second workout.) Finally, they actually did brief us on the Pike's Peak activities, which they had broken down into ten second intervals in places. It was obvious that, as Scott Miller so aptly put it, they were experts in "micromanagement". After the briefing, we were led to a different building where sweatsuits were to be distributed. Unfortunately our Olympic micromanagers were too busy breaking down time schedules into miniscule intervals to spend time going over the measurement forms we had filled out for them. The sweatsuits did not fit. Betty Hite's extra small ended up being a small. Instead of a medium men's top, I ended up with a medium women's; Jim Fletcher looked like his sweats were painted onto his body; Chuck Koeppen got the same deal I did..... We were assured by the Olympic staff they they's "make it right" and that we'd end up with sweats that fit after the Torch Run was over. (Currently I'm still trying to squeeze into my medium women's.) With the national press build-up, the micro-olympians were

anticipating and the AP Wire-photos they were promising would be beamed nationwide, I could anticipate the headline, "Misfit Hoosiers Light Fire on Peak". Wonderful publicity for their "media event"!

By this time we were well versed in the phrase "media event". We had been informed at our previous briefing-session in Indianapolis that the cross country Torch Run we had applied and been selected for was a "symbolic torch run". We wouldn't actually be running every step of the way since we had ceremonies and press engagements in various cities that were already arranged and would make running the entire way impossible. (Have you ever tried to train "symbolically"? I wonder if it would help you set a new PR?) The Torch Run was to be a "media event" to build awareness of, and interest in, the National Sports Festival. We, the runners, were to be the pawns. At least that was the impression many of us were beginning to get. The use of the phrase, "But that's not important anyway", when applied to things that weren't important to the run as a media event, but that were important to the runners who were investing two weeks of their time in something they hoped would be special, was a good indicator of this. I was beginning to wonder how much running we would actually do.

After distribution of uniforms we headed to our rooms. Knowing I had a marathon to run the weekend after I got home, I was obsessed with getting in a second workout. After throwing my suitcase into my room and noticing that it was midnight already, I and several of the other runners went out for a quick running tour of the Olympic Center and some laps around the red training track which encircle a green, artificial turf soccer field. The track and soccer field are framed by the Rockies a few short miles away, and by daylight this makes a beautiful sight. The run was exhilarating, and after a fast beer (against Olympic Center regulation-call it civil disobedience!), I hit the hay. It had been a long and sometimes frustrating day. It was after 1:00 a.m. It would be an early morning.

(Continued on page 16)



## SAVINGS RATES

Type of Account	Maturity Period	Minimum Deposit	Interest Rate
Interest Checking	None	\$250 or Sr. Citizens \$100	5.25%
Regular Passbook	None	\$10	5.50%
90-Day Passbook	90 Days	\$10	6.00%
Money Market Certificate (1)	91 Days	\$7,500	Weekly Quotes
Money Market Certificate (1)	6 Months	\$10,000	Weekly Quotes
Small Savers Certificate	30 Months	\$500	Daily Quotes
I.R.A. Certificate	18 Months	\$100	Weekly Quotes
Jumbo C/D Plan	1-12 Months	\$100,000	Daily Quotes
Tax Exempt Available until 12-31-82	12 Months	\$500	Weekly Quotes

(1) Based on the prior week's average Treasury Bill Auction.

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POINT STANDINGS (as of 8-15-82)  
(includes first 10 point races -  
minimum of 5 races to be listed)

	No. of Races	Total Points	Rating
<b>MALE</b>			
<u>14-under</u>			
1 Andy Cauffman	7	11	.224
2 John Schwarze	9	30	.370
3 Brian Lindley	5	41	1.640
<u>15-19</u>			
1 Mark Herndon	5	7	.280
2 Tom Mills	5	11	.440
3 Chris Edington	5	15	.600
4 Jeremy Jackson	5	41	1.640
<u>20-24</u>			
1 Tom Loucks	7	9	.184
2 Mike Bultemeier	7	13	.265
3 Craig Schwartz	5	7	.280
4 Jerry Williams, Jr.	6	15	.417
5 Kenneth King	6	41	1.139
6 Kenneth Votaw	5	50	2.000
<u>25-29</u>			
1 Edward Hoffman	8	37	.578
2 Dan Minnich	6	21	.583
3 Steve Gradeless	5	17	.680
4 Roger Wilson	6	28	.778
5 Michael Glasper	7	43	.878
6 Tony Gatton	5	28	1.120
7 Gary Dunn	7	56	1.143
8 Larry Ellis	5	32	1.280
9 Andy Lubin	5	47	1.880
10 Larry Linson	6	77	2.139
11 Mike Avila	5	71	2.840
<u>30-34</u>			
1 Rick Reitzug	7	8	.163
2 Dan Kaufman	9	22	.272
3 Jerry Mazock	8	26	.406
4 Mike Robbins	9	40	.494
5 John Treleaven	8	38	.594
6 Norm Spitzzig	8	53	.828
7 Steve Brown	8	62	.969
8 Tim Fleming	5	28	1.120
9 Dave Ruetschilling	7	56	1.143
10 Phil Wisniewski	9	113	1.395
11 Jim Berghoff	6	53	1.472
12 Mike Melendrez	6	53	1.473
13 Mike Medler	5	37	1.480
14 Bob Nunley	5	43	1.720
15 Dennis Kroells	5	48	1.920
16 Russ Suever	8	123	1.922
17 Mike Zurzolo	6	71	1.972
18 Tom Mather	6	133	2.078
19 Lynn Armstrong	5	52	2.080
20 Tim Bolin	8	146	2.281
21 Larry Shively	6	95	2.639
22 Terry Shipley	6	97	2.694
23 Phil Shafer	7	144	2.939
24 Gary Spry	6	116	3.222
25 Dewey Culbertson	5	82	3.280
26 Tom Archbold	5	112	4.480
27 Rick Longworth	7	225	4.592
<u>35-39</u>			
1 John Schwarze	9	24	.296
2 Mike Beltz	7	18	.367
3 Don Lindley	7	21	.429
4 Bob Bruckner	5	11	.440
5 Todd Rigelman	6	20	.556

6 Steve Adkison	9	47	.580
7 Art Obregon	6	21	.583
8 Wayne Schaltenbrand	6	25	.694
9 Ed Kerr	6	36	1.000
10 Mike Byerley	9	105	1.296
Larry Lee	9	105	1.296
12 Dave Fairchild	5	34	1.360
13 Rich Bolinger	5	48	1.920
14 Chuck Okorowski	6	71	1.972
15 Robert Wiersma	10	205	2.050
16 Dennis Flennary	6	96	2.667
17 Tom Clagg	5	69	2.760
18 Rudy Kleinknight	7	138	2.816
19 Tom Humbrecht	5	120	4.800

40-44

1 Larry Averbeck	7	14	.286
2 Woody Barker	9	24	.296
3 Phil Miller	5	9	.360
4 Ray Sibrel	10	56	.560
5 Charlie Brandt	8	49	.766
6 Bob Harter	7	38	.776
7 Ken Miller	7	36	1.000
8 Ken Clark	6	68	1.388
9 Pat Fairhurst	6	50	1.389
10 Joseph Brooks	7	95	1.939
11 Tom Finan	5	56	2.240
12 Jerry Cauffman	5	84	3.360

45-49

1 Joe Barile	8	8	.125
2 Bill Schmidt	8	15	.234
3 Dave Wilson	9	40	.494
4 Chris Stauffer	7	27	.551
5 Joe Ziegler	8	37	.578
6 Robert McCuan	5	19	.760
7 Larry O'Herron	8	51	.797
8 Don Peaks	5	20	.800
9 Don Helman	9	96	1.185
10 Don Goldner	7	75	1.531
11 Robert Gensheimer	5	40	1.600
12 Chuck DeVault	8	117	1.828
13 Ian Rolland	6	66	1.833
14 Tom Laird	6	67	1.861
15 Bill Sohaski	6	70	1.944
16 Rud. Florreich	7	106	2.163

50-59

1 Myron Meyer	9	12	.148
2 Mike Kast	5	5	.200
3 Giles Tomlinson	7	16	.327
4 Gene Whitacre	6	22	.611
5 Gene Striggle	7	31	.633
6 Verr. Chovan	7	34	.694

7 John Hilker	7	41	.837
8 Curt Nold	9	74	.914
9 J.P. Jones	7	47	.959
10 Alfred Moore	9	94	1.160
11 King Sullivan	8	80	1.250
12 Paul Snyder	5	45	1.800
13 Ross Moyer	7	89	1.816
14 Roger Phillips	5	67	2.680

60-over  
none

FEMALE

19-under

1 Alma Ojeda	8	10	.156
2 Holly Cauffman	6	16	.444

20-29

1 Theresa Ehrman	8	12	.188
2 Mary Theresa Connolly	6	7	.194
3 Phyllis Suelzer	8	22	.344
4 Betty Jackson	10	45	.450
5 Ann Linson	6	45	1.250
6 Linda Gensheimer	5	36	1.440

30-39

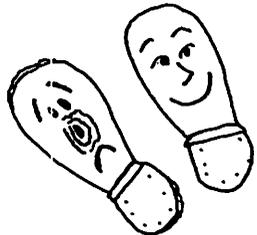
1 Ann Jamison	8	13	.203
2 Marsha Schmidt	9	32	.395
3 Jan Kissinger	5	10	.400
4 Sharon Wiersma	9	40	.494
5 Stella Bestard	7	44	.898
Jean Tipton	7	44	.898
7 Roseann Simmons	8	71	1.109
8 Phyllis Kerr	6	41	1.139
9 Deloris Fiantdt	6	59	1.639
Ann Mize	6	59	1.639
11 Mercedes Cox	5	56	2.240

40-over

1 Joan Goldner	5	5	.200
2 Gloria Nycum	6	10	.278
3 Julia Wilson	8	21	.328
4 Bonnie Taylor	7	19	.388
5 Jean DeVault	5	18	.720
6 Maurine Gensheimer	6	40	1.111
7 Tess Machlan	5	29	1.160
8 Sharon Pauley	5	36	1.440

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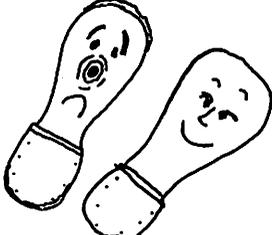
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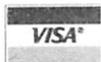
sodium	total cholesterol
potassium	LDL cholesterol
chloride	HDL cholesterol
CO <sub>2</sub>	VLDL cholesterol
calcium	triglycerides
phosphorus	T <sub>3</sub> uptake
glucose	T <sub>4</sub> by RIA
total protein	free thyroxine
albumin	alkaline phosphatase
globulin	SGOT CPK
A/G ratio	GGT RPR
creatinine	white blood cells
osmolality	red blood cells
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OPEN-MALE

1 Tom Loucks	7	13	.265
2 Craig Schwartz	5	8	.320
3 Rick Reitzug	7	20	.408
Mike Bultemeier	7	20	.408
5 Dan Kaufman	9	65	.802
6 Jerry Williams	6	29	.806
7 Jerry Mazock	8	68	1.063
8 Mark Herndon	5	27	1.080
9 Joe Barile	8	96	1.500
10 Mike Robbins	9	138	1.704
11 John Treleaven	8	126	1.969
12 Woody Barker	9	184	2.272
13 Larry Averbeck	7	123	2.510
14 John Schwarze	8	126	2.556
15 Norm Spitzig	8	177	2.766

OPEN-FEMALE

1 Theresa Ehrman	8	17	.266
2 Mary Theresa Connolly	6	11	.306
3 Alma Ojeda	8	32	.500
4 Ann Jamison	8	35	.547
5 Phyllis Suelzer	8	39	.609
6 Betty Jackson	10	104	1.040
7 Marsha Schmidt	9	87	1.074
8 Jan Kissinger	5	28	1.120
9 Sharon Wiersma	9	100	1.235
10 Joan Goldner	5	32	1.280



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MALE

14-under

1 Jim Scheerer	18:25.2	52
2 Ray Ball	20:03.7	94
3 * Andy Cauffman	20:26.2	103
4 * John Schwarze	20:47.2	110
5 * Bobby Wiersma	25:22.3	186
6 * Jim Schwarze	26:59.0	194
7 * Michael Lindley	26:59.3	195
8 John Potts	27:09.6	197
9 * Chad Zumple	29:00.9	208
10 * Brian Lindley	31:02.5	212

15-19

1 Mike Mazier	16:22.1	4
2 * Mark Herndon	16:41.2	7
3 * Phil Herndon	17:26.0	17
4 Eric Baumgartel	17:28.9	19
5 Jim Finchum	17:38.5	25
6 Scott Williams	17:46.3	30
7 * David Milner	17:50.4	35
8 Bob Swinehart	18:06.1	43
9 Paul Giesecking	18:06.8	44
10 * James Snyder	18:11.7	46
11 Mark Smith	18:31.5	54
12 * Matt Ebersole	18:41.1	57
13 * Dale Schaefer	18:48.2	63
14 Tim Kent	19:21.4	76
15 Jeff Lewis	19:24.3	78
16 Ark Dabins	19:28.3	80
17 Ron Welsh	19:44.7	86

18 Drew Wangford	20:08.4	98
19 Steven Selzer	25:04.5	181

20-24

1 John Jordan	15:47.5	1
Greg Orman	15:47.5	1
3 * Mike Bultemeier	16:26.6	5
4 * Ron Redden	17:06.5	11
5 * Bryan Gross	17:08.7	12
6 Dale Drees	17:11.0	13
7 * Tim Bowman	17:41.1	26
8 * Don Branstretter	17:57.1	39
9 * Kenneth King	18:15.2	47
10 Tom Summers	20:52.3	112
11 Chris Schortgen	21:58.0	132
12 * Kelben Shawn Smith	25:11.4	183
13 * Kenneth Votaw	27:15.0	199

25-29

1 * Brian Crosley	16:08.9	3
2 * Calvin King	16:55.4	10
3 * Dan Minnick	17:33.6	23
4 Hal Pearson	17:42.8	28
5 * Edward Hoffman	17:51.3	36
6 Rick Stensrud	17:53.4	37
7 * Roger Wilson	18:18.2	49
8 * Mike Glasper	18:19.9	51
9 * Gary Dunn	18:42.3	58
10 * Tony Gatton	18:45.9	60
11 David G. Mehas	18:47.6	62
12 Rich Rella	18:59.2	68
13 * Thomas Wagner	18:59.8	69
14 * Michael Machlan	20:17.1	100
15 * Tom Donelson	21:19.7	124
16 * Mike Avila	21:47.3	128
17 * Larry Linson	21:50.1	129

18 * Michael Callahan	22:17.5	137	7 * Ray Sibrel	19:06.2	71
19 Rick Hilker	23:26.4	150	8 * Pat Fairhurst	20:19.0	101
20 Greg Hey	23:47.4	159	9 * John Barbier	20:43.4	107
21 * Russ Neuman	26:38.4	191	10 * Tom Finan	20:45.1	109
<u>30-34</u>			11 * Ron Johnson	22:30.4	139
1 * Rick Reitzug	16:31.5	6	12 * Jerry Cauffman	22:32.7	140
2 * Jerry Mazock	16:47.2	8	13 * Joseph Brooks	24:35.5	172
3 * Dan Kaufman	16:54.7	9	14 * Larry Ebersole	25:11.7	184
4 * John Treleaven	17:23.8	16	15 Lowell Zelt	27:07.7	196
5 * Steve Brown	17:31.7	20	16 * Mike Holbrook	28:39.6	207
6 * Norm Spitzig	17:34.0	24	<u>45-49</u>		
7 * Mike Melendrez	17:47.1	31	1 * Joe Barile	17:26.4	18
8 * Mike Medler	17:49.9	34	2 * Bill Schmidt	17:47.7	32
9 * Dave Ruetschilling	17:59.6	40	3 Craig Miller	18:11.7	65
10 * Phil Lockwood	18:32.0	# 55	4 * Joe Ziegler	19:21.6	77
11 * Russ Suever	18:36.9	# 55	5 * Robert McCuan	19:48.3	89
12 * Bob Nunley	18:37.7	56	6 Edwin Jenkins	19:59.7	93
13 John Potts	18:46.3	61	7 * Larry O'Herron	20:12.7	102
14 * Dewey Culbertson	18:54.2	66	8 * Dave Wilson	20:59.5	115
15 * Phil Wisniewski	19:12.1	72	9 * Donald Helman	21:18.2	123
16 * Phil Shafer	19:18.9	74	10 * Bill Sohaski	21:29.3	125
17 * Dave Winters	19:39.1	83	11 * Tom Laird	21:30.1	126
18 * Terry Coonan	20:04.5	96	12 * Chuck DeVault	21:38.6	127
19 * P. Hermann	20:16.4	99	13 * Rudi Florreich	21:56.8	131
20 * Tim Bolin	20:44.1	108	14 * Howard Bash	22:07.8	134
21 * Rick Hower	21:00.8	116	15 * Ed Marrotte	12:04.8	146
22 * Dan Gordon	21:13.1	122	16 * Bob Anderson	23:35.8	154
23 * Mike Pressler	22:14.5	136	17 * Robert Gensheimer	23:40.6	157
24 Mike Tazter	23:17.0	147	18 * Charles Welch	24:26.2	168
25 * Rick Longworth	23:20.4	149	19 * Jim Dupont	30:54.0	211
26 Robert Robinson	23:48.0	160	<u>50-59</u>		
27 * Paul Sabrack	23:58.2	164	1 * Mike Kast	18:05.5	42
28 Dave Hey	24:32.7	171	2 * Myron Meyer	18:28.4	53
# duplicate tickets			3 * Giles Tomlinson	18:55.5	67
<u>35-39</u>			4 * Gene Striggle	19:56.5	91
1 * John Schwarze	17:33.2	22	5 * Gene Whitacre	21:12.1	121
2 * Todd Rigelman	17:42.3	27	6 * John Hilker	23:26.8	151
3 * Mike Beltz	17:49.4	33	7 * Paul Snyder	23:32.9	153
4 * Don Lindley	17:54.2	38	8 * Bill McKinley	23:37.6	155
5 * Norval Lehman	18:17.0	48	9 * Curt Nold	24:28.7	170
6 * Ed Kerr	18:19.0	50	10 * King Sullivan	24:43.7	174
7 * Art Obregon	18:45.4	59	11 * R.J. Longworth	24:52.7	177
8 * Terry Shipley	18:59.8	70	12 * Alfred Moore	24:57.5	178
9 * Dave Waldrop	19:14.8	73	13 * Roger Phillips	25:14.4	185
10 * Steve Adkison	19:24.8	79	14 * Bob Kennelly	26:20.8	190
11 * Tom Mather	19:37.8	82	15 * Claude Keller	26:44.9	192
12 * Dick Gattton	19:43.1	85	<u>60-over</u>		
13 Mark Derheimer	19:47.1	88	1 * Chet Fleetwood	25:03.8	180
14 * Tom Cavacini	20:05.9	97	2 * W. Plant	25:52.3	188
15 * Michael Byerley	20:33.4	105	<u>FEMALE</u>		
16 * Wallace Smith	20:53.1	113	<u>19-under</u>		
17 * Jim Heymann	20:56.4	114	1 * Alma Ojeda	19:58.9	92
18 * Graham Richard	21:05.6	117	2 Megan Prough	22:52.1	143
19 * Chuck Okorowski	21:11.6	120	3 * Holly Cauffman	24:05.4	165
20 * Robert Wiersma	21:51.6	130	4 Lisa Heyerly	24:25.4	167
21 * Dennis Flenery	22:03.4	133	5 * Tracy Sohaski	24:42.5	173
22 * Dave Wolff	22:09.5	135	6 * Jodi Ziegler	31:25.2	213
23 * Tom Theard	22:22.8	138	7 * Tami Zurzolo	35:34.2	216
24 * Tom Firestine	23:28.4	152	<u>20-29</u>		
25 Mike Hey	24:09.4	166	1 Jodie Welly	19:19.6	75
26 William Foley	24:27.8	169	2 Jennifer Cast	19:36.7	81
27 * S. Behnam Pour	25:46.3	187	3 * Theresa Ehrman	20:04.1	95
28 Lawrence Lee	27:14.6	198	4 * Becky Snyder	20:49.0	111
29 * Mike Rumble	29:24.6	209	5 Terri Gindlesberger	21:07.4	118
<u>40-44</u>			6 * Phyllis Suelzer	21:11.1	119
1 * Phil Miller	17:15.7	14	7 * Deb Kukelhan	23:04.8	144
2 * Jerry Perkins	17:20.2	15	8 * Helen Huber	23:17.3	148
3 * Woody Avers	17:44.7	29	9 * Betty Jackson	23:44.7	158
4 * Larry Averbek	18:04.4	41	10 * Cynthia Sabrack	23:57.2	163
5 * Bob Harter	18:08.9	45	11 * Ann Linson	26:53.2	193
6 * Ken Miller	18:48.9	64			

30-39

1 * Ann Jamison	20:28.6	104
2 * Sharon Wiersma	23:40.1	156
3 * Marsha Schmidt	23:55.4	162
4 * Brenda Wolfe	24:50.3	176
5 * Phyllis Kerr	25:09.9	182
6 Karen Slyford	27:35.3	200
7 A. Robinson	27:37.0	201
8 * Kathy Robbins	28:22.8	205
9 Sue Kaufman	28:23.3	206

40-over

1 * Gloria Nycum	24:45.6	175
2 * Julia Wilson	25:53.8	189
3 * Jean DeVault	27:38.7	202
4 * Bonnie Taylor	27:39.4	203
5 * Jean Longworth	27:46.8	204
6 * Tess Machlan	30:15.9	210
7 * Doris Snyder	32:44.4	214
8 * Maurine Gensheimer	33:14.2	215
9 * Danella McKinley	36:54.4	217

Despite the humid weather and faulty race surface, runners still managed respectable times. A thank you is due my co-director, Steve Gradeless, who handled the race timing. Also, thanks to all the others who made the race possible - Rusty Summers and Tom Loucks who disbursed finish tickets; Jeff Brown and Kim Dove who provided mile splits; Linda Brown, Larry Lee, and Rosann Lindley who presided over the registration/results table; Don Lindley and Terry Shipley for arranging and setting up the race equipment as well as for their advice, support, and experience; and especially, my wife, Kathy, without whose ideas, organization, and common sense, I would have been totally confused. Thanks also to the many others who lent a hand just because they saw a need.

Mike Robbins - Race Director

ENJOY

3 days and 2 nights  
in beautiful downtown Columbus, Ohio, as guests of the Hyatt Regency Hotel. This \$154.00 value features luxurious accommodations in the Hyatt Honeymoon Suite, with complement champagne, and it all can be yours for \$100.00 (negotiable)!!!  
Contact Greg Orman  
485-4340(H), 484-4322(W)  
for details. Call now, this is a limited time offer.

FORT WAYNE

FORT WAYNE ULTRAMARATHON - SUNDAY, OCTOBER 31, 1982  
NORTH AMERICAN VAN LINES WORLD HEADQUARTERS - U.S. 30 East

Ultra-Marathon



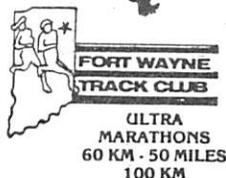
Name \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_ Sex \_\_\_\_\_  
 Address \_\_\_\_\_ Phone Number \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Best Marathon Time \_\_\_\_\_ Predicted Time & Distance \_\_\_\_\_  
 Entry Fee (\$5.00) FWTC Member: Yes \_\_\_ No \_\_\_  
 T-Shirt size (Check one): M L XL Indicate Race: 60K 50M 100K

I acknowledge that I have trained sufficiently to participate in this event. I, or my heirs or assigns, waive any rights I may have against the Fort Wayne Track Club, North American Van Lines and any other sponsors or affiliates in connection with this event from any claims for damages, demands and causes of action arising from my participation.

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

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

If under 18, parent or guardian must sign here  
 Make checks payable to: Fort Wayne Track Club Ultramarathon  
 Send to: F.W.T.C. Ultramarathon, Curtis Nold, 4211 Hartman Rd.  
 Ft. Wayne, IN 46807



**THE EXERCISE PHYSIOLOGY LAB  
SALUTES**

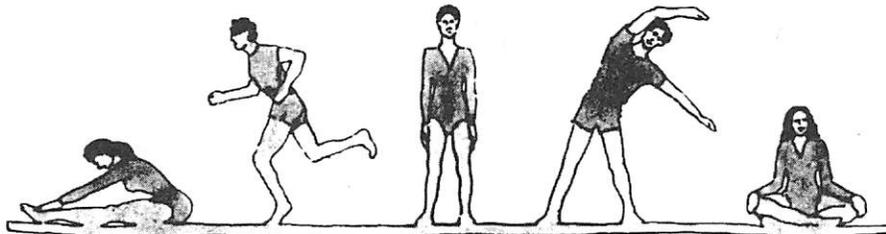
**THE MEMBERS OF THE FORT WAYNE TRACK CLUB  
FOR**

**THEIR CHOICE OF A POSITIVE APPROACH TO LIFE BY  
MAKING REGULAR EXERCISE A PART OF THEIR DAILY LIVES**

\*\*\*\*\*

**YOUR LIFESTYLE CHOICES (EXERCISE PATTERN, NUTRITIONAL HABITS,  
ENVIRONMENTAL SENSITIVITY, STRESS AWARENESS & MANAGEMENT)  
HAVE THE GREATEST IMPACT ON YOUR PRESENT AND YOUR FUTURE  
PHYSICAL, MENTAL, AND EMOTIONAL HEALTH.**

\*\*\*\*\*



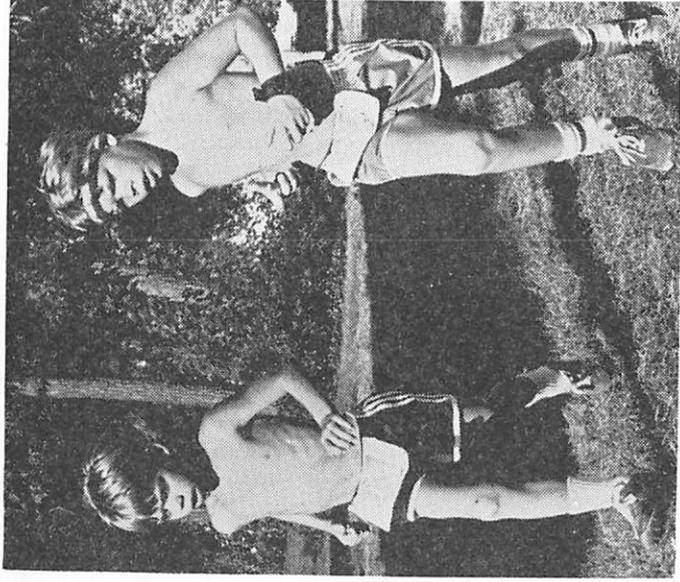
The EXERCISE PHYSIOLOGY LAB offers Wellness & Lifestyle, Coronary Risk and Fitness evaluations to individuals who wish to assess their present state of wellness. On the basis of the data collected specific recommendations are made to enable you to maximize your potential through lifestyle modification.

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\*\* INCLUDES: a resting & maximum treadmill EKG, a personalized exercise prescription, flexibility, muscle strength & endurance, height, weight, blood pressure, % body fat, blood chemistries (including thyroid, blood sugar, cholesterol, triglycerides, HDL cholesterol, uric acid, BUN, electrolytes), a Lifestyle & Health Risk questionnaire and individual feedback on all aquired data.

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Anthony Medical Center  
5717 S Anthony Blvd.  
Fort Wayne, In. 46806  
(219) 447-4511**



Celina Lake Run



Greg Orman  
Denim Express  
Shoe-fly 10K

DENIM EXPRESS SHOE-FLY 10,000  
Marion, IN - 7-10-82

1	Greg Orman	30:07.3
2	Scott Maves	31:07.2
3	Kerry Dickson	31:17.7
4	John Roscoe	31:25.0
5	Herman Bueno	31:41.1
6	Tom Loucks	31:55.1
7	Dean Behrmann	32:16.4
8	Larry Park	32:25.9
9	Richie Garing	32:34.1
10	Bill Cavaghan	32:36.1
11	Greg Osborn	32:50.8
12	Doug Osborn	32:50.8
13	Harry Rayhel	33:21.0
14	Dan Boston	33:43.3
15	Brian Crosley	33:46.8
16	Derek McDaniel	33:47.9
17	Mike Kempher	33:54.6
18	Dale Jacobson	33:58.6
19	Rob Mikesell	34:25.6
20	Scott Wareham	34:31.7
21	Duane Dye	34:33.0
22	Robert Somart	34:34.9
23	David Schmidt	34:41.1
24	David Schmidt	34:43.1
25	Andy Foster	34:46.1
26	Mike Huber	34:49.4
27	Jerry Mazock	34:49.8
28	Jim Leffler	34:59.0
29	Douglas Wegman	34:59.0
30	Mike Sackett	35:00.1
31	Ron Sharp	35:03.6
32	Rick Hilburn	35:11.4
33	David Welsh	35:14.7
34	Bob Brown	35:29.6
35	John Saler	35:30.6

36	Mike Gillard	35:31.2
37	Chris O'Bryhim	35:37.0
38	David Smiley	35:53.4
39	Glenn Ross	35:56.3
40	Steve Welstead	36:01.3
41	David McMillan	36:02.2
42	Bill Hendey	36:08.6
43	Phil Suelzer	36:10.0
44	Chad Taylor	36:10.7
45	Ken Swales	36:12.7
46	Ken Swales	36:13.5
47	Mike Robbins	36:15.8
48	David Fleece	36:16.8
49	Bob Smith	36:18.9
50	Bob Bruckner	36:19.3
51	Bob Carrasco	36:20.1
52	A.S. Tarquino	36:21.3
53	Bobby Reveal	36:21.7
54	Tim Purdom	36:25.0
55	Frank Fish	36:26.7
56	Greg Chapman	36:26.7
57	Greg Chapman	36:33.8
58	Greg Chapman	36:34.9
59	Jim Caviness	36:35.4
60	James Parsell	36:37.3
61	Tim Fosnough	36:38.1
62	Bob Williams	36:42.3
63	Jack Beasley	36:49.0
64	Jeffrey Harmon	36:52.9
65	Bryan Thomas	36:53.5
66	Todd Rigelman	36:56.5
67	Tim Gasper	36:57.6
68	Greg Puckett	36:58.4
69	Rick Kerr	37:01.6

70	Tim Grant	37:03.2
71	Brent Spencer	37:03.8
72	J.R. Spillman	37:08.0
73	David Caudall	37:09.1
74	Patrick McGray	37:09.7
75	Glen Davis	37:14.1
76	Patrick Kunke	37:17.0
77	Bill Heck	37:22.5
78	Jeff Wheeler	37:27.8
79	William Folden	37:28.9
80	Ray Carey	37:31.5
81	Todd Lurens	37:32.9
82	David McAdams	37:40.3
83	Lambert Decker	37:42.7
84	Terry Pulley	37:59.0
85	Doug McKnight	37:59.7
86	William Greenwood	38:01.1
87	Steven Mosier	38:01.9
88	John Norris	38:03.1
89	Jeanie Mollohon	38:03.5
90	Richard Lockhart	38:04.9
91	Bret Curry	38:05.4
92	Tim Gormany	38:08.0
93	Gary Zyman	38:14.9
94	Jere Kunkle	38:23.5
95	Stephen Edwards	38:24.8
96	Marty Morgan	38:36.3
97	Brad Honn	38:36.3
98	Derrick Buck	38:36.8
99	Mark Metzger	38:37.4
100	Jeff Plummer	38:41.2
101	Larry Emmons	38:44.9
102	Jim Kirkwood	38:45.3
103	Scott Anderson	38:48.3
104	David Hoelt	38:50.7
105	Daniel Prfleging	38:51.8

106	Randy Presslar	38,55.4
107	Jerry Stauffer	38,55.4
108	R. Wammacher	39,05.7
109	David Honey	39,09.8
110	Stephen Quiring	39,13.3
111	Tom Harderick	39,14.4
112	Mike Lundgren	39,16.2
113		39,17.4
114	Keith Dinn	39,18.0
115		39,18.7
116	Jeff Cable	39,20.7
117	Steve Neideck	39,22.5
118	Joe Ruff	39,23.5
119	Paul Wilson	39,30.2
120	Dana Reihman	39,33.9
121	Ken Kraay	39,36.7
122	Michael Green	39,41.5
123		39,43.9
124	James Magnet	39,47.1
125	Marilyn Reinhardt	39,48.8
126	John McPherson	39,49.9
127	Frank Krause	39,50.9
128	Joe Holmesteter	39,53.5
129	Victor Corey	39,56.4
130	Henry Nichols	39,58.3
131	Jane Tompkins	40,00.6
132	Karen McQuilkins	40,01.3
133	Jerry Ruff	40,05.1
134	Diana Okon	40,07.8
135	Skip Stanley	40,08.9
136	Donald Peaks	40,13.4
137	Dwight Purdy	40,17.4
138	Dave Smith	40,19.6
139	Jeff Vorkick	40,22.6
140	Paul Day	40,23.3
141	Jerry Haywood	40,23.9
142	Karl Boyd	40,36.4
143	Ruth Oznum	40,38.7
144	Theresa Ehrman	40,47.2
145	Jeff Gangloff	40,48.4
147	Ron Wallace	40,50.5
148	Ron Shelborne	40,58.9
149	Cassy Puccinelli	41,03.9
150	Nina Lux	41,04.3
151	Mark Wright	41,05.0
152	Felix Scullio	41,10.9
153	Evelyn Letter	41,12.4
154	David Lamm	41,13.4
155	Al Williams	41,14.2
156	Gordon Thigpen	41,14.6
157	Doug Spiker	41,15.1
158	Ernan Mangold	41,15.4
159	Eric Burk	41,15.9
160	Jerry Hodge	41,20.9
161	Mike Henderson	41,24.6
162	Tim Johnson	41,25.0
163	Tim McKinnon	41,28.5
164	Richard Fogue	41,29.3
165	Evan Archonbach	41,30.5
166	Sue Carnes	41,31.3
167	Matt White	41,38.9
168	Jay Wheeler	41,43.0
169	Lynn Bennett	41,44.8
170	Laura Cartwright	41,47.9
171	Brian Curry	41,52.1
172	Richard Allen	41,54.7
173	Ron Archbold	41,57.9
174	Kris Bullock	42,00.6
175	Celeste Kuta	42,00.6
176	Larry Uterback	42,03.9
177	Fred Nolting	42,05.5
178		
179	David Helman	42,13.4
180	Tony Leitner	42,18.1
181	John Cruz	42,16.6
182	Brian Shortridge	42,17.1
183	Jim Matton	42,17.6
184	Shad Berndt	42,18.1
185	Shad Shadnagle	42,18.5
186	Jim Abbott	42,21.9
187	Steven Wilson	42,23.1
188	Rod Hagerman	42,25.0
189	Gary Grossman	42,27.1
190	Joe Deduardo	42,31.0
191	Gene Whitacre	42,32.5
192	Eric Chandler	42,34.5
193		42,37.6
194	Norman Hicks	42,40.4
195	Eldon McKenzie	42,40.9
196	John Harper	42,44.4
197	Mark Jones	42,45.9
198	David Gorman	42,49.6
199	Gary Hooten	42,53.4
200	David Winters	42,54.5
201	Cliff Henderson	42,56.0
202	Rek Stannard	43,01.2
203	Gary Dziblas	43,06.9
204	Jim Griffin	43,08.5
205	Scott Taylor	43,10.2
206	Martin Brown	43,11.7
207	Donald Kearney	43,15.7
208	Brenda Metzger	43,16.8
209	Jim Davis	43,17.6
210		43,19.8
211	Joe Wright	43,20.7
212	Park Ginder	43,20.7
213	Ralph Allen	43,22.9
214	Jeff Gortz	43,25.0
215	David Wood	43,33.0
216	Doug Lantz	43,33.5
217	Sean Allied	43,40.2
218	Julle Williamson	43,40.5
219	Carol McIntyre	43,42.0
220	Matt Runtingen	43,43.9
221	Gary Arnett	43,53.0
222	Walter Lee	43,57.1
223	Tom Beaemon	43,59.4
224	Tom Kraeh	43,59.4
225	Dick White	43,59.7
226	John Sarian	44,07.5
227	Milt Grisson	44,11.8
228		44,12.5
229	Al Reid	44,16.3
230	Steve Mbee	44,17.7
231	Bryan Alexander	44,18.2
232	Richard Duke	44,19.4
233	Bob Wing	44,21.3
234	James Dickerson	44,22.0
235	Ruth Ross	44,22.3
236	Howard Wright	44,30.3
237	Larry Bollinger	44,30.8
238	John Schietera	44,31.4
239	Todd Stapleton	44,32.3
240	Jim Compston	44,33.1
241	Robert Graf	44,33.7
242	Darrell Samon	44,34.2
243	Jim Griffin	44,34.8
244	Doyle Puman	44,37.1
245	Sherman Knight	44,40.6
246	Jim Somerville	44,45.9
247	Jaret Hancock	44,51.0
248	Mark Shorter	44,56.5
249	Tina Root	44,57.5
250	William Moody	44,57.9
251	Harold Wolmoe	44,58.6
252	Dan Baughey	45,00.6
253	James Cartwright	45,03.6
254	Jerry Noble	45,07.9
255	Wlncent Floyd	45,08.8
256	Mike Gasper	45,09.4
257	Michael Uterback	45,09.8
258	Art St. John	45,09.8
259	Gary Miller	45,10.2
260	Chuck Wilcox	45,11.5
261	Danny Knapp	45,12.6
262	Larry Wyatt	45,25.6
263	James Malone	45,29.5
264	Brian Sink	45,30.1
265	Steven Ridge	45,30.5
266	Jim Vaughn	45,34.3
267		45,45.2
268	Bill Tredennick	45,45.7
269	Mike Jack	45,45.7
270	Gene Chandler	46,06.1
271	Gary McKimney	46,11.5
272	Merrill Brammer	46,16.7
273	Bruce Pratt	46,21.8
274	Greg Beck	46,23.4
275	Rick Hessman	46,24.0
276	Phyllis Suetzer	46,30.9
277		46,33.6
278	Michael Smith	46,38.3
279		46,40.0
280	Petra Wisler	46,41.5
281	D.M. Jack	46,48.2
282	Roger Wood	46,49.9
283	John Peterson	46,52.4
284	Tom Holtman	46,55.8
285	Carl Looper	46,56.3
286	Steve Oser	47,05.9
287	Brad Honey	47,08.2
288	Robert Stover	47,09.3
289	Bob Thompson	47,32.9
290	Michael Moore	47,32.3
291	Phil Murdock	47,38.3
292	David Stansberry	47,38.3
293	Don Overman	47,39.1
294	Mike McAdams	47,44.1
295	Jim McAdams	47,45.8
296	Robert Eads	47,46.0
297	Peter Case	47,50.2
298	Bill Abel	47,59.8
299	Tracy Eib	48,09.7
300	William Prus	48,11.7
301	Gary Klein knight	48,12.1
302	John Cook	48,12.7
303		48,13.9
304	Cathy Morris	48,17.3
305	Rad Howell	48,18.5
306	Rusty Hughes	48,33.5
307	David Bendt	48,38.0
308	Ted Southworth	48,39.6
309	Charles Adams	48,42.1
310	John Hart	48,45.1
311	Ross Elwood	48,46.7
312	James Widmayer	48,48.3
313	Lee Winters	49,00.3
314	Steve Ford	49,00.5
315	Terry Hughes	49,05.5
316	Charles Clark	49,07.5
318	Dave Havens	49,09.0
319	Sherry Brooks	49,18.1
320	Rick Smith	49,23.7
321	Michael Smith Jr.	49,26.3
322	Nell Butterfield	49,30.0
323	Richard Gerren	49,30.6
324	King Sullivan	49,32.0
325	Jerry Pardon	49,32.6
326	Don Holderman	49,32.6

327 Peggy Clark 49:33.9  
 328 Steve Bolander 49:44.3  
 329 Keith DeMerritt 49:46.0  
 330 Thomas Johnson 49:49.0  
 331 Tom Frank 49:50.4  
 332 Barbara Stewart 49:53.2  
 333 Ed Delery 49:58.4  
 334 Paul Floyd 49:59.1  
 335 Michelle Krause 49:59.6  
 336 Sally Spencer 50:00.9  
 337 Don Shaidnagle 50:02.9  
 338 Dave Countryman 50:08.4  
 339 Dave Eib 50:10.7  
 340 50:19.0  
 341 Don Merkler 50:24.4  
 342 Ray Sears 50:39.5  
 343 Kim Dare 50:45.5  
 344 Jim Garlits 50:47.0  
 345 Sue Morris 50:53.6  
 346 Wayne Hendrix 50:59.5  
 347 Steve Younce 51:04.7  
 348 Susan Nesper 51:05.6  
 349 David Nesper 51:12.6  
 350 Jack Cooper 51:13.0  
 351 Janis Green 51:28.1  
 352 David Ballard 51:33.3  
 353 S. Matthews 51:40.8  
 354 Susan Wanchow 51:42.4  
 355 Rich Hahn 51:45.9  
 356 Larry Myers 51:55.1  
 357 John Berry 51:56.1  
 358 Roger Howell II 51:57.6  
 359 Damon Howell 52:00.4  
 360 Lennie Utterback 52:00.9  
 361 Don Middleton 52:01.4  
 362 Sheryl Leonard 52:01.9  
 363 Dana Ramsey 52:06.2  
 364 Roger Howell 52:08.3  
 365 James Winters 52:15.5  
 366 R. "Dutch" LaVelle 52:15.5  
 367 Stephen Baldwin 52:27.3  
 368 David Graham 52:30.8  
 369 Sandra Shoup 52:31.8  
 370 Richard Mason 52:37.3  
 371 Ernie Nasser 52:55.7  
 372 Ed Carrel 53:06.9  
 373 William Herber 53:24.5  
 374 Dennis Knapp 53:30.5  
 375 Jack Bickel 53:42.3  
 376 William Bailey 53:42.3  
 377 Fred Prescott 53:46.8  
 378 Linda Cobb 53:52.3  
 379 William Smith 53:55.9  
 380 James Carr 53:57.5  
 381 Bertie Teegarden 54:12.8  
 382 David Cox 54:14.6  
 383 Charlie Cox 54:18.2  
 384 Linda Neal 54:39.0  
 385 Pam Hart 54:38.5  
 386 Dan Lambert 54:46.7  
 387 Dianne Lee 54:48.0  
 388 Minerva Rodriguez 54:50.9  
 389 Jan Frederick 54:58.8  
 390 Bonnie Taylor 55:04.4  
 391 Allen Wable 55:19.8  
 392 Debbie Appleman 55:20.9  
 393 Donald Endsley 55:40.7  
 394 Sondra Seibold 55:44.2  
 395 Kaili Hammond 55:56.6  
 396 Virginia Carrel 55:57.3  
 397 Joseph Brown 56:25.2  
 398 John Rogan 56:32.1  
 399 Fred Cohlhepp 56:33.8

400 Jackie Teegarden 56:34.6  
 401 Debbie Chenoweth 56:39.9  
 402 Kenneth Myers 56:40.4  
 403 Juanita Ciscell 56:41.0  
 404 Norma Lambert 56:48.7  
 405 Renee Emrick 56:56.3  
 406 Don Morris 57:04.6  
 407 57:10.4  
 408 Karen Perria 57:15.1  
 409 Johnny Silva 57:21.2  
 410 Kevin Faress 57:26.3  
 411 Tracie Rhoten 57:31.5  
 412 John Lawhon 57:35.0  
 413 Chuck Hendrix 57:45.3  
 414 Kim Hendrix 57:56.5  
 415 Bob Kennelly 58:03.0  
 416 Angela Severs 58:05.1  
 417 Linda Ellsworth 58:19.8  
 418 Stacia Powell 58:26.1  
 419 Danny Hartzell 58:27.8  
 420 Cesar Merlina 59:09.5  
 421 J.D. Carrell 59:10.0  
 422 Frank Davenport 59:20.7  
 423 59:32.8  
 424 59:56.0  
 425 Larry Dunton 60:01.8  
 426 Luther Kimes 60:32.8  
 427 Rich Adams 60:44.3  
 428 Mary Case 60:50.8  
 429 Patricia Case 61:21.7  
 430 Mike Smith, Jr. 61:22.1  
 431 Richard Grose 62:10.5  
 432 Michelle Goodnight 62:48.9  
 433 David Turner 63:30.2  
 434 Diana McCullough 63:34.8  
 435 Robert McDaniel 63:37.8  
 436 Tammy Vetrecht 64:47.5  
 437 Tess Machlan 64:54.0  
 438 Everett Amos 66:44.1  
 439 Mariann Morgan 69:05.2  
 440 Sarah Kleinknight 69:42.6  
 441 Wayne Caldwell 70:42.0  
 442 Sharon Pauley 72:47.4  
 443 Bob Pauley 75:21.0  
 444 Becky Stansberry 79:20.5  
 445 81:46.0

#### TOUCH OF AMERICA

#### Day III

If I were to pick one day that made the whole trip worthwhile, it would be this third day. We arose early but, even after two days on the road and only a few hours of sleep the night before, nobody seemed tired. Breakfast was at the Olympic Center Dining Hall. The food was certainly a pleasant surprise. After developing a serious case of the "fast food greasies", the variety of fruits and vegetables, the well stocked salad bar, the many containers of different flavored yogurt (not to mention the tray of Twinkies), were a balm to distressed stomachs. With the great variety of different foods available, if anyone went away hungry, it was their own fault.

After breakfast, we piled into the vehicles and drove to the foot of Pike's Peak. From there we took the Cog Railway up the side of the mountain to the summit. The scenery was beyond words. It was far more magnificent than my boyhood memories of it. At the top we quickly congregated for the Torch Lighting ceremony by the permanent Olympic Monument which has been erected there. The monument contains the names of all the Olympic Gold Medal Winners from the U.S. but, unfortunately, our schedule did not permit us any time for sightseeing. Wilma Rudolph, one of the few women to ever win three Olympic gold medals, lit the torch we would be carrying from the permanent torch that is part of the monument. Several dignitaries, including the USOC Executive Director, gave short speeches. Quite a few press members were present and, after a short photo session, our Torch Run began. Since we still didn't know how far we would be allowed to run, we had decided to run as a group with runners dropping back to ride in the support vehicles when necessary. The rare atmosphere, plus the experience of running down Pike's Peak made for a light head for a few minutes. After those first minutes, we were suddenly told that we were only running down two miles because "it was too dangerous". Baloney!! After this and some considerably stronger mutterings, the micro-Olympians relented and decided to let us continue running. We eventually ran almost to the base of the Peak. Even though the continual braking of downhill running created sore legs within a few miles, they were well worth the scenery and the experience of carrying a lit torch down the mountain. The torch contained much emotion of power. This was obvious as runner after runner noticeably picked up the pace as soon as they touched the torch. Myron Meyer, dubbed "Zeb Pike" on the downhill run, was the worst of all. Whenever the torch entered his hand, Larry, our torch expert, would have to slow Myron down for fear that he would run into the torch and propane vehicle. The presence of a film crew from ARCO, filming a documentary of our descent, only added fuel to the emotional fire. After 14 miles

of downhill pounding, we were ready to get into the vehicles and give our sore legs a rest.

After a swim and a soak in the Center's pool and hot tub, the remainder of the afternoon was spent touring the Sportsmedicine and Biomechanics labs of the Olympic Center. (It's amazing how many ways humans and their performances are analyzed!) From there we left the Olympic Center for Denver. En route, we briefly stopped at Garden of the Gods for some sightseeing and picture-taking. Immediately after leaving the Garden, we developed engine trouble in both Rvs, which meant that we all had to pile into the remaining healthy vehicles in order to make our Denver ceremony on time.

After arriving in Denver with time to spare, we stood outside the stadium in the sweltering sun. Our ceremony was to consist of running the torch around the baseball diamond in Mile High Stadium immediately before the Denver-Omaha minor league game. Since it was July 4th, Fireworks Night in Mile High Stadium, the largest crowd in the history of minor league

baseball was expected to be present. The Jesse Owens ARCO Kids, a group of gold medal winners from the Jesse Owens Youth Games were to run with us. As we stood and waited outside the stadium, I overheard a conversation between an ARCO official and what looked to be about a ten year old ARCO kid. The official was telling her she would not be able to participate in the run because she did not have her "official T-shirt with her and it would not look good on film if she weren't in 'uniform'". The tears in the young girl's eyes, and the disappointed look on her mother's face were too much to bear. I sensed one more young person developing animosities toward the adult world that would be hard to overcome. Since we were not wearing our sweat-suits, I offered the girl one of our sweatjackets to wear for the run. Apparently this was "official" enough for the ARCO official because he agreed to let her run. The incident was very telling to me of where "official" priorities lay on our run.

The Denver ceremony was to teach us an important lesson. Being novices at the public appearance game, after being introduced we started our run around the stadium to milk applause. We lined up diagonally across the field from first to third base while the micro-Olympians and Bob Matthias, Olympic decathlon winner at the age of 17, made speeches over the public address system. At the conclusion of the speeches, we continued our run around the stadium. The crowd was applauding mildly. In acknowledgement of their applause we started waving. Suddenly the decibels increased dramatically as the applause became far more enthusiastic. We had established a link of communication with the crowd, and in the process had transformed ourselves into real human beings in their eyes. Of course, we waved even harder after that. It's easy to see how athletes and entertainers can get hooked on applause. By the time we left the stadium, WE WERE FIRED UP!!!

**5-MILE RACE**

OCTOBER 17, 1982

2:00 p.m.

part of Decatur's CALLITHUMPIAN WEEK!

**DIVISIONS:**

<b>MEN</b>	<b>WOMEN</b>
under 15	under 15
15 to 19	15 to 19
20 to 29	20 to 29
30 to 39	30 to 39
40 to 49	40 and over
50 and over	

**COURSE:** 5 miles, during Callithumpian Week Celebration; gently rolling, mostly flat terrain.  
**AWARDS:** Free T-shirt to all entries! Large trophy to overall winner, trophies to next 9 finishers. Plaques to places 11-20. Medals with neck ribbons to the winner of each division. Ribbons to next four places in each division.  
**REGISTRATION & ENTRY FEE:** \$5.00. Late registration 12 noon to 1:00 p.m. at the Belmont High School Football Stadium (just east of Decatur) on the morning of the race. Runners should be at the stadium by 1:30 p.m. for final instructions. Plenty of parking available. Facilities available before and after the race.  
 Return entry form, along with check or money order to Callithumpian Center  
 c/o Fred Huppert  
 P.O. Box 125  
 Decatur, Indiana 46733



4th Annual!

**DQ-Callithumpian  
Center**

Co-Sponsored by -

Decatur



**brazier**

Decatur  
**Daily Democrat**



Decatur  
Lions  
Club

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_ T-shirt Size \_\_\_\_\_

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 accrue against the Callithumpian Center or anyone involved with the same, for any and all damages which may be sustained by me in consideration of my entry or participation in the 1982 Callithumpian Center.

Signature \_\_\_\_\_

(parent or guardian if under 18)

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



Canterbury Green

**CANTERBURY GREEN'S  
MUSCULAR DYSTROPHY**

**"LOVE RUN"**



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 Fri-  
day, 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 Canter-  
bury 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 1/2 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'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 participa-  
tion 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 trot-  
ting 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 Ousbache 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.

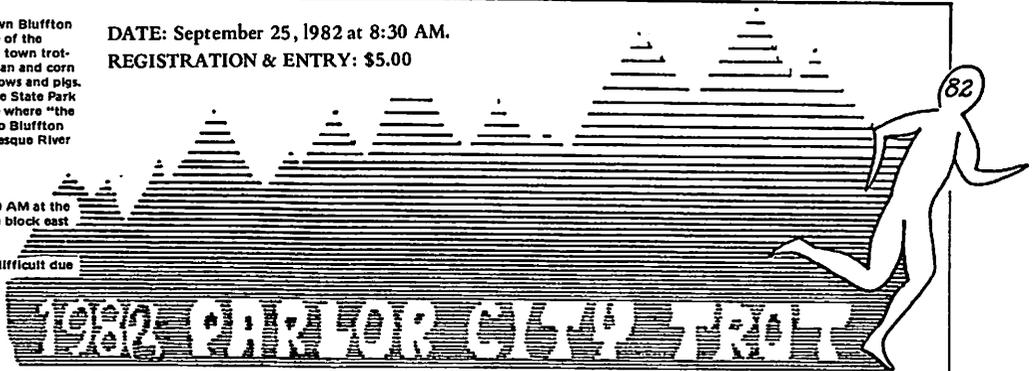
REGISTRATION & ENTRY: \$5.00

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.

Come early as parking will be difficult due  
to the Street Fair.

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

REGISTRATION & ENTRY: \$5.00



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

MEN	DIVISIONS:	WOMEN
0 to 13	35 to 39	0 to 13
14 to 15	40 to 44	14 to 18
16 to 18	45 to 49	19 to 24
19 to 24	50 to 54	25 to 29
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 rib-  
bons 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

run, jane, run



# 5k run for women

DATE: Sunday, Sept. 26, 1982  
 TIME: 8 AM-Pick up packets & late registration  
 9 AM-Run begins  
 LOCATION: Tah-Cum-Wah Recreation Ctr.  
 1700 Freeman, Fort Wayne  
 DISTANCE: 5 Kilometers (3.1 miles)  
 ENTRY FEE: Preregistration  
 \$6 with T-shirt; \$4 without  
 Late (day of) registration  
 \$7 with T-shirt; \$5 without  
 AWARDS: Trophies to first 3 finishers in each age group; trophies to youngest & oldest finishers  
 PREREGISTRATION DEADLINE: Sept. 17, 1982  
 RUN COORDINATOR: Kath Stachowski, (219)424-7977 days; 483-7014 evenings

WOMEN IN SPORTS WEEKEND  
1982

THE 5K RUN IS ONE OF 5 SPORTS EVENTS THAT ARE PART OF RUN, JANE, RUN: WOMEN IN SPORTS WEEKEND. WMEE 97 FM RADIO IS THE MAJOR SPONSOR OF THIS BENEFIT FOR FORT WAYNE WOMEN'S BUREAU, INC., A NOT-FOR-PROFIT SOCIAL SERVICE AGENCY. THE PURPOSE OF THE EVENT IS TO CELEBRATE WOMEN'S PARTICIPATION IN SPORTS AND TO RAISE FUNDS WHICH SUPPORT THE WORK OF FWWB. ON THE EVENING BEFORE THE RUN, SAT., SEPT. 25, A SPAGHETTI DINNER, CASH BAR AND SQUARE DANCE FOR ALL PARTICIPANTS, FAMILIES, FRIENDS & FANS WILL BE HELD. PRE-SALE DINNER TICKETS MAY BE PURCHASED ALONG WITH THE RUN ENTRY. NO CHARGE FOR SQUARE DANCE ONLY. LOCATION: F.O.P. HALL, 2111 OLLADALE. DINNER: 6 PM, SQUARE DANCE: 8:30 PM.

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 AGE (as of Sept. 26, 1982) \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

I WAIVE ANY RIGHTS I MAY HAVE AGAINST THE FORT WAYNE WOMEN'S BUREAU, INC. WMEE RADIO AND SPONSORS FOR DAMAGES OR INJURIES OCCASIONED BY MY PARTICIPATION IN THE RUN, JANE, RUN: WOMEN IN SPORTS WEEKEND 5 K RUN. I ACKNOWLEDGE THAT I HAVE TRAINED SUFFICIENTLY TO PARTICIPATE IN THIS EVENT.

SIGNATURE \_\_\_\_\_  
(parent or guardian if under 18)

PLEASE SEND ME DINNER TICKETS.

Adult tickets @ \$3.95 \_\_\_\_\_  
 Child tickets @ \$2.95 \_\_\_\_\_  
 Dinner tickets SUBTOTAL: \$ \_\_\_\_\_

TOTAL ENCLOSED (dinner tickets subtotal + 5K entry fee): \$ \_\_\_\_\_

T-shirt size (circle one):  
 SM MED LG X-LG

To pre-register by mail, send check/money order by SEPT. 17 to: FORT WAYNE WOMEN'S BUREAU, INC., PO BOX 10554, FORT WAYNE, IN 46853.

AGE 19 and under  
 20 - 29  
 CATEGORIES 30 - 39  
 40 - 49  
 50 and over

SATURDAY, OCTOBER 2, 1982 - 9:00 A.M.

6.2 Miles



HUNTINGTON PARK AND RECREATION  
DEPARTMENT 10,000 METER RUN



Race sponsored by Tiger Shoes Corp.

Huntington Park and Recreation Department and Tiger Shoes Corp. invite runners of all abilities and experience to the second annual 10,000 meter run.  
 RACE HEADQUARTERS: Huntington Park and Recreation Department, Tracy Flynn Race Director, 1205 West Park Drive, Huntington, IN 46750. Phone (219)356-4510.

ENTRY FEE: \$5.00 up to Oct. 1, \$6.00 day of race. Entry forms may be picked up at the park office Monday - Friday

8:00 A.M. to 5:00 P.M. Please pre-register if at all possible and send check or money order to above address. Packets including T-shirt, number and pins, may be picked up at the Park Department Oct. 1, during office hours, or at the registration table the day of the race.

COURSE LOCATION: Memorial Park at the ball diamond, located West of town on West Park Drive across from the park office. The course starts and finishes at the park. The course has some small hills and runs along the streets of Huntington. All of the streets are paved.

PARKING & RESTROOMS: available at the park.  
 AVERAGE TEMPERATURE: 60 degrees.  
 WATER & AID STATIONS: located at the 2 and 4 mile  
 AWARDS: T-shirts to all entrants. Tiger running shoes to overall male and female winners. Trophies to first place winners in each category and medals to each 2nd and 3rd place winners.  
 PRIZES: One ladies warm-up suit and one men's pair of jogging shorts to be given away by random drawing.  
 SPLITS AND TIMING: Chromomix Timer and Zetachron Digital Clock. Splits given at each mile.

AGE GROUP CATEGORIES

MEN	WOMEN
17 and under	17 and under
18 to 29	18 to 29
30 to 39	30 to 39
40 to 49	40 to 49
50 to 59	50 to 59
60 and over	60 and over

## HUNTINGTON PARK 10,000

HUNTINGTON PARK AND RECREATION DEPARTMENT ENTRY FORM

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge Huntington Parks and Recreation Department and the city of Huntington and all other representatives and sponsors for all claim of damages, demands, actions whatsoever in any manner arising or growing out of my participation in the Huntington Park and Recreation 10,000 meter run October 2, 1982. I attest and verify that I have full knowledge of the risks involved in this event and am physically fit and sufficiently trained to participate in this event.

NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_

ADDRESS \_\_\_\_\_ (Parent's signature if under 18)

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ Age on Race Day \_\_\_\_\_

First 50 runners to register will have choice of free Tiger T-Shirt Check one:  
 Head Band or Running Shoe Pocket. Check one:  
 \_\_\_\_\_ Tiger Head Band \_\_\_\_\_ Running Shoe Pocket S M L XL

## LETTERS TO THE EDITOR

Dear Editor:

I am writing to inform you of our upcoming Marion Marathon. It will be held on Saturday, November 13, 1982, on a flat TAC certified course. The race is also sanctioned by the TAC and thus should be an excellent opportunity to attempt to qualify for Boston.

We feel the awards will be outstanding. They are as follows:

1. Four round trip tickets from Indianapolis to Boston for the 1983 Boston Marathon.

2. Monogrammed v-neck sweaters for age-group winners and place finishers.

3. T-shirts for all entries.

Applications will be in the October issue of THE INSIDE TRACK or by SASE from me.

s/Kermit L. Welty  
Executive Director  
Grant County YMCA  
Marion Marathon

Mr. Hilliard Gates

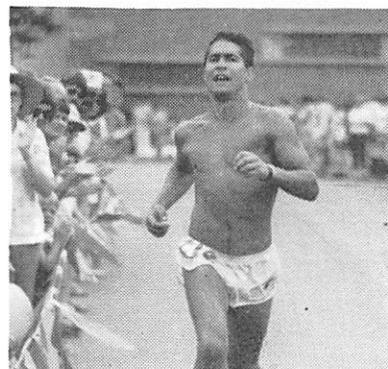
Congratulations on the organization and administration of another fine marathon. I especially commend you on the 6:00 a.m. starting time. It made the heat and humidity a little more bearable. I always look forward to the Three Rivers Marathon each year. It is always excellently planned and is a race run for the runners. Being a Fort Wayne Track Club member, I always anticipate it because it is our hometown marathon. The quality of the race represents us and Fort Wayne well to the running community of the Midwest.

May I share an idea with you? I think it would look sharp to put the Fort Wayne Track Club logo on the left sleeve of the award shirt. As an FWTC member I like to wear warm-up gear that represents the FWTC at the races in which I compete. This type of shirt would give me an opportunity to advertise and represent the FWTC and our prestigious Fort Wayne Three Rivers Marathon at the same time.

It would also bear witness to the harmonious relationship between TV-33/Hooks Drugs and the athletic community. I think TV-33 does an excellent job promoting and reporting this event. I would be proud to wear the FWTC logo on the sleeve of the award shirt.

Thanks again for a super event! I eagerly anticipate next year's race.

s/Timothy G. Bowman  
1981-82 SMU Graduate  
Assistant Coach



Tim Bowman  
2:47:50

**FORT WAYNE TRACK CLUB**

**THE CHALLENGING 25K**

**athletic annex**

September 12  
9:00 a.m.  
Homestead High School

Race Day Registration  
7:30 - 8:45 a.m.  
Free for FWTC members  
\$2.00 for non-members

Usual FWTC divisions  
Awards: Overall female and top three male finishers win shoes. Female runner-up and male 4 - 6 win Brooks Rainjackets. T-shirts for age division winners. Post-race drawing for shoes, rainjackets, and T-shirts.

- 12 YMCA AUTUMN RUN 4 MILE - Lima, OH.,  
Estella Cooper, 419/228-8664.
- 18 PERSIMMON FESTIVAL RUN 5 MILE - Mitchell,  
8:30am, Frankie Young 812/849-4099.
- 18 COUNTRY CLASSIC 4 MILE - Kouts, IN., (High  
School), 8am, Mark Knauss 219/766-2231 or  
219/464-4029.
- 18 RUN FOR LIFE 10K - Muncie, IN., (Bicentenni  
Park), 8am, Martha Brinson 317/228-3562.
- 18 FRANKTON STAMPEDE 10K - Frankton, IN., 10am  
Jim Clark 317/754-8224.
- 18 RED LOBSTER 293 FM 10K - Kokomo, IN., (Haworth  
HS), 9:30am, Fun Run, 9:45.
- 18-19 MARATHON OIL DOUBLE RUN FOR ARTHRITIS -  
Port Clinton, OH., 10K, Noon on 18th,  
Marathon, 8am on 19th. 419/473-3349.
- 18-19 HOCKING HILLS INDIAN RUN 10K & 20K -  
Logan, OH., (Hocking Hills State Park)
- 19 FWTC 2 MAN 8 MILE Relay - Foster Park, 2pm,  
John McMillen 219/432-7311.
- 19 RUN IN MEMORY OF TERRY FOX 5K & 15K - W.  
Lafayette, IN., (Purdue University),  
Doug Lamb 317/743-6645.
- 19 St. MARY'S COUPLES RUN 4 MILE - South Bend,  
IN., 1pm, Athletic Annex, Mixed team & Open
- 25 PARLOR CITY TROT HALF-MARATHON - Bluffton,  
IN., 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, (Ft. Benjamin  
Harrison), Indy Runners Inc.
- 25 CORY APPLE FESTIVAL 6 MILE - Cory, IN.,  
9am, Richard Lockhart 812/448-2281.
- 26 RUN, JANE, RUN 5K Women's Run - Ft. Wayne  
(Tah-Cum-Wah Recreation Center), Kath  
Stachowski 219/424-7977.
- 26 AMERICA'S MARATHON - Chicago, 9:30am,  
312/951-0660.
- 26 TASK FORCE 8 MILE - South Bend, IN.,  
(Rum Village Park), 9am, 219/272-7565.
- 26 RIVER CORRIDOR CLASSIC HALF-MARATHON -  
Dayton, OH., 10am, Stephen Barr 513/  
298-2391.

OCTOBER

- 3 RUN FOR HEALTH  $\frac{1}{2}$ ,  $\frac{1}{4}$ , 1, & 4MILE Races -  
Foster Park, 2pm, MaryAnn Felger 493-4765;
- 3 OKTOBERFEST CLASSIC 10K - Minster, OH.,  
10am, 419/628-3336.
- 3 LINDY'S 10,000 METER PIZZA PANT - Lake  
LaGrange, MI., 1pm EDT.
- 3 HOMECOMING RUN 5 & 10K - Muncie, IN.,  
(Wes-Del HS), 1pm, Mary Helen Bink 317/  
289-2679.
- 9 DOUBLE EAGLE 5 & 10 MILE - Indianapolis,  
(Eagle Creek Park), 9am, John Adams 317/  
926-7551. Registration ends 8:30am race day.  
Indiana's first professional race.
- 10 COLUMBUS BANK ONE MARATHON - Columbus,  
OH., 614/889-9079. Deadline 10/1/82.
- 10 CLUB KOKOMO CROSS COUNTRY 5K - Kokomo,  
IN., (Highland Park), Ricke Stucker 317/  
457-0352.
- 10 COVERED BRIDGE FESTIVAL 10 MILE - Mansfield,  
IN., 8am, Robert Lemont 317/344-1120.
- 16 AMERICAN NATIONAL BANK OCTOBER RUN - Muncie,  
IN., (YMCA), 9:45am, 317/747-7521. 5K at  
9:15am.
- 16 CANAL DAYS 10K - Piqua, OH., 10am.
- 23 HUMAN RACE 10K & 5K - South Bend, IN.,  
8:30am, Athletic Annex.
- 24\* HOME LOAN 10,000 - Downtown Ft. Wayne, 2pm,  
Don Goldner 219/747-4359.
- 31 FWTC ULTRAMARATHONS - Ft. Wayne (NAVL HQ),  
60k, \*50MILE, 100k, 7am, Curt Nold.
- FUN RUNS - Saturdays at 10am, Wednesdays at 6pm  
Foster Park.

\* FWTC POINTS RACE

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

NOTICE

Results of the TV-33/Hooks Mara-  
thon will not be published in  
THE INSIDE TRACK. You can con-  
tact Don Lindley or TV-33 direct  
for a copy of such results.

# Race Calendar

## SEPTEMBER

- 4 NEW KNOXVILLE FALL FESTIVAL 10K - New Knoxville, OH., 9am, Robert or Ray Bayhan 419/753-2749.
- 4 RACE OF CHAMPIONS 5 MILE - Piqua, OH., 9:30am, Bob Bowman of Jim Roth 513/778-1847, 773-0895.
- 4 LABOR DAYS FROLIC RUN 10K & 2M - Frankfort IN., (Southside HS), 9am, Bob Shaffer.
- 5 LABOR DAY 10K - Upland, IN., 5pm, Ted Wright 317/998-2766.
- 6 BLUEBERRY STOMP 15K - Plymouth, IN., 10am, Limited registration race day \$10. 219/936-2323.
- 6 REDBRUSH FOUR MILER - Seymour, IN., (Redbrush Park), Jim Hines.
- 6 PARK FOREST SCENIC 10 MILE - Park Forest, IL., 8am, 312/748-1112.
- 11 ROANOKE 5M & 2M - Roanoke, IN., Russ Grose 672-3562. 2M at 8:15, 5M at 9am.
- 11 St. JOSEPH CHURCH FALL FESTIVAL 5000M - St. Joe Hessen Cassel Church (Old 27 S) 11am, Jim Thomas 447-1936.
- 11 MARKLE WILDCAT FESTIVAL 10K - Markle, IN., 8am, Max Murchland 219/758-2571
- 11 JAMBOREE JOG 10,000 - Montpelier, IN., 9am, Tom Schwarzkopf, 317/728-5333.
- 11 CUMBERLAND COVERED BRIDGE FESTIVAL 10K - Matthews, IN., 9:15am, Bill Clock 317/358-3697 or Jerry Pierce 317/284-3978.
- 11 ATHLETE'S FOOT TIPPECANOE MALL 10K - Lafayette, IN., 8:30am, Denise Schenck 317/447-1416.
- 11 POPCORN PANIC 5 MILE - Valparaiso, IN., (Courthouse), 7:30am, Youth Service Bureau 219/464-9585.
- 11 ROANN COVERED BRIDGE FESTIVAL 5 MILE & 1 MILE Roann, IN., 9am, Dave Hawkins 317/833-4951.
- 11 MUNCIE ENDURATHON - Muncie, IN., (Prairie Creek Reservoir), Deadline Aug. 1.
- 11 DAN PATCH PACE 10K & 5K - Oxford, IN., 9am, George Cross.
- 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 25 KILOMETER - Ft. Wayne Homestead HS, 9am, Jim Anderson 745-4446. Sponsored by the Athletic Annex.
- 12 GLASS CITY MARATHON - Toledo, OH., 7:30am.



**FORT WAYNE  
TRACK CLUB**

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

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