



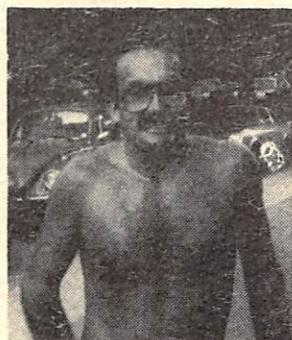
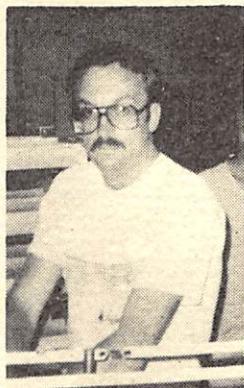
**FORT WAYNE  
TRACK CLUB**

OCTOBER, 1982

# the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

## PROFILE: TERRY SHIPLEY



His day began early. Early enough that he could rightfully consider himself one of the ultramarathoners, even though he would not himself be running the race. He seemed to be everywhere during the day: making sure the North American Van Lines buildings were open and accessible, setting up tables, and dispensing aid and encouragement to runners during the race. After the race was over and runners were relaxing before the feast, he was still working, taking down the aid station, emptying trash barrels, arranging transportation to the bus station for an out-of-town runner. At last, as the last of the runners-eaters were leaving the building and he was himself preparing to leave some 15 hours after he arrived, Terry Shipley allowed as to how it HAD been a long day, but an enjoyable one, since he hadn't really been working, just "helping out."

One of the most recognizable faces and personalities in the Fort Wayne Track Club, Terry Shipley has been "just helping out" in a variety of capacities for the past several years. The first FWTC ultramarathon was not the first time Terry had overseen the use of NAVL facilities for a race. Terry and John Treleven have been instrumental in the development of the annual Spring NAVL 15K race, one of the premier runner-oriented 15K events in the Midwest, a morning race, and Terry was back on the grounds again at midnight on a cold and blustery New Year's Eve, 1981 for the final Points Race of the year.

"It's easy to say 'yes'," according to Terry, "after you have been introduced to Charlie Brandt." Terry had seen some races, run in a couple of them, and feeling Charlie's influence, believed he "owed something to the Club." The payment of that debt has resulted in Terry serving the FWTC as Timing System Coordinator for the past year. Terry is the man who makes sure that FWTC timing equipment is in place and working at Club Points Races, and that our equipment is rented to other clubs and organizations for their races. Even though it is not uncommon for our equipment to be used at two or three races per weekend during the peak racing season, Terry is always sure where it is. Modest about his contributions, Terry says simply, "I wouldn't do it if I didn't like it."

Given his ubiquitous presence in service capacities, it would be easy to overlook Terry's running accomplishments. Running "purely for fun" for the first four or five years, Terry admits he was not much into racing. His first race was a 10-miler at Carroll High School, run in preparation for the 1977 Three Rivers Marathon. That 1977 marathon was Terry's first, and he finished with a time around 5:10. Terry has since run 5 other marathons, all in Fort Wayne (which for most of us would be at least something of a handicap, with our typical July weather), with a very impressive 3:27 this year. As he ran past me at about 21½ miles he was grinning, muttering something about "3:30 here I come - piece of cake." (He finished last year in 3:30:30, a time about which he had been rightfully ribbed for not racing seriously enough.)

The last several months have witnessed Terry concentrating on "quality miles, not junk." He claims to run only 50 - 60 miles per week, sometimes running with John Treleven and another half dozen NAVL employees during lunch break, often with John on Wednesday nights in the park. Terry credits John with making a major difference in his attitude. "When you run 7's with John for five miles, that means finishing under 35 minutes." Once he discovered and proved to himself that he could maintain a comfortable 7 minute pace over distance, Terry began treating training runs as TRAINING runs, not fun runs. It is now common to see Terry on the hills at Homestead knocking off a 5-7 mile run at a 6:30 to 6:45 clip. Concentrating on quality has obviously paid off, as Terry has lowered his 5K time from 19:25 to 18:59 in just a year, and ran an outstanding 30:06 at the Big Brother 5-miler in August.

The Manager of Cost Accounting for High Value Products at North American Van Lines, Terry is representative of that generation of runners who give as much through their running as they take. Whether by overseeing the use of NAVL facilities for a race, assisting with the operation/rental of timing equipment, or completing a PR racing effort, Terry is definitely returning something to the Club and the community. This self-confessed "junk food junkie" (Atz's Mad Anthony's figure prominently in his training diet) claims that his major running goal for the next year is to get under 40 minutes for 10K. But before we take that claim too seriously, Terry also claims that if he EVER finds himself racing because he needs the points instead of running for the fun of it, he will quit on the spot. With that attitude, Terry is a force to be reckoned with.

# THE Inside TRACK

## THE INSIDE TRACK NEWSLETTER

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HOME LOAN COORDINATORS

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## 1982 RACE SCHEDULE

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

## FWTC ELECTION/PICNIC

Sunday, Oct. 17, 1982

at the Goldners  
9525 Muldoon Road

2:00 p.m.  
"Run to Poe....."

Election and picnic to follow.  
Details in President's column.



# EDITOR'S NEWS & VIEWS

by DAVE FAIRCHILD

One of the afflictions of the modern age is an urge to quantify. We measure our worth by how much, how many, how far. Many of us who now consider ourselves "serious runners" (by whatever criteria we choose to apply) began running for the same general reason - to improve overall health and fitness - and are now in advanced stages of quantification. In Stage One extra pounds were shed, muscle tone increased and endurance improved. Diets changed, and our expectations from and about running changed with them. We encountered an almost mystical "upper limit" of mileage that differentiated the health-and-fitness jogger from the serious runner. We knew that about 20 miles of running per week was sufficient to maintain cardiovascular fitness, yet we were running two and three times that much. Suddenly (or so it seemed) running was not just something we did when and if we could fit it into our daily schedule, it now dictated the schedule. Make room for running first, and fit everything else around the run. I am not about to argue the positive or negative effects of such a decision here, but once we have accepted running as a significant daily activity we are clearly at a milestone in our development as runners. We are entering Stage Two of quantification.

There is a great deal more at stake here than simply the running. In order for this transformation for a daily run to occur at all we have to recognize that we have also made substantial adjustments in our lifestyles. Others have argued far more eloquently that I that once someone decides to run a marathon, for example (even before the event takes place), he begins to think of himself as a runner. Self-image is adapted to accommodate

this decision, and the confidence typically associated with a long-distance runner is carried into other aspects of our lives. This fact marks the most exciting consequence of serious running, we begin to take individual responsibility for our own lives.

Perhaps it is not too facile to suggest that heart bypass surgery is the "trendy" medical phenomenon of the eighties. It is almost a status symbol to begin a conversation with "When I had my bypass . . ." (In an extremely chauvinistic, but I suspect highly accurate, sense, heart bypass surgery is to the middle-aged male of the 80's what a hysterectomy was to a middle-aged female of the 60's and 70's.) Although we may not all want to recognize or admit the fact, those of us who run long distances are in fact running away from heart disease risk. By adopting a lifestyle marked by lower than chart-normal body weight, sensible diet and regular aerobic exercise, we make positive contributions to increasing our wellness.

In Stage Three of quantification we realize that subjective impressions of our health and wellness (or perhaps of our immortality) are not very accurate, and we look for more "objective" quantitative data with which to mark our progress to wellness. Specific technical expertise is needed for this task, and fortunately it is available locally. Craig Chivers of Health Management Group enthusiastically challenges runners to "be victors, not victims" by putting "us (HMG) on the hot seat" to provide a complete fitness profile, including recommendations

for aerobic conditioning. Craig's profile includes such measurements of fitness as forced vital capacity (which, according to the now-classic Framingham Study, is the single most reliable predictor of mortality, independent of age, weight, sex, smoking history etc.), resting heart rate and blood pressure, and heart recovery rate. The profile is designed to be the first unit in a custom-tailored program of health care that will provide the person with a number of "manipulations" that can be individually performed to maintain the body and health. Craig is interested in working with runners because they have already adopted a positive lifestyle, and as a result are more likely to be receptive to conclusions and recommendations regarding their health drawn from fitness and biochemical markers.

In addition to providing complete blood chemistry analyses and fitness profiles, Health Management Group offers the Exersentry, a heart rate monitor recently rated as the best of the several that are currently available. (Purchase of an Exersentry includes the heart monitor and all appropriate accessories, plus measurement of fitness and recommendations for aerobic conditioning - at a special, very competitive price for FWTC members). Heart rate monitors are often prescribed for patients recovering from cardiac surgery because they are designed to indicate an acceptable range of stress during exercise by monitoring a target range of heart activity. Runners may find heart rate monitors useful training aids. Appropriate high and low range settings will assure that the training is hard enough to improve performance, but not so hard as to invite injury, illness or burnout. Exersentry is currently used, for example, by the Miami Dolphins and the United States Nordic Ski Team to assist their athletes with their off-season training. The Ski Team is especially high on the results obtained with the use of Exersentry, reporting a substantial reduction in the number of overuse injuries accumulated during the summer. Closer to home, Don Lindley wore an Exersentry during one of his fabled "Soap Box Derby Hill Training Loops", long credited with improving Don's

speed (and long regarded by others as a sure way to run one's brains out). To his surprise, Don discovered he was undertraining on that run - not stressing his heart enough to improve his performance. Several weeks later, after adjusting the intensity of his training, Don ran a superb-Boston-qualifying PR marathon in Duluth. Don's use of the Exersentry may have just been coincidental, of course, but then . . .

Health Management Group is committed to Fort Wayne and vitally interested in performing services for the FWTC. HMG was one of the first corporate advertisers to support the Club, and ran their first ad, offering a special price to FWTC members on a blood panel analysis, in December, 1980. HMG is interested in becoming a clearing house for wellness control. Now in its third year, HMG invites you to put them to the test.

## WE Meeting

The August WE meeting was held August 8, 1982, at the home of Ann Mize. There was 13 "Women Enthusiasts" present to hear the guest speaker, Lisa Sheets, from Athletic Annex. Lisa spoke on the techniques of choosing the right shoe. She did an excellent job of explaining the different types of shoes and the type of foot best suited for each. She emphasized that it is important to bring in your old shoes as they can tell a great deal from the wear. The Annex is interested in the Fort Wayne running community as indicated by their knowledgeable sales staff and wide selection of running shoes and gear. They also offer a 10% discount to all FWTC members. The program was followed by a question and answer session.

Ann Mize asked for volunteers to staff the first shift of the Ultramarathon on October 31st. Anyone interested should contact Ann or Curt Nold.

Refreshments and a social period followed the meeting. The next meeting will be in October.

s/Jean L. Tipton

# President's Column

by LARRY LEE

Headlining the news for all FWTC members is the annual picnic and election of officers scheduled for Sunday, October 17, 1982, at Don and Joan Goldner's home. The lowest of "low key" runs, a 10 miler from the Goldners to Poe, Indiana, and back, will start at 2:00 p.m. No splits, no aid stations, no finish chute, no finish clock. After the run we will picnic, elect our 1983 officers, toss frisbees or a football around, basically do whatever you want to do. The club will provide the beverages; you bring your own food, condiments, and utensils. The whole family is invited, of course.

Those nominated for office by our nominating committee are: President: John Treleaven; Vice President: Don Goldner; Treasurer: Terry Shipley; Secretary: We have amended our by-laws pertaining to election of officers for this election only to allow for nominations from the floor at our October 17th fest.

Foremost of the responsibilities immediately confronting our new officers will be (1) establishing a tentative 1983 club race schedule that will be firmed up by November, and (2) selecting new committee chairmen to complete the new board of directors.

Regarding FWTC races, our current board senses a desire from the general membership for more low-keyed runs and races. If you have ideas about what kind of races we should have, when we should have them, what kind of tenor or atmosphere should surround any specific race, and what effects can be rendered to create that tenor, let's have them now. Now is the time to make your suggestions for our 1983 racing schedule; once it's set, it will be very difficult to amend it.

The perfect opportunity to catch the ear of our new officers about races for 1983, or about any ideas for the FWTC, or to request consideration for your being selected to the board, is after the elections at the picnic on October 17th. Be-

cause of the timing of our annual elections and our traditional commitment to publicize the whole year's race schedule prior to the beginning of the calendar year, the month of October is generally "big decision" time for the club. If you want your ideas and suggestions to be acted upon, you can not pick a better time than this month.

The board in its September 12th meeting voted to adopt Mike Robbins' proposal for a new "points" competition formula for 1983. See details elsewhere in this issue. We also voted to hold a fund-raising run each year, the proceeds to go to a worthy local cause. The recipient and the format of the run will be determined each year by the board. Two years ago we staged a 24-hour relay at Dwenger High School to raise funds for Rick Harmon. In August, 1982, we held a 5K Benefit Fund with the proceeds going to Kent Davis.

Also recognized at the last board meeting were the aspirations of our Greg Orman to qualify for the 1984 Olympics. A standout runner at Dwenger, Southwestern Michigan College, and Western Kentucky University, Greg could have decided to settle in any of the country's top training locales to pursue his running goals. Instead he came back home after his recent graduation from WKU. Fort Wayne is not Eugene or Boulder or Gainesville, so he needs all the support that he can get.

Greg's recent outstanding victories at the Denim Express 10K and the Blueberry Stomp 15K (a course record of 45:20 that breaks down to 4:52 per mile for 9.3 miles) are harbingers of better things to come. He is one of the most outstanding distance runners to come out of Fort Wayne and he deserves our support.

Congratulations also to Tom Loucks for breaking the 31:00 barrier for the 10K in Indianapolis' Pepsi Challenge race on August 22, and a strong showing at Blueberry. Rick Reitzug continued his mastery of the longer distances by winning the recent FWTC 25K at Homestead by a minute

Bruce Davis and Bill Schmidt



KENT DAVIS BENEFIT 5K  
Bruce Davis

What a morning, blue skies, cool, a great day for a race. The organizers, Bill Schmidt, Bill Sohaski, John Schwartz, and all on the committee who helped them, were making final decisions on the chute, checking the course, setting up the awards table, speaker systems, aid stations, and everything else that goes into making a race successful.

I kept thinking how excited Kent would be if he could see this. Then the people were gathering for the start of the mile fun run, Bill called me and we went to the start to meet Mayor Moses. He was to start the races, but before, he read a Proclamation. Mayor Moses proclaimed Saturday, August 21, 1982, Kent Davis Benefit Day. He presented me with the Proclamation. I was so excited, proud and grateful - how special!

Well the fun run started and finished with all participants excited and really enjoying the run. It was so heartening to see people of all ages, and especially the real youngsters and families participating in this together.

I talked about it with Kent's father-in-law, who came to the race. Then 7:30 came around and we gathered for the 5K. I was starting toward the front of the group thinking about so many things - this was a race for Kent - this is my first 5K, how fast should I go out - boy, there seems to be a lot of good runners here - I wish Kent could be here and see this. Mayor Moses reminded all about Kent and the purpose of the race and then BANG! We're off! The group I was with took off fast. I saw Don Lindley pull away and he said he was going to run it in around 18 minutes.

I tried to settle into a fast pace - one I could hold. I was really surprised to see all these runners up in front. I wondered how many were ahead of me. Then came the first split - 5:47 - oh! That's fast for me. I've never ran a mile that fast in a race. But, I thought, this is only 3.1 miles - just try to hold it.

Then came the turn around and I saw runners coming at me. There were a lot. I was breathing hard. We were running back, then we turned onto another street and headed to Lakewood. I only then realized this is the street where my aunt and uncle live. As we ran into the sun, I could not see ahead but as we reached the end of the street, I saw my Aunt taking pictures and my Uncle urging all.

I thought how neat, now Kent can have pictures and see me in his race.

There are so many feelings, but mostly race excitement and joy. There's the excitement of the race itself, the fact I wanted to run well - this was Kent's race - I was running for and with Kent. Ever since I was told of his heart disease, he has been with me on every run - training or a race. I know how good he ran and how he was improving. No matter how I improve, he will always finish races ahead of me.

We then came to the turn to return to Georgetown Square. The small incline turned into a real hill, but I thought - this is it, go for it. I ran as hard as I could. Then came the finish clock - it read 18:36 - 37 - 38 - Finish 18:40.7. Then I got the finishing card - 42nd - alright, but what tough competi-

over Doug Sundling of Bluffton. Dan Kaufman, Tim Bowman, and Jerry Mazock also were in the hunt on a warm, humid day. Betty Hite led the women's division, followed by Mary Connelly. Thanks to Jim Anderson, race director, Greg Orman, assistant race director, and the Athletic Annex, financial sponsor the the 25K. The fine merchandise awards donated by the Annex to the top overall finishers and a host of others whose names were picked in a blind drawing added a nice touch.

Two of the year's glamour events fall on the last two weekends in October. The Home Loan 10,000 with Don Goldner again heading things up, and Curt Nold's Fort Wayne Ultramarathons put our club and our city in a very high profile position during this October 24-31 span. The ultra will feature a pre-race seminar, trophies and t-shirts to all finishers, and top quality race management. Both Don and Curt could use several more volunteers for each of their races; if you can help out on race days, contact them directly.

See you at the Goldners on the 17th.

CANTERBURY GREEN/MUSCULAR  
DYPTROPHY 5-mile Run -  
9-4-82

Overall Winners:  
Doug Sundling 26:33  
Theresa Ehrman 32:33

Age 1st Place Winners:

19-under

21 Jeff Beam 29:35  
43 Alma Ojeda 33:00

20-29

1 Doug Sundling 26:33  
42 Theresa Ehrman 32:33

30-39

3 Max Blank 27:19  
111 Janis Green 39:21

40-49(W-over)

16 Larry Averbek 29:05  
120 Julie Wilson 40:48.1

50-59

46 Gene Whitacre 33:05

159 total finishers

tion. Boy, my lungs hurt, never before has that happened. Soon, I was recovered and talking to acquaintances and family.

Then came the prize drawing. The drawing was held for all the gifts from the Georgetown merchants, everyone stayed around and was excited. Before the awards ceremony, I was asked by Larry Lee to tell everyone how Kent was doing. I was able to thank all who helped and tell everyone how well Kent was doing and how we hoped he would be discharged next week (August 23rd). Everyone was so attentive and I could feel their concern. I was truly touched, what a wonderful feeling.

Even for this race they had trophies for each age division. The trophies were distributed 1st, 2nd, and 3rd for each age category - how exciting. Also, John Schwartz awarded trophies for the first 10 men and women places of the fun run.

Then it was over, but I shall never forget that day or that race the rest of my life.

\* \* \* \* \*

#### KENT DAVIS BENEFIT RUN Bill Schmidt - 8-21-82

The weather and race conditions were excellent and we certainly had a respectable attendance of 64 for the one mile run and 247 for the 5K. It definitely was very gratifying to me to see the response of many people willing to participate in this benefit.

Of the 311 total runners, 158 were non-members of FWTC which is a good indication that we should continue to have an annual run in the Georgetown area. We can discuss this at a future board meeting.

I want to congratulate all the participants who helped make the benefit a success. Of course several individuals devoted their time and efforts to make this event a smooth operation.

A sincere and special thanks to my co-race director and finish chute coordinator, Dave May, Sr; fun run coordinator, John Schwarze; Bill Sohaski who managed the publicity and painted the 99 arrows and starting line on

I just want to thank the Track Club so much for a wonderful race - Kent's Benefit Race - August 21, 1982. Boy, what a wonderful time. I met so many club members who are all so concerned and show their care.

Not only did I get the opportunity to run in my brother's race but I received a proclamation from Mayor Moses declaring August 21, 1982, Kent Davis Benefit Day. I got to see Fort Wayne Track Club members in action - what a super organized race. Everyone knew what to do. The races and awards went on without a hitch.

I want to express special thanks to Bill Schmidt, Bill Sohaski, and John Schwartz and the rest of the committee for their efforts. They should feel the special reward of accomplishment - everyone with whom I spoke complimented the race organization.

We had a great race, great time, and raised money that will help Kent defray current as well as future medical costs.

As of this writing, Kent has been discharged from the

the course; Mary Sohaski, Julie Wilson, Michelle Chenoweth, and my wife, Marsha, for handling the registration and award results; Oscar Meyeer, the Supervisor of Security at Canterbury Green, and his security officers did an excellent job of traffic control; Tom Mather, timing; Dave Wilson, helped at the finish chute, and Glen Grate, race preparation. Also, thanks to all the other volunteers who offered their assistance.

In addition, I want to thank Steve Jehl of Jehl Bros. Inc., and the Georgetown Merchants Association, for their cooperation and support for helping make the benefit a success.

It was an uplifting experience to see the Fort Wayne community and FWTC demonstrate their involvement to a cause such as this!

Following is a letter which I received from Bruce Davis. I believe it should be directed to all the people who made the benefit a success.

"Just a short note of thanks to you especially also to the others

hospital for one week and so far so good. Thanks again to everyone in the Track Club and Fort Wayne for their support.

s/Bruce Davis

513 Tulip Drive  
Glenwood, IL 60425

September 1, 1982



Mike Hill's last Fort Wayne Race before move to Houston

who helped organize Kent's benefit Race. You all did such a good job organizing, publicizing and managing the race. I was very impressed.

I hope you realize that even beyond the money, things like the race demonstrate people caring and that is so important. It gives so many the opportunity to be a part of something that will show their individual giving on a very personal basis. Kent is very grateful, but most of all, is feeling a part of this wonderful group of people, The Fort Wayne Track Club.

You initiated and ran this race and did so much. I just want you to know how grateful I am to have been a part of it. The Proclamation and pictures from the Race, I am putting in a big frame for Kent.

s/Bruce Davis

KENT DAVIS 5K

MEN

14-under

32	Jerry Barrantes	17:59
39	Roger Brown	18:34
51	Shannon Plande	18:52
52	Eric Hoffman	18:54
61	Tony Hamilton	19:16
62	Ron Scott	19:17
82	Ray Ball	20:14
130	* John Schwarze	22:07
161	* Ryan Hill	23:18
172	Kent Tippmann	24:07
174	Kevin Miguel	24:08
181	Phil Miguel	24:42
186	* Bobby Wiersma	25:10
187	Aaron Clay	25:11
194	Jeff Englert	25:31
197	Kevin Derheimer	25:39
212	* Chad Rumple	26:38
232	Mark ?	31:30
234	Geoff Buschur	33:11

235	* Brian Lindley	33:12
241	* Jimmy Schwarze	35:37
245	Ryan Benroth	41:06

15-19

3	Manuel Martinez	15:50
4	* Mark Herndon	15:56
6	Randy Hauser	16:16
13	Ron Brinker	16:48
16	Jay Ahmad	16:56
17	Brett Hess	17:03
20	Brian Shepherd	17:11
29	Thomas Bennett	17:47
31	S. Ballman	17:56
33	Mike Weaver	18:07
37	Tim Kent	18:29
38	* Dale Schaefer	18:30
41	* Matt Ebersole	18:36
46	* Mike Kolb	18:43
58	Rick Ohman	19:10
85	* Terry Gautsch	20:23
105	John Quake	21:07
124	Ted Meyer	21:38
150	John Klingenberg	22:53
158	Matt Georgi	23:13
159	Allen Vogt	23:13

20-24

1	John Jordan	15:27
5	* Jerry Williams, Jr	16:07
7	Ron Redden	16:22
10	Gary Williams	16:30
14	Brent Munro	16:55
15	Joe Armad	16:55
49	Mark Stailoy	18:51
59	Tim Johnson	19:13
77	* Greg Hughes	19:53
83	Jim Bollier	20:19
111	Greg Gebert	21:15
120	Mark Beischel	21:34
123	Harry Harvey	21:36
140	* Jim Amstutz	22:32
183	Loren ?	24:54
198	Jim Coonan	25:42
203	Gary Selking	26:01

25-29

2	* Brian Crosley	15:28
11	* Vince Garcia	16:32
12	* Calvin King	16:42
28	* Edward Hoffman	17:46
40	* Tony Gatton	18:34

45	* Gary Dunn	18:42
68	K.C.Laubacher	19:29
70	* Greg Fahl	19:33
71	Roger Sparr	19:39
72	Randall Lewis	19:42
74	Patrick Cleary	19:43
75	Mike Cleary	19:44
76	* Michael Machlan	19:50
103	Greg Golden	20:59
107	* Larry Linson	21:09
108	* James Hine	21:09
110	* Denny Zech	21:14
115	Geoff Anspach	21:20
122	Charles Gaff	21:35
146	* Kim Dove	22:44
189	* Steve Getz	25:13
192	* Mark Andrews	25:24
204	Jeff White	26:02
207	Jeff Griggs	26:21
208	* Mike Tuttle	26:23
229	* John Shedron	31:11
230	Tom Hullinger	31:14

30-34

8	* Tom Gerbers	16:26
9	* Dan Kaufman	16:29
18	* Mike Robbins	17:07
21	* Steve Brown	17:11
23	* John Treleaven	17:16
24	* Dennis Kroells	17:17
43	John Noll	18:41
48	* D.Standiford	18:46
55	* Steve Yager	19:02
56	* Dewey Culbertson	19:06
60	* Dave Winters	19:14
69	* Terry Coonan	19:29
80	Don Thorp	19:59
94	* Mike Zurzolo	20:36
96	* Rick Hawer	20:47
99	Jeffrey Mohler	20:49
113	Bill Arnold	21:17
117	Bill Atkinson	21:29
128	* Bill Bare	22:01
134	Bob Klitzman	22:15
137	* Bill Townsend	22:25
148	* Steve King	22:51
166	R.T.Longford	23:55
176	* Rick Longsworth	24:35
211	Tom Hruska	26:33

35-39

22	* Todd Rigelman	17:15
25	* Bob Bruckner	17:26
26	* John Schwarze	17:27
27	* Don Lindley	17:42
36	* Ed Kerr	18:18
42	* Bruce Davis	18:40
50	* Steve Adkison	18:51
54	* Dale Brown	18:58
63	* Marv DuBois	19:19
64	* Dave Fairchild	19:22
66	* Bob Glasscock	19:24
73	Mark Derheimer	19:43
79	* Mike Byerley	19:55
86	Tyrone Alexander	20:23
90	* Jim Heyman	20:29
91	* Lee Person	20:32
95	* Jim Buschur	20:41
116	* Dave Wolfe	21:27
118	* Robert Wiersma	21:31
126	* Tom Theard	21:59
133	Robert Clay	22:14
136	David Oberstar	22:19
139	* Robert Grawcock	22:29
145	* Tom Humbreht	22:42

152	Jerry Rardon	22:58
173	Jim Mohan	24:07
177	Carden Henn	24:36
213	Ken Ivan	26:50
219	* Mike Rumple	27:36
224	Rodger Benroth	29:14
233	K.Cavanaugh	32:42

40-44

30	* Woody Barker	17:52
34	* Mike Hill	18:09
65	* Bill Chapman	19:22
81	* John Barbier	20:00
87	* Tom Finan	20:28
89	* John Rasmussen	20:29
100	* Ken Clark	20:51
102	R. Whiz	20:55
109	* Bob Gardner	21:14
131	Roger Wilson	22:07
138	* Ron Johnson	22:27
147	* Jay Brower	22:45
162	* Joseph Brooks	23:20
164	James Mertz	23:40
175	Harlan C.Diller	24:14
205	* Bill Walter	26:14
210	Hermann Quake	26:33
217	* Mike Holbrook	27:08
237	* Jim Mize	33:12
239	* Jim Tipton	33:13

45-49

19	* Joe Barile	17:09
53	* Joe Ziegler	18:56
57	* Ray Sibrel	19:08
92	* Don Goldner	20:35
98	* Rex D. DeVoe	20:48
101	* Gay Davis	20:53
114	* Rudi Florreich	21:19
119	* Howard Bash	21:34
127	* Dick Sive	22:01
156	* Chuck Welch	23:12
157	* Bob Anderson	23:12
170	Russ McClure	24:04
171	* Stan Lipp	24:05
179	T.P. Kent	24:37
202	Bob Carteaux	25:56
244	* Bob Pauley	41:01

50-59

35	* Myron Meyer	18:12
67	* Gene Striggle	19:27
93	* Gene Whitacre	20:35
104	* Bob Hatch	21:02
129	* J.P. Jones	22:05
141	Wm. J. Klug	22:33
163	* King Sullivan	23:38
165	* Paul Snyder	23:43
168	* Richard Longsworth	23:58
190	* Alfred Moore	25:14
191	* Roger Phillips	25:18
193	* Bob Kennelly	25:27
223	* Gordon Smith	28:36

60-over

180	* Al Gumbert	24:38
184	* Chet Fleetwood	24:59

WOMEN

19-under

44	* Kristi Walker	18:41
78	* Alma Ojeda	19:54
88	* Carol McManus	20:29
106	Theresa Klingenberg	21:08
112	* Tracy Sohaski	21:16
121	Megan Proush	21:35

135 Cindy Alfeld 22:17  
 143 Karen Kruger 22:36  
 160 Susie Martinez 23:15  
 169 Michelle Lomont 24:00  
 185 Peggy Bass 25:10  
 195 Bobbi Clay 25:32  
 201 Sarah Stalder 25:51  
 215 Jennifer Diller 27:02  
 240 Leanne Welsh 34:21  
 242 \* Jennifer Schwarze 36:13

20-29

47 \* Mary Connolly 18:44  
 84 \* Theresa Ehrman 20:20  
 97 \* Phyllis Suelzer 20:48  
 125 \* Deb Kukelhan 21:55  
 142 \* Susan Helton 22:36  
 144 Sue Griggs 22:42  
 149 \* Sally Bork 22:52  
 154 \* Eunice Weis 23:03  
 155 \* Betty Jackson 23:04  
 167 Elaine Moran 23:56  
 182 Denise Stevens 24:54  
 196 \* Ann Linson 25:33  
 199 Michelle Heine 25:43  
 209 Chris Hamilton 26:32  
 227 Angela Stuckey 30:27

30-39

153 \* Janis Greene 22:59  
 178 \* Brenda Wolfe 24:36  
 200 \* Connie Person 25:45  
 206 Christine Scott 26:17  
 214 Sue Kaufman 26:57  
 216 \* Kathy Robbins 27:04  
 228 \* Vicki Mather 31:11  
 236 \* Ann Mize 23:12  
 238 \* Jean Tipton 33:13  
 246 Kathy Benroth 43:37  
 247 \* Jeannie Horman(WC) 44:13

40-over

132 \* Roberta Widman 22:12  
 188 \* Gloria Nycum 25:11  
 218 \* Jean Longsworth 27:26  
 220 \* Bonnie Taylor 28:29  
 226 \* Tess Machlan 30:25  
 231 \* Doris Snyder 31:29  
 243 \* Sharon Pauley 36:14

ONE MILE RUN

MALE

1 Rick Ohman  
 2 Brian Shepherd  
 3 Randy Houser  
 4 Ray Ball  
 5 Roger Boyer  
 6 \* John Schwarz  
 7 \* Erick Rasmussen  
 8 Chris Kent  
 9 Juan Barrantes  
 10 Ted Meyer  
 12 Steve M?  
 13 Chad Gerbers  
 15 \* Kevin Kolb  
 16 Jason Thorp  
 17 N. Soem  
 18 \* Bobby Wiersma  
 19 Jay McGraw  
 20 Rob Brown  
 21 Josh Shenk  
 24 \* Mike Reinking  
 26 \* Alex Ojeda  
 28 Scott VanValkenburg

29 \* Jimmy Schwarze  
 31 \* Brian Lindley  
 32 Matt Derheimer  
 33 Jamie Englerr  
 37 James Howe  
 46 Joe McGraw  
 52 Andrew Millan  
 57 Rob Klitzman  
 61 Mark Tippman  
 64 Chris Kauffman

FEMALE

11 \* Tracy Sohaski  
 14 \* Betty Jackson  
 22 \* Jodi Ziegler  
 23 Katrina Citapala  
 25 Laurie Twite  
 27 Linda VanValkenburg  
 30 Sharon Reinking  
 34 Linda Wright  
 35 Alicia Henn  
 36 \* Jennifer Schwarze  
 38 Jeanne Nelson  
 39 Karri McGraw  
 40 Amy Henn  
 41 Dawn Ebersole  
 42 Kenna Klinzman  
 43 Joy Thorp  
 44 Jenna Kerheimer  
 45 Missy Curran  
 47 Tanya Hall  
 48 Kelly VanValkenburg  
 49 Kim Murphy  
 50 Mindy Thorp  
 51 \* Jeannie Getz  
 53 Kari Klein  
 54 Jennifer Mousing  
 55 \* Brooke Ebersole  
 56 \* Jan Ebersole  
 58 Carolyn Miguel  
 59 Tammy Schuhler  
 60 Lynne Klitzman  
 62 Sarah Tippman  
 63 Susanne Millan

CHICKEN RUN 10K

Delta, OH - 7-10-82  
 David Milner 37:59  
 42nd overall 7/15-19

RUN FOR LIFE 10K

Payne, OH - 7-31-82  
 David Milner 35:36  
 8th overall 3/15-19

BERNE 10K - 7-31-82

Kim Stairs 47:40  
 3/19-29

SNIDER 4 mi - 7-20-82

Kim Stairs 31:04

GOSHEN PARADE 5K - 7-25-82

Myron Meyer 18:36  
 27th overall 1/50-59

MORRISTOWN RUNNERS FORUM

10K 7-31-82  
 Myron Meyer 37:11  
 84th overall 1/55-59

NIKE GRAND PRIX 10K

Philadelphia 8-15-82  
 Myron Meyer 38:21  
 6/55-59

CLEAR LAKE 10K

8-7-82

Overall Winners:

Joseph Caruso 30:54.2  
 Darcy Tomlinson 37:51.6

FWTC Members:

23 Tim Bowman 36:10.8  
 31 Roger Hawks 36:32.2  
 32 Paul Beckwith 36:32.6  
 36 Darriell Suffel 36:45.2  
 42 John Schwartz 37:56.4  
 50 Chuck Dowe 38:19.5  
 51 Lynn Armstrong 38:28.0  
 67 Giles Tomlinson 39:28.0  
 85 Rudy Stoeckel 41:03.7  
 90 Stan Florea 41:19.7  
 102 Eugene Striggle 42:38.6  
 113 Michael Machlan 43:21.0  
 114 Richard Waterfield 43:22.6  
 115 Larry Acocks 43:31.4  
 133 Donald Ashton 44:17.6  
 134 Steve Sherburne 44:20.5  
 138 Bruce Lockwood 44:41.9  
 155 John Schwarze 45:27.7  
 172 Joe Hahn 46:32.2  
 180 Don Lundquist 47:37.1  
 184 Rex DeVoie 47:49.1  
 193 Kim Stairs 48:28.4  
 194 Rudi Florreich 48:48.6  
 200 Tom Humbrecht 49:13.8  
 207 Joseph Brooks 49:31.3  
 214 King Sullivan 49:56.4  
 224 Wilma Kyle 51:18.7  
 229 Deborah Aiken 52:00.3  
 253 Deloris Fiantt 56:06.0  
 285 Theresa Bachlan 65:11.5  
 290 Jim Schwarze 76:24.8

The Fort Wayne Track Club was presented with the Clear Lake 10K Club Championship plaque, defeating the Toledo Roadrunners Club by a score of 2685 to 3044. The scoring was based on the top 26 runners from each club.

CANTERBURY GREEN MDA RUN

5 mile - 9-4-82  
 Tim Bowman 28:22  
 11th overall 7/20-29

BLUEBERRY STOMP 15K

Plymouth, IN - 9-6-82  
 Tom Loucks 47:58  
 8th overall

Tim Bowman 53:05  
 Don Lindley 56:06  
 Andy Cauffman PR 58:37  
 6/13-under  
 Jerry/Holly Cauffman 78:18  
 Brian Lindley 93:12  
 Mike Lindley 94:39

PEPSI CHALLENGE REGIONAL 10K

Indianapolis - 8-22-82  
 Tom Loucks 30:57  
 6th overall 4/20-29



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## LOVE RUNS

Sharon Pauley

Today, Bobby, my husband, and I did the Love Run for Muscular Dystrophy at Canterbury Green. We fought and laughed, teased each other and growled the whole five miles. During the last two miles, we had a golf cart escort that alternately played "charge" and funeral dirges at our request. During the last mile, Bobby threatened to leave me and then when things went from bad to worse he even threatened to never run with me again. I gave him one guess as to what would be the next thing flushed down the toilet in our new van and then mused that he was probably too big for the holding tank. But when we spotted the finish line, we grabbed each other's hand and sprinted joyously to a tie for last place.

At the awards ceremony we were very much surprised to be presented with matching medals. I was too grouchy. He was too ornery. And we both were too slow and had too much fun to deserve any sort of award. Surely, the race officials made this a love run in more than name.

After the race we had pancakes with the Lindleys in our van and then went swimming together in the Canterbury Green Pool - a perfect mellow-out!

It's been an aggravating, beautiful, generously blessed day for us - one that much capsulated our running life. Perhaps the most fitting icing for the cake of today would be to share the story of our personal love run.

During the late 70's, things were even worse for us than they were this morning. Bobby

was having chest pains that got increasingly worse and increasingly limited his physical activities. During the winter of early '79, he couldn't walk to the end of our driveway (3 car lengths) without stopping to catch his breath. That spring our doctor sent him to the Fort Wayne Cardiac Rehabilitation Program. I went with him to encourage him. After a lifetime of preferring sedentary activities, I would never have started exercising for myself. Fortunately, for me, I'd move mountains for Bobby and the one I started with was me.

After three months of exercising, Bobby's reevaluation treadmill showed that he was worse instead of better. He was immediately scheduled for an arteriogram which showed three serious blockages. He was scheduled for by-pass surgery two days later - July 26, 1979. The night before his surgery Bobby asked me what if it were me instead of him, facing the surgery - that was a pretty serious question. I weighed over 200 pounds.

Bobby did fantastically well at recovering. He left the hospital eight days after his surgery and went back to work the next day. Less than three weeks later he was back in the FW Cardiac Rehab. Program. And we've been moving ever since.

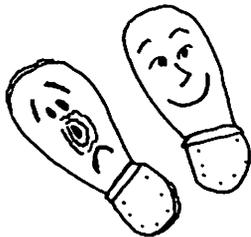
For me the moving has been pretty slow. I walked for a year before I had to start jogging to get my pulse up to target rate. My first goal was to walk a mile. The first time I timed myself it took me 22 minutes. In April, 1980, we entered our first fun run because it was called a run for health. It took me 14

minutes to do two miles and I was thrilled because it was such a tremendous improvement for me.

Our first FWTC membership was my gift to Bobby on the first anniversary of his heart surgery. It seemed appropriate to me to celebrate the renewal of life with a gift I thought would help him continue to renew his life with exercise. I was very right. The kindness of today's race officials is another beautiful example of the treatment friendship, encouragement, and generosity we've received from the FWTC. What we've experienced in the midst of the FWTC makes every race a love run for us.

But it doesn't make them easy. I was last in my first race and 2-1/2 years later I was last again today. I've lost 62 pounds and I've got at least 50 yet to lose. Yet even when it isn't a joy just like today was because finishing last is so gloriously better than never starting.

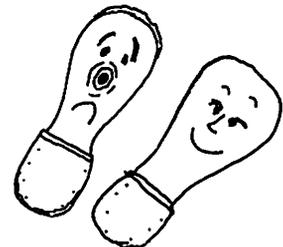
Truly, I've been greatly blessed because nearly all of the runs are love runs for me (especially after they're over). May you be blessed with a multitude of love runs or may you endure until you discover a love run somewhere down the road for you.



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AS I SEE IT:

## From the back of the pack

by ROGER PHILLIPS

Just a few ramblings from a back of the pack runner. I have been running for five years and average 20 miles of jogging a week. When I started my running program my weight was 205 pounds. My weight is now 178, so I run for my health and so that I can do fairly well in FWTC races.

I think the FWTC is the greatest in the land and wish to thank everyone who has helped put on our fine runs. They are all first class.

Our marathon is just fantastic, even though it is run in hot, humid July. Without the fine aid stations I would never be able to finish. My best time was last year, 1981, when I finished in 4:42. This is proof that a marathon can be run under five hours on a running program of just 20 miles a week. I am 54 years of age, so I believe any ordinary jogger can finish a marathon. I feel just great when I cross the finish line, experiencing a "runner's high" each of the four times I have finished the grueling 26.2 mile run.

I write this after just recovering from the tough 25K run at Homestead. I think this is one of the toughest areas around to run in because of all the hills. Getting a good time in a race at Homestead is a fine accomplishment. One criticism about this race - there were just not enough aid stations! At about three miles I was getting so hot I started to walk. My head was thumping

and I would have appreciated a drink of water. I think aid stations at 4, 8, 12 miles would have been better than at just 5 and 9 miles. I walked when necessary and managed to finish in 2:59.32, just beating three hours. I had hoped to run the race in 2:30, so back to the training runs to do next time. See you at the back of the pack.

by KAREN PEDDEN

Fellow "back of the packers", we need help. This column is put in THE INSIDE TRACK so that non elite runners would have something to which they could relate and contribute. We need others to come out of the shadows and write articles about their ideas, feelings and racing experiences. It is thought that articles by other than elite runners can be very interesting.

My own racing experience was last weekend at Roanoke. It was a five mile out and back course with a few small hills and one major hill. As you probably remember it was one of those hot humid weekends. It was a good race for back of the packers as there were only a little more than 100 runners. Most of the track club members were looking at a 25K Sunday or off to more established races.

The race starts out downhill and the times for the first mile were really fast. It was so hot that between miles one and two I was wondering if I should just quit and catch a ride back in the squad car. The squad car passed at about 1-3/4 mile and with it my chance for a ride so I decided I must finish one way or another. I was pretty tired as I was up til 9:30 Friday night and must start work at 1:00 a.m. every day but there were only three women ahead of me and they weren't too far ahead. Well, I did finish 4th and was only 14 seconds slower than the 40 minutes I wanted to finish in.

The real kicker was that I won a trophy. It doesn't mean so much that I beat anyone as it is something tangible to show non runner friends and parents. Before they would just laugh and say I was crazy to run, now they think the few minutes I run each day are not such a bad thing.

Russ Grose, race organizer, doesn't spare the horses on the trophies either. He had 1st, 2nd, and 3rd place trophies for two women's divisions and five men's divisions. Next year he plans more divisions with 40 trophies.

What I'm trying to tell you back of the packers is that until we get a handicapped race you should run less well known races, like Roanoke where the competition isn't quite so stiff and you stand a chance of placing.



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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
BUN	hemoglobin
uric acid	hematocrit
total bilirubin	MCV MCH
direct bilirubin	MCHC
indirect bilirubin	differential
lactic dehydrogenase	platelets

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MARATHON AID STATIONS

Don Lindley

Lincoln Life Corporation spear-headed by FWTC members Karen Perrin, Bonnie and Ronnie Taylor and many volunteers from Lincoln won first place as the best overall aid station during this year's marathon. Their station located at the 4/22 mile marks received the highest rating from a selection of 60 to 70 runners. Each runner was given an evaluation sheet to rate each of the eleven stations based on a rating system one through ten; ten being the highest and one being the lowest. The sheets were divided into three different categories. The first being supplies, which included an adequate supply of water, gatorade, defizzed pepsi, ice, vaseline, bandages, bandaids, etc. Second was appearance, which included advertising, entertainment, and information. Third and last was enthusiasm, which included encouragement, cheerfulness, and personal attention.

There was a three way tie for the highest rating in the supply division. The Jaycees (3/23), Farm Bureau Insurance (7/19), and the Linsons (9/17) all tied. Jerry Mazock and his crew (10/16) received the highest for the best appearance. Lincoln Life (4/22) and Andy Lubin (5/21) tied for the most enthusiastic. But the combined average of all the ratings for all three categories was won by Lincoln Life with a rating of 9.4 out of a possible 10.0. Second place was won by Larry and Ann Linson with a rating of 9.1 and third place went to Jerry Mazock with a rating of 8.9. Listed below are the results of the final tabulation of all of the winners. Placques were given to all of the aid stations for showing their outstanding support and contribution.

Place	Rating	Mile Marks	Aid Station
1	9.4	4/22	Lincoln Life Corp. - Karen Perrin, Ronnie and Bonnie Taylor
2	9.1	9/17	FWTC - Larry and Ann Linson
3	8.9	10/16	FWTC - Jerry and Linnea Mazock
4	8.8	3/23	Fort Wayne Jaycees - Jim Beeson

- 5 8.0 7/19 Farm Bureau Insurance - Doyle Minix
- 6 7.8 5/21 FWTC - Andy Lubin
- 7 7.3 2/24 Bishop Luers Key Club - Patti Becker
- 8 7.1 1 FWTC - Jim Delaney and Family
- 9 7.0 6/20 FWTC - Gloria Ambrose and Kathy Widau
- 9 7.0 13 FWTC - Vickie Mather, Phil and Chris Shafer
- 11 5.3 8/18 FWTC - Harold and Maurine Saalfrank

The finish line was not included in the evaluation, mainly because I was responsible for it. The only award I wanted to see was that every finisher crossing the finish line was finishing in good shape. My job was made easy through the efforts of Delbert and Sue Lindley, Rosann Lindley, Mike Kast, and Linda Dullaghan and her family. They were responsible for all of the refreshments at the finish.

Some of the following comments I received were very overwhelming. One runner wrote, "Overall, you won't find better aid stations anywhere in the USA." Another runner commented, "All aid stations were great - no complaints." And another wrote, "It becomes obvious when conditions are like Sunday's, that it would be impossible to run a marathon at all if it weren't for the plentiful well stocked and well staffed aid stations. I am indebted to every one of them and to you too, Don, for doing another fine job." The one that I liked the most was very lengthy but it sums up the overall consensus of all the runners. The runner said, "I'm returning attached the FWTC aid station evaluation sheet - less ratings. All aid stations deserve a big 10! Sorry for copping out but I had difficulty remembering details much beyond my name during the marathon, so much as rendering an evaluation of eleven "oases" located around the marathon course. The volunteers performed admirably. They excelled in their encouragement while quenching thirst, spraying, sponging, and tending to the needs of a thoroughly over-heated mass of sweaty, belching, gas-passing runners. Some comments relative to the three categories: Supplies: were abundant at all stations when I passed

through. I hit all of them except mile 25. They were reading the "menu" to me as I approached. My desire for liquids or coolant at that point was nil, but the aid stations presence was much needed and felt. Keep the motivations at mile 25 to provide the boost for that final mile plus. The aid station at mile 4/22 was nearly a block long and technically a great set-up - a runner had plenty of opportunity for drink and sponge - one couldn't miss.

"As for appearance, if you've seen one aid station, you've seen most of them. Almost. Jerry Mazock and crew will be long remembered for their beautiful sign. (Might have that sign serve as a marquee on a movie house where Bullshallit does reviews.)

Enthusiasm - Yes! About the time I was losing mine, I could always count on finding some at the next aid station. Enough to get me to the next, and the next, all the way to the Finish!".

BIG BROTHERS/BIG SISTERS

5 mile - 8-28-82	
Don Lindley	28:31
21st overall 8/30-39	
Brian Lindley	61:17
415th overall 9/11-under	

BUTLER DAYS CLASSIC 10K  
8-14-82

Tim Bowman	35:47
13th overall 6/20-29	

BRYAN PEPSI 10K - 8-21-82

Tim Bowman	35:40
15th overall 8/20-29	
Andy Cauffman	PR 38:59
52nd overall 2/13-under	
Karen Perrin	PR 54:28
6/30-39	

CONVOY, OH 10K - 8-28-82

Tim Bowman	PR 35:02
11th overall 1/20-24	
Andy Cauffman	PR 38:09
3/19-under	
Doug Weaver	PR 44:40
9/19-under	
Mike Utermark	PR 53:31

RUN FOR TERRY FOX 5K

West Lafayette, IN 9-19-82	
Tom Loucks	15:04
2nd overall	

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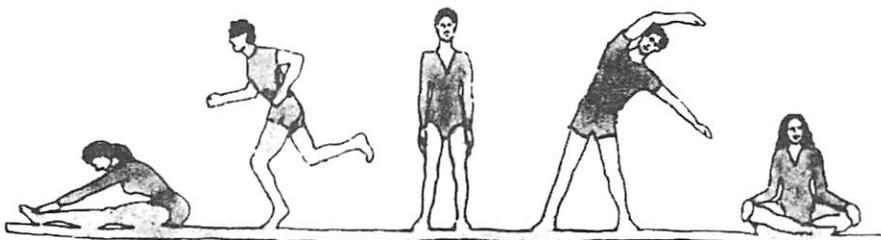
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Warren, IN - 7-3-82

Winners - Tom Loucks - 32:49.9  
Theresa Ehrman - 41:05.0

1	Tom Loucks	32:49.9
2	Rick Ford	32:52.3
3	Bob Bragg	32:53.7
4	Paul Strehler	33:35.5
5	Larry Schnieders	34:07.6
6	Clif Airgood	34:46.3
7	Randy Airgood	34:52.6
8	Curt Franke	35:15.4
9	Dan Meyer	35:22.7
10	Barry Schnieders	36:22.8
11	Phil Suelzer	36:50.4
12	Patrick McCray	36:52.8
13	Bryant Lambert	36:55.2
14	Dave Fink	37:02.8
15	Steve Smith	37:43.5
16	Jim Berghoff	37:57.3
17	Jeff Studebaker	38:34.0
18	Dan Moore	38:52.7
19	Wayne Johnson	38:55.5
20	Mike Maher	39:07.3
21	David Garrett	39:54.3
22	Tom Schwarzkoph	39:58.3
23	Joe Ziegler	39:59.6
24	Matt Miller	40:13.5
25	Jeff Hoover	40:13.5
26	Dave Jones	40:18.4
27	Greg Berghoff	40:22.4
28	David Ellis	40:29.4
29	Tim Bickel	40:42.1
30	Frank Best	40:48.7
31	John Schnieders	40:49.0
32	Gary Steele	41:00.5
33	Theresa Ehrman	41:05.0
34	Jim Kline	41:14.7
35	Steve Yager	41:16.9
36	Brian Curry	41:27.9
37	Terry Clark	41:49.0
38	Tom Archbold	41:59.8
39	Steve Kirtlan	42:11.1
40	B.K. Campbell	42:16.5
41	Tom Schmidt	42:52.3
42	Jim Petre	42:52.7
43	Joe O'Brien	43:07.1
44	Kirk Lude	43:47.5
45	Bill Hogg	43:48.2
46	David Winters	44:13.7
47	Christopher Dale	44:25.6
48	David Dale	44:26.0
49	Matt Swales	44:34.7
50	Bryan Reed	44:35.7
51	Michelle Bickel	45:04.5
52	Phyllis Suelzer	45:06.7
53	Doug Curtis	45:13.1
54	Dennis Flennely	45:27.6
55	David Geisman	45:38.4
56	Marvin Proffitt	45:44.6
57	Erick Soderquist	45:46.0
58	Richard Lautzenheiser	46:00.3
59	Dick Burchard	46:31.6
60	Todd Irick	46:45.0
61	Max Reed	47:06.5
62	Jerry Lakes	47:58.1
63	Dick Sive	48:00.1
64	Farrell Mock	48:01.9
65	Robin Smith	48:18.8
66	Ed Geans	48:24.2
67	Tom Elliot	48:28.4
68	David Miller	48:33.8

69	Jon Smith	49:17.0
70	Jane Hemmick	49:28.9
71	Leeroy Schwieterman	49:29.6
72	Jeff Reynolds	49:40.4
73	Ann Strehler	49:50.9
74	M. Colleen Maurin	49:55.3
75	Tom Frank	50:07.2
76	Bill Walker	50:08.3
77	Sid King	50:09.2
78	Rick Brickley	50:40.4
79	Gary Mast	51:21.1
80	Charles Mosure	51:27.0
81	Richard Mason	51:39.7
82	Dave Lewis	51:47.9
83	Bill Dickey	52:12.7
84	Del Lewis	52:13.8
85	Quinn Curry	52:25.3
86	Bob Emley	52:30.6
87	Brad Smith	53:03.3
88	David Cox	53:11.4
89	Susan Bickel	53:11.8
90	Dave Thompson	53:23.4
91	Wayne Randall	54:06.4
92	Tom Kent Jr.	54:31.1
93	Elisabeth Schafer	54:46.7
94	Virginia Carrell	54:53.0
95	David Stokes	56:39.0
96	David Conrad	57:21.1
97	Dave Hunnicutt	59:01.2
98	Joe Kent	61:06.7
99	Dale Smith	61:06.7
100	Richard Grose	61:55.1
101	Gail Brauchla	67:40.4
102	Benji Dickey	72:40.8
103	Sarah Frayer	78:38.5

8	Larry Linson	44:29.0
9	William Wills	46:10.9
10	Randy Robinett	54:39.9

30-39

1	Todd Rigelmann	35:26.5
2	Tom Dendinger	35:35.3
3	Tim Fleming	35:50.3
4	Gary Graham	37:26.3
5	Tom Tucker	39:55.5
6	Max Murchland	40:20.5
7	Rod Knox	40:28.9
8	Darrell Douglas	44:08.3
9	Dave Wolff	44:32.6
10	Robert Kupfersmith	44:53.7
11	Fred Brokaw	45:08.3
12	Mike Pressler	45:15.9
13	Don Manger	47:13.8
14	Vern Miller	51:36.7
15	Michael Cadwallader	52:38.7
16	Curtis White	52:21.4

40-over

1	Joe Barile	35:15.1
2	Jerry Perkins	35:18.0
3	Ron O'Beirne	39:24.8
4	Robert Frey	40:10.6
5	Gene Lightner	40:30.8
6	R.H.Hatch	42:37.0
7	Terry Parker	44:31.1
8	Thomas Haley	45:41.7
9	Dick Cowen	45:51.8
10	Ronald Johnson	47:48.8
11	Vaughn Roberts	48:11.4

Female  
14-under

1	Tracy Sohaski	51:45.7
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15-19

1	Linda Keuneke	44:25.0
2	Cathy White	53:31.3

20-29

1	Julie Munger	48:45.8
2	Ann Linson	52:27.7

30-39

1	Sue Carnes	40:43.3
2	Kathy Michael	46:42.8

40-over

1	Julia Wilson	51:54.7
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BUTLER DAYS 5K

Male  
14-under

1	Brad Boyer	19:05.1
2	Ray Ball	20:07.6
3	John Schwarze	20:59.2
4	Darin Meschberger	21:05.2
5	Mike Studebaker	21:38.3
6	Toby Birely	23:16.1
7	Joey Nachazel	23:30.3
8	Jim Schwarze	27:42.4

15-19

1	Scott Goe	15:47.5
2	Greg Pepple	16:37.3
3	Jim Finchum	16:43.6
4	Stephen Bangs	16:54.1
5	John Reesman	17:25.3
6	Don Drake	17:28.5
7	Scott Sheets	17:40.2

BUTLER DAYS 10K  
August 14, 1982

Overall Winners:

Ron Pepple	32:11.0
Sue Carnes	40:43.3

Male  
14-under

1	John Nachazel	37:13.1
2	Jeff Beltz	38:20.3
3	Tom Roberts	41:50.4

15-19

1	Ron Pepple	32:11.0
2	Kent Mahnesmith	32:24.4
3	Randy Houser	33:34.4
4	Brett Pontoni	34:23.6
5	Jeff Oberlin	34:58.3
6	Scott Hicks	37:31.7
7	Steve Lengacher	37:34.4
8	James Mason	38:12.6
9	Jim Nachazel	38:16.4
10	Chris Nehel	38:21.6
11	Phillip Prater	39:40.6
12	Keith Pepple	39:54.0
13	Gregory Mann	43:16.7
14	Kurtis Davies	46:59.0
15	Mitch Manahan	47:11.3

20-29

1	Ron Scholl	32:55.9
2	Ken Babcock	33:15.2
3	Brady Wells	33:52.8
4	Tim Bowman	35:47.5
5	Scott Paar	38:50.5
6	Bill Lambert	40:35.3
7	Greg Hughes	42:00.4

8 Randy Drake	17:56.1
9 Dan Martin	18:26.4
10 Curt Vinson	18:45.8
11 Dean Scheumann	18:52.0
12 Steve Strayer	19:01.9
13 Gilbert Ortiz	19:10.9
14 Rick Kessler	19:39.7
15 Brad Cowen	20:06.4
16 Todd Waller	20:18.6
17 Ronny Thomas	20:57.4
18 Tom Dulle	21:12.6
19 Kevin Platter	22:19.2

20-29

1 Perry Miller	15:06.5
2 Rowland Perez	15:37.9
3 David Hockley	16:45.7
4 Roger Tennant	17:32.1
5 Mark Morrison	20:49.6
6 Chris Wittmer	21:57.3
7 Dave Kronth	28:14.2

30-39

1 David Schmidt	16:01.6
2 Mike Robbins	16:47.2
3 John Schwarze	17:16.2
4 Kenny Wolfe	18:50.9
5 Phillip Schafer	19:29.1
6 Dave Brockett	19:54.8
7 Walt Lee	19:57.9
8 Ron Stombaugh	21:18.0
9 Merritt Schuerich	21:37.9
10 Buzz Bildner	22:23.6
11 Dennis Oberlin	12:18.4
12 Mike Farrell	23:43.9
13 Robert Lehman	24:20.7

40-over

1 Rudy Stoeckel	18:21.6
2 Joe Ziegler	18:31.3
3 Lowell Johnson	18:52.7
4 Don Goidner	19:56.0
5 Paul Langeven	20:07.6
6 Robert Gensheimer	20:45.0
7 Allen Best	20:57.5
8 Rudi Florreich	21:15.9
9 Duane Voirol	21:31.0
10 Charles Welch	22:40.3
11 Chet Fleetwood	24:36.5
12 Tom McCarty	25:34.4
13 Wayne Randle	25:58.8
14 Jack Garner	27:26.9

Female

14-under

1 Mary Reesman	21:08.8
2 Megan Prough	21:16.6
3 Amy Lane	23:53.4
4 Jennifer Schwarze	27:47.0
5 Debby Kupfersmith	31:35.3
6 Andrea Stephens	42:43.3

15-19

1 Sherry Reinig	22:03.2
2 Jane Hollabaugh	22:58.8
3 Shelly Haley	22:59.4
4 Diana Kupfersmith	23:29.5
5 Lori Johnson	33:49.2

20-29

1 Lanette Grate	21:44.5
2 Kathi Randle	25:58.0
3 Carole Krouth	28:38.2
4 D.J. Farrell	33:39.9
5 Marie Foley	33:53.3

30-39

1 Deanna Cool	21:54.2
2 Sharon Wiersma	22:05.7
3 Diane Lee	22:50.2
4 Brenda Wolfe	24:12.5
5 Roseann Simmons	24:16.3
6 Marietta Barnett	26:27.5
7 Janet Chipman	28:53.0
8 Kathleen Garman	28:55.4

40-over

1 Nancy Thomas	22:55.9
2 Helen Wappes	28:04.6
3 Mareen Gensheimer	29:30.8
4 Jean Stevenson	29:31.8
5 Donna Ohning	32:15.7
6 Shirley Souder	34:26.8
7 Murie Madneri	42:17.9

BRYAN-PEPSI 10K

August 21, 1982

Overall Winners:

Robb Bostater	31:14.6
Jennie Field	41:29.1

Division Winners:

Male

13-under

Gerald Tullock	38:05.7
Andy Cauffman	39:03
Karl Knoll	40:12.0

14-19

Kent Mahnesmith	32:21
Trent Alexander	33:59.8
Jeff Westhoven	34:27.3

20-29

Robb Bostater	31:14.6
Bruce Smith	32:17.2
Perry Hunter	32:41.6

30-39

Neil Kingsbury	33:45.4
Bob Knoll	35:02.6
Lou Wagner	35:37.0

40-49

Jim Petinoit	37:25.6
Jack Dyer	37:47.8
Ron Oberine	38:55.0

50-59

Richard Barman	36:30.2
Giles Tomlinson	38:27.6
Buzz Cabonte	40:08.0

Female

13-under

Jennie Field	41:29.1
Lisa Miller	43:59.1
Julie Althoff	48:56.9

14-19

Sheila Balsler	50:24.3
Lisa Laub	50:27.7
Kim Roth	50:39.9

20-29

Christa Beach	43:42.5
Cindy Beuhrer	48:53.0
Lana Richmond	51:22.2

30-39

Carol McInernby	45:22.9
Pam Stevenson	50:24.6
Miritza Crouse	50:26.3

40-49

none

50-59

Wilma Lemons	53:53.2
Jean Stevenson	68:08

Course Record: 31:14.6

DOIN' THE CHARLESTON

Mary Ann Felger

I had the wonderful opportunity to spend the summer teaching at the College of Charleston in Charleston, South Carolina. The low country hospitality and cuisine are hard to beat as are interesting places to run.

Unfortunately the heat and humidity limited me to short excursions. But I did "do" Charleston on the brick sidewalks, cobblestone streets, and the beaches. It is a truly beautiful city that has treasured its traditions. Charleston has resisted the glass-steel-concrete structures in its mid-town area. The old city has been preserved. How nice it was to pass stately mansions and magnificent gardens instead of Georgetown Square!

Running along marsh areas at low tide provided the opportunity to view egrets and herons feeding. Arriving at the ocean finally brought relief from the heat in the form of a gentle breeze. Sandpipers moved from my path and I watched pelicans diving for lunch as I progressed along the beach. Running on some of the desolate islands was truly an experience I will long remember. Unfortunately I did not do any hill running while there, the only "hill" being the very high, two mile long Cooper River Bridge. I was told not to do the bridge alone. The Charleston Track Club sponsors a 10K run over the bridge in March. Also, the Great Kiawah Road Race is held nearby on Kiawah Island in February. Obviously there were no races this summer.

I highly recommend discovering Charleston if in the vicinity. It is a unique road running experience.

## TORCH RUN

by Rick Reitzug

(continued from last month)

We left the stadium and drove to the Holiday Inn where we would be staying that evening. I was to meet my sister, who lives in Denver, there and then spend the evening with her and her family. She was waiting when I arrived and I ended up spending a most enjoyable evening with "family" I hadn't seen in almost five years. It had definitely been an exciting day.

### Day IV

After a good night's sleep at my sister's house, I got up to go for a short run. I knew that today would be a "driving" day and that we were not scheduled to do any running. Hayes, Kansas, was our destination for that evening, a good stretch by car, a much longer stretch by caravan with 22 people hearing Mother Nature's call at different times. I decided it would be best to get in some "insurance" miles, just in case of a late arrival in Hayes. I intended to run four easy miles around the subdivision in which my sister lived. With Pike's Peak and the Rockies in view on one side, the open prairie covered with sagebrush on the other, the fresh western air in my nostrils (my sister lives far enough out of Denver to miss most of it's pollution), I was having a very enjoyable run. After two miles I turned to head back. At three miles, I started looking for the streets heading to my sister's house. By four miles I was hopelessly lost. I ran up and down streets, but could not find the one I was looking for. I started asking the few people who were up and about at that early hour for directions, but none of them knew in which direction to send me either. Finally, a nice gentleman interrupted his usual Sunday morning routine to look up my sister's street in the cross reference section of the phone book. After much studying, he was able to steer me in the right direction, from where I could find my sister's house. I had been on the roads for half an hour longer than I intended and barely had time to shower, eat, call my wife, and take a few pictures of my sister and her family before it

was time to head back to the Holiday Inn to rejoin the other members of our troupe. I would have loved to spend the day with my sister and her family and I even considered taking the Greyhound to Hayes later that day, but it would have meant spending most of the night on the bus. My better judgment warned me against that.

The trip to Hayes was uneventful and completed in relatively good time. Several hours of daylight remained, so Chuck Koeppen, Scott Miller, David Widmer, and I left for a run. My legs were feeling the effects of the previous day's run down Pike's Peak (not to mention the better part of the last four days spent riding in vehicles) and I was planning on a short, slow run. However, the above-mentioned being relatively fast company, my wishes were not to be honored. We ran at a good clip, which, with sore legs, is not synonymous with a comfortable clip, and ran on and on and on. We ended up running through Ft. Hayes State College and even toured their fieldhouse, an impressive facility, after we noticed that a door had inadvertently been left open. On the return trip to the Holiday Inn, Chuck decided some fartlek might feel good and so we ended up striding a block and then jogging a block. After about 15 blocks, I'd had it and jogged the rest of the way back. The pool and whirlpool at the Holiday Inn never had a more appreciative inhabitant upon my return. Dinner that evening was another treat due to the "memorable" service (I sure won't forget it, and neither will Myron - we both do fair impressions of each other's attempts to get waited on that evening). After much waving of arms and stamping about, Myron finally got his apple pie and I my steak, and we rolled out of the restaurant and into our beds for another night of sleep with full stomachs.

### Day V

Since we had not yet "trained" our crew to let us know in advance approximately how many miles we would be running the following day, we continued to get up early for "insurance" runs. This morning I once again battled "Pike's Peak" legs for seven and a half miles. The day's first ceremony took place in Hayes in front of about ten people. The media was there (of course), as were the local runners. Running with runners from the various running clubs of the towns we passed through proved to be one of the most interesting aspects of the trip. It gave one a good appreciation of the existence of elite runners in every little town and burg and also of the large number of "grassroots" runners that are the heart of the running movement. Their conversations with each other and with us gave me an appreciation of the universality of runner's conversation topics. It also gave me the opportunity to meet a lot of nice, down-to-earth people. After our run through Hayes and into the open country beyond the city, we stopped for a quick lunch. From there it was on to Salina for a run into town and a 4:00 p.m. ceremony. Salina was our first experience at answering questions from people who were under the impression that we were running every step of the way. After some inner tension, one of three tactics was usually followed. Initially, before we became comfortable in dealing with these questions, conversations were often cut short in order to avoid the issue. A second tactic was to "hem" and "haw" and "yes" and "no" without lying and without destroying the people's illusions of how great we were and how privileged they were to be a part of this. Eventually, we all had to face questions in our conversations with local runners that were too direct to avoid. Although we had all applied for the trip under the noble impression that we would be running the whole way and, although the decision to make it a "symbolic" run was beyond our control, the knowledge that we were not running the whole thing, was in the early stages a nagging source of shame and embarrassment and made telling the full

story a bit difficult. However, after being unable to avoid the issue and discovering that the local runners did not spit on us or look on us as less than worthy runners, that they still thought what we were doing was neat - the question became easier to answer. We began to accept the Torch Run for what it was rather than hanging on to our delusions of what we wanted it to be. The answer became "We run as much as we are able to, but we often can't run the entire way because of the times ceremonies are scheduled in different towns." As far as running as much as we were able to, many of us often put in both morning and evening workouts in addition to our Torch running.

The Salina ceremony was interesting in that the closer we got to the center of town, the more runners joined us. By the time we reached the town square, where they had erected a huge torch to be lit from ours, we had everything from 3-4 year olds to elderly grandmothers running with us. The run out of town was uneventful, but long, and by the time we finished I was ready to pack it in for the day. After a three dessert dinner (they all looked so good!), a group of us went down to the motel lounge to cash in our free drink tickets. When the place closed at 11:30, we had had several more than our free drinks. It didn't take long to fall asleep.

#### Day VI

After getting up and vowing that I would not enter anymore motel lounges the rest of the trip, I got into the bad habit of eating a big breakfast. Although I had ingested my share of carbohydrates the previous evening, I still couldn't resist the waffles with strawberries and whipped cream. I knew I had a long run ahead of me. The day's schedule called for us to run the entire distance from the southwest side of Junction City to the northwest side of Manhattan, Kansas, with a ceremony in each city. It was nineteen miles of blistering hot, black asphalt with no trees whatsoever. The temperature the last several days had hovered around 90.

Today it was to get up to 103. How much hotter it was on the asphalt is anyone's guess. The run into Junction City was short, but already the heat was making its presence known. At the ceremony we were given numerous mementos including a key to the city (while the president of the Chamber of Commerce blew cigarette smoke around the stage). As we ran out of Junction City, you could almost feel yourself wilting. It was hot, and we had 17 miles to go.

After 12 miles we came to a sign that listed Manhattan as five more miles. I had just hopped into the van because we had initially thought the run was going to be 22 miles and I knew I couldn't go ten more miles in that heat. The five, I decided, I could handle. I hopped back out of the van to continue with the runners carrying the torch. We kept running for what seemed like many more miles. Finally we saw a sign that said the Holiday Inn was only one more mile. Up ahead lay a long hill that looked as if it never ended. According to our calculations the Holiday Inn had to be immediately on the other side. After restarting four miles back it had seemed even hotter than before - if that were possible. If the Holiday Inn was not on the other side of the hill I wasn't sure I could make it. Fortunately, it was. We were not staying at the Holiday Inn but were only meeting the local runners there for the run into town. We had about an hour to kill. I wasn't sure whether it was permitted but I was beyond caring as I jumped into the pool, uniform and all. I was already drenched from the sweat so I didn't get any wetter, but I sure felt a lot better. After our hour rest, we had a two mile run into Manhattan which I just remember as being very hot and very difficult, even at the slow pace we were going. I remember standing on the stage in the park where the ceremony was being held and watching a puddle of sweat grow larger beneath me as my body slowly dripped away. I remember hearing them play the "Star Spangled Banner" and getting fired up with patriotism and a sense of accomplishment while hoping I didn't pass out. We were pre-

ented with little cloth apples by the people of the "Little Apple", Manhattan, Kansas. Somehow that apple meant a lot to me and my wife has since sewn it onto the running shorts I wore that day.

#### Day VII

At this point the days and towns started to run into each other. Questions such as: "What day is it?", "Where were we yesterday?", "Which town was it where they..?" became more frequent. On Day 7 we were to run in Topeka, the state capital, with a promise that the governor would run with us. We were late in arriving and ended up having to drive some miles that were originally intended to be run. There was a nice ceremony during the lunch hour in front of the state capitol. After the ceremony, the governor, a runner, set a brisk pace off the statehouse lawn, but only ran a few blocks out of the Capitol area. There he was greeted by an aide and they left to do some legislating. A wheelchair marathoner who had been running with us turned off several miles further on because our pace was too slow for him. Once again it was hot, and the slow pace made it boring. But we had to run slowly in order to permit the slower local runners to stay with the torch group. In order to break the boredom we occasionally broke into our finger clicking routine, which at least gave us a certain rhythm. Finally we finished. The staff had stopped at a grocery store to buy us some fruit for lunch. Being non-runners, they quickly picked up the idiosyncracies and foibles of the distance runner. I'm sure they thought we were weird. The micro-Olympians had left us in Denver to return to their safe grounds in Colorado Springs, sheltered from the cruel realities of the world. Without their frowning, uptight faces hovering about, life was a lot more pleasant. Our staff tried hard to be accommodating and, although mealtimes, etc., were not always to everyone's liking, in retrospect I think they did a fine job in meeting the varying needs and wants of 22 people. I didn't realize until this trip how set in my eating,

FOURTH ANNUAL

# COLUMBIA PLAZA 5000 METER RUN



Columbia Plaza Shopping Center, Corner of US 30 & 109,  
Columbia City, Indiana

Pre-registered by November 14 is \$ 5.00 After November 14  
is \$ 6.00  
Race day registration will be from 12:00 to  
1:30 p.m.

The course is mostly flat 5,000 meter course which starts at the  
Columbia Plaza Shopping Center and is routed through the city  
streets and around the 4-H grounds and then back to the shop-  
ping center. Splits will be given at each mile and water will be  
available at the halfway mark and finish.

There will be awards for best overall for male and female winners.  
Awards to top three in each age group. T-shirts to all runners.

Age Categories:

MALE	FEMALE
14 & under	14 & under
15-18	15-18
19-24	19-29
25-29	30-39
30-34	40-49
35-39	50 & over
40-49	
50 & over	

No showers or lockers but restrooms will be available, plenty of  
free parking, refreshments will be served after the race.

Timing will be by Chronomix Timer and Zetachren Digital Clock.

For additional info

For additional information: write or call:  
Carl Fields, Race Director  
535 North Line Street  
Columbia City, IN  
46725  
219-244-5500

SUNDAY  
NOVEMBER 21, 1982 2:00 P.M.

### FOURTH ANNUAL COLUMBIA PLAZA 5000 METER RUN REGISTRATION FORM

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

Address \_\_\_\_\_ City \_\_\_\_\_ State/Zip \_\_\_\_\_

Telephone \_\_\_\_\_ T-shirt Size \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL

In consideration of the acceptance of the entry, I waive for myself, my heirs, and assigns, any and all claims for  
damage against the Columbia Plaza Shopping Center and their representatives, for any and all injuries received  
during, before, and after this event. I attest and verify that I am sufficiently conditioned to participate in  
this event. (Parent or guardian must co-sign for participants under 18 years of age.)

Date \_\_\_\_\_ Signature \_\_\_\_\_

Mail entry to: Columbia Plaza 5000  
c/o Carl Fields  
535 North Line Street  
Columbia City, IN 46725

Entry Fee:  
\$ 5.00 Pre-registered by Nov. 14  
\$ 6.00 after Nov. 14



Huntertown School, Huntertown, Indiana  
(off Highway 3 on Old Lima Road)

CHECK IN  
Race day in front of the School starting at  
12:30 P.M.

RACES  
1/4 mile run (6 and under only) 2:00 P.M.  
Fun run (1.5 miles) all ages 2:15 P.M.  
10,000 meter run all ages 2:30P.M.

AGE GROUPS  
6 and under (1/4 mile race only)  
14 and under m/f  
15 - 19 m/f  
20 - 29 m/f  
30 - 39 m/f  
40 - 49 m/f  
50 and over

ENTRY FEE  
\$3.00 non-T - shirt option  
\$5.00 Pre - registration (entry must be received  
by Wed. Oct. 27) Includes T - shirt  
\$6.00 Day of the race Includes T - shirt (mailed)

AWARDS  
Free Pepsi  
First place trophy over - all m/f in the 10,000m/f  
Second through Fourth medals each age group in the 10,000  
10,000m/f  
Trophy to the largest family entered  
Second through fifth place medals for Fun run  
(no age group in Fun run)  
First place trophy for 1/4 mile run  
Second through fifth place medals in 1/4 mile run .

## Allen County Bank and Trust

When: SUNDAY, NOVEMBER 7, 1982.

### ENTRY FORM

NAME \_\_\_\_\_ SHIRT SIZE S M L XL (circle one)

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_

AGE DAY OF DATE OF THE RACE \_\_\_\_\_ SEX \_\_\_\_\_ TELEPHONE \_\_\_\_\_

NUMBER OF FAMILY MEMBERS ENTERED \_\_\_\_\_

RACE ENTERED 1/4 MILE FUN RUN 10,000 meter run.

RELEASE: I, the undersigned, hereby enter this above described race. In consideration of the  
acceptance of my entry, I certify that I am physically fit to participate, and I do agree to be  
bound by all rules of the race and all decisions of the official judges. I do hereby forever release  
and discharge the sponsor of the race and all those involved in the race from any and all claims  
that shall be or may arise from or as a result of my participation in the said race to be held  
Sunday, November 7, 1982.

Date \_\_\_\_\_ Signature \_\_\_\_\_  
If under 18, parent or guardian must sign here

MAIL ENTRY TO HUNTERTOWN ATHLETIC DEPT. HUNTERTOWN SCHOOL, 15330 LIMA RD.  
HUNTERTOWN, INDIANA 46748 CHECKS PAYABLE TO HUNTERTOWN ATHLECS DEPT.

sleeping, and running routines I'd become. It's fairly easy to match your schedule to a spouse or family, but with 22 people it's a different story.

From Topeka, it was on to Kansas City, where we ate a delectable home cooked meal at a friend of Lee Dye. The feast they prepared for us was amazing. The poor woman must have cooked for a week! I won't go into detail on all the different items there were to eat, except to say that it was a feast. For dessert they bought various fruit and cream pies from a shop in the neighborhood. They were the best! David Widmer and I can attest to that since we both managed to unobtrusively sample every different kind. Afterwards we attended a Royals baseball game, my first major league game ever. The game wasn't the most exciting, but watching the crowd and the vendors was certainly interesting.

#### Day VIII

We had an easy day scheduled, so most of us went out for morning runs in order to rid ourselves of the calories acquired in the previous evening's overenthusiastic eating. I ran some intervals and felt absolutely terrible. I ended up running ten of the 12 miles I'd planned and even that was a struggle. For our Kansas City ceremony, due to traffic control problems, we ran only a half-mile to the City-County building and a half-mile out. The mayor, whose eyes were fighting a losing battle against his fat cheeks, was an "enthusiastic" participant in our ceremony, muttering the whole time about the "live" TV engagement he had in seven minutes. On the half mile run in, we'd passed a band that was playing loudly and we began to have thoughts that KC was doing it up big. Unfortunately the band was just entertaining the lunch hour crowd and all we received were strange, uncomprehending stares. We drove on to Columbia, Missouri. Upon arrival, we went out for our second run of the day. The group I ran with headed to the campus of the University of Missouri, where we managed to get into the football stadium for a run around the track that was encircling it. Chuck (Koeppen)

wanted to do "straights and turns" (stride the straights, jog the turns), so I tried to shift my legs into a higher gear. After six straights, I felt a sudden pulling in my already sore hamstring. It worried me but I was able to continue running. I was beginning to forget what rested, springy legs felt like. I made it back to our Holiday Inn and took my nightly turn in the whirlpool. The day turned out to be a total bust several hours later. The Columbia Track Club had invited us to a cookout, and then forgot to save us any food. They were busy eating by the time we arrived. The only thing remaining of the main courses, salads and vegetables, were the scrapings from the bottom of the bowl. Since dessert was the only attractive alternative, I sugared myself out eating, God knows how many, desserts. Afterwards, David, Betty Hite, and I went to Shoney's to stock up on their salad bar. Although it wasn't the greatest meal, I ended up getting my calories in.

#### Day IX

The next day's run through Columbia proved that there are some nice people in their track club. I had several interesting conversations during the run and ended up talking to a local phys ed teacher whose philosophy on sports coincided almost exactly with mine. He kept pointing out kids of his (biological) who were running with us. Some of them were in their teens and I began wondering how young this guy had gotten married since he looked to be only 25 or 26. He later told me he was 40. At any age, he was a nice guy and did much to change my opinion of the Columbia Track Club.

From Columbia we drove on to St. Louis. I decided I needed a rest day and ran only three miles after our arrival at the hotel. That night we went to an Italian restaurant (we'd been begging the staff for pizza or spaghetti during the last few days). The food was superb. I always consider myself to be able to eat with the best of them when I'm in the mood (which is usually), but I received a rude awakening that evening. With the large salad, pasta, several baskets of bread and dessert, I thought

I was doing okay. I found out later that big Jim Fletcher, an Indy-based runner, had a pizza for an appetizer, a large salad, bread, and then a plate of spaghetti. I should have known Jim was a big eater. Earlier he'd told me a story about his earlier "heavy" eating days. As Jim explained it, he used to love ice cream, so he'd go out on Sunday mornings to buy a gallon. He'd take a butcher knife, cut it into two halves and put one half in the freezer. The other half he'd eat that afternoon while watching the ball games on TV. That evening he'd turn on the Sunday night movie, take the second half gallon of ice cream out of the freezer and eat that during the movie. After seeing Jim's "light" eating on this trip, I believe every word of his story.

Having consumed half a carafe of burgundy with my meal, I drifted off to sleep upon our arrival at the hotel.

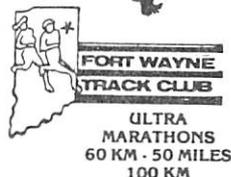
#### Day X

We had found a race for this day in the newspaper the previous evening and discussed going to it since we weren't slated to leave St. Louis until late morning. We didn't know how the staff members would feel about our going, so we didn't ask - we just went. Driving rain woke us early but, after some discussion, we decided it might stop by race time. We found the race site after being lost for only about ten minutes. It was still raining off and on but it wasn't too bad. As we drove towards the starting line we passed several runners heading in the opposite direction who informed us that the race had been cancelled. We were in a beautiful, big, St. Louis park with the St. Louis Zoo off to one side and the Checker Dome to the other. The thoroughbreds, Chuck, David, and Scott Miller; the fanatic, Myron, and I all agreed to run anyway, so off we went. Having "race" in our bodies, the pace was anything but slow. For the first time since the Pike's Peak descent, the fast pace actually felt good. All of a sudden we were belted by a torrential downpour. It felt good too.

# 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

Located at Quabache State Recreational Area; located 4 miles East of Bluffton, IN on 216;

First Race is WOMEN ONLY 1:30 p.m.

Second Race is MASTERS 40 and up 1:50 p.m.

Third Race is OPEN 2:10 (Including children)

Registration is \$ 3.00. Late registration and packet pick-up - 11:00 to 1:25 day of race. Meet at double pavillion in campground. Park at the Pool.

The course is 9K Cross Country; 90% trails and grass, 10% asphalt.

Team Divisions:  
 Junior 19-under  
 Men's Open  
 Masters Men 40-up  
 Women

A team will consist of 5 runners who are in the same TEAM age division. The top 3 finishers of your team will count in scoring. Note: If you have two runners 40-up and three 20-39 you must run in the OPEN race not the Masters race. **TEAM S MAY BE ENTERED ON RACE DAY!**

Individual Divisions:

Women	Men
14-18	13 & under
19-24	14-18
25-29	19-24
30-34	25-29
35-39	30-34
40-44	35-39
45-49	40-44
50-up	45-49

HOOSIER ROAD RUNNERS CLUB = FORT WAYNE TRACK CLUB

## CROSS COUNTRY CHAMPIONSHIP

NOVEMBER 14, 1982

1982  
EUROPEAN  
 TEAM  
DIVISIONS  
X-COUNTRY

We will supply the hot dogs, condiments, beverages (including Wheat Juice), and eating utensils. We are asking you to bring potato salad or chips or anything your stomach desires. We had a great time last year and I hope you will make this year's race and party a success too.

ENTRY BLANK \_\_\_\_\_

Send to: Jeff Gangloff, 129 East Arnold St., Bluffton, IN 46714

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

List Team Members (if any) (1) \_\_\_\_\_ (2) \_\_\_\_\_

(3) \_\_\_\_\_ (4) \_\_\_\_\_ (5) \_\_\_\_\_

Team Division \_\_\_\_\_ Zip Code \_\_\_\_\_ (Don't Forget)

I hereby waive all rights to claims against the organizers of this event and I will not sue or take to court the State of Indiana, Wells County Trotters, Jeff Gangloff, or anyone else connected with the above event. I also accept the fact that this is a cross country race and could be hazardous.

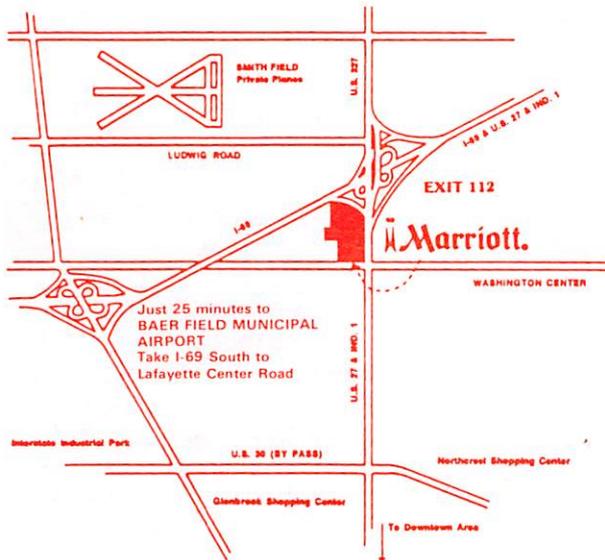
Date \_\_\_\_\_ Signature \_\_\_\_\_

(Parent or guardian if under 18)

# THE SEMINAR

FORT WAYNE

# Marriott



## ACKNOWLEDGEMENT

Fort Wayne Track Club Members

North American Van Lines

Carpetland U.S.A.

American Red Cross

Waterfield Mortgage

WE THANK YOU ALL!

**I-69 at Exit 112A**  
305 East Washington Center Road  
Fort Wayne, Indiana 46825

**(219) 484-0411**

**FOR TOLL FREE RESERVATIONS  
CALL**

**800-228-9290**  
**CALL FOR**  
**SPECIAL RATES**

**AWARDS:** There will be a short awards ceremony following the dinner. Official finishers will receive T-shirts and plaques at this time.

**AGE DIVISIONS:**

WOMEN'S: 19 & under, 20-29, 30-39, and 40 & over.

MEN'S: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, and 60 & over.

**RACE DIRECTOR NOTES:** The race director reserves the right to reject any entries or disqualify any runner he judges unfit to continue. The race director's decision is final on any life threatening weather conditions.

**F.W.T.C. Ultramarathons**

Curtis Nold  
4211 Hartman Road  
Fort Wayne, Indiana 46807  
(219) 745-9074

Lodging available at the Marriott Inn.

Transportation to the race courtesy of the Marriott Inn.

**THE SEMINAR**  
**SATURDAY, OCTOBER 30**

**SEMINAR HEADQUARTERS:**

Marriott Inn  
I 69 at Exit 112A  
305 E. Washington Center Road

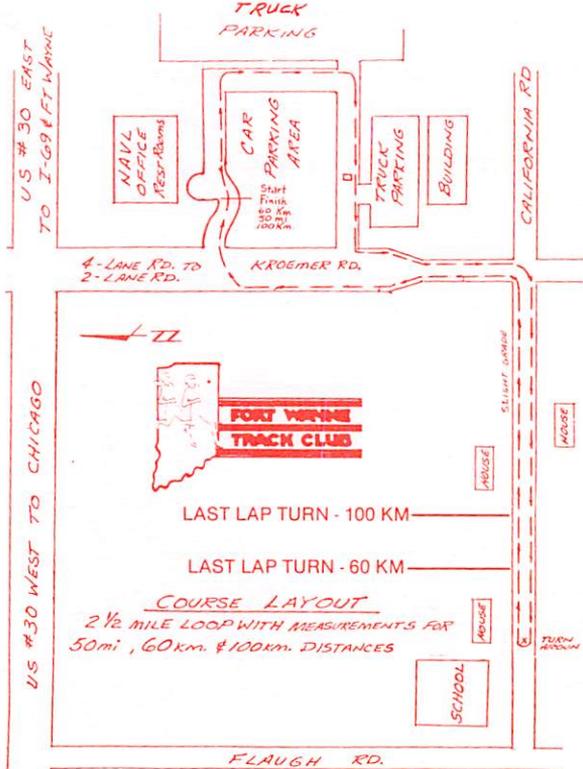
**PICK UP RACE PACKET 2:00 - 4:00 P.M.**

**SEMINAR:**

**TIME:** 2:30 P.M.  
**PLACE:** Tartan Hall  
**ENTRY FEE:** None, Everyone Invited

**SPEAKER:** Bud Getchell, Ph.D.

Bud Getchell is a Professor and Director of Adult Physical Fitness Programs in the Human Performance Laboratory at Ball State University. This program has grown to be recognized nationwide as one of the most successful ongoing exercise programs. Bud is a fellow and has served on the Board of Trustees of the American College of Sports Medicine (ACSM). He is a past president of the Midwest Chapter of the ACSM. He is certified Rehabilitative and Preventive Exercise Program Director. He is a member of various national, regional and state committees related to Physical Fitness and Exercise. He is currently a member of the Indiana Governor's Council on Physical Fitness and Sports Medicine. He lectures extensively at research and medical meetings, wellness conferences, physical fitness workshops, and was speaker at the Second White House Conference on Physical Fitness. His writings include contributions to a variety of research, medical, and sports publications. His text *Physical Fitness: A Way of Life*, is used at many universities and *Being Fit: A Personal Guide* is his most recent book aimed at the mass audience. A former coach and college athlete, Dr. Getchell earned his Ph.D. at the University of Illinois in 1965.



NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_  
PHONE NUMBER: \_\_\_\_\_ AGE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ SEX: \_\_\_\_\_  
Best Marathon Time: \_\_\_\_\_ Predicted Time \_\_\_\_\_  
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.

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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**, c/o Curtis Noid, 4211 Hartman Road, Fort Wayne, Indiana 46807.

## FORT WAYNE TRACK CLUB ULTRAMARATHONS

**SUNDAY, OCTOBER 31**

**STARTING TIME: 7:00 A.M.**

**RACE DISTANCES: 60 KM (37.28 Miles)  
50 Miles  
100 KM (62.14 Miles)**

**RACE LOCATION:** The race will be held at the World Headquarters of North American Van Lines located at the intersection of U.S. 30 and Kroemer Road. The building is approximately 1.5 miles west of I 69 & U.S. 30 interchange.

**REGISTRATION:** Entry deadline is October 20, 1982. Registration fee—\$5.00. **No** late registration. Runners may pick up their race packets at the Marriott Inn on Saturday, 2:00-4:00 P.M. or at N.A.V.L. on Sunday (6:00-6:30 A.M.).

**TIME LIMITS:** The course closes at 7:00 P.M. Runners finishing 50 miles under 9½ hours may continue to a 100 KM.

**COURSE:** The course is a 2.5 mile loop on county roads beginning and ending in front of the N.A.V.L. Office. The course is relatively flat with the exception of one slight hill. Certified.

**TIMING PROCEDURE:** Timers and equipment will be furnished by the Fort Wayne Track Club. Splits will be given at the 2.5 mile intervals.

**AID STATIONS:** There will be one aid station near the starting area. Defizzed Pepsi, Gatorade, E.R.G., water, and ice will be available there. Coffee, hot tea, hot chocolate, and donuts will be inside the N.A.V.L. Office. Handlers are welcome to assist runners with clothes, drinks, etc., **within** the starting area. **No** bicycles will be allowed on the course.

**FACILITIES:** Restrooms, limited showers, and dressing facilities will be located in the N.A.V.L. Office.

**WEATHER:** 47 degrees average — Who knows!

**FOOD:** At 6:00 P.M. there will be a potluck dinner provided by Fort Wayne Track Club members. All runners, handlers, race officials, and track club members are welcome. Track club members who plan to attend are requested to bring a covered dish.

INDIANA'S ONLY  
ULTRAMARATHON  
100 KM  
60 KM - 50 MILES  
ULTRA  
MARATHONS  
FORT WAYNE  
TRACK CLUB



FORT WAYNE  
TRACK CLUB  
ULTRA  
MARATHONS  
60 KM - 50 MILES  
100 KM



SECOND ANNUAL

CURTIS NOLD  
4211 HARTMAN ROAD  
FORT WAYNE, IN 46807

- 13 PURPLE & GOLD ATHLETIC CLUB 10K - Defiance, OH., (Defiance College), 10am.
- 14\* HRRC \* FWTC CROSS COUNTRY CHAMPIONSHIPS - Bluffton, IN., (Quabache State Rec. Area), Races start at 1:30pm.
- 14 LIEBER FIVE MILE - Cloverdale, IN., Lieber State Rec. Area, 2pm, Lee Stewart 317/653-9646.
- 21 COLUMBIA PLAZA 5,000 - Columbia City, IN., 2pm, Carl Fields 244-5500 or 244-7726.
- 25 PUMPKIN PLOD 6 MILE - Highland, IN., (Highland JHS), 9am, 219/838-0114.
- DECEMBER
- 11 FWTC 10K - Ft. Wayne Foster Park, 2pm, Don Lindley.
- 12 REINDEER CLASSIC ROAD RACES 8K & 2K - Crawfordsville, IN., (Montgomery HS), 3pm, Ed Stuffle 317/362-4672.
- 31\* AULD LANG SYNE 5 MILE - Ft. Wayne (NAVL), 11:45pm, Myron Meyer 219/456-6041.
- Fun runs - Saturdays at 10am, Wednesdays at 6pm. Foster Park.

\* FWTC POINTS RACES

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

- 23 HUMAN RACE 10K - South Bend, IN., 9am, Athletic Annex 272-7565
- 23 DELTA FALL FESTIVAL 10K - Delta, OH., 10am, Paul Koons 419/822-3409.
- 23 RUSS FOREST 5 MILE - Dowagiac, MI., Ron Gunn 616/782-5113.
- 24\* HOME LOAN 10,000 - Downtown Ft. Wayne 2pm, Don Goldner 747-4359.
- 30 HALLOWEEN MIDNITE RUN 5K - South Bend, IN., 10pm, Athletic Annex 272-7565.
- 30 TWIN RIVERS AUTUMN CLASSIC 10K - Logansport, IN., 9:15am, Riverside Park, Brian Morrill 219/753-5141.
- 30 PLEASANT RUN 5 MILE - Indianapolis, 10am, Pleasant Run Parkway, Garry Petersen 357-2677, Bill Gavaghan 353-9204.
- 30 LIMA MALL CLASSIC 10 MILE & 4 MILE - Lima, OH., 9am, Tom Ashley 419/331-6255.
- 31 FWTC ULTRAMARATHONS - Ft. Wayne (NAVL), 60K, \*50 mile, 100K, 7am, Curt Nold

NOVEMBER

- 7 SPORTSMED 10K - South Bend, IN., (Century Center), Noon, 219/237-7696(7).
- 13 MARION MARATHON - Marion, IN., 9am, Justice JHS, Entry deadline noon Nov. 10.

## HELP WANTED



Volunteers to assist with: Registration Details, Stuffing T-Shirts, Filling Envelopes, Counting Pins, etc..



Call Juanita or Mary at Home Loan and Savings 422-3502

# Race Calendar

## OCTOBER

- 2 OKTOBERFEST RUN 10K - Lowell, IN., 9am, Rich Ortiz 219/696-9504, David James 696-9381. 2 mile fun run.
- 3 RUN FOR HEALTH  $\frac{1}{4}$ ,  $\frac{1}{2}$ , 1, & 4 MILE races - Ft. Wayne Foster Park, 2pm, MaryAnn Felger 493-4765.
- 3 HOMECOMING RUN 5K & 10K - Muncie, IN., (Wes-Del HS), 1pm, Mary Helen Bink 317/289-2679.
- 3 KO-OP 65 RUN 10K - Mishawaka, IN., 1pm, Athletic Annex, 219/272-7565.
- 3 WOMEN ONLY RUN 5K & 10K - Muncie, IN., YMCA, Elaine Hopkins 288-4448. 5K-2:30pm, 10K-3:15pm, 1M Fun run-2pm. Rain date Oct. 6th-5pm.
- 3 OKTOBERFEST CLASSIC 10K - Minster, OH., 10am, 419/628-3336.
- 3 LINDY'S PIZZA PANT 10K - Lake LaGrange, MI., 1pm, EDT.
- 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.
- 9 HAITI HOSPITAL RUN 5K - Marion, IN., 9:30am, Starts at Wendy's Restaurant south.
- 9 RILEY DAY'S RUNNING FESTIVAL 5K & 10K - Greenfield, IN., 8:30am, Joe Smith 317/936-5886, Dick Robertson 462-7784.
- 10 CLUB KOKOMO 5K CROSS COUNTRY RUN - Kokomo, (Highland Park), Ricke Stucker, 457-0352.
- 10 OAKLAWN 20K - Elkhart, IN., Noon, Athletic Annex, 219/272-7565.
- 10 COVERED BRIDGE FESTIVAL 10 MILE - Mansfield, IN., 8am, Robert Lemont, 317/344-1120.
- 10 AVON WOMEN'S 20K - Chicago, 312/828-0524.
- 16 ANB/YMCA OCTOBERUN - Muncie, IN., 5 & 10K, 9am, Steve Voss 317/747-7521.
- 16 INDIANA PACERS CLASSIC 10K - Indianapolis, (Eagle Creek Park), 8am, 317/632-3865.
- 16 BATTLE GROUND LION'S CLUB 8 MILE - Battle Ground, IN., (Downtown), 9am, Mel Henry 317/564-2070.
- 16 FORT VALLONIA DAYS 12K & 2 MILE - Downtown Vallonia, 9:30am, Shirley Wesner 812/358-3192.
- 17 WRBR/RATHSKELLER RUN 10K - Mishawaka, IN., 9am, Athletic Annex 219/272-7565.



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

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