



December, 1982 - January, 1983

the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

PROFILE: NORM SPITZIG

Occasional pieces written for the *INSIDE TRACK* ("Running Maturity," April, 1982; "Terminal Trophy-itis," August, 1982) attest to a sensitivity for the place of modesty about the significance of his running which are demonstrated in his mileage goals as well. His four year goal is to hit 10,000 miles by January 1, which should be comfortably within his grasp, since as of November 1 his total was nearly 9,700. His immediate goal, as of our interview, was simply to finish the FWTC Ultramarathon. A 50 mile time of 6:49:04 for his first attempt at the distance was good enough to earn Norm Spitzig fourth place overall, and first in the FWTC 30-34 age division. Although this was Norm's first age-group victory in a FWTC points race, it should not have come as a complete surprise. In the seven weeks preceding the Ultra, Norm ran a strong 25K in the September heat, followed by an impressive 2:51:30 PR America's Marathon in Chicago, and capped with an excellent 35:50 PR 10K at Home Loan.

Over lunch the Friday before Halloween, we continued a conversation we had begun during the 13.1 mile prediction race last July. Norm explained that his college undergraduate work had been completed at Boston College, where he majored in Philosophy ("Because I enjoy the challenge.") and Mathematics ("The practical complement to the abstraction of Philosophy"). After graduation in 1972, Norm continued his study of Philosophy at Ohio State University, earning a Master's

Degree in 1974. Norm became interested and experienced in food service operations while at Boston College, and in Columbus began to consider seriously a career in food service management. Working parttime at one of the Columbus Country Clubs, and benefitting from the tutelage of the Club Manager, Norm learned first-hand the challenge of Club management. He also discovered that his background in Philosophy provided a natural, practical complement to his math/accounting expertise. When he was offered the position of General Manager at the Losantiville Country Club in Cincinnati in 1975, Norm eagerly accepted, a decision made somewhat easier by the recognition that teaching positions in Philosophy were becoming increasingly difficult to find.

Norm remained as General Manager at Losantiville for six years, and was then invited to apply for the GM position at the Fort Wayne Country Club. Initially unsure about what might be involved with the job ("Fort Where?") Norm was aware of our marathon, and scheduled his interview for that weekend. Norm claims he was as interested in being sold on Fort Wayne as in presenting his own credentials. Evidently Fort Wayne was to Norm's liking, as he accepted the position of General Manager here. Although Norm has been a Fort Wayne Resident for only a year, this Cincinnati native is extensively involved with the Fort Wayne sporting community. His local road racing competition began with the 1981 marathon, which he ran the weekend he interviewed in Fort Wayne.

Early in 1982, injured and unable to run, Norm turned to cross-country skiing, which provided a relaxing and enjoyable way to maintain fitness until he could return to the roads, and Norm is now anticipating this winter's 2-hour ski tours of Fox Island as a complement to his running, not a substitute. Norm also admits to an occasional round of golf.



A long distance runner who holds a graduate degree in Philosophy and plays only an occasional round of golf, Norm Spitzig is changing the image of Country Club General Managers. With a life-long goal of "Running as long as I enjoy it, and enjoying running as long as I stay alive," Norm's contributions to the FWTC extend far beyond his impressive racing credentials and make Norm Spitzig an easy name to remember. Norm and his wife Cody are excited parents-to-be, anticipating the arrival of their first child this month.

THE Inside TRACK

THE INSIDE TRACK NEWSLETTER

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THE FORT WAYNE TRACK CLUB

PRESIDENT John Treleaven

VICE PRESIDENT Don Goldner

SECRETARY Marsha Schmidt

TREASURER Terry Shipley

HOME LOAN

COORDINATORS Steve Foster
Jan Kissinger

FWTC POINTS RACE SCHEDULE

Saturday	January 15	8 mile	2:00 p.m.	Homestead
Saturday	February 12	10 K	2:00 p.m.	Foster Park

NOTICES

Effective immediately ALL FWTC Correspondence (Race Results, Newsletter items, Membership renewals, etc.) should be sent to:

FWTC
P.O. Box 11703
Fort Wayne, IN 46860

FWTC Banquet
Saturday, February 12, 1983
Details in next issue

Note: This issue of the Inside Track is a combined December-January issue.



**FORT WAYNE
TRACK CLUB**

EDITOR'S NEWS & VIEWS

by DAVE FAIRCHILD

EDITOR'S NEWS & VIEWS

The Philosopher Plato described man as the plaything of the gods. Plato's intent was to challenge man to reconcile the seriousness of his life (responsibilities to the gods, and all that) with the recognition that his life is, individually, not terribly significant. Runners especially find this a difficult conclusion to accept. As we become obsessed with PRs, whatever form they have contingent on our level of ability, we increase our commitment to running. This is not necessarily an increase in the amount of time we spend running, so much as an increase in the thought we devote to running. We may have started running "for fun", but now we run for (pick as many as are applicable): absolute PRs, PR mileage totals per week/month/year, PR miles raced, length of longest single workout, running weeks without a day missed, and so on. We talk running over breakfast, during coffeekes at work, and at parties. We subscribe to at least three major running publications (including THE INSIDE TRACK) and generally read several others. We day dream of winning races and (night) dream of appropriate training schedules. We are consumed by running. Running is now SERIOUS. This is a dangerous condition, and once recognized it demands remedy.

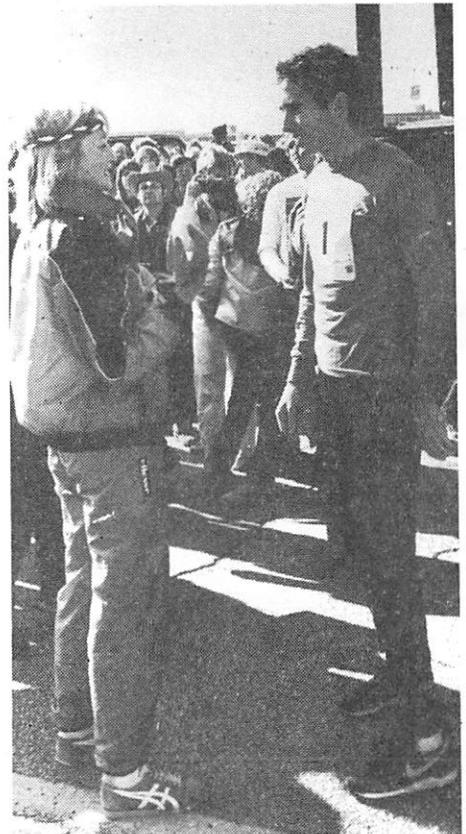
I have been at least as susceptible to the temptation to take running seriously as anyone else, perhaps more than most. I have been healthy and uninjured throughout the year (until the last couple of weeks at least), and I have successfully pursued PRs at all racing distances from one mile to 20 miles. Each PR resulted in renewed enthusiasm to continue my training and

racing program. But in addition to my own running, my editorship of the newsletter provided an opportunity to become involved in a major way with others' running. If I was not running myself, I was discussing running, interviewing runners, tabulating race results, writing about running. While I thoroughly enjoyed what I was doing, I was losing sight of the fact that running was just one part of my life, not my whole life.

Jan and I have been privileged to serve as editors of THE INSIDE TRACK since August, 1981. We have met and worked with some marvelous people who have affirmed our belief that the Fort Wayne Track Club is something very special. Our one regret is that we have allowed a number of responsibilities unrelated to running to fall by the wayside. It is now time for us to retrieve some of those responsibilities and to reprioritize some aspects of our lives. As a major step in this direction, we are resigning as editors of THE INSIDE TRACK, effective with this issue.

To the many individuals who assisted with various aspects of the newsletter during our tenure, we express a heartfelt THANK YOU!. Special appreciation is extended to Mrs. Loucks and Tom, who have done all the typing (for two editors), Jim Dupont for all the production work, Steve Foster and Chuck Devault for advertising sales, Phil Shafer for membership and mailing labels, all those who contributed material and pictures, and to those who attended newsletter parties. To Jim Dupont, who will be succeeding as editor, we wish the very best. We are confident that THE INSIDE

TRACK and the Fort Wayne Track Club will continue to set the standard of excellence for running clubs in the Midwest. Jan and I are looking forward to reading future issues of THE INSIDE TRACK as soon as they arrive in the mail.



Allison
Roe and Alberto
Salazar,
South Bend, IN
11-7-82

FWTC BOARD MEETING
10-17-82

Attendance: Chuck DeVault, Jim Dupont, Dave Fairchild, Don Goldner, Mike Kast, Dan Kaufman, Larry Lee, Don Lindley, Tom Mather, Curtis Nold, Mike Robbins, Bill Schmidt, Phil Shaffer, Bill Sohaski, Phil Suelzer, John Treleaven.

The meeting was held at Don Goldner's home.

Larry Lee presented thank you notes from Larry Yount and Frank Zirille for our equipment and expertise to Harding Invitational Meet and Big Brothers/Big Sisters Park Run. FWTC has been invited to co-sponsor the Park Run and the McMillen Run for Health in 1983. RRCA National Award nominations for 1983 are due in November. Larry will nominate THE INSIDE TRACK for the journalism award; other nominations will be made by the new officers.

Don Goldner made a report on the Home Loan 10,000.

Don Lindley gave the treasurer's report: \$8.72 checking account, \$5,613.00 cash equivalent account, earning 11.45% interest. The audit is proceeding.

Dave Fairchild made a report on THE INSIDE TRACK. The editorial policy was discussed.

Curt Nold reported on the ultramarathons.

Mike Robbins discussed finding a race scheduling chairman. Point standings and the 1983 race schedule were also discussed.

Bill Sohaski reported on the free YMCA membership given to Greg Orman to assist him in his effort to qualify for the 1984 Olympics.

The following motion was made by Bill Sohaski, seconded by Don Lindley, and passed:

"..that the FWTC promote participation in the Sears Roebuck National Junior Olympics Program primarily by sending a strong FWTC team to the sectional meet in 1983.

In furtherance of that aim:

A committee be appointed to accomplish this goal: chairman, John Schwarze, vice chairman, Larry Lee.

All club equipment be available to the committee.

Space in THE INSIDE TRACK be available to the committee.

Reasonable expenses incurred by the committee be paid by the club.

Committee chairman to attend all regularly scheduled board meeting and give progress reports."

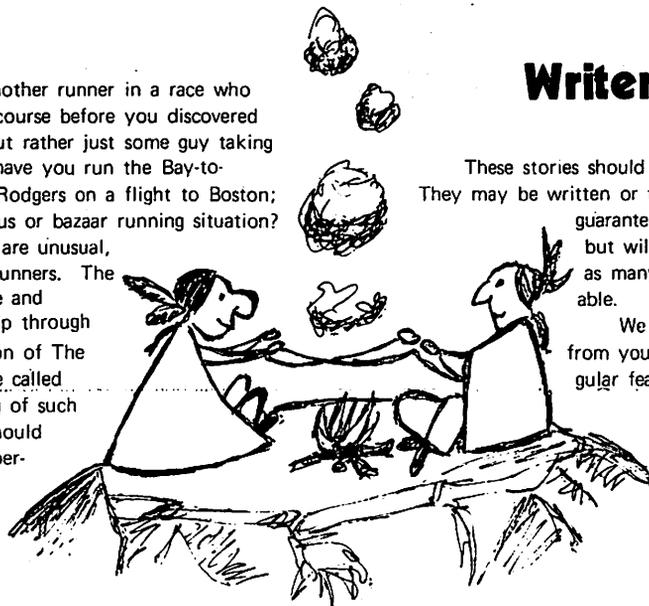
A 10 mile fun run to Poe and return was staged followed by the 1982 annual picnic/election of officers. Voted in open general meeting the following officers were elected:

President, John Treleaven
Vice President, Don Goldner
Secretary, Marsha Schmidt
Treasurer, Terry Shipley

Mary Sohaski, Acting Secretary

Have you ever followed another runner in a race who took you three blocks off the course before you discovered that he was not a contestant but rather just some guy taking his daily jog around the park; have you run the Bay-to-Breakers Run; sat next to Bill Rodgers on a flight to Boston; or witnessed any other humorous or bazaar running situation?

There are many tales that are unusual, funny, or of interest to other runners. The editors would like to hear these and pass them on to the membership through the newsletter. The next edition of The Inside Track will include a page called "The Readers Write", consisting of such yarns written by you, if you should choose to write about your experience.



Writers Wanted

These stories should be 100 to 200 words long. They may be written or typed. The editors cannot guarantee that your story will be printed, but will make every attempt to print as many as possible in the space available.

We hope to get a positive response from you so that this can become a regular feature of the newsletter.

Send copy to:

The Readers Write
%Jim Dupont
3407 Casselwood Drive
Fort Wayne, IN 46816



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CLEVELAND BONNE BELL 10K
Karen Perrin

On Friday afternoon, October 1, Bonnie Taylor, Marsha Schmidt, Julia Wilson, and I departed from Fort Wayne in my station wagon for Cleveland, Ohio, to participate in the Bonne Bell 10K, October 3. Jess Bell, president of Bonne Bell Cosmetics, Westlake, Ohio, is one of the nation's greatest advocates of women's running. He has established races, for women only, all over the nation.

One would think the main objective of our weekend was the sport of running. Some warm ups by the four of us on Jess Bell's cinder track, located between the Westlake Holiday Inn and his company, would seem to confirm this, but after reviewing our weekend it seems the sport was changing into different clothes for different activities and seeing how well we could schedule three full meals into each day. The weekend was geared more toward fellowship and fun than keeping to training for a race. Friday evening consisted of dinner at the hotel followed by sitting in the whirlpool and enjoying the band.

Saturday morning gave Bonnie and me a chance to introduce Marsha and Julia to Jess Bell's "Runners Cocktail", served at breakfast in the Betsy Crocker Restaurant. It consists of orange juice, egg, banana, honey, and brewer's yeast blended together and served in a wine carafe. As we had run on the cinder track before breakfast, we did not have a chance to test its ability to improve performance. Bonnie, Julia, and I then went to the Metro Park's Mastick Woods Golf Course for nine holes of "God's humbling sport". We enjoyed our game but are glad we do not have to earn a living as pro golfers. Marsha had remained at the hotel and when we returned she was heading for lunch so we joined her. We then drove over the race course to become familiar with the run for Sunday. Julia and I ran the cinder track, joined Bonnie and Marsha in the whirlpool, followed by two games of shuffleboard. Bonnie and Julia won one game and



Marsha and I the other, a good way to part friends. Saturday evening we ate various pastas at Tony's Restaurant, went sightseeing in downtown Cleveland after dark and enjoyed the view from The Top of the Town Restaurant/Lounge at Cleveland's tallest building. Bonnie gave us a quick view of Lake Erie's shore drive and managed to get us back to the hotel before the whirlpool would be turned off. She was into the whirlpool just as they flipped the switch shutting it down until 9:00 a.m. Sunday. We found this quite humorous.

Sunday morning brought a light breakfast, warm ups, stretches, packing the car and getting mentally ready for the race. The first impression of Jess Bell's commitment to women's running is felt at the beginning of one of his nationwide all women races. Runners form half circles, taking the hand of the person on their right and left, and join together singing American the Beautiful. The man leading the song received a warm applause when he changed the words, "and crown the good with sisterhood from sea to shining sea". After the song, the runners are led down the drive of the office/factory grounds of Bonne Bell Cosmetics. Besides the landscaping and small lake in front of the colonial styled buildings is a well maintained two mile cinder track with two large hills. The track goes around the factory and weaves in the wooded area beside the plant. The track was designed for employees but is open to the public. While not a part of the race it serves for warmups.

(l. to r.) Karen Perrin, Marsha Schmidt, Bonnie Taylor, & Julia Wilson

After the 777 runners were in place, Jess Bell wished the women a good run and rang a large brass bell. The starting line is in front of the company and goes through residential areas, along Lake Erie, into a park. The only hills are in the park. The course then goes through more residential areas (bless the band at the five mile mark), up the north drive to the finish. I met, talked to, and had my picture taken with Jess Bell, and told him that women runners are grateful for his work to promote the sport of running.

We decided that our lack of adequate rest, improper diets, eating too much and probably sitting too much in the whirlpool did not supply us with our best PRs for a 10K race, but no one could have had a more fun weekend or better company.

Marsha Schmidt	107	47:27
Julia Wilson	242	52:23
Karen Perrin	403	56:48
Bonnie Taylor	532	60:27

After the awards ceremony, showers, and a change of clothes, we had dinner on the lake front at Pier W Restaurant. In 1981 Bonnie and I ran the Bonne Bell 10K and decided as we left Cleveland to return in 1982. As we left Cleveland, our thoughts were on the Bonne Bell 10K of 1983.



POSITIVE MENTAL ATTITUDE
Karen Pedden

Karen Perrin and Jess Bell

It's called PMA - Positive Mental Attitude. My running partner suggested that I write an article concerning PMA since I am constantly preaching it to her.

PMA is part of everything I do. I go to work at 1:00 a.m. and there is no one to talk to for at least two hours, so I start each day by thinking that I will feel a lot better once I am working. I think about how lucky I am to have a job when there are so many people who have none. I think about how lucky I am to be able to work when there are people who are not physically or mentally capable of working. I think of how lucky I am to be able to look at a product and say I made that and am proud of it when there are people who never see the end result of their work.

When I face something difficult, I look at it as a challenge of my abilities, and the result of my hard work, perseverance is a source of great enjoyment. When someone says "no you can't", I say "yes I can". I once had a little horse who had pneumonia. I treated her three times a day for six months. Just about every day Dad would say "I don't think she's going to make it". I just kept on treating her. Today she is a happy little horse who has had three real nice foals and will probably live a long and happy life. After we were all done

and she was normal, the vet told me that he really didn't think she would make it but since I was so determined, he went along with me.

I won with the little horse, I win every day when I'm working, and I win when I'm running, by beating my mind and my body by doing what my body sometimes says I can't do.

For me, every run is a good run whether it is a challenge because I don't feel like running or whether it's just a lot of fun. I may not be able to run as fast as most of the people in the races, but I am not running to please them. I am running to please myself.

So when you are out there running, wondering if this is insane, just think about the people who can't even walk. When your feet hurt, think about the people who have no feet. When you're feeling sorry for yourself, look around. See all of the colors and sights, hear all the sounds, smell all the scents. Now think of the people who are not able to do these things. It really isn't so bad after all, is it?

HUNTINGTON PARKS DEPT. 10K
10-2-82
Bruce Lockwood 34:24.9
32 overall 16/25-29

WE

First of all I'd like to take this opportunity to thank Jan Kissingler for her year of leadership and organization as the coordinator of WE. Secondly, I'd like to describe and encourage all Women Enthusiasts to join us. You don't have to be an expert runner, just enthusiastic. Our next meeting will be January 17, 1983, Sunday at 7:00 p.m. Some of our goals for 1983:

- To become familiar with race management with the ultimate purpose of being capable of directing or co-directing a race.
 - Rounding out our personalities with a non-running sporting event such as another volley-ball game or swimming or an introduction to weight lifting for women.
 - WE plans a short monthly article in the newsletter on a variety of topics written by individuals in the WE group.
 - Occasional guest speakers on topics of interest.
 - To promote running on every level be it speed, distance, health and fitness, or just plain fun running.
- Sincerely,
Ann Mize
Coordinator for WE

LOUISVILLE PARKS MARATHON
11-14-82

Brady Wells PR 2:33.52
10th overall - 1221 runners

Course was very flat and run along the Ohio River. 30 degrees at start with some wind. Winning time was 2:24.25.

NEW YORK CITY MARATHON
10-24-82

Bernie Huesing 3:26.30
5,500 overall - 16,000 runners

MARION MARATHON - 11-13-82

Myron Meyer 2:50:23
30 overall 1/50-59
(300 yds short?)
John Scott 3:29.28
98 overall 16/35-39

THE DISTANCE, THE DAY, AND
THE PLACE

Jerry Mazock

Our Thanksgiving feasts are over. Most of the turkey has gone the usual route from turkey casseroles to cold turkey sandwiches. The weather is beginning to remind me of last winter. This should really be terrible. The thought of another winter approaching chills me through to the bone. But, there is a beautiful warm time approaching. Christmas! We'll all soon be shopping in the artificial glitter of our local merchants. Traffic will be bumper to bumper around our major shopping malls which will make running to our destinations seem more attractive than ever.

Christmas has always been my favorite time of the year. But this year is a little special. For when I finish my five mile run over to my parents home on Christmas morning at 10:00 a.m., I will have completed 25,000 career running miles (once around the world!). It will also be my 10th anniversary of running. And the 25,000 miles will be completed on the same road where I started my first run exactly ten years ago.

More than likely this celebration will be mine alone. This moment will pass like all the other milestones. But what can I say about the last ten years. Sure, I could say I've run 3125 hours or burned 700 pounds of fat (2,500,000 calories), or state one of a great many statistics that mean so much to so few. But, what have I really accomplished? What have I learned about myself, others, and the world through the eyes of a runner?

I believe our sport can be at least a life-steadying-force. It has helped me to build some confidence and otherwise put some polish on in areas where I needed it. I would venture that for some, running can turn lives around.

After running 2-3 miles a day for the first 3-1/2 years of my career, I decided to enter the Three Rivers Marathon in 1976. I finished in next to last place in 5:29:43 and learned a great deal. Since then my times have come down a bit. My

PR now is 2:33:44 and I have run two other marathons under 2:35. Concerning the scenic routes I have taken, I have run New York, Chicago, Detroit, and approximately 160 total road races. I've had some thrills and chills: running on vacated paths in Central Park in New York at 9:00 p.m.; while running alongside Lake Michigan in Chicago, I found myself knee deep in lake water following a rather strong wave on a cold December afternoon; later that same run, I hit my head on a concrete support beam in a dark high rise parking lot; and 30 minutes later, I was almost thrown out of a "Little Newark" restaurant for wearing a rather camp outfit. I forgot to bring an extra change of clothes - I ran twice that day unexpectedly.

In Fort Wayne we all know what an excellent club we have. Running is great for the heart, but the heart of our club is its people. Great people! People I'm proud to call friend. In a sense, running in itself is only a facet of the FWTC. There are certain times at the start of a race when I wish we would forget the race and just have one huge picnic. There are other times when this is not the case. Because of this conflict I hereby give you MAZOCK'S LAW which reads:

To run only in the front of the pack and never experience the fun of the middle of the pack is to miss something great AND to run at an easy pace, never pushing or testing yourself, is to miss the excitement of challenging yourself.

I think Mazock's Law is applicable to everyone regardless of ability.

In regard to other club matters, I think we have come to expect a bit too much from the FWTC. We expect perfectly run races, t-shirts, 15 awards deep in every five year age category, a buffet table at the end of each race that dwarfs MacTavish's brunch in comparison, and perfect weather. The FWTC can not feasibly handle such a load all the time - especially without an over abundance of volunteers. We need to remember the basics: Every runner should receive an

accurate time and place, have an accurate course with manned and adequate aid stations, and you should try to enjoy yourself - refer to Mazock's Law.

About the only convenience the track club hasn't provided for is a non-sectarian church service for our early Sunday races. Let the atheists run a warmup five miler to the lyrical voice of Madeline Murray O'Hara singing "God Bless America".

All joking aside, on the world scene, I just wonder if everyone would run five miles a day or bike ten miles or swim a mile or snowski or something similar, I just wonder if we could cut down on the amount of international aggression we hear and read about every day. I say:

"Let the Israelis, the PLO, the Arabs and any other groups who can't get along, run ten miles a day with each other for a month, and THEN see if they could kill one another."

For me, that would be like killing John Treleaven after a Wednesday night fun run at Post Park. I couldn't conceive of such a notion.

And when the Extra Terrestrials do finally arrive on earth and they see the bloody needless wars we have, they will ask us:

"Why can't you get along?"

We'll give some idealistic reason on why the Russians or Arabs or Jews or Chinese or Moslems or etc., are screwing up the world. But the ETs will ask us again only firmer this time: "Why can't you get along?"

Ah, a world of peace. Maybe it is only a dream. But, it's Christmas time and we can dream of love, happiness, and maybe better times in the world. After all, because of the nature of the Day itself, Christ has given mankind at least one day of peace each year. But HIS plan is far grander than this. For if we pattern our lives after this Extra Terrestrial (Christ is an ET by definition) I believe the world's problems could be worked out. Not magically solved by some unseen omnipotence, but by us through His guidance in all the great discussion halls of the world.

There we may argue with our opponents all day and later that evening chat with them over a beer or on a run.

Well, it's been a tremendous trip around the world, but I'm enthusiastically looking forward to my second look at it.

MERRY CHRISTMAS

WE DID IT!

Mike Novosad

Most of us have goals, times we want to achieve, races we wish to complete, miles we intend to exceed. Our times start out high and quickly fall. Our goals become more difficult to attain and our frustrations more frequent.

Four years ago my addiction to running was initiated with the 1978 Lincoln 10,000 race. The 60 minute target wasn't hard to better and in 1980 I ran a PR of 40 minutes, 29 seconds in the same race. 1981 produced a personal best of 40 minutes, 9 seconds at the HLS race. However, this did not produce satisfaction, rather frustration. All year long my times were close to 40 minutes, but never under. I had trained hard and thought I was ready, but at 5 miles of the race (32 minutes and 17 seconds) knew I wouldn't make it - I was exhausted. I rationalized it was another PR but what a hollow feeling.

1982 brought another racing season and slower times. It wasn't like in the past, setting PRs, rather reasonably good runs. The 40 minute target wasn't really in sight. Finally in August, after a fairly good Arby's time (32 minutes, 45 seconds), I decided to try again. I had been committed to running the HLS but I again set my goal to better 40 minutes. For me, I knew it would be difficult. I wasn't going into a weight program, but my workouts would be faster. A super friend committed himself to drag me around the course, even if he had to put a rung through my nose and pull me. He would not accept any negative thoughts I came up with. He shot down my excuses. He built up my confidence.

THE INSIDE TRACK

Race day was beautiful, as you all know, and Saturday night was limited to three beers at a Halloween party. I was ready!

Dave's game plan was to be slightly ahead of a 40 minute pace at 5K - we had to allow for my normal second half slow die. The first mile turned in a 6 minute, 15 second time and I felt great. At two miles I heard a 12 minute, 30 second time and couldn't believe it. Boy, was I on a high. Then it started happening like in the past. Three miles at 19 minutes, 5K at 19 minutes, 40 seconds, and four miles at 25 minutes, 45 seconds. I was dying both mentally and physically.

Dave pulled in front and motioned to me to pull up - we had to pick up the pace. Four times this happened in the last two miles and somehow I responded. Each time I was aware Dave was waiting for me, knowing we had to pick up the pace and each time I felt I must respond. I actually felt if I did not, I was letting Dave down too.

Mile five we hit at 32 minutes, 10 seconds and though I was still down (we targeted a 32 minute, 5 second minimum), Dave said we could do it. My spirits picked up a little and so did Dave's pace. After the hill at Tecumseh I decided to catch Dave once more (he was calling again) at risk of not finishing (or walking). I knew it was now or never, and by body was telling me never.

The last mile went quickly and I somehow knew I still had a chance. Dave kept saying we can do it (obviously he could) but we had to move. I knew we were passing people (very unusual for me during the last mile of a race) and my adrenalin started to take hold. Dave kept pushing (almost pulling me along with him) and as we turned

on to Main Street all I could do was to look for the clock. I caught hold of it at 39 minutes, 38 seconds and never took my eyes off it until we crossed the finish line at 39 minutes, 54 seconds. What a feeling. I'm not sure who was more excited, Dave Waltrop or myself. It was a rather slow time for him but I know

that he understood what I went through and he really felt my happiness.

The 1982 HLS 10,000 meter run is a race I know I'll never forget - for a number of reasons. Thanks, Buddy.

REMEMBRANCES OF THE '82 NEW YORK MARATHON Bernie Huesing

- Riding the buses in the dark from Manhattan to Staten Island at 6:30 a.m. Sleepy eyes watching the dawn break over Brooklyn.

- Trying to keep warm during the three hour wait for the start. Finding a little space on the ground in one of the big circus tents. Talking to members of a runners club from England. Listening to the general talk increase in intensity as the start time approaches.

- Thrilling to the cannon boom which starts the marathon and to the strains of Chariots of Fire sending us up the Verrazano Bridge. Pushing through the wind on the bridge, not daring to enjoy the view lest we trip or be tripped.

- Growing tired of the continuing head winds through Brooklyn. Trying without much success to find a bigger man to follow for awhile.

- Admiring the race organization: water/ERG every mile, absolute traffic and crowd control, mile splits and pace times.

- Smiling at the tens of thousands of cheering spectators through the Bronx, Queens, and Harlem. Where else can an ordinary person be applauded but in a marathon?

- Feeling (finally) a tail wind at mile 21 as we enter Upper Manhattan and head south toward Central Park.

- Delighting at the huge crowds filling the stands in Central Park. Three miles of chanting, cheering, knowledgeable marathon fans

PAGE 7

pushing us to the colorful finish line.

- Relishing the feeling of walking with my fellow runners, wrapped in space blankets, through a narrow fenced corridor lined with waiting relatives and friends. So strangely quiet now that you can hear the rustle of the silver capes. Not unlike a slow procession of weary, armour-clad knights returning from a terrible battle, their loved ones searching the faces of the survivors for their own.

MY MOST AMAZING ATHLETIC FEAT

By Charlie Hall

The thing started out like expected. Everybody light hearted and ready to go. As for me, I started with the ending open. My mileage has been very short as ultra training goes, but several things made me think this could be a really special run.

First, after reading the New York Running News article, which my sister shared with me several weeks ago, it occurred to me that if I could convince the little men in the "stored energy resources" department that they could safely release the required energy allocations for the 50-mile event then I should have no problem fuel-wise. After all, I have at least ten pounds that are "stored reserves". At 3400 calories per pound, I have 34,000 calories on board. At 120 calories per mile, I only need 6000 calories to complete the event. That's less than 20% of reserves.

The New York Running News article was about Mittleman's winning the Shea Stadium 100. Several quotes from that article really hit home. The first quote was:

Mittleman: "I used to think the more food (fuel) I put into my body, the more energy I would eventually process. I found it didn't work like that. Many times I felt more energy on less fuel."

New York Running News then asked him how he could deny and negate the scientific factors of metabolism.

Mittleman: "The scientific explanation creates barriers. Exhaustion is a cognitive concept which isn't necessarily what we experience. Science is only an approximation of our experiences."

Further on he says:

Mittleman: The explanation that the depletion of glycogen exhausts us only predisposes us to expect the result."

New York Running News then asks: "How does one get beyond this predisposition?"

Mittleman: "The problem I find with a lot of runners I've met is that they don't experience what's happening to them when they run and, instead of experiencing the experience, they are making comparisons to the scientific approximation of what they should be doing and where they should be. That creates boundaries for them."

NYRN: "What do you explain to be the source of your energy beyond fifty miles?"

Mittleman: "Maybe we should flip it around and ask that if I have so much energy after fifty miles, how come other people don't?"

NYRN: "Does your mind have something to do with regulating glycogen utilization in your body?"

Mittleman: "It's not a physical manifestation of a psychological event. The two actually function as one. I don't believe there's anything that's just in your head. Thoughts are physical.

If you sit relaxed and imagine you are in a race, muscle, skin, the heart, and the brain will react as if you really are running, although on a lower level where the muscles don't actually enervate.

If you are really in a race and imagine yourself feeling

bad and seeing yourself struggle to the finish, you are actually transforming your body to approximate that struggle."

The second thing was the day workshop on time management that I took in Chicago last Saturday. It's difficult to explain but it became very clear to me that goals can be set by achievement or fulfillment of intangibles. The purpose of this ultra became the expression of the open moment. To run from and for satisfaction, rather than a specific time or distance.

That is to say, when I started out the day, the most important thing was to have a full and satisfying day. So what I did was to put the rowing shell and the bicycle on the car and came prepared to have a full and complete workout. I wanted to share a part of this day with my many friends who either run or help with the event. Particularly I wanted to actually run with John and Jan.

So here it was the perfect day, either I could run 20, ride 30 and row 6 or I could simply run to my heart's content. The breakthrough became so available my total system just could not pass it up.

The metabolizing of body resources seemed to be a struggle in concept but in practice; i.e. the stomach seemed to growl about it a little but the legs just kept on. The pace did slow during the day but overall performance still put me across the finish line in less than 7:39:59 which was my best expected result.

Of course the negative yama here was my rational mind that kept reminding me that last year with equal or better training, I only managed a 9:45 hr. run. Just how did I plan for such a quantum leap? No answer, just this year's results.

What a great day, what a great run.

I hung up 20 fortune cookies, one for each lap. Besides the fortune in the cookie, I added the following:

LETTERS TO THE EDITOR

1. Concern yourself with this lap.
2. Living dicotomously.
3. Family.
4. Leaves.
5. Right left, left right, which is it?
6. Full self expression.
7. Love.
8. Happiness.
9. Health.
10. When in doubt, fake it.
11. Inch by inch, anything is a cinch.
12. Be here now.
13. Less is more.
14. I was talking to the chicken.
15. Friends.
16. Inca runners.
17. The source is self.
18. Nature abhors a vacuum.
19. Energy begets energy.
20. The size of the box depends on the carpenter, not the tool.



Alternatives:

Space and time are just figments of the imagination. Our imagination is just a figment of space and time. The paradox is what's so. What's so is a paradox. There will only be one today. It'll never get well if you picket.

The above was written Friday, October 29, 1982. What actually happen was John Sullivan finished in a little over 9:00, a super first ultra. Jan Kissinger finished in under her 7:30 goal. As forme, my legs began to tighten up at about 20. Things really began getting difficult about 30 and from 40 on it was survival. I never really did grasp the open moment. 8:12:09.

OCTOBER RUN - 10-16-82

Bud Stiffler		
1 mile	PR	8:30
5K		21:00
10K		43:01

WARREN CENTRAL HOMECOMING

3 Mile - Indianapolis
9-24-82
Bud Stiffler 21:09.95
41 overall

AMJA 50 Miler - 10-3-82

Bud Stiffler 8:28.0
Last year's time 8:48.0
Chicago RCCA Championships

FWTC:

I hope the couple thousand monthly readers of the FWTC newsletter did not overlook the WPTA reply regarding their conflict showing of the NYC marathon during the Home Loan 10,000 event.

The opinionated Mr. Ed Metcalfe would have served himself much better to have made no reply, I feel.

Obviously he was not aware the event attracted 2025 participants and nearly 10,000 spectators. Mr. Metcalfe's insistence our "nickle and dime event" should have been re-scheduled to fit his programming - when, Mr. Metcalfe - midnight?

Would he want us to believe all sporting events are scheduled to agree with TV managers? Come now, Mr. Metcalfe. He finalizes with "we neither can, nor will do more", obviously enough. My complaint to him last year brought a similar tune. There is an old adage "you can't teach an old dog new tricks". Well here is a 63 year old I'm sure can learn a new trick, "changing my dial".

s/Chet Fleetwood

FWTC:

We feel as if we're part of the FWTC however tangentially. Thanks for the kind mention in a recent newsletter. Our new home in Chicago is in a great running location, just four blocks off Lake Shore Drive with its long cinder and paved trail that runs for many miles of dramatic urban scenery. The sheer number of runners one sees is astounding as is the popularity of Walkman tape players which many of them wear. We'd be happy to hear from track club people who are in this area.

s/John Scott

3630 N. Fremont
Chicago, IL 60613
477-8986

DUNES 20K - 10-16-82

Myron Meyer	1:18.22
25 overall	1/-55-59

SOUTH BEND SPORTS MED 10K 11-7-82

Myron Meyer	36:43
	1/55-59

FWTC:

I'm writing to compliment everyone who helped in the Home Loan 10,000 and the Ultramarathons. To have two first class races in two weeks must have been an organizational nightmare. As a participant in the Home Loan I appreciated all those things that runners take for granted unless they are missing: a good start, accurate splits, water on the course, goodies at the end, etc. In the ultra, I was a worker. I'm really embarrassed to admit that it was my first time to work at a race, though I don't plan on it being the last. I really enjoyed being at the ultra. I got a chance to talk to people I had never had a chance to really get to know. When I have spoken at clinics I have stressed the universality of people in general, and runners in particular. This becomes more evident to me at each race. While we are always looking for personal improvement, we don't hoard information that might also help a competitor. We are free with our training tips and conversely, with our questions.

At any rate, I enjoyed helping with the ultra. I was impressed with the organization, the long hours put in by so many people, and especially by the participants who were more gutsy than I to even try it. Good job, guys!

s/Betty Hite

Curt Nold and Phil Shafer



Lap Counters of the Ultramarathon:

This is a special "thank you" for all the man hours and all the great help you were to the 77 runners in the ultramarathon on October 31, 1982.

As co-chairman of lap counters with Jerry Mazock, I want to take this opportunity to thank each of you for a job well done. I know that each of you gave it your best and your efforts did not go unnoticed by those runners you assisted.

Being a runner myself, I have come to realize over the past two years of participation in FWTC that it takes a lot of man hours behind the scenes to make each race a success. It's people like you with your dedication that makes it all work.

Thanks again. Hope to see you again next year.

s/Bonnie Taylor

FWTC:

This letter comes as a very special thank you to Bob Etzler, owner and operator of Five Points Cafe, and to his family for the \$300.00 contribution to FWTC this fall. Bob and his wife Gerry set up and ran a golf tournament Sunday, August 22, at Havenhurst Golf Course in New Haven for the sole purpose of contributing the proceeds to the track club. For those who participated, it was great. Thanks to Bob and Gerry and to all who helped make this day a success.

s/Bonnie Taylor

Kissinger wins again!



Mr. ...
RRCA National Journalism
Awards Committee

Dear ... :

Enclosed please find the ... issue of the Fort Wayne Track Club's THE INSIDE TRACK, submitted for consideration for recognition as an outstanding RRCA club newsletter for 1982. Its merits speak for themselves. What needs mention is that THE INSIDE TRACK is published each month, 12 months each year. Its size, number of pages, format of cover story, editor's views, president's views, minutes of board meetings if any, race results, stories, pictures, commercial ads, race announcement ads, area race schedule for upcoming months, letters to the editor; quality of printing; and quality of editing have been consistent throughout every issue. We do not "gear up" for one issue for purposes of gaining RRCA laurels in journalism. Furthermore every single aspect of the monthly newsletter is the product of volunteers only; no one receives one cent for his contribution in any way to this publication.

THE INSIDE TRACK is more than the articulate voice of the track club; along with our race program it is the essence of the Fort Wayne Track Club and the sole reason that scores of our 700 paid members who never run any of our 19 races in fact maintain their club membership.

s/Larry Lee, President
Fort Wayne Track Club

FWTC:

Writing on the behalf of the entire FWTC membership, I am submitting this open letter of tribute to the editor on the occasion of your retirement with this December, 1982 issue. Over the last year the newsletter has been raised to new heights. The following letter to the RRCA National Journalism Awards Committee summarizes the editor's achievements and significance to the Track Club. Thanks and congratulations on a job well done.

s/Larry Lee

Race Calendar

DECEMBER

- 4 SNOWFLAKE DERBY 4K & 8K - Evansville, IN., (Indiana State), 10 & 10:30am, Bill Stegemoller 812/464-1701. 8K X/C, 4K is road race.
- 5 FROZEN FROLIC 5K - South Bend, IN., 9am, Athletic Annex 219/272-7565.
- 5 ORRRC 5K X/C - Vandalia, OH., 2pm, Jack Wallace 513/433-4517.
- 11 FWTC 10K - Foster Park, 2pm, Don Lindley, 456-8737.
- 11 JINGLE BELL JAUNT 5 MILE - South Vermillion Middle School, 10am, C. Jackson 317/832-9669.
- 12 MUNCIE 10 MILE - University Gym, Ball State, 12 noon, Linda Branam, Athletic Annex in the Village. Register by 11:30.
- 12 REINDEER CLASSIC ROAD RACES 8K & 2K - Crawfordsville, IN., (Montgomery HS), 3pm, Ed Stuffle 317/362-4672.
- 19 CHRISTMAS CLASSIC 4 MILE & 1.5 MILE - South Bend, IN., (University Commons), 8am, Athletic Annex 272-7565.
- 19 ORRRC 10 MILE - Monroe, OH., 2pm, Jack Wallace 513/433-4517.
- 31* AULD LANG SYNE 5 MILE - Ft. Wayne, North American Van Lines HQ, 11:45pm, Myron Meyer 456-6041.
- 31 FRIGID 5K - Plymouth, IN., (Conservation Club), 11:30pm, Sherri Davis 219/892-5798.
- 31 NEW YEAR'S RESOLUTION RUN 5K - Merrillville, IN., (Century Mall), 11:45pm, Athletic Annex 219/769-7474.
- 31 CLUB KOKOMO 5K - Tipton Middle School, 11:45pm, Ricke Stucker 317/457-0352.

* FWTC POINTS RACES

FUN RUNS - Saturdays at 10am, Wednesdays at 6pm.
Foster Park.

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

CHRISTMAS
GREETINGS

Lady dear, if Fairies may
For a moment lay aside
Cunning tricks and elfish
 play,
"Tis at happy Christmas-tide.

We have heard the children
 say --
Gentle children whom we love
Long ago, on Christmas Day,
Came a message from above.

Still, as Christmas-tide
 comes round,
They remember it again ---
Echo still the joyful sound
"Peace on earth, good-will
 to men!"

Yet the hearts must child-like
 be
Where such heavenly guests
 abide;
Unto children, in their glee,
All the year is Christmas-
 tide!

Thus, forgetting tricks and play,
For a moment, Lady dear,
We would wish you, if we may,
Merry Christmas, glad New Year!

Lewis Carroll, Christmas, 1867

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Christmas

