



FEBRUARY, 1983

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

the inside track

FORT WAYNE
TRACK CLUB



THE Inside TRACK

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Fort Wayne, IN 46816

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**FORT WAYNE
TRACK CLUB**

1983 FWTC Race Schedule

1983 FWTC RACE SCHEDULE

Saturday	March 19	20K	Homestead
Saturday	April 16	NAVL 15K	NAVL Headquarters
Sunday	May 1	Marathon	Memorial Coliseum
Saturday	May 14	Pepsi 10K	Homestead
Saturday	June 18	Hilly 4	Homestead
Saturday	June 25	Turtle 10K	Churubusco
Saturday	July 16	Old Settlers Day	Columbia City
Friday	July 29	Hour Run	
Sunday	August 14	Circular 5K	Shoaff Park
Saturday	August 27	Arby & Big Brothers 5 Mile	Foster Park
Saturday	September 24	Parlor City Trot	Bluffton
Sunday	October 23	Home Loan 10K	Freimann Park
Sunday	November 13	European Cross	
Saturday	November 19	Country 9K	Bluffton
Saturday	November 19	25K	Homestead

Look at your mailing label. Your membership expires on the month and year listed. If there are questions, contact Phil Shafer, P.O. Box 189, Ossian, IN 46777. Send renewals directly to FWTC, P.O. Box 11703, Fort Wayne, IN 46860.

ADVERTISING RATES

Full Page.....	\$75.00
Half Page.....	\$40.00
Quarter Page.....	\$25.00
Race Advertisement.....	\$20.00

ON THE COVER Foster Park 10K

A bright sun and a course lightly covered with snow, make a perfect combination for a high contrast photograph. The silhouette is Mary Theresa Connolly as she approaches the finish line as the first female finisher.

President's Message

ALL MEN ARE CREATED EQUAL?

by JOHN TRELEAVEN

"All men are created equal." It seems obvious that the author of this statement has never been to a Fort Wayne Track



Club race. When applied to running, this statement definitely lacks some credibility.

Take 10 runners at any race and stand them side by side and tell me they are physically equal! The key word in the previous statement is physical. They may not all be physically equal but they are equal in the most important aspect of running - - effort. You can measure a runner's physical ability by the time he takes to cover a given distance. It is much more difficult to measure the amount of effort necessary to cover that distance.

It's possible that a runner not as physically gifted as the elite runner may be putting out more effort. I only wish that there was a way to measure the amount of effort put forth during a race and award trophies based on that effort.

Photo at left shows Vice-President Goldner and President Treleaven at a recent race. Isn't it comforting to know that the FWTC is in the hands of such capable leadership?

Since this is impossible, I'm sure we will continue to award trophies based on physical ability.

The next time you are at a race and have crossed the finish line, remember those runners behind you. No matter what their time, their effort may be just as great as yours. The best thing you can do is cheer them on as they cross the finish line in the same way you would appreciate the runners in front of you cheering you on.

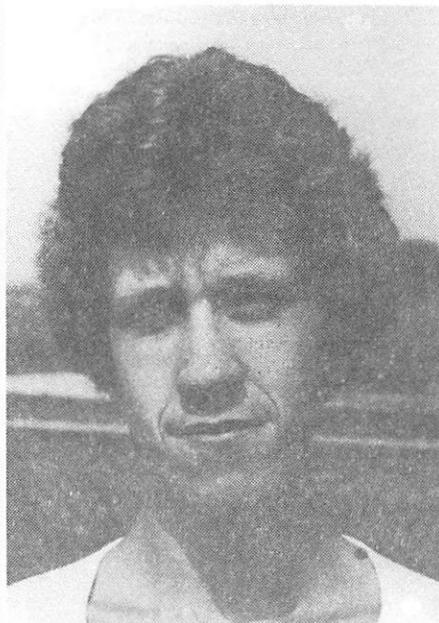
The most absurd reason I've heard for not entering a race is the fear of finishing last. But is that person really last? As far as I'm concerned the last finisher beat the two hundred million or so people who never started the race. So, the next time you consider running your first race, don't worry about being last. It's the fact that the effort was made that really counts. In addition, one of the best things about races is the socializing afterwards.

I hope to see you at and after races and look forward to discussing ways of making the awards as equitable as the efforts.

FWTC Runners Receive Top Honors

Tom Loucks and Betty Hite were named the BEST MALE and BEST FEMALE OVERALL RUNNERS OF THE YEAR at the Hoosier Road Runners Club Points Award Dinner this past December. Myron Meyers was honored for being the TOP RANKED RUNNER of his age division. (55-59)

The FWTC congratulate these three for their outstanding running. We are proud of you.



Award Banquet

SATURDAY, FEBRUARY 12, 1983

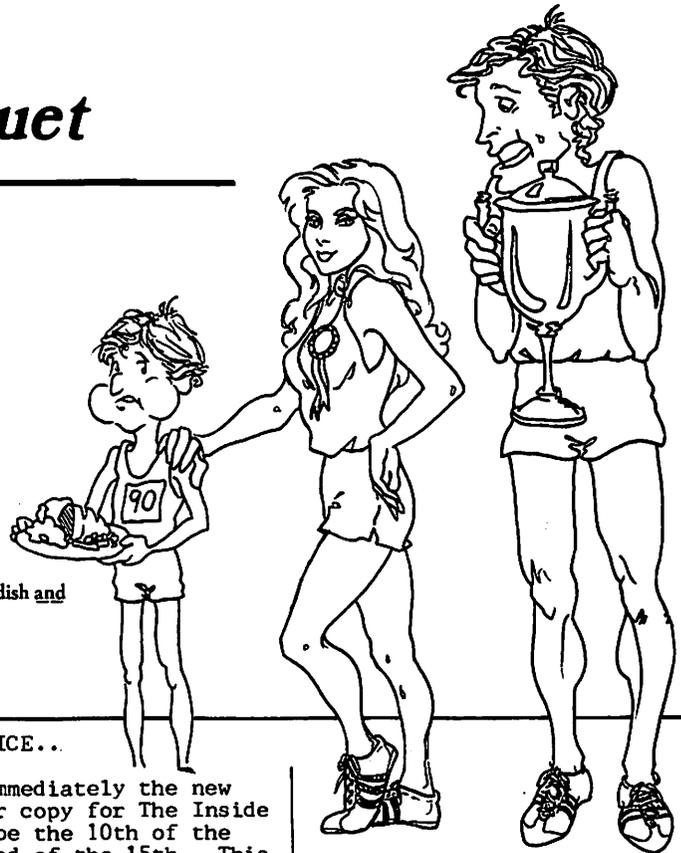
7:00 P.M.

Dinner at 7:30 P.M.

YWCA VILLA RECREATIONAL HALL

On North Wells Street

Each family will be responsible for bringing one meat dish and either a vegetable or dessert along with table service.



NOTICE..NOTICE..

Effective immediately the new deadline for copy for The Inside Track will be the 10th of the month instead of the 15th. This added time will help the staff assemble, type, do artwork, make layouts, copyfit, paste up, shoot negatives and halftones, strip, opaque, burn plates, run on the off-set, fold, colate, staple. trim, address, assort and mail your newsletter to you so that you will be sure to have it by the 1st of each month.

Finish Place	Points Awarded
1	60
2	54
3	50
4	47
5	46
6	45
-	-
-	-
25	26
-	-
-	-
30	21
-	-
-	-
50	1

Point Standings

1983 POINT SYSTEM SUMMARY

1. Male Age Categories

14 - under	30 - 34	50 - 59
15 - 19	35 - 39	60 - over
20 - 24	40 - 44	Overall
25 - 29	45 - 49	

2. Female Age Categories

19 - under	30 - 39	50 - over
20 - 29	40 - 49	Overall

3. Age group points scored by finishing in top 25 of male age groups and top 15 of female age groups — points scored in Overall by finishing in top 50 (male) or top 30 (female).

- Points are cumulative from age division to age division with "final" standings determined by age division in which the majority of scoring races were run.
- A 10 race maximum will be applicable (10 best finishes scored) - no minimum.
- Race directors of points races will receive first place points for both age division and overall category.

January 7, 1983

Fort Wayne Track Club
c/o Bill Schmidt

Dear Friends,

Just a short note of thanks and a hope that all of you will have a very happy and healthy 1983. Kent was not released to come home in December as we had hoped but he is doing fine. The current outlook is that he may be released to come home to Fort Wayne later this month or early in February.

I know he is writing a long letter to you about his experiences. It includes his first race (fun run) and how his running is improving.

I personally want to thank all of you who have supported Kent with your thoughts, prayers and actions last year. It has meant so much to Kent, his family and me.

Thanks again, and may all your runs this year be everything you want them to be.
Happy Running!

Sincerely yours,

Bruce Davis

Foster Park 10K

Saturday, December 11, 1982

Temperature - 28°

1	Fredrico Moreno	18	32:50
2	Randy Houser	17	33:16
3	Mike Davis	17	34:50
4	Brett Pontoni	16	35:06
5	Rick Reitzug	30	35:34
6	John Schwarze	35	36:06
7	Steve Brown	31	36:10
8	Bob Bruckner	37	36:19
9	John Treleaven	30	36:47
10	Phil Miller	44	36:57
11	Jack Dyer	41	37:09
12	Jerry Perkins	42	37:11
13	Jack Morris	45	38:01
14	Roger Wilson	29	38:14
15	Ed Kerr	36	38:22
16	Tom Shank	18	38:31
17	Mike Kast	54	38:40
18	Steve Adkison	38	38:56
19	Patrick Hermann	31	39:24
20	Phil Wisniewski	34	39:37
21	Mary Theresa Connolly	27	39:39
22	Mike Byerley	38	39:52
23	Tom Loucks	23	39:59
24	Ted Buuck	35	40:07
25	David Waldrop	38	40:20
26	Phil Suelzer	30	40:21
27	Jerry Mazock	30	40:24
28	Thomas Wagner	28	40:45
29	Dan Hannaford	35	41:03
30	Ray Sibrel	45	41:09
31	Cindy Goller	26	41:11
32	Donald Peaks	49	41:25
33	Bill Halte	33	41:25
34	David Ruetschilling	32	41:26
35	Paul Bauman	27	41:34
36	Fred Nerz	42	41:39
37	Bob Harter	45	41:43
38	Tom Wharton	29	42:01
39	Baron V. Whately	34	42:02
40	Jerry E. Rickard	39	42:39
41	Don Goldner	48	42:40
42	Terry Shipley	35	42:41
43	Tom Finan	41	42:42
44	Eugene Striggle	51	42:43
45	Robert Gensheimer	46	42:48
46	Paul Gilley	32	42:57
47	Bernie Huesing	32	42:57
48	Patrick Fairhurst	42	43:05
49	Kevin Gallahan	25	43:11
50	Phil Shafer	34	43:20
51	Terry Gautsch	49	43:26
52	Deb Kukelhan	29	43:27
53	Joan Goldner	44	43:28
54	David Dale	44	43:37
55	L. Duane Voirol	41	43:44
56	Denny Zech	28	43:57
57	James Bushey	24	44:06
58	Ian Rolland	49	44:19
59	Dan McGuire	37	44:27
60	John Barbier	42	44:28
61	John Schwarze	13	44:30
62	Tom Cavacini	35	44:40
63	Doug Mangette	17	44:41
64	Tom Mangette	38	44:41
65	Gary Lane	31	44:58
66	Doug Curtis	48	45:03

67	Jim Martin	40	45:28
68	Mike Looper	28	45:32
69	Scott Applegate	19	45:34
70	Lance Gallahan	28	45:38
71	Jim Stark	44	45:53
72	Bev Coddling	16	45:54
73	Melisa Lendman	17	45:57
74	Alma Ojeda	13	45:57
75	Larry Lothamer	42	46:06
76	Howard Bash	49	46:18
77	Lawrence Smith	36	46:22
78	J.P. Jones	54	46:27
79	Ken Roehrs	37	47:24
80	Joe Hahn	39	47:46
81	Robert Wiersma	35	47:59
82	Joe Brooks	44	48:02
83	Dennis Flennerly	37	48:09
84	Tom Humbrecht	37	48:25
85	Keith Huffman	31	48:57
86	James F. Lantz	37	49:04
87	John Hermann	36	49:40

AGE DIVISION WINNERS - MEN

14 and under	John Schwartz Bobby Wiersma Jim Schwartz
15 - 19	F. Moreno R. Houser M. Davis
20 - 24	Tom Loucks J. Bushey K. Votaw
25 - 29	Roger Wilson T. Wagner P. Baumen
30 - 34	Rick Reitzug Steve Brown John Treleaven
35 - 39	J. Schwarze B. Bruekner E. Kerr
40 - 44	Phil Miller Jack Dyer Jerry Perkins
45 - 49	Jack Morris R. Sibrel D. Peaks
50 - 59	Mike Kast E. Striggle B. Huesing

WOMEN

20 and under	B. Coddling M. Lendman A. Ojeda
20 - 29	M. Connolly C. Goller D. Kukelhan
30 - 39	S. Wiersma P. Kerr B. Wolfe
40 and over	J. Goldner G. Nycum B. Taylor



The winner of the Foster 10K suffered a slight injury when Race Director Lindley, unable to locate any string, stretched a barb wire across the finish line instead.

88	Wendell Adams	56	49:52
89	Gloria Nycum	47	50:41
90	Curtis Nold	51	50:41
91	Sharon Wiersma	34	51:30
92	Phyllis Kerr	33	51:40
93	Phyllis Suelzer	29	51:42
94	Don Dian	40	52:00
95	Betty Jackson	21	52:17
96	Roger Phillips	54	53:10
97	Mike Cadwallader	38	53:22
98	Brenda Wolfe	31	53:24
99	Bobby Wiersma	10	53:41
100	King Sullivan	52	53:44
101	Carol Blauvelt	23	54:12
102	Janel Denny	28	54:13
103	Mark Andrews	25	54:42
104	Alfred Moore	52	54:56
105	Karen Perrin	35	56:20
106	Bonnie Taylor	45	56:36
107	Payne Krusa	40	56:38
108	Orin Steinhaus	44	57:14
109	Billy Cragg	15	57:54
110	Ken Votaw	20	59:09
111	Ross Moyer	51	59:11
112	Jim Schwarze	7	62:57
113	Jean Longsworth	53	63:56
114	Richard Longsworth	57	64:05
115	Maurine Gensheimer	44	67:15
116	Jim Morash	49	67:55

FWTC 3.3K RUN (2.1 miles)

1	Jon Miller	14:23
2	Ron Johnson	14:36
3	Tracy Sohaski	16:10
4	Marc Bushey	16:14

Many thanks to those that made the FWTC run a success. I like calling this event a run, instead of a race because every year I consider this an all around fun type run. I express empahsis on participation rather than competition. But whether you were serious or not, I hope everyone enjoyed the run and ran with a friend.

Many thanks to Mike Glasper and Chuck DeVault for your help with the timing at the finish line. Thank you Terry Shipley for helping with timing equipment and Jim Anderson and Rudy Kleinknight for the splits at the mile marks. Most of all, the next time you see Sharon and Mai Pauley, thank them for the hot coffee and hot cider. It sure hit the spot while the wind chill factor was at least 12 degrees. Also, thank Bob Pauley for his assistance and traffic control on Old Mill Road.
Race Director,
Don Lindley

**AN INVITATION TO THE MEMBERS OF THE
FORT WAYNE TRACK
CLUB**

We at **ENERY PLUS** have a fitness program which can definitely be of interest to you, the disciplined athlete. When inclimate weather keeps you off your running paths, join us for an exercise session which has been designed to enhance you as a runner,a program which has your specific needs in mind.

This is not just another fitness program on flabby thighs and jelly-like derrieres or crawling out of bed and touching your toes several times before hitting the road. You already know all that. By strengthening abdominals, lower back, gluteals, hip, knee and ankle joints, we'll show you how to decrease your chance of injury and increase your speed. It is possible to use your muscles and exert your body weight to breed energy.

All of us are well aware that the runner is a special breed... usually a disciplined, self-assured, dedicated athlete. Please let us show you how to complete your fitness program. We will increase your flexibility, build your muscles strength and exercise the remainder of your body to increase your speed and agility as a top-notch runner.

MARCY MERRICK

MARY BETH CONVILLE

P.S. As an added incentive to taking our program, running is permitted inside the mall after the 6:00 A.M. class prior to business hours.

**ENERGY PLUS
WESTLAND MALL
6109 W. Jefferson Blvd.**

Olympic development camp experience

by LARRY YANT

Last summer, I was fortunate enough to attend an Olympic Development Camp held at the Olympic Training Center in Colorado Springs. This camp lasted one week and was for female high school runners and their coaches. I offer several observations that may be of interest to club members.

1. The setting of the Training Center is quite inspiring, with the Rockies almost trying to challenge athletes to reach those heights for their nation. The living quarters were spartan but adequate, the food was excellent in both quality and quantity and the athletic facilities and equipment would rival any that I've seen at major universities. I urge you to patronize the Miller Brewing Company, as they are a major sponsor of the Training Center.

2. I encountered the same "micromanagement" type Olympic Committee officials and attitude that Rick Reitzug described in his torch run articles. Check-in procedures were overly complicated, nationalism oozed from every direction and there seemed to be at least one person with an authority badge for every two camp members. The coaching staff did their best to cut through bureaucratic channels to solve simple problems like broken projectors but couldn't seem to make a dent in the armor of the "micros."

3. The tough neighborhood surrounding the Training Center was not found in favor with the adults in camp who sought nightly relaxation. The best local rehydration facility is Cecil's, located directly across from the Munich dorm. It offers a country western-biker-athlete motif in which both Jim Dupont and Roberta Widmann would feel at home.

4. It seemed to me that the collegiate coaches on the staff were more interested in exposing athletes to THEIR programs than in advising potential National Team members. I have yet to receive promised cumulative paperwork covering our camp activities but have not been deluged with over sixty pieces of traceable recruiting information. The club coach members of the staff appeared to be far ahead of their university counterparts as

far as the constructive coaching of the athletes. I have a feeling that the U.S. may be missing something by relying only upon educational institutions to be primary developers of our national class athletes.

5. Most of the lecture sessions were of excellent quality, being perhaps a bit too technical for many of the athletes. Many references were made to the "scientific" approach to sport and the example of the successful East German program seemed to hover over us. The most enjoyable session was one describing National and International competition. It consisted of a slide presentation narrated by Wendy Knudson, wife of the camp director. She profiled her running experiences culminating with Olympic competition at 800 meters in Montreal. She offered the young athletes strong motivation from her career experiences and from her comeback plans for the 1984 Games.

6. One of the star attractions of the camp was a 380 pound wrestler. He played the bald cell-mate of Richard Pryor and Gene Wilder in the movie *Stir Crazy*. He entertained us daily in the dining hall by lifting gymnasts to the ceiling with one finger and also sang opera arias at the pool. He is a graduate of M.I.T. and wishes to become a fashion designer. Match that for a well-rounded athlete.

7. The training sessions were also of high quality, stressing fundamentals over direct competition between the athletes. All athletes

.....
 "I AM CONFIDENT THAT I COULD HAVE CHOSEN ANY FIVE DISTANCE RUNNERS AND WON A CROSS COUNTRY CHAMPIONSHIP IN ANY STATE."

were filmed in action with self and group criticism of their form coming in evening viewing sessions. Even at moderate effort levels, it was awesome to watch these young girls train. I am confident that I could have chosen any five distance runners and won a cross country championship in any state.

8. My experience with the effects of altitude on sea level runners left me with a healthy respect for the mountains. We were told to take it very easy for several days and I found that even at my pedestrian pace, 75% efforts were barely within the comfort range. One know-it-all coach from Ohio, a 2:40 marathoner, was literally scraped off the pavement after attempting a hard second day five miler with the Judo team.

9. Great stress was placed upon the importance of physiological testing but several con-

traditions emerged. It was mentioned that we are on the threshold of catching up with the Iron Curtain biomechanical programs and that newly formulated computer analysis ideas will make us again a leader. After the athletes were tested on the track and in the labs by a battery of complicated machines and people, the outgoing head of the Sportsmedicine department spoke with us. He stated that most of the testing procedures had little merit as training aids unless members of our National teams could become permanent residents at the Training Center.

10. Much emphasis was also placed upon "leg speed" and body strength for distance runners. It was stated that at National and International levels, no female runner could be expected to succeed at any distance, marathon included, without sub 58 second quarter-mile speed. Many of the girls went into shock when statistical data was given to back up the statement. They were also quite surprised when support for weight training took the form of a slide comparison between physiques of the top European runners and the more feminine U.S. models.

My athlete and I left the Olympic Training Center with a wealth of valuable information, many new friends from around the nation and a more realistic appreciation of the complexities of athletics at its highest level. I strongly encourage any of you to visit the Training Center as a guest or a tourist if you have the opportunity and to give the Olympic Development concept your spiritual and financial support.



COLUMBIA PLAZA 5,000 METER RUN

November 21, 1982

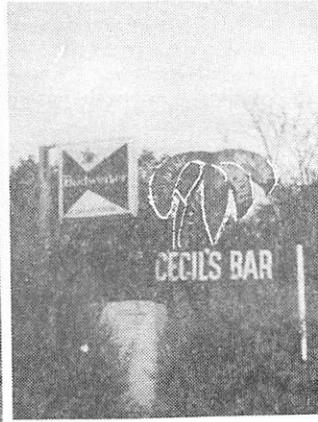
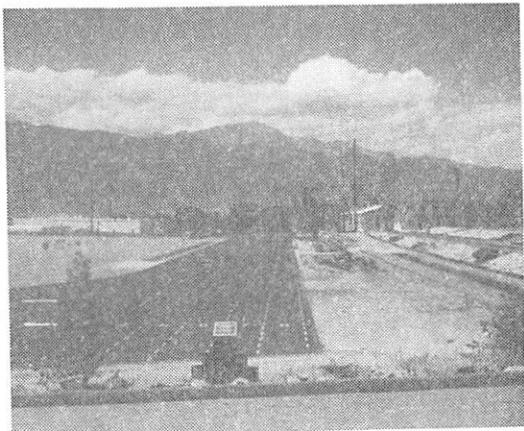
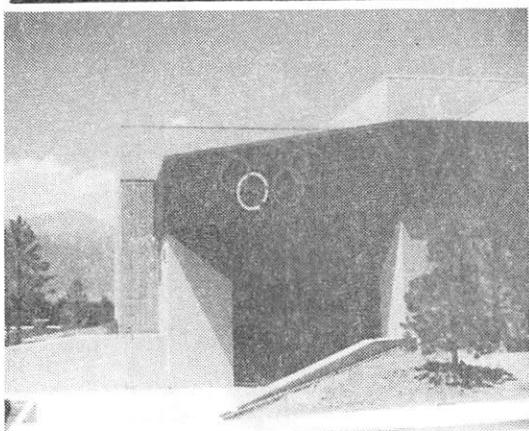
First Place Overall Winners

Male - MIKE MAZIER, Ligonier
15:40.5 (New Course Record)

Female - BETTY HITE, North Webster
18:09.6 (New Course Record)

TOP 34

1 Mike Mazier	15:40.5	19 Frank Best	17:15
2 Bryan Sporseller	15:41	20 Stephen Bangs	17:17
3 Doug Sundling	16:10	21 Mike Moore	17:20
4 Steve Moody	16:19	22 Jack Morris	17:21
5 Gary Williams	16:20	23 Marty Berry	17:24
6 Jeff Beam	16:22	24 Jerry Perkins	17:25
7 Bill Blosser	16:27	25 Michael Glaspier	17:26
8 Dan Diemer	16:29	26 Todd Hoffer	17:27
9 Jim Hiester	16:34	27 Dennis Kroells	17:29
10 Steve Brown	16:39	28 Brent Munro	17:40
11 Bryan Thomas	16:46	29 Brian Lefever	17:49
12 Ken Schlemmer	16:50	30 Miguel Mendez	17:57
13 Jerry Williams, Jr.	17:00	31 David Ruetschilling	18:00
14 Hal Pearson	17:07	32 Fred Ross	18:04
15 Paul Beckwith	17:08	33 Bob Swinehart	18:05
16 Kenneth Kins	17:09	34 Betty Hite	18:09.6
17 Tim Bowman	17:11		
18 Bret Curry	17:14		



U.S. Olympic Training Center in Colorado Springs. (see story on page 5) The main gymnasium (left) and the track (center) are shown with the Rockies in the background. Hidden in the bushes is the coaches unofficial rehydration center, Cecil's Bar.



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1982 Recap

The year of the 'little green heads'

by GENE BULLSHALLITT

When Rick "The Rock" Reitzug asked me to write an article reviewing 1982 for our club I said: You know I only do movie reviews . . . I'm not sure if I can handle a story with such depth." The Rock replied: "Take a cold, hard look at the organization from Tom Loucks all the way down to Don Goldner. It should be easy!"

"Easy? . . . Rock! Take a look at the little amount of writable material there is! For instance: A kid won all the races; Another idiot ran 25,000 miles; and then, there's 'what's his name' with his picture in the paper, holding all his sentimental underwear. That isn't exactly Pulitzer material!"

Suddenly Rock's pleasant demeanor changed into the hardened marathon runner that he is and coldly said: "Do it . . . or else!"

Others have made the mistake of refusing The Rock. And when he mercilessly kicked their butt in the next race, they all wished that they had accepted his earlier request. I understood this and said: "Okay." As I drove home, it became apparent to me how badly Rock wanted to win the David Fairchild Award for humorous Journalism. So out of fear and some respect, I began the arduous task two weeks later

Looking back to that Homestead 8 miler on that frigid January day, three incidents flicker in memory: 1) Dorothy Hamill edging Craig Schwarze at the finish for victory. A furor arose when Craig was declared winner because Hamill had used ice skates. Dorothy became downright 'short and sassy' with the club's decision.

2) John Schwarz at the starting line wearing only shorts and a T-shirt. I overheard one freezing runner as him: "It's 9 below zero with a windchill of 57 below...Aren't you cold?" John "Conan" Schwarzenegger replied: "No..Me warm...Me may go shirtless!" 3) The "Salt in the wound" award, which went to Phil Suelzer, for standing at the turnaround point of this 4-loop-out-and-back-course, yelling splits and calling everyone a pussy for slowing down.

The scenario for the February race was similar. But we managed to smile and have fun weather we liked it or not.

The flood waters rose in March for Mike "Moses" Kast's 20 K. No one will soon forget how he stood ankle deep in water, clipboard in raised hands, at the flooded 5 mile mark, demanding that weatherman, Jay Walker, divide the water so his track club children could pass. Kast appeared very sorry when he 'accidentally' let the flood waters rush in and drown his age-group competitor, Myron Tut Meyer. The race began with foreboding but ended in success. However, the awards were a little fruity.

The Pepsi Challenge challenged 700 to compete on a cold day.

Then the season became spring. Tom Loucks failed in his attempt to run the North American Van Lines 15K in the same time it takes him to run a 10K. He must have added some secret ingredient to his training for he literally ran circles around everyone at Mazock's musical 1 hour run at Northrop. At the awards ceremony, Tom (apparently still dizzy from running in circles) hugged Tony Gatton, shook his mother's hand, grabbed the microphone and said: "I owe my success to eating little green heads the night before a race." Not understanding what

he meant, some people in the crowd laughed uneasily while others made mental note of this new nutritional training aid. Afterwards, I asked Mrs. Loucks what "Little Green Heads" were. She smiled and replied: "Tom meant to say that he likes Brussel Sprouts the night before a race."

June brought summer heat and back-to-back weekend races. The Midwest Meet of Chumps was enjoyable and there were truly "Fast Times at Homestead High" during the Hilly 4 Mile race. Everyone was starting to eat Brussel Sprouts!

The Marathon, again, was held in Fort Wayne's oven. Few deaths were reported. Even so, Don Goldner and Larry Lee privately decided to tactfully approach Hilliard Gates about changing the marathon race date to early May.

"But just in case he refuses," proposed Lee to Goldner, "Let's kidnap Gates mother and lock her up until Gates changes his mind."

Goldner replied: "You're right! We should never let our sense of morality keep us from doing what's right!"

"And ol' Feel will help us with our plan I'm sure," stated Lee.

"Feel?"

"You know, Feel Shafer."

After five meetings with Gates and two firebombings of his home, the TV station agreed to next year's May 1st marathon.

(continue on page 8)



Jerry Mazock demonstrates a new stretching technique in which two fingers are pressed into the mouth while breathing in such a manner so that air is forced into the stomach while exerting pressure laterally on the patella. This method helps to prevent sea sickness during the running of marathons.

Minutes of Board Meeting

By MARSHA SCHMIDT, Secretary

NOVEMBER 21, 1982

John Treleven, President, started the meeting by announcing that if there were no objections, the previous year's Board Members will continue in that capacity for the 1982-83 year.

Larry Lee was asked to co-ordinate with the Three Rivers Festival Chairman and WKJG to sponsor another type of "fun run" in conjunction with the Three Rivers Parade in July. This would be a replacement for the Marathon which will now be held in May. Also, Larry Lee will be talking to Hilliard Gates to co-ordinate the starting time for the 1983 Marathon.

It was announced that the RRCA had officially accepted our interest to hold the RRCA National Championship for the Ultra Marathon for 1983. A



Terry Shipley stirs up the FWTC Board Meeting with a daring proposal as President Treleven tries to stop the filibuster.

lengthly discussion followed regarding the feasibility of this championship being held in Fort Wayne. Corporate sponsorship was discussed as well as other special features of this Ultra. Curt Nold, Chuck DeVault and Don Lindley will report to the Executive Council on the following as soon as possible: cost analysis and feasibility study of the budget for this event. A formal decision will be made after the information is studied. The 1983 Point Race Sched-

ule was reviewed in depth and approved, subject to the following:

1. Willingness of out of town race directors to accept their race as a FWTC Point Race.
2. Willingness to comply with FWTC Guidelines.
3. Utilize the FWTC point age standings.
4. Entry fee possibly reduced to FWTC Members.

Also, the Pepsi 10K date will be rectified to determine if it will be on Sat. or Sun..

It was announced that the January 15 run will be at 2:00. The February run will be held at Foster Park on February 12 at 2:00 in conjunction with the WOWO WinterFest. The FWTC Awards Banquet will be held the evening of February 12, 1983.

The subject of having more female members of the FWTC as members of the Board of Directors was discussed. It was mentioned that the co-ordinator of the WE is automatically included in the FWTC Meetings. The determination was made that a special effort should be made to personally invite any WE members as well as FWTC members to our meetings.

Lengthly discussion was held concerning shorter runs to be held during the 82-83 season in addition to the Point Races. These runs will be "low-key" and family oriented. A definite schedule of these events is being prepared.

An official FWTC Photographer will be contacted by Dave Fairchild. A student at IU-PU has indicated an interest in this position.

Don Lindley was unanimously voted as a Board Member at Large.

Larry Lee was voted to represent the FWTC as the nominee for the Scott Hamilton Award.

The Treasurers' Report was read by Don Lindley.

The meeting was closed and adjourned at 10:00 p.m..

(Little Green Heads/continued)

August found everyone lining up for the 5K sprint around Shoaff Park. The significance of this well run race did not lie in its organizational success but in the fact that a bright new star returned home and rose quickly to the zenith of this running community. His easy run at the 5K suggested his future in area races. Greg Omen (or is it Orman?) had arrived!

Fall brought a Blueberry Stomp victory for Omen and an impressive showing for Loucks. Rock Reitzug won the 25K at

Homestead. And suddenly, the premier running event of the Fall was upon us: The 2nd annual Home Loan 10K.

Race day dawned temperature perfect and sunny bright. Hilliard Gates hovered about the 2000 plus runners in a cherry-picker-crane. With one minute to go before the gun, Hilliard said: "I wish everybody good luck. And by chance if you know where my mother isBoom.....The starting cannon began the race.

Larry Lee quickly located Home Loan 10K race director Don Goldner. "I thought you released his mother after we made the agreement?" A stunned Goldner replied: "Golly, Lar, with all the work and time I put into this race....I just plain forgot."

Omen won the race in 29 minutes, followed by a sobbing Dexter Lehman - for now he was #2. And shortly, Loucks cruised in with a fantastic time, but he was broken-hearted also. "I must've ate a whole truckload of little green heads and it still wasn't enough to beat Omen."

Autumn found club members going great distances to run marathon races. Others just run great distances in the well organized Ultra Marathon. John Treleven finally qualified for Boston at Louisville on a course that he said, "Couldn't have been more than a mile or two short." Joan Goldner ran an excellent qualifying time in Scottsdale, Arizona and was finally able to put some trophies on the Goldner mantle.

The November Cross Country race in Bluffton was a great deal of fun, tripping over tree roots, as was Myron Tut Meyer's New Years' Eve Midnight Madness at North American Van Lines.

This review wouldn't be complete if I didn't report a little incident which occurred before Don Lindley's annual December 10K at Foster Park. Before the race, Chuck Devault and Don were placing mile markers on the course when Lindley stooped down to pick up a good-size branch, the size of a baseball bat, and said to Chuck, "I bet I can hit you harder on the head with this limb than you can hit me!"

Well, they exchanged blows resulting in Don having a mild concussion yet he managed to stay throughout the entire race until his race director duties were done. But, then, it took him half an hour to find his truck!

(the final episode of this entrancing account lies waiting on page 19)

Auld Lang Syne 5 Mile

Friday, December 31, 1982

MENS OVERALL WINNER

Tom Loucks
26:46

WOMENS OVERALL WINNER

Nancy Einterz
31:05

14 and under

Overall Place	Name	Place
27	Rich Fairfield	30:24
65	Andy Cauffman	35:05
66	John Schwarze	35:10
69	Troy Bailey	35:16
103	Rodney Obregon	38:45
129	Branden Miller	41:12
145	Bobby Wiersma	43:44
151	Brian Lindley	44:38
152	Jim Schwarze	44:39
167	Brent Jackson	48:54

15 to 19

9	Ed Fregang	29:01
14	Dan Campbell	29:16
15	Pete Bowman	29:18
18	Mitch Wagner	29:28
21	Ken Schlemmer	29:45
29	Gary Weil	30:30
33	Todd Hanna	30:47
43	Shane Ballman	32:16
47	Tracy Zurcher	32:53
52	Jeff Murphy	33:41
73	Les Pancake	35:36
77	Greg Clayton	35:41
80	Mark Toarmina	35:59
89	Kurt Levy	36:56
97	Shan Kelly	37:38

112	Jeremy Jackson	37:38
113	Lyn Schwartz	39:52
122	Jay Rensberger	40:40
158	Brad Smith	45:14
163	Billy Cragg	47:05

20 to 24

2	Mark Sanderson	27:15
3	Jerry Williams, Jr.	27:31
6	Brady Wells	28:02
28	Tim Bowman	30:27
34	Chris Edington	30:55
40	Alex Kyle	31:37
44	Douglas Call	32:19
68	David Coleman	35:15
74	Bill Harlow	35:36
85	Clete Mast	36:09
90	Brad Good	37:04
124	Larry Getts, Jr.	40:53
130	Casey Miller	41:23
143	Brian Albrecht	42:58

157	H. Karim	45:13
164	Ken Votaw	47:25

25 to 29

13	Michael Glasper	29:15
24	Tom Hough	30:03
36	Hal Pearson	31:03
42	J. Edward Hoffman	32:15
75	Harvey Steinbacher	35:37
76	Kevin Gallahan	35:39

(Continue on page 12)



The runners in this year's five mile run enjoyed one of the mildest nights ever for this event. The temperature was in the twenties and the course was totally free of snow. (top-right - does this runner really have three knees?) Spectators had a much more difficult time staying warm (bottom) than the runners. The warmth of the North American building was still a welcome relief for finishers (top-left) as they chatted with friends after the run. The clock overhead lets them know that they are only a few minutes into the new year.

Foster Park 10K

by RICK REITZUG

He hopped out of the car, grabbing his hat and gloves and jogged to the starting line. It was 1:59 P.M.. The race was to start at 2:00 P.M.. Glancing down he noticed that in his haste he had mistakenly grabbed his dress gloves. He ran back to his car, exchanged his gloves and made it back to the starting line. The runners were still on their marks and as he glanced around he noticed a sometime running partner he hadn't seen recently. They shook hands, and as they began to talk, the gun went off. As they took off together they finished their conversation. That's the type of race it was.

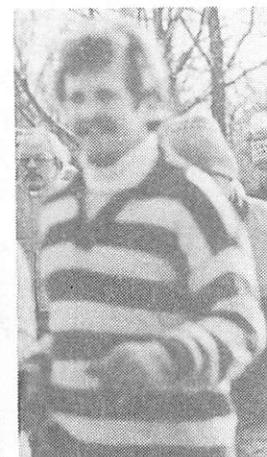
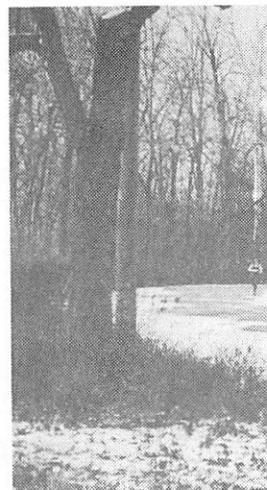
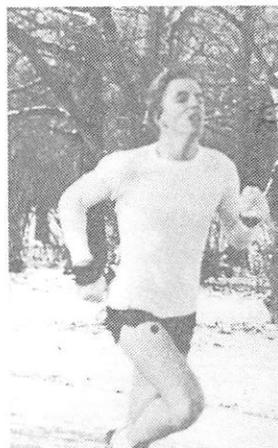
In fact to call the December 11th 10K at Foster Park a race might be an overstatement. While some made it a race, it was a fun run for all. The starting line did not feature tense, highly charged runners ready to burst into action. The finish was not characterized by gut wrenching sprints. Instead the runners gradually drifted off the finish line and if anyone sprinted at the end, it was only to chase off the cold with a hot glass of apple cider a little sooner.

Tom Loucks and Phil Suelzer were happy to break 40 minutes, a snail's pace for them. Jerry Mazock was more excited by the fact that the race put him 6.2 miles closer to 25,000 career miles than by the min-

utes and seconds it took him to run it. The DeKalb High School runner who finished in front of me was "trying to get in shape for track". For all there was an ulterior motive and for most it had to do with having fun while running.

Incidentally, although I didn't stay around for the awards ceremony, I think a Southwestern Michigan

Junior College runner by the name of Moreno won. His time was fairly fast, so he may have been taking it seriously. But then again, maybe he wasn't. Everyone was having too much fun to take the time to find out for sure.



Special Feature



Due to the cold weather that weakened the batteries of his camera, our photographer missed the "shot of the year." After two miles, Phil Shafer was ahead of Loucks, Reitzig, Fairchild, Suelzer, and a host of others. The camera man could only stand by helplessly, staring in disbelief, while holding his malfunctioning equipment in his hand. Phil does hold the FWTC record, however, for having his name misspelled more than any other member.

(Auld Lang Syne 5, continued from page 9)

88	Denny Zech	36:28
91	Doug Shively	37:05
110	R.C. Hartzell	39:32
139	Rick Hilker	42:22
144	Mark Andrews	43:12
148	Larry Linson	44:12
149	Murtaza Karim	44:36
156	Pat Pedden	44:57
168	Mark Woodhams	49:58

30 to 34

4	Phil Suelzer	27:32
5	Rick Reitzug	27:57
7	Dan Kaufman	28:25
8	Jerry Mazock	28:48
11	Steve Brown	29:05
17	John Treleaven	29:22
19	Mike Robbins	29:34
26	David Schmidt	30:23
51	Phil Wisniewski	33:25
57	Tom Archbold	34:21
60	Dave Winters	34:37
81	Greg Fahl	35:59
83	Phil Shafer	36:06
92	Randy Patten	37:18
96	Craig Anderson	37:37
118	Dan Bossard	40:29

35 to 39

10	Bob Bruckner	29:02
20	John Schwarze	29:39
30	Art Obregon	30:31
35	Ed Kerr	31:01
39	Mike Byerley	31:11
45	Don Lindley	32:21
67	Bob Leininger	35:14
82	Terry Shipley	36:05
86	Robert Grawcock	36:11
93	Dave Wolff	37:21
94	Larry Smith	37:25
98	Ken Roehrs	38:03
100	Robert Wiersma	38:40
108	Don Simmons	39:11
120	Larry Lee	40:31
121	Tim Thomson	40:35
147	Dan Belschner	43:57
170	Steve Bailey	50:03

40 to 44

12	Jerry Perkins	29:14
22	Dennis Werling	29:46
25	Larry Averbeck	30:14
31	Woody Barker	30:32
41	Dick Miller	31:50
63	Ken Clark	34:56
123	Bob Gearheart	40:50
137	Jerry Cauffman	42:07
141	Larry Ebersole	42:40

45 to 49

16	Joe Barile	29:20
23	Dayne Martin	29:56
32	Bill Schmidt	30:43
48	Bob Harter	32:54
50	Ray Sibrel	32:57
54	Larry O'Herron	33:59
56	Don Peaks	34:19
61	Don Goldner	34:43
62	Robert Gernsheimer	34:48
72	Bill Sohaski	35:28
78	Ian Rolland	35:45
79	Jim Peppler	35:49

111	David Wilson	39:39
116	Nathan Beck	40:03
125	Tom Airgood	40:56

50 to 59

38	Mike Kast	31:09
53	Gene Whitacre	33:57
101	Clyde Shank	38:41
134	Curtis Nold	41:36
136	Roger Phillips	42:07
140	John Hilker	42:39
142	King Sullivan	42:57

70 and over

132	Ray Sears	41:36
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WOMEN

19 and under

58	Alma Ojeda	34:26
95	Krishna Longnecker	37:35
99	Tracy Sohaski	38:11
128	Holly Vsuffman	41:05
131	Susie Getts	41:30
138	Christy Levy	42:16
159	Sara Rolland	45:15
174	Lori Hoover	54:36
175	Jennifer Schwarze	54:47

20 to 29

27	Mary Theresa Connaly	32:27
55	Phyllis Suelzer	34:11
59	Cindy Goller	34:32
71	Deb Kukulhan	35:20
106	Sally Spencer Bork	39:04
109	Betty Jackson	39:27
117	Chris Kilgore	40:05
126	Emily Smith	40:57
150	Ann Linson	44:37
154	Fran Pedden	44:47
169	Anne Connolly	49:59
173	Carol Walker	52:27

30 to 39

49	Betty Hite	32:56
102	Marsha Schmidt	38:42
104	Pat Poorman	38:49
107	Rose Ann Simmons	39:05
114	Sharon Wiersma	39:53
115	Phyllis Kerr	39:54
119	Pat Achton	40:30
135	Susan Helton	41:49
146	Cherie Belschner	43:56
155	Angela Severs	44:50
161	Roxy Rockwell	45:46
165	Gayle Bloom	47:59
171	Regi Bailey	50:20

40 and over

87	Joan Goldner	36:13
105	Wilma Kyle	38:51
127	Janis Greene	41:04
133	Gloria Nycam	41:36
153	Julia Wilson	44:45
160	Bonnie Taylor	45:43
162	Mimi Rolland	46:21
172	Maurine Gensheimer	51:19
176	Sharon Pauley	56:12

Misc.

70	Tom Felger (no age)	35:18
84	(No name or age)	36:08
166	John Bloom (no age)	48:40
177	Dewey Slough (no age)	57:19

1982 Final standings

(Minimum of 8 races or 10 best)

Awards will be presented to each FWTC member who either placed in a category shown or qualified by completing at least eight point races. The overall categories will receive plaques and gift certificates while the age group winners will receive trophies. All other age group placers and qualifiers will receive plaques.

If there are any questions concerning any aspect of the point standings, please contact either Mike Robbins or Dan Kaufman.

Place	Name	Age Group	No. of Total		Ratings
			Races	Points	
1	Tom Loucks	20-24	10	18	.160
2	Rick Reitzug	30-34	10	28	.280
3	Mike Bultemeier	20-24	8	29	.453
4	Jerry Mazock	30-34	10	54	.540
5	Jerry Williams	20-24	9	44	.543
6	Dan Kaufman	30-34	10	65	.650
7	Joe Barile	45-49	10	119	1.190
8	Larry Averbeck	40-44	10	120	1.200
9	Mike Robbins	30-34	10	135	1.350
10	John Treleaven	30-34	10	159	1.590
11	John Schwarze	30-34	10	166	1.660

WOMEN'S OPEN

1	Mary Theresa Connolly	20-29	10	17	.170
2	Theresa Ehrman	20-29	9	20	.247
3	Alma Ojeda	19-und.	10	41	.410
4	Phyllis Suelzer	20-29	10	42	.420
4	Ann Jamison	30-39	10	42	.420

MALE - 14 and under

1	Andy Coffman		10	15	.150
2	John Schwarze		10	21	.210
3	Bobby Wiersma		8	44	.688
4	Brian Lindley		8	65	1.016

MALE - 15-19

1	Chris Edington		8	22	.344
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MALE - 20-24

1	Kenny King		8	54	.844
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MALE - 25 - 29

1	Dan Minnich		9	35	.432
2	J. Edward Hoffman		10	44	.440
3	Mike Glasper		10	45	.450
4	Roger Wilson		8	48	.750
5	Larry Linson		9	99	1.222

MALE - 30 - 34

1	Norm Spitzig		10	64	.640
2	Steve Brown		10	72	.720
3	Tim Fleming		8	52	.813
4	Dave Ruetschilling		9	81	1.000
5	Phil Wisniewski		10	112	1.120
6	Dennis Kroells		8	73	1.141
7	Mike Melendrez		8	74	1.156
8	Jim Berghoff		8	85	1.328
9	Mike Zurzolo		9	122	1.506
10	Russ Suever		10	153	1.530

(HOMESTEAD 8 - continued)

7	Larry Shively	:52:16
8	John Treleaven	:52:37
9	Pat Hermann	:53:05
10	Mike Melendrez	:53:15
11	P.R. Wisniewski	:56:13
12	Ken Roland*	:56:35
13	Rick Hower	:58:52
14	Michael Callahan	1:02:21
15	Rick Ravine	1:05:03
16	Paul Sabrack	1:14:52
17	John Underhill*	1:15:12
18	Rick Longworth	1:18:15

35 to 39

1	Bob Bruckner	:47:35
2	Ed Kerr	:50:58
3	John Schwarze	:51:15
4	Dennis Hudson	:55:51
5	Jerry Rickard	:57:26
6	Tom Cavacini	:57:52
7	Tom Mather	:58:04

8	Larry Smith	1:00:49
9	Dave Wolff	1:05:10
10	Dennis Flennerly	1:08:09
11	R. Wiersma	1:08:52
12	Don Lindley	1:18:09

40 to 44

1	Jerry Perkins	:48:45
2	Phil Miller	:49:32
3	Larry Averbeck	:50:30
4	Jack Dyer	50:36
5	David Dale	:57:50
6	D. Fairhurst	:57:52
7	Lawrence Lothamer	1:01:38
8	Alan Gilbert	1:04:02
9	Joseph Brooks	1:04:15
10	Dick Schwartz	1:05:20
11	Lyle Young	1:10:54
12	Thomas Kimbrough*	1:11:49

45 to 49

1	Joe Ziegler	:54:10
2	Don Peaks	:54:20
3	Bob Harter	:54:39
4	Larry O'Herron	54:48
5	Ray Sibrel	:55:02
6	Robert Gensheimer	:57:19
7	Tom Laird	:57:51

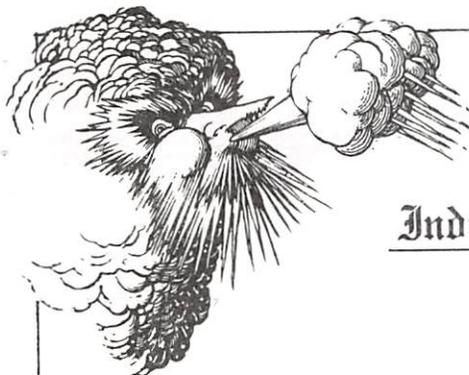
8	Terry Gautsch	:57:56
9	Tom Liebich	:57:59
10	Norm Whisler	:58:10
11	Don Goldner	1:02:05
12	Doug Curtis	1:02:46
13	Herb Chandler	1:03:04
14	Rudi Florreich	1:04:22
15	Chuck DeVault	1:20:38

50 to 59

1	Clyde Shank	1:00:37
2	Vern Chovan	1:04:47
3	J.P. Jones	1:05:32
4	Curt Nold	1:10:08
5	Roger Phillips	1:10:40
6	King Sullivan	1:14:05
7	Al Moore	1:16:33

60 and over

1	Al Gumbert	1:14:21
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14TH ANNUAL

Indiana Winter Festival

FEBRUARY 5 & 6, 1983

LAKE JAMES
ANGOLA, INDIANA

FEATURING A 7,000 METER RUN

For further information concerning the race you may write or call: Susan Renner, RR 5, Box 700B, Angola, IN 46703 219-833-2585

The course will be laid out on the lake. If there isn't any snow, we will not run the race on the ice but instead the no-snow date will be Sunday, Feb. 13, same time, same location. For snow information that week-end you may call 219-833-3181 or 219-833-2240.

There will be a place to warm up, rest rooms, no showers, and limited dressing facilities.

Plaques will be presented. Three places in each division.

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

Bring your whole family and enjoy the snowmobile races, cross-country ski races, kids ice skating, kitty-cat races, scuba-diving under the ice, and loads of fun.

Do you want something to do in the wintertime? Then welcome to the first annual Winter Festival 7K.

The Indiana Winter Festival is billed as Indiana's largest outdoor winter activity. It is held on the center basin of Lake James at Bledsoe's Beach. Thirteen years ago the Lake James Sport Club sponsored the first winter festival consisting of snowmobile races only. It has steadily grown to include a list of activities that will hold the interest of young and old alike.

This year we are adding one more event to our list, "The Winter Festival 7000."

The date is SUNDAY, February 6, 1983

Starting time is 12:30 p.m.

The race will be held on the second basin of Lake James, Angola, Indiana. The start and finish will be in front of Bledsoe's Beach. Take the Lake James, Crooked Lake exit north off of I-69 at Angola. Follow Road 200 West around Lake James to Bledsoe's Beach.

Entry deadline is January 23, 1983. Pre-registration fee is \$5.00. This includes a t-shirt and your name in a drawing for \$500. Registration on site will be from 10:00 a.m. until 12:00 and will not include a t-shirt.

ENTRY FORM AND WAIVER OF LIABILITY

NAME _____ AGE _____ BIRTHDATE _____
 ADDRESS _____ CITY _____ STATE _____
 ZIP _____ PHONE NUMBER _____ SEX _____

T-SHIRT SIZE (check one) S ___ M ___ L ___ XL ___

In consideration of your accepting my entry, I do hereby for myself, my heirs, executors, administrators, and assigns, waive and release all rights and claims for damages which I may have or which may hereafter accrue to me against the Lake James Sports Club and the Indiana Winter Festival, its sponsors, agents, representatives, or assigns for any and all damages which may be sustained and suffered by me in connection with my association with or entry or participation in the Winter Festival 7000.

Signature _____ Date _____
 Parent or Guardian if under 18

Make checks payable to LJSC Indiana Winter Festival.
 Send to: LJSC Indiana Winter Festival, c/o 360 Ski Shop, R.R. 5 Box 616, Angola, IN 46703

Homestead 8 mile

January 15, 1983

Overall Winners

Theresa Ehrman 54:42
Mark Sanderson 46:23

*Non-members

Women

19 and under

1 Alma Ojeda 56:18
2 Jennifer Schwarze 1:57:27

20 to 29

1 Theresa J. Ehrman 54:42
2 Cindy Goller 56:28
3 Phyllis Suelzer 57:38
4 Sue Griggs* 1:05:51
5 Betty Jackson 1:06:45
6 Sally Bork 1:08:27
7 Cindy Sabrack 1:13:57
8 Sue Sipes* 1:16:00

30 to 39

1 Deb Kukelhan :58:03
2 Sharon Wiersma 1:08:51
3 Ann Mize 1:14:09

40 to 49

1 Gloria Nycum 1:10:07
2 Janis Greene 1:10:07
3 Bonnie Taylor 1:18:08
4 Sharon Pauley 1:58:36

50 and over

No entries

Men

14 and under

1 Stan Florea :56:43
2 John Schwarze :1:04:14
3 Jim Schwarze :1:33:28

15 to 19

1 Mark Herndon :49:55
2 Phil Herndon :52:47
3 Mark Perry * :1:00:22
4 Dave Ericson * :1:01:52
5 Billy Cross * 1:20:21

20 to 24

1 Mark Sanderson* :46:23
2 Gary Williams* :46:25
3 Jerry Williams, Jr. :46:31
4 Robert Scheerer :47:03
5 Tim Bowman :54:03
6 Migue Mendez* :54:37
7 Larry Getts, Jr. 1:04:08
8 Ken Votaw 1:18:50

25 to 29

1 Michael Glasper :48:58
2 Tony Gatton :52:31
3 Steve Woenker* :53:10
4 Lance Gallahan 1:01:39
5 Kevin Gallahan 1:02:43
6 Mark Andrews 1:14:44

30 to 34

1 Steve Brown :48:22
2 Tim Fleming :48:34
3 Dennis Kroells :50:03.1
4 Tom Gerbers :50:03.8
5 Norm Spitzig :50:54
6 Phil Suelzer :52:13

Qualifiers:

Phil Shafer 10 194 1.940
Terry Shipley 9 163 2.012
Tim Bolin 9 198 2.444
Tom Archbold 8 181 2.828

MALE 35 - 39

1 John Schwarze 10 18 .180
2 Bob Bruckner 8 17 .266
3 Don Lindley 10 29 .290
4 Mike Beltz 9 27 .333
5 Todd Rigelman 8 24 .375
6 Steve Adkison 10 44 .440
7 Art Obregon 8 33 .516
8 Ed Kerr 10 55 .550
9 Wayne Schaltenbrand 8 43 .672
10 Mike Byerley 10 97 .970

Qualifiers:

Larry Lee 10 115 1.150
Robert Wiersma 10 135 1.350
Rudy Kleinknight 9 226 2.790

MALE - 40 - 44

1 Jerry Perkins 9 17 .210
2 Woody Barker 10 25 .250
3 Ray Sibrel 10 54 .540
4 Bob Harter 8 43 .672
5 Ken Miller 9 56 .691

Qualifiers:

Charlie Brandt 9 66 .815
Ken Clark 9 92 1.136
Tom Finan 8 88 1.375
Joseph Brooks 9 135 1.667
Jerry Cauffman 9 146 1.802

MALE - 45 - 49

1 Bill Schmidt 10 19 .190
2 Dave Wilson 10 35 .350
3 Joe Ziegler 10 42 .420
4 Chris Stauffer 8 31 .484
5 Don Goldner 10 70 .700

Qualifiers:

Don Helman 10 105 1.050
Robert Gensheimer 8 73 1.141
Ian Rolland 8 81 1.266
Rudi Florreich 10 143 1.430
Bill Sohaski 8 99 1.547
Larry O'Herron 10 169 1.690
Chuck DeVault 9 152 1.877

MALE - 50 - 59

1 Myron Meyer 10 11 .110
2 Mike Kast 8 9 .141
3 Giles Tomlinson 9 21 .259
4 Gene Whitacre 9 30 .370
5 Gene Striggle 8 34 .531

Qualifiers:

Vern Chovan 9 44 .543
Curtis Nold 10 56 .560
John Hilker 10 59 .590
J.P. Jones 9 56 .691
King Sullivan 10 84 .840
Alfred Moore 10 107 1.070
Roger Phillips 9 102 1.259

MALE - 60 and over

(None)

FEMALE - 19 and under

1 Holly Cauffman 9 27 .333
2 Tracy Sohaski 8 22 .344

FEMALE - 20 - 29

1 Phyllis Suelzer 10 28 .280
2 Betty Jackson 10 43 .430
3 Ann Linson 10 90 .900

FEMALE - 30 - 39

1 Ann Jamison 10 17 .170
2 Sharon Wiersma 10 31 .310
3 Marsha Schmidt 10 34 .340
4 Jean Tipton 10 52 .520
5 Phyllis Kerr 10 62 .620

Qualifiers:

Roseann Simmons 10 80 .800
Ann Mize 8 81 1.266

FEMALE - 40 and over

1 Joan Goldner 9 9 .111
2 Gloria Nycum 10 18 .180
3 Julia Wilson 10 25 .250
4 Bonnie Taylor 10 28 .280
5 Jean DeVault 8 35 .547

Qualifiers:

Maurine Gensheimer 8 52 .813
Sharon Pauley 8 68 1.062

A MATTER OF MISCOMMUNICATIONS By Dewey Slough

Two mischievous boys were amusing themselves at an aid station during this year's running of the Wendy 10K in Kokomo by squirting water in the faces of runners. Using a pistol-grip-type hose, and with the water pressure turned all the way up, they would hose the unsuspecting runners between the eyes with a stream that was powerful enough to blast off eyebrows.

At the same spot, two girls were handing out Gatorade. A runner ahead of me was approaching the girls and was adjusting his timing so that he could grab the cup and continue his run with a minimum of spillage. His eyes were focused on the paper cup but he was also concerned about being hit in the face with the water by the playful youngsters. As he reached out for the Gatorade, he shouted at the boys with the hose, "Put it on my legs!"

Thinking that he was talking to them, the girls threw the Gatorade onto his legs. The runner continued running, and after about twenty yards he yelled, "Thank you," and continued on his way, seemingly undaunted by the whole matter.

OUR TRAINING RUN WAS A BUST! By Roger Wilson

Here's a story about my first runners high.

It started on a late summer day. One of those days that you know that you are going to have a good run. A friend and myself were out doing our daily eight miles around the bypass. We were coming up to the traffic light at Vance Avenue when traffic started to move. There was this semi-truck slowly coming towards us when the female passenger sat up and lifted her T-shirt and there before us were these two major league taboos glistening in the sun. Our first thoughts were to run back to the next light for another look, but we decided to continue with our run. With six miles to go I wore the biggest smile on my face. To this day, semi-trucks always seem to catch my attention. I've even had non-runners want to go out running with us. Have a good run!

JOCKS GET TICKETS FOR JOGGING

Submitted by Don Lindley
Taken from the November 16, 1982,
Weekly World News

Four fleet-footed athletes are facing fines and court costs of almost \$50 each - for jogging in the wrong direction on a village one-way street.



"Boy! Of all the things these guys could have done to get into trouble," declared Harvey Bowles, wrestling coach at Ohio's University of Toledo.

"They were just running on their own to get into shape for team practices and they got nailed by police."

The jogging athletes were ticketed by cops in the Toledo village of Ottawa Hills because they were running with the flow of traffic instead of against it.

A village ordinance requires all joggers to run facing on-coming traffic, to wear reflective clothing at night, to run as close to the edge of the road as possible when traffic is approaching and run single file.

Court officials said each of the student joggers now face a \$15 fine and court costs of \$28.

Self defense on the road

HARRASSING THE HARRASSERS

by BRAD STEVENS

If the Pentagon is looking for a new all purpose vehicle perhaps they should look no farther than the average Fort Wayne runner. Over my ten year running career I have survived direct attacks, verbal and car horn abuse, as well as the five inch ice balls launched from speeding cars, beer cans, and bottles that shattered and showered me with glass. After every experience I swore that I

would run heavily armed with a 45 magnum in the future.

Well this story is about the only successful retaliatory attack I launched back at the offender with equal weapons. SPIT! There were some local rowdies that roamed my running territory in an old jalopy covered with various primer colors who caught me off guard a number of times with a barrage of spit. I guess they caught me when I was "O.D."ing on the "runners high," as some high paid writers put it.

My high really came the day that I happened to spot the multi-colored jalopy and the rowdies off in the distance bearing down full speed my way. If anyone ever tried to summon spit on command it was me. All the while I continued running as if I didn't notice their approach. As they closed the gap, I noticed the passenger predictably rolling down his window, preparing for his weekly turkey shoot. At the precise lead time, I let my howitzer patty fly and then I ducked off course. My timing was perfect. I laid a king size glob directly on the windshield, whereas, the red-necks shot was far off target.

I raised my fist in "Rocky" fashion and I am sure that they saw it in their rear view mirror.

The final mile of my run was in complete peace as I proceeded to enjoy my unique "runners high" experience.

The "Readers Write" is a page reserved for FWTC members who wish to write about any humorous or unusual experience that may be of interest to other runners. Each article should be 100 to 200 words. Persons wishing to submit copy for consideration should mail them to:

Jim Dupont, 3407 Casselwood Drive,
Fort Wayne, IN 46816

The Master Runner

Masters of their own feet

by MIKE ROBBINS

Are there any secrets to remaining a "competitively" successful runner beyond the age of 40? This year two masters runners finished in the top 10 overall standings. The numbers of runners racing in the masters categories has approached and, in some cases, surpassed the numbers in much younger age groups. Across the country master runners are receiving increasingly greater attention (see feature article in the February, 1983, issue of "The Runner").

"If you want to do well in races, you have to put in miles. . .enjoy training—do different things." —Myron Meyer

In an attempt to uncover any common elements, I reviewed the training approaches of several experienced masters runners. Though the review was limited and addressed only "competitively" successful runners, the element which most permeated the training was one of purposefulness.

"Train to stay healthy and let racing be a 'plus'. Training with others. . .provides learning opportunities." —Mike Kast

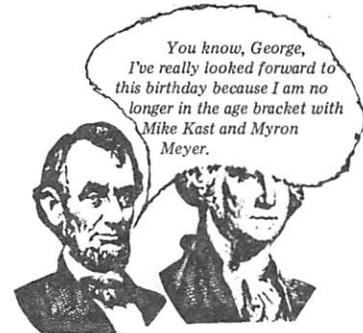
In general, the training consisted of more long runs than speedwork and more running than alternate training, but contained elements of each.

"My basic training is all long runs. However, in '83 I intend to reduce miles. . .begin speed-work." —Woody Barker

More specifically, the runners questioned had established individual goals and followed a predetermined training schedule which also permitted a margin of flexibility. Again, the dominant factor was not the details of the schedule, but the seriousness of approach to it.

"The runners I most admire are Joe Barile, Myron Meyer and Alberto Salazar, in that order." —Mike Kast

It may well be this purposefulness of training which sets the "competitively" successful runner apart. Specific results are considered important and are not left to chance. Like most goals in one's life, these running goals require planning and disciplined training. This purposeful approach seems to provide a framework of confidence, satisfaction and accomplishment in itself apart from the specific race results; at least for increasing numbers of masters runners.



The Fort Wayne Track Club in conjunction with the Fort Wayne Parks and Recreation Department presents:

Winterfest '83

*Although we are having a late registration, please try and register in advance and make checks payable to the Fort Wayne Track Club. Medallions will be awarded to the top finishers in these divisions:

MEN		WOMEN	
14 and under	1 - 3	19 and under	1 - 3
15 - 19	1 - 3	20 - 29	1 - 3
20 - 24	1 - 3	30 - 39	1 - 3
25 - 29	1 - 3	40 and over	1 - 3
30 - 34	1 - 3		
35 - 39	1 - 3	<u>ALSO</u>	
40 - 44	1 - 3	Cruiserweight	
45 - 49	1 - 3	(Over 190 lbs) 1 - 3	
50 - 59	1 - 3	<u>Must weigh in</u>	
60 and over	1		

At Franke Park-Pond Pavilion
Fort Wayne
Come prepared to run.
Restrooms will be available.
Registration is 1:00 - 1:45 P.M. on day of race.
This is free to FWTC members.
\$1.00 for non-members

Saturday, February 12, 1983
2:00 P.M.

5 Mile Run

Send entries to:
Mike Melendrez
4524 Leeward Cove
Fort Wayne, IN 46804
(219) 432-4642

Name _____ Age _____ Sex _____
Address _____ City _____
_____ State _____ Zip _____

I acknowledge that I have trained sufficiently to participate in this event. I or my heirs waive all rights and claims against the Fort Wayne Track Club and the Parks and Recreation Department or affiliates in connection with this event.

Entrant's Signature _____ Date _____

Signature of parent or guardian if under 18 years old _____

FWTC to back Junior Olympics

WILL SEND TEAM TO SECTIONAL

By MARY HELEN SOHASKI

At the October board meeting, the following motion was passed:

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

John Schwarze was appointed chairman of the committee. The FWTC will make its equipment available to the program and the Inside Track will publicise the project. The club will pay all reasonable expenses. The chairman is to provide reports at board meetings.

The Junior Olympics is a nationally organized track and field competition held in the

summer months. Initially, each state has sectional meets (4 in Indiana) and then a final state meet. There is a regional meet and a national meet. Last year's competition was televised on ESPN.

Age groups are as follows: (Boys and Girls)

9 and under 10 - 11 12 - 13

14 - 15* 16 - 17*

*(these go to Nationals)

Normally, the three younger groups will compete in the mornings while the two older groups, which have more events, will run in the afternoon.

Distances are as follows:

100M 200M 400M

800M 1500M 3000M

In addition, there are relays and field events.

Our observation is that the FWTC has numerous youngsters that could get well past the sectional level.

Unfortunately, there is some fighting between the AAU and the TAC for control of the Junior Olympics. We should be able to go with the better program. When the fight is over, the results should be a real "hum-ding-er" of a summer running competition for the

young people.

We are planning to get ready for the competition by having a series of Sunday afternoon meets held at Lane Junior High (pending their OK). These meets will be low-key. No entry fee, no awards. Stress will be on participation, enjoyment, and some coaching will be provided. There should be no conflict with IHSAA rules.

1983 SCHEDULE

Sunday	March 13	2:00 p.m.
Sunday	March 27	2:00 p.m.
Sunday	April 10	2:00 p.m.
Sunday	April 24	2:00 p.m.
Sunday	May 8	2:00 p.m.
Sunday	May 22	2:00 p.m.
Tuesday	June 7	6:00 p.m.
Tuesday	June 14	6:00 p.m.
Late June	Sectional Meet at Nappanee	
July	State Meet at Indianapolis	
Early August	National Meet at Memphis, Tennessee	

For more information call:

John Schwarze

219-749-9764

An entry form is enclosed in this newsletter

FORT WAYNE FACES LOSS OF MAJOR TRACK MEET



The Midwest Meet of Champions is in serious financial trouble and may be moved from our city or discontinued. We have lost our largest corporate sponsor and face the tough job of raising those funds in an economically unstable local and state environment.

It has been decided that the trust of our fund raising campaign will be aimed toward the true fans of Track and Field. We feel that if they can't or won't support the meet, then it probably doesn't deserve to remain in our community.

Please show your interest in keeping this fine sporting event in Fort Wayne by:

1. Writing a personal check for \$12.00 which will make you a meet patron and get you four tickets to the meet.
 2. Share our plight with your friends, neighbors, relatives and business associates and send in their ticket orders with yours.
- (Refer major sponsor or advertising possibilities to Bill Walker)

Act as soon as possible on your ticket orders. We must have our financial house in order by the end of February so that meet plans can be made or forgotten.

PLEASE DON'T LET US DOWN. Thanks for your assumed cooperation.

The Midwest Meet of Champions
Executive Committee

MIDWEST MEET OF CHAMPIONS PATRON TICKET ORDER

Send me _____ sets of patron tickets at \$12.00 per set. (four meet tickets per set)

I have included a check(s) totaling \$ _____ to cover the cost of my order.

Make checks payable to: Name _____
Midwest Meet of Champions

Send to: Address _____

Larry Yant _____
1923 Randallia Drive _____
Fort Wayne, IN 46805 _____

Running & thinking

WHAT DO YOU
THINK ABOUT WHEN YOU RUN?

By Norm Spitzig



An old buddy of mine recently asked a rather unsettling question: "What do you think about when you run?". From his perspective as a nonrunner, the question was a perfectly valid one, especially since he knows that I average nearly an hour a day on the roads. "Well, what DO I think about?"

A pat answer, at least for me, does not come easily. To begin with, the question is based on a confused notion of the word "think". If by "thinking" my friend meant, (as I think he did!) a sort of calculating, rationalizing consciousness, the kind of awareness we have when engaging in a debate or solving a math problem, then the answer is that I usually "think" of

nothing at all during my runs. (Perhaps herein lies an underlying reason why I run: running provides an escape from the tape-recorder-like thinking common to our everyday lives.)

Let me explain. Much of my runs are spent in a "different sort" of mental state. In one sense I am, of course, perfectly aware of my surroundings - how many miles I have completed, my pace, the weather conditions, the current traffic situation and the like. To the average onlooker, I am sure that I look perfectly "normal" (as far as this word is applicable to a runner!). But on another, somehow "deeper" level, I spend that continuous flow of discrete moments feeling as I imagine a healthy animal does - physically alive (not "thinking" about the joy of being physical!), aware of only the present, devoid of personal problems or philosophical speculation. Thoughts pass, it seems, at random through my head as I watch almost as a disinterested observer. Occasionally a thought that I deem of some import (e.g., a solution to a current problem at work, a particularly clever play on words, etc.) will somehow be recorded and tucked away for future reference. But never are such thoughts forced. Any Cartesian duality between body and mind that I might have come to study in some obscure phil-

osophy class no longer exists.

It is in the same way that I notice the particulars of my daily run. If it is bitterly cold, I accept it and don't worry about it. If my legs ache because I've been lazy about my stretching exercises, so be it. I certainly cannot change these things and worry will only ruin the state of tranquility produced by the run.

Not all my runs, of course, are blessed with "thinking" in this broader, more satisfying sense. Many of my runs are downright boring, at least at the beginning, when the particular thoughts and problems of the day have not yet been subsumed to this feeling of relaxation and satisfaction that inevitably follows as the miles accumulate.

Races are another matter. The intense and constant attention to pace, position, distance and physical signals from my body - all necessary for a "good" race, I might add - tend to prevent my mind from "thinking" in the broad sense I have tried to describe. My "thinking" in races is usually a thinking in the ordinary everyday sense of the word. (However, the longer the race, the better the likelihood that I will slip into the "expanded form" of thinking.)

Did you follow all that? No? OK, then what do YOU think about when you run?

Charlie Hall November 30, 1982
Oxford Thanksgiving Triathlon
Run 20 miles 3:06
Bike 51 miles 3:10
Row 8.5 miles 1:58
Total 8:14
Change and rest :24
8:38

The Good News - 1st place 40-50
8th overall

The Paradox - I was the only one
in my class. Only 12 started.
Four dropped out. I
was the last finisher.

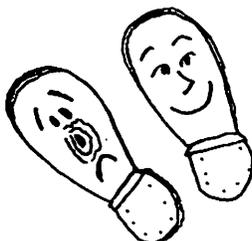
Cyrus F. Johnson
Marathon Marathon, Terre Haute
3:57:00
WKJG 33/Hooks Marathon
4:15:00
Detroit Free Press Marathon
4:02:00
50 and over age group

HOUSE FOR SALE

1500 square feet, with 3 bedrooms. In Haverhill Area - close to many FWTC runs. Contact Gary Dexheimer at 436-1954

FWTC SELLING RUNNING LOGS

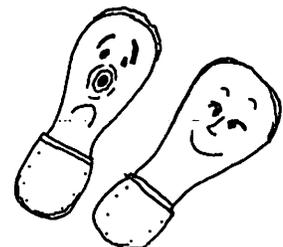
The Track Club will be selling Training Logs at all of its races this year. These logs will be selling for the low price of \$1.00. These are special logs printed for the Club through special arrangement with the Harding High School Graphic Arts Class.



5 types to choose from
starting at \$13.00

Resole Your
Running Shoes

Chuck's Shoe Repair
GEORGETOWN SQUARE



Hours: Tues. - Fri. 8:30 - 5:30, Sat. 8:30 - 4:00
Closed Monday

EDITOR'S NOTE - The announcement of a date change for the TV-33/Hook's Marathon is old news to most of our members, however, the following is the official release which may be of interest to many of you who may have missed it:

Plans to stage the 1983 TV-33 Marathon on a new date have been announced by officials of WKJG-TV. Hilliard Gates, Vice President and General Manager of Channel 33, reveals that the station - in cooperation with the Fort Wayne Track Club - will present the 9th annual Fort Wayne long distance race on Sunday, May 1, 1983. The date has been altered at the request of officials of the FWTC who asked that the event be moved from the heat of July to the comparative coolness of a May Sunday. The switch from July to May will be welcomed by the army of competitors and likely will result in a substantially expanded entry list.

TV-33 and the Track Club are cooperating in seeking entries from the intercollegiate field of runners who are not available for summer marathons. Indications are that several of the top college long distance runners will be among the starters.

The race will be run over essentially the same course that has been followed in former years - starting and finishing at the Memorial Coliseum. The start time will be 8 A.M., and the event will include a wheelchair division for the fifth straight year.

To accommodate the switch in dates, it has been necessary for the popular marathon to leave the schedule of the Three Rivers' Festival. Gates - in announcing the move - indicated that it was an agonizing decision, and it was accomplished only because the overall safety and comfort of the runners required a move to a cooler time of the year. Gates graciously extolled his gratitude to Festival Director Bill Hausman and his staff for their unlimited cooperation over the last eight years where the TV-33 Marathon had become one of the outstanding events of the Festival each summer.

BERNIE QUALIFIES FOR BOSTON

A note from Bernie Huesing informs us that he has qualified for the '83 Boston Marathon. He ran a 3:16:45 time and finished 160th out of 800 at the Savannah (Ga) Marathon on January 8th. Bernie is in the 50 year old age bracket. He says that he enjoyed, "Great Southern Hospitality."

Daniel Ormsby, a new member, tells us that he ran a time of 46:00 at this year's Home Loan and finished 755 overall. He finished 146/288 in the 30-34 age bracket

THE CURRENT TREND IN RUNNING

THE ELECTRIC SHOE

For effortless running



Uses either AC or DC

Extention cord (5,280 feet)..... \$999.98
[seven cords will give you enough length for a 10K run]

Back pack for carrying 12 volt battery*..... \$ 29.95

*Does not include battery

Contact Dewey Slough for more information.

(Green Heads/continued from page 3)

Well, friends, that's the year that was.....1982.

I drove this article over to Rock's school where he's the principal. Being proud of this work and glad to be rid of this difficult task, I confidently handed Rock the manuscript. He read it for awhile. "Well

Gene, I see that you've stooped to new heights....Don't worry, the article is okay, I guess. But what I really wanted was something like a...a...of a "10 worst dressed list" using our club members. But I'll print what you've given me. In fact, I know what your next assignment will be, and no complaints from you either. I want you to make a "Ten Worst Dressed List!"

"I don't know, Rock..."

"I said, do it - or else." Rock glared at me for a moment then softened into his usual friendliness. "I'll be seeing you, Gene. I gotta leave school early so I can stop at the grocery on the way home and pick up some brussel sprouts."

I said "Bye" and as I watched the Rock leave I hopefully thpught, "Surely he must be kidding about that "Ten Worst Dressed List".....Surely.....But then.....what if he isn't?"

Last and least

NEVER TRUST A FISHERMAN WITH AN EMPTY STRINGER!

By JIM DUPONT, Editor



Drawing by Todd Westerman, Harding High School, Junior

Fishing a strange lake for the first time is challenging. Where to fish, how deep, what bait to use, and a thousand other factors must be known in order to be successful. One easy way to handle this is to ask someone who is familiar with the lake to advise you of all its secrets. There are dozens of "experts" around each lake who will gladly give you this advice.

But whom can you trust? Whenever I approach one of these "experts", one of the first things I do is look at his stringer. If he has fish on it, I listen very carefully to what he has to say and then follow his advice. If he has no fish on the stringer, I then operate under another rule. That rule is: NEVER TRUST A FISHERMAN WITH AN EMPTY STRINGER. Obviously, he does not know what he is talking about.

As a runner, I am "a man with an empty stringer." I am always one of the last to finish and I know the least about running; therefore, I do not plan to write articles in which I give ad-

vice to runners. I will spare you all of that.

My main goal as editor this year is to coordinate the efforts of the many people in our club who are qualified to advise. The Fort Wayne Track Club is fortunate to have many runners with "full stringers," and I am planning to utilize their experience and knowledge in future issues.

The Inside Track has expanded over the years to a point where it is no longer a two or three person responsibility. We have expanded the size of the staff and have spread out the work load. Fortunately, we have been able to find enthusiastic and qualified people to assume these roles.

The one objective I hope to accomplish this year is to make the job of printing each issue an enjoyable experience for all of us working on it. We hope that this attitude will be reflected in each issue and the members will find the publication an equally enjoyable experience.

And speaking of rules.....

Jim Shonkwiler, of the Roadrunner Track Club, has an interesting rule that he follows: For every five races as a participant - volunteer to help in one.....

Think about it! If every member of the FWTC would follow this rule, we could have 50 or 60 volunteer helpers for each of our runs.

Finding time

IT'S THERE IF YOU WANT IT BAD ENOUGH

Job demands often make it difficult for runners to find time for their training runs each day. This is a common complaint among runners. John Heath, a FWTC member, has a very interesting and unusual solution to this problem.

John is a milk truck driver. He drives his tanker around the northern part of Indiana

and obviously spends the greater part of each day in a sitting position. John is different from other drivers, however, for underneath his regular clothing John is wearing his running shirt, shorts and shoes. When he stops for a delivery, which is a procedure that takes approximately 1 to 1½ hours, he steps out of his truck and gets in a 5 to 7 mile workout.

One of his delivery sites is in Goshen where he has discovered an excellent running trail which follows an old canal bed. In Fort Wayne, his delivery is made in a location near the Bible College and Foster Park. He finds these runs very refreshing after a long drive in his truck.

Two years ago, John ran his first marathon at Saginaw, and finished in 4:10. A year later he ran Saginaw again, this time in 2:57! Quite an impressive improvement, don't you think?

Race Calendar

By TOM LOUCKS

Information in the race calendar reflects the latest received by the **INSIDE TRACK**. Double check with race directors or other sources before traveling.

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

February

5 Winter Celebration Run (4 mile), Erskine Park Golf Course, South Bend, 8a.m., Athletic Annex, 6305 St. Road 23, South Bend 46635

6 Winter Carnival Wonder Run 2.2 mile & 6mile Syracuse, IN (Lakeside Park) 1:00 p.m., 219-457-5637 or Jim Garner 457-5116

6 Winter Festival 7,000 (on surface of lake, if possible), Lake James, Angola (see race ad in this newsletter)

12 Fort Wayne Track Club, 5 mile, Franke Park, Fort Wayne (see ad in this newsletter)

14 VD (Valentine's Day) Run (10K jog), Rathskeller, Mishawaka, 6:30 p.m., Athletic Annex, 6305 St. Road 23, South Bend, IN 46635

20 Sam Costa Half-Marathon, 13.1 mile, Carmel, IN (Carmel Clay Jr. High). 1:00 p.m., Bob Stiehl, 317/846-6578 before 9:30 p.m.. 844-8295 days.

20 Valpo 8 mile - Valparaiso, IN (Thomas Jefferson Jr. High), 10:00 a.m. C.S.T., Jere Kunkle, 1808 Chicago Street, Apt. 87, Valparaiso, IN 46383 219/462-5313

26 Maple City Road Run (5, 10 mile, 2 mile jog), Towncrest Jr. High, Goshen, 2:00 p.m., Rick Clark, 716 S. 8th, Goshen, IN 46526 219/533-4786

March

5 King,s Challenge (10K), South Bend, 8:30 a.m., Athletic Annex, 6305 St. Road 23, South Bend, IN 46635 219/272-7565

12 Spring Trot (5K), Scottsdale Mall, South Bend, IN 8:30 a.m., Athletic Annex, 6305 St. Road 23, South Bend, IN 46635 219/272-7565

19 Goshen Women's Run (5K), 8:30 a.m., Athletic Annex, 6305 St. Road 23, South Bend, IN 46635 219/272-7565

20 Fort Wayne Track Club, 20K, Homestead High School (look for ad in March issue of The Inside Track) 2:00 p.m.

27 Windy Marathon, Indianapolis, IN (I.U. Track and Field Stadium), 10:00 a.m., Duane Heidecker 317/875-1179

April

3 Maxinkuckee 15 K, Culver, 1:00 p.m., Athletic Annex, 6305 St. Road 23, South Bend, IN 46635 219/272-7565

9 Muncie Symphony Run (1 mile jog at noon, 5K at 12:30 p.m., 10K at 1:15 p.m.) Muncie, Linda Branam, 1138 Warwick Road, Muncie, IN 47304 317/288-3168

11 Dyngus Day Run (10 K jog), Rathskeller, Mishawaka, 6:30 p.m., Athletic Annex, 6305 St. Road 23, South Bend, IN 46635 219/272-7565

16 North American Van Lines 15 K, 9:00 a.m., (look for ad in April issue of The Inside Track)*

30 Marathon Marathon and 10,000 Meter Run, Terre Haute, 7 and 8 a.m., respectively, Rick Mathews, ISU, Terre Haute, IN 47809 812/232-6311, ext. 2572

May

1 TV 33/Hook's Marathon, Fort Wayne (look for ad in April issue of The Inside Track)*

7 Eagle Creek Spring Classic (5, 10 K), Eagle Creek Park, Indianapolis, 10:30 a.m. (1.5 mile trail run, 9:45) Rich Radez, 1414 Merchants Plaza, Indianapolis, IN 46204

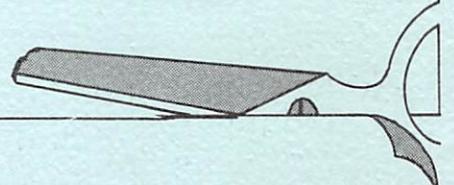
8 Blood Run (5mile), South Bend, 8:00 a.m., Athletic Annex, 6305 St. Road 23, South Bend, IN 46635 219/272-7565

* FORT WAYNE TRACK CLUB POINT RACES

DO A FRIEND A FAVOR

Give this card to them and invite them to
start enjoying the benefits of the

FORT WAYNE TRACK CLUB



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M P
B L
E I
R C
S A
H T
I I
P O
N

Name _____ Birthdate _____ Sex _____
 Address _____ Phone _____
 City _____ State _____ Zip _____
 Occupation/Employer _____ Phone _____
 Annual Mbshp. \$10.00 = \$ _____
 Ea. add'l. family mbr, \$5 ea. _____ = \$ _____
 (\$20.00 max. per family) Total \$ _____

TRACK CLUB USE:

Make checks payable to Fort Wayne Track Club and mail to:
Fort Wayne Track Club, P.O. Box 11703, Ft. Wayne, IN 46860

New _____ Renewal _____

FORT WAYNE TRACK CLUB APPLICATION:
(list name, age, and birthdates of each member)



FORT WAYNE
TRACK CLUB

Bulk Rate
U.S. POSTAGE PAID
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P.O. Box 11703
Fort Wayne, IN 46860

Donald Lindley 118A
6015 Landsdowne
Ft Wayne, IN 46816

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