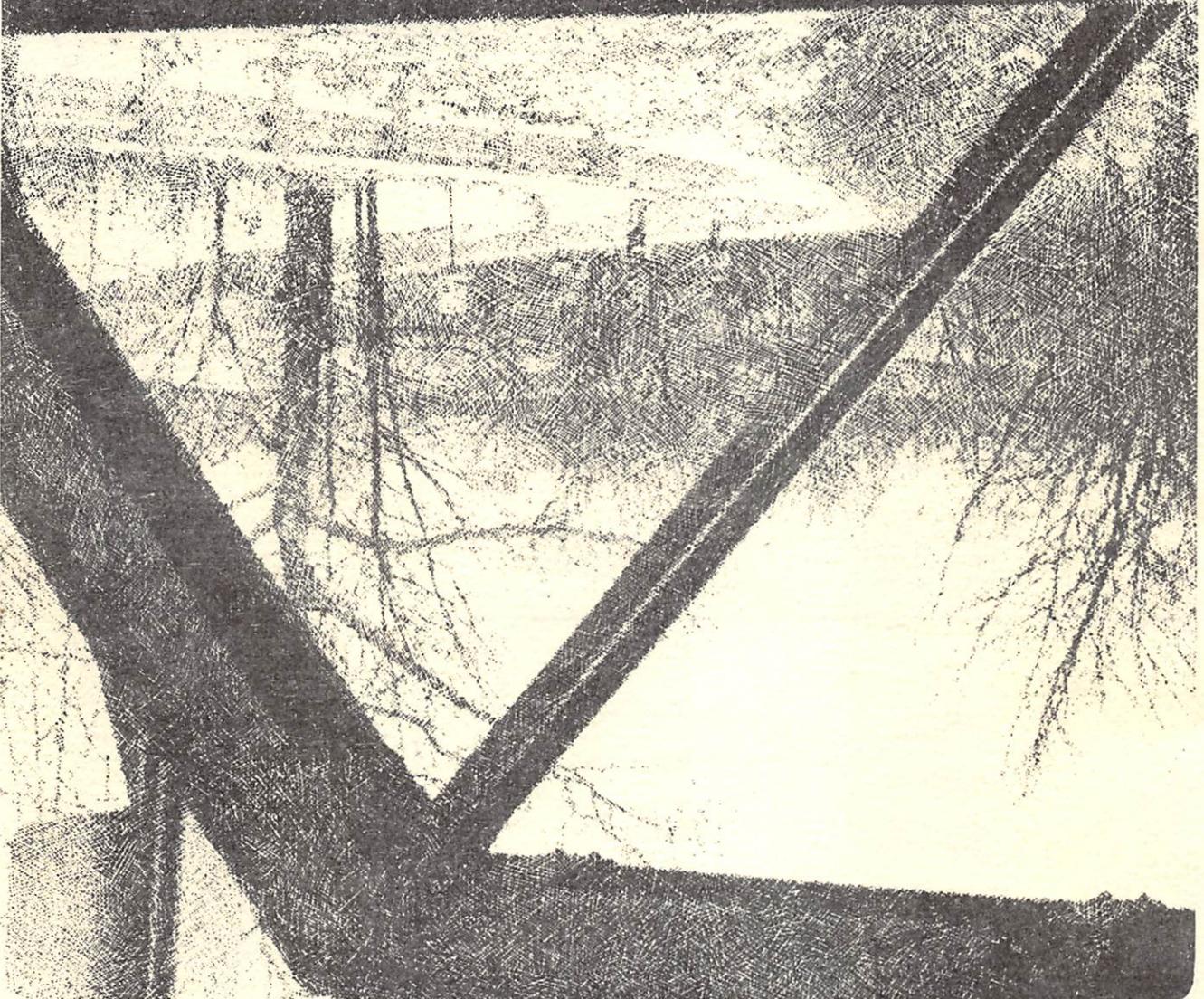


Homestead 8 Mile



NEWSLETTER OF THE FORT WAYNE TRACK CLUB

the inside track

MARCH, 1983

FORT WAYNE
TRACK CLUB



THE Inside TRACK

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The deadline for each issue is the 10th of each month. Submit copy to:

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 Fort Wayne, IN 46816

The Inside Track Newsletter is printed by students in the Graphics Arts Program at Harding High School as a non-profit educational experience.



FORT WAYNE TRACK CLUB

1983 FWTC Race Schedule

1983 FWTC POINTS 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 23	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 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.

CHANGE OF ADDRESS

Attach your magazine label here.
Please print your new address below.

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 P.O. Box 189
 Ossian, IN 46777

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Advertising Rates

Race Applications.....\$25.00
 Full Page Ads.....\$55.00
 Half Page Ads.....\$37.50
 Quarter Page Ads.....\$22.50

All copy must be in the hands of the editor by the 10th of each month for the following months newsletter. Discounts are available for ads that run more than three months. Contact Chuck DeVault, Advertising Coordinator, 2420 Nordholme Avenue, Fort Wayne, IN 46805 219/482-2272

Putting fun back into running

by JOHN TREALEAVEN, President
Fort Wayne Track Club



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ultra-t
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484-4322

Why do we run? The real reasons are sometimes overshadowed by our competitive nature. There are many reasons to start running. Some of them are weight loss, getting back into shape, and improving our overall health. No matter what our good intentions are when we start, they don't keep us going unless we really enjoy running. Those who enjoy it, stick with it.

A runner at this point is faced with another big decision; do I want to race? The answer tends to split runners into two groups. One, those who compete and two, those who continue to run for the original reason that they got started.

This brings me to my main goal for this year - to come up with events that both the competitive runner and non-competitive runner can take part in. The number one criterion for these events is that everyone who takes part has fun.

Help Wanted

Position: FWTC Event Director 1983

Requirements: 1. Fun Event
2. Time
3. Creative

Compensation: None. Just the satisfaction of giving something back to a sport that has benefitted you.

Apply: John Treleaven
432-5315

NORTH AMERICAN VAN LINES 15,000 METER RUN

Registration Form

**Location: North American
Van Lines
U.S. 30 West
Fort Wayne, Indiana**

APRIL 16, 1983

Race starts at 9:00 a.m., Saturday, April 16, 1983

**The entry fee is \$4.00 prior to April 9, 1983
\$8.00 April 10-15, 1983**

NO DAY OF RACE REGISTRATION

**A custom T-shirt bearing the NAVL 15,000 Meter
Run Logo will be supplied to all finishers. All
checks should be made payable to:
NAVL 15,000 Meter Run**

NAME _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

AGE _____ SEX _____ T-SHIRT SIZE S (34-36) M (38-40) _____

PHONE _____ L (42-44) XL (46-48) _____

**I have conditioned myself to run over 9.3 miles (15 kilometers). I waive
any rights I may have against the NAVL 15,000 officials and sponsors
for damages or injuries occasioned by my participation in the NAVL
15,000 Meter Run on April 16, 1983.**

Date _____ Entrant's Signature _____

If under 18, Parent or Guardian must sign here

**Send to: Terry Shipley
7620 Westford Court
Fort Wayne, IN 46815**

**Sponsored by NORTH AMERICAN VAN LINES in cooperation with
the FORT WAYNE TRACK CLUB**



SATURDAY, MARCH 19, 1983

3rd ANNUAL

20K ROAD RACE

PLUS 1 and 2 Mile Runs



Restrooms - water - no showers - come prepared to run.

REGISTRATION: After 1:00 p.m. day of race only - NO PREREGISTRATION

AWARDS: (announced at race)

20K		1 and 2 Mile Runs	
<u>MEN</u>		<u>WOMEN</u>	
14 & under	1	19 & under	3
15 - 19	3	20 - 29	5
20 - 24	5	30 - 39	5
25 - 29	5	40 - 49	3
30 - 34	5	50 & over	1
35 - 39	5		
40 - 44	5		
45 - 49	5		
50 - 59	3		
60 & over	1		

**HOMESTEAD HIGH SCHOOL
(Start and Finish Line)**

**2:00 p.m. - 20K
2:15 p.m. - 2 mile run
2:15 p.m. - 1 mile run**

Members: no charge Non-members: \$2.00

RACE DIRECTORS: 20K - Mike Kast
1 and 2 Mile Runs - Gloria Nycum

4th annual

MUNCIE SYMPHONY RUN HRRC POINTS RACE 10 K SUNDAY, APRIL 10th, 1983



RACE DAY
TIME: 12:00-2:00 Registration & Race Packet Pick-Up (Nautilus Fitness Center)
 2:00 PM 1 Mile FUN RUN
 2:30 PM 5 K Race
 3:15 PM 10 K Race
 5:00 PM Awards (Nautilus)

LOCATION & FACILITIES: Nautilus Fitness Center, 3500 Chadam Lane, Muncie, IN. 317-282-7474 (see map) will be the site for start, finish, & awards. Nautilus will provide facilities for dressing, showers, lockers (bring your own lock & towel), sauna & whirlpool. There is adequate parking. Babysitting available.

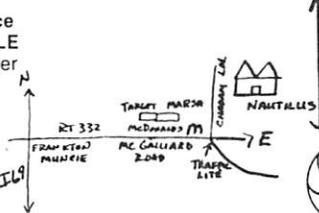
COURSE: Certified, flat, blacktop. Aid station on the course & at finish, courtesy Kammer Bottled Water Muncie.

ENTRY FEES: 5K & 10K \$6.00 Pre-Registered Nike Singlets to the first 1,000 registrants to pick up their race packet, including the 1 Mile Fun Runners
 \$7.00 Race Day
 1 Mile \$4.00 Pre-Registered
 \$5.00 Race Day

To help eliminate race day congestion, race packets will be available for pick-up one week prior to the race at the Muncie athletic annex, (address below). Choose your singlet size & color when you pick-up your packet.

AWARDS: Top 10% or more in each age group of the 5K and 10K. Based on pre-registration. Results mailed to runners & published in the Hoosier Runner.

DIVISIONS	5K		10K Points Race	
	MALE	FEMALE	MALE	FEMALE
	14 under	14 under	13 under	13 under
	15-18	15-18	14-15	14-18
	19-24	19-24	16-18	19-24
	25-29	25-29	19-24	25-29
	30-34	30-39	30-34	30-34
	35-39	40-49	35-39	35-39
	40-44	50 over	40-44	40-44
	45-49		45-49	45-49
	50 over		50-59	50-59
			60-69	60 over
			70 over	



REGISTRATION: Tax deductible check payable to: MUNCIE SYMPHONY LEAGUE

Mail to:
 Pat Brunette
 2701 W. Purdue
 Muncie, IN 47304
 317-284-3807

DELIVER IN PERSON TO:
 athletic annex
 409 N. Martin
 Muncie, IN
 317-289-3387

athletic annex
 4201 Coldwater Rd.
 Glenbrook Square
 Ft. Wayne, IN
 219-484-4322

QUESTIONS:
 Linda & George Branam
 Race Directors
 1138 Warwick Rd.
 Muncie, IN 47304
 317-288-3168

CLIP HERE ✂ CLIP HERE ✂ CLIP HERE ✂

RACE 10K _____ 5K _____ 1 Mile _____

NAME _____ Male _____ Female _____ Age (on 4-10-83) _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____

Waiver of Responsibility: In consideration of the acceptance of this entry to the Symphony Run, I waive all claims for myself, my heirs, and assigns against The Race sponsor or promoters for injury or illness which may result from my participation. I further state I am in proper physical condition to compete in this race, and I am an amateur runner.

SIGNATURE _____ DATE _____ Parent's signature _____
 if under 18 yrs. old.

The Readers Write

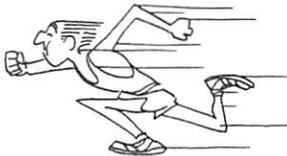
The "Readers Write" is a page reserved for FWTC members who wish to write about any humorous or unusual experience that may be of interest to other runners. Each article should be 100 to 200 words. Persons wishing to submit copy for consideration should mail them to:

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

Editor's Note:

Of of the most consistent comments that has been given by members over the last month is in regards to how much they have enjoyed the humor in the Inside Track. They especially liked the stories submitted to the "Readers Write" column. Since then, many people have told me of funny incidents that have happened to them and I have requested that they submit them to the column. I have not received any this month. I feel that this is a valuable page to the newsletter and urge you to submit that story for the enjoyment of others in the club.

As the Rock would say, "Do it or else!"



WE MEETING

Sunday, March 27th
7:00 p.m.

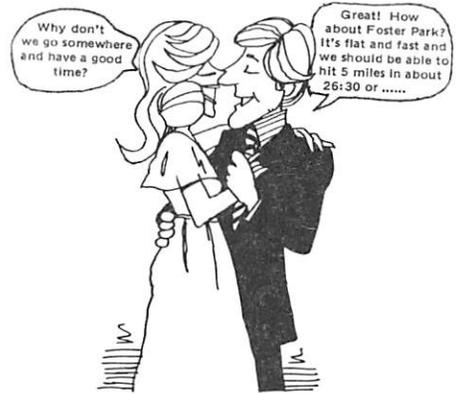
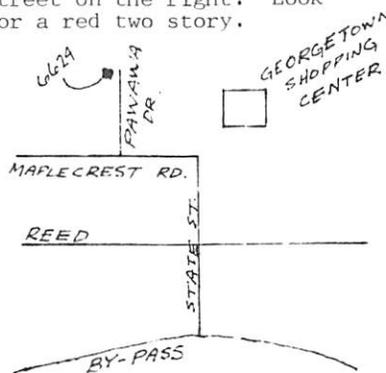
At Marsha Schmidt's House
6624 Pawawna Drive
(see map below)

The speaker will be Greg Orman
Manager, Athletic Annex
Glenbrook Mall

Topic: Everything You Always
Wanted to Know About
Running Shoes And
More!

This should be a very interesting and informative speaker, so feel free to bring your hubby. All FWTC members are invited.

From State & Maplecrest turn North onto Maplecrest. Pawawa Drive is the first residential Street on the right. Look for a red two story.



CORRECTION-MUNCIE SYMPHONY RUN

The Race Calendar in this issue has the Muncie Symphony Run listed on April 9. After this was printed we have learned that this years race will be held on Sunday, April 10. The race ad in this issue has the correct information.

For those of you who have not run this race, we recommend it highly. This is one of the few races where all receive a nice T-shirt.



see the new 460

we have it all!
shorts, singlets, long sleeve shirts,
t-shirts, rain suits
men and women

10% discount to all
Fort Wayne Track Club Members



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Joan Goldner

For Women

Promise her anything, but give her Ben Gay

by ANN MIZE, WE Coordinator

Jan Fairchild and Jan Kissinger began WE (Women Enthusiasts) in 1981. They wanted women runners to have an opportunity to meet and exchange ideas on a more personal level. The group became informed, encouraged, and inspired by each other. I remember after the first WE meeting, Becky Heyde and I were so fired up she drove out to my house for a 9:00 p.m. run. Crazy as that seems, WE meetings still fire me up. Unfortunately, I usually stay for dessert instead of a fiery run.

The meetings aren't the only thing to inspire me; it's also the women who make up the WE membership. It's only fitting that my first column should be on the woman runner who inspires me the most. She is a talented runner; she exercises aerobically several times a week at the "Y"; works for the Apartment Association; keeps hubby, Don, and two kids content; and somehow still finds time for her work in the Arts. I asked Joan Goldner to share her Arizona story with us. It goes something like this:

For those few people left in town who have not been bored by my delirious pronouncements about my successful Fiesta Bowl Marathon, I was fortunate enough to run a 3:18 on December 4th thereby qualifying to run in the Boston Marathon. The race was a good experience - well organized, scenic, flat course, perfect weather, about 4800 runners - altogether a peak experience. I highly recommend the Fiesta Bowl Marathon in Scottsdale, Arizona to anyone who wants to try for a marathon P.R..

But to get back to the real story - the day after the marathon, my aunt and uncle in Carefree, Arizona were hosting a cocktail party to celebrate my success in the marathon. All the people there were non-runners. I don't think many of them knew what a marathon was. But they were very gracious about my endeavor - thought I was a crazy lady - but were properly impressed that I could still stand the day after running 26 plus miles.

As we were leaving to go to dinner, one of the women noted that someone was wearing a lovely new fragrance but she couldn't quite place the scent. Estee Lauder's Private Collection, Chanel No. 19, White Shoulders, and Joy were all mentioned as the various perfumes present. I hadn't chimed in yet so they all gazed expectantly at me.....I announced bravely and honestly that I was wearing Ben Gay. (Why couldn't I have been chic and said Ben Gay No.2?)

WE have indeed come a long way - several years ago I didn't have a nodding acquaintance with Ben Gay - now it has replaced Arpege a good deal of the time.

Thanks for inspiring us Joan.

Ultra-marathoners

by DON LINDLEY

After reviewing and comparing Ultrarunning 1981 list of results of North America performances with the 1982 results, there was very little growth in the number of runners that finish 50 mile races under specific hours. For instance, there were a total of 139 women in 1982 that finished 50 miles under 11 hours compared to a total of 122 women in 1981. A total of 712 men finish 50 miles in 1982 under 8 hours compared to a total of 717 in 1981. But still that was a considerable amount of growth at other standard ultra distances and a rough estimate of over 2,000 participants at 50 miles.

In the 50 mile races for women, Jan Kissinger was 15th place overall with a time of 7:26:45. As the highest finisher from the Fort Wayne Track Club, her performance moved her up from 20th place last year. Gloria Nycum and Sharon Wiersma were tied for 79th place; Gloria was 98th place last year and Sharon was 63rd place last year. Ann Mize finished 99th place, she advanced five places from last year. New women participants included Jean Tipton, 108th place, Julie Wilson, 125th place, and Adelma Waltenburg, 126th place. It was great to see seven women from the Fort Wayne Track Club among the top 139 finishers. Congratulations on a job well done for inspiring performances. The men did not fair as well, only six Fort Wayne Track Club members finished among the 712 finishers.

Regarding the restrictions, as far as TAC (The Athletic Congress) is concerned, there is still no official women's record for any ultra-distance. Current TAC policy is that women's open (but not age group) records must be set in a women-only race. This position is understandable for shorter distances, where world class competition exists at many women-only races. But, to the best of my knowledge, there has never been an ultra that was restricted to women. So, if someone were to organize an ultra that was restricted to women only, the winner would automatically get a TAC recognized U.S. record, regardless of her time. This seems a bit silly. The RRCA (Road Runners Club of America) takes a different view; recognizing records set in mixed races, and NRDC (National Running Data Center) does keep track of the best performances. It could be years before a quality women's ultra is held. Mixed races just make more sense. So it would seem to make sense for TAC to adopt different policies for ultras.

One of the reasons for a restrictive policy of the runner is the possibility of the runner obtaining pacing or windshielding help from men in the race. But then there is the case of Sue Ellen Trapp, 8:05:26, whose 100KM American record in 1981 was set in a mixed race in which she beat all the men and Sandra Kiddy, 7:59:58 for 100KM, she also beat all but three men in the race.

In the 100KM races during



1981 and 1982, only 13 women finished under 18 hours. In the men's 100 KM, a total of 96 finished 100KM and Dayne Martin finished 5th overall in a time of 7:36:58. For the men's 50 milers, Dayne was 58th place this year and last year 156th. Others included Larry Averbeck in 79th place in 1982 and 142nd place in 1981; Norm Spitzig, 235th place in 1982; Steve Adkinson, 424th place in 1982 and 437th place in 1981; Don Lindley, 458th place in 1982 and 428th place in 1981; Dan Bossard, 591th place in 1982.

In all, most of us find that a 50 mile race is much more fun and much less debilitating than running a marathon.

THE MARATHON

The date change

A COOL IDEA! OR NOT SO HOT?

by RICK REITZUG

It was going to be a sizzler. Already he knew that as he stood, sweat dripping, on the starting line. Twenty-six miles of running was no easy task in any weather, let alone on a day that promised to be in the mid 90's in both temperature and percentage of humidity. The gun went off, the marathon began. A marathon indeed it was, in the truest sense of the word. Each mile seemed never ending. By six miles he felt as if he'd gone twenty. Aid stations did a thriving business. The back of the pack ran through streets mostly wet from the sweat and water-drenched runners ahead of them. By 13 miles he knew he should quit. He had had it. But he was a marathoner and finishing was a must. By 17 miles he felt light-headed and surprisingly, stopped sweating. His pace was a mere crawl. This year's TV-33/Hook's Marathon would be won in a slow time, that was for sure. By 19 miles, the pack of runners a half mile behind him Calhoun Street wondered what he was doing weaving all over the road. By 19 and a half miles they could no longer see him. They didn't realize he had stumbled off the edge of the road and lay there, dying, a victim of the killer day on which the marathon was being run.

Fiction? Yes. Melodramatic? Perhaps, but the fiction could become reality in the opinions of Fort Wayne Track Club officials.

Only numerous and well-run aid stations, a helping audience and a lot of luck have prevented the above scenario from happening. Track club officials felt that the luck may not continue to hold out and thus, in a controversial move, changed the marathon date to May 1st.

Many feel that the date change is a betrayal of past allegiances. "I feel they should have stayed loyal to the Three Rivers Festival," said FWTC member Bill Schmidt. "The



decision has been made and I can live with it, but I feel we owe the Festival something." Jerry Mazock echoed his sentiments. "Perhaps we can add an event, such as a Main Street Mile to the Festival to replace the absence of the Marathon," suggested Jerry. TV-33, it was reported, was also not too pleased at first with the date change. The prospect of a larger, better quality field reportedly swayed their thinking in favor of the May 1st date.

While the heat was the prime reason for

the date change, the logic of that move could possibly backfire. A mid-July marathon by the very fact that weather conditions may be abominable, discourages many runners who are in less than marathon shape from attempting the 26 mile jaunt. A good chance of a cooler day may not. This coupled with the ability of the body to become heat acclimated during the summer, something that is not likely to happen in the early Spring, could make the effects of an unseasonably hot May 1st, 8:00 a.m. start far worse than a torrid mid-July, 6:00 a.m. start. Some of the recent Saginaw and Boston Marathons have been good examples of this.

Speaking of Boston, there is also some feeling that this mid-April marathon may detract from the quality and size of the TV-33 Marathon. But since Boston generally only draws a handful of local and area marathoners, some of whom might elect to stay home with the option of a local Spring marathon. It is my feeling that Boston won't be much of a factor. No doubt some marathoners, many of whom harbor masochistic tendencies anyway, will elect to run both.

Those who feel that the date change was a wise one also point to the fact that there is no quality early Spring marathon in the midwest. Many don't become overly excited about running through 26 miles of cow pastures in Saginaw or Terre Haute, while Cleveland is too late in the Spring to expect a cool day. The May 1st, Hook's/TV-33 Marathon, they feel, will fill a real need.

Since local runners have increasingly been bypassing the "local" marathon in recent years due to the consistently lousy weather conditions, the May 1st date may well draw the hoped for larger field. As one who has run the marathon every year since its inception, I know I

(Continued on Page 15)



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Running your first ultra

by NORM SPITZIG

Nearly four months has now passed since I ran my first 50-miler at the Fort Wayne Track Club Ultramarathon on October 31. Looking back on that soggy day, I think that I learned more about my "running self" in that seven hour span (6:49:04.3 to be exact!) than I have in quite a while.

Is the ultramarathon for everyone? I doubt it. It seems to me that running a successful ultra requires years of basically uninterrupted distance running. I personally had logged 11 marathons and nearly 10,000 miles over a four year period before attempting the 50-miler. No 3-month "crash program" - the kind that are readily available to the would-be marathoner - will work. The physical and psychological grind of running 50 miles would surely overwhelm the unprepared runner.

Does that mean that ultramarathoning is beyond the realm of possibility for all save a few runners of Herculean endurance and maniacal dedication? No, I don't think that is the case either. I don't know if and when I'll attempt another ultra - I want to bask in the glory of my first one; after all, it was a P.R.! - but I do know that I was less sore and tired at the finish than I was at the end of several of my marathons, including last July's Three Rivers 26.2 mile jaunt here in Fort Wayne. In fact, I felt surprisingly good! Following a few simple "rules", most of which I learned literally in route, helped me achieve this result:

1. Walk. There it is, plain and simple. Unless you are another Barney Klecker, I doubt if you will be able to run the entire way. Even if you do, I suspect that for at least the next week you'll wish you hadn't. Walking in a race somehow goes against the "serious" runner's competitive instincts. It's often equated in the runner's mind with failure.

But in an ultra, at least for most people, nothing could be further from the truth: The inclusion of walking in one's race strategy will surely result in an overall better time and healthier body than trying to run the entire way, only to falter badly in the end.

I personally walked about 150 yards at a leisurely pace at the end of each and every 2 and a half mile loop. Other people schedule their running at regular intervals: 20 minutes of running, for example, followed by 2 minutes of walking, wherever they happen to be on the course. Either way is perfectly acceptable and a matter of personal preference, the only possible advantage I see with the first method is that it allows one to walk at the aid station, a welcome sight indeed during the course of such a long race. (A disadvantage is that you are walking every time you pass the team-



ing hoardes of rabidly cheering fans watching the race - all 6 of them - hardly a good way of impressing these persons with your running prowess!)

2. Be Consistent. Most runners seriously considering entering an ultramarathon know their own capabilities and limitations. If you can run the marathon at, for example, a 7:00 minute pace per mile, then an 8:00 or 8:30 pace, including walking time, is not an unreasonable rate to adopt for a 50-miler. In any case, the important fact to realize is that, once you have established a comfortable pace for yourself, stick with it.

The Fort Wayne Track Club's 50-miler is run over a two and a half mile loop. I had planned to complete each of the 20 required loops in about 20 minutes, which, considering my own

particular running background and recent preparation, seemed to me to be perfectly reasonable. I am happy to say that I ran relatively close to expectation. For the first 17 laps, my fastest time was 19:37 and my slowest loop was 20:45. (I began to tire around 43 miles so I consciously opted to back off a bit, running the last three laps in about 22 minutes each.) I am sure that my adherence to a nice steady pace was one of the key factors in my completing the 50 miles in relatively good shape.

3. Drink and Eat. I cannot think of any athletic event where maintaining the proper balance of body fluid and minimizing weight loss are more critical than ultramarathoning. During the course of my 50-miles afoot, I personally drank 15-20 glasses of water. (I had to relieve myself twice!) I also set a PR for "chocolate-chip-cookies-consumed-during-a-single-day" by devouring 12-15 of these runners' favorites. These cookies and water, on top of 2 bananas and a semi-stale glazed donut, kept my weight loss for the event to an acceptable 8 pounds. I started the day at 147 and crossed the finish line "lean and mean" at 139.

The best time to eat and drink, of course, is during one's walking break. In fact, I amused myself more than once during the more lonely stretches of the race by conjuring up mental visions of the mouth-watering, home-made treats that awaited me at my next walking break. (That alone, I think, was sufficient motivation for maintaining my "relentless" pace to the aid station.)

I seriously doubt whether I would have been able to complete the entire 50-miles if I had not taken the time to eat and drink. Running past an aid station in a 5 or 10K may be foolish; in an ultramarathon it is disastrous.

4. Talk. I am hardly the garrulous type nor do I usually talk much with fellow runners during the actual running of short races. Usually I'm too busy concentrating on my pace or place. (Before and after the event is another thing!) However, because of the very length of an ultramarathon and the fact that one's fellow participant is not only possible but welcome. You'd be surprised how much you can learn about ultramarathoning, just by chatting with whoever you happen to be running with at the moment.

Neither is conversation limited to ultramarathoning. In fact, most people seem eager to talk about almost anything but their current plight. In the Fort Wayne Ultramarathon, for example, I specifically remember discussing Reagonomics with someone for at least a mile. I doubt if we solved any of the major problems of today's economy, but we certainly both logged one of the more enjoyable laps of the day.

5. Count Laps or Time Intervals, Not Miles. One of the real psychological "low points" of the race for me occurred when I passed the 26.2 mile mark. I had never run further than the marathon distance in my entire life and all I could think about for the next few miles was how, as if by some preordained rule of nature, I was going to "fall apart" at any moment. The fact that I still felt physically fresh did nothing to deter this thought from remaining at the forefront of my consciousness.

A much more effective way of dealing with the awesome and intimidating thought of traversing 50 whole miles on foot is to break this distance down into smaller segments, each complete unto itself. I suppose it is a bit like the famous Dale Carnegie dictum of "living in day-tight compartments." I, for instance, chose to live in "lap-tight compartments" by keeping track of the number of laps run. The fact that each particular lap equalled two and a half miles was never really permitted to enter my conscious mind. "Twenty" just seemed to me to be more manageable number psychologically than "fifty" ever could hope to be. Towards the end of the race, I found it relatively easy to urge myself on to the finish - after all, I only had four measly laps to go! The fact that I simply refused to allow myself to translate these four laps into 10 miles or 16 kilometers, a distance longer than many of the full races I had recently run, was a big help in my successful completion of the entire 50 miles.

For those runners who opt, for instance, to run twenty minute or half hour intervals interspaced with short periods of walking, the same mental technique will work. It would certainly seem to be much easier to convince oneself to run "just three more short jaunts" to get to the finish than to run twice or three times as many miles, especially at the very time

when physical fatigue is rearing its unwelcome head.

6. Relax and Enjoy. Anyone running his or her first ultramarathon will surely have completed a number of "shorter" competitive races. The ultramarathon, I think, gives the "serious" runner an ideal opportunity to finally run a race without putting undue pressure on oneself. The only pressure that I personally put on myself was, paradoxically, the "pressure" to remind myself to relax and enjoy the day, come what may. I was certainly going to give it my best shot, but if I failed to complete the event, for whatever reason, I was going to immediately lapse into paraxysms of guilt. In fact, I think that this cavalier, relaxed attitude not only helped me complete the distance feeling good, but allowed me to end up with a respectable time for someone of my particular ability level.

I remember specifically stopping at the completion of my sixth lap to change shoes and socks. My feet were soaking wet from the steady rain of the first two hours of the race. I'm sure that in any other event, I would have doggedly continued to run and surely ended up with multiple blisters. However, when I reminded myself that I was out to enjoy the run, it was relatively easy to allow myself these few unplanned minutes rest for a shoe "pit stop". No doubt that this "sacrifice" of a couple of minutes early in the race allowed me to complete the 50-miles smiling and blister free.

7. Respect Your Body's Tiredness After the Run. Although I felt fine at the end of the run, I think it is very important to understand that you have put your physical equipment through a tremendous ordeal, probably more so than you ever have before. The initial elation that accompanies the runner for the first several hours after the event will inevitably be replaced by a bone-deep weariness for the following several days. I never knew why the experts recommended no more than one ultramarathon a year until I got out of bed the morning after the race!

I also struggled with a tremendous psychological let-down for quite a while after the race. It was very difficult for me to go out and run any real distance even after the physical soreness had disappeared. The mature

runner is one, I think, who can put this mental staleness into perspective by realizing that his or her long love for running is not lost but only temporarily misplaced. My patience certainly paid off - I am once again running on a regular basis, although I think it will be several more months before I increase my mileage to its former weekly average or consider an all-out race. I want to savor my 50-mile "victory" for a while. I personally think that I'm entitled to it.



TAC Woman of the Year

Kristi Walker, a senior at Harding High School and a member of the Fort Wayne Track Club, was honored at the January 29th Track Clinic sponsored by the Indiana Track and Cross Country Coaches Association in Indianapolis, by announcing that the TAC has selected her as the 1982 Female Athlete of the Year. Kristi's accomplishments are well known in the Fort Wayne area both as a distance runner on the high school level and her success in local road races. She has had a positive influence on the many accomplishments in girls high school track and cross country, not only in Fort Wayne but on a state level as well.

EDITOR'S NOTE: It is not well known, however, that during the 81-82 school year, Kristi was one of the "unsung heroes" in the graphic arts class at Harding High School and spent countless hours on the printing of your newsletter, *The Inside Track*.

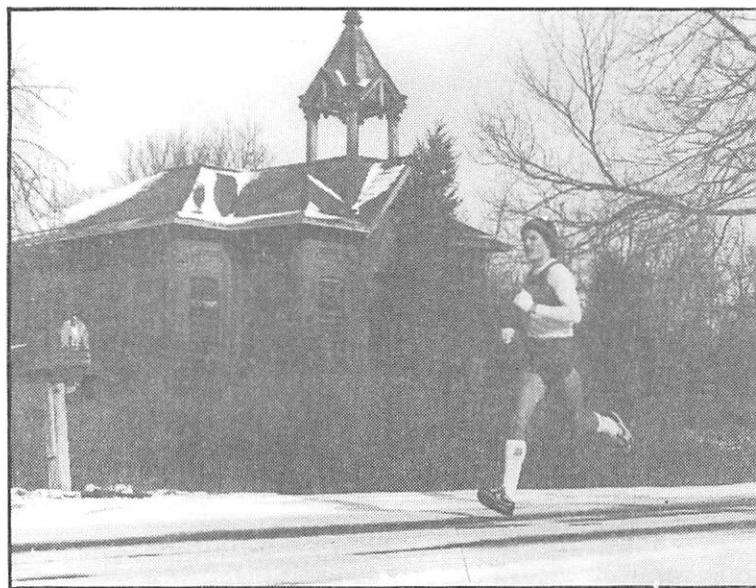
The Homestead 8 Mile Run is one of the many runs sponsored by the Fort Wayne Track Club which can be described as "low key." As in the preceding club race, the Foster 10K, the atmosphere was relaxed and informal. Despite this, the race was handled with efficiency, a trait that has become commonplace with FWTC events. Many major out-of-town races are not run with such fine organization.

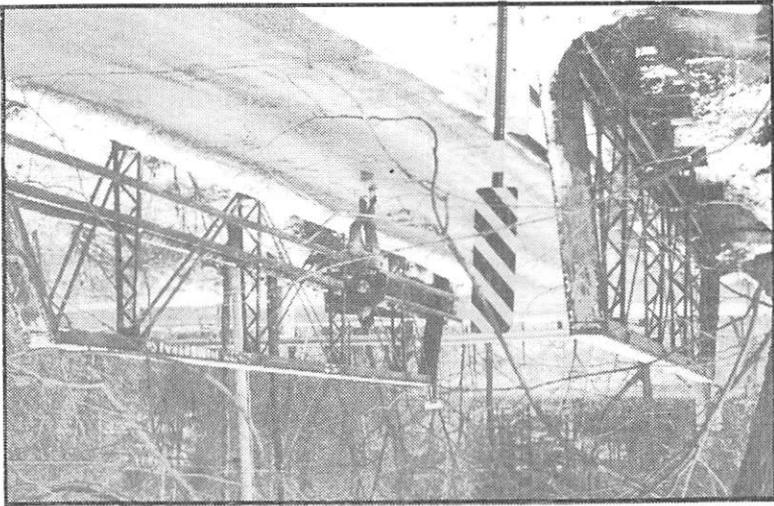
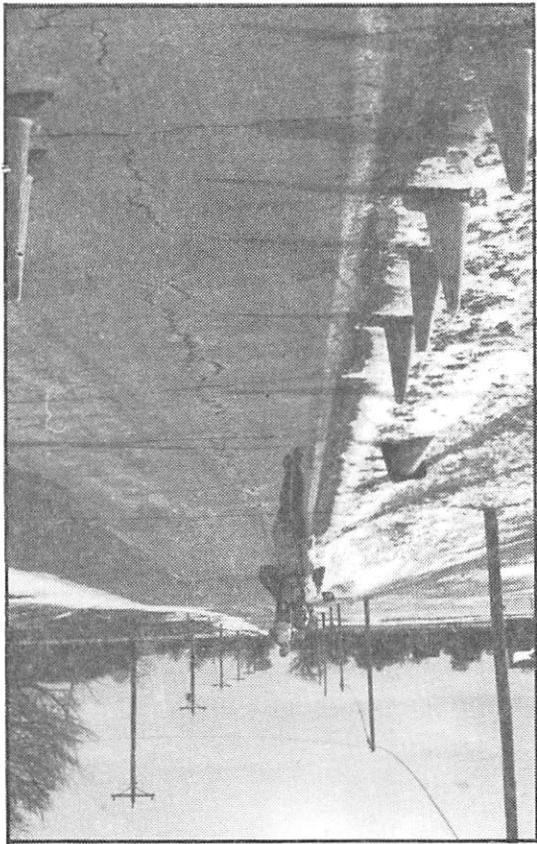
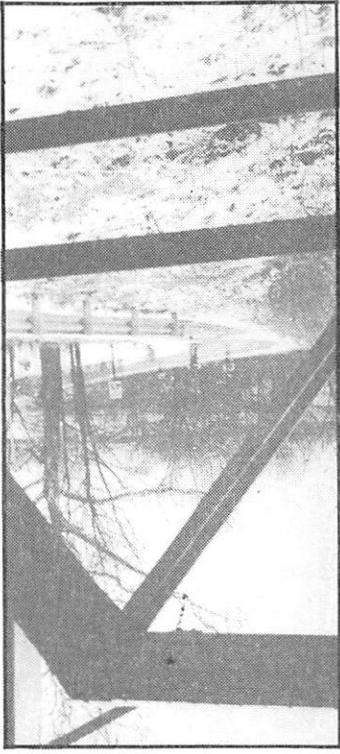
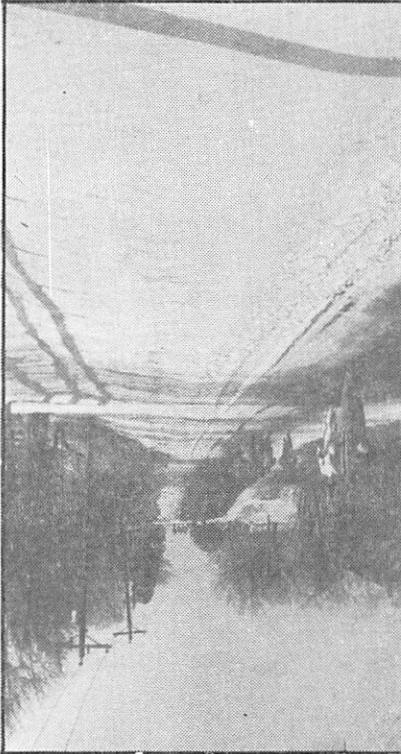
The weather was mostly overcast but pleasant. The roads were 50% clear and the rest covered with some snow and slush. The run starts on asphalt roads and runners have a straight shot for 1¼ miles. The course then takes a short zig-zag over a one-way bridge that crosses a frozen stream and then rolls through the countryside. The scenery is rural, past well kept farms, an old school house, and many upper-class homes.

A few impatient drivers, who have not been caught up in the physical fitness craze, created a possible danger to runners, but fortunately their were no incidents.

The award ceremony was simple and efficient. The crowd sang "happy birthday" to one participant.

The winner of the men's division was another out-of-stater (a Michigan runner won the Foster 10K). Mark Sanderson, from Lima, Ohio beat all comers with a time of 46:23. Theresa Ehrman, with a time of 54:42, won the women's division.





Homestead 8 Mile

Special Feature



The 3 R's

OF TRAINING FOR A MARATHON

by MIKE ROBBINS, Column Editor

Mark Twain was fond of quipping that whenever he was overcome with an urge to exercise, he would lie down until that urge had passed. Runners might well be advised to approach a marathon in the same manner. Don't sit down, but do think about it.

If, despite the rigors of objective thought, the urge (the curse?) remains, I offer my three R's of marathon training. The first R is Running. Three to four years of running and "thinking about it" is the best first step to marathon training. Many runners, myself included, have run marathons with too little running background and vastly insufficient knowledge of the subject. It can be done but the experience won't necessarily be what it could or should.

There are also many books and articles which describe various training programs designed to meet specific marathon goals. Most of these are excellent and should be consulted (use the library - if you find a particularly helpful book, then buy it). These programs have been prepared by people who know the subject and present basic, general guidelines to follow.

Reading is the second R of marathon training. Study the programs of others not to imitate them but to integrate their principles. After a few years of running, most runners have developed a training pattern. Experimentation and experience have helped form a personalized running regimen. By reading, one discovers what particular run-

ners or coaches emphasize in training. It doesn't matter that Bill Rodgers may run 130 miles a week. What matters are the things he may emphasize. What are the specific workouts designed to accomplish? How can I accomplish the same thing within the confines and restrictions on my already established personal routine? These are the types of questions reading and studying should develop.

So, you've run and read and read and run and intend to persist. The third R of marathon training is rest. You're not going to accomplish your goals if you're dead on your feet at the starting line (remember, that's the best you're going to feel for some time to come!). The two weeks immediately prior and the two weeks immediately following a marathon are critical times for rest. The training should have been completed in time to allow sufficient rest prior to the race. If you're not sure you're trained enough, rest anyway. Or, don't run that marathon. What has taken years of running and months of single-minded preparation should not be jeopardized by either one more long run or one more hard workout. The race day will be chancey enough; don't increase the risk.

After the marathon continue the rest. Take another two weeks to run easily. Don't strain or push. Try to relax and enjoy the race you had regardless of the outcome. Review your experience. What worked? What didn't? What information can I use in developing my next marathon training schedule? (This assumes the race did not remove the curse but may even have intensified it).

Run - Read - Rest should permit the development of and involvement with a personalized approach to marathon training. This should allow success to be accomplished and measured in the most meaningful, personal terms - not necessarily in specific times or specific results.

CORRECTION!!!!

In the February issue of *The Inside Track*, on page one, there was a picture of two men who were identified as John Treleven and Don Goldner. John was pictured as he was struggling to get a sweat shirt off but couldn't get it past his nose. The other man was standing in such a position as to appear to be holding an imaginary whisky barrel. Although Don Goldner often goes around pretending to be holding a whisky barrel, the man in this picture was NOT the Don Goldner we all know and love.

BERMUDA INTERNATIONAL January 29 & 30, 1983

Myron Meyer enjoyed some "fun in the sun" and walked off with a 1st place in his age group (50-59) in the Bermuda International 10K with a time of 39:29. The next day he competed in the Bermuda International Marathon and finished 63rd overall and 2nd in his age group. His marathon time was 3:05:50.



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Everybody's running in
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May

America's Love RunSM

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You've gotta run.

Everybody's running in *America's Love Run*. You don't have to be an Olympic champion to join. Set a reasonable goal... then ask friends, neighbors, and business associate to pledge 5c or more to the Muscular Dystrophy Association for every mile you run during May. Run anywhere you'd like—and at any time.

Send in the registration form below along with your \$4.00 entry fee (check payable to MDA), and we'll send you an official T-Shirt, Sponsorship Form, Runner's Log, and complete instructions.

Registration Form

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Address _____
City _____ State _____ Zip _____
Running Club Affiliation (if any) _____
T-shirt Size (circle one) S M L XL AMERICA'S
LOVE RUN

Return Registration with your
\$4.00 entry fee
(check payable to MDA) TO:

America's Love RunSM

To benefit the Muscular Dystrophy Association

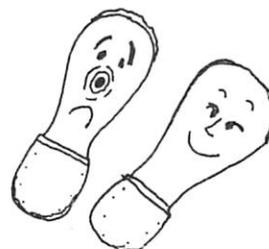
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Girls track off to a fast start

by **BILL BLOSSER**
Girls Track and Cross Country Coach
Wayne High School



As another track season approaches and all eye's are on Marita Koch, Evelyn Ashford, Mary Decker Tabb and the like, I thought it would be interesting to take a look at Fort Wayne's very successful girl's track program.

Over the past four year's Fort Wayne has dominated girls track in the State of Indiana. Three schools have captured State Championships, Wayne in 1979, South Side in 1980 and Northrop in 1981. Fort Wayne schools have also placed second twice, South Side in 1979 and Wayne in 1980 with Northrop finishing fourth in 1980 while Wayne and South Side tied for fifth in 1981.

1982 saw seven Fort Wayne school's score in State Meet Competition, with Harding leading the way with a fifth place showing. South Side ended up seventh while Northrop and Snider tied for eighth and Wayne twelfth.

1983 could very well be Fort Wayne's best year yet with such great athlete's as Cathy Tyree, Kristi Walker, Terri Young, Teresa Rozier, Becky Hardy, Laura Didion and Sonia Perry, all running for individual state championships in their respective events.

The future champions are following in the footsteps of some other very talented athlete's themselves. The list reads like a who's who of track in the Summit City.

Let's go back four year's ago and recap what's taken place over that time period.

1979 saw South's Deloris Stewart and Wayne's Sybil Perry battle it out in the 100 and 400 meter dashes. Sybil coming up the champion in 100 and Deloris in the 400. Sybil also placed 3rd in the 440 while Delores raced to 3rd in the 220.

Wayne's Melinda Barfield and Robin Johnson finished 1st and 3rd in the hurdles while South's Chris Kolkman picked up a 3rd in the mile run. 1979 also saw the emergence of Northrop's Sherrie Dunn as the premier

long jumper in the city as she picked up her first state championship. Elaine Crawford of Harding ended her fine career with a 5th place finish in the shot put. And not to be out done was South's Gloria Tyree who leaped to a second in the high jump.

1980 saw Fort Wayne school's total 109 points at the state meet. Wayne's Sybil Perry lead the way with victories in both the 100 and 400 meter dashes. Not far behind was Jill Myer's of South picking up a 2nd in the 400. Sherrie Dunn picked up her second long jump championship while team mate Lorna Russell placed 3rd. Lorna also finished 2nd in the hurdles followed closely by South's Robin Beasley 5th and Wayne's Robin Johnson who placed 6th.

Lynn Rogan of Concordia jumped to a 5th in the long jump while Snider's Pat Jackson was racing to a 3rd place finish in the 800 meter run.

1980 was also the year of the freshman as Harding's Kristi Walker won the 1600 meter run and South's Cathy Tyree started off her brilliant career by beating older sister Gloria in the high jump. Cathy picking up the blue ribbon and Gloria the yellow.

A very gifted class closed out their career's in 1981 in very stylish way's. Once again it was Wayne's Sybil Perry leading the pack, picking up first's in the 100 and 400 meter dashes. Northrop team mates Lorna Russell and Sherrie Dunn scored for their team with a first in the hurdles for Lorna and a second in the long jump for Sharrie.

New faces appeared in 1981 with the likes of Northrop's Sonia Perry 3rd in the hurdles, Trina Flowers of South 3rd in the long jump. Concordia's talented Yvonne Netterville picked up 6th place in both the long jump and high jump while Dwenger's Jennifer Joyce earned a 4th in the 800 meter run.

1981 also saw the first of many Kristi Walker vs Laura Didion battles. The season ended with Kristi picking up her 2nd blue ribbon in the 1600 meter run, with Laura a step behind in second.

Two state champions emerged last year, Wayne's Becky Hardy in the 800 meter run and Snider's Teresa Rozier in the 200 meter dash. Red ribbons were awarded to Sonia Perry in the hurdles, Cathy Tyree in the high jump and Dwenger's Carol McManus in the 800. Cathy Tyree also placed 3rd in the hurdles while her team mate Trina Flowers leaped to a 5th in the long jump.

Terri Young lead the way for Harding with a 3rd in the 400 meter dash, while Laura Didion rounded out Northrop's scoring with a 3rd in the 1600 meter run.

As you have just read, Fort Wayne has been blessed with an abundance of great athlete's, in the past, and this year should prove to be no exception.

The article only mentioned those girls who have participated and placed in State Meet competition. It goes without saying that there has been hundreds of other's who have added to this tradition of greatness in Fort Wayne.

Make plans now to support these fine athletes this year with your presence at the many meets being run throughout the city this coming spring.

"and miles to go before I sleep"

by B.W. Moosepoop

In an attempt to discover more about the inner workings of the ubiquitous character, Gene Bullshallit, this writer managed to trap the furry figure in a remote corner of Foster Park. Gene, itchy to keep moving, ran repeated circles around a small clump of trees. He claimed this was necessary since his daily total was 8.8631 miles and he had counted on getting in 8.875. Always the stickler for accuracy, Gene wasn't going to be deterred. Each choppy stride represented 27¼ inches and he knew exactly how many steps had to be taken before he would be finished. He had also calculated which tree he would end next to and had left a warm soda and a dry hat there. It was next to that tree that our visit took place.

Noticing his unusual footwear, I began by asking Gene about his shoes.

"These are modified for my own use," Gene replied. "They are Terra Air Soles. Actually they represent a truer rendering of the concept than many of Nike's other shoes. Rather than a gas-filled sole, I have removed the glue from the entire forefoot area to allow a sufficient cushion of air to enter the sole. Besides absorbing shock, it allows an outlet for the moisture which would otherwise collect inside the shoe."

Gene allowed me to examine the shoes more closely in order to fully appreciate the concept. After protesting to no avail that he should leave the shoes on, that I understood the design, I watched helplessly as each shoe was removed to reveal garish, burgundy-black feet. Despite this offense to a multitude of sensibilities, I begged further information about the leprous appendages.

"Oh, the color," Gene said as he realized my bemused embarrassment. "That combination of NB-730 and NTC mix. I guess the air design tends to bake it in a little more than usual." A little lye could go a long way I thought.

The next question addressed Gene's training. Since he seemed generally in search of more and better PR's, I inquired about his customary training pace.

"Eight minute miles," Gene blurted out immediately. "I have to admit I like to relax so I run a lot of eight minute miles."

Puzzled at this seeming inconsistency, I pursued the matter. "By eight minute miles

do you mean 8:00 for one mile, 16:00 for two miles and so forth?"

With a big, broad smile inching across his face, Gene softly laughed and responded, "No, I guess not." He continued, chuckling, "I guess a lot of people might interpret eight minute miles that way. Actually, it's more like 8:00 for one mile, 15:00 for two miles, 21:00 for three miles and so on. That may confuse some people."

Not B.W.. Not any longer, anyway.

I asked Gene about his interest in films. "I understand, Gene, that you are quite a movie buff and, in fact, often publish extensive reviews of movies you have particularly enjoyed."

"Yes," responded Gene eagerly. "I love movies; especially travel movies. Give me a good flick about people on a journey and I



want to be there. If the journey is over broken, narrow roads through desolate, forgotten country I really get excited. That kind of movie I can see over and over."

Seeing that Gene was about to drift into a reverie of remembered films, I concluded the visit. Gene was left gazing into the sunset mumbling something about a new movie, grinning in the best Cheshire fashion.

ABOUT THE AUTHOR: B.W., author of the runner's guide, *HOW TO RUN CIRCLES AROUND A TRACK*, as well as numerous articles for various running and trade publications, hopes to illustrate unusual or unique aspects of the running way of life.

(DATE CHANGE - Continued from page 7)

was personally dreading the thought of the inhumanly difficult last 8 to 10 miles, more each year. Being one of a legion of local runners who peak for the Hook's/TV-33 Marathon each year, it was somewhat disillusioning to be in your prime shape for the year and yet know that a PR was out of question due to miserable weather conditions. There was always that gnawing question of what one could have run on a halfway decent day.

The decision, a tough and controversial one, is admirable from the standpoint that the FWTC and TV-33 had the courage to stick their neck out for what they felt was right. "Since everyone stuck their neck out in making this difficult decision, I feel local runners should support the marathon by running it at least this first year," said Jerry Mazock.

Whether or not you agree with the marathon date change, there are those for whom the change has been motivational. When contacted while reclining around the pool at his Palm Springs condominium, Gene Bullshallit remarked, "I love it! I'm really packing in the miles. I'm up to seven a week and if I don't get a stress fracture, chondromalacia, hypothermia or any of those other things high mileage runners get, I ought to be in dandy shape. Saginaw offered me a couple mil to direct this year's sequel to "Death in the Afternoon." I told them to find someone else to film their cow chips this year. Anyone can write or direct a marathon - I'm going to run one. Hook's/TV-33 has always been the best. Why settle for anything less?"

Need more be said?

Editor's Note: This article does not attempt to cast any aspersions on any marathons run in other locales.

On the road again

by MIKE ROBBINS

Joe Barile is short, sturdy, bearded and the only runner I know who can run a 35 minute 10K without taking a deep breath. Most people have seen Joe glide past at some point during a race. Joe prefers to start easy and then continue to pick up speed. He claims this is the style he feels comfortable with rather than a sadistic, sneaky jab at those suffering, gasping unfortunate individuals forced to gaze at his relaxed, fast-paced form from glassy, pain-ridden eyes.

He maintains the same easygoing, seemingly effortless pace even when he is not running. Joe is not likely to step up, slap you on the back and give you a big, hearty

"How 'va doin'." But a smile and a wave convey a quiet, easy "hello."

To be with the women he loved, Joe left his home in a village near Naples, Italy, to come to the United States. Since then, he has married her, raised two children, begun to run and completed 17 years of service at G.E..

A challenge from his cross-country-running son in 1976 started Joe running. With liberal walk breaks thrown in, he struggled through his first mile. Now seven years later, he has shed weight and his son is lifting weights. Only Joe continues to run.

His initial enthusiasm soon had Joe running a mega-miles schedule. If some miles were good, more were better. Knee surgery a couple of years ago has changed that approach. Joe's weekly schedule now includes two or three days of harder runs, a longer run and a day of rest. The mileage total is about 50. And the knee subjected to knife therapy is the stronger of the two.

Though he has shied away

from this race in the past because of the heat, Joe has his sights set on a "satisfactory" performance in this year's TV-33/Hooks Fort Wayne Marathon. His experience, knowledge and strength should allow for a performance better termed "outstanding" than the more modest "satisfactory" designation he would apply.

Like the wine of his homeland, Joe is beginning to receive increasingly more recognition for the quality of his achievements. This past year he was unbeaten in his age group and finished seventh in the open category. Despite his hesitancy to dwell on any of his accomplishments, his is a record matched by very few. Like the wine, Joe and his running continue to improve with increased style and grace.

P.S. Joe does not now nor has he ever owned a local restaurant, though he has a cousin who did until recently. Also, the author is looking forward to sampling the wine made in the old country tradition by Joe's father-in-law.

1982 Data

The charts on the right show data applicable to the 1982 Points Races.

We have made no attempt to interpret this data but feel the information should prove useful in developing future schedules.

Mike Robbins & Dan Kaufman

NUMBER OF RUNNERS IN EACH AGE GROUP COMPLETING RACES WITHIN THE RANGE OF DISTANCES SHOWN.

Age Group	9K or less (5 races)	10K to 15K (6 races)	10 Miles or more (4 races)
Males:			
14 & under	36	51	6
15 - 19	29	41	13
20 - 24	37	68	23
25 - 29	57	128	43
30 - 34	116	239	89
35 - 39	91	201	71
40 - 44	57	127	49
45 - 49	71	127	49
50 - 59	55	86	42
60+	5	8	0
Subtotal:	554	1076	385
FEMALES:			
19 & under	19	21	7
20 - 29	47	54	24
30 - 39	39	96	38
40 - 49	40	41	13
Subtotal:	145	212	82
Grand Total:	699	1288	467

NUMBER OF RACES RUN BY AGE GROUPS.

Age Group	2 or less	3 to 5	6 to 9	10 & over	Qualifiers*
MALES:					
14 & under	19	8	2	2	4
15 - 19	25	7	3	0	1
20 - 24	29	11	5	1	4
25 - 29	40	17	9	2	5
30 - 34	80	25	17	10	19
35 - 39	87	23	13	7	13
40 - 44	31	18	12	3	11
45 - 49	22	14	10	8	13
50 - 59	10	10	9	5	12
60+	3	2	0	0	0
Subtotal:	346	135	80	38	82
FEMALES:					
19 & under	13	1	2	1	3
20 - 29	18	10	2	4	5
30 - 39	32	7	6	6	7
40 and over	12	2	5	3	7
Subtotal:	75	20	15	14	7
Grand Total:	421	155	95	52	89

*The number who qualified for the final points standings by completing a minimum of eight races.

Letters to Editor

Dear Jim,

.....I also particularly liked Larry Yant's article I don't know Larry, but hope he continues to contribute to the newsletter.
See you later,
Mike (Robbins)

[Editor's note - this same comment was made a number of times. We feel the same and will try to persuade him, along with the others who contributed (and received the same compliments), to write for us again.]

Jim,
.....(in re:
The Groundhog Seven)

It was a day that the groundhog would not see his shadow if he decided to come out. It was a good thing that he stayed in his hole, (as) he could have not endured the cold windy weather, The race was well organized, had accurate splits every mile, finishing time and results.

The FWIC members were:

Place	Name	Age	Time
4	Tom Loucks	(23)	36:04
35	Dayne Martin	(47)	41:17
44	Michael Gasper	(29)	41:48
53	Don Lindley	(39)	42:37
360	Michael Lindley	(8)	72:15

Don Lindley

Dupe,
.....The next time I write something for the Inside Track, I'd appreciate it if you would correct my grammar. My friends will think that I'm some kind of stupid jerk.

Name withheld
Editor's Note: We appreciate the time that you took to write your most interesting article. We hope that you will write for us again, and I will do a swell job of editing your story to make it seem gooder.

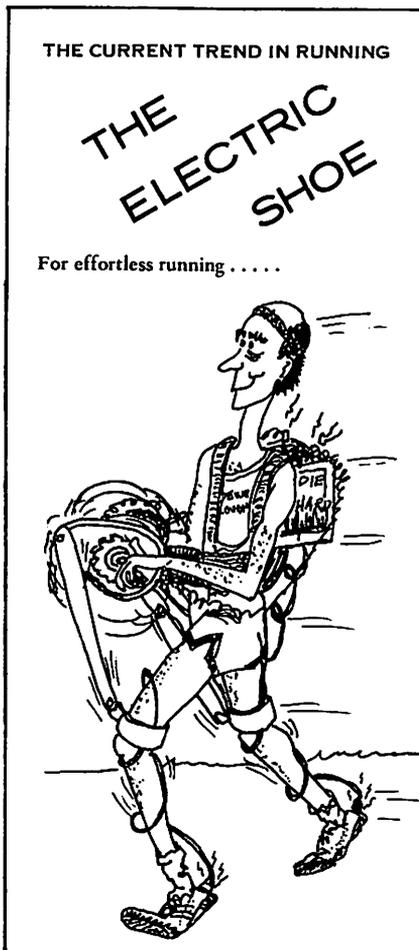
Dear Jim,

Will you please tell me if the "Electric Shoe" that is advertised in The Inside Track is considered legal in local races.
Sincerely,
Dewey Slough

Editor's Note: We have contacted Terry Shipley for a rule interpretation. We asked Terry, "Will you allow any runners to run in the NAVL 15K if they are wearing "Electric Shoes?" His reply was, "Yes. but only if it is raining!"

.....An idea and thought might be interesting for the FWIC would be to co-sponsor 10K road races at several of the small town festivals in the area throughout the summer, leading to a type of "championship" at a large event in the fall.
I appreciate your help and any ideas you might be able to share.

Tom Adams
Woodlan Track Coach



Fun run

The FWIC will be conducting Fun Runs at Shoaff Park starting the first Wednesday in March. The runs will start at 6:00 p.m.. For information on the Shoaff Runs call:
Chuck DeVault
482-2272

Fun Runs will continue also on Wednesday nights at Foster Park. Don Lindley is the man in charge of these.

Editors Note: For those of you who do not know what a Fun Run is; this is a very informal training session in which the runners are broken up in two or three groups by ability and run various workouts at various paces. There is much socialization, joking, and good fellowship. If you are new to the club, don't hesitate to walk up to one of these people, introduce yourself, and they will welcome you with open arms. A FWIC member can be identified as follows: they will be going through all types of strange stretching exercises. be wearing a shirt that says Blueberry Stomp, Run For Your Health, Boston Marathon, Home Loan 10K, or something like that; laughing and joking is also a characteristic that is a sure clue that they are a FWIC member.
Try it. You'll like it.

The 10 worst dressed list

by GENE BULLSHALLITT

Rock Reitzug was not kidding about me doing a FWTC "10 Worst Dressed List." He called one afternoon in late January congratulating me on the hugely successful 'Little Green Heads' article and suggested that I immediately do the dress list while I was still hot. However, Rock added: "If you put me on that Worst-Dressed list I'll kick your butt this spring in the marathon for sure!"

So, with this bit of info, I sat at my desk one evening in early February and began leafing through the scads of notes I had taken about club members during the past year. It is true that I evaluated their attire from the back of the pack at the start of all the races, and then watched how well your clothes looked on you while you ran. It was always interesting to note if you wore a "T" shirt that didn't reek of analgesic cream when you accepted your trophy. And finally, I hate to admit this, but, I even followed some of you home and parked there for days at a time making note of how many boxes of Tide detergent were bought and how often UPS trucks delivered clothing purchases from Sax's Fifth Avenue.

And even with all this data, choosing the lucky ones for our list was no easy task. Let me further explain. First, all runners look alike. Secondly, I discovered there are at least 100 people who deserve to be on the list. Thirdly, I had to consider the psychological turmoil it may cause someone who actually made the final 10. Perhaps Club President, John Treleaven, said it best:

"If you find yourself on this list, you must finally come to the conclusion that your running lifestyle has crashed in to the wall and tomorrow you should drop a grand or so on some decent gear!"

And finally, after many long evening (1 to be exact), I was able to compile the list. Of course, this is only subjective reasoning and it just wouldn't be fair to all those who bare-



ly missed making the final list to not mention at least some of their anti-excellence. For instance, I heard Dave Fairchild uses reflective paint on his bare chest and face for evening running.....And you wouldn't believe the amount of junk Mike Robbins wears under his cap he won at the 5K last summer.....And last Sunday morning at Homestead, we forcibly convinced Joan Goldner not to run in her mink.....

(All these gobs of eligibles and I can choose only 10?)

Then there's J.P. (Just Plain) Jones who comes to our Wednesday night runs dressed in a hefty bag....And Dr. Jack Dyer, another Wednesday nighter, who never wears pants. Most of the guys realize the only reason the women show up is to marvel at Dr. Jack's legs!.....

Myron Meyer's shoe rack on the top of his van shifts weight occasionally and makes driving difficult.....Wayne Schaltenbrand wears only red shorts and black tops to color coordinate his red and black dog-bite marks on his legs.....And recently many members have told me Don Lindley has more hair on his chin than he has anywhere else.

(The more I thought about it, the more difficult this list became).

How do you evaluate Joe Barile's attire when he's so fast he's just a blur.....It was encouraging to hear that John 'Conan' Schwarze finally bought a "T" shirt to wear in the really cold weather.....How about Charlie Brandt? No one has seen him lately. Rumor has it that he moved to California, grew an afro, had a vasectomy and is currently TV's Richard Simmons.....And finally, on what list would you put Mazock's old car?

And there are hordes of others who should be mentioned! However, not to keep you waiting any longer, I proudly present THE LIST. (A brief explanation follows each winner and number rank means nothing - You're all disgusting!)

THE FORT WAYNE TRACK CLUBS WORST DRESSED LIST FOR 1982

1. That woman in the semi in last month's newsletter with the big taboos.
 2. Curt Nold. That surgeons mask he wears when he runs should be cleaned at least once a month.****
 3. John Treleaven. His mustache is growing upside-down. Stop using those inversion boots, John!
 4. Jerry Mazock. Always looks like he just stepped out of the Maumee River. Needs a shoe-job badly.
 5. Lawyer Mike Kast. For wearing Bikini Speed-O swim trunks in court.
 6. King Sullivan. Should not wear his crown at any future FWTC events.
 7. Pastor Bob Brucker. His personalized "T" shirt which reads: "I'm training for the New Jerusalem 10K - How about you?....To be held soon."
- This is a bit much for some of us Sunday Heathens.
8. Jim Anderson. For Competing in last summer's marathon wearing a skier's mask, biker's helmet and swimmer's snorkel.. The club has received numerous complaints concerning his roller skis taking up too much space at the start of our races.
 9. Gloria Nycum. For wearing a headband around her waist. I overheard Debbie Kukelhan asking her about this at a recent race, Gloria replied: "I used to try to keep the darned thing around my head, but it always kept slipping down here around my waist. So I decided to put it there to start with."
 10. Jim Dupont. Wanted desperately to be on any FWTC 'Top Ten' list.

What more can I say! I hope by next year you will all have learned to dress properly. Always remember what the Preamble to the Club's constitution states:

"The FWTC is open to all runners regardless of ability. However, no slobs will be accepted!"

A word to the wise should be sufficient and remember I'm always watching what you wear.

****To get your "Curt Nold Surgeon's Mask" just send \$49.95 plus a large stamped self-addressed grocery bag, plus \$2.00 cleaning charge to:

OLD GOLD NOLD NASAL ENTERPRISES
c/o Lincoln Health and Wealth Dept.
Lincoln Life Company
Fort Wayne, IN 46801

This offer expires when Curt needs his mask back.

**PEPSI® CHALLENGE 10,000 METER SERIES
Registration Form**

Please enter competitor number here at time of registration.

RACE STARTING TIME:
10 AM EST, Saturday,
May 14, 1983

STARTING LINE LOCATION:
Homestead High School
4310 Homestead Road
Fort Wayne, Indiana

AGE CATEGORIES

MEN and WOMEN		
14 & Under	30-34	50-59
15-19	35-39	60 & Over
20-24	40-44	
25-29	45-49	

NAME _____
(Last) (First) (Middle)

ADDRESS _____

(City) (State) (Zip)

AGE _____ SEX M F BIRTHDATE _____

PHONE (_____) _____

FORT WAYNE TRACK ASSOCIATION MEMBER YES NO

Include \$ 4.00 registration fee by check or money order to Pepsi 10,000.

T-SHIRT SIZE XL L M S CHILD-L

SIGNATURE _____

PARENT/GUARDIAN _____
If applicant is under 18 years of age, form must be co-signed by parent or guardian.

I will attend the pre-race spaghetti dinner May 13, 1983 at Concordia H.S. Cafeteria, Yes No . No. of guests _____. North Anthony at St. Joe Blvd., 4:30-7 PM. Adults \$4.00, Children 12 & under \$2.00.

Please read the following statement and sign before submitting entry. In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release PepsiCo, Inc., RKO Bottling of Fort Wayne, and any and all sponsors and their representatives, successors, and assigns from any and all rights and claims for damages I may have arising out of any injuries and illnesses suffered by me in this event, including those which may be attributable to weather conditions. I attest and verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use my name and any photographs, videotapes, motion pictures, recordings or any other record of me participating in this event for any publicity and/or promotional purposes without obligation or liability to me. I have read the entry information provided and certify my compliance by my signature. I also understand entry fees I pay are non-refundable.



**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

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

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. (See race ad in this issue of The Inside Track 2:00 p.m.)z

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

April

3 Maxinkuckee 15K, 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 (10K jog), Rathskeller, Mishawaka, 6:30 p.m., Athletic Annex, 6305 St. Road 23, South Bend, IN 46635 219/272-7565

16 North American Van Line 15K*, (See race ad in this issue of The Inside Track)

30 Marathon Marathon and 10K Run, Terre Haute, 7 and 8 a.m., respectively, Rick Matthews, ISU, Terre Haute, IN 47309 812/232-6311, ext. 2572

May

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

7 Old Kent River Bank Run, 25K, Grand Rapids, MI P.O. Box 2194, Grand Rapids, MI 49501

7 Eagle Creek Spring Classic (5, 10K), 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 (5 mile), South Bend, 8:00 a.m., Athletic Annex, 6305 St. Road 23, South Bend, IN 46635 219/272-7565

14 Pepsi 10K*, Homestead High School, (look for race ad in the April issue of The Inside Track)

21 Warsaw 10K, 2:00 p.m., Errol White, 117 West Center Street, Warsaw, IN 46580

21 Pepsi 10K Regional, contact Athletic Annex, Glenbrook, Fort Wayne, 484-4322 for information.

27 "500" Mini-marathon, (half marathon) 9:30 a.m., 500 Festival Assoc., one Indiana Square, Suite 1665, Indianapolis, IN 46024
ENTRY DEADLINE IS MARCH 31

11 Grandma's Marathon, Duluth, Minn., Scott Keenan, Box 6234, Duluth, MN 55806

18 The Hilly Four*, Homestead High School, (look for ad in a later issue of The Inside Track)

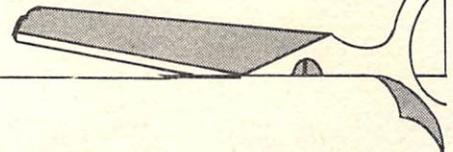
25 Turtle Days 10K*, Churubusco (look for ad in a later issue of the Inside Track)

* 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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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
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Ft. Wayne, IN
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FWTC NEWSLETTER
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Fort Wayne, IN 46860

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