



**FORT WAYNE
TRACK CLUB**

APRIL, 1983

the inside track

NEWSLETTER OF THE 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 POINTS RACE SCHEDULE

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	
Saturday	November 19	Country 9K	Bluffton
		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.

Return this coupon to:
Phil Shafer
P.O. Box 189
Ossian, IN 46777

Name _____
Address _____
City _____ State _____ Zip _____

For information about the use of FWTC Timing Equipment contact Terry Shipley at 485-8769.

For Track Club information contact John Treleven at 432-5315

Advertising Rates

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

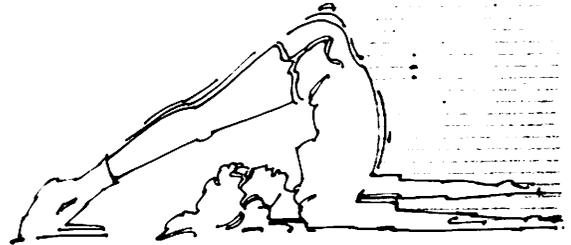
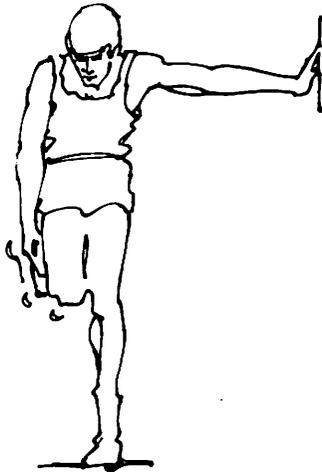
All copy must be in the hands of the editor by the 10th of each month for the following months newsletter. Discounts are available for ads that run more than three months. Contact Chuck DeVault, Advertising Coordinator, 2420 Nordholme Avenue, Fort Wayne, IN 46805 219/482-2272

Listen to your body

by JOHN TRELEAVEN

This month's column will not contain the following:

1. How to run a sub 30 minute 10K on 10 miles a week.
2. How to run a sub 2:20 marathon and live to tell about it.
3. Jelly Beans - The miracle cure for running injuries.
4. An interval program for a sub 4 minute mile.
5. Why wearing blue shoes can permanently stain your skin and cause runners knee.
6. Six easy exercises to cure runners ear.



The above are all examples of articles you may have read in a running magazine over the past few years. If a runner were to try everything printed in a running magazine, it would be a full time job. Hopefully, someday they'll realize that no two runners are alike.

The best source of information for what can and cannot be expected from running is the human body. If I were to set a marathon goal of sub 2:30, it wouldn't take long for my body to tell me that my chances of such a feat are about the same as my beating Steve Scott in the mile (maybe if he were blindfolded?).

Sorry I couldn't provide some words of wisdom to cut ten minutes off your 10K, but I'm sure in the next year a training program will be in one of the magazines to do just that.

Always remember to listen to your "own" body (not someone else's). It will be the first. And, if you ignore it, it will have the last say.

P.S. Have a nice run and most of all an enjoyable one. Oh, by the way, spreading crisco oil all over your body and running nude can cut at least a minute per mile off your time.

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

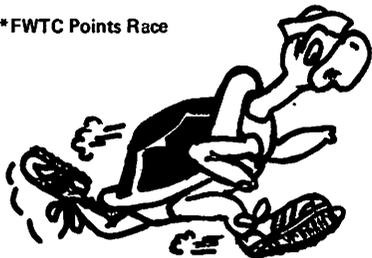


TURTLE DAYS

TURTLE 10,000

FIFTH ANNUAL 10,000 METER RACE*
AND
1 MILE FUN RUN
SATURDAY, JUNE 25, 1983

*FWTC Points Race



Start and finish at Churubusco High School
8:00 a.m. - 1 mile fun run
8:30 a.m. - 10K Race

The course loops out to Blue Lake and back into town - moderately hilly.
There will be accurate splits every mile. Three water stations on the course with water and gatorade at finish.

DIGITAL CLOCK AND CHRONOMIX TIMER.

There are restrooms in the school - no lockers or showers available. Park in the East and West lots of the high school.

Race results will be mailed upon request on race day - will be published in the Inside Track.

Sponsored by SUPER VALU and HOOKS DRUGS of Churubusco.

REGISTRATION: Race day registration for 1 mile from 7:15 - 7:45 only. 10K registration from 7:15 - 8:15 only.

For additional information call: 219-693-2761.

Mail entry to:
Turtle Days 10K
c/o Larry Shively
R.R. 3, 375 North
Churubusco, IN 46723

AGE CATEGORIES AND AWARDS:

10K Men	Awards	10K Women	Awards
14 & under	3	14 & under	3
15 - 19	3	15 - 19	3
20 - 24	5	20 - 25	3
25 - 29	5	26 - 31	3
30 - 34	5	32 - 39	3
35 - 39	5	40 & over	3
40 - 44	5		
45 - 49	5		
50 - 59	3		
60 & over	3		
		Wheelchair Division - Open	
		Cruiserweight (190 lb. & over) - Open	

BEFORE JUNE 18, 1983

- _____ \$2.00 for 1 mile (No t-shirt)
- _____ \$3.00 for 10K (No t-shirt)
- _____ \$5.00 for 10K (With t-shirt)

AFTER JUNE 18, 1983

- _____ \$3.00 for 1 mile (No t-shirt)
- _____ \$5.00 for 10K (No t-shirt)

T-shirt size: 10K only S M L XL

Make checks payable to: **TURTLE 10,000 FEE MUST ACCOMPANY REGISTRATION**

WAIVER: I hereby fully understand that the sponsors, race directors, Turtle Days Committee, Smith-Green Community Schools, and any other officials are not responsible for any injury, loss of personal property or death as a result of this race. I waive all rights with this agreement. **PARENTS AND/OR GUARDIANS MUST SIGN FOR RUNNER IF HE OR SHE IS UNDER 18 YEARS OLD.**

Name _____ Age _____ Sex M F

Address _____ Phone _____

Date _____ Birthdate _____ I'm running 10K _____ 1 mile _____

Signature _____

marathon

AN EXCUSE FOR A WINTER WEEKEND ROAD TRIP

by DOUG SUNDLING
Bluffton, Indiana

A marathon in the middle of February - that's what I wanted. In what has been traditionally the harshest winter month, I wanted to make my fifth attempt at a marathon. The mild winter weather had been conducive for a good, consistent training program, and I was itchy both to run a long race and to take a break from Indiana. Skimming my January running magazines, I spotted the one I wanted - Smokey Mountain Marathon at Oak Ridge, Tennessee. "Smokey Mountain" - certainly a term to suggest hilly terrain, yet a small blurb described the course as out-and-back on flat roads. Unruffled by the suggestion of hills and mountains, I optimistically mailed away for an entry form.

As I learned more about the marathon, I realized it was to be a low-key race, ideal for my desire to "jog" a marathon. I wanted a hard, long run - an early season conditioner for some serious marathoner later. Besides, Tennessee offered a weekend road trip away from Indiana.

I set three goals:

- (1) run negative splits - if I ran the last 13.1 miles faster than the first 13.1 miles, then at least half of the marathon would be run at a moderate pace.
- (2) run a Boston Marathon qualifying time - if I felt good enough, I wanted to prove to myself I could cover a marathon in a sub-2 hour, 50 minute time.
- (3) have fun - "Fun? You have a strange way of having fun," a number of my friends have often responded.

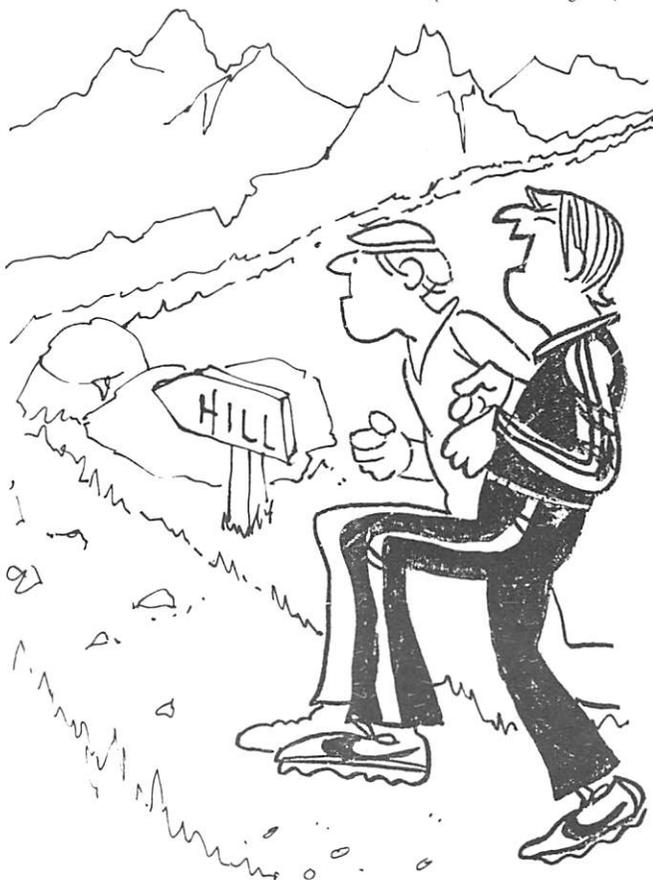
"Fun." That attitude made the difference between what I did in this marathon and what I had done in my previous attempts. For my first two attempts, I was neither physically nor mentally prepared for the marathon. I finished the first one because I didn't know any better, and the only difference in the second one was that at mile 17 I knew what those last 9 miles would feel like. For my third attempt, I was mentally ready, but I had underestimated the physical toll from stress and lack of sleep - from being a graduate student at college. The 33°F, overcast weather reduced to a 15°F windchill by a stiff northwest wind combined with several rolling hills didn't necessarily help either. But, I finished - painfully. For my fourth attempt

I was mentally prepared to cruise along at a comfortable 6:30 pace, but having run a 10K race the day before, I was not physically prepared for twenty-plus miles. Thus, I had painfully struggled over the finish line in two of my four attempts to conquer the marathon.

I had yet to taste that feeling of having mastered that monster; each attempt had left me the vanquished warrior who had naively sought out the legendary monster in dreams of glorious conquests only to have reality crush in upon me by mile 20. So, I resolved that "fun" would dictate my actions as I ran this marathon. If a 7:00 per mile pace for the first 13.1 miles would be "fun," then that's what I would run. If 6:30 would be "fun," then I would cruise at 6:30. If running a 60 minute 10 mile segment on the return 13.1 miles would be "fun," then I would try it. If I felt that just breaking 3 hours would be fun, then that's what I would do.

A sound, simple, easy philosophical approach to a marathon.

(Continue on Page 14)



your headquarters for

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TRACK CLUB

sweat shirts & jackets

running gear, shorts,
singlets, t-shirts,

athletic annex

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A PR at Cow Town

Well, Mrs. Slough, we did it. Now we can live our lives as one. One home, one car, one bed, one bank account,.....

Yes, dear. But the first time I catch you reading my copy of the Inside Track, I'll rip your face off!



King Sullivan took a trip to Fort Worth, Texas to visit his son and decided, as long as he was there, to run in the Cow Town Marathon. The course consisted of cobble stone streets and hills.

"The last five miles looked like the hills of Homestead," King told us. Despite this, his time of 4:21:03 was a PR for this his sixth marathon.

King, who was one of the 10 finalist in the "worst dressed" category last month, (more so for his unusual name than his dress) relates that he did dress well for the run and the FWTC could be proud of his appearance.

The winner was Ricky Cox in 2:21:50 for the males, and Moen Sue for the females in 2:51:19. There was one wheel chair contestant who finished in 2:29. Her name was Laven Achenbach.

Marathon Aid Meeting

by Don Lindley

There will be an important meeting for TV-33/Hooks Marathon Race Aid Station Workers on Friday, April 8, at 7:00 p.m.. The meeting will be held at the Epworth United Methodist Church on 5311 Hessen Cassel Road.

This is a meeting for the chairpersons and volunteers for the aid stations during the marathon, Sunday, May 1. If you are interested in helping, please attend this important meeting. If you cannot attend and still want to help, please contact me at 456-8739.

ARE YOU TIRED OF RUNNING THE SAME OLD RACES?
DO YOU NEED MORE OF A CHALLENGE?
HOW WOULD YOU LIKE TO

Run Across The United States

IN 1984 FOR CHARITY?

YOU WOULD BE PART OF A FIVE PERSON TEAM RUNNING FROM SAN DIEGO TO BRUNSWICK, GEORGIA.

If this challenge interests you, please fill out this questionnaire:

Name _____ Age _____

Address _____

Phone _____

I run an average of _____ miles per week. I can take a maximum of _____ weeks from work. I am familiar with recreational vehicles and their mechanics. Yes _____ No _____

Send this to : John Eakin, 1216 West Packard Avenue, Fort Wayne, IN 46807

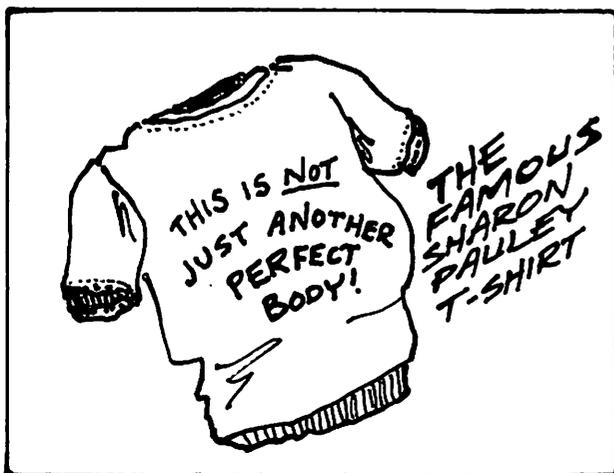


A lady of courage

by Ann Mize

This month I'd like to write an encouraging story about a back-of-the-packer champion. Sharon Pauley spent all her life weighing more than 200 pounds, and in a passive atmosphere. That's until 1979. Her husband, Bobby, started experiencing heart problems and so they joined forces with the Fort Wayne Cardiac Rehabilitation Program. Because it is family oriented, Sharon also became involved. She started by walking for 40 minutes, hoping to work up to two miles. After a year of walking, she began to jog, just to keep her heart rate in her target zone.

Sharon's training is simple. She jogs 10 to 15 miles a week during the school year. Then, when her teaching job at Ossian Elementary School is over, she logs 25 - 30 miles a week.



During a trip to Texas in 1981, she enrolled in a running camp. Sharon told me that everyone ran better than she, but it really didn't matter, they all had fun! The running friends she met encouraged her and Bobby to come back for the White Rock Marathon in Dallas later that year.

Sharon was turned down as official applicant. She had honestly answered that she planned to complete the distance in nine or ten hours. The Race Committee wrote and nicely told her to apply again when she could complete the 26.2 miles in the five hour time limit.

Sharon decided to go for it anyhow, even if she was unofficial! She started the race two hours ahead of time. Her first marathon time was 8:20. I asked Sharon how she felt at the finish line.

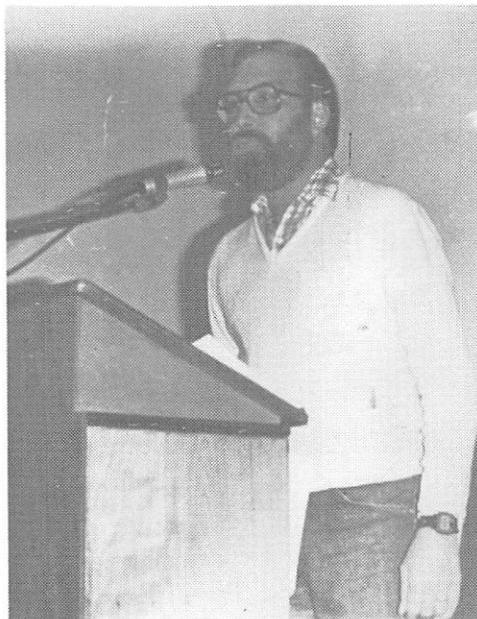
"It was getting late in the afternoon and there was a breeze off the lake. The aid stations had been closed for quite a while. Not one single soul was there . . . I was tired . . . thirsty . . . cold . . . yet exhilarated . . . An unbelievable accomplishment. When I think of having to walk for a whole year to be able to jog and now I weigh less than when I graduated from high school."

Sharon Pauley's 1982 TV-33/Hook's Marathon made front page news. As you may remember, she started the 26.2 mile course at 3:00 a.m. accompanied by Bobby on a bike. Her perseverance was outstanding. In a little over seven hours she completed her second marathon. Sharon received a T-shirt and, even though there is a five hour time limit, she got an official certificate to fill in her time.

I asked Sharon if she could share anything with our readers, what would it be. She replied, "I guess I'd tell them that miracles still happen."



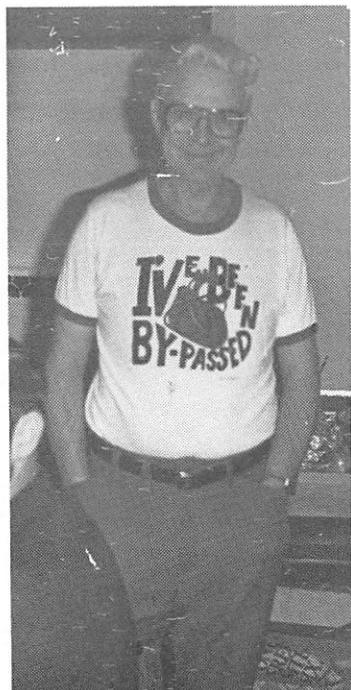
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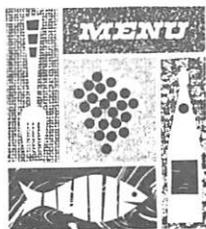
1



2



5



4



3

by DEWEY SLOUGH

The annual Fort Wayne Track Club Banquet was held on February 12 at the YWCA Villa Recreational Hall. Although there was not a "Main Speaker" on hand this year, the crowd responded warmly to the words of Kent Davis (1) who made a few comments to the club. This was definitely a "high light" of the evening and it was great to see Kent looking so well.

It was unusual to see runners without their running clothes that we have been so accustomed to seeing them wearing. (2)

Drinks were served by two familiar faces who are brothers (3). Notice those carefully groomed beards and mustaches. (Does anyone remember the logo for Smith Brothers Cough Drops?)

Mike and Dan passed out awards to all the winners of the points races. They explained the point system again for those of us still confused. Let's see! It like this:

$$\frac{1}{2} \text{ the No. of races } \times \text{ No. placed@} \\ \text{No. of runners [days of year] } = X^2$$

OR

$$\frac{\text{No. of place[speed of light]}}{\text{Rank}} = \text{Trophy}$$

Let's face it! I'm still confused.

Bob Pauley (5) proudly wore a t-shirt commemorating his greatest victory.

Don Goldner was presented a special "Service Award", by President Treleven, for his many years of service to the club.

Don then presented the coveted "Plunger Trophy" to Jerry Mazock, the first member to ever be a repeat winner of this award. You deserve it, Jerry!

The best part of all FWTC Awards Banquet undoubtedly is the mountains of delicious food (6) brought and devoured by the members. That, combined with great fun and fellowship, makes this an annual event worth remembering.

Running - A class act

by B.W. Moosepoop

Runners sure know how to "put on the dog." Gene Bullshillipt's list in the last issue of "The Inside Track" barely scratched the surface of eligible entrants in the sartorial spendor category. For runners, though, that may be a high point.

Did you ever attend a public gathering where so many people looked and acted in such a primitive manner? Is beastly too harsh a term? For starters, runners attempt to practice their peculiar endeavor while encumbered with a minimum of clothing. How many other legal activities begin with phrases such as "let's strip for action?" Come on; this does not resemble "Aida" at all. One doesn't have to wonder long or hard at why it is difficult to recognize runners after they have been bathed and combed and robed in a more conventional fashion.

Once on the road, uncovered with various shreds of past races, old trunks and soggy, foul-smelling shoes, runners really begin to shine. Scratching and tugging and pulling at odd angles and joints and body parts, runners blithely indulge behavior which in other settings would be guaranteed to produce a substantial amount of pubescent giggling. Blithely and publicly!

What goes through you mind as you're sitting in your car at a red light and the guy in front of you opens his door and deposits a stringy, brown, wet lump of chewed tobacco onto the pavement? Not a pretty sight is it? Do you know any runners who don't spit? Though a clearer fluid, runners expectorate in all directions, over their shoulders, on each other (sorry, I misjudged the wind) and on themselves (opps, more tired than I thought). They do this and don't seem to care. They even seem to think it's acceptable behavior.

Remember whoopee cushions? Remember why they were "funny?" Some things should be embarrassing. But not to runners. No, runners feel completely comfortable fuming from either end. Crowds don't matter. Does your boss act like this? Your mother? Does anyone you know act this way? No, just runners. And that's the tame part. Public elimination in even extreme manners is acceptable to these people. Uncomfortable before a race (or even during one) just step to the side of the road and It's enough to make Amy Vanderbilt scream in her coffin.

Runners are certainly a classy lot. With the seemingly peaceful ignorance of children and the crassness of the unmannered, they conduct themselves in ways certain to shame even Cromagnon adults.

Need a Kleenex? No, I'll just.....

Note: B.W.'s latest book, THE RISE AND FALL OF HILL TRAINING, will be available soon at all major bookstores.



Minutes of Board Meeting

By MARSHA SCHMIDT, Secretary

The March Fort Wayne Track Club Meeting was held on March 7, 1983 at John Treleaven's home. John announced that we have officially announced to the RRCA that we were no longer interested in holding the Ultra-Marathon Championship Race in Fort Wayne.

Mary Ann Felger has requested that the FWTC endorse the Run For Health Run sponsored by the McMillian Health Center in the Fall. John Treleaven will discuss this situation further with her to determine the details of this race and our responsibility to the Health Center.

Terry Shipley reported on the treasury. At this time, we have 630 paid members. It was discussed that advertisements for the rental be placed in various running magazines. Also, the fact that the FWTC membership blanks should be available in various stores on a regular basis.

The discussion of membership cards being distributed to all paid members were discussed and this could be a possible practice in the future.

The Shoaff Park Wednesday Fun Runs were started on Wednesday, March 2 with 10 people present.

Don Goldner read the names of nine members of the FWTC who received national recognition as a result of their finishing times in the Home Loan 10K in 1982.

The TV-33/Hook's Marathon details were discussed as well as the North American Van Lines Race.

The meeting was adjourned at 8:30 p.m.. The next meeting will be held May 8, 1982, at the home of Terry Shipley.
7620 Westford Court
485-8769

All FWTC members are welcome to attend.

JUNIOR OLYMPIC UPDATE

April Practice Meets

Sunday, April 10 - Lane Jr. Hi. at 6:00 p.m.

Sunday, April 24 - Lane Jr. Hi. at 6:00 p.m.

(not 2:00 p.m. as previously scheduled)

We will be participating in the A.A.U. Jr. Olympics. It is not certain at this point if AAU membership will be required.

SCHWARZE FAMILY RACING CORNER

Maple City 10 mile, Feb. 26, 1983

John Schwarze 1:01.32 PR

John Schwarze, Jr. 1:11.44 PR

Maple City 5 mile, Feb. 26, 1983

Jim Schwarze 43:08 PR

Jennifer Schwarze 1:00.02

Dayton Marathon, March 6, 1983

John Schwarze 3:01.47

26th overall

John Schwarze, Jr. 3:21.26

3rd in 18 & under age group

LOST AND FOUND

There were several food service items that were left after the Fort Wayne Track Club banquet. If you desire to have them back please call Rosann Lindley, 456-8739. Identification of the item, not the food, is all that is necessary.

FUN RUNS

At Shoaff Park every Wednesday night at 6:00 p.m.

VOLUNTEERS NEEDED FOR MARATHON

Chuck DeVault (482-2272) needs people to work as timers at various mile markers for the marathon. May 1, 1983



Foot Locker®



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Glenbrook Square
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Fort Wayne, IN 46805
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10% off to FWTC Members

Master Card
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America's most complete athletic footwear store.

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South Town Mall
Fort Wayne, IN

**THE INSIDE TRACK
"MINI-QUIZ"**

Score Yourself - See Don Lindley for correct answer.



One of these men is the real Sam Costa. Which one is he?

- A ____ E ____
B ____ F ____
C ____ G ____
D ____

Sam Costa who?

by DON LINDLEY

I decided to run the Sam Costa Half Marathon held in Carmel, Indiana, on February 20th. But who in the world was Sam Costa, I wondered. The only thing I knew about him was that his course contained gently rolling hills and that it always has been organized. In great anticipation that morning, the weather was unseasonably warm, 43 degrees, but several miles and several hours later, the time and temperature at a local bank read 12:32 and 64 degrees.

On that day, I discovered that I made two mistakes. One was to ride with Myron Meyer and the second was to go with Tim Fleming and Mike Glasper. Our driver of the day was Myron and he proceeded in a southerly direction at a rather rapid rate of speed. The faster Myron talked, the faster he drove. I lost my

presence of mind when Myron's eyes and ears would casually drift to the back seat and the car would also drift to the side. And approximately the same time I was listening to the do's and don'ts from Tim. He'll admit that all his advice comes from Myron. Anyway, Mike was gradually experiencing a lifetime of words of wisdom. Fortunately I regained my presence of mind but began experiencing pain in my knees, legs, ankles, and lower back from the cramped conditions of the back seat of Myron's little red Chevy. I'm sorry to report, however, while I was sitting in pain, unable to move and listening to Myron trying to get the car in reverse, a 2½ ton flat bed truck came rolling towards us from a 10 mph stop sign (Myron's version of a stop sign). Then our luck began to change slightly. The encounter was lessened when the red car perfectly fitted under the big black truck without causing any bumps or scratches. We were snug as a "joey" in a kangaroo's pouch. Unfortunately, we lost everything, and Myron lost the hair on his head and his red polka dot hat from Burmuda. Needless to say, we proceeded at a rather rapid rate of speed to Carmel.

Frankly, I think I was dehydrated before the race ever began. But with somewhat over 300 runners participating, who could resist the temptation. In any case, Tim stormed out among the leaders and finished in a respectable 1:19:21, good enough for 30th overall. Mike set a PR of 1:22:18 and finished 47th overall. I came in 68th overall, just 41 seconds ahead of Myron's time of 1:25:23. Myron was second in the 50-59 age group and 73rd overall. FWTC members from Noblesville were among the top finishers. Dayne Martin finished 45th overall with a time of 1:21:59 and John Kruckenburg finished 69th overall with a time of 1:24:46. John and I ran the last seven miles together. Thirty year old Tom Burleson from South Bend was the men's overall winner with a time of 1:06:55 and 31 year old Marilyn Reinhardt from Indianapolis was the women's overall winner with a time of 1:25:41.

The return trip home was far more relaxing. I just put on my stereo headset earphones and kept on wondering; Who was Sam Costa?

Winterfest '83

Winterfest 5 Mile Run
Franke Park, February 12, 1983

All finishers are to be congratulated! There were some fast times turned in considering the (hazardous) conditions of the course. Abeautiful sunny day just the same.

A special "thank you" goes out to all those who unselfishly donated their time and talent to help make this race a success.

Thanks again.
Mike Melendrez
Race Director

<u>Men 14 and under</u>		<u>Overall</u>	
1	Jerry Barrantes	31:16	24
2	Stan Florea	32:17	36
3	Andy Cauffman	35:43	69
4	John Schwarze	36:05	71
5	Kurt Overmeyer	37:18	91
6	Rodney Obregon	39:10	106
7	Bob Wiersma	46:06	146
8	Jim Schwarze	48:54	150

<u>Men 15 - 19</u>			
1	Randy Houser	27:17	1
2	Fred Moreno	27:42	2
3	Roger Hawks	29:09	6
4	Bob Anderson	29:55	13
5	Jeff Beam	30:18	16
6	Paul Giesecking	31:47	28
7	Mike Miller	31:48	30
8	Pete Bowman	31:49	31
9	Peter Hurley	31:50	32
10	Mike Karl	31:51	33
11	Trent Buchan	33:21	45
12	Dave Ericson	36:23	77
13	Chris Winter	36:31	80
14	Robert Martelles	36:40	82
15	Scott Applegate	37:18	92
16	Dave Millhouse	37:46	94
17	Mark Kuhn	39:25	109
18	Jeremy Jackson	41:02	124
19	Karl Clark	50:36	153

<u>Men 20 - 24</u>			
1	Robert Scheerer	28:39	3
2	Jerry Williams, Jr.	28:56	4
3	Gary Williams	29:00	5
4	Mike Slaubaugh	29:31	7
5	Mark Sanderson	29:53	12
6	Mark Tapp	32:21	37
7	Tim Bowman	32:33	41
8	Brad Howe	32:48	42
9	Russ Holland	33:28	46
10	Gary Steele	34:39	55
11	Gary Beam	39:18	107
12	Kenneth Votaw	48:25	148

Editor's Note: Don't call us! We know the real name of the race is San Costa - but we don't know who or what San Costa is either???

Men 25 - 29

1 Scott Collier	29:51	10
2 Marlin Howe	30:22	18
3 Michael Glasper	30:37	20
4 Roger Wilson	30:58	22
5 Miguel Mendez	30:58	23
6 Thomas Wagner	34:24	53
7 Denny Zech	34:52	58
8 Bob Reynolds	38:53	103
9 Phillip Steinen	40:39	118

Men 30 - 34

1 Dan Kaufman	29:39	8
2 Steve Brown	29:49	9
3 Tom Gerbers	29:53	11
4 Don Bashor	30:09	15
5 Tim Fleming	30:19	17
6 Larry Shively	31:25	26
7 John Treleaven	31:48	29
8 Mike Ribbins	32:02	35
9 Norm Spitzig	32:24	38
10 Dan Moore	33:02	44
11 Dave Smith	33:32	47
12 John Kline	33:52	48
13 Steve Yager	34:03	50
14 Dewey Culbertson	35:07	59
15 Dave Winters	35:16	63
16 Karl Waite	35:26	66
17 Rick Hower	36:15	72
18 Phil Shafer	36:19	73
19 Paul Gilley	36:26	78
20 Daniel Ormsby	36:48	83
21 Roger Graney	36:54	85
22 Michael Callahan	37:19	93
23 Pete Ravine	38:35	101
24 Jerry Noble	39:19	108
25 Terry Coonan	39:27	110
26 George Kirby	42:43	132
27 Rick Longworth	50:27	152

Men 35 - 39

1 John Schwarze	30:29	19
2 Bob Bruckner	31:17	25
3 Ed Kerr	31:36	27
4 Art Obregon	31:55	34
5 Tom Tucker	32:25	39
6 Don Lindley	32:28	40
7 Phil Wisniewski	34:30	54
8 John Ferguson	34:45	56
9 Terry Shipley	36:39	81
10 Mark Oerheimer	36:53	84
11 Dale Brown	36:55	86
12 Dave Wolff	37:02	87
13 Tom Mather	37:59	96
14 Richard Giese	38:11	97
15 Tom Mangette	38:38	102
16 Joe Wozniak	39:06	105
17 Dan Belschner	39:39	111
18 Dennis Flennery	40:09	114
19 Bob Wiersma	47:57	147

Men 40 - 44

1 Jerry Perkins	29:56	14
2 Jerry Rickard	35:08	60
3 Ken Clark	35:10	61
4 James McGowin	35:29	67
5 John Callicotte	37:10	90
6 Clyde Bray	38:58	104
7 James Widmeyer	42:28	131

Men 45 - 49

1 Joe Barile	30:43	21
2 Bob Harter	33:53	49
3 Ray Sibrel	34:23	52
4 Don Peaks	34:49	57

5 Joe Ziegler	35:22	65
6 Tom Laird	35:40	68
7 Norm Whisler	36:02	70
8 Robert Gensheimer	36:22	76
9 Tom Liebrich	36:30	79
10 Bill Sohaski	37:05	89
11 Rudi Florreich	38:14	93
12 Joe Brooks	40:32	116
13 Ron Johnson	40:43	121
14 Bill Hurling	41:17	128
15 John Ramsey	42:47	134

Men 50 - 59

1 Myron Meyer	32:54	43
2 Gene Whitacre	35:14	62
3 Clyde Shank	36:22	75
4 Vern Chovan	37:47	95
5 J.P. Jones	40:15	115
6 Curtis Nold	40:41	120
7 King Sullivan	40:54	123
8 Jack O'Neil	43:43	138
9 Richard Longworth	51:32	155

Men 60 and over

1 Chet Fleetwood	48:59	151
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Cruiserweight

1 Dick Duke	37:03	88
2 Tom Humbrecht	38:19	99
3 Larry Getts, Jr.	40:38	117
4 Mike Yates	41:14	126
5 John Underhill	41:35	130
6 Larry Gillie	42:58	135
7 Chuck DeVault	43:48	139
8 John Sullivan	44:40	140
9 Ross Moyer	48:53	149

Women 19 and under

1 Tracy Sohaski	38:30	100
2 Holly Cauffman	41:18	129
3 Wendy Clark	53:31	157
4 Jennifer Schwarzel	1:16:47	162

Women 20 - 29

1 Mary Theresa Connolly	34:13	51
2 Cindy Goller	36:21	74
3 Sally Bork	40:48	122
4 Betty Jackson	43:29	136
5 Sue Sipes	43:37	137
6 Brenda Hathaway	45:39	144
7 Mary McDonald	45:46	145
8 Cheryl Field	50:51	154
9 Chris Sullivan	1:03:01	160

Women 30 - 39

1 Deb Kukelhan	35:18	64
2 Roseann Simmons	39:46	113
3 Mercedes Cox	41:04	125
4 Deloris Frandt	41:15	127
5 Sharon Wiersma	45:04	141
6 Phyllis Kerr	45:05	142
7 Stella Bestard	45:05	143

Women 40 - over

1 Gloria Nycum	40:40	119
2 Janis Greene	42:45	133
3 Jean Longworth	52:35	156
4 Ruth Hyndman	57:37	158
5 Maurine Gensheimer	1:01:00	159
6 Tess Machlan	1:14:45	161
7 Sharon Pauley		163

THE WINTERFEST 5

by Gloria Nycum

I blushed when Jim Dupont asked me at the Awards Banquet to do a "centerfold" for the April "Inside Track". Someone promptly said that I was the only woman in the club they could think of that could be seen waist up wearing just a headband and not make the newsletter X-rated! Jim turned red and explained he only wanted my thoughts on the Winterfest 5 Race held earlier that same day.

The race was held in Franke Park with the sun shining bright and many wore shorts or leotards. The best dressed was Jack O'Neil in his sexy leotards! "You're special, Jack."

Bonnie Taylor came to help with the race and said she couldn't run since she was injured. You can imagine our surprise at the Awards Banquet when they announced we could eat and Bonnie grabbed her platter and ran faster than Mary Theresa Connolly to be first in line! That goes to show what a little rest will do for you.

I was talking to Phil Shafer and didn't hear the cannon go off to start the race. When we realized everyone else had left us, we got the message! One member of the all male Board had told me that most of the race would be on the main roads in the park. That will teach me to check the map at future races, since I soon realized 2/3 of this race was cross country on uneven, narrow paths. There was also ice and snow, so I ran very carefully due to the fact that I once fractured my ankle running on uneven surface.

There was also that mountain to climb! I have never ran the derby track and in my mind I expected it to be so steep I would eventually have to walk or crawl to reach the top. Maybe this kind of thinking made the climb seem quick and easy with no second thoughts about running up a second time.

My only disappointment concerned the women categories. I told Tess Macklin and Jean Longworth there would be a 50+ age group for women at all track club races. There wasn't! Because of this, I had to run extra hard to keep them from winning my age group. Give me a break!

Mike Melendez did a great job as race director. A big thanks to Mike and volunteers for a well organized race with a challenging course, beautiful weather, and most of all, thanks for giving us all a chance to spend some time together!

Special Feature

Winterfest '83 5Mile



1

2



5



4

3





So you want to be a runner

by MIKE ROBBINS

Once a person has made the transition from jogger (occasional running, generally to either shape up for another activity or to be one of the crowd during the summer months) to runner (a systematic pattern of regular running assumed to be a permanent situation - some people start as runners) a few guidelines may be useful. For discussion purposes, I'll place these guidelines into three categories: Equipment; Training; Attitude.

Equipment - The most important pieces of equipment for any runner are shoes. The difficult problem for beginning runners is to know what shoes are best. Without a few years of experience, and a closet full of "lawn" shoes, the choices can be confusing. There are at least three sources of information about shoes: Research material, running store personnel and other runners.

Research material includes such books as, *THE RUNNING SHOE BOOK* by Peter Cavanagh, Ph.D., running magazine annual reports (an exception to this is the 1982 "Runner's World" survey which merely reflected reader preference rather than specific test or product data) and general running and consumer publications readily available either through the public library or a book store.

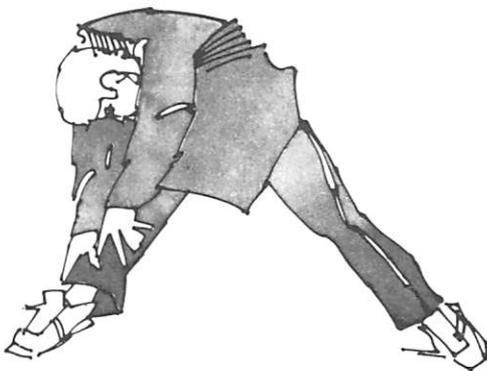
Running store personnel, especially either Tom Loucks or Greg Orman at the Athletic Annex or Juergen Hinz at the Footlocker can offer further information about the characteristics of specific shoes. Though many shoes are excellent, only a few are probably suitable for any given set of feet. These people can help match mileage, running practices and shoes in the best fashion.

Other runners can offer personal testimony concerning the desirability of certain shoes. It should always be remembered, though, to

question more experienced runners about what expectations they have in shoes and where these have been met and where they have not been met. Try to find other runners seeking the same general characteristics in their shoes and then evaluate their opinions.

Training - Running patterns initially develop as a result of what work, family and other activity schedules permit. Later, if specific goals are set, additional training requirements are developed.

The first thing any runner should do is keep a diary. This diary should reflect individual concerns but should still indicate miles or times run, location and the general or specific condition of the runner. Many injuries can be avoided (or diagnosed) by reference to patterns presented through the training diary. This diary can



also provide additional motivation to the beginning runner. Caution should always be used to avoid becoming any type of slave to the diary.

Next, a varied running schedule should be followed. Try not to run the same pace for the same time or same distance every day. Besides being boring, it permits only limited development. Instead, run shorter and faster some days and longer and slower on others. Also, permit plenty of time for rest in the schedule. Confusing pain with progress is, at best, neurotic.

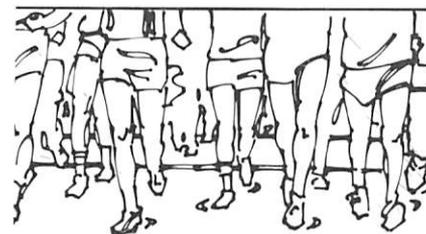
Running streaks should also be avoided. Running every day of every week of every month is not necessarily healthy. Trying always to run farther this week or month than last may also be self-defeating. Establish your training goals and advance on them moderately and gradually.

Attitude - Unrealistic expectations can prove frustrating while realistic ones are difficult to determine without a great deal of experience. A mixture of short and long term goals may be most beneficial. Short term goals may include finishing a specific race or modestly lowering a previous time while longer term goals may be to increase training mileage or to complete longer races. Short term goals should always give way to longer term ones.

It is better, though not necessarily easier, for any runner to make comparisons to personal goals and not to other runners. Comparisons to other runners accomplish nothing positive while greatly risking being negative or useless.

Though it might almost fit under the Training category, too much racing can produce as great an attitude problem as a physical one. Running can seem like drudgery; constant racing can hasten this effect. If you are not looking forward to the next race, you are probably running too many. Races should be occasions of camaraderie and testing and not grinds to put yourself through.

Above all else each runner should know why he or she runs and always be able to monitor that perspective. If you are ever not sure take a break from it. It has probably stopped helping and may even be hurting you.



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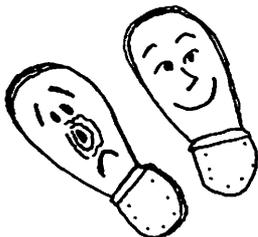
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Running Club Affiliation (if any) _____
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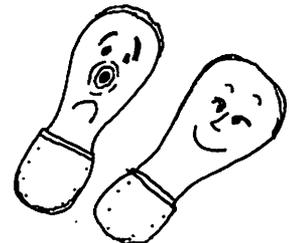


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(MARATHON - continued from Page 3)

RACE SCRIPT

Driving on the roads over the rolling terrain of the Tennessee country side that the out-and-back course was to follow, I questioned my simple, easy philosophy of having "fun." After going down one mountain at the beginning, rolling up and down the "flat" terrain of the entry blank's course description, and descending down another mountain to the turn-around point, I seriously doubted whether I could even jog the first 13.1 miles of this course, let alone finish the marathon.

"How ridiculous," I thought as my mind and body remembered the friendly flat land of Indiana, "I come 400 miles so I can kill myself on a course with hills that make the ones near Homestead look like upgrades."

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My lethargic state didn't help my perception of the challenge before me. Usually running twice a day, I had last run 3 miles Friday morning, almost 30 hours ago. I had taken everything easy since then - eating, sitting, driving, gazing at TV, sleeping. Nothing strenuous. Mentally and physically, I was lethargically out of it. Touring the course seemed to sink me into a deeper lethargic state.

"I was ready," I thought as I tried to minimize the image of those awaiting hills.

About 100-odd runners gathered in the 41°F calm, overcast weather to start the Smokey Mountain Marathon. There had been no pretentiousness about the organization of this race. One man ran it as a well organized fun run: water at miles 5 and 10; splits at miles 5, 10, 13.1, 15, and 20; little traffic control; no t-shirts; a respectable amount of trophies for various age groups. This marathon could have easily been the 13.1 mile prediction run the Sunday before the Fort Wayne Marathon.

The toughest part of the first two miles was the city traffic of Oak Ridge. After two miles, the course offered nothing but Tennessee countryside rolling past several TVA project sites and light highway traffic. My initial pace was affected by two mental notes: the engrained memory of my previous four marathons and the more recent memory of the course's terrain. Using the first two miles as warm-up, I read a 6:35 at mile 1, and not yet too self assured on my pace for this terrain, I slowed to a 12:30 by mile 2.

By mile 5 and after becoming acclimatized to the Tennessee terrain, I relented to my competitive spirit. My 33:00 split at mile 5 told me I had lowered my pace to a 6:30. From mile 5 to the turn-around point at 13.1, I cruised through my splits between 6:10 to 6:30 per mile.

I still felt like I was enjoying myself, still abiding to my philosophy of having fun. I would take time to notice the adjacent wooded countryside and to look over the several TVA project sites the course passed by. I would "trot" good naturedly up and down the various sized hills. The out-and-back course didn't seem to be as formidable of a monster; the myth of its legendary invincibility - even on this course - was crumbling before my growing confidence as I approached the turn-around point. What I had imagined unconquerable was now a realistic conquest.

I turned at mile 13.1 in a time of 1:24:10.

After ascending what the course map labeled as "Uphill, 600 yards," I began a more serious return trip. At mile 15, my 1 hour, 35 minute split revealed I had cranked out the last two miles - mountain included - at about a 5:45 per mile pace. Having laid down the previous 3 to 4 miles at a good clip and wanting to see if I could run that 60 minutes 10 mile segment, I pushed myself between 5:40 and 6:10 paces from miles 15 to 22. By mile 22, I began to feel the familiar formation of a mental wall that posed the most inopportune question - "What are you doing out here?" But, the wall had only started on the first word of that question, and I pushed my tiring leg muscles onward at my desired pace.

By this stage of the race, I had moved up to what I would later learn to be seventh place. The last runner I had passed at mile 21 had sighed, "Good Luck." "Thanks, but there's a good five miles to go," I responded, beginning to feel the twinges of tiredness from the race. We exchanged short "Good luck's," and he faded behind me like a fair-weather Sunday afternoon jogger.

Every upgrade, hill, and even that mountain after the turn-around had easily faded beneath my stride - till mile 23. The map of the course at mile 23 had read, "Uphill, 300 yards." The road went up what they down here would probably call a hill; we flat-landers would call it a mountain. "300 yards" - I will admit that there was at least 300 yards in that half-mile incline. Needless to say, my 6:10 pace did not benefit any from that half-mile climb through mile 23.

After finally attaining the summit of that road that then curved back into the city limits, I tried to appease my tightened, tired leg muscles with what I preached to the runners I coach: stride out after reaching the top of the hill; the legs will loosen up in several strides.

(Continued on Page 16)

TK2

TRI KAPPA
TEN KILOMETER
RUN

One Mile FUN RUN (All Ages)
Ten Kilometer RUN

**SATURDAY
APRIL 23, 1983**

For additional information
write to:

Pat Decker
R.R. No. 10
Columbia City, IN 46725
or call:
Laura Lefever
(219) 244-7146

12:00 NOON Pick up Packets
Late Registration
1:00 P.M. Mile FUN RUN (All Ages)
1:30 P.M. 10 Kilometer RUN

The Race Start, Packet pick-up, and registration
will be located at the west side of the Court House
Square - Downtown Columbia City, Indiana.

EARLY REGISTRATION DEADLINE - 4/15/ 83
10K - \$5.00 before April 15, 1983
\$6.00 after April 15, 1983
FUN RUN - \$1.00 per entry.

Awards to Overall Male and Female winners.
Awards to top finishers in each age category
for the 10 K. Ribbons to all finishers in the
Mile FUN RUN. T-Shirts to the first 200
people to register. (10K ONLY!)

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

Aid Stations will be available. No Showers or Lockers.
Restrooms will be available, refreshments will be
served after the race.

TO PRE-REGISTER by mail, send check or money order before April 15, 1983 to:
Pat Decker, R.R. No. 10, Columbia City, IN 46725. CHECKS payable to: Tri Kappa.

NAME _____ AGE _____ SEX _____
ADDRESS _____ CITY _____ STATE/ZIP _____
TELEPHONE _____ T-SHIRT SIZE _____ S _____ M _____ L _____ XL (10 K Only)

RACE: _____ 10K _____ FUN RUN _____ Timing will be by Chronomix Timer and Zetachren Digital Clock.

TRI - KAPPA ACKNOWLEDGES THE ASSISTANCE OF
THE CITIZENS NATIONAL BANK OF WHITLEY COUNTY.

I waive for myself, my heirs, and assigns, any and all claims for damage against Tri Kappa and Citizens National Bank
and their representatives, for any and all injuries received during, before, and after this event. I attest and verify that
I am sufficiently conditioned to participate in this event. (Parent or Guardian must co-sign for participants under 18
years of age.)

DATE: _____ SIGNATURE _____

PEPSI CHALLENGE 10,000 METER SERIES SATURDAY, MAY 14 10:00 AM

ENTRY FEE
Pre-registration \$4.00
Mail completed entry form to:
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P.O. Box 13392
Fort Wayne, IN 46868

Entry fee must be received by May 6, 1983
All checks should be made payable to:
Pepsi 10,000
Entries received after May 6, 1983 will
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No telephone entries. No entries will
be accepted without the entry fee.
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A 1st Place Award will be presented to the
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A 1st, 2nd, and 3rd Place medallion will be
awarded in each age category. Trophies will
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finishers in each category. Also, trophies to
the oldest and youngest male and female
finishers. (Overall winners do not qualify
for age group awards.)
T-SHIRTS
Pepsi 10,000 T-Shirts will be supplied to
all entrants. Please wear the shirts so
runners can be identified at the finish.
Finish cards will be given only to runners
wearing their assigned number.



Total Awards

- 2 Overall Winners
- 18 1st's - Gold
- 20 2nd's - Silver
- 20 3rd's - Bronze
- 20 4th's - Trophy
- 20 5th's - Trophy
- 20 6th's - Trophy
- 2 Oldest Finishers
- 2 Youngest Finishers

PEPSI® CHALLENGE 10,000 METER SERIES Registration Form

NAME (Last) (First) (Middle)
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(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.

STARTING LINE LOCATION:
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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	

I will attend the pre-race
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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 Bidding 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, latest and events that will par-
ticipate 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 professional.
Further, I hereby grant full permission to any and all
of the foregoing to use my name and any photos,
graphs, videotapes, motion pictures, recordings, or
any other records of me, whether during or subsequent
to any publicity and/or promotional campaigns, without
obligation or liability to me.
I have read the entry information in pertinent her-
eto, my compliance by my signature. I also under-
stand entry fees I pay are non-refundable.



(MARATHON - continued from page 14)

"Several strides? You think," my legs responded.

"All right, maybe in a half-mile," I conceded.

After another half-mile, my legs did loosen up - enough to feel like finishing. I felt my stride strengthen slightly, and I knew I could force a 6:30 pace or better. There was no one visible ahead to catch; there was no one visible behind to catch me. That familiar perception of existing in a void of time and distance during a race filtered out of my mind into my tiring muscles.

I knew I would have that sub-2:50 marathon; I knew I would have a good, long, hard workout with negative splits; and I thought I had fun most of the way. My tired muscles begged, "So, what do you say - let's back off and coast in? OK?" I conceded.

How many times does a runner dream of breaking that finish line with raised arms, a big grin of accomplishment, a rushed feeling of personal success? Reality after mile 23 had whittled away any such dreams to the mere act of trotting across the finish line.

My time - 2:45:30, and my ever efficient memory cells reminded me that the worst hour of running a marathon was to follow.

POST RACE SCRIPT

An important quality I believe for one to have success in terms of improvement and forward progress is being reflective. So, what have I learned reflecting upon this weekend excursion to Tennessee?

The hour immediately following the marathon wasn't as bad as I had anticipated. My body always appreciated an intelligently run race; a smart race leaves me gratified, not questioning why I bother to punish myself by running. For the next several days though, I didn't exactly feel like Captain America; bounding up and down stairs was not on my list of exciting things to do, and I imposed a 2-3 week probation period before running near any hill again. Despite this marathon being just a long, hard workout, my underestimated recovery time of 4-5 days dragged on for about 3 weeks; a twenty-plus mile workout requires considerable more recovery time than my usual hard training run.

Looking back, I don't think the pace nor the distance was the main reason for the extended recovery time; that last uphill climb through mile 23 was the culprit. The leg muscles that ached the most were those I use for climbing. So, what's the lesson to be learned - avoid half-mile ascents after mile 22.

Moreover, I felt successful because I had achieved all my desired goals. Once I achieve one goal, I move toward another one. That quality of being a runner is perhaps the most endearing one for me: a new challenge always awaits. As a runner, I pursue a course that moves forward from one goal to the next.

As a relatively young runner at age 27, I can still move onward in terms of improved times. Though age will alter the terms of such onward movement, I am sure the challenges will be just as numerous.

Of course, behaving like a Don Quixote while in one's runner's world makes more credible one's ageless pursuit of these challenges.

"Well, was the weekend worth it?" my parents asked.

"Of course!" I responded with the tone of a quixotic purist who wonders what would behoove such a question to be asked. "It's time to look forward to the next challenge that lays ahead of me."

- The End -

TV-33/Hook's Marathon '83

by Larry Lee

This year's Marathon will undoubtedly be remembered as the first raced indepently of the Three Rivers Festival. Whether the move to the May 1st date will have accomplished its purpose of attracting more runners and of decreasing the chances of weather related injury to the runners will soon be known, at least for the 1983 race. The number of starters and the weather conditions preceding and on race day this year will not be conclusive as to the wisdom of the date change after eight years in the mid-July slot. The move was a painstakingly calculated risk; we can only hope our "prudence" is confirmed as such.

Danny Widmann is once again serving as co-director of the Marathon with me this year. Don Lindley is heading up the aid stations, and Chuck DeVault is chairman of the on-the-course timers and spotters. Debby Blume has organized the pre-Marathon Spaghetti Dinner, again to be hosted by Lincoln Life.

The Club, through the efforts of Bonnie Taylor and her committee, will for the first time be hosting a Hospitality Tent or Hospitality Room at the Coliseum for the runners.

Best of luck to all you Marathoners; I hope you all finish with PR's!

A LETTER TO ANNE SHEETS FROM JOHN BREWER

Dear Anne,

Good news to hear that the Marathon has been moved to May. What's the chance of rain the 1st of May? There won't be a conflict with the Kaiser Roll! Most of the top pushers in the country will have recovered from the Boston Marathon and perhaps those from outside the country will come to race also. Two or three weeks after a marathon most athletes feel quite strong. I would like to see the National Championship moved from Boston to Fort Wayne. I tried to explain to IWRR (International Wheelchair Road Racing Club) at our annual meeting in Miami this year; Boston is not suitable for class 1B and 1A competitive racing. There was talk by the officers of the IWRR of moving the world championship to other areas in the country - in the world. Marti Ball, myself, and others that have pushed in Fort Wayne are talking the marathon up among the athletes and will continue to do so in Boston this year.

If I'm not in Fort Wayne for the marathon it is only because of a lack of travel funds. My heart is really into what you have done for the sport. Truly the best run wheelchair marathon in the country!

.....

Sincerely,
John

Letters to Editor

To the Editor,

Could you tell me, if you please, what exactly is a hubby? I would like to attend the WE meeting on March 27th to hear Greg Orman speak about running shoes, but the announcement reads "....feel free to bring your hubby." I swear to you, I have looked all over my house - upstairs and down - in closets, nooks, and crannies for a hubby.....but, I cannot find one. I'm sure that if I only knew precisely what it is that I ought to be looking for, I could find one tucked away in a drawer somewhere.

I have asked myself all of the usual questions to try and trick myself into coming up with an answer. I have said to myself, "Where would I be if I were a hubby? What would I look like if I were a hubby? Would I make music? Or...might I be a dessert?" But sadly, I could not trick the answer out of myself.....I did try so hard too.

As I am a fairly new member of the FWTC, I began to wonder if perhaps a hubby is something like a "PR" - I don't know what that is either - just know from the manner in which it is used that it might be something to be either accumulated, or striven for. Is hubby a nickname for running shoes? EUREKA!! - maybe that's it!! What would make more sense than for FWTC members to bring their running shoes?! But wait...the word would be plurized - hubbies - if that were the case.

This is so frustrating! I really must put my mind to this....What is it that all FWTC members would have (after all, one must have the damn thing in order to bring it) that would be a singular item? Perhaps it is the technical name for the feeling that I have after completing a solitary run of five miles, or so - that feeling of oneness with the universe..? Or....is it the name of a running injury that is so common that everyone has one? I give up!

Please, please....run a description of one of these things for us newer members. We would be indebted to you.

Very Sincerely,

Regi Bailey

Editors Note: The word "hubby" is listed in the dictionary next to other words of equal emotional and mental agitation, such as, "hubble, hubble-bubble, hubbuboo, and huck-a-back." How about that for a noisy confusion of sounds?

Webster lists the word "hubby" as follows:

hub·by: a HUSBAND - not often used formally

All WE meetings are very informal and so if you have a husband, that you don't often use, you can take him.

Four o'clock wakeup.

As the late evening rolls into the sudden stills of dawn, three girls are awakening to the joys or task to their early morning run.

Janis Greene, Sally Bork and Patti Fleming are arising to begin the day with a seven mile run. The girls start out at 5:00 sharp in the morning winding through the streets of Park State East, Country Brook, Blackhawk and New Glenwood Park to their destination turn around. The girls are enthused with each others company and find delight in having their run behind them as they cast off toward their day's occupation.

I am admirable and envious of the ambition of these girls. How many of us men have the drive to get up when stillness encompasses us, or it is just too early.

Excellent drive, girls! Keep it up. It is good to know that life begins before 7:00 a.m.. Your desire to train is superb.

Tim Fleming

P.S. watch these ladies, their attitudes will reap them P.R.'s.

Dear Friends,

Since we are moving out of state, I want to let you know that you can drop my membership and mailing list spot. I've enjoyed the monthly newsletter and information, and I hope to locate a running club as active as this one in my new home.

Thank you.

Steve Larsen

Letter to the Editor,

A great deal of good intention appears to have been the motivation behind changing the Three-Rivers (TV-33/Hook's) Marathon to May 1. However, there could be some adverse effects which should not be overlooked.

1. Participants usually were prepared for a hot July Marathon. As a former heat exhaustion sufferer who has learned to adjust to running in heat, I dread not being prepared for the possibility of 85° in early May, more than the prospect of 90° in Mid-July.

2. Due to the involvement of the Three-Rivers Festival, there was more assistance on the course, than there will be this year.

3. A May 1 Marathon eliminates the following:

- People who run Boston, two weeks prior.
- College students preparing for finals.
- High school and junior high track athletes.

4. At a time when the city of Fort Wayne is in need of its entire citizenry acting, playing, and working together, the Fort Wayne Track Club has elected to pull "The Main Event" out of the Three Rivers Festival. This is a tactical error.

The 6:00 o'clock starting time last year was a good idea. I'm not sure that the May 1 Marathon date this year is. My question is twofold - When did the majority of the Track Club's membership decide on May 1 as the Marathon date, and secondly, are we missing the boat on what used to be (in my opinion) the best Marathon in the Midwest?

I hope my comments do not offend anyone, that was not the intent, and you will see me running the Three Rivers Marathon regardless of the temperature.

John Schwärze

**YOU PICK 'EM UP, O LORD
I'LL PUT 'EM DOWN**

by DEWEY SLOUGH

Colin Fletcher's book, **THE COMPLETE WALKER**, is to back packing what Jim Fixx's **RUNNING** book is to distance running. In browsing through this book one evening, it occurred to me that these two sports have a lot in common, not only in the physical sense but in the mental and emotional sense as well.

The following are quotes taken from the book that I found applicable to running:

If you pick 'em up, O Lord,
I'll put 'em down.

Anon
"The Prayer of the
Tired Walker"

Huh, your feet must be stronger
than your dead!

Stranger
To Colin Fletcher,
during thousand-
mile walk

For my part, I travel not to go any-
where, but to go.

Stevenson
"Travels with a
Donkey . . ."

There is more to life than increasing
its speed.

Gandhi

...the brisk exercise imparts elasticity
to the muscles, fresh and healthy
blood circulates through the brain,
the mind works well, the eye is
clear, the step is firm, and the day's
exertion always makes the evening's
repose thoroughly enjoyable.

Dr. David Livingstone

No bird soars too high, if he soars
with his own wings.

William Blake

There is no cure for birth and death
save to enjoy the interval.

George Santayana

Comedy is tragedy plus time.

Attributed to Carol
Burnett's mother

Two roads diverged in a wood, and I -
I took the one less traveled by,
And that has made all the difference.

Robert Frost

All paths lead nowhere, so it is im-
portant to choose a path that has
heart.

Carlos Castaneda

If one advances confidently in the
direction of his dreams, and endeav-
ors to live the life which he has imagined,
he will meet with a success unexpect-
ed in common hours.

Thoreau

Grow up as soon as you can. It pays.
The only time you really live fully is
from thirty to sixty . . . The young
are slaves to dreams; the old servants
of regrets. Only the middle-aged
have all their five senses in the keep-
ing of their wits.

Hervey Allen

Growing old isn't bad - when you
consider the alternative.

Maurice Chevalier

One of my favorite quotes (not from this book)
reflects the rationale of one of my friends. He uses
this quote to explain why he refuses to take up
jogging as a hobby.

I will start jogging on the first day
that I ever see a jogger with a smile
on his face.

George Pond

First Annual

WHITLEY COUNTY MEMORIAL HOSPITAL
Saturday, May 21st, 1983 Starting at 10:00 a.m.

Four Mile Run for Health

At Columbia Plaza Shopping Center, Cor-
ner of US 30 and Highway 109 in Colum-
bia City, IN. Course runs through Colum-
bia City.

Pre-registration before May 16th is \$5.00.
After May 16th it will be \$6.00. Race day
registration will be from 8:30 - 9:30 a.m..

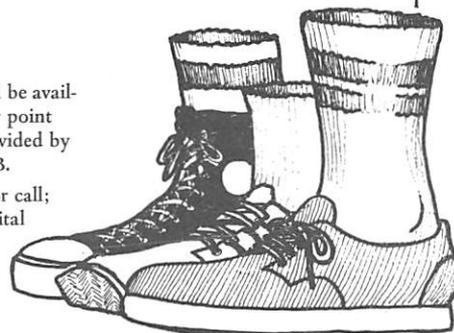
Awards to first 3 finishers in each age group
and top 2 overall male and female finishers.
Sweatband sets to all participants.

Age Categories:

MALE		FEMALE	
14 and under	14 and under	14 and under	14 and under
15 - 18	15 - 18	15 - 18	15 - 18
19 - 29	19 - 29	19 - 29	19 - 29
30 - 39	30 - 39	30 - 39	30 - 39
40 - 49	40 - 49	40 - 49	40 - 49
50 and over	50 and over	50 and over	50 and over

No shower or locker facilities will be avail-
able. Refreshments at the halfway point
and finish. Chronomix timing provided by
the FORT WAYNE TRACK CLUB.

For additional information write or call;
Whitley County Memorial Hospital
353 North Oak Street
Columbia City, IN 46725
219-244-6191 ask for Scott Krieg



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

In consideration of the acceptance of the entry, I waive for myself, my heirs, and assigns,
any and all claims for damage against Whitley County Memorial Hospital and their repre-
sentatives, for any and all injuries received during, before, and after this event. (Parent or
Guardian must co-sign for participants under 18 years of age.)

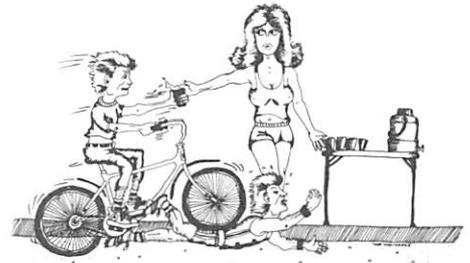
Date _____ Signature _____

Mail Entry To: Whitley County Memorial Hospital Entry Fee;
353 North Oak Street \$5.00 before May 16
Columbia City, IN 46725 \$6.00 after May 16
Make checks payable to: Whitley County Memorial Hospital

Last and least

Ban the bike

By JIM DUPONT, Editor



To many track club members, the TV-33/ Hook's Marathon is the major local running event of the year. All thoughts and energy are directed towards a peak performance for this great run. And indeed it is an outstanding event; well organized, publicized, and promoted. In the editor's opinion, there is one aspect of this event that detracts from its success.

Just as there are a great number of runners in training for this 26+ mile challenge, there are at the same time a large contingent of cyclists who are training just as hard for the same purpose. They look upon this race as their own endurance contest and feel no hesitancy in being on the course, with the runners, during the running of this event. The problem has grown increasingly larger and, unless something is done soon, it could eventually be totally out of hand. The organizers should take steps to eliminate the bikes from the course.

These cyclists fall into three broad categories:

1. THE SPECTATOR

These cyclists can be seen riding along with the runners in order to get a first hand view of the race.

2. THE PARTICIPANT

These people have started the race at the gun and are unofficial participants. They even stop at aid stations and expect the workers to hand them water. Some go so far as to cross the finish line while making victorious gestures.

3. THE SUPPORTER

These bikes are generally loaded down with such things as water, sponges, fresh clothing and shoes, radios and tape recorders. They are generally a close relative or friend of the runner.

It is not my intent to depict these riders as rogues and villains. On the contrary, most of them are people with a close interest in the race, however, I do not believe that they are aware of the nuisance they are creating, unin-

tionally.

Hardly anywhere on the course is there enough room for both runner and cyclist. The first two and three miles are extremely crowded, Foster Park is narrow, and after the turn around, there is the confusion of two way traffic. It is very frustrating for a fatigued runner to have to break stride to avoid a cyclist.

Probably the worst situation occurs at the aid stations when the cyclist stops for water and causes all sorts of confusion. Workers have to run around them, runners are blocked off from the water, and runners are sometimes forced to alter their course to avoid contact with a bike. In addition, workers at the aid stations have a hard enough time keeping runners supplied with liquids and they shouldn't have the extra burden of servicing dehydrated bike riders.

The problem of eliminating bikes from the race is not going to be easy as this trend is fairly well established. It is going to take the combined efforts of the race officials and police. An announcement at the beginning of the race would eliminate a lot of bikes. Signs along the route would help remind cyclists that they are out of place on the course.

The one big argument in favor of bikes is in the support they provide for some runners, especially first timers. A friend can ride along with the runner and be available should the runner need help. Others consider this an unfair advantage. One solution for this might be to have these support riders take parallel streets off the course and meet their running friend at various pre-arranged spots.

These are arguments that the editor has heard by a number of marathon runners. None of them have been in print or in the minutes of meetings concerning the marathon, as far as he knows. Perhaps it is time to give some special attention to this matter in the interests of maintaining the high standards for this outstanding event.

I don't get no respect!

I am the Rodney Dangerfield of the FWTC. I don't get no respect!

For example, last weekend on one of my ultra-long runs of five blocks, I was jogging along Highway 27. Three times I had cars pull over and offer me a ride.

As I approached an intersection, doing my usual amount of gasping, perspiring, and facial contortions, I saw a car stopped with a bumper sticker that said, "Honk, if you love Jesus." As I passed the car I looked inside, gave a great big smile and waved at the driver. A middle-aged lady reached over, rolled down the window and screamed, "Can't a girl drive to the grocery without being sexually harassed? You creepy, perverted, wierdo."

Last month, I registered to run in the heavy-weight division of the Winterfest 5. After weighing in, I was told that I would have to lose 25 lbs. to qualify.

And if you think that I get no respect from people, you should see what happens to me with dogs. I know that I must hold the Club record for being bitten the most times. It is always the same; as I jog along I see a man and a woman out for a walk. The man is holding a leash, but his dog is bounding along with complete freedom. All of a sudden the dog spots me and immediately senses that I am easy prey. Now he starts his stalk like a lioness on the kill. I am an aging, helpless wilderbeast. Some dogs pretend not to notice me so that they can make a surprise "kill" from behind. Others simply charge with no pretense at all. The small dogs go for the ankles. The large dogs jump directly on you in hopes that you will take a liking to them.. The owners always yell but the dogs never obey. No matter how the confrontation turns out, however, the dog owner is always mad at me because his dog bit me. I never have been able to figure that out.



(Continued on next page)

I have tried every approach to holding off dog attacks but none of them work. Tomorrow I am going to try the Erma Bombeck technique of carrying Twinkies with me to feed them.

To top it all off, one member of the Track Club has suggested that we put all Race Ads on page 20. He claims that when we put them towards the front of the newsletter, it is necessary to cut out some of the good articles that are on the back. If they are on page 20, the only thing that would have to be cut out and lost is the Editorial Page.

Ouch! I don't get no respect.

THE CURRENT TREND IN RUNNING

THE ELECTRIC SHOE

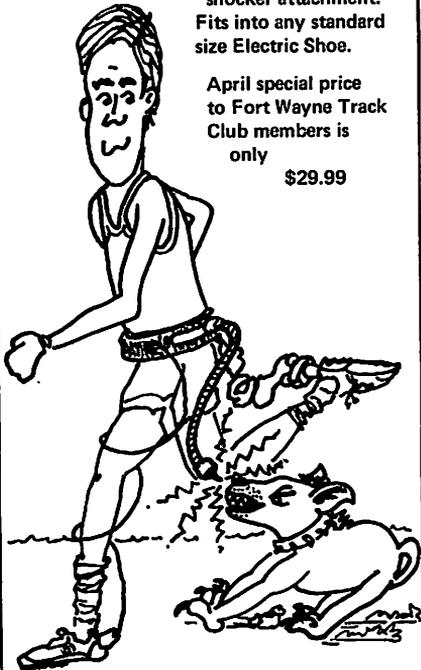
For effortless running

Accessory Sale

Ward off attacking dogs with the new dog shocker attachment. Fits into any standard size Electric Shoe.

April special price to Fort Wayne Track Club members is only

\$29.99



Outhouse Race

The Central Lions Club and 95 Q FM are sponsoring the first annual Outhouse Race on May 28 with a parade at 11:00 and races at noon. This is a charity event with money going to community projects and charities. For this reason there is a \$100 entry fee and a minimum of \$200 in pledges.

Each racing team is made up of 20 men and a woman rider or 20 women and a male rider. All must be at least 18 years old. It's a one mile race with 4 relay teams of 5 runners.

I will captain a team of the first 20 FWIC men and one woman rider to call me and sign up. We must have a minimum of \$300 so if you want to race be prepared to donate or raise pledges of \$15 per man.

This is an opportunity to partake in a fun, worthwhile event and receive FWIC publicity at the same time. I also challenge the WE group in our club to come up with a team. There are trophies for both male and female teams.

We must give verbal commitment for a team by April 4 and the \$100 entry fee by April 15 so call me for further details as soon as you read this so we can make deadlines.

This is a new community event that could use our support. So lets not just sit on our cans, get out there and push them.

Dennis Kroells
483-5034

- 8 BLOOD RUN 5 MILE & 2 MILE FAMILY RELAY, South Bend, 1:00 p.m., Athletic Annex, 219-272-7565
 - 13 AN EVENING WITH GEORGE SHEEHAN SPAGETTI DINNER, 7:00 p.m., Clinic 8:00 p.m., St. Margaret Hospital, Hammond 219-932-2300 x4401
 - 14* PEPSI CHALLENGE 10K, Homestead HS, Ft. Wayne, IN 10:00 a.m., (see race ad in this issue)
 - 14 SPORTSCAST 5K, Justice JHS, Marion, 10:00 a.m., Kermit Welty, 317-664-0544
 - 14 RUN FOR THE ROSES 5K WOMEN'S RUN, Elkhart YMCA, 10:00 a.m., Athletic Annex 219-272-7565
 - 14 RUN FOR YOUR HEALTH 10K, Craig JHS, Oaklandon, 9:00 a.m., American Cancer Society, Indianapolis, 317-251-4474
 - 15 MAXINKUCKEE 15K, Culver, Athletic Annex, South Bend 219-272-7565
 - 21 WARSAW 10K FOR MS, Kosciusko county Fairgrounds, 2:00 p.m., Athletic Annex, 219-267-3883
 - 21 PEPSI CHALLENGE REGIONAL 10K, 1.5 mile jog - Pinhook Park, South Bend, 9:00 a.m., Athletic Annex 219-272-7565
 - 21 MARKLAND MALL 10K, Kokomo, 8:30 a.m., Ricke Stucker, 317-457-0352
 - 21 METAMORA CANAL RUN 10K, Whitewater Canal State Memorial Bldg., Metamora, 8:00 a.m., (1 mile jog 9:15 a.m.) James Hunter 317-647-4903
 - 21 SPRING SRRINT 4 MILE, Woodland Park, Portage, 9:00 a.m., Jill Mumm, 219-762-1675
 - 22 WASHINGTON AVENUE MILE, Bedford, Maurice Ragsdale, 812-279-5029
 - 30 GREAT RACE 10K & 20K, Concord Mall, Elkhart, 8:00 a.m., Ron Schmanske, Elkhart Truth, Box 487, Elkhart, 46515, 219-294-1661
- JUNE
- 18* HILLY 4 MILE, Ft. Wayne, Homestead HS, 8:00 a.m.
 - 25* TURTLE 10K, Churubusco, 8:00 a.m.

RACE CALENDAR

(Continued from back cover)

MAY

- 7 EAGLE CREEK SPRING CLASSIC 5K, 7, 10K, Eagle Creek Park, Indianapolis, 10:30 a.m. (1.5 trail run 9:45) Rich Radez, 1414 Merchants Plaza, Indianapolis, 46204 317-635-5550 or 800-332-1730
- 8 MOTHERS DAY RUN, Kendallville, IN, 1 mile fun run 1:30 p.m., 5 mile 2:00 p.m. Parks and Recreation Dept. Youth Center, 211 Idding St.

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

APRIL

- 2 FITNESS CHALLENGE 5K, Bedford, IN Gary Gosch, The Times Mail, 812-275-3355
- 4 DYNGUS DAY RUN FOR MUSCULAR DYSTROPHY 10K JOG, Mishawaka, IN 6:30 p.m., Athletic Annex, 219-272-7565
- 9 ATHLETIC DEPARTMENT LOVE RUN FOR MDA 10K, W. Lafayette (Lambert Fieldhouse) 9:00 a.m., Doug Lamb (Office 317-494-3505 - home 743-6645)
- 9 TERRE HAUTE DISTANCE CLASSIC (20K at 9:00 a.m., 5K at 9:15 a.m.) Honey Creek JHS, John Newlin, 812-234-3746, home 232-6440
- 9 LIFE-BE IN IT-RUN (1 mile jog, 7:45 a.m.; 5K, 8:00 a.m.; 10K, 9:15 a.m.) Shelbyville, IN Parks and Recreation Dept., 137 E. Washington St., Shelbyville, IN 46176
- 9 LAKE GRIFFEY/BLOOMINGTON 10 MILE - Bloomington (Crosstown Plaza) 9:00 a.m. Athletic Annex, 312-333-1221
- 9 ST. PATRICK'S SPRING 10K South Bend, 10:00 a.m., Athletic Annex, 219-272-7565
- 9 MAVERICK STAMPEDE 5 MILE W. Lafayette, McCutcheon HS Gary Longest
- 9 Tawanka 10K RUN - Fremont, OH - 1:00 p.m., Grace Sidell 419-332-3641; Gregg Gerber 419-334-2707

- 10 MUNCIE SYMPHONY RUN (1 mile jog at noon, 5K at 12:30, 10K at 1:15) - Muncie, IN Linda Branam, 317-288-3168 (see race ad in March issue of The Inside Track)
- 10 BUNNY BOUNCE 10K and SHORT HOP MILE - Frankfort HS, 1:00 p.m., Pat Robertson 317-249-2249
- 10 CLUB KOKOMO 5K and 10K, W. Blvd/Malfalfa Rd., 2:00 p.m., Ricke Stucker, 317-457-0352
- 10 GIHA'S PETERSBURG HALF-MARATHON and 3 MILE RACE-Summerfield HS, Petersburg, MI, 9:40 a.m.
- 16* NORTH AMERICAN VAN LINES 15K - NAVL Headquarters, Fort Wayne, 9:00 a.m., Terry Shipley (office 319-429-2646, home 485-8769) see race at this issue of Inside Track
- 16 SPRING RUNNING FESTIVAL 10K, Monroe County YMCA, Bloomington, IN 9:00 a.m.; Glenn Bobel, 812-332-5555
- 16 LILY RUN 10K - Bowling Green, OH (Doyt Perry Field) 10:00 a.m., Marilyn Rosinski at Easter Seal Society 1-352-1735 or 878-2936
- 17 WKAM PARKSIDE PANT 10K and 1.5 MILE JOG, Linway Plaza, Goshen, IN; Athletic Annex 219-534-2863
- 23 Caylor-Nickel/Keltsch Run for Health 10K - Bluffton HS, Bluffton, IN
- 23 TRI-KAPPA TEN KILOMETER RUN, Columbia City (see ad on page 15 in this issue)
- 23 GRAND PRIX DISTANCE CLASSIC 5K & 10K, w. Lafayette, 3:30 a.m.; Purdue (1 mile jog 8:00 a.m.) 317-494-8800 or 493-0985

- 23 ISOmetric RUN 5K & 10K Indianapolis, 11:00 a.m. IU Track & Field Stadium
- 23 MD COUPLES RUN 5K UNDER LIGHTS, University Park Mall, 10:00 p.m., South Bend Athletic Annex, 219-272-7565
- 23 GREENWOOD PARK CLASSIC 10K Greenwood Park Mall, 8:30 a.m. (1.4 mile jog 8:00 a.m.) 317-881-6758 (Deadline April 18)
- 23 LAKESHORE LAP 5 MILE - Beverly Shores, 9:30 a.m., CST, Ann Sager 219-926-5383
- 23 RENAISSANCE RUN 10K, St. Mary of the Woods College, 812-535-4141 pr 812-299-1320
- 24 13.1 MILE PREDICTION RUN - Foster Park, Ft. Wayne, 8:00 a.m., Don Lindley 219-456-8739
- 24 LAKE COUNTY HEART MARATHON & HALF-MARATHON - Edina Pk. Zion, IL, 8:00 a.m., Heart Assoc. of Lake County, 1117 S. Milwaukee Ave., Libertyville, IL 60048
- 30 MARATHON MARATHON & 10K Terre Haute, 7:00 a.m., & 8:00 a.m., Rick Mathews, 812-232-6311 x2572
- 30 KENTUCKY DERBY FESTIVAL MINIMARATHON 13.1 MILES, Iroquois Park, Louisville, 8:30 a.m., Gil Clark, Box 36452 Louisville, KY 40233

MAY

- 1* TV-33/HOOKS MARATHON, Memorial Coliseum, Ft. Wayne, 8:00 a.m., Bill Nichols
- 1 Pepsi Challenge 10K, W. Lafayette, 8:00 a.m., Penny Ainesworth, 317-463-4551
- 1 Camp Millhouse Run 5K, 10K & 1 mile, South Bend, 9:00 a.m., Athletic Annex, 219-272-7565
- 7 OLD KENT RIVER BANK RUN 25K, Grand Rapids, MI POB 2194, Grand Rapids, 49501

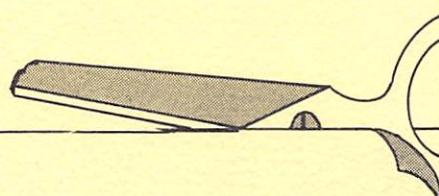
(Continued on Page 20)

 * 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



M A
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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
U.S. POSTAGE PAID
Ft. Wayne, IN
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FWTC NEWSLETTER
P.O. Box 11703
Fort Wayne, IN 46860

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