

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

# the inside track

MAY, 1983

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

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.

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 Treleaven 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

# Race results

## Homestead 20K Road Race

MARCH 19, 1983

"I want to thank the many volunteers who participated. It proves the Track Club is very much alive.

Also, thanks to Tom Casaburo (Casa D'Angelo) for the Roadster Hats, and Rogers Markets, Inc. for partial contribution on cost of fruit plates.

To all who ran - congratulations and sorry about the wind."

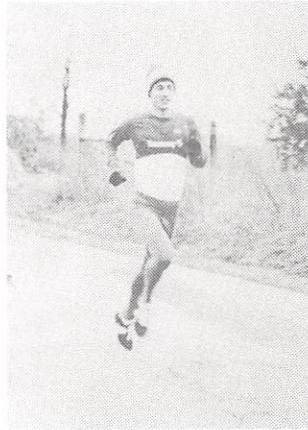
Mike Kost  
Race Director

### WOMEN

19 and under	
Tracy Sohaski*	1:56:31
Nora Cook	1:56:32
Katie Ridderheim	1:59:42
Jennifer Schwarze	2:15:00
20 - 29	
Jane Tompkins	1:26:06
Theresa J. Ehrman*	1:26:54
Judy Tillepaugh*	1:36:04
Rose Marie Koczergo*	1:38:45
Karen Kaehr*	1:40:59
Betty Jackson*	1:44:40
Sally Bock*	1:46:34
Cindy Sgrack*	1:52:10
Ann Linson*	2:01:44
30 - 39	
Ann Jamison *	1:28:13
Phyllis Suelzer*	1:30:25
Deb Kukelhan*	1:31:35
Marsha Schmidt*	1:38:15
Roseann Simmons*	1:43:06
Patti Fleming*	1:44:27
Deloris Fiandt*	1:54:03
Jo Ashton	1:56:17
40 - 49	
Joan Goldner*	1:32:12
Janis Greene*	1:50:28
Julie Wilson*	1:54:54
Gwen Fry	2:09:01
50 - 59	
None	

### MEN

14 and under	
Stanton Florea*	1:28:36
John Schwarze*	1:30:48
Jim Schwarze*	2:34:51
15 - 19	
Roger Brown	1:24:33
20 - 24	
Greg Orman *	1:04:44
Tom Loucks*	1:07:55
Bryon Sponseller	1:11:32
Jerry Williams, Jr.*	1:13:03
Mike Bultemeier	1:13:23
Brett Davis*	1:14:47
John Wiening	1:14:58
Wayne L. Johnson*	1:20:36
David Geiger	1:21:56
Ken Schlemmer*	1:22:54
Jeff Pritchard	1:22:58
Kevin Jones	1:25:21
Gary Steele	1:30:01
Todd Anderson	1:32:03
25 - 29	
Hal Pearson	1:14:35
Terry Diller*	1:15:36
Jim J. Anderson*	1:17:00
Mike Gasper*	1:17:52
Miguel Mendez *	1:17:54
Tony Gattton*	1:18:20
Larry Ellis*	1:19:38
Roger Wilson*	1:19:50
Mike Schlemmer	1:20:26
Dan Minnich*	1:22:04
Scott Frazier*	1:26:07
Dennis Zech*	1:27:42
Kenneth King*	1:29:02
Roger Sparr	1:30:43
Gary Hooten*	1:36:35
Todd Seiman	1:42:01
Mike Avila*	1:52:18



It was an easy win for Greg Orman.

### 30 - 34

Phil Suelzer*	1:11:32
Jerry Mazock*	1:11:45
Dan Kaufman*	1:11:54
Rick Reitzug*	1:14:26
Tim Fleming*	1:15:07
Steve Brown*	1:16:09
David Raetschilling*	1:16:52
Mike Robbins*	1:17:40
John Treleaven*	1:19:04
Pat Youles*	1:20:58
Pat Gorman*	1:22:24
Jim Berghoff*	1:22:45
Tom Yoder*	1:22:54
Dan Moore*	1:24:03
Steve Yager*	1:25:05
Larry Shively*	1:25:21
Scott Warehan	1:26:11
Randy Williams *	1:27:01

Dave Winters*	1:27:58
Phil Shafer*	1:28:08
J. Noll	1:30:32
Rick Ravins*	1:39:58
Jim Uptgraft	1:40:25
Phil Kennerk*	1:40:50
Gary Lane*	1:41:48
Rick Hower*	1:42:58
Bill Townsend*	1:54:54
George Kirby*	1:56:17
Paul Sabrack*	2:01:44

### 35 - 39

Bob Bruckner*	1:15:02
Tom Dendinger	1:15:44
John Schwarze*	1:16:33
Don Lindley*	1:17:20
Art Obregon*	1:19:10
Henry Vanmaaren	1:19:34
Steven Hoepfner*	1:21:50
Phil Wisniewski*	1:23:56
Steve Adkinson*	1:24:02
Jack Hamilton*	1:26:44
Mike Dyerley*	1:26:48
Dave Fairchild*	1:27:12
Dave Wolff*	1:32:51
Tom Mather*	1:33:37
Tom Cavacini*	1:35:43
Terry Shipley*	1:36:31
Tom Mangette*	1:37:11
Jim Buschur*	1:37:40
Dave Waldrop*	1:37:53
Ron Habegger*	1:38:15
Dennis Flennerly*	1:39:28
Rudy Kleinknight*	1:39:44
Dave Reichhage*	1:40:23
Gary Studebaker*	1:41:44
Tom Delong*	1:42:40
Mark Mishler*	1:43:09



The main focus at the starting line was Tom Louck's floral printed running shorts.

Ken Roelers\* 1:44:20  
 Joseph Woznick\* 1:44:27  
 Harry Shook\* 1:45:17  
 Jay Jamison\* 1:46:46  
 James F. Lantz\* 1:48:07  
 Tom Humbrecht\* 1:49:53

40 - 44

Larry Averbock\* 1:17:06  
 Jack Dyer\* 1:17:54  
 Woody Barker\* 1:19:59  
 Jerry Rickard\* 1:27:42  
 David E. Boylan\* 1:30:20  
 Ken Clark\* 1:31:09  
 Don Ashton\* 1:32:10  
 Don Bjortomt 1:32:51  
 P. Fairhurst\* 1:33:33  
 Don Frey\* 1:34:20  
 John Rasmussen\* 1:36:02  
 Jim Martin\* 1:43:06  
 Steve Bash\* 1:47:43  
 Mike Heminger\* 1:50:28

45 - 49

Bill Schmidt\* 1:18:27  
 Jack Morris\* 1:23:14  
 Craig Miller\* 1:23:23  
 Joe Ziegler\* 1:24:12  
 Larry O'Herron\* 1:24:32  
 Ray Sibrol\* 1:25:15  
 Don Peaks\* 1:29:55  
 Dave Dale\* 1:31:11  
 Tom Liebrict\* 1:32:48  
 Tom Laird\* 1:33:40  
 Don Goldner\* 1:33:58  
 Herb Chandler\* 1:34:29  
 Gay Davis\* 1:36:37  
 Ian Rolland\* 1:36:59  
 Bill Sohaski\* 1:38:17  
 Joseph Brooks\* 1:44:46  
 R. Florreich\* 1:46:45

50 - 59

Myron Meyer\* 1:20:11  
 Giles Tomlinson\* 1:29:20  
 Vern Chovan\* 1:38:10  
 John Hilker\* 1:39:06  
 Curt Nold\* 1:40:36  
 Wendell Adams\* 1:42:37  
 King Sullivan\* 1:50:57  
 Paul Snyder\* 1:53:48  
 Roger Phillips\* 1:56:25  
 Al Moore\* 1:59:53  
 Gene Haines\* 2:09:01  
 Carl Carpenter\* 2:27:00

60 - over

Al Gambert\* 1:54:03

\*Fort Wayne Track Club Members

One Mile Fun Run  
 Girls

- 1 Michele Fleming
- 2 Andi Minnich
- 3 Marcia Minnich
- 4 Linda Daniels
- 5 Michelle Daniels

Boys

- 1 Rodney Obregon
- 2 Billy Cragg
- 3 Bradley Eckelbarger

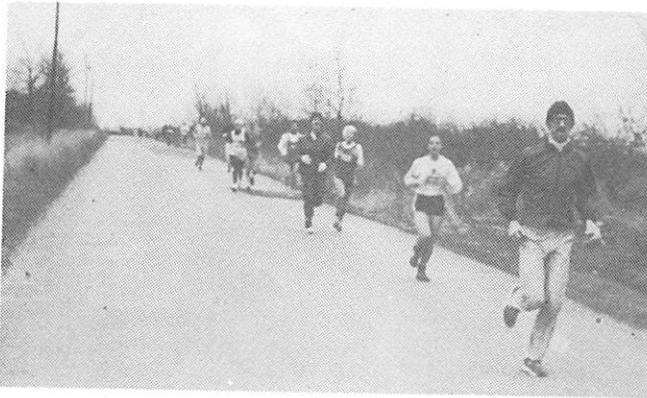
*Editor's Note: This race result list may contain names that are misspelled, but we did the best we could in deciphering the variety of styles of handwriting that were written on the place cards, turned in by the runners.*

TWO MILE FUN RUN  
 Girls

- 1 Sue Kaufman
- 2 Kathy Robbins
- 3 Heather Durbin
- 4 Karen Perri
- 5 Angie Fleming
- 6 Regi Bailey
- 7 Stacy Hegefelf
- 8 Tara Bauermeister
- 9 Mai Pauley

Boys

- 1 Darrin Geiger
- 2 Roger Craney
- 3 Michael Wales
- 4 Ron Johnson
- 5 Vincent Degnan
- 6 Tony Durbin
- 7 Brian Lindley
- 8 Mike Lindley



# Thoughts at large

by CURT NOLD & MIKE ROBBINS

It is extremely difficult to maintain an organization as large and diverse as the Fort Wayne Track Club. To do so requires the combined efforts of many people - people who would often rather be running miles than an organization. This job is made easier, however, when communication of goals and directions is maximized. It is in this vein that this article is undertaken.

We do not intend to be critical of any past or present individual FWTC members or leaders (both of us either are or have been on the FWTC board and are thus accountable as anyone else may be) but intend only to present subjects about which additional communication may enhance and strengthen the overall participation of FWTC members in the organization of the club. These subjects are presented in the hope of developing means of wider and deeper participation on the part of all FWTC members in their club. They are items we have heard discussed verbally by various club members but have not to our knowledge been formally documented.

The subjects to be discussed are the Board, the Race Calendar and General Membership. Throughout, many more questions will be raised than answered. It is anticipated that future communication will address these subjects in detail.

The current members of the board of directors of the FWTC are listed on the inside cover of each newsletter, though not necessarily described as the "board." How many board positions exist? Are all of them filled? Are there voting and non-voting positions available? Is the board elected or appointed? What selection criteria exist? How does one become a board member? Are any terms of office greater than one year?

It is often indicated that more widespread and, perhaps, representative participation is needed. It is not as often indicated how and what all means of involvement are available. Also, though FWTC meetings are open to all members, the schedule and subject matter of future meetings is not widely published.

Additional considerations concerning the board include that of continuity and long range planning. How and what programs are considered "permanent and to be carried from one year to the next? Which are subject to modification or elimination from one board to the next? Are there long range (more than one year) plans for the FWTC? Is it possible to anticipate the future needs of the local running community? Is this even a responsibility of the FWTC? Again, these questions are raised in an effort to provoke the type of discussion which should result in the best consensus response.

The second subject is the race calendar. Is the race schedule geared to a representative number of runners? Does it contain too many races or too few races? Does it permit or encourage the development of an individual runner? Should it? How does a race become a "point" race? What is the non-point race schedule? How can the novice or intermediate runner make best use of the knowledge and experience the FWTC offers? Does it offer enough in this area? How does the race schedule help promote the objectives of the FWTC? Can it be done differently? This subject especially demands response from the membership. Are they being met? How can the FWTC be assured of knowing and understanding these needs?

(Continued on page 8)

WOULD YOU BUY A USED CAR  
FROM THIS RUNNER???



by B.W. MOOSEPOOP

In "King Henry IV," Shakespeare wrote, "Lord, Lord, how subject we old men are to this vice of lying." If this sentiment is correct, all runners are old men.

Runners everywhere are notorious for playing fast and loose with the truth. They practice this habit with their training and carry it through their races. Has anyone anywhere ever met a completely healthy, well-trained runner? Of course not.

Runners seem to be susceptible to no end of maladies. Though runners profess to never catch colds, they are always either just getting over "a touch of the flu" or are just starting to come down with "something." This situation limits training intensity and casts doubt upon racing goals.



Listening to runners ruminate prior to races, one wonders how they gathered sufficient strength to drag their tired, abused, broken, bodies to the starting line. Just finishing would seem a major accomplishment, let alone in any type of reasonable time (prior to sunset is considered optimistic). Medical science need look no further for the next miracle cure than a common starter's pistol.

How these same runners became so worn and weary on their limited training is just as amazing. No runner, it seems, has ever trained sufficiently. None ever completes a full, planned week of running. "I had planned to run (20, 40, 50, 90, 3,000) miles this week but (family, work, broken bones, knee surgery, six days without food and water) did not allow me to run as much as I had hoped. Even the few miles I did get in were practically at a walking pace. I don't know when I will really be able to run." The next race, perhaps?

Arriving at a race just before the start (I had no time to warm up), after working 27 straight hours hauling brickbats up a 40% incline (I'm really tired - I probably should have skipped this race), causes runners to grow older and older. Evaluations afterwards range from "this was only a training run" to "I had hoped to set a PR." Does Pete Rose ever say, "I was really just trying not to strike out." Or, "My goal was to get seven hits during the double-header, but I guess two are acceptable."?

The most amazing aspect of this tangled web, is the audience. A fisherman may ramble long into the night about the one that got away, but he won't spend ten seconds trying to tell you the six-inch bass he's holding is stronger and fights harder than a great white shark. He would feel foolish. Not so with runners. Not only do they practically trip over each other to get their stories out, they actually expect their tales of woe to be believed. Now that's no respect!

The next time a runner gets that worried, concerned look and begins to tell you why, especially if it deals with his intended first mile split, be guided by the words of Samuel Butler, "I do not mind lying, but I hate inaccuracy."

# No road is long

by ANN MIZE

My friendship with Jan Kissinger spans over two years and countless miles. It all began in early 1981. The ultra-marathon King, Dan Bossard, thought we would enjoy each others company and pace. He was right!

Jan and I began training for our first marathon. Oh, what an event! I wrote about it, Jan wrote about it, and we both talked about it for a long time. I guess we still do.

The year wore on. We trekked off to Montreal. We ran together, got together for lunch, movies, and shopping, and we became friends.

We got even crazier and trained for the ultra-marathon. (Bossard said it was easy!) Gee whiz!! Another first! What an event. Jan was outstanding. She took first place in the women's division for the 50 miles.

1982 brought more miles, another trek to Montreal, another Hook's/TV-33 Marathon, and a lot of success for Janice's running. She not only has speed, but also lots of endurance. Her outstanding 1st place 7:26 finish at November's ultra-marathon proved it.

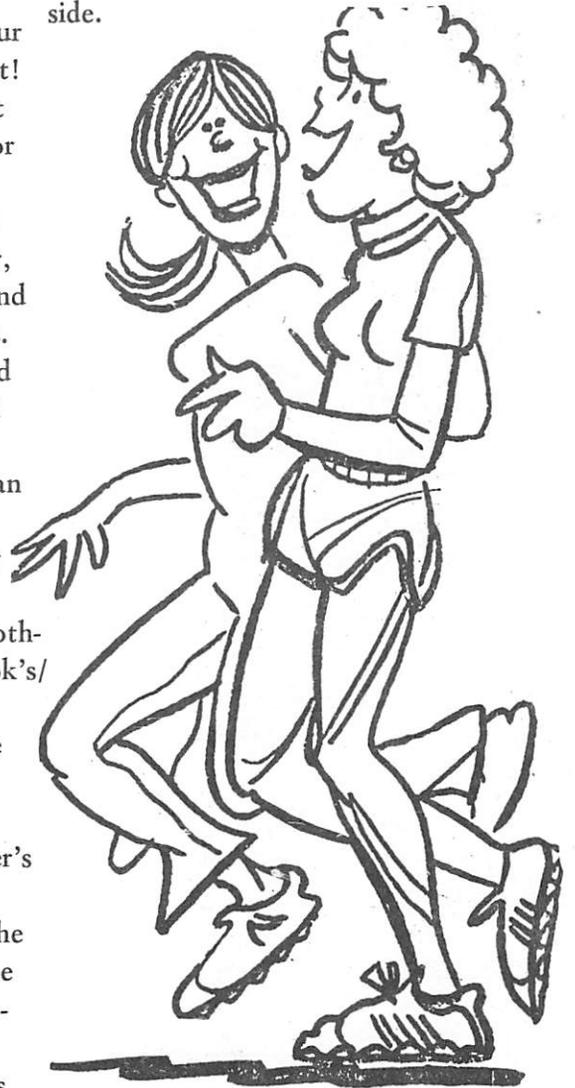
But alas....who is this Kevin she keeps talking about? And yes she is spending a lot of time in Colorado.

By 1983 our runs and lunches become seldom but special. She

has a beautiful sun-tanned face from running mountain roads close to the sun in Colorado.

My friend, Jan Kissinger, has a new friend to run with. His name is Kevin and they are getting married this June. The thousand miles between us will only make the annual trek to Montreal more meaningful.

Isn't it great to know that no road is long with a friend at your side.



## A shoe for runners who are murder on running shoes.

The New Balance 555 is designed for people who are tough on running shoes, or who do their running in areas that are tough on shoes. With a unique carbon rubber hounds-tooth outersole and combination-lasted design, it's the most durable multi-terrain running shoe New Balance has ever made.

**B**  
new balance  
555



Available in a variety of widths.

athletic **annex**



SATURDAY, JULY 23, 1983

Race starts at 8:00 a.m. from Whitley County Court House, Columbia City, Indiana

The pre-registration deadline is July 16 and is \$5.00, after July 16 it is \$6.00. RACE DAY REGISTRATION WILL START AT 6:30 a.m.

The 6.2 mile course starts on the east side of the Whitley County Court House and is routed through the city and out into the country and then back to the south side of the court house. A few challenging hills from the 5 mile mark to the finish. Splits will be given at each mile and water will be available at the two and four mile mark and the finish.

Awards will go to the best time overall for male and female winners. Awards to top 20% in each age group or a minimum of two awards each age group. Overall winners do not qualify for age group awards. Baseball style cap to all runners. Race results will be mailed to all runners.

\*FORT WAYNE TRACK CLUB POINTS RACE

AGE CATAGORIES:

MALE	&	FEMALE
14 and under	30 - 34	50 and over
15 - 18	35 - 39	
19 - 24	40 - 44	
25 - 29	45 - 49	

Finish Line: Chronomix Timer and Zetachron Clock.

No showers or lockers but restrooms will be available. Refreshments will be served after the race.

For Information Call or Write:

Carl R. Fields, Race Director  
535 North Line Street  
Columbia City, IN 46725  
219- 244- 5500 or 244-7726

REGISTRATION FORM\*REGISTRATION FORM\*REGISTRATION FORM\*

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Address \_\_\_\_\_ Telephone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

DATE \_\_\_\_\_ SIGNATURE \_\_\_\_\_

Mail to: Old Settlers Day 10,000  
c/o Carl Fields  
535 North Line Street  
Columbia City, IN 46725

Entry Fee: \$5.00 before July 16  
\$6.00 after July 16



Sponsored by THE MARINE CORPS LEAGUE

JUNE 11, 1983

at New Haven Plaza, Hwy 30, New Haven, Ind.

Check in time is 7:00 a.m..

Registration and Entry:

May 27 \$5.00 with shirt \$3.00 no shirt

After May 27 \$5.00

Shirts for first 300 entries . . . \$5.00

Divisions:

Male	Female
14 - under	19 - under
15 - 19	20 - 29
20 - 24	30 - 39
25 - 29	40 - over
30 - 34	60 - over

5 awards for each division

Return entry form to:

Marine Corps League  
1075 Kenwood Ave.  
Fort Wayne, IN 46805

ENTRY FORM AND WAIVER OF LIABILITY

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

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Sex \_\_\_\_\_ T-shirt size \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

*In consideration of your accepting my entry, I do hereby for myself, my heirs, executors, administrators, and assigns, waive and release all rights and claims for damages which I may have or which may hereafter accrue to me against the Marine Corps League, The Fort Miami Detachment, and The New Haven Canal Festival, its sponsors, agents, representatives or assigns for any and all damages which may be sustained and suffered by me in connection with my association with or entry or participation in the Canal Days 10K.*

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

Parent or guardian if under 18

Make checks payable to: Marine Corps League

Send to: 1075 Kenwood Ave.

Fort Wayne, IN 46805

# Life, when the running stops

by DOUG SUNDLING

When you can't run - not even jog one mile, what Happens?

What happens if your 60+ miles per week average for over a year suddenly drops to zippo miles per week - a rapid deceleration from 70mpw to 0 mpw?

What do you do when the running stops?

You can:

- (1) become impatient,
- (2) catch a cold,
- (3) go bananas or go bonkers (take your pick),
- (4) become irritable,
- (5) feel frustrated,
- (6) experience all the above.

If you answer (6) - all the above withdrawal symptoms, does that mean you are addicted? Probably. At least, it does for me.

I have given up running before because of pressing demands of school work or job responsibilities, but I never have had to stop altogether for any length of time because the actual act of running was doing more harm than good.

I tell most young runners that eventually you become strong enough so the little hurts and pains go away. One of those runners recently told me in reference to my injury: "Instead of the minor pains, now you get the major ones, uh?"

"But why now?" I begged of the Fates. Having run a 2:45 marathon on a hilly Tennessee course in mid-February, I had these silly visions of a marathon time in the 2:30's on the nice, flat, friendly Fort Wayne course. After backing off weekly mileage to 55-65 miles for three weeks, I focused toward the next challenge: a 20K Homestead run which would be a warm-up for the NAVL 15K which would be a tune-up for the May 1st Marathon. However, my knee had other ideas.

"The ol' runner's knee injury," I mused. "Probably a slightly strained quadriceps tendon," I concluded. I didn't particularly enjoy what the knee was suggesting, though I knew I should "listen to my body." What's a knee - just a joint that gets sore, right?

Yet, I backed off. After jogging 3-5 miles for a few days, I didn't know which felt worse: running as far and feeling overall the worse because

of it. I was impatient; I wanted to get on with my training. May 1st loomed two months away, so I resolved to resume my normal workouts and hope the subsiding pain would disappear.

I'm a runner, right? "Invisible" - a runner runs through pain.

After a couple of days, it was more like "in pain."

Little aches and hurts, I have run through. Sickness and tonsillitis, I have run through, minus 50° F winter weather, I have run in. A pack of three intimidating German shepherds and one over-amplified yapping snoozer, I have run past. But now, the more I ran, the slower I ran. An easy 7:00 pace straggled into a 8:00+ struggle.

How many runners bend everyday habits to their world of running? I'm no exception. If my knee is staying sore when I use it for anything, how do I react to normal usage of that knee? With all sort of stupid mannerisms.

"Why are you walking so funny? Are you hurt?" I was asked.

"No, I'm imitating the penguin in Bloom County."

"Do you always climb stairs two at a time with one foot before lifting the other leg up to the first one?" was another question.

"When I'm in a hurry, I go three steps at a time."

Of course, I tried all sorts of heating treatments, ace bandage wrapping techniques, massaging, sonar treatments from the local police radar gun, the Middle Age remedy of bleeding one quart of impure blood from the joint, primitive voodoo rites, etc.. Sure, the knee worked for normal usage, but I'm a runner - anything and everything was game in an attempt to heal that knee. Even the unthinkable - stop running.

"All right," I sighed and resigned myself to what had to be: let the knee heal by putting a stop to any stress on it and see the doctor. The doctor confirmed what I had suspected; rest the knee for about six weeks and run when you feel like you can.

I have jogged 3-5 miles a week during March and now into April, and when the running is stopped cold-turkey, I can attest that a long-distance runner's body experiences some bizarre changes. Scientific research has toyed with the notion that an athlete who does strenuous, daily activity, i.e., a long-distance runner, releases large amounts of a certain hormone that runs all over the body helping it become conditioned for such strenuous work. Though the athlete may stop such activity, the body still is conditioned to produce large amounts of this hormone. Thus, some wonderful "withdrawal" symptoms await the poor athlete. The human body is a conditioned piece of machinery; deprogramming takes a

few weeks.

The first phase of deprogramming was a cold-noting exciting, just a common cold. The weekly total of vitamin C pills I swallowed and of handkerchiefs I needed to use added up to a number like my normal weekly mileage.

An appropriate adjective for the next stage of deprogramming would be "bananas." Two things changed quickly: eating and sleeping. Without the energy spent by running, my stomach didn't want anything to do with all those extra calories I would usually pig out on. Not running was bad enough, but I didn't want to feel like a constipated, beached whale also. Thus, my frig became a set of empty shelves and my weekly food budget a source of extra cash.

Extra sleep was no longer needed. At ten p.m., my 8-hours-a-night-of-sleep conditioned body told me I was tired, but I would sleep only 2 to 4 hours. Laying in bed for four hours wondering when the Sandman was going to arrive wasn't any more fun than counting the laps of an imaginary hour run on a 400M track.

My body said I was tired, but I wasn't. My mind said I was hungry, but I wasn't. I was all hyped up with no place to go. I needed to exercise the equivalent of 60-80 miles of running, but my knee prevented it. "You do realize I have other things I have to do," my girlfriend responded to a possible solution. My mind said one thing, and my body felt another. I felt like I was going "bonkers."

"Irritable" became another appropriate adjective. "Are you going to be grouchy again today?" the track runners whom I coach asked me one day. While I was running, the world seem to have a slower, easier pace. Without my running, the world spun more rapidly and intensely. People and things which I usually would ignore, I now became annoyed with. That which usually would annoy me, I now snapped at.

But why now? You know what a 4 - 6 week lay-off of zero mileage does for a marathon training schedule; it knocks the feet out from under the schedule and lays it flat on its back.

I was frustrated.

My life was becoming infused with insomnia, irregular eating habits, weight gain, anxiety, irritability, frustration, frequent mood shifts; I was reverting to what I had been before starting a daily running program.

"Welcome back to the normal world," an associate told me. "You may want to use some of my Ex-Lax or Sominax."

I could live a normal life - I just couldn't run. A big part of my life had disappeared for several weeks, and I was feeling it. "You don't know how much something means till you lose it" is

that the cliché? Running had become my elixir, my source of self-assurance, of stability. While giving splits during the Homestead 20K, I yearned to be running the 20K in the cold March air, but as an unwillingly injured runner looking on, I learned to appreciate every runner when he or she ran, jogged, struggled, or whatever past me. For each of them, the act of running meant more than the splits, despite my empathy for Tom Louck's profound but unprintable yet familiar assessment of his pace at mile six.

I am also re-learning the humbling experience of starting from ground zero again. When it rains, it pours, and when the running stopped, a flood of all sort of ill-timed occurrences, annoying happenings, and other miscellaneous totten stuff swept upon me.

Down cycles are a part of life, and trying to fight them is like trying to protect yourself from the rain during a road race with an umbrella. When I'm sliding down toward the bottom of a pit, I relax and try to find the smoothest way to the bottom without trying to latch onto loose boulders that only make the trip down bumpier. When I hit bottom, I pick up myself, dust off, unashamed of what happened, and begin to find the best way to climb out of that pit. Although my frustration, irritability, and "bonkers" feeling have leveled off, I'm still impatient. I want to get back on the roads.

Is running worth the wait? I have to believe so.

Am I addicted? Probably . . .

My girlfriend said that she knew what I was like as a runner and now what I was like as a non-runner. She had a conclusive opinion: "Heal your knee, so you can start running again soon."

My next challenge is no longer a Fort Wayne Marathon or any other race: it's to heal that knee. How to prepare and train for a race, I know and have the patience and discipline to do. But now, I'm learning about the patience and discipline required to allow an injury to heal.

The words spoken by 50+ year old runner-lecturer Tom Ward echo back to me two years later: "The human body is a marvelous machine. It gets injured and it heals itself in time."

Well, can't my running machinery get repaired just a little quicker?

## Race strategy



by JIM J. ANDERSON

Here are some ideas I use to plan a race strategy.

Start easy and then build up to as fast a pace as is comfortable. Then, depending on how that feels, decide how soon you can begin

to go for the finish and go. Ideally you would press a little faster each mile. This works good if you know there are hills ahead, or if you have to finish in a strong head wind.

In longer races it's best to decide before, what pace you'll run and hold to it. It may seem too easy at first, but near the finish you might feel like you're sprinting just to hold a steady pace.

If you've set a goal of beating someone, try to stay in contact with them from the beginning. Their pace may be faster than you like, but it'll be easier to beat them in a finishing drive when you are even. If you've let too much distance get between you, you may have too many doubts about being able to make up the distance. If you are even when the time comes to go for the finish, pick a good spot and make a move. Try it on a hill, sharp corner, or an aid station. Don't wait for an answer to challenge, just leave.

During last March's 20K Race there were a couple of miles of stiff head winds. Instead of running alone 10 to 15 yards apart, a few of us ran as a group. Each of us took turns running in the front of the pack. Soon we were picking up people who were fighting the wind by themselves. After a short rest running behind our windbreak, they were able to take their turn in front. By the time we turned to run with the wind, our small group had more than doubled, and some had wished they had found our group earlier.

Even if your own strategy fails, you'll probably feel more confident at the start if you have a plan for running your race.

### TOM LOUCKS

Indianapolis Marathon, March 27, 1983

2:37:29 (PR)

Fifth Place Overall

Winner - Bob Copeland, 2:31:56

Approximately 400 participants

(THOUGHTS - Continued from page 3)

The third subject concerns membership. What should members expect from the FWTC? What should the FWTC expect from the members? Should there be more than one type of membership? How is participation best achieved? How do new members meet and learn from experienced members? Do they want to? Is enough of the right things being done to encourage the widest spectrum of membership?

As stated earlier, it is not our intent to be critical but rather to prompt maximum thought and discussion of the FWTC and its operations. To the extent that these issues do provide a basis of communication, the results should prove positive. To the extent no communication takes place, an examination may need to be made to determine if the wrong questions were asked or if the audience had already left the theater.



# Foot Locker®



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**20,000 Shares**



# **Athletic Annex, Inc.**

**Common Stock**  
(no par value)

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**Price \$50 a Share**

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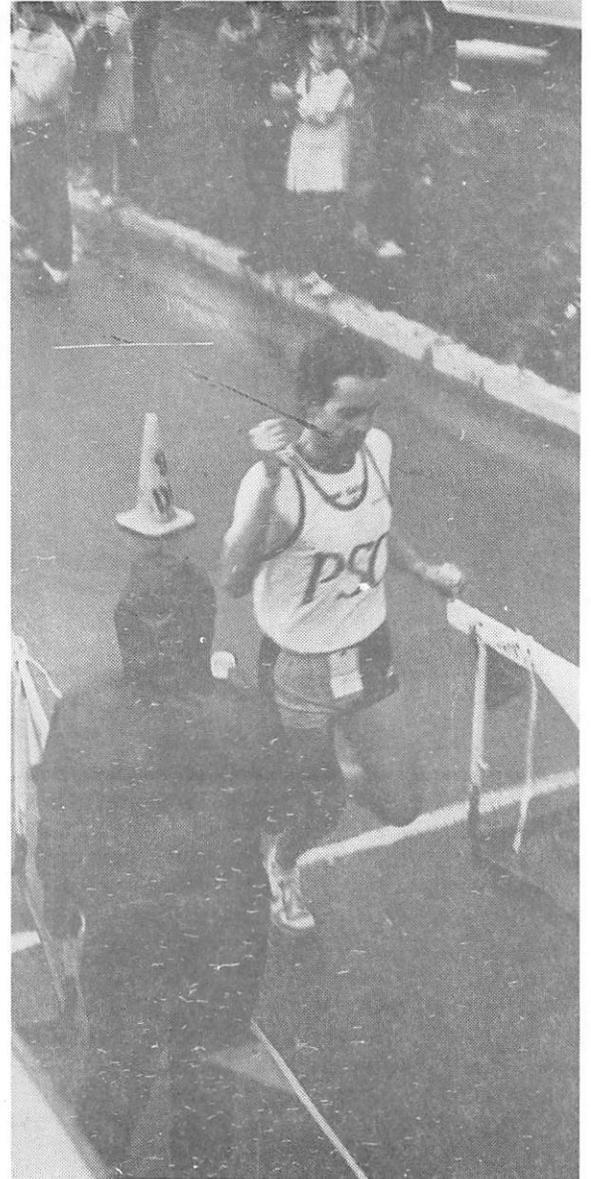
*The offering is registered with the State of Indiana only.*

*This announcement is being circulated in the State of Indiana only and is void as to all non-Indiana residents.*

*Copies of the Prospectus may be obtained only from the undersigned.*

**ATHLETIC ANNEX, INC.**

5769 Park Plaza Court  
Indianapolis, Indiana 46220  
317-849-7600



## MUNCIE SYMPHONY RUN

*IF THIS IS SPRING, THEN BRING BACK WINTER!*

by DEWEY SLOUGH

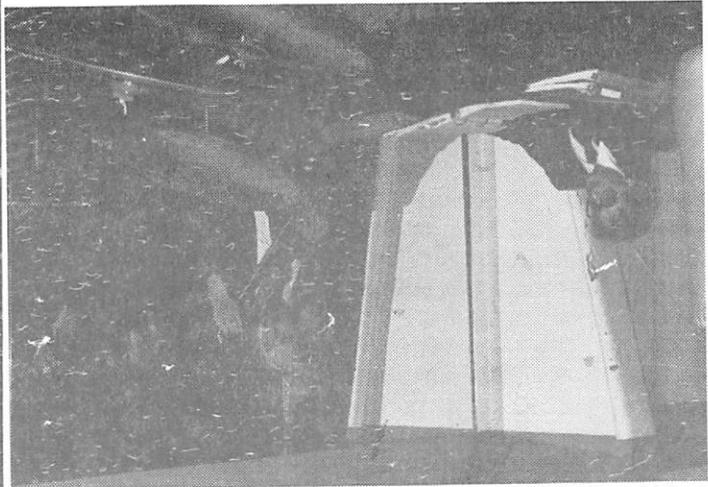
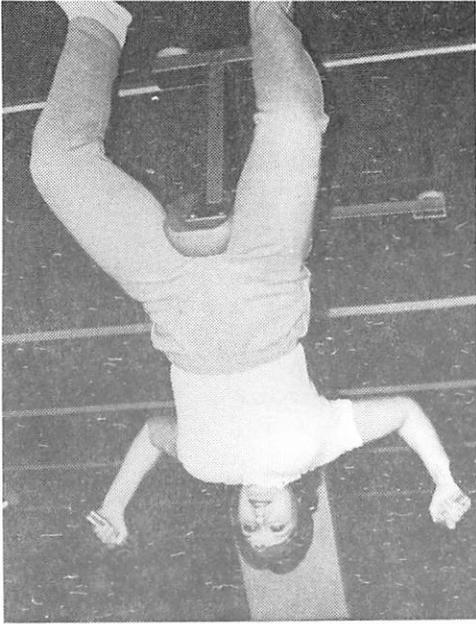
*One thousand runners braved the cold, windy, rainy Muncie Symphony Run, but somehow runners always find ways of turning negative features into positive ones, and the the mood and atmosphere were definitely on the positive side. The rain started with the shot (or click) of the gun for the 5K runners and continued throughout the race. In the 10K, those who finished under 45 minutes were lucky and stayed fairly dry, but then the rain hit again at the 45 minute mark and those still out on the course were buried under an avalanche of rain.*

*This year's run was on a new course, mostly country roads, and the runners seemed to enjoy it. The Nautilus Fitness Center was a real improvement for the run, also. This excellent facility offered shelter, rest rooms, a band, refreshments, demonstrations on their equipment, and other enjoyable features.*

*The 10K had 435 finishers and the 5K had "about" the same. Karren McQuilken (above) was the first female finisher in the 10K with a 36:15 time. Greg Harger, (right) a Ball State student, was the first male finisher with a 32:07 time. Both are from Muncie.*

*Tom Loucks (32:26) was second overall, and Chuck Koeppen (32:31) was third. Jerry Mazock also finished well in a good time of 34:11.*

*Dewey Slough finished last again, but then, it isn't easy to run and take pictures at the same time!*





# Becoming racing fit

by GREG ORMAN

Spring is upon us and the real business of racing is at hand. My training at this time of the year is characterized by a combination of brisk overdistance runs and interval workouts at race tempo or faster. Previous to this segment of my training I have put in twelve weeks of easy overdistance and three weeks of hill work.

The initial overdistance phase consists of one long easy run of ten to fifteen miles each day with a shorter morning run. My weekly mileage will range from 105 to 120 miles. The benefits from the overdistance training are increased running efficiency and capillary development.

At the completion of the easy overdistance phase I put in one month of hill training. My overall mileage is about the same as earlier, but the quality of the workouts are improved considerably. Two or three times a week I run a series of warm-up strides, eight to fifteen hill charges and cool-down strides. This training serves as a transition from easy overdistance to the brisk overdistance and interval work of the third training segment.

In the third phase of training I become racing fit. Training is high in both quality and quantity. The combination of distance and intervals prepares me both aerobically and anaerobically to handle the challenge of the race. My weekly

mileage is slightly less than in the first segment of training. Two relatively hard interval workouts are run during the week plus a long hard run on the weekend. A two-week sample is as follows:

**Monday**  
am 6 miles easy  
pm warm-up 3 miles,  
6 x 110 strides  
6 x 1 mile @  
70 sec. pace (4:40)  
3 minute jog rest interval  
6 x 110 stride  
3 mile cool-down

**Tuesday**  
am 6 miles easy  
pm 10 miles easy

**Wednesday**  
am 6 miles easy  
pm 3 mile warm-up  
8 x 110 strides  
1 x 1320 @ 68 sec.  
pace (3:24)  
10 x 440 @ 68 sec.  
pace  
90 second jog rest interval  
6 x 110 strides  
3 mile cool-down

**Thursday**  
am 6 miles easy  
pm 10 miles easy

**Friday**  
am 6 miles easy  
pm 10 miles easy

**Saturday**  
am warm-up 3 miles  
6 x 110 stride  
10 mile sustained effort over hilly route (55 minutes)  
3 mile cool-down  
5 miles easy

pm  
**Sunday**  
15 miles at comfortable pace

**Monday**  
am 6 miles easy  
pm 3 mile warm-up



# Training

6 x 110 strides  
8 x 880 @ 68 second  
pace (2:16)  
2½ minute jog rest int.  
6 x 110 strides  
3 mile cool-down

**Tuesday**  
am 6 miles easy  
pm 10 miles easy

**Wednesday**  
am 6 miles easy  
pm 3 mile warm-up  
6 x 110 strides  
3 x 2 mile @ 70 seconds  
pace (9:20)  
5 minute jog rest interval  
6 x 110 strides  
3 miles cool-down

**Thursday**  
am 8 miles easy  
pm 8 miles easy

**Friday**  
am 8 miles easy  
travel to race  
pm 6 miles easy  
6 x easy strides

**Saturday**  
Race  
**Sunday**  
10 to 15 miles @ comfortable  
pace.

I use this sort of training throughout the racing season to achieve consistent high-level performances. By cutting back mileage and increasing the speed of the repetition I can reach a mini-peak in a few days time. The combination of overdistance work and interval work allows me to race well at distances from 5 miles to 25 K. At the end of the racing season, once I begin to lose either physical or mental racing form, I take a rest and start the process again with over-distance in segment one.

# Theory 7

by DAN KAUFMAN

By now serious runners have been bombarded by so many training programs that they are totally confused. Wouldn't it be nice if there was just one simple principle to remember and all the other programs that clutter up your brain could be discarded? At last, there is such a beast - Theory 7. It is called theory seven since, simply stated, theory 7 concludes that a complete running program can be based upon the number 7 or multiples of such. Theory 7 is not an overnight breakthrough but rather has been in the making during the seven years since early 1977. A sampling of 777 veteran runners (minimum 7 years experience) provided most of the supporting data.

The following 7 points more clearly explain the concepts of theory 7:

1. Break your training program down to a week at a time (i.e., any 7 day period). Total mileage should range from 49 to 63

miles with 56 being the optimum. 49 miles lends itself more to speed and shorter distances while 63 is the opposite.

2. Any program requires rest, so the 7th day rest. This means no running but you may substitute another activity. This roughly translates to a maximum of 28 running days per month for the fanatic. However, ideally 49 rest days per year should be worked into your schedule.

3. The ideal training distances are 7, 14, or 21 miles, for 10K training, 7 mile runs with a 14 miler each week are preferable.

For the marathon substitute one 7 miler for a 21 miler. This prepares you for the real "wall" at 21 miles.

4. The perfect running pace is 7 minutes per mile. However, speed work is a necessary element of any serious training program.

But how fast? That's easy. Increase your pace by 7% at a time on those runs you designate as speed work, either at the 7 or 14 mile distance. Also listen to your body as to the amount of speed work you can handle per a 7 day period. A 7 week period of speed work should precede key races. Infact you

can predict your race pace for the marathon by increasing your average overall training pace by 7%. Likewise for the 10K increase your fastest 7 mile training pace also by 7%.

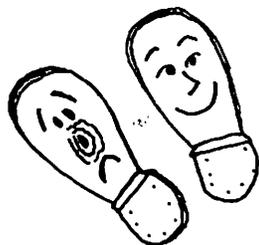
5. Expect to reach your peak after 7 years of serious running.

6. Pick and choose your races wisely (I always thought that the ideal time for a marathon would be in July (the 7th month) somewhere between the 14th and 21st, preferably starting at 7:00 A.M.). Allow seven days rest between 10K's, 14 days rest between middle distances, and 21 days rest after the marathon.

7. A brief word about equipment. The only equipment that really matters are your shoes. Find a pair that's comfortable but don't expect to get more than 777 miles per pair (or 7 rain-falls).

So there you have it. All you need to remember now is the number 7. Of course a calculator would also come in handy. But with this minimum knowledge you can develop a program to suit your needs based upon sound principles and even predict your results. Besides how

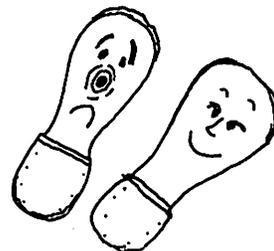
(Continued on Page 16)



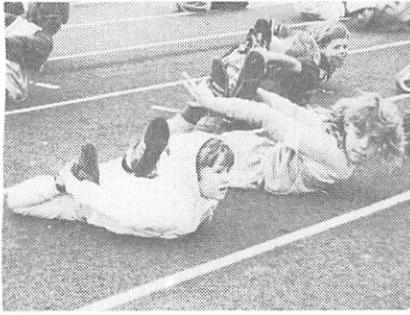
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starting at \$13.00

Resole Your  
Running Shoes

**Chuck's Shoe Repair**  
**GEORGETOWN SQUARE**



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



On March 13, 1983, the FWTC Junior Olympic Team had its first practice. Twenty-five young runners, 15 girls and 10 boys attended. Coach Schwarze and assistant coaches Don Lindley, Larry Lee and Mary Helen Sohaski were all business in conducting the practice session. Before any serious practice took place, Coach Schwarze had the team run a slow warm-up and then demonstrated proper stretching techniques with all participating.

Five low key races were run: 220, 440, 880, one mile and a two mile. Each runner was urged to run in two events, but no more than three. Times were recorded and will be used later to judge the best event for each runner to enter. Following is a revised schedule of events:

Sun. Ap. 10	6:00 pm	Practice
Sun. Ap. 24	6:00 pm	Practice
Sun. May 8	6:00 pm	Practice
Sun. May 22	6:00 pm	Practice
Tue. Jun 7	6:00 pm	Practice
Tue. Jun 14	6:00 pm	Practice
Sat. Jun 11	Huntington Pre-Sectional Meet	
Sat. Jun 25	Sectional Meet Huntington	
Sat. July 9	State Meet - Indianapolis	
July 26 - 31	Nationals at Notre Dame	

As advertised, the practice meets are being held at Lane Junior High School. Runners can join the team at the practice sessions. For more information, contact John Schwarze, 749-9764.



## LIST OF THE 22 FWTC RUNNERS PRESENT AT THE FIRST PRACTICE

Jimmy Schwarze	Jenny Schwarze
John Schwarze	Tracy Sohaski
Amy Clay	Ryan Werling
Jodi Ziegler	Kelly Kroells
Beth Kroells	Jon Miller
Alma Ojeda	Alex Ojeda
Michael Lindley	Brian Lindley
Stan Florea	Andrew Lee
Suzanna Millan Lee	Katrina Chapala
Chrissy Zurzollo	Richie Braun
Matt Burd	
Non-FWTC Runners:	
Tonya Hall	Melissa Davidson



# 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 \_\_\_\_\_

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

**ENTRY FEE**  
Pre-registration \$4.00  
Mail completed entry form to:  
Pepsi 10,000  
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 be accepted at a \$6.00 rate.  
No telephone entries. No entries will be accepted without the entry fee.

**THE AWARDS**  
A 1st Place Award will be presented to the overall winner in both the Men's and Women's Divisions.

A 1st, 2nd, and 3rd Place medallion will be awarded in each age category. Trophies will be awarded to the 4th, 5th, and 6th place 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)

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.

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

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.

### AGE CATEGORIES

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

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 negligent 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 physician or medical professional. Further, I hereby grant full, irrevocable, sole and exclusive authority to the organizers of this event, including those which may be attributable to weather conditions, to use my name, photograph, picture, videotape, motion picture, and any other record of me, in any and all advertising, promotional or publicity purposes without obligation or liability to me. I have read the entry information, understand and agree to my compliance by my signature, and I understand my entry fees may be non-refundable.



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# The Master Runner

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## PUBLICATIONS FOR THE MASTER RUNNER

A new publication out of the blocks, devoted to older runners, is MASTER RUNNER from Washington, D.C.. Although just starting out, the magazine is including race stories and athletic profiles, as well as results. Subscriptions are available from MASTER RUNNER, 210 7th Street, S.E., Suite C23, Washington, D.C. 20003.

This slick magazine compliments Al Sheahan's tabloid NATIONAL MASTER'S NEWS. NMN is crammed full of track meet results in depth, interviews, and excellent columns like Phil the Philosopher. Recently, Alex Ratelle has started a column which shows great promise and an understanding of the athlete's mind and body. NMN is published monthly from P.O. Box 2372, Van Nuys, CA 91401.

\*The above information was taken from the RRCA Presidents Newsletter, March 1983

---



**PULL A FAST ONE.** For the serious runner, and anybody on the road to becoming one, NIKE offers a complete line of high-performance shoes.

Models that incorporate the most advanced designs in lightweight, supportive uppers. Durable, road-hugging outsoles. And revolutionary midsoles like the Air-Sole® and Phylon™.

Shoes for training. Or setting new PRs. But most important, shoes that answer the very individual needs you're bound to run into.

So if it's high-performance you're after, **NIKE** step one is obvious. Make tracks for NIKE.

**athletic annex**

---

(THEORY 7- Continued from Page 13)

can anyone disagree with the number 7. Historically and biblically 7 is a very prominent number.

Now if you are luck enough to get number 7, 77, 777 in your next race . . . . .

Note: For the metric minded runners: Use corollary 11.3. Also watch for the possible new 7 mile challenge racing series sponsored by the 7-up bottling company.



# ROAD RUNNERS CLUB of AMERICA



The Road Runners Club of America advocates physical fitness through running. It sponsors the Personal Fitness Program as a means of encouraging and motivating the beginning runner. The program is also intended to provide a challenge for those already in a regular running program.

To participate in the Personal Fitness Program, register before the end of the third month of a 6-month period (January-June and July-December). You will receive a *Running Diary* for recording your mileage throughout the 6-month period. A form will be sent to you for your final mileage report. You need not be a RRCA member to participate.

Everyone is a winner. All program participants receive an attractive embroidered emblem and a certificate suitable for framing. To recognize individuals according to the total miles they run, (1) each participant receives an emblem for the mileage category they complete during the 6-month period (see NOTE below), (2) each participant receives a certificate which includes their name and total miles completed during the 6-month period.

Use the registration form below to enter the program.

.....

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_  
Street City State (Zip Code)

**Six-Month Mileage Categories (Check only one)**

- Under 250 Miles
  - 250 Miles (10 Miles per Week)
  - 500 Miles (19 Miles per Week)
  - 750 Miles (29 Miles per Week)
  - 1000 Miles (38 Miles per Week)
  - 1500 Miles (58 Miles per Week)
  - 2000 Miles (77 Miles per Week)
- Member of the RRCA
  - Not yet a member
  - Send me information on RRCA

**NOTE:** You will receive the emblem for the actual category in which you finish no matter which category you select. If you select 500 miles but are able to run only 325 miles, you will receive the 250-mile emblem. On the other hand, if you select 250 miles and end up running 525 miles, you will receive the 500-mile emblem. The mileage categories are prominently displayed on the emblems with the exception of the "Under 250 Miles" category which contains a star.

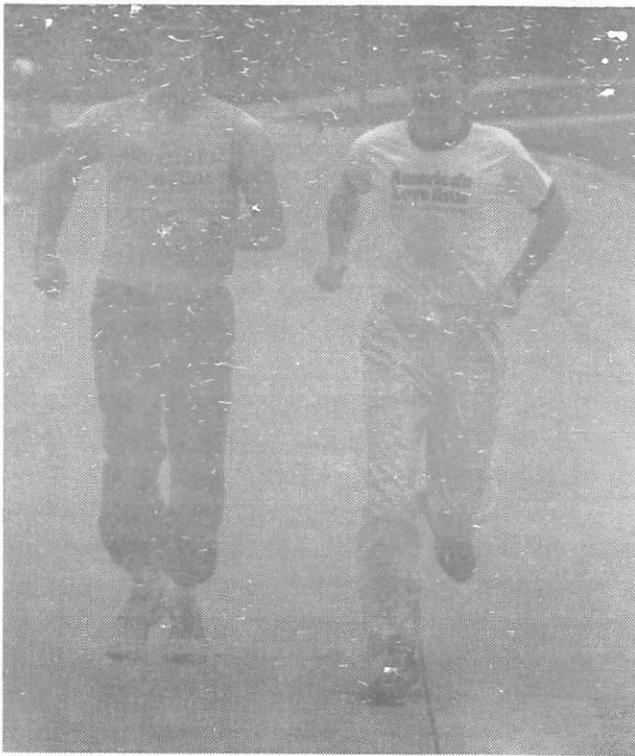
Please register me for the following 6-month period: (check only one)

- January 1 thru June 30 (Register by March 31)
- July 1 thru December 31 (Register by Sept. 30)

Registration fee: \$4.00 for RRCA members. \$5.00 for non-members.

Make checks payable to: RRCA Personal Fitness Program

Mall this form to:  
**PAUL W HRONJAK**  
RRCA Personal Fitness Program  
627 N. Jameson Ave.  
Lima, Ohio 45805  
(419) 225-9777



*Everybody's running in  
'America's Love Run.'*



**May**

JOHN TRELEAVEN AND GREG ORMAN --- RUNNING FOR THOSE WHO CAN'T

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, Corner of US 30 and Highway 109 in Columbia City, IN. Course runs through Columbia 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..

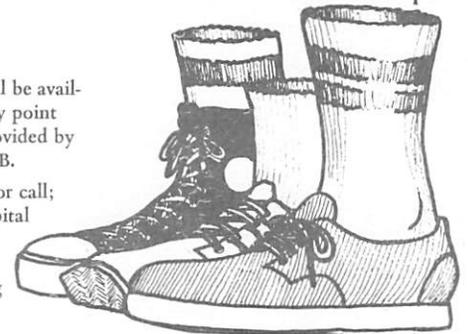
Awards to first 3 finishers in each age group and top 2 overall male and female finishers. Sweatband sets to all participants.

Age Categories:

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

No shower or locker facilities will be available. 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 representatives, 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 353 North Oak Street Columbia City, IN 46725	Entry Fee: \$5.00 before May 16 \$6.00 after May 16
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Make checks payable to: Whitley County Memorial Hospital

# The year so far

by JOHN TRELEAVEN  
PRESIDENT

Spring is finally here and along with spring comes great running weather and the prime racing season. This year, however, it seems that winter was the better running season. The year started out with, compared to last year, a rather uneventful but well run 8 miler at Homestead. Many thanks to Charlie Brandt and Mike Kast who served as Race Directors. This was followed by the Winterfest 5 Miler at Franke Park. Mike Melendrez put on a unique race over the woods and through the river to the Soap Box Derby hill. We went. It was a nice break from the usual race on the roads.

In March, we had the 20K at Homestead, another fine job by Mike Kast with his unique trophies (see front outside cover of this newsletter) and participation awards. I have only one suggestion in regards to this race next year; it will be held on the first non-windy Saturday in March or April.

By the time this reaches everyone, the North American Race will be history and the TV-33/Hook's Marathon about to be.

The year so far has gone smooth but not without some controversy. The biggest one, the changing of the Marathon. As in most situations, the easiest thing to do is do nothing. But in this case TV-33, Hook's, and the Fort Wayne Track Club chose to face the controversy and move the Marathon to a cooler and more advantageous time for the most important people involved, the runners. I think we all owe TV-33 and Hook's a vote of thanks for this brave move. The other major potentially unpopular decision was the cancellation of the ultra-marathon. It was even more difficult since this year it was to be the RRCA National 50 Mile Championship. The decision made by the board was based on what they felt best for the club as a whole. The ultra

had become an expensive, time consuming race with only a small number of track club members taking part. Hopefully the money previously spent on the ultra can be put to better use by the club as a whole.

Also changed from last year are the races held at Homestead High School. They were moved from Sunday to Saturday due to a policy change by Southwest Allen County Schools.

There is still time for new ideas for events this summer. An event is a good way to become involved with the club. Another good way to meet other members of the club is to come to the Fun Runs on Wednesday at 6:00 p.m.. They are held at both Foster Park and Shoaff Park. Hope to see you there, and . . . . have a good run.

# Last and least

WOULD A RUNNER LIE?  
OR ARE THEY ONLY VICTIMS OF

## Creative Exaggeration

by JIM DUPONT  
EDITOR

Runners are great people. The very nature of the sport eliminates all of those who are not self-disciplined, dedicated, courageous and goal-oriented. However, many of them are victims of a mysterious phenomenon that falls over them like a witch's spell on the day of "the big race." My friend, B.W. Moosepoop, in his article this month, describes this as lying, but he is obviously unaware of the wonderous marvel known as "creative exaggeration."

This unnatural state is brought on by the uncontrollable need to establish excuses for failure not to do as well as expected in the upcoming run. If these were ordinary people, you would have to consider these excuses as out and out lies, but with runners, this is only a form of what I consider to be "creative exaggeration."

Let me describe what I mean by this process, which I first discovered as a teenager. Many considered me a master of it. This all ended, however, on one disastrous day that I can still remember well. Whenever I feel the urge to use creative exaggeration to improve upon a story or bend the truth a little, it is impossible for me to do so without recalling that dreadful experience.

Like many teenage boys, I had a crush on a cute little cheerleader from a nearby school. Her name was Marilyn. In my imagination, I often dreamed about sitting with her in the back row of the Premiere Theater and sharing a box of popcorn. One weekend, I was riding through the town of Hebron and stopped to talk with a basketball player I knew there. I mentioned Marilyn to him and he showed me where she lived. That's all that happened.

By the time that I went back to school on Monday, however, I was creatively exaggerating the story to a point where I was telling my friends that I had actually met Marilyn, had a great time with her, and was going to see her again the following weekend.

The following weekend arrived. I was walking along the dirt road that leads to Marquart's Gas Station, the social center of Wheeler, when a car pulled up beside me and stopped. It was my best friend, John, and sitting beside him was, of all people, the cute little cheerleader Marilyn. I was exposed as a liar and a fraud.



My friends would not let me forget this experience and would constantly use it as means of humbling me when I got out of line. Needless to say, I never did have the opportunity to share a box of popcorn with the cute cheerleader from Hebron. This happened thirty years ago, the Premiere Theater is torn down, and my wife says I'd better give up hope!

Perhaps all runners who are victims of creative exaggeration would do well to have had the

same kind of experience. If they had, their conscience would not allow them to tell such pre-race stories such as the following:

1. My aunt died and I just got back from the funeral. I had to ride all the way back from Fairbanks, Alaska, in the back seat of a Honda with three other people and my legs are cramped.
2. I just had open heart surgery last week but decided to run today anyway.
3. The red cross called yesterday and I went in and donated six pints of blood.
4. I'm suffering from an overdose of wheat germ oil and bee pollen.
5. I'm going to try for a world record in three months and I don't want to peak too early.
6. I've got a date tonight and I want to save myself for dancing.
7. It's too dry today and I'm strictly a mudder.
8. I have shin splints, blisters, sore knees, back ache, headache, and 20% more cavities.
9. I'm wearing a pair of borrowed shoes.
10. The trophies look too cheap to run hard for.
11. I feel great, and that's a bad sign.
12. This race is too short for me.
13. The competition is too weak and I'll probably have a slow time.
14. I can't stand too much success.

The one person who never resorts to pre-race excuses is my friend Dewey Slough. Dewey runs around in the crowd before each race waving his arms and boasts, "No one will pass me today! No one will pass me today! No one will pass me today!"

No one ever has. He always starts dead last and stays there.

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The *INSIDE TRACK* encourages members of the FWTC to submit articles for print. This is your publication and want you to be a part of it. Please bear in mind, however, that each issue is limited to 20 pages and we would like to keep each one on the light, easy to read, side. We are trying to keep articles to one page or less. This is equivalent to approximately 4 typewritten double spaced pages.

To help avoid rejection of your article, it might be wise to contact the editor prior to writing it to be assured that it is a topic that is not a duplication of an already accepted article.

We are always in need of people who are interested in covering various events and races. If you are interested in this type of assignment, please let the editor know.

# 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

## RACE CALENDAR - May 1983

- May**
- 1 TV-33/HOOKS MARATHON - Fort Wayne (Coliseum) 8:00 a.m.
  - 1 PEPSI CHALLENGE 10K - West Lafayette (Happy Hollow Park) 8:00 a.m. - Penny Ainsworth 317-463-4551
  - 1 CAMP MILLHOUSE RUN 5K & 10K & 1 mi - South Bend-Camp Millhouse - 9:00 a.m. Athletic Annex 219-272-7565
  - 1 SERTOMA MAY DAY MADNESS 10K - Carmel, IN (Clay H.S.) 3:00 p.m. - Ken Shearer 317-846-4062
  - 7 RUN FOR LIFE 5K & 10K - Anderson, IN (Community Hospital) 4:15 p.m. - Brenda Jarrett 317-649-4770 after 5:00
  - 7 EAGLE CREEK SPRING CLASSIC 5K & 10K - Indianapolis (Eagle Creek Park) 10:30 a.m. (1.5 mile trail run 9:45) - Rich Radez 317-635-5550 or 800-382-1730
  - 7 BEDFORD MEDICAL CENTER HEALTH RUN 5 mi - Bedford, IN (Edgewood Park) 9:20 a.m. (1 mile jog 9:00 a.m.) - Jerry Alberts 812-279-3581
  - 7 OLD KENT RIVER BANK RUN 25K - Grand Rapids, MI
  - 8 BLOOD RUN 10 mile & 4 mile - South Bend 1:00 p.m. - Athletic Annex 219-272-7565 (2 mile family relay)
  - 8 MOTHER'S DAY RUN 5 mile & 1 mile - Kendallville, IN 1:30 p.m. - Parks & Recreation Dept. Youth Center - 211 Idding St.
  - 13 "AN EVENING WITH GEORGE SHEEHAN" spaghetti dinner (7:00 p.m.) and clinic (8:00 p.m.) St. Margaret Hospital, Hammond, IN - John Boyalick 219-932-2300 ex 4401
  - 14 PEPSI CHALLENGE 10K - Fort Wayne (Homestead H.S.) 10:00 a.m. - Dick Close 219-423-1485
  - 14 TWO-STATE TWO-STEP 5K & 10K - Hammond, IN (Harrison Park) 8:30 a.m. - John Bobalock 219-932-2300 ex 4401
  - 14 SUNRISERS KIWANIS SPRING RUN 15K & 2 mile Jog - Noblesville, IN H.S. 9:00 a.m. - Jack Hittle or Dale Martz 317-776-0180 or 773-1227
  - 14 SPORTSCAST 5KM RUN - Marion, IN (Justice J. H.S.) 10:00 a.m. - Kermit Welty 317-664-0544
  - 14 RUN FOR THE ROSES 5 KM WOMENS RUN - Elkhart, IN (YMCA) 10:00 a.m. - Athletic Annex 219-272-7565
  - 14 RUN FOR YOUR HEALTH 10KM - Oaklandon, IN (Craig J.H.S.) 9:00 a.m. - American Cancer Society 317-251-4474
  - 14 GATEWAY CITY RUN 10K, 5K, & 1 mile - Sturgis, MI (Sturgis H.S.) 9:00 a.m. - Athletic Annex 219-272-7565

- 15 MAXINKUCKEE 15KM - Culver, IN - Athletic Annex - 219-272-7565
  - 21 WARSAW 10,000 - Warsaw, IN (Kosciusko County Fairgrounds) 2:00 p.m. - Athletic Annex 219-267-3883
  - 21 PEPSI CHALLENGE 10KM REGIONAL - South Bend (Pinhook Park) 9:00 a.m. - Athletic Annex 219-272-7565
  - 21 METAMORA CANAL RUN 10KM - Metamora, IN (Whitewater Canal State Memorial Building) 8:00 a.m. - Pam Hunter 317-647-4903
  - 21 MARKLAND MALL 10 KM - Kokomo, IN - 8:30 a.m. Ricke Stucker 317-457-0352
  - 21 SPRING SPRINT 4 mile - Portage, IN (Woodland Park) 9:00 a.m. - Jill Mumm 219-762-1675
  - 22 WASHINGTON AVENUE MILE - Bedford, IN Maurice Ragsdale 812-279-5029
  - 30 GREAT RACE 20 KM & 20 KM - Elkhart, IN (Concord Mall) - Athletic Annex 219-272-7565
- June**
- 4 2nd ANNUAL MEROM BLUFF FESTIVAL 6 mile - Merom, IN (Town Hall) 8:00 a.m. - Jim Wampler 812-382-4465
  - 4 NEW PARIS 10KM - New Paris, IN (Sunnyside Park) 10:30 a.m. - Athletic Annex 219-272-7565
  - 4 STONY RUN 10KM - Leroy, IN (Stoney Run County Park) 9:00 a.m. - Sandy Borden 219-769-7275
  - 11 WHITE RIVER RUN 15KM (5KM jog) - Anderson, IN 9:00 a.m. - David Jackson 317-643-5371 x312
  - 11 LUNG RUN 15KM & 5KM - South Bend (Pinhook Park) 8:00 a.m. - Athletic Annex 219-272-7565
  - 11 DICK LUGAR RUNNING CLASSIC 5KM & 10KM - Indianapolis (Butler Univ.)
  - 18\* HILLY 4 MILE - Fort Wayne (Homestead H.S.) 8:00 a.m. - John Treleven 219-432-5315
  - 18 HERITAGE DAY RUN 10KM - Huntington, IN (Downtown) 8:00 a.m. - Tom Kent 219-356-3026 deadline June 17
  - 18 ST. PATRICK'S SUMMER 10KM - South Bend (St. Patrick's Park) 10:00 a.m. - Athletic Annex 219-272-7565
  - 18 HOG JOG 10KM - Flora, IN (Town Park) 8:00 a.m. - 219-967-4135 or 967-3280 after 5:00
  - 18 STONE CITY OPTIMIST CLASSIC 10KM - Bedford, IN - 9:00 a.m. - Byron Buker 812-279-2630

- 19 MICHIGAN CITY NEWS-DISPATCH 15KM - Washington Park Lakefront, Michigan City - 10:00 a.m.
- 25\* TURTLE 10KM - Churubusco, IN - 8:00 a.m.
- 25 MONUMENT CITY CLASSIC 10KM - Angola, IN 9:00 a.m. (2 mile 9:30) Jim Scott 665-5582
- 25 MISHANAKA SESQUICENTENNIAL RUN 10KM - 8:00 a.m. - Athletic Annex 219-272-7565
- 25 BUZZARDS ROOST 10KM - Arcadia, IN (Hamilton Heights H.S.) 5:30 p.m. - Evan Achenbach 317-984-3019
- 26 CARMEL CLASSIC 15KM & 5KM - Carmel, IN (Clay H.S.) 8:30 a.m./5KM; 9:15 a.m./15KM - Steve Lewark - Athletic Annex 317-849-7600
- 26 CLUB KOKOMO ONE HOUR RUN - Kokomo, IN (Haworth H.S.) 6:00 p.m. - Ricke Stucker 317-457-0352

## July

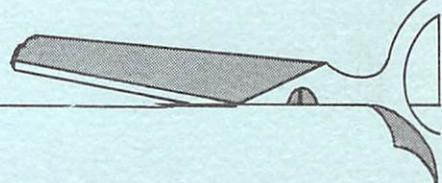
- 2 DOUGHBOY FREEDOM RUN 10KM - Spencer, IN (Courthouse Square) 8:30 a.m. - Steve Gearhart 812-829-6216
- 2 RC/ALL-AMERICA CITY RUN 10KM - Vincennes, IN (Gregg Park) Bill Conner 812-882-2888 or 882-4393
- 2 MADISON COURIER 10KM - Madison, IN - Jane Jacobs 812-265-3641
- 3 CLUB KOKOMO 5K & 15K - Kokomo, IN, South Berkley & Willow Court, 6:00 p.m. - Ricke Stucker 317-457-0352
- 4 FESTIVAL 5 MILE - South Bend (Howard Park) 8:00 a.m. - Athletic Annex 219-272-7565
- 4 FIRECRACKER SIX (10KM) - Twelve Mile, IN 6:00 p.m. - Dale Sullivan 219-664-5221
- 9 DENIM EXPRESS SHOE-FLY RUN 10KM - Marion, IN - 9:00 a.m. - Kermit Welty 317-664-0544
- 9 BRISTOL FRUIT HILLS CLASSIC 10KM & 25 KM - Bristol, IN - 8:00 a.m. - Athletic Annex 219-272-7565
- 16\* OLD SETTLERS DAY 10KM - Columbia City, IN 8:00 a.m.
- 16 LIMESTONE RUN 10KM - Bedford, IN (North Lawrence H.S.) 7:00 p.m., Maurice Ragsdale 812-279-5029
- 16 NIKE FAIR STORE RUN 10KM - Dowagiac, MI 8:00 a.m., Ron Gunn 616-782-5113
- 17 CORVILLA RUN 5 MILE - South Bend (St. Adelberts Church) 6:30 p.m. - Athletic Annex 219-272-7565
- 23 ELEPHANT WALK 10KM - Peru, IN (City Park) 5:00 a.m. - David Smiley 317-472-2411 after 6:00 p.m.
- 23 HISTORICAL DAYS RUN 5 mile & 13.1 mile - New Carlisle, IN - 8:00 a.m. - Athletic Annex - 219-272-7565
- 24 PARADE 5,000 - Goshen IN - Athletic Annex 219-534-2863
- 29\* PWD ONE HOUR RUN - Fort Wayne - 8:00 p.m. Jerry Maxock 747-1064
- 30 MORRISTOWN RUNNERS FORUM 10KM - Morristown, IN (Morristown H.S.) 8:00 a.m. - Runners Forum 317-882-1800 or Paul Goble, Box 42, Morristown, IN 46151
- 30 RUN FOR SPECIAL OLYMPICS 5 mile - South Bend (Run Village Park) 8:30 a.m. - Athletic Annex 219-272-7565

\* FORT WAYNE TRACK CLUB POINT RACES

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**FORT WAYNE TRACK CLUB**



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 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Occupation/Employer \_\_\_\_\_ Phone \_\_\_\_\_  
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 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)

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