



**FORT WAYNE
TRACK CLUB**

JUNE, 1983

the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



TV-33/HOOKS MARATHON

THE Inside TRACK

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**FORT WAYNE
TRACK CLUB**

1983 FWTC Race Schedule

1983 FWTC POINTS RACE SCHEDULE

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.

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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 _____

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For Track Club information contact John Treleven at 432-5315

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

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Marathon segments

by JERRY MAZOCK

The winter was a mild one. We began our training for May 1, 1983 in the beginning of February. After many long runs and a few intervals later, the TV-33/Hooks Marathon was drawing near. The final week climaxes with the starter's pistol on Sunday morning. The training and dreaming was over and it was time for the work to begin.

There were approximately 600 entrants and therefore 600 stories to be told about this race. I have asked five to tell their story of this year's Marathon. Many thanks to Myron Meyer, Tim Bowman, Phil Shafer and Tom Loucks. Each person took a five mile segment and elaborated totally on that part. In case you still don't know these people, I'll give each a bit of introduction.

Myron Meyer (From the start to mile five)

Most people know this veteran masters runner, if not by name, then, certainly by face. A true competitor by all standards. If a Mack Truck ran into Myron during this race, I could put the Mack Truck. Here's his story.

Bang! - calm down - take it easy - let them go - long race ahead - rain stops - good day to run a marathon - Bob Zahn a former high school classmate hollers, "Good luck!" - I pick it up - calm down - long way to go - take it easy - pack forms at about the three quarter mile mark with Jim Beegoff, Dave Ruetschilling, and myself - six-thirty at mile mark - running easy - feeling good - weather perfect - somebody hollers at me - I speed up - Jim keeps pace - I drop back - running smooth - starting to get into it - FEEL TIGHT KNOT IN LEFT HAMSTRING - I know it's over but don't want to face it - could be a cramp - might go away - second mile is faster than the first - split could be wrong - grabbed left hamstring - no help - keep it going - get water - Dave moves ahead - he looks back and drops back with Jim and me - I got problems - concentrate - maybe it will go away - NOT GETTING BETTER - three mile split can't decipher - good day - see Bill Henley and Lee Dye from Muncie and Parker ahead and I know I'm in the right spot in the race - our pack is staying together - feel sweat for first time - get water - four miles - can't concentrate on split -

Dave figures pace - I don't hear what he says - grab hamstring - no help - good day for marathon - somebody hollers at me - I GOT PROBLEMS - pain, shoots from knot in hamstring to hip - IT'S OVER.

Tim Bowman (From mile 5 to mile 10)

Tim had cut his mileage to 20 miles a week during the winter. This spring within 4 weeks he was running 100 miles a week trying to make a last ditch effort to get into shape for the race and run under 2:50. He also turned in 32 typewritten pages to be published. I immediately sat him in my back bathroom with a typewriter and told him not to come out until he re-edited his work a bit. 32 minutes later, he emerged with 7 typewritten pages. Here's his story.

Still in the early stages of the marathon, this segment is a phase where one must maintain a steady pace, relax, and not get caught up in the excitement of burning out too soon. Providing one conserves his energetic resources for the taxing segments of the marathon (the last 10 miles), this can be a free and fun portion of the event.

Approaching mile five.....I have been running with John Schwarze for the past four miles. We are running steady and even - trying to keep a check on each other, so we do not rabbit our race away too soon. At mile five, our split is 31:19. Having run a 5:52 mile, 5:56 mile, and then supposed three seven minute miles, we decide the splits must be off a little. We decide to continue our consistent steady and even pace. It feels good.

We take water at the aid station. True to form, I spill my water down the front of me and my glasses steam up. A minor fogged up frustration.

Running down Calhoun Street, the topic of conversation centers on Don Lindley - the Boston Marathon Man.

Tim: "Don sure took out at a clip for I having run Boston 13 days ago. I wonder how he will fare?"

John: "Yeah. He wanted to go out early before the fatigue catches up with him."

We both chuckle.

We discuss the marathon banquet held the previous night.

Tim: "I only ate one serving of spaghetti last night. I just didn't feel like getting bloated. I did drink a fair share of liquids, though."

John: "Yeah. I'm feeling a slight bit of turbulence in the guts right now. My stomach feels a little bloated and heavy right now."

We spy a clump of bushes ahead. John diverts to the right with this parting statement: "I'll catch you on down the road!"



I am feeling pretty relaxed and steady at the moment. Continuing with my present pace, I wonder if we will run together again or not.

Approaching mile six I clear the crest of a hill, and spy the six mile marker on a downhill across from McDonald's. This landmark holds great significance in the TV-33/Hooks Marathon for me. It marks the six mile on the way out, but more importantly marks the crucial 20 mile point on the return trip to the coliseum. It is the return "make it or break it" landmark. It was here, seven Fort Wayne Marathons ago in 1977, that I learned the true meaning of "hitting the wall" in my first marathon attempt. The memories of that painful finish remind me of how vital each training mile is in preparation for this event. As long as the Calhoun Street 6 and 20 mile McDonald's stands, I will never forget this.

The 20 mile mark will be a crucial point. Will I be able to meet the test? I must be ready at that point to begin building the last leg of my marathon. I want to finish strong. I must maintain mental concentration. Right now, at 6 miles, the name of the game is smooth, steady, free and flowing, consistent. Stick to the game plan. Listen to your body. Save yourself for the final stretch. My psych is slowly building. As it does, I realize where it must be to finish strong from 20 miles out. My marathon is starting to evolve. The aura of the event sustains me.

I spot Dewey Slough taking pictures in front of South Side High School.

My fogging glasses jar my thoughts back to reality. I must get these cotton-pickers clean. Approaching the crowd at McDonald's, I yell, "Anyone got a napkin or kleenex I can clean my glasses with?"

A middle aged spectator breaks from the crowd on my left. "Will a hanky do?"

"Yeah. That's fine," I sputter.

"I don't know if I can keep up with you to get it to you," he replies as he thrusts it out to me. The sincerity of his small act of assistance touches me. A warm feeling passes through my torso.



I accept it with gratitude. My spectating friend - whom I do not even know - smiles. He too has been caught up in the aura of the marathon. It is a different feeling from mine, but it is special all the same. I savor the moment.

"I'll toss it back to you as soon as I'm done."

"Keep it. You may need it later."

I remove my glasses and examine the hanky I am about to use. Crusty!..... H'mmm, guess I'll have to make the best of it. I find an unused portion and

wipe my specs clean. After mopping my brow, I toss it back over my shoulder.

"Thanks!" I yell. I appreciate the sincerity of his efforts regardless of the circumstances. I cruise on.

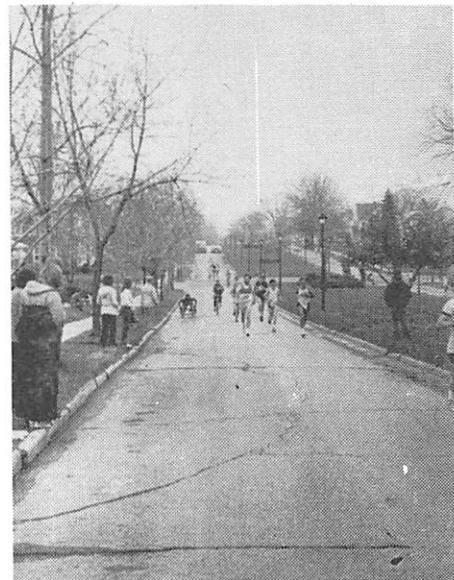
As I near the 7 mile mark, John Schwarze reappears at my side. He is a welcome sight. With him is Terry Diller from Churubusco. I welcome him back.

"It's good to see you."

"Yeah. I feel a lot better."

We both smile.

Passing the 7 mile mark, we are told by our split, that we have just completed a 6 minute mile. Based upon our scientific reasoning at the moment and a steady consistent pace for the past four miles,



we conclude that the splits must be off. We decide to continue with our present pace.....“Hold and maintain.....smooth and steady.....relaxed and consistent.... free and flowingsave for the later stages of the race.....,” we admonish one another and keep each other in check. The comraderie of our united effort gives us strength.

We enter Fairview Golf Course. I am reminded of the 13.1 mile prediction run (a Don Lindley Production) from the previous Sunday. I am encouraged that I feel much stronger today than I did then.

We pass under an overpass bridge. The reality of our challenge sinks in. We converse occasionally, but not as freely as we did a few miles ago. Statements now seem to have a purpose. Idle chatter has died.

Beyond mile 8 our three-some is joined by Fred Hannan, Jr., the cross country coach at Huntington Catholic High School I recognize him as the “no-shoes man” based upon his rash discarding of his shoes during previous TV-33/Hooks Marathons. I view it as an insane act, but decide everyone has their own style. I mention the “no-shoes mania” to John.

John: “Really? Doesn’t that bother you? Don’t you feel that it’s hard on your feet?”

Fred: “Well, I got blisters a few times, so I just decided to discard my shoes.”

John: “Are you going to do it again today?”

Fred: “Well....yeah, I may take them off at the half-way point. I’m just out

to finish today.”

At mile 9, I get a glass of water from FWTC member Don Manger. Don is the wrestling coach at East Noble High School. Seeing him brings back memories of my earlier wrestling days against his grapplers. He wishes me well. I accept it gladly.

The ninth mile passes by. Our three-some of John, Terry and myself is still hanging tough. Fred has slipped back unnoticed.

As we near the limits of Foster Park and mile 10, the crowd of spectators begins to grow. As we leave Foster Park John and I both notice the absence of the traditional July marathon sprinkler station.

John: “Don’t think we need that today!”

Tim: “Yeah. I think you’re right.”

The passing of the sprinkler system marks the beginning of a new era of TV-33/Hooks Marathon. Our three-some takes advantage of the day’s enhancing weather and presses on.

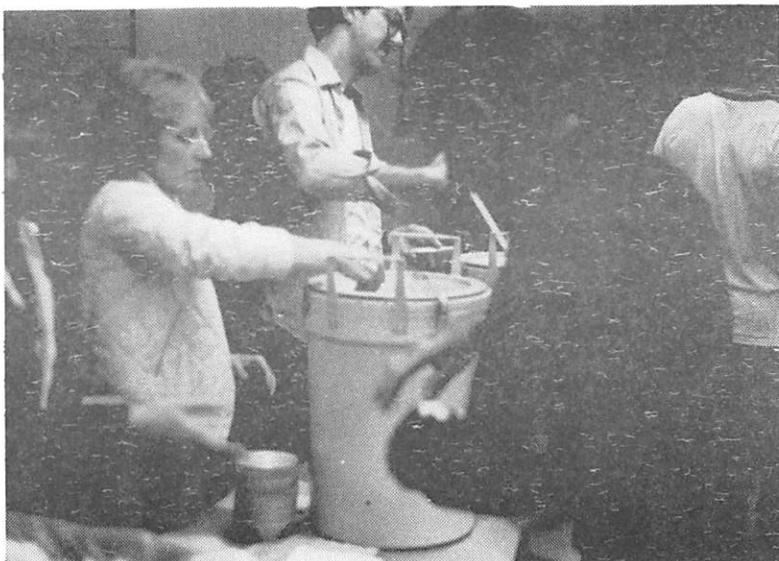
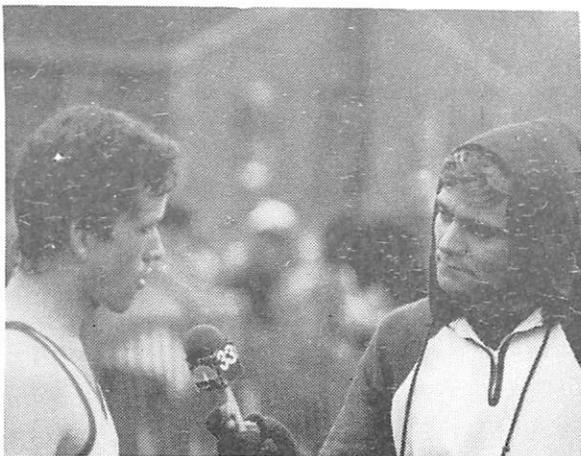
At mile 10 I turn to John, who has prompted me over the past five miles in keeping mental notes, “My cue is over.”

We sail past the 10K mile in 63:40; “Right on schedule. We’ll be at 20 in 2:07:30!”

“Maintain and hold.....”

We lock into our pace and cruise onevery dog has his day and today is ours.

(Continued on Page 12)

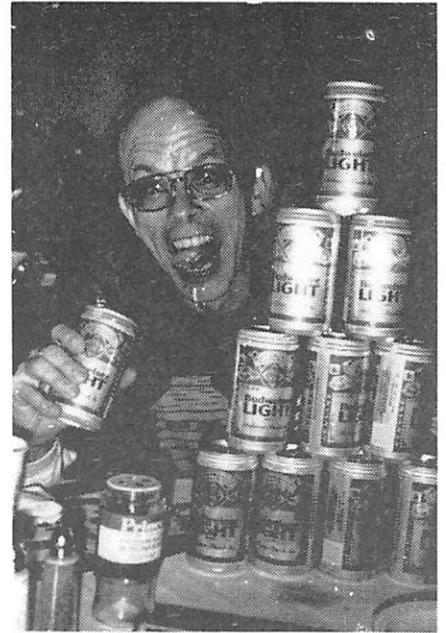


1983 Boston Marathon- Impressions

by MIKE ROBBINS

The greatest single impression was made by the extent the Boston community supports the marathon. I was asked (as were thousands of others) if I was in town for "the race." People from cab drivers to hotel personnel all seemed conversant about marathons and the people who ran them. These people possessed the type of knowledge seldom seen outside the ranks of dedicated runners. The media provided constant attention to the race. The newspapers printed the names and numbers and home states of all the runners as well as a multitude of articles and interviews. Television stations (yes, stations, plural!) provided race coverage with one providing eight hours of pre-race, race and post-race coverage. Patriot's Day appears to be the time set aside for the Boston area to celebrate its marathon!

During the race, the experience of running through the passage by the Wellesley students was overwhelming. Forming almost a tunnel, approximately four feet wide and a quarter of a mile long, these students screamed and hollered and clapped their support in a deafening fashion. Goose bumps were raised and I was alternately tempted to either cover my ears or to stop and savor it as long as possible. All runners



are heroes at Wellesley. If this type of expressive appreciation could be bottled and dispensed, chemical "anti-depressives" would become immediately obsolete. Wellesley epitomizes the overall effect of a 26 mile corridor of two million people lining the sides of the road cheering and urging runners on.

The variety and freshness of the seafood to be enjoyed in the Boston area makes it extremely difficult to approach local aquatic fare in the same way again. Since this was a vacation, the experience was heightened by taking advantage of the opportunity to eat local food, to view historic sights, and to tour that area of New England. Life is more than running and Boston is more than a race.

Finally, sharing the experience with my wife and the rest of the Fort Wayne crew of John and Barb Treleaven (and their assorted Boston and Cleveland relatives), Mike and John Kast, Don Lindley, Joan Goldner and Ann Jamison (Mary Teresa Connolly and Sue Carnes stayed at another location) made it that much more fun. The individual work and effort had been accomplished at earlier marathons, now was a time to celebrate. The party was livelier for having friends to attend it with.

We

by Ann Mize

This month's article is about what else the marathon! The May 1st event!

Due to increased job demands, the marathon was not a possibility for me this year. I instead became a spectator. I avoided the early rain by staying in bed until the last minute, a luxury you marathoners couldn't do. By carefully choosing my post (the Old Mill Entrance to Foster Park) I could watch all my friends at the fifteen mile mark. Boy, this was a lot of fun! I saw everybody! I was participating in the event. By the time Jay Jamison made the turn I was ready to join in. I kept him company to the coliseum and felt a little needed. I achieved everything but the tremendous feeling of accomplishment you marathoners get. Oh, well...I'll get things squared around next year at work so that I can be a number instead of a spectator. I don't want to be short on feelings of accomplishments.

To add salt to my wound I ended up in the women's shower room and saw a few tired, accomplished runners. One of them was Judy Tillapaugh. This was her first marathon and she finished in a remarkable 3:34:43.

She said: "I always wanted to try a marathon . . . to test my abilities. Every since high school and Purdue cross country days I've been adding up mileage as a distance runner.

Nine years of running has given me many close friends, prizes at races, a sense of accomplishment, and a way of staying healthy.

The marathon. What a race. It's amazing what one can push their bodies to do. At 21 miles I knew I could finish. . . what a relief just to know that! My legs were tired but they had a little strength left. I just held on and prayed."

Judy Tillapaugh ran the marathon but she said it was a combined effort of spectators, aid stations, friends, running buddies, her mom and dad, and the entire Fort Wayne community that made her first marathon such a success.

I asked her if she'd like to do another marathon. She said yes. I'd like to try and better my time. Sounds like she's hooked to me. I hope to see Judy at the start line next May.

THE "BACK OF THE PACKERS" AND BIKERS DESERVE BETTER!

by KAREN PEDDEN

I am truly sorry I have to write this as I am not the type who complains, but something must be said about the conditions of the Hook's TV-33 Marathon May 1st, and the treatment of participants of the race.

First: The treatment of the "back-of-the-packers" was horrendous. Due to the weather conditions and the time of the year, there were fewer back-of-the-packers than in previous years. I am not sure why the race officials, aid stations participants and especially the city police chose to make these people feel like a nuisance, but that is how

it came across. First of all, before the race ever started, there was a lot of discussion about bicycles on the course causing problems for the runners. Most of you who complained seem to have forgotten how difficult it is for someone all alone to maintain the mental attitude it takes to finish this race. Sure all of you front runners and middle of the packers had numerous people to cheer you on, but my best friend had no one. It's lonely. If you front of the packers dislike having to contend with back-of-the-packers, maybe we should just take the top ten finishers from the previous years' race and they would be the only ones to participate in the following years' marathon.

In this particular marathon we, the bikers, provided a vital service of supplying dry clothing and socks to these people so they didn't wind up with hypothermia as some of the other participants did. Another service was to help protect the runners from motorists who were trying to run over them!

Yes, that's right, twice my best friend was the target of someone. Deliberately trying to run over her. The course was supposed to be closed to traffic for 4 hours and 30 minutes. Well these incidents occurred between 3:45 and 4 hours into the race. It appears that the police closed the course to bikes but not automobiles. Where were the police when we needed them? We had to wait at Rudisill for both lanes of traffic to pass before we could continue on and that

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OLD SETTLERS' 10,000 METER RACE*

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

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 _____

was at 3:55 in the race.

I myself as a bicycle rider in this race did not want to do anything to interfere with any of the runners. I was only there to support my best friend and anyone else whom I could help. I would have been out there pounding the pavement with everybody else if I hadn't had a knee injury. It was very difficult for me not to participate, as I love to run. At least I had the opportunity to help someone else run it even if I couldn't.

I think in the future the people organizing the race must decide whether or not they want us back-of-the-packers involved. If not just say so and we'll take our friends and bikes elsewhere.

TV-33/Hooks Marathon - - - It's the best!
by Gary Lane

The 1983 Hooks-33 Marathon was my first ever. If I had to describe the experience in one word I would probably say "worthwhile". From the first day I took up running in July 1982 until the actual race day I was obsessed with running and finishing this particular race. The first benefit of this obsession was that I lost 30 pounds. The most important benefit however was a sense of self-worth. Although I'm only an average beginning runner I tried to follow my training schedule as closely as possible even through some fairly nasty weather which would normally have kept me inside. I can remember a run I made with Jerry Mazock in mid-winter. Foster Park was like a Christmas card and the wind was blowing moderately. Jerry showed a consideration for a fellow runner that day by breaking his routine and running at my pace instead of his own fiery rate. During the run we talked of course and I can best describe our talk as inspiring. I never lost that inspiration. Even through a series of stupid but relatively minor injuries I somehow knew I could ready myself in time for this marathon.

The race has now come and gone and I did finish it in a mind boggling, pavement searing 3:40:26. It certainly didn't qualify me for Boston and I'm sure I'll have better times in future marathons, but my first one is going to always be a fond memory for all the training, all the pain and all the personal sacrifices were worthwhile.

Lest I should break my arm patting myself on the back I would like to thank some very special people. Thank you Dennis Flennerly for pacing me. You helped keep me going at the end when I was having thoughts of walking. For the volunteers at the aid stations and the first aid tent at the finish, "thank you" somehow seems inadequate. You people are life savers and should be proud of yourselves. I am also very grateful to the FWTC and the Wednesday night Foster Park gang in particular. It's always a pleasure to run with people who are as nice as you. One group stands out in my mind as a terrific ego booster and those people were the spectators. All the harrasing which we as runners take throughout the year is made up for by those people. Their curbside support was outstanding and it really made a beginner like myself feel like somebody to be applauded by groups of perfect strangers.

Yes, the marathon made it all worthwhile and I'll gladly go through it again and again and again.

EDITOR'S NOTE: We received many comments on this years TV-33/Hooks Marathon. We have printed a few of the responses. Don Lindley's questionnaire was also a good source of "feed back." It is easy to conclude that the positive comments overwhelmingly outnumbered the negative. Comments about spectators, aid stations, race workers, police, first aid tent, hospitality room (other than they ran out of soup too soon), and organization were all highly complimentary, with the exception of one or two comments. One runner describes it best by writing, "The greatest FREE marathon in the United States!"

MINUTES OF THE MAY 10th FWTC BOARD MEETING:

by MARSHA SCHMIDT, Secretary

The May Meeting of the Fort Wayne Track Club was held Sunday, May 8, at the home of Terry Shipley.

The meeting was opened by John Treleaven with the Treasurer's Report read by Terry Shipley.

Discussion was held by attending members

regarding the time and work involved in computing the points standings for each Track Club Point Race. The possibility of totally deleting the yearly point system was discussed due to difficulty in computing points. Also the irregular age divisions of the 1983 point races was discussed. Charlie Brandt volunteered to check with current race directors to determine if they would be able to provide the Track Club with the information from their race in order to compute points.

Also the recruiting of members to volunteer as race directors, helpers, etc. was discussed. The topic of having Fort Wayne Track Club Meetings at a public place instead of a private home was discussed in order to facilitate more participation from the general membership.

The August Benefit 5K Race was briefly discussed. Bill Schmidt is to check with the Georgetown Merchants Association to receive their approval for this facility. Also Larry Lee will be verifying again the Track Club Hall of Fame interest in a Fort Wayne location. Several other organizations were mentioned as recipients of the funds derived from the Benefit Race. A sub-committee of John Treleaven & Don Goldner was determined to work on the merits of the Hall of Fame.

The recent WKJG-Hooks Marathon was discussed with Don Lindley reading the responses he received regarding the aid stations as well as the Hospitality Room and the Marathon in general.

The final details of the Diet Pepsi Race being held May 14 was discussed by Charlie Brandt. The Hilly Four Race will be sponsored by the Sports Therapy Department of St. Joseph Hospital; the Shoaff Park 5K will be sponsored by Foot Locker.

A Track Club Family Carnival and Picnic is scheduled for October in conjunction with the Election of Officers. This will be a non-point race with fun races for all ages and distances followed by food and election of officers. Allocation for this event has not been determined.

Having a Fort Wayne Track Club race against other Track Clubs was discussed with the total membership being involved. Don Lindley motioned and it was seconded that the Massage Therapy Association of Fort Wayne receive two free ads in the Inside Track in payment for their efforts and help during the Marathon.

Bill Sohaski provided a photo of the Fort Wayne Track Club Junior Olympic Team as well as the shirt. Phil Shafer volunteered to handle the calling of volunteers to help assemble the June Newsletter. He will contact 8-10 individuals to help with this responsibility during June. Another volunteer will be responsible for the following summer months.

The meeting was adjourned. The next Meeting will be June 26, 1983 at 7:00 at Terry Shipley's home.

Race results

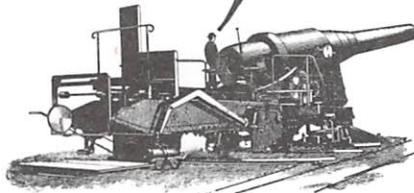
FORT WAYNE TRACK CLUB 13.1 PREDICTION
RUN

April 24, 1983

Overall Place		Prediction Time	Actual Time	Differs
2	Larry Averbeck	1:23:00	1:23:07	:07
24	Don Goldner	1:40:00	1:39:53	:07
26	Tony Gatton	1:40:00	1:40:08	:08
31	Denny Zech	1:44:03	1:43:55	:08
30	Deb Kukelhan	1:44:00	1:43:50	:10
18	Max Murchland	1:34:56	1:35:07	:11
8	Tom Hough	1:30:00	1:30:13	:13
40	Mike Avila	1:51:20	1:51:33	:13
17	Steve Yager	1:35:03	1:34:48	:15
9	Bill Blosser	1:30:00	1:30:16	:16
44	Tom Manette	1:55:01	1:55:25	:24
37	Tom DeLong	1:50:00	1:50:39	:39
7	Michael Glasper	1:30:00	1:29:05	:55
34	Bill Schmidt	1:46:35	1:47:33	:58
35	Gary Hooten	1:49:00	1:48:01	:59
32	Tom Mather	1:44:53	1:45:53	:60
4	Pat Hermann	1:26:36	1:27:39	1:03
19	Mike Robbins	1:37:00	1:35:57	1:03
6	Dave Ruetschill'g	1:30:00	1:28:56	1:04
11	Jack Dyer	1:32:00	1:30:53	1:07
39	John Hilker	1:50:20	1:51:28	1:08
43	Tim Thompson	1:53:00	1:54:09	1:09
10	Chris Edington	1:32:01	1:30:52	1:09
27	Dan Belschner	1:43:00	1:41:36	1:24
29	Joan Goldner	1:45:00	1:43:28	1:32
47	Alfred Moore	2:05:00	2:03:27	1:33
38	Roseann Simons	1:53:00	1:51:26	1:34
13	Joe Ziegler	1:31:05	1:32:50	1:45
21	Phil Wisniewski	1:36:30	1:38:12	1:48
16	Tom Archbold	1:36:40	1:34:46	1:54
28	Michael Callahan	1:41:15	1:43:13	1:58

12	Jack Hamilton	1:35:15	1:32:31	2:44
5	Phil Lockwood	1:32:00	1:28:54	3:06
33	Wendell Adams	1:42:30	1:45:57	3:27
36	Rick L. Ravine	1:54:38	1:50:37	4:01
14	Jim Anderson	1:30:00	1:34:02	4:02
22	Tom Liebrich	1:35:00	1:39:22	4:22
3	Michael Bultemeier	:30:00	1:25:02	4:58
41	Bill Bare	1:46:42	1:52:18	5:36
42	Bruce Hamilton	2:00:00	1:54:08	5:52
20	Don Lindley	1:30:00	1:35:58	5:58
46	Marsha Schmidt	1:54:16	2:02:31	8:15
45	Joe Brooks	1:48:00	1:56:02	12:02
1	Rick Reitzug	N/A	1:22:42	-
15	Tim Bowman	N/A	1:34:25	-
23	Dave Fairchild	N/A	1:39:39	-
25	Jerry Mazock	N/A	1:39:54	-
48	Dewey Slough	Tuesday	Thursday	2 days

RUNNERS
TAKE YOUR
MARK....



Volunteers:

Finish Line Timers	Chuck DeVault
	Gloria Nycum
Registration and Results	Phil Shafer
	Rosann Lindley
	Tess Machlan
Aid Station	Michael Lindley
Splits	Brian Lindley

Many thanks to all of those that helped.

Don Lindley
Race Director



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JULY 4TH

Independence Run

- 10,000 Meter (6.2 Miles)
- 5,000 Meter (3.1 Miles)
- One Mile Fitness Run

Monday, July 4th

Start And Finish At Cole YMCA
Corner Of Garden & Lisle Streets, Kendallville

Registraton 7:30 - 8 AM

Fitness Run 8 AM

5 & 10 K - 9 AM

CO-SPONSORED BY THE

- Cole Family YMCA
- Kendallville News-Sun

RACE FEATURES:

- New Accurate, Wheel Measured Course
- Water Stations At 2½ & 5 Miles
- Accurate Times At 1 Mi. & Finish
- FREE Shower & Restroom Facilities
- New Lower Entry Price - More Age Groups And Awards
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- FREE Parking Near Course

Age Groups & Awards

5 & 10 K	
Men & Women	
14 & Under	5
15 to 19	5
20 to 29	5
30 to 39	5
40 & Over	5
Fitness Run - Award To Youngest, Oldest And Largest Family	

Before June 25, 1983

_____ \$2.00 Fitness Run

_____ \$3.00 5 & 10 K

After June 25, 1983

_____ \$3.00 Fitness Run

_____ \$4.00 5 & 10 K

Make Checks Payable To: Cole Center YMCA

WAIVER: I hereby fully understand that the sponsors, race directors, Cole Center YMCA, Kendallville News-Sun, 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 5K _____ 10K _____ 1 mile _____

Signature _____

Return Entry Form To: Cole Center YMCA Box 233 Kendallville, IN. 46755

SPONSORED BY:

Wabash Community Service, Wabash County Hospital, and MacDonald's, in conjunction with the Wabash Canal Days Festival and parade, one of the largest in the area.

SATURDAY, JULY 30, 1983

Fun Run to begin at 8:15 a.m.; 10K at 8:45 a.m.

Late Registration: 7 - 8 a.m. day of race

Honeywell Memorial Community Center, located on Canal Street, downtown Wabash.

CHECK - IN TIME:

7:00 - 8:00 a.m. at the Honeywell Center. Pick up race packets at this time.



WABASH CANNONBALL

10,000 METER RACE

& FUN RUN

\$5.00 prior to July 26. \$6 after and day of race for 10,000 meter;

\$3 for Fun Run

The race will start at the Honeywell Center and will end approximately three blocks away on Fulton Street. Times will be posted as soon after the finish as possible, and complete results mailed within two weeks.

Showers, toilets, and dressing room facilities available at the Honeywell Center.

A drawing will be held to award several pair of Converse running shoes. To be eligible you must finish the 10K.

T-shirts to all pre-entries and day of race, as supply lasts, for all 10,000 meter and fun runners. Running suit to overall winner, trophies to first three places in each division. Awards ceremonies immediately following the race.

RETURN ENTRY TO:

Carol McVicker
WABASH COUNTY HOSPITAL
P.O. Box 548
Wabash, IN 46992

And if you have any questions she can be reached at: (219) 563-3131, Ext. 216

DIVISIONS:

Men under 20

20 - 29

30 - 39

40 - 49

50 - 59

60 - over

Women under 20

20 - 29

30-39

40 - over

ENTRY FORM AND WAIVER OF LIABILITY

NAME _____ AGE _____ SEX _____

ADDRESS _____ T-shirt: S M L XL

I plan to enter the 10,000 meter run _____ Fun Run _____

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 Wabash Cannonball 10,000 Meter Run and Fun Run, 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 Wabash Cannonball 10,000 Meter or Fun Runs.

Signature _____

(Parent or guardian if under 18)

(Date) _____

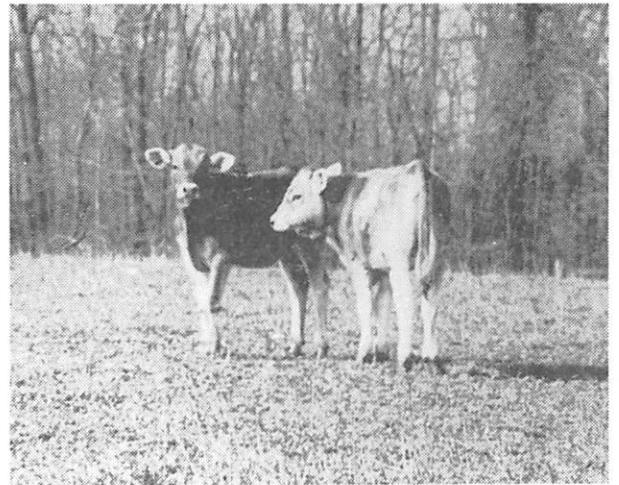
NAVL 15K

Women 19 & under	LIST	NAME	OVERALL FINISH
1:15:04.9	1	TRACY SOHASKI	208
1:27:50.6	2	PAT A. CASE	271
1:29:35.9	3	JENNIFER A. SCHWARZE	277
1:35:39.0	4	MARY L. CASE	292

Women 20 - 29	LIST	NAME	OVERALL FINISH
1:08:49.2	1	JUDY A. TILLAPFAUGH	148
1:10:12.2	2	CATHERINE A. VILLA	169
1:11:18.1	3	ROSE MARIA KOCZERGO	183
1:15:33.6	4	ROBIN Z. WALKER	216
1:15:39.1	5	CYNTHIA SABRACK	218
1:15:58.1	6	SUSAN L. GRIGGS	222
1:17:05.1	7	BETTY JACKSON	233
1:19:02.1	8	SALLY BORK	245
1:20:52.0	9	SABINE FLOREICH	252
1:28:54.0	10	NANCY BITTNER	275
1:47:51.2	11	SUSAN A. STEWART	300

Women 30 - 39	LIST	NAME	OVERALL FINISH
0:59:45.3	1	BETTY HITE NELSON	67
1:03:58.4	2	PHYLLIS M. SUELZER	100
1:04:34.6	3	DEB KUKELHAN	112
1:11:52.8	4	MARSHA K. SCHMIDT	189
1:12:43.8	5	ROSEANN SIMMONS	196
1:17:25.7	6	CAROLYN H. WILLIAMS	236
1:18:16.3	7	FATTI L. FLEMING	242
1:20:54.4	8	CHERIE BELSCHNER	254
1:21:53.7	9	CAROL JO ASHTON	258
1:28:21.5	10	BRENDA WOLFE	273
1:31:02.8	11	JANE E. LEWANDOWSKI	283
1:31:52.1	12	LINDA C. GENSHEIMER	287
1:35:46.5	13	RUTH A. YOUNG	293
1:39:24.9	14	SARAH L. KLEINKNIGHT	296
1:39:31.8	15	DIANA MCCULLOUGH	297
1:43:46.6	16	KAREN S. FERRIN	299

Women 40 & Over	LIST	NAME	OVERALL FINISH
1:17:09.1	1	GLORIA J. NYCUM	234
1:18:52.3	2	JANIS GREENE	244
1:29:01.0	3	JEAN LONGSWORTH	276
1:31:03.6	4	DIANE DETWILER-ZAFF	284
1:32:48.4	5	BONNIE JEAN TAYLOR	289
1:37:04.1	6	RUTH ANN HYNDMAN	294
2:04:33.0	7	SHARON A. PAULEY	303



Men 60 & over	LIST	NAME	OVERALL FINISH
1:27:58.0	1	ALFRED GUMBERT	272
1:29:50.2	2	DAVID COX	278

Men 14 & under	LIST	NAME	OVERALL FINISH
0:53:48.1	1	PETE W. RIEGHLER	17
0:57:56.3	2	JIM LANGFELDT	45
0:57:14.6	3	STANTON FLOREA	59
1:00:21.6	4	STEVE GLASPER	69
1:00:23.9	5	JOHN A. SCHWARZE JR.	70
1:09:56.5	6	ANDY CAUFFMAN	167
1:21:04.7	7	GREG GLASPER	255
1:25:57.7	8	JAMES H. SCHWARZE	263
1:25:41.6	9	BOBBY J. WIERSMA	269
1:33:56.0	10	BRIAN S. LINDLEY	280
1:38:48.3	11	MICHAEL A. LINDLEY	295
1:43:37.1	12	PAUL S. PHEND	298

Men 15 - 19	LIST	NAME	OVERALL FINISH
0:52:40.5	1	JEFF BEAM	11
0:53:21.3	2	TOM HOFFMAN	15
0:58:35.2	3	TOM STAMBAUGH	50
1:04:43.6	4	H. INGO BENSCH	114
1:07:24.7	5	STEVE J. CONNELLY	132
1:12:35.1	6	SCOTT APPLEGATE	193
1:28:30.1	7	DAN L. HATCHER	274

Special Feature



Men 20 - 24

LIST	NAME	TIME	OVERALL FINISH
1	TOM S. LOUCKS	0:55	1
2	BRYAN R. SFONSELLER	0:49:36	2
3	GARY H. WILLIAMS	0:51:52	3
4	JERRY C. WILLIAMS JR.	0:51:58	4
5	MARK W. BELL	0:52:41	5
6	MARK A. SANDERSON	0:52:47	6
7	BRENT MUNKO	0:55:43	11
8	CHRIS EDINGTON	0:56:40	14
9	WAYNE L. JOHNSON	0:57:40	31
10	DAVID L. GEIGER	0:58:21	44
11	DONALD E. FRANKSTETTER	0:58:41	49
12	WIM D. CLASSEL	0:59:11	56
13	WIM D. CLASSEL	0:59:11	56
14	MERRY E. CAMPBELL	0:59:11	56
15	TERRY D. ANDERSON	1:01:47	87
16	TODD L. ANDERSON	1:05:09	118
17	LARRY GETTIS JR.	1:14:00	204
18	JEFFREY E. HURSH	1:19:19	229
19	DAVID B. COHN	1:22:47	259
20	ERIC D. WYNN	1:32:40	339
21	JEFFREY C. BELKNAP	1:47:19	352
	GREGORY C. BRELDEN		

Men 25 - 29

LIST	NAME	TIME	OVERALL FINISH
1	VINCENT GARCIA	0:48:17	6
2	MICHAEL BERSON	0:52:00	17
3	PHILIP BERSON	0:52:07	17
4	MIGUEL MENDEZ	0:52:39	19
5	TERRY J. ANDERSON	0:54:39	28
6	TERRY R. ANDERSON	0:55:16	33
7	MICHAEL GLASSER	0:55:58	39
8	MARSHALL W. HOWE	0:56:31	40
9	MARSHALL W. HOWE	0:57:54	43
10	NANCY L. BUSHBY	0:58:01	46
11	DANNIE L. BUSHBY	0:58:12	48
12	JIM R. GARNER	0:58:44	51
13	TONY GATTON	0:58:58	52
14	CHUCK P. DOWE	0:58:58	52
15	LARRY P. ELLIS	0:59:31	53
16	SCOTT E. FRAZIER	0:59:31	53
17	PATRICK R. THOMAS	1:01:29	66
18	PAUL R. THOMAS	1:04:21	108
19	JAMES J. BETHAN	1:04:21	108
20	TODD J. SEHARR	1:05:11	116
21	GARY L. REYNOLDS	1:05:11	116
22	PHILIP GRASSUM	1:07:12	129
23	PAUL LOCKWOOD	1:07:12	130
24	PAUL LOCKWOOD	1:08:20	133
25	GARY J. HOOTEN	1:09:31	153
26	WILLIAM W. MILLS	1:09:31	154
27	MIKE BLAUGH	1:09:52	164
28	DANIEL L. KIMMET	1:13:48	203
29	ROBERTY L. HARRIS	1:17:40	230
30	JEFFREY T. FRAFFIER	1:17:40	230
31	MARK W. KOHN	1:19:49	248
32	MARK W. KOHN	1:20:02	249
33	KEITH W. FREDGIS	1:30:09	292
34	KEITH W. FREDGIS	1:31:19	297
35	KEITH W. FREDGIS	1:31:19	297
36	KEITH W. FREDGIS	1:31:19	297
37	KEITH W. FREDGIS	1:31:19	297
38	KEITH W. FREDGIS	1:31:19	297



Men 30 - 34

LIST	NAME	TIME	OVERALL FINISH
1	DANIEL A. KAUFMAN	0:51:37	3
2	PHILIP SUHLER	0:52:43	10
3	MIKE GILLAND	0:52:43	10
4	STEVE M. BROWN	0:52:43	10
5	DONALD E. FLEMING	0:52:43	10
6	DAVID FLEMING	0:52:43	10
7	DAVID FLEMING	0:52:43	10
8	DAVID FLEMING	0:52:43	10
9	DAVID FLEMING	0:52:43	10
10	DAVID FLEMING	0:52:43	10
11	NORM SPIZZIG	0:57:09	39
12	FAT HERMAN	0:57:09	44
13	PATRIK A. YOUSLES	0:59:42	64
14	LARRY L. SHIVELY	0:59:42	64
15	KECK SCHOLEY	1:01:07	73
16	STEVE YAGER	1:01:07	73
17	RYAN D. YAGER	1:01:07	73
18	THOMAS P. YODER	1:02:24	83
19	JIM MURCHOFF	1:02:24	83
20	MAX MURCHOFF	1:02:24	83
21	D. E. F. WILLIAMS	1:04:08	94
22	DEWEY V. CULBERTSON	1:04:08	94
23	TOM ARCHOLD	1:04:08	94
24	JERRY W. NOBLE	1:04:08	94
25	JERRY W. NOBLE	1:07:07	104
26	RYAN D. YODER	1:07:07	104
27	RYAN D. YODER	1:07:07	104
28	RYAN D. YODER	1:07:07	104
29	RYAN D. YODER	1:07:07	104
30	RYAN D. YODER	1:07:07	104
31	RYAN D. YODER	1:07:07	104
32	RYAN D. YODER	1:07:07	104
33	RYAN D. YODER	1:07:07	104
34	RYAN D. YODER	1:07:07	104
35	RYAN D. YODER	1:07:07	104
36	RYAN D. YODER	1:07:07	104
37	RYAN D. YODER	1:07:07	104
38	RYAN D. YODER	1:07:07	104
39	RYAN D. YODER	1:07:07	104
40	RYAN D. YODER	1:07:07	104
41	RYAN D. YODER	1:07:07	104
42	RYAN D. YODER	1:07:07	104
43	RYAN D. YODER	1:07:07	104
44	RYAN D. YODER	1:07:07	104
45	RYAN D. YODER	1:07:07	104
46	RYAN D. YODER	1:07:07	104
47	RYAN D. YODER	1:07:07	104
48	RYAN D. YODER	1:07:07	104
49	RYAN D. YODER	1:07:07	104
50	RYAN D. YODER	1:07:07	104
51	RYAN D. YODER	1:07:07	104
52	RYAN D. YODER	1:07:07	104
53	RYAN D. YODER	1:07:07	104
54	RYAN D. YODER	1:07:07	104
55	RYAN D. YODER	1:07:07	104

(Continued on Page 18)

Don "Muldoon" Goldner, Mile 10 to Mile 15

"Doon" Goldner hadn't finished a marathon since 1980. This weighed heavily on his mind in the final weeks. He wanted this t-shirt badly. In preparation, he ran one of the most dramatic 20 milers of the season. He got into great shape and he even stopped drinking beer two weeks before the race, finally drying-out Friday, April 29. Here is his story.

Foster Park is familiar ground. I know all the marks on the road and anticipated seeing the 10 mile split. Seventy-seven minutes. Not bad! On schedule.

Here comes the first wheelchair - he looks good. I admire those guys and wonder how the weather affects their grip. Another aid station - well supplied, enthusiastic, and helpful, as usual. I slow down to get some water down.

Coming up to Old Mill Road, one of my goals is to get out of the Park before the leaders came by - I made it!

At eleven miles there are a few small hills ahead. I wonder who and where the leaders are. There's Greg Orman on a moped. He tells me what's happening up front. Vince Garcia is in the lead. Then a pack with Tom, Jerry, and Phil are next. They are all wearing Athletic Annex singlets - Gregs happy.

Here they come. Love seeing all those Fort Wayne Track Club guys up front. Then there is Rick, Dan, Tim and Don Lindley. I tell him that he's doing fine. He says, "I know."

Around the twelve mile bend and head up the long hill grade. Not too bad, but looking forward to running back down. There's Betty Hite Nelson - she's great. I love the out and back feature. You can run the race and see it at the same time.

I hit the 13.1 turn around. A 3:20 pace. That's nice, but I doubt I can hold it. (I didn't)

Back down the hill - heading home, a good spot in the race. Should be running strongest here. This is fun - still seeing a lot of friends - I feel good.

At fourteen miles, I no longer try to figure my splits, just settle in and bring it home. Nice part of the race. Beautiful homes - Old Mill Road - cross Petit - a few hills again - no problem. There's fifteen.

Now back to the Park I know so well.

Phil Shafer, Mile 15 to Mile 20

Over the years, Phil seems to run spectacular finish times with the least amount of training of anyone I know. His turned into a fine story. However, I feel I should print the first draft he turned into me.

The last four and next couple of miles are enjoyable times during the TV-33/Hooks Marathon because of the out-and-back set up of the race. Encouragement and greetings are shouted

between participants as they see one another on the course. Coming to the rise at mile 15, one major question comes to my mind.

What am I doing at this pace?

My running partner and I had agreed to run a sensible pace from the start - but no! Our pace is faster than originally agreed upon. At least we will back off the pace when we get back into Foster. My partner wants to slow down in order to finish strong in the last six miles, something he has never been able to do in the heat of former Fort Wayne Marathons. I just want to finish feeling healthy.

The crowd is great coming into the park and will not allow any slowing of pace. We run through the aid station, waving off offers of water, because we are planning on slowing in the park. My partner also wants to "visit" the woods.

The weather is excellent for running and as we reach mile 16, we check watches. We note that we have maintained the pace but believe we will be able to back off if we feel tired. The pace must go on.

The 17 mile mark comes and goes as does the aid station. At this point I know we will not slow the pace consciously. Only fatigue or injury will force the slowing.

My partner disappears into the woods to talk to a tree while I keep going. I know my race limitations and realize that he is able to catch and pass me when he does pick up the pace at 20.

I pass the 18 mile marker feeling good but running without my partner, I calculate, my pace has slowed a little. I try to calculate my pace into a finishing time but can only guess. I only hope I don't slow down much more.

Rounding the corner at Tillman and Calhoun is a good feeling. The crowd is encouraging and as everywhere else on the course, the traffic control is good.

At mile 19 I walk through the aid station and attempt to calculate pace. It is impossible to do so because I am unable to remember the split at 18. I hope the water-coke-water will regenerate the energy in my legs as I begin to run once more.

About the 19 1/2 mark my partner catches me. We exchange greetings before he leaves me and runs to the finish. I am again without a partner but by keeping him in sight, my pace picks up.

Upon reaching the 20 mile mark, Chuck DeVault gives to me my approximate finishing time if I maintain my overall pace. I let him know that I am tiring and therefore will be unable to finish according to his predictions.

I also let him know what to do with his estimate.

Mile 15 was fun as you come to the crest of a hill you were hoping to finish feeling gooder than last time. Mile 20 was more fun because you were closer to the finish.

Phil writes like he trains! I immediately sat him in the back bathroom next to Bowman. I told him not to come out until he had a more appropriate length. Thirty-seven hours later, Phil turned in his page.

Tom Loucks, Mile 20 to the Finish

There's no other runner in our club who has improved to an elite status faster than Tom. A mild-mannered man who is not so mild on the road tells his, the victor's, story.

MILE 20 - By this point it was beginning to sink in that I was about to win. I didn't even notice the hill at this point in the course. One person I did notice was Myron Meyer. All of a sudden there he was, standing and yelling at me. It startled me for a moment because I knew he had started the race and for just a moment I wondered how he finished before me. I found out later that he had to drop out due to a muscle pull.

MILE 21 - I was still in pretty fair condition. My mom, my sister and her family, who had been paralleling the course to give encouragement, were here. I remember seeing them but not saying anything; guess I knew I would need all my remaining energy for the last few miles.

MILE 22 - I was beginning to become stiff and uncomfortable. I remember relief as I crossed Pontiac Street because it was at this point that I had dropped out in 1979.

MILE 23 - Just turning the corner off Harrison onto Main Street was an effort as my knee joints were really stiff. I was beginning to reconsider the wisdom of this endeavor; and in need of some encouragement which was received from Greg Orman who had been helping me throughout the race on how the runners following were doing, and Gene Whitacre and Mike Zurzolo who were riding a moped beside me the last few miles and helped remind me to just keep going.

MILE 24 - I felt like I was just shuffling along. I really didn't want to run anymore.

MILE 25 - Parnell Street needs repaving. Everytime I hit one of those bumps my legs would go numb. It wasn't that rough on the way out.

MILE 26 - My feeling was just like everyone's; just thankful to have it over with.

For me, Jerry Mazoek, this May 1st was a thrill. I'll remember the weeks of training with friends and the huge excitement of running in the tightly bunched six-pack of buddies during the first 15 miles. Maybe Jimmy Connors and John McEnroe are not friends after a tennis match, but I know for sure, everyone who was in the lead pack because in the lead pack become closer and will never forget those moments on that day. After 15 miles. I couldn't help remembering the 1976 race when I finished in next to last place in 5:29:45. This year when I surged into the lead briefly at 15 1/4 miles, I was aware of my past and deeply moved. Those moments can never be taken away from me. Even when this race gets larger and "name" runners participate, I can always be proud in knowing that during ONE race in THAT year I was an ecstatic leader in the closing miles of the TV-33/Hooks Marathon.

Success , metaphysically speaking . . .

by Doug Sundling

Success requires a hunger - not a desire, but a hunger. Someone may want something, may desire, but if that person isn't hungry, success is but a table-scrap to be snatched if it is leftover.

Natural talent and desire form two cornerstones upon which to build toward success. The much-quoted equation, "hard work + discipline = success," frames the manner someone builds from natural talent and desire. But, the characteristic that separates the great from the good, that allows the mediocre to achieve beyond the resigned levels of mediocrity, that builds the great edifices to success - that characteristic is hunger, the starving to prove oneself.

In the homogeneous sea of mankind, what separates the hungry from the complacent?

Two aspects: the eyes and the tone.

The cliché, "that person has the look of a winner," may not reflect the hungry look for success, for being a winner does not necessarily mean success has been attained. A winner may not be starving to prove him or herself. The gentle gaze of complacency and the look of apathy cannot begin to hold a candle to the burning light of hunger in one's eyes.

The key to Rocky Balboa's success was not his world champion title, nor his strength, nor his training. In Rocky III, "The Eye of the Tiger" wasn't the theme song by mere coincidence. The actors playing the two runners, Harold Abrahams and Eric Liddell, in Chariots of Fire who won the gold, created more than just a re-enactment of success; their eyes glowed with a hunger that wasn't seen in the others.

Listen to the difference in tones when someone says, "I would like to do well," to one who states, "I want to do well." Success is not brought on a silver platter to the graciously sitting guest at the dinner table, nor can success be ordered out of a drive-up window. Success is the fruit of toil; there are no shortcuts or divine interventions, for you earn what you deserve.

How sweet is the taste of contentment for having satisfied one's hunger. Success becomes the length of the yardstick one measures oneself with. In running, the runner's success can be measured against fellow runners or against the clock and distance, or all three. The wonderful aspect of running is that the satisfied look of hunger is not found only in the winner's circle; it is a look that can be seen from first to last place at any given road race. How many other modes of life offer the same? And, as many non-runners wonder what the attraction is of weekend road racing.

For me, as a runner, success has strengthened my confidence as I have built myself into a runner. Success - creates a hunger for new challenges for continued success, and instead of being cul-de-sacs in the road to success, obstacles become hills to conquer, to gain strength from for having challenged them - sometimes painfully.

As a coach, I must constantly measure each individual runner's potential

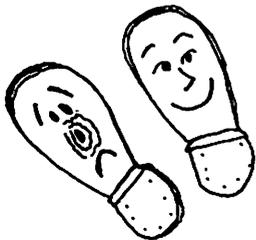
for success and help find the right path for that runner to realize success. Some times those paths are orthodox, other times unorthodox. I can entice, but cannot infuse the young runner with the hunger for success. I can whet the young runner's appetite, but I cannot sustain the hunger for success. I can provide everything but the desire, the hunger for success. For some, the hunger burns in their eyes, and the biggest obstacles become self-frustration. For others, the appetite for success takes awhile to develop.

Success is the gratifying conclusion of getting the job done, of having measured up to one's hunger. And appropriately, just as success feeds on itself, so does the hunger for success. The hungry seldom become complacent; there are new challenges to be preyed on and a growing appetite for satisfying new hunger pains. Natural talent and desire help clean the way, and hard work and discipline help lay the road to success, but hunger to prove oneself is the driving force that propels someone to success.

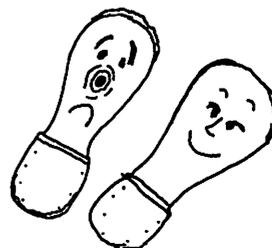


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Hours: Tues. - Fri. 8:30 - 5:30, Sat. 8:30 - 4:00
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**CANTERBURY GREEN'S
MUSCULAR DYSTROPHY
"LOVE RUN"**



DATE: Saturday, September 3, 1983
TIME: 5:00 p.m. — 2-mile Fun-Run. 6:45 p.m. — Awards
5:30 p.m. — 5-mile "Love-Run". 8:00 p.m. — Entertainment
PLACE: Canterbury Green Apartment Complex, Fort Wayne, IN.
PURPOSE: To promote health and physical fitness and to benefit the Muscular Dystrophy Association.
ENTRY FEE: \$6.00 pre-registration received by Friday, August 26, 1983. Late entries will be accepted thereafter at \$7.00. Sorry, no refunds. (All entry fees to M.D.A. are tax deductible.)
REGISTRATION: Tax deductible check payable to:

Canterbury Green Fund to Benefit Muscular Dystrophy Assoc.
2615 Abbey Drive
Fort Wayne, IN 46815

Runner's packets will be handled on Saturday, September 3, 1983 from 3:00 -4:45 p.m. at the large tent between the tennis courts and the Club House.

PARKING: Please use the IU-PU parking facilities. Please refrain from parking in the main streets in Canterbury.

COURSE: The 2-mile Fun-Run starts at the Canterbury Green Country Club House and loops the golf course twice.
The 5-mile course starts at the Canterbury Green Club House, winds through the beautiful paved streets, around the lush green golf course, and finishes near the Golf Pro Shop. The course consists of both paved streets and grass. Splits will be given at each mile. Aid stations will be at 2 1/2 miles and at the finish.
Restrooms, showers, and lockers are available in the Club House. The swimming pool is available after the race. (Bathing suits required and furnish own towel).

AWARDS: T-shirts to all finishers of both the 2-mile Fun-Run and 5-mile "Love-Run".

Awards: Men & Women.

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

1983

CANTERBURY GREEN'S MUSCULAR DYSTROPHY LOVE RUN

NAME _____ AGE _____ SEX _____

ADDRESS _____ CITY/STATE/ZIP _____

T-SHIRT SIZE: Small Medium Large X-Large

In consideration of your accepting my entry, I do hereby for myself, my heirs, executors, administrators, and assignees, release and discharge Muscular Dystrophy and Canterbury Green 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 Canterbury Green's Muscular Dystrophy Love Run.

Signature _____ Date _____

(Parent or guardian if under 18)

For additional information, call Tom Mather, 219/485-5895.

MONUMENT CITY CLASSIC



SPONSORED BY ANGOLA SPORTS CENTER.

WHAT 5th Annual MONUMENT CITY CLASSIC 10K & 2 Mile
WHERE Angola Commons Park (U.S.20 east)
 ANGOLA, INDIANA
WHEN **saturday, June 25, 1983**
 9:00 AM -- 10K 9:30 -- 2 Mile
WHO Sponsored by the ANGOLA SPORTS CENTER as part of the Steuben County 101 Lakes Festival with proceeds to the Angola City Parks.
AWARDS
 10K
 * Singlets to all finishers
 * ASICS/TIGER running apparel to top 10% of each age category
 2 Mile
 * Ribbons to all finishers
 * Rosette ribbons to age group winners
 * Trophies to top male/female finishers
 * Singlets for additional \$5.00
FEES
 2 Mile \$1.00
 10K \$5.00 by JUNE 20, 1983
 \$7.00 JUNE 21-25, 1983 Race day registration 7:30-8:30 AM

NAME (Print)	10K		2 Mile	
	MALE	FEMALE	MALE	FEMALE
ADDRESS	___ 17 Under ___	___	___ 11 Under ___	___
CITY	___ 18-20 ___	___	___ 12-15 ___	___
STATE	___ 18-24 ___	___	___ 16-19 ___	___
ZIP	___ 25-29 ___	___	___ 20-29 ___	___
PHONE	___ 30-39 ___	___	___ 30-39 ___	___
BIRTHDATE	___ 30-34 ___	___	___ 40 Over ___	___
UNISEX SINGLET SIZE (Circle One)	___ 35-39 ___	___	___	___
M	___ 40-49 ___	___	___	___
L	___ 50 Up ___	___	___	___
XL	___	___	___	___
34 ^S 36	___	___	___	___
38-40	___	___	___	___
42-44	___	___	___	___
46-48	___	___	___	___

In consideration of my entry, I and my assignees do hereby release the ANGOLA SPORTS CENTER, the ANGOLA PARKS DEPARTMENT, and all other race sponsors and representatives for all claims of damages whatsoever arising from my participation in the MONUMENT CITY CLASSIC. I attest that I have full knowledge of the risks involved and am physically fit to compete.

SIGNATURE _____

Checks payable to:
 MONUMENT CITY CLASSIC
 Jim Scott, 302 Victoria, Angola,
 IN 46703 219-665-5582

**SPORTS
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JUNE 18
 8:00 a.m.
 Homestead High School

DAY OF RACE REGISTRATION ONLY
 Regular Track Club Age Groups and Awards

Questions?
 Call John Treleven: 432-5315

Co-sponsored by Fort Wayne Track Club and
 St. Joseph's Sport's Therapy

No entry fee for FWTC members
 \$2.00 entry for non-members

TV-33/Hook's Marathon

AS GREG WHAT'S-HIS-NAME SAW IT!

As I shiver in the rain on my moped ten minutes before the start of the TV-33/Hooks Marathon it does not feel like Marathon Sunday. The favorable running conditions have left the spectators soggy and cold. I have been predicting the outcome of this race for over one month and I am full of nervous energy as

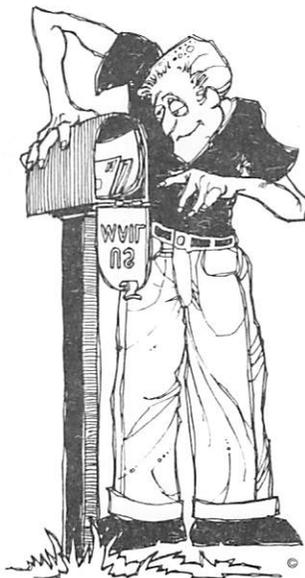
IMPORTANT

REMINDER

The deadline for all copy for the Inside Track is the 10th of each month. This means that it must be in the hands of the Editor no later than the 10th.

Mail copy to:

Jim Dupont, Editor
The Inside Track
3407 Casselwood Drive
Fort Wayne, IN 46816



I wait for the starting gun. Most of the pre-race publicity has been concerned with the date change (from July to May) and who is not running. Both defending champion Paul Emory and two time winner Dexter Lehman passed this years edition having raced at Boston on Patriots Day. However, this writer has been looking at Tom Loucks since fall. Coming off victories at Caylor-Nickel 10K and North American Van Lines 15K, Loucks took all the marbles here on May 1. Louck's first marathon victory also marked the first win by a Fort Wayne runner (only because Ossian is not on the map).

The pace for half of the race was set by Fort Wayne's Vincent Garcia. A large pack following Garcia closely that included Loucks, Jerry Mazock, Bob Copeland, Mike Bultemeier and Phil Suelzar. At close to 8 miles Copeland lost at least 1:15 when he had to stop to loosen his shoe laces. This put Fort Wayne runners in the top five slots. By 15 miles Loucks and Mazock had overtaken Garcia and Suelzar had dropped out. In two more miles Loucks opened up an 80 yard lead over Mazock. Copeland was moving up quickly, now in third. By 21 miles Loucks built on his lead and had a clear victory. He would cruise in comfortably in 2:29:55. The race for second began between Mazock and Copeland. Mazock, with badly blistered feet, fought hard but Copeland powered away in the final 800 yards for second place. Copeland clocked 2:33:00 and Mazock 2:33:18.

David Bruning from Delphos, Ohio, finished fourth in 2:35:16. Fort Wayne favorite, Rick Reitzug, ran well late in the race to round out the top five. Reitzug, somewhat undertrained, let the power of "the Rock" pull him through the last six miles to crowd pleasing finish.

Hooks and TV-33 again put on a first rate marathon with the help of the FWTC. Runners received accurate splits, plenty of aid, post race munchies and t-shirt - and still no entry fee. Unquestionably, the TV-33/Hooks Marathon is the best race in the country for free. Perhaps all marathon directors should look to Fort Wayne for a lesson in race organization.

The following list contains the names of the runners as they passed various check points on the course:

(compiled by Greg Orman)

LEADERS AT CHECKPOINTS

6 MILES

1	Jeff Beam	33:27
2	Vincent Garcia	33:52
3	Manuel T. Martinez	34:29

4	Rick Reitzug	34:45
5	Bob Scheppe	34:45
6	Bob Copeland	34:45
7	K. Bradley Smith	34:45
8	Tom Loucks	34:45
9	Mike Bultemeier	34:45
10	Jerry Mazock	34:45
11	Phil Suelzer	34:45
12	Mike Boring	34:45

10 MILES

1	Garcia	56:45
2	Loucks	58:00
3	Bultemeier	58:00
4	Suelzer	58:00
5	Mazock	58:00
6	Boring	58:00
7	Smith	58:00
8	Beam	58:17
9	Reitzug	58:58
10	Copeland	59:12
11	Brent Munro	59:16
12	David Bruning	59:16

13.1 MILES

1	Garcia	1:14:56
2	Loucks	1:15:39
3	Bultemeier	1:15:39
4	Suelzer	1:15:39
5	Mazock	1:15:39
6	Smith	1:15:42
7	Boring	1:15:46
8	Beam	1:16:15
9	Copeland	1:16:27
10	Bruning	1:16:47
11	Munro	1:16:47

17 MILES

1	Loucks	1:38:09
2	Mazock	1:38:17
3	Copeland	1:38:38
4	Smith	1:38:43
5	Bultemeier	1:38:52
6	Garcia	1:38:54
7	Bruning	1:39:15
8	Leslie Williams	1:39:39
9	Boring	1:40:09
10	Beam	1:40:18

21 MILES

1	Loucks	2:00:10
2	Copeland	2:01:56
3	Mazock	2:01:58
4	Bruning	2:03:00
5	Smith	2:04:17
6	Williams	2:04:25
7	Harry Ausderan	2:04:39
8	Reitzug	2:04:45
9	Brent Munro	2:05:26
10	Garcia	2:05:59

26.2 MILES

1	Loucks	2:29:55*
2	Copeland	2:33:00
3	Mazock	2:33:18*
4	Bruning	2:35:16
5	Reitzug	2:37:04*
6	Ausderan	2:37:35
7	Munro	2:38:33*
8	Williams	2:39:21
9	Smith	2:39:57
10	Kaufman	2:42:19*

*FWTC Members

Letters to Editor

Dear Jim,

I would like to offer an observation on The Inside Track. The newsletter has a very sincere quality to it, a quality that the newsletter sometimes awkwardly struggles to assure each issue. Unlike other running publications that offer pages of race advertisements and race results or of articles written mostly for commercial appeal, The Inside Track offers articles and other tid-bits that are sincerely written for the sole purpose of sharing something. If that observation is an accurate assessment of the direction you intend to keep The Inside Track moving, I certainly encourage you to do so.

Ingenuously,
Doug (Sundling)

Editor's Comment: We hope, that with each issue, that we are sharing something that is of interest to other runners in the FWTC. Thanks to you, and other persons in the Club who have done such a fine job of submitting interesting and well written articles, we feel that we are meeting our goal.

Making the TV-33/Hooks Marathon Better

Thanks to the Fort Wayne Track Club, TV-33, Hooks Drugs and all those wonderful aid station people and, of course, the spectators. They only forgot a couple of things; me and four other people. Sorry I was late, my body broke down at 20 miles so I came to a complete halt, sat down for 5 minutes, then stood up and walked in. Calhoun Street looked like downtown Leningrad after the air raid alarm. I didn't mind because I expected it. No problem! We're still friends. What I did mind was that there wasn't any "Official" recognition. I mean no one clocked us. Seems like somebody should have been there to say "Hi" or "We thought you died and went to heaven", but . . .

This marathon can get bigger because it's a good place to try your first. It could also attract other novice and slow marathoners, but it's not likely because they probably feel intimidated since all the emphasis is placed on speed. Constant mention of the "winners" year after year is boring. I'd like to hear about some of those other people like the sixty-five year old.

How did he come out? Or those teen kids I passed along the way. In the major marathons like New York, Chicago, they encourage new runners by interviewing other runners besides just the "winners" but more important, some "Official" is there at the end.

See you next year.

Earl Carpenter
Member, FWTC

Fort Wayne Track Club

While writing my "thank you" notes to TV-33 and Hooks, I realized I also needed to include the club members who put out such a tremendous effort to make this years marathon the best ever. Most of the runners don't say so, but I know they do appreciate all the work, time, and expense that goes into this event for their enjoyment.

If you are looking for ways to change next years race, don't! Everything was perfect from the hot soup to the new date to the new mile markers. (That is unless you can figure out some way to keep my quads from aching so bad at that awful 24 mile mark.) But anyway, thanks so very much to all the officers and members that did help and did such a super job.

Regards,
Bud Strouse

Thank you for your contribution to the Memorial Scholarship Fund.

It has far exceeded our expectations and therefore many young people will receive a generous scholarship.

Sherill and family
(Raudenbush)



Dear Jim,

I hate to be the bearer of disillusionment, but even Dewey Slough has gotten himself into trouble with creative exaggeration. In his report on the Muncie Symphony Run, Dewey claimed to be the last place finisher. In actuality, Carolyn Schwarze went through hell and high water for the privilege of being the last winner of that race.

The Muncie Symphony Run was her first 10K race. She just started running in late February. In spite of a chronic, painful illness and four kids including a baby, she started running as her surprise birthday gift to her husband John.

All was going well for her in Muncie until nearly the mid-point turn around. It started raining then. By 3 1/2 miles she was soaked to the skin and fighting incredibly chilling winds. How she managed to hang on and accomplish that last place finish is beyond me. But she not only finished, she was rightfully joyous about her 1:20:33 finishing time. (She beat my first 10K finishing time by 30 minutes.)

I'm sure that Dewey meant no harm and that looking through a camera lens and a rear view mirror at the same time is extremely difficult; but he might be wise to beat a hasty path to Carolyn's door to make peace. I finished two seconds ahead of her in Muncie, but she beat me by seven minutes at the Caylor-Nickel-Keltsch 10K. The way this lady is moving up, she's liable to kick sand in his lens when she passes him one of these days.

Slowly yours,
Sharon Pauley

Editors Comment: Although Dewey Slough is one of the FWTC's most loyal and dedicated workers, I have found it advisable to question his integrity. He was unavailable for comment on this matter. It is my understanding that he is in Germany at this time where he is attempting to sell a copy of a diary belonging to Apolph Hitler that he found in his basement.

Oh, You handed out water

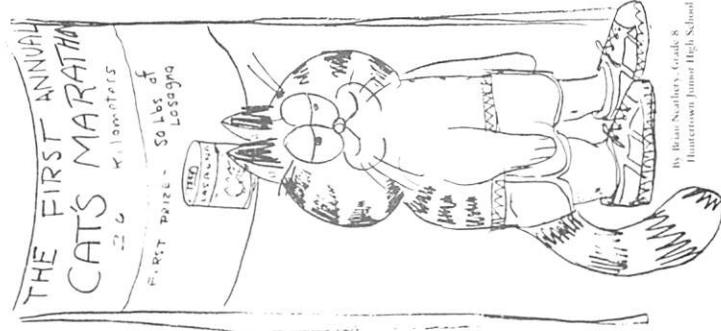
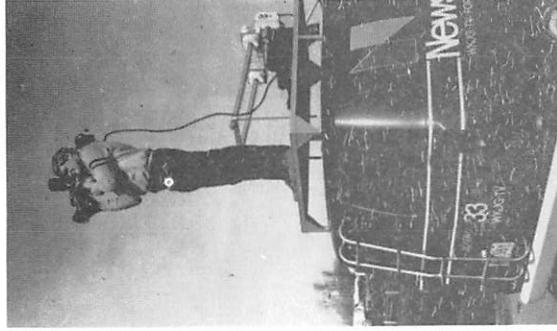
by KAREN PERRIN

While wearing my TV-33/Hook's Marathon 1983 official T-shirt, I was asked if I ran the marathon. I answered no, I was head of the 5/21 mile aid station. Their reply was, "Oh, you handed out water." Later I pondered on that remark. The following is for all who are not aware of what it is setting up and running an aid station for our marathon. First of all, you have a super man to count on, Don Lindley. With his help, the Fort Wayne Track Club, TV-33, Hooks, and other donations of materials and supplies, you have the main things provided for the participants. Behind the scenes, there are weeks of preparation to supply the manpower and be sure all the items to provide the above things are ready.

Yes, we hand out water and also gatorade, defizzed coke, and sponges. These items are important, but the "love" and "caring" for every participant is what Lincoln National Life Insurance Company's aid station values as our main aid. Ron Taylor, my co-chairman, and I are especially proud of "Abe's people."

The hazard of slipping on discarded cups did not exist this year, as we were sure to keep them picked up and out of the way. Ron, assisted by Ann Hoehn and others, gave several Ben Gay massages. One runner injured his ankle. He was given a lawn chair and blanket as Geoff LoVerde held ice, with his bare hands, to the runner's foot until help arrived. It was a cold day for holding ice! We assisted a runner suffering from dizziness and a brave lady who made it 21 miles. We wrapped her in a warm blanket and got her a ride back to the coliseum as soon as possible.

Yes, we have water. And you can count on us being there for all participants again next year. Most important, we will return with our encouragement, caring, and love. Once again, your victory was ours!



Men 35-39	LIST	NAME	TIME	OVERALL FINISH
1	1	PAUL E. SLEGRAY	0:54	18
2	2	LOUIS C. RIGLIANO	0:56	30
3	3	BO JACOBSON	0:57	43
4	4	JAMES SCOTT	0:57	44
5	5	ALBERT E. EYENLEY	0:58	60
6	6	ALBERT E. EYENLEY	0:58	74
7	7	BO JACOBSON	0:58	75
8	8	BO JACOBSON	0:58	77
9	9	JOHN A. LEFEBVER	0:58	77
10	10	JOHN A. LEFEBVER	0:58	77
11	11	JOHN A. LEFEBVER	0:58	77
12	12	JOHN A. LEFEBVER	0:58	77
13	13	JOHN A. LEFEBVER	0:58	77
14	14	JOHN A. LEFEBVER	0:58	77
15	15	JOHN A. LEFEBVER	0:58	77
16	16	JOHN A. LEFEBVER	0:58	77
17	17	JOHN A. LEFEBVER	0:58	77
18	18	JOHN A. LEFEBVER	0:58	77
19	19	JOHN A. LEFEBVER	0:58	77
20	20	JOHN A. LEFEBVER	0:58	77
21	21	JOHN A. LEFEBVER	0:58	77
22	22	JOHN A. LEFEBVER	0:58	77
23	23	JOHN A. LEFEBVER	0:58	77
24	24	JOHN A. LEFEBVER	0:58	77
25	25	JOHN A. LEFEBVER	0:58	77
26	26	JOHN A. LEFEBVER	0:58	77
27	27	JOHN A. LEFEBVER	0:58	77
28	28	JOHN A. LEFEBVER	0:58	77
29	29	JOHN A. LEFEBVER	0:58	77
30	30	JOHN A. LEFEBVER	0:58	77
31	31	JOHN A. LEFEBVER	0:58	77
32	32	JOHN A. LEFEBVER	0:58	77
33	33	JOHN A. LEFEBVER	0:58	77
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40	40	JOHN A. LEFEBVER	0:58	77
41	41	JOHN A. LEFEBVER	0:58	77
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44	44	JOHN A. LEFEBVER	0:58	77
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46	46	JOHN A. LEFEBVER	0:58	77
47	47	JOHN A. LEFEBVER	0:58	77
48	48	JOHN A. LEFEBVER	0:58	77
49	49	JOHN A. LEFEBVER	0:58	77
50	50	JOHN A. LEFEBVER	0:58	77
51	51	JOHN A. LEFEBVER	0:58	77
52	52	JOHN A. LEFEBVER	0:58	77
53	53	JOHN A. LEFEBVER	0:58	77
54	54	JOHN A. LEFEBVER	0:58	77
55	55	JOHN A. LEFEBVER	0:58	77
56	56	JOHN A. LEFEBVER	0:58	77
57	57	JOHN A. LEFEBVER	0:58	77
58	58	JOHN A. LEFEBVER	0:58	77
59	59	JOHN A. LEFEBVER	0:58	77
60	60	JOHN A. LEFEBVER	0:58	77

Men 40-44

LIST	NAME	TIME	OVERALL FINISH	
1	1	LEON D. BERKINS	1:00	194
2	2	LEON D. BERKINS	1:00	194
3	3	LEON D. BERKINS	1:00	194
4	4	LEON D. BERKINS	1:00	194
5	5	LEON D. BERKINS	1:00	194
6	6	LEON D. BERKINS	1:00	194
7	7	LEON D. BERKINS	1:00	194
8	8	LEON D. BERKINS	1:00	194
9	9	LEON D. BERKINS	1:00	194
10	10	LEON D. BERKINS	1:00	194
11	11	LEON D. BERKINS	1:00	194
12	12	LEON D. BERKINS	1:00	194
13	13	LEON D. BERKINS	1:00	194
14	14	LEON D. BERKINS	1:00	194
15	15	LEON D. BERKINS	1:00	194
16	16	LEON D. BERKINS	1:00	194
17	17	LEON D. BERKINS	1:00	194
18	18	LEON D. BERKINS	1:00	194
19	19	LEON D. BERKINS	1:00	194
20	20	LEON D. BERKINS	1:00	194
21	21	LEON D. BERKINS	1:00	194
22	22	LEON D. BERKINS	1:00	194
23	23	LEON D. BERKINS	1:00	194
24	24	LEON D. BERKINS	1:00	194
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29	29	LEON D. BERKINS	1:00	194
30	30	LEON D. BERKINS	1:00	194
31	31	LEON D. BERKINS	1:00	194
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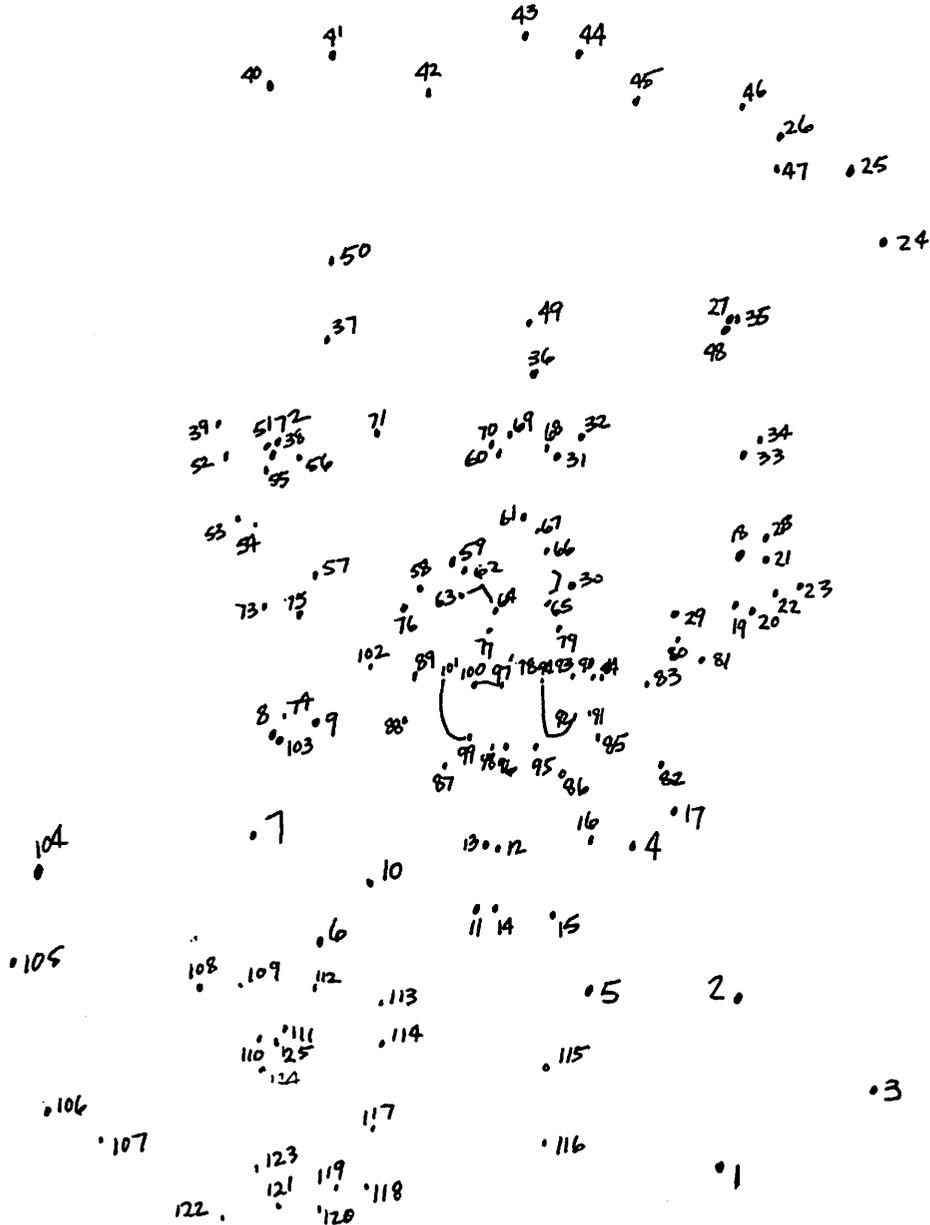
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President's Message

FILL IN THE DOTS AND FIND OUT WHO IT WAS THAT FORGOT TO TURN IN HIS COPY BY THE DEADLINE.



Last and least

By JIM DUPONT, Editor

This issue of The Inside Track marks the mid-point of my year as Editor. However, this is the final issue for my students at Harding that I refer to as "The Dirty Dozen." The men in the movie of the same name, were a strange assortment of G.I. misfits. This group of outcasts was able to pull off one of the major military raids of World War II and they made a highly significant contribution in hastening the end of the war in Germany. After completing this seemingly impossible coup, they were totally ignored by their superiors and their efforts went entirely unrewarded.

My "Dirty Dozen" is now down to nine, after two expulsions and one drop out. I see them for one 55 minute period a day and in that short time they are able to type, do headlines, develop pictures,

do art work, copy-fit, shoot negatives, strip flats, burn plates, run on the off-set, fold, colate, staple, and trim 850 issues of the Inside Track with relatively few errors and always meeting the deadline. I am very proud of them and I let them know my feelings.

Last Sunday, while watching the TV-33/Hook's Marathon, a runner, who I did not know, let me know his feelings as he ran by and yelled at me, "We appreciate your efforts, I hope you know that!"

This runner reflects the attitude of all of us in the FWTC. We appreciate your efforts, Mark Brown, Mike Firestone, Bob Fretz, Larry Gross, Bill Johnson, Sue Vincent, Tim DeLeon, Chris Doyal, and Scott Williams.

- 6 SUMMER STRIDE 7 MILE - Highland, IN., 8:30am, Wendy Malatestinic 219/838-0114.
- 7 WILDERNESS STOMP 6K TRIAL RUN - South Bend, IN., (Bendix Woods County Park), 9am, Athletic Annex 219/272-7565.
- 13 BUTLER DAYS ROAD RACE 5K & 10K - Butler, IN., (Maxton Park), 8:30am, 1mi. jog 8am, Rick Hower YMCA, 219/925-4112.
- 13 FUN FEST FIVE - No. Manchester IN - 10:00 a.m. - Dick Miller 219-982-6919
- 13 SPUD RUN 10K - No. Liberty, IN - 10:30 a.m. - Athletic Annex 219-272-7565
- 13 ROTARY RAMBLE 5KM - Dehotte, IN - 8:30 a.m. - Charlene Groet - 219-987-2875
- 14* CIROLAR 5K - Fort Wayne Shoaff Park
- 14 CLUB KOKOMO 5K & 20K - Kokomo, IN (Sycamore Rd. & Breezy Lane) 6:00 p.m. Ricke Stucker 317-457-0352
- 20 DUNES RUNNING CLUB TRIATHON (1/4 swim, 10 mi bike, 4m run) Laporte, IN (Stone Lake Beach) 9:00 a.m. - DRC, Box 42, Michigan City, IN 46360
- 20 QUEEN OF PEACE 5M - Queen of Peace Church, Mishawaka, IN, 8:30 a.m. - Athletic Annex 219-272-7565
- 20 BRYAN PEPSI 10K & WOMEN'S 5K - Bryan, OH (St. Pats School/Athletic Field) 9:00 a.m. - Paul Langevin 419-636-3640
- 27 ARBY'S AND BIG BRO/BIG SIS 5 mile - Fort Wayne Foster Park
- 27 OAKLAWN 5K & 20K - Elkhart 8:00 a.m. - Athletic Annex 219-272-7565
- 27 LARWENCE COUNTY TRIATHON (500 yd swim, 20 mile bike, 5K run) - Bedford, IN - Maurice Doolittle, 1220 13th street, Bedford 47421
- 27 WATERFRONT PARKS & REC. 7UP 10K - Indianapolis (Major Taylor Velodrome) Linda Koontz 317-241-9195 Jennifer Voreis 317-636-1626

(Race Schedule, Continued from back inside cover)

JULY

- 16 "RUN FOR CANCER" 10K - Paulding, OH (Library) 9:00 a.m. EDT - Darriell & Connie Suffel 419-399-4999
- 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 - 9:00 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* OLD SETTLERS DAY 10KM - Columbia City, IN (Court-house) 8:00 a.m. - Carl Fields - 219-244-5500 or 244-7726
- 23 SPICELAND FREEDOM DAYS LION CLUB 5K - Spiceland, IN, 8:00 a.m.

- 23 ELEPHANT WALK 10KM - Peru, IN (City Park) 8:00 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* FWTC ONE HOUR RUN - Fort Wayne - 8:00 p.m. - Jerry Mazock 219-747-1064
- 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 46161
- 30 RUN FOR SPECIAL OLYMPICS 5 mile - South Bend (Rum Village Park) 8:30 a.m. - Athletic Annex 219-272-7565

AUGUST

- 6 RAIN TREE COUNTY JAMBOREE 10K - New Castle, IN., (Chrysler HS), 8:30am, 1mi. jog 8am, Don Smith 317/529-9583.

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

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 (Stony Run County Park) 9:00 a.m. - Sandy Borden 219-769-7275
- 4 WARRIOR 10K Run - Ohio City, OH (Ohio City School) 10:00 a.m. EDT - Chris Heizman 419-965-2676 evenings; 419-965-2131 days
- 5 BILL EVANS RUN 15K - Lansing, IL - 9:00 a.m. - Bernie Clausing 312-474-5020
- 10 MILLER LAKE PERCH RUN 10K - Gary, IN - 6:30 p.m. - Don Leek 219-887-6585
- 11 WHITE RIVER RUN 15KM (5KM jog) - Anderson, IN - 9:00 a.m. - David Jackson 317-643-5371 x 312
- 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.) 9:00 a.m. Paul Gresk 317-632-8703
- 11 INDY SENIOR TRACK & FIELD MEET - IU Track Stadium, (55 & over events 8:00 a.m./30 & over events 1:00 p.m.) Bob Caughlin 317-241-5446

- 12 THE OLYMPIAN RUN 5K - Hammond, IN - 9:00 a.m. Joe Mis 219-931-6587 or 933-9763
- 18* HILLY 4 MILE - Fort Wayne (Homestead H.S.) 8:00 a.m. John Treleaven 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 a ter 5:00
- 18 KOPPER KLOPPER 5 mile - Hobart, IN - 9:00 a.m. - Brian Snedecor or Rick Keffer 219-942-1125
- 18 SANDBUR SIX 10K - Lake Village (Village Square) 9:00 a.m. - Steve Yost 219-992-3313
- 18 10K RUN IN THE "SON" - Sherwood, OH (St. Johns Luthren Church) 9:00 a.m. EDT - David Kretzer 419-899-2720, 592-2976 (work) or Bill Foster 419-899-2490
- 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 (Churubusco H.S.) 8:30 a.m. (fun run 8:00 a.m.) Larry Shively 219-693-2761
- 25 MONUMENT CITY CLASSIC 10KM - Angola, IN - 9:00 a.m. (2 mile 9:30) Jim Scott 665-5582

- 25 MISHAWAKA 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
 - 25 RED MANS FAIR 4 mile run - Decatur, IN (Belmont H.S.) 8:00 a.m. - Rudy Kleinknight 219-724-3272
 - 25 DANNON OGLESBY 10K CLASSIC - Oglesby, IL - 9:00 a.m. Art Sarver 815-883-8808
 - 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 812-882-2288 or 882-4393
 - 2 MADISON COURIER 10KM - 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 MAIL-JOURNAL FLOTTILLA ROAD RACES 3.3 MILE & 8 MILE - Syracuse City Park, Ron Baumgartner 219/658-4111.
 - 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 & 25KM - Bristol, IN - 8:00 a.m. - Athletic Annex 219-272-7565

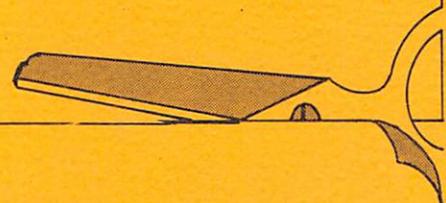
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 Ea. add'l. family mbr, \$5 ea. _____ = \$ _____
 (\$20.00 max. per family) Total \$ _____

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(list name, age, and birthdates of each member)



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