

the inside track
NEWSLETTER OF THE FORT WAYNE TRACK CLUB

JULY, 1983

FORT WAYNE TRACK CLUB



THE Inside TRACK

THE INSIDE TRACK NEWSLETTER STAFF

Editor
Jim Dupont

Column Editor Circulation
Mike Robbins Phil Shafer

Column Editor Advertising
Jerry Mazock Chuck DeVault

Race Calendar Photography
Tom Loucks Dewey Slough

FWTC OFFICERS

President	John Treleven
Vice President	Don Goldner
Secretary	Marsha Schmidt
Treasurer	Terry Shipley
Membership Chairman	Phil Shafer
Race Scheduling	Mike Kast
	Charlie Brandt
	Tom Mather
Race Property	Terry Shipley
Media	Bill Sohaski
Legal	Mike Kast
Course Measurement	Phil Suelzer
Points Standings	Dan Kaufman
	Mike Robbins

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

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

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



1983 FWTC Race Schedule

1983 FWTC POINTS RACE SCHEDULE

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 Treleven at 432-5315

Advertising Rates

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

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

Write it again, Sam

by B.W. MOOSEPOOP

Running magazines may have hit the wall. They have published training and related articles at a steady rate for quite a number of years. Whether or not that pace can be maintained is highly problematical. A look at recent issues of national magazines, especially the June issue of "The Runner," illustrates the current exhausted condition of the staffs. They are desperate.

The cover of "The Runner" for June promises "speed secrets" from no less of a learned authority than Dr. David Costill as well as an explanation of "why weights work" from champion body-builder and bulk artist, Hal Higdon.

What is Dr. Dave's speed secret? Run fast! Yes, to run faster you must run faster. With suitable facts and fanfare, Dr. Costill assures the eager reader that in order to improve one's speed, one must practice running at a faster pace. The impact of this revelation will undoubtedly reverberate throughout the running community for some time to come. Dr. Costill is now anticipating a grant which will allow him to document and explain how almost any runner can utilize moderate or limited

training to become and remain mediocre.

But, lest one become overly complacent only with visions of speed, Hal Higdon will explain pumping iron. Hal begins by relating how he "sliced" 57 seconds off his best 5,000 time the summer after lifting M-47 tank shells. Presumably, it was the shell-lifting and not all the additional training during the interim which made the greatest impact. After such an auspicious opening, Hal proceeds in true diplomatic fashion to neither agree nor disagree that lifting weights helps runners. He is equally committed to his choice between free weights and Nautilus equipment (did Hal inadvertently slip in a free plug?)



"THE WELL DRESSED RUNNER"

Though not advertised on the cover, this particular issue contained another article by another Higdon. Following in his father's footsteps (pun intended), Kevin Higdon continues to write occasional articles. This month Kevin treats the reader to an inside view of the European track circuit. It is not certain that Kevin intended to do this since the article is composed entirely of his diary-type letters home to his father from various places in Europe. Would only a cynic see the structure as somewhat suspect?

This should not be interpreted as a look only at "The Runner." "Runners World" long ago lost most of its writers and originality. A recent issue advertised an article on dressing for success. In true California style, the article presents descriptions of clothing offered by a variety of manufacturers with the indication that the clothes won't make you faster or fitter but will make you "feel" better. Mellow lives! This same magazine offers to put pictures of readers on its cover. There is a message there somewhere.

All runners eventually reach a point after which they set no more PR's. Perhaps, the same happens to "running" magazines.

P.S. An example of an excellently written "running" article is "Viewpoint" by Kenny Moore contained in the May 23, 1983, issue of "Sports Illustrated."

1983 Point standings

The following point standings include the first four points races of 1983; Homestead 20K, NAVL 15K, TV-33/Hook's Marathon, Diet Pepsi 10K. Only those runners with 2 or more races are listed. As a reminder, points are awarded as follows: 60, 54, 50, 47, 46 26 for the top 25 finishers in each age group. (In the men's open, points are awarded to the top 50)

Dan Kaufman
Mike Robbins

POINT STANDINGS

MALE OPEN

Name	Total Races	Points
Tom Loucks	4	228
Dan Kaufman	3	136
Jerry Williams	3	132
Mike Bultemeier	3	131
Jim Anderson	4	125
Steve Brown	4	122
Greg Orman	2	120
Terry Diller	4	117
Rick Reitzug	3	101
Miguel Mendez	3	96
Jerry Mazok	2	96
Phil Suelzer	2	92
John Schwarze	4	92
Tim Fleming	4	88
Larry Averbeck	3	80
Mike Glasper	4	80
Mike Gilland	2	77
Vincent Garcia	2	75
Mike Kast	2	66
Don Lindley	3	65
Dave Ruetschilling	63	
Bill Schmidt	3	62
Jack Dyer	4	61
Jerold Perkins	2	60
Mike Robbins	2	54
Todd Rigelman	3	48
Chris Edington	2	45
Art Obregon	3	38
Woody Barker	2	33
Wayne Johnson	2	26
Steve Hoepner	2	25
John Trelaven	2	25
Norm Spitzig	2	24
Dan Minnich	2	15
Ken Schlemmer	2	8
Jack Morris	2	8

FEMALE OPEN

Phyllis Suelzer	4	186
Judy Tillepaugh	4	171
Rose Koczergo	4	170
Theresa Ehrman	3	155
Roseann Simmons	4	152
Deb Kukelhan	3	135
Joan Goldner	3	132
Marsha Schmidt	3	124
Betty Hite Nelson	120	
Betty Jackson	3	105
Cindy Sabrack	3	103
Deloris Fiandt	3	98
Sally Bork	3	97
Ann Jamison	2	94
Patti Fleming	2	74
Karen Kaehr	2	74
Tracy Sohaski	2	73
Janis Greene	2	70

MALE 14 & UNDER

John Schwarze	4	193
Stan Florea	3	160
Jim Schwarze	2	93
Bobby Wiersma	2	68

MALE 15-19

None

MALE 20-24

Tom Loucks	4	228
Ken Schlemmer	4	148
Jerry Williams	3	138
Mike Bultemeier	3	138
Wayne Johnson	3	122
Greg Orman	2	120
Chris Edington	3	117
Tim Bowman	2	85
Dave Geiger	2	67
Don Branstetter	2	59

MALE 25-29

Jim Anderson	4	197
Terry Diller	4	192
Mike Glasper	4	180
Miguel Mendez	3	147
Larry Ellis	4	145
Kenneth King	3	125
Tony Gatton	3	115
Scott Frazier	3	113
Vincent Garcia	2	110
Dan Minnich	2	80
Roger Wilson	2	75
Dennis Zech	2	69
Gary Hooten	2	36
Mike Avila	2	34

MALE 30-34

Steve Brown	4	195
Tim Fleming	4	177
Dan Kaufman	3	156
Larry Shively	4	145
Rick Reitzug	3	143
Pat Herman	4	141
Dave Ruetschilling	129	
Norm Spitzig	3	120
Phil Suelzer	2	114
Jerry Mazock	2	114
Tom Yoder	3	111
Mike Gilland	2	104

Jim Berghoff	3	97
Phil Schafer	3	93
Mike Robbins	2	90
John Trelaven	2	85
Pat Yontes	2	80
Steve Yager	2	71
Randy Williams	2	61
Dave Winters	3	61
Phil Kennerk	2	26

MALE 35-39

John Schwarze	4	203
Don Lindley	3	140
Art Obregon	3	139
Terry Shipley	3	133
Mike Byerley	3	125
Phil Wisniewski	3	121
Todd Rigelman	2	102
Tom Mather	3	98
Tom Cavacini	3	97
Steve Adkison	2	80
Jack Hamilton	2	78
Ed Kerr	2	74
Dave Wolff	2	71
Chuck Okorowski	2	70
Dave Fairchild	2	68
Tom Mangette	2	35
Harry Shook	2	35
Ron Habegger	2	32
Dennis Flennerly	2	31
Rudy Kleinknight	2	30
Dave Reichuage	2	29
Gary Studebaker	2	28

MALE 40-44

Larry Averbeck	4	215
Jack Dyer	4	205
Jerry Perkins	3	165
Woody Barker	3	140
David Boylan	3	133
Ken Clark	3	130
Jerry Rickard	3	126
Don Ashton	3	112
Charlie Brandt	2	92
Jim Martin	2	66
Johni Rasmussen	2	66
Mike Heminger	2	65

MALE 45-49

Joe Ziegler	4	183
Bill Schmidt	3	180
Don Peaks	4	172
Don Goldner	4	157
Craig Miller	3	143
Rav Sibrel	3	134
Rudy Florreich	4	131
Tom Laird	3	122
Tom Liebrich	3	117
Jack Morris	2	108
Gay Davis	3	107
Ian Rolland	3	107
Joseph Brooks	3	92
Ron O'Beirne	2	90
Bob Harter	2	74
Bill Sohaski	2	72
Norman Whisler	2	72
Herb Chandler	2	67
Dick Sive	2	61

MALE 50-59

Vern Chovan	4	183
John Hilker	4	179
King Sullivan	4	162
Giles Tomlinson	3	162
Paul Snyder	4	154
Roger Phillips	4	140
Wendell Adams	3	133
Gene Haines	4	133
Myron Myer	2	120
Mike Kast	2	120
Curt Nold	3	116
Al Moore	3	101
J. P. Jones	2	82
Jack Goble	2	79
Earl Carpenter	3	28

MALE 60 & OVER

Al Gumbert	3	180
------------	---	-----

FEMALE 19 & UNDER

Jennifer Schwarze		136
Tracy Sohaski	2	120

FEMALE 20-29

Judy Tillepaugh	4	202
Rose Koczergo	4	192
Betty Jackson	4	168
Theresa Ehrman	3	168
Sally Bork	4	164
Cindy Sabrack	3	129
Karen Kaehr	2	89
Sabine Florreich	2	80

FEMALE 30-39

Phyllis Suelzer	4	209
Roseann Simmons	4	180
Deb Kukelhan	3	145
Marsha Schmidt	3	140
Deloris Fiantt	3	130
Patti Fleming	3	127
Betty Hite Nelson		120
Linda Gensheimer	3	112
Ann Jamison	2	110
Kathy Michael	2	82

FEMALE 40-49

Janis Greene	4	209
Joan Goldner	3	174
Julie Wilson	3	146
Gloria Nycum	2	102

FEMALE 50 & OVER

None

Saucony®

athletic annex®

the perfect fit

*the people at saucony are experts.
and they use that expertise to develop great
shoes for running.*

*the people at athletic annex are also experts.
and they know better than anyone how to match
you to the saucony shoe that best suits your running needs.*

*at athletic annex, you'll also find a wide selection of
the finest sports equipment and apparel of all kinds. So visit
athletic annex today for saucony . . . and all your sports needs.*

*glenbrook square
484-4322*

**athletic
annex**

glenbrook square
484-4322

Death in the Afternoon IV

A MOVIE REVIEW OF THE 1983 TV-33/Hook's MARATHON

by JEANETTE MOOSEPOOP-BULLSHALLITT

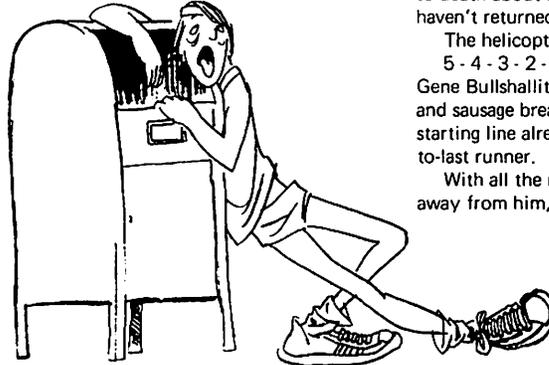
They were all there - the Reitzugs, the Brandts, the Schmidts - all waiting for Holiday Theater's lights to dim. Myron Meyer and his wife had purchased their tickets yesterday for DEATH IN THE AFTERNOON IV spending the night outside the theater in 9th place. They eventually improved to 6th position when 3 people ahead of them tired and purchased tickets for RETURN OF THE JEDI showing in Holiday's smaller theater.

My brother, B.W. and I reflected on the happenings of the last year while the theater crowded to capacity. A year ago I wouldn't believe my husband, Gene, would become a runner. I thought Gene was just going through a typical mid-life crisis, but when he announced at Sunday dinner he'd like to run a marathon, I made an appointment for Gene to talk to our Priest that evening. Their chat proved fruitless. In fact, Gene's new convictions were so overpowering that I saw the Priest jogging around his church while reading from the Good Book. Gene joined the FWTC in January and learned the significance concerning the date change for this year's marathon. He informed the Saginaw Marathon Movie Company that he would not be reviewing their movie this year. He was surprised when the Movie Company phoned saying they would be thrilled to move their outfit down to Fort Wayne and capture his marathon attempt on film and build a feature movie around the race. However, Gene refused their request to professionally review the movie he was starring in. And that's why I'm here with my brother, Bullwinkle, ready to review DEATH IV.

PAGE 4

The lights were dimming. The rumors concerning my husband's 1st marathon would be answered: "Did he finish? Is it true he never will walk again? These questions and others will be answered - there will be no loose ends."

Unlike the zany opening moments of the previous three movies, this year's story has a near-tragic beginning: Gene is awakened by a phone call one night to be informed by his mother that his father has just had a major heart attack and is in critical condition in the emergency ward.



Arriving hurriedly at the hospital, he sits bedside watching a man unconsciously fight for his life - the most humble and greatest battle against 'The Human Condition' we must all eventually face. Hours later, his father improves, becomes coherent and tells Gene to keep running - "Especially if it will keep you from being a patient in this cardiac ward! Go out and win that race next week son!"

"I'm not fast enough to win. I'm not sure if I can cover the distance!"

Mr. Bullshallitt waved his index finger. "Never say you won't win, Son. You've trained for this race - remember that 10 miler? After that you were so tired that you couldn't remember where you parked your car - it just seems to me you should start with the leaders, stay with them, and run like mad at the finish to beat 'em."

"Dad, I just want to finish. I'll probably be last place too. That doesn't bother me, I really just want to have a good time."

"Son, I brought you up to be a winner." Mr. Bullshallitt was tiring visibly. "With all the trouble in the Mideast - Yassir Arafat missing - who knows how many chances you'll have to run a marathon. Son, make me proud of you!"

While Mr. B. slept, Gene decided against his father's wishes.

"I refuse to embarrass myself. My pace is 11 minutes per mile - not 5½ to 6. If I started alongside Loucks or Suelzer, I'd expect to be arrested for impersonating a runner - I still weigh 212 lbs.. I'm going to start at the back of the pack, stopping as often as I like for a breather, or a beer, or for lunch at any restaurant near the course. In fact, I think I'll write an article for the next issue of THE INSIDE TRACK entitled: "Marathon Day Restaurant Review!"

Gene looked at his aging father. "Sorry, Dad, I wish I could win the race for you."

The audience is surprised by the sincere nature of a film they thought would be hilarious.

Well, movie fans, the 'sincere' part was over.

The next scene finds the marathon runners at the starting line moments before the start. Hilliard Gates announces from his cherry-pickercrane that "The race will begin in 2 minutes, and I want to personally thank whoever was responsible for placing those 150 PortaJohns on my front lawn last night."

The runners roared with laughter. Larry 'The Sheik' eyed Doon Goldner questioningly.

Near the starting line, Tim Bowman says Hilliard looks real old all of a sudden. John Schwarze replies: "He sure does! He's worried to death about his mother. The kidnappers haven't returned her yet."

The helicopter hovers loudly overhead.

5 - 4 - 3 - 2 - 1 - BOOM! The race begins. Gene Bullshallitt, fresh from a wonderful quiche and sausage breakfast at 'Denny's', crosses the starting line already 10 yards behind the next-to-last runner.

With all the marathon runners steadily pulling away from him, Gene still kept to his original

plan. Gene turned right on State Street while the rest of the runners continued south on Parnell. At the State-North Clinton intersection, he stopped at 'Pizza With Pizzazz.' He enjoyed a wonderfully greasy slice of green pepper-sausage-anchovie and extra cheese piece of pizza. It was great to be a runner - you could eat anything you want and never put on a pound. However, he wished this establishment had a restroom. Finding none, he continued running south on North Clinton to Main Street to drop in at the Coney Island hot dog shop. He would certainly be ½ mile behind anyone by now.

MEANWHILE, the lead runners approached the bridge over the St. Joe River. From the helicopter, Vince Garcia, Copeland and two or three others followed closely by the six-pack of track club runners could be clearly seen. Garcia made the bridge first and was approaching the other side when, suddenly, from underneath the bridge, 20 heavily armed Arabs hurriedly formed a line across the opening of the bridge preventing Garcia's entry into downtown Fort Wayne. It seemed as if the Arabs wearing their white flowing attire were pouring out of every building or parked car and assembling at the foot of the bridge.

The leading runners had to stop just 14 minutes into the race. More runners arrive filling up the bridge. Then hundreds are there. Curt Nold and Gloria Nycum - the last two runners - weary from their Saginaw ordeal the day before, run onto the bridge. Just as the runners progress had been impeded at the front of the bridge by the gun-toting Arabs, so was their exit prevented by an equally large army of armed Arabs at the other end.

An entire Marathon being held hostage! Why? On the bridge, Goldner and Lee eyed each other with increased suspicions, Loucks made ugly faces at the Arab-guards, while Myron Meyer jogged in place refusing to be stopped.

(Continued on Page 18)

WE
by ANN MIZE

WE stands for Women Enthusiast. We are enthusiastic about running. Last month's article was about Judy Tillapaugh and her fantastic 3:34 finish in the Hook's Marathon. This month I'd like to feature Judy's running friend Deb Kukulhan. No wonder Judy and Deb were picked as examples of perfect running form at our last WE meeting.

Thanks to all of you who turned out. We hope the video tape of your own running style was helpful. A special thanks to Mr. Clevenger from Woodlan High School for his expert comments. Also thanks to Ann and Jay Jamison for their great hospitality and camera work. Now here's Deb's story about her first marathon and a great 3:32 finish.

First of all, I want to say that my first marathon would never have been possible or at least would have been much more difficult and a lot less fun training for without the encouragement, enthusiasm, and comradery of the people in the Fort Wayne Track Club. Everyone who I have talked and run with I thank wholeheartedly and I'm really happy to be a part of the Club.

A couple years ago, I couldn't have imagined running 26 miles. I first thought about it last September when I decided to run the 25K at Homestead. If that went pretty well, I might shoot for the 1983 Hooks-TV 33 Marathon in July. After finishing the 25K, I had second thoughts about the marathon — the 25K was no piece of cake. But many people said that it was worse than the marathon, so within a couple weeks I was re-considering and began some research on it.

I read books and magazines and talked with experienced marathoners and ultra marathoners. Basically, I planned to follow a joggers' training schedule in "The Complete Marathoner" by Joe Henderson; this would enable me to finish the marathon. Keeping my base mileage at 30-35 through the winter, my training program would be three months. First month I wanted to average 40 miles a week, second month 45, and 50 miles the first couple weeks of the third month. My training would include long runs on weekends gradually working up to two or three 20 milers.

So, on February 1, 1983, I officially started training for my first marathon. A beautiful day — cold, rainy, and windy —



probably the worst day of the whole three months. Training progressed and the winter weather cooperated wonderfully. Had we had a bad winter, I'm not sure I could have stuck it out — possibly with the help of others, knowing I wasn't the only crazy one out there.

When my enthusiasm for running got low, I would be lifted up by other runners, especially those from the Track Club. I enjoyed Wednesday night fun runs at Foster Park all winter. The Sunday morning Homestead runs were good workouts followed by fun and granola at McDonald's. Later into my training, I ran a few times on Tuesdays and Thursdays with the boys out north. Running with a variety of people and running different courses really made running easier and more enjoyable. Veteran runners are always supportive, encouraging, and offer expert coaching.

My mileage was up to 50 sooner than I had expected, but it had been a gradual increase. I held it at 50 for 8 weeks prior to the marathon. My training peaked the weekend before the marathon with a first place PR at Bluffton's Caylor-Nickel 10K (it sure felt good to run a 10K after long training runs and the 3-mile and 20K races) and the 13.1 prediction run at Foster. After a Snickers

bar, 1 banana, and 2 dips of ice cream, I decided I'd try a modified depletion diet of high protein/low carbohydrate for the next three days.

Wednesday at Foster Park was the kickoff for gearing up for the marathon on Sunday. Everyone was saying how tired they were from depleting. Here are these runners who are supposed to be in top physical shape, planning to run 26 miles in 5 days, complaining that they can hardly walk up the steps. Runners who normally run 6 min/miles were saying they'd been struggling to run 7's. Everyone was looking forward to carbo loading on pancakes, beer, and pasta.

Earlier in the week I was looking forward to marathon day. Now after an easy 4 mile jog, I realized that my next run would be the marathon. I was beginning to feel nervous and anxious. To ease the anxiousness and help satisfy my need for a "fix" of running, I wanted to talk about anything related to running.

From Wednesday on I experienced a gradual increase in energy and excitement to marathon day. I looked forward to the day of the marathon, wishing it would last longer than 24 hours. I wanted time to stand still so I could savor all that I had put into this day. The marathon was the icing on the cake — the celebration at the end of three months training.

Friday night discussion with Track Club friends over a carbo meal only created more nervousness and excitement. Saturday night I slept surprisingly well, forcing thoughts of the marathon out of my mind.

Sunday, May 1, 1983 — it felt so good to run again. The first five miles breezed by just barely feeling warmed up. I felt really good throughout the marathon — well, most of it. I felt alert and enjoyed every minute, knowing that soon it would be over and I could never again relive these few hours. My breathing was very comfortable. I experienced none of the aches and pains I had on my 20-mile training runs. Didn't experience the highs and lows — it was all up. No side stitches, stomach problems, aching arches, sore Achilles, or stiff shoulders. I felt

(Continue on Page 8)



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 CATEGORIES:

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

SATURDAY, SEPTEMBER 3, 1983



**CANTERBURY GREEN'S
 MUSCULAR DYSTROPHY
 "LOVE RUN"**



5:00 p.m. — 2-mile Fun-Run. 8:45 p.m. — Awards
 5:30 p.m. — 5-mile "Love-Run". 8:00 p.m. — Entertainment

Canterbury Green Apartment Complex, Fort Wayne, IN

To promote health and physical fitness and to benefit the Muscular Dystrophy Association.

\$5.00 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)

1983

Tax deductible check payable to:
 Canterbury Green Fund to Benefit Muscular Dystrophy Assoc.
 2615 Abbey Drive
 Fort Wayne, IN 46815

CANTERBURY GREEN'S MUSCULAR DISTROPHY LOVE RUN

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

NAME _____ AGE _____ SEX _____

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

ADDRESS _____ CITY/STATE/ZIP _____

The 2-mile Fun-Run starts at the Canterbury Green Country Club House and loops the golf course twice

T - SHIRT SIZE: Small ___ Medium ___ Large ___ X - Large ___

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.

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.

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).

Signature _____
 (Parent or guardian if under 18)

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		

Date _____

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

I survived the Hickory Grove 10K

by DOUG SUNDLING

"European cross-country type 10K run" -- in a nutshell, that is what John McCory advertised as the Hickory Grove 10K held every Memorial Day at his campground nestled deep in southeast rural Jay county. To me, European cross country suggests serious, competitive, and even fast racing; the Hickory Grove 10K offers the flavor and color of the slower, friendlier pace of what city folks would label as "the sticks," or the boondocks; the race is a sort of Indiana boondocks type cross country run. It reduces the act of running to its rawest and purest form -- the pleasure of running.

The course record until this year had been a 36+ by Doug Osborn of Hartford City. "A great place to set a PR, eh?" mused a running associate unaware of what Doug could run. One shouldn't expect to set any PR's at Hickory Grove. On this course, the runner has two choices: (1) seriously challenge the course for a quality time and have the course chew him or her up, or (2) relax and enjoy the run. The only competition becomes the act of surviving the 10K course. After becoming a seasoned veteran of one or two years, then the runner can compete against his or her previous personal best. Competition with the clock with the same expectations of a road race on this course is impractical, if not impossible.

Seriousness is the first and foremost handicap for any runner on the Hickory Grove 10K. The more serious the runner becomes or expects the race to be, the tougher the course becomes and the lesser the enjoyment of the event.

Four years ago, I knew I had discovered a budding blossom in the fertile flowerbed of spring and summer road races when trophies in the initial Hickory Grove 10K outnumbered the 24 or so runners. Not faltering in optimism, race director McCory has offered since then T-shirts to the first 100 finishers. With the same steady

ness as Reagonomics progress, the race field has grown each year to reach its new high of 67 runners this year. The much prized "Hickory Grove 10K" T-shirt was a cinch, providing the runner survived the course. What T-shirt collection would not be complete without the simple, surrealistic black "Hickory Grove 10,000" lettering pressed onto a white T-shirt? I personally have the two vintage years -- 1981 and 1982.

(Editor's Note - Brett Hess, a senior at Harding High School ran this race. He ran up to me the next day with the overly simple plain white stencil lettered shirt and remarked, "Look, Coach, a generic T-shirt!")

Having registered, pinned on a square piece of tarp with a spray painted number, and stretched out beneath the cool, 50°F overcast weather, my cohorts of adventuresome running and I toured the "2.067" mile loop to acquire a feel for the course.

"Just follow the arrows on the course," the race director indicated.



The course, at first, winds off a gravel road through the campsites onto fist-sized gravel that dissolves into ankle-high grass of an old roadway; diversity of terrain is the spice of a runner's life. A quick, grassy drop down to a creek precedes the second crossing of that same creek: the runner goes down a slope, has 2 steps to establish a jump foot, jumps the creek, and has one stutter step to turn left in front of several trees in order to "S" out of the trees and up onto higher ground.

"That'll be fun," one of us noted.

"Wait till about 60 people go down it twice and then it'll be nice and smooth and slippery," a one-year veteran said.

The next quarter mile or so allows the runner

the chance to make up lost time -- if so desired -- as he or she can open up a stride on the gravel/grass road that curves around a pond.

"There's another hole to lose a foot and a leg in," one of my fellow runners pointed out.

"That's the third one so far," another added.

"Look at this arrow," one noted of a fallen arrow sign curving upward. "It's pointing up; I knew this was going to be a tough course, but"

"Hey, where's the barb wire fence I heard we have to hurdle?"

"They got rid of that after the second year," I replied.

After leaving the pond, we crossed an opening in the fence to tour the perimeter of a pasture. For the first time in four years, we didn't have to plod through ankle-deep water and muck in this pasture.

"What are those horses and cows doing out here?"

"This is their pasture," I replied before pointing toward the imminent spot a foot was about to land, "and that is one of their chips you'll have to dodge."

"Why are those horses charging the runners in front of us?" came a quick observation.

"Don't let that bother you," I responded nonchalantly. "They'll just blow right past you. Or, if you need to, reach out and hit the leader in the nose, and the others will turn away when he does," I said as one of the runners in front of us demonstrated at the last minute.

The finish chute flags funneled ten-yards long to end 2 strides short of another pond. How many races make you think twice before sprinting for the finish line?

Expert friendly, but not expert organization; there is plenty of people to help you on the course, but they always appear more willing to sit down with a fishing pole and/or can of beer and to spend the day talking rather than reading a mile split or handing out cups of water. They dot the course with Hoosier hospitality without the high seriousness that this run is a RACE. This year, a dear, elderly lady sat on her lawn chair at miles 2, 4, and 6, and with all the wonderment of admiring anyone who ran this race, she so graciously read splits with a watch that was actually accurate. After finishing fourth in my age division, I received the third place trophy, par for the awards presentation. But, with the aid of everybody and after the re-shuffling of the finishing results papers, the awards managed to be handed out.

Oh yes, the winner -- Gregg Osborn conquered the course in a 34 minute-something to break his brother's record.

Why do I bother to journey to this annual Memorial Day out-in-the-boondocks classic? Sometimes, even as a runner, I need to get away from it all, so I have journeyed to this race for its first four years because of what it isn't -- a serious, competitive 10K race, and because of what it is -- a laid-back, away-from-it-all run. Anyone care for a fartlek workout over a cornfield, without the cows of course? []

WE MEETING

JULY 18th - "Monday"
6:00 p.m.
Ann Mize
9511 Aboite Road
Roanoke, IN
672-3783

great, glad to be where I was and not wanting it to be over too soon.

I ran with Denny Zeck (FWTC member and first-time marathoner). I had a pace planned out and he helped us keep on it. We stayed together most of the way until I hit the wall somewhere around 24. Zap! It just hit me all of a sudden. I had never experienced it before. Slowed from 8 mpm to about 9:20 my last mile. I did not enjoy it, but I'm glad I experienced it and now know what it is. It really was strange different from anything I've ever felt before.

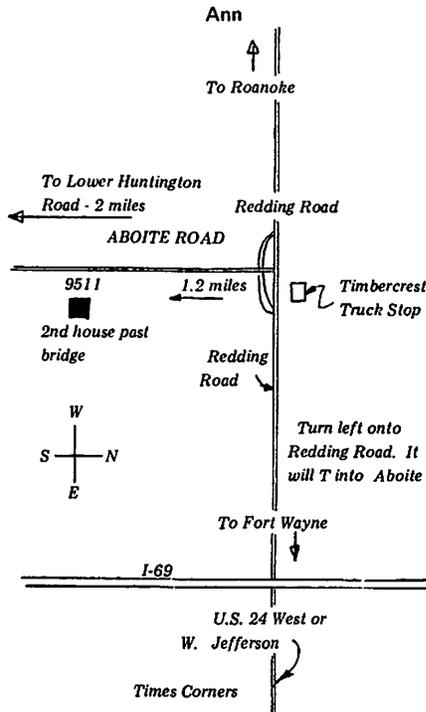
A marathon is certainly different than a 10K, an 8-mile, a 20K, a 25K, or even a 20-miler. As someone said as I shuffled along turning the corner off Parnell to the Coliseum circle, "It's a little different than Bluffton." The finish wasn't exactly as I had envisioned it. I thought at 23 miles I'd start picking it up because of the anticipation of only 3 miles to go. I had seen myself elated at the end, nice long strides, enjoying the crowd, a great feeling of accomplishment. I was just glad to make it to the finish. But, I finished looking forward to the next one, reflecting on my training and what I would do differently next time. For me it was an important milestone in my life I'll never forget - the day I became a "marathoner"!

P.S. Thanks also to all the aid station workers and organizers of the marathon. The massage at the end was worth every step of the 26 miles 285 yards.

I'm planning a 2 mile fun walk or run (just to warm up) and then a dip in our pool. (pond)

A swim coach from the YMCA will help us stay afloat and improve our strokes. I'll have the hot dogs. You bring your own soft drinks and bathing suit and running shoes.

Here's a map. See you Monday, July 18th.



Loucks was only 30 yards behind. Exhaustion would forever cloud his memory of the finish. Gene gritted his teeth, threw his head back in extreme oxygen debt and achieved a 6:45 pace. Loucks refused to give up. With 10 yards to go, Gene caught a glimpse of Tom just behind him and to his left. The big man lunged at the finish tape amid a flurry of ecstasy which may never again be captured on the screen. He beat Tom Loucks by THREE FEET! Gene's time was 5:29:54. Tom's time was 5:29:55 including a 3 hour holdup!

Dupont was pouring beer all over Gene's head in wild glee. Bullshallitt was exhausted. Loucks was happy with a 'technical' PR of 2:29:55, and was also exhausted due to a 5:08 last mile. The crowd at the race was exhausted - the same was true of the theater crowd. I was exhausted.

45 minutes later, when Lee and Goldner crossed the finish line, they immediately informed Gates that he would 'probably' receive a padded crate in the mail tomorrow containing someone he would soon recognize by sound alone.

"Nice job," said Lee to Goldner as they headed for the showers. "If the Post Office doesn't screw up again, everything will be like normal again."

"Thanks, Lar. We got what we wanted - a spring marathon!" Doon smiled. "I always conduct business in a professional way."

On the screen, the Coliseum drifted away into the distance as the movie credits began to roll. The special effects in this movie were non-existent. But, what made this flick outstanding was the wonderful athletic spirit of all those involved in the actual race and in the making of the fictitious story about the race. Gene's father was proud of him, now, in a much more understanding way. I was proud of Gene's winning performance in the movie, also.

Gene couldn't walk for a month.

The only question that remains is: "Will there be a DEATH IN THE AFTERNOON V?"

Second Annual KENT DAVIS 5K RUN
Georgetown Square
Saturday, August 20, 1983

Registration at 6:00 a.m. at parking lot of Georgetown Square
One Mile Fun Run 7:00 a.m. \$.50
5K Run 7:30 a.m. \$ 2.00
Watch for further details in your newspaper and on TV
Race Director: Bill Schmidt 485-1114
Co-Director Dave May, Sr. 749-0540
Anyone wanting to help with this event please contact a Director

Foot Locker advertisement featuring a 'CLEAN UP BATTER' sale with \$5 and \$10 off on selected styles. Includes store addresses in Glenbrook Square and South Town Mall, Fort Wayne, IN, and American Express/VISA payment options.

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
- Waterproof Race Numbers
- 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.

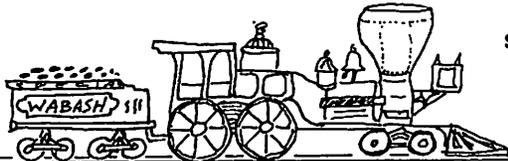
SATURDAY, JULY 30, 1983

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.

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.

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

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) _____

Sports Re—hab Center looks good

by LARRY YANT

This Spring, Inside Track commissioned photographer Dewey Slough and I to look into the newly organized and highly advertised Sports Therapy and Rehabilitation Center of St. Joseph's Hospital. On June 7 we toured the seventh floor facility and offer the following comments to Fort Wayne Track Club members:

1. Physical Therapist Ann Schenkel explained that the Therapy and Rehab Center is an outgrowth of their regular physical therapy department. A need was felt for the enlargement of that department and it was decided that a need also existed for a more specialized patient service geared to sporting related medical problems.
2. Use of the facility must come via referral from one's personal physician. At the present time, about one-half of the Center patients are post operative St. Joe residents and the other half is composed of outpatients seeking relief from sporting injuries. Dewey and I observed three patients receiving treatments: a young man recovering from a knee injury sustained from a motorcycle accident, a young woman suffering from a college basketball ankle break, and an elderly man who had recently gone through leg amputation.
3. Once a patient is accepted, initial testing is done to determine the nature and extent of the problem. A diagnosis is then made and patients are placed on a rehabilitation program based on

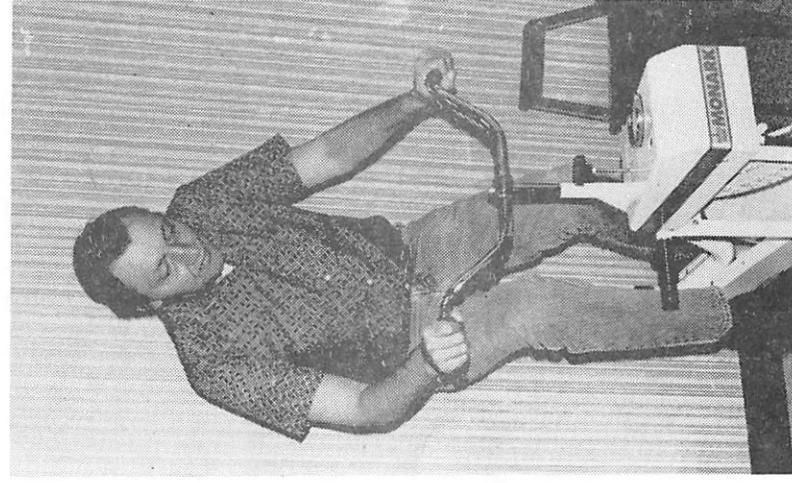
available treatment time and a realistic goal for each individual's return to normal activity. Periodic testing is done to evaluate patient progress and most are allowed to resume normal sporting activity when 80% bodily function is achieved.

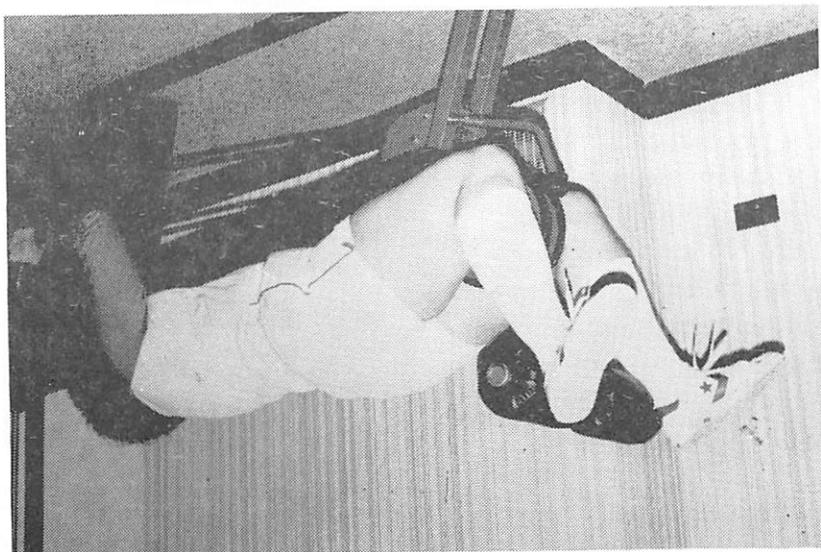
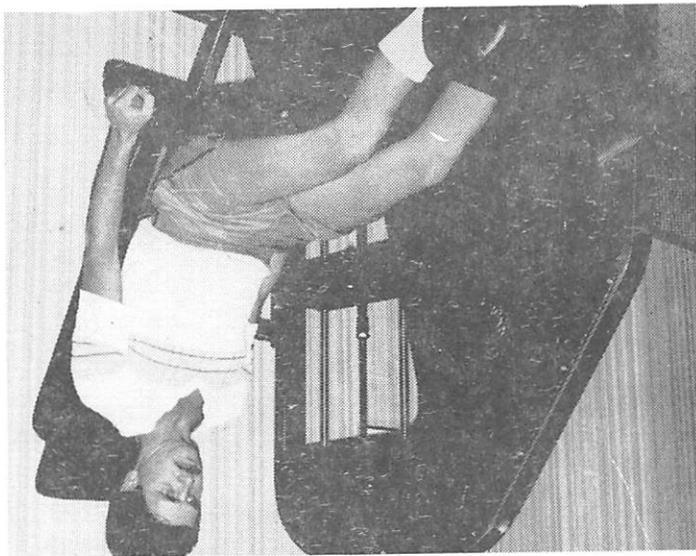
4. The Center has an assortment of Nautilus Exercise machines, each designed to aid strength, endurance, and range of motion for a specific muscle group. Graded Resistance Exercise bikes are also available for both muscular and cardiovascular rehabilitation. Numerous other pieces of equipment can be used including: diathermy, ultrasound, galvanic stimulation, whirlpool and contrast baths, and a Cybex Orthotron II machine. This isokinetic exercise machine can objectively evaluate muscle strength and endurance and can be adopted for rehabilitative work on all parts of the musculoskeletal system.

5. The Center staff is composed of Registered Physical Therapists and Assistants who have extensive training in sports medicine. They are engaged in ongoing training to keep up with rapid changes in rehabilitative procedures brought about by research. The Center staff offers its services as resource speakers to schools and other interested civic groups. They will speak on preventive sports medicine, any phase of sports injury rehabilitation as well as offering an athletic screening service and more extensive special topic seminars.

6 The Center is currently open weekdays from 8:00 a.m. to 4:30 p.m. and on Saturdays from 8:00 a.m. to 12:00 noon. Plans for expanded evening hours are being made for next Fall.

Dewey and I both were impressed with the Sports Therapy and Rehabilitation Center and strongly recommend its use to Track Club members who need medical help geared toward getting them back at full strength to pursue their favorite sports activities.





Special Feature



Speed training for a 10K

by MIKE ROBBINS

As indicated in an earlier training article, all runners must adopt a personal training schedule which best suits their own needs. A useful tool in doing so is examining the various approaches used by other runners. The purpose of this article is to offer some thoughts which may help someone structure his or her own training program.

Most 10K training is centered around a particular goal. The principles discussed can be applied toward any goal but the examples given will be directed toward a sub-40 minute 10K goal. Depending upon the age and past experience, most runners should probably expect to have established a couple of years of base running prior to making an all-out effort to accomplish one goal.

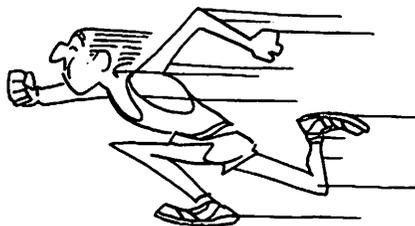
The first step is determining the per mile pace necessary to accomplish the goal. The per mile pace for a 40-minute 10K is 6:26. Thus, the goal is to be able to run six consecutive 6:26 miles plus a quarter. At this point, you should be able to run one mile in 6:00 in or

der for this goal to be realistic. If it is a struggle to run one 6:26 mile, the 40-minute goal should be seen as next year's and an interim goal established.

Two elements are then necessary to successfully accomplish the goal - to be able to comfortably run at a 6:26 pace and to run a fast quarter when tired. This leads to a program designed to develop these elements - pace and speed.

These elements can be developed through use of one "speed" workout each week as well as an additional race or "trial" run each week. The speed workouts can be alternated between one designed solely for foot speed one week and one designed for pace development the alternate week. The trial run will be discussed later.

The foot speed workout should



focus on quarter miles. A beginning target of 90 seconds each quarter should provide a sufficient workout. The initial objective is to run 8 - 10 quarters each at 90 seconds with a slow, jogging quarter between each. The goal is to maintain as constant a pace as possible rather than burn some quarters and then drag through

others. Gradually introduce 220's (at about 40 seconds each) and half's (at about 3:15 each) into this workout. The exact proportion of each is left to individual preference and development. Regardless of the mix, about half the workout should remain quarters with the entire workout always consisting of approximately two and a half "fast" miles. Over about a two-month period, the quarter time should be reduced from 90 seconds to 80 seconds each with concomitant changes in the 220 and 880 times. The jogging interval should remain the same.

The "pace" speed workout consists of four repeat miles with a half mile jog between each. The pace should start at 7:00 miles and gradually reduce (concurrently with the foot speed workout) to a 6:26 pace. The objective is to run the four miles at exactly the goal pace for that workout. Again, running the first one fast and then struggling to do more is counter productive. Each workout increase the pace five to ten seconds per mile until the ultimate race pace is achieved.

The "trial" run can be either a race or a workout. The objective is the same in either case - to run at a predetermined pace to both check conditioning and further develop a sense of pace. The trial may be a part of a weekend run where you attempt to cover two or three miles at an increasingly

faster pace (for example, like the mile repeats, begin at 7:00 and reduce to 6:26 over a few months). If a race is convenient, use use it for the same purpose. It is both practice and a test. Can you hold your present training pace for the entire race? Assuming even splits, what did the last two miles feel like? Could you push the last quarter?

Once your training hits your goal pace, you should be ready to break 40 minutes. The training has allowed confidence to build gradually and consistently. One further point should be noted. Once you introduce speed work into your regular program, be more alert to the possibilities of injury. Muscles will be sore and tired. Additional sleep or rest may be required to offset the effects of the additional stress to the body. []

Betty Jackson finished first in her age group (20-24) on May 8 Mother's Day Run (5 miles x-country) in Kendallville. She finished 4th overall out of 43 women. Her time: 46:01

**ONE HOUR CHAMPIONSHIP
RACE ON THE TRACK AT NORTHRUP HIGH SCHOOL
FRIDAY NIGHT, JULY 29th at 8:00 p.m.**

1. Awards will be given in the standard age groups set up by the FWTC.
2. Non-FWTC members will be charged \$2.00.
3. Yes, there will be music.
4. We are planning some form of party after the awards ceremony - **SOMEWHERE!**
5. **IMPORTANT!!!!!!!!!!** You **MUST** bring someone to count your laps - this is your ultimate responsibility!
6. No showers. Bathrooms will be available.

Name _____

Address _____

City _____ State _____ Zip _____

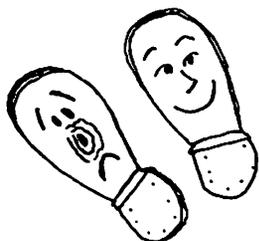
Expected pace per mile _____ Member of FWTC? [] Yes

WAIVER: I have trained to run for 1 hour and I will not take [] No
any legal action against anyone involved with this race if
I am injured. Signed _____

Date _____

Send your entry to me early: We all have enough paper work to do that day!

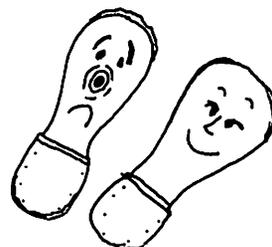
Jerry Mazock
6135 Orchard Lane 219-747-1064
Fort Wayne, IN 46809



5 types to choose from
starting at \$13.00

Resole Your
Running Shoes

Chuck's Shoe Repair
GEORGETOWN SQUARE



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

FWTC MEMBERS INVITED TO "POTLUCK" AFTER CLEAR LAKE 10K

This letter was mailed to the Editor. It sounds like a fine idea and we hope that Fort Wayne Track Club members will take advantage of this opportunity.

Dear Mr. Dupont:

Traditionally we have had a potluck after the race at 506 Lake Drive, (the one mile mark of the course). Originally this was just for Toledo Road Runner Members. Last year we invited Fort Wayne Track Club Members to take part in this gathering also. I feel it was a nice opportunity for our club members to get to know members of your club. I would appreciate it if you would place an article in your magazine inviting your club members to take part again this year. We will supply hamburger, buns, and beverages. All you need to supply is people and one side dish or dessert per family. The potluck will begin at 11:00 a.m..

Sincerely,
Kent Buehrer
Race Director

CANTERBURY GREEN APARTMENT WINS!

There were not any losers in this year's marathon among all of the aid stations. The aid stations couldn't have been better. They were all winners. I was really impressed with the superb way in which they became involved. All of the aid stations were well equipped with adequate supply of water, gatorade, defizzed coke, ice, etc.. Their enthusiasm and appearance was well accepted by all of the runners according to the evaluation sheets that were mailed to me in the last five weeks.

But there has to be a winner and that was Canterbury Green Apartments. They nosed out Lincoln National Corporation merely by two hundredths of a point. With the highest rating being ten, they had an average of 9.42 compared with Lincoln's 9.40. Vickie Mather and Jerry Meyer spearheaded their group to the close win. According to the three divisions that were evaluated, Canterbury received the most votes for entertainment, just six points more than Lincoln. But Lincoln received four points more than Canterbury for enthusiasm. They tied for adequate supplies. Listed below are the final results:

Mile Mark		Average Points
3/23	Canterbury Green Vickie Mather & Jerry Meyer	9.42
5/21	Lincoln National Corp. Karen Perrin & Ron Taylor	9.40
9/17	Fort Wayne Track Club Larry & Ann Linson	9.12
13	Valspar Hazel Smith & Joe Brooks	8.81
7/19	Farm Bureau Insurance Doyle Minix	8.69
25	Bishop Luers Key Club Pattie Becker & Jim Delaney	8.67
11/15	Fort Wayne Track Club Andy Lubin	8.58

Thanks to all of the runners that took their time to evaluate and mail the forms.

Don Lindley

Jr. team beats St. John

In its first meet of the season, the Fort Wayne Track Club Junior Olympic team topped St. John's Sunday at the Lane Junior High School Track. The score was 111 to 27.

Upcoming dates for the team are:

Sectionals	June 25 in Huntington
State	July 9 in Indianapolis
Regionals	July 16 in Cleveland
Nationals	July 26 at the University of Notre Dame



RESULTS:

BOYS 800 meter run

1 Stan Florea	2:29.4
2 Mark Larent	2:58.7
3 Alex Ojeda	3:01.2
4 Chris Kleeberg	3:09.9
5 Ryan Hoevel	3:28.0
6 Bryan Lindley	3:31.3

BOYS 1600 meter run

1 Stan Florea	5:14.5
2 Richie Braun	5:56.0
3 Mark Laurent	6:15.0
4 Ryan Werling	6:50.3
5 Jim Schwarze	7:08.8
6 Mike Lindley	7:24.3

Boys two mile

1 John Schwarze	12:22.8
2 Chris Schilling	13:56.3

BOYS 200 meter run

1 Jeff Tehborge	27.4
2 Chris Schilling	30.9
3 Jon Miller	31.2
4 Richie Braun	31.5
5 Alex Ojeda	35.2
6 Aaron Clay	37.0
7 Brian Lindley	39.4

BOYS 400 meter run

1 Jeff Tenborge	1:03.9
2 John Schwarze	1:10.6
3 Jon Miller	1:13.2
4 Ryan Werling	1:26.0
5 Kris Kleeberg	1:27.6

6 Tony Sinn	1:30.2
7 Mike Lindley	1:32.5
8 Jim Schwarze	1:32.6

GIRLS 800 meter run

1 Jennifer Schwarze	3:42.0
2 Kelly Werling	4:18.5

GIRLS 1600 meter run

1 Tracy Sohaski	5:58.3
2 Jodi Zeigler	6:53.7
3 Jeni Schwarze	7:21.8

GIRLS two mile

1 Alma Ojeda	12:40.5
2 Kelly Krolls	17:06.5

GIRLS 200 meter run

1 Steffenie Gray	30.7
2 Alma Ojeda	30.9
3 Amy Clay	31.5
4 Kelly Kroells	32.5
5 Betsy Irick	33.9
6 Beth Kroells	35.0
7 Kelli Werling	42.4

GIRLS 400 meter run

1 Tracy Sohaski	1:11.0
2 Steffenie Gray	1:13.6
3 Amy Clay	1:14.3
4 Jackie Hoevel	1:19.3
5 Kelly Kroells	1:32.4
6 Beth Kroells	1:39.6
7 Betsy Irick	1:40.0
8 Kelly Werling	2:01.2

Sponsored by: The Clear Lake Lions Club with the cooperation of The Toledo Road Runners Club.
 Start/finish: The race will start and finish at The Clear Lake Lutheran Chapel; 270 Outer Drive; Clear Lake
 Course: The course is a TAC certified 10,000 meters and will be run on the left side of the road. The route will be one counter-clockwise loop around the lake. The course will cover rolling terrain, traffic will be semi-maintained and splits will be given at each mile mark.

Course Records: Joseph Caruso 30:54.2
 Darcy Tomlinson 36:23.7

Long sleeve T-shirts: To the first 400 entries received

Entries: For applications received on or before July 31, the fee is \$4.50. For entries received after July 31, the fee is \$6.00, no exceptions. There will be registration the day of the race from 7:00 to 7:30. The 1 Mile Fun Run begins at 7:30 a.m.. It will cost 25 cents with ribbons to all finishers.

Facilities: There will be restrooms available at the church.

Refreshments: Will be provided free to all runners. Pepsi-Cola will be provided courtesy of C.M. Donat & Sons, Inc.; Rome City, Indiana

Race Results: The 1983 Clear Lake 10K Magazine will be sent to each finisher, one per family. Souvenir Plastic Cups: Will be given to the first 400 finishers.

Awards: The Clear Lake Plaque and Deluxe Desktop Award will be presented to the first overall male and female finisher. Customized Desktop Awards will be presented to the first four men and two women in each age group. Special Category awards will also be presented. All awards will be made and donated by Swiss Wood Creations; Maumee, Ohio.

Age Groups: Men Women
 12 and under
 13 to 15
 16 to 19
 20 to 24
 25 to 29
 30 to 34
 35 to 39
 40 to 49
 50 and over

Clear Lake 10K

AUGUST 6, 1983

8:00 a.m. (Indiana Time)
 1 mile fun run starts at 7:30 a.m.

OFFICIAL REGISTRATION AND SIGNED RELEASE FORM

In consideration of the acceptance of my entry in The Fifth Annual Clear Lake 10K Run For The Blind, I hereby for myself, my heirs, executors and administrations, waive and release any and all claims and rights for damages which I may have against The Clear Lake Lutheran Chapel, The Clear Lake Town Council, The Clear Lake Town Marshal, The Clear Lake Lions Club, and the Stueben County Sheriff Department, Officials, and any person connected with this event from all responsibilities for any injury to person and property before, during, and after this event. I also understand that there will be no refunds on submitted entries. Finally I understand that any incomplete entry forms submitted may be rejected.

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____ Sex _____ Age _____

Birthdate _____ Previous best time _____

How many times have you finished the Clear Lake 10K _____

Shirt Size (100% Preshrunk Cotton) S M L XL

FWTC Member check here TRRC Mwmber check here

Signature _____ Date _____

Signature of guardian if under 18 _____

Mail to CLEAR LAKE 10K RUN FOR THE BLIND, P.O. Box 359, Fremont, IN 46737

(419) 893-7374 or (219) 495-3665

Make all checks payable to Kent Buehrer, Race Director

8:00 a.m.
 August 14, 1983
 Shoaff Park

Circle 5K Course
 Sponsored by Foot Locker in cooperation with the Fort Wayne Track Club.

Please pre-register
 Make checks payable to:

Foot Locker 5K

Send to: Mike Glasper
 2514 Emerson Avenue
 Fort Wayne, IN 46808

FREE T-SHIRTS TO FIRST 400 ENTRANTS PRIZES

- Trophy to first over-all male and female
- 1st place
Running shoes
- 2nd place
Athletic sports bag
- 3rd place
Athletic sports bag
- 4th place
Shimmel shirt
- 5th place
Running socks



5k



MEN		WOMEN	
14 & under	3	19 & under	5
15-19	5	20-29	5
20-24	5	30-39	5
25-29	5	40-49	5
30-34	5	50 & over	3
35-39	5		
40-44	5		
45-49	5		
50-59	5		
60 & Over	3		

ENTRY FORM*****ENTRY FORM*****ENTRY FORM*****ENTRY FORM*****

Name _____ Sex _____

Age _____ Birthdate _____

Address _____

City _____ State _____ Zip _____

FWTC Member? Yes No T-shirt size S(34-36) M(38-40)
 L(42-44) XL(46-48)

I have conditioned myself to run 3.1 miles (5K). I waive any rights I may have against the Foot Locker 5K officials and sponsors for damages or injury occasioned by my participation in this Foot Locker 5K run on August 14, 1983.

Date _____ Entrants Signature _____

If under 18, Parent or guardian must sign here _____

10th Annual First Bank of Berne SWISS DAYS RACE

Saturday, July 30, 1983

1 mile and 10,000 meter



The races will be starting downtown Berne, one block north of the First Bank of Berne
Starting time is 8:30 a.m.. Race packets may be picked up at 7:30 a.m.

The course is flat blacktop surface and is police controlled. Come prepared to run. Restrooms available.

ENTRY FEE: A \$4.00 entry fee; \$6.00 day of race. No fee for Fun Run.

AWARDS: Special 10th Anniversary Awards for the first three places in each division with ribbons for the fourth through tenth places. T-shirts to all participants, except 1 Mile Fun Run.

AID STATIONS: Appropriately spaced and manned along 10K route. Post race drinks to all runners.

Award ceremony at 10:30 a.m..

*** 1 MILE ***10K*.....

8 and under Boys	14 and under Boys	30 to 34 Men
9 to 11 Boys	15 to 19 Boys	35 to 39 Men
11 and under Girls	20 to 24 Men	40 to 50 Men
	25 to 29 Men	50 and over Men

1 MILE FUN RUN

ALL AGES	18 and under	Girls
	19 to 29	Women
	30 to over	Women

ENTRY BLANK ***** WAIVER AND RELEASE ***** ENTRY BLANK ***** WAIVER AND RELEASE *****

The signing of this entry blank and the participation in the Berne Swiss Days Race is with full knowledge of the risks involved therein and the undersigned individually and/or as parent and guardian assumes the risk of any injury, sickness, or health defect including death, resulting from or received during participation in the races, and further releases and agrees to save harmless the Swiss Days Race, its committees and sponsoring and assisting agencies and individuals from any liability, damage, claim or judgment that may result from or arise out of participation of the participant in this race.

PLEASE PRINT NAME _____

Signature _____ Age _____ Sex _____

Parents signature if under 18 _____

Address _____ City _____ State _____

Shirt Size* S M L XL *Children's sizes S(6-8)- M(10-12) L(14-16) Zip _____

Please check one 10,000 meter 1 mile Fun Run (No Shirts)

Send entry blanks to: Jack Shoaf, %First Bank of Berne, Box 369, Berne, IN 46711 Phone 219-589-2151

At Freimann Square, Fort Wayne - Established 10K Course

8:00 a.m. - 5K and Corporation Rainbow Chase (5K)
8:30 a.m. - 10K and Corporation Rainbow Chase (10K)
12:00 noon - Special K Special activities designed especially for the areas developmentally disabled children.

The entry fee for 5K & 10K - \$6.00 - Pre-Registration \$7.00 Race Day - Special K - No Fee

Corporate Chase - Pre-registration only through employer. Pre-registration must be received by July 11, 1983. Sorry, no refunds (All entry fees to HELPS Rainbow are tax deductible).

Make tax deductible checks payable to: HELPS Rainbow, Flatrock Road, Monroeville, IN 46773

Runners packers will be available on Saturday, July 16, 1983 at Northside Park.

T-Shirts to first 1000 entries in 5K or 10K. Awards ceremonies immediately following the run.

For additional information call:

Dr. James R. Taylor 219/483-6800
or Ms. Mary Pat Leonard 219/427-1270

THREE RIVERS RAINBOW RUN

FOR THE BENEFIT OF THE RAINBOW PROGRAM
HELPING DEVELOPMENTALLY DISABLED
CHILDREN IN COOPERATION WITH
The Fort Wayne Parks and Recreation and HELP, Inc.

SUNDAY, JULY 17, 1983



CLIP HERE CLIP HERE CLIP HERE

RACE 10K _____ 5K _____ Special K _____

NAME _____ Male _____ Female _____ Age (on 7-17-83) _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ T-Shirt Size: Small Medium Large X-Large

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

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



AGE DIVISIONS

This Race will use standard age grouping as used by the Fort Wayne Track Club

Letters to Editor

Dear Editor,

Several members of your club were helpful to me in my running during my last October home leave staying with my in-laws in Berne, Indiana. I am a foreign service officer working with health, nutrition and population projects of the Agency for International Development in Yaounde, Cameroon, Central Africa. I'm writing this letter for "The Inside Track" if you want to include it. In case it is not the kind of material you want for your newsletter, I am copying the letter to those I most want to thank.

I am probably the only runner in Cameroon, Central Africa, who knows anything about the Fort Wayne Track Club. It was my good fortune to discover you during my home leave last October while staying with my in-laws, the Earl Habegggers of Habegger Furniture in Berne. At a sport shop in South Mall, I found the name of Don Lindley on a paper publicizing the FWTC. Through him and then Dave Fairchild, I contacted Charlie Hall who had registered for the Columbus Track and Marathon. I was delighted because I wanted to run that marathon but was informed that the 4,000 runner limit had been reached and I could no longer register. Through Charlie, I was able to run it with the respectability of wearing a (his) number. I even got a ride to Columbus with another FWTC member J.P. Jones. This developed into a friendship that resulted in an exchange of his own backyard produced honey for some African honey. He didn't ask for any African killer bees for his hives.

Through FWTC member Norval Lehman of Berne, I got a ride to Fort Wayne to run your delightful Home Loan 10,000. Except for the crowd and frequent turns during the first couple miles, I thoroughly enjoyed that race. It was well organized; the course showed off the city handsomely; and the weather was perfect.

The 600 meter altitude of Yaounde, Cameroon's capital where I work in the Foreign Service with the U.S. Agency for International Development, moderates a bit the temperatures of tropical Africa so that I can run in the 70's and even occasionally in the 60's. In this part of Africa, unlike in East Africa, the marathon is unknown. Races longer than the 10,000 meters

are rare. I commute by running so I accumulate about 30 miles a week. The French language encouragement given by many pedestrians is "courage." Kids on their way to school join me for a couple of blocks. Occasionally on weekends I run in the mountains outside of town with my Cameroonian friend Chris, who can easily do marathon distance but has no races in which to prove himself.

The big sport here is football (soccer) and Cameroon made a name for itself when its team won the right to represent Africa in the world Cup Championships in Spain last year. The one endurance event that has captured the imagination of Cameroonians in recent years is the Guinness sponsored Mt. Cameroon race. It is a grueling, 25-k event that starts at 3,200 feet in Buea town, ascends to the peak at 13,435 feet, and returns to the town. The record, held by an Italian missionary priest, is 4 hours, 13 minutes.

My next home leave is planned for Christmas, 1986. I'll be checking for what events the Fort Wayne Track Club has planned for that season.

Sincerely yours,
Raymond Martin

Jim !!!!

You rat! After all I've done for you! Your editorial comment after Mrs. Pauley's letter of last month was entirely uncalled for. I demand an apology!

Also, I am enclosing a photograph of Mrs. Pauley that I took at the race in question. It clearly shows that she was well ahead of me in this run. She is obviously looking around for me in this picture but did not see me.

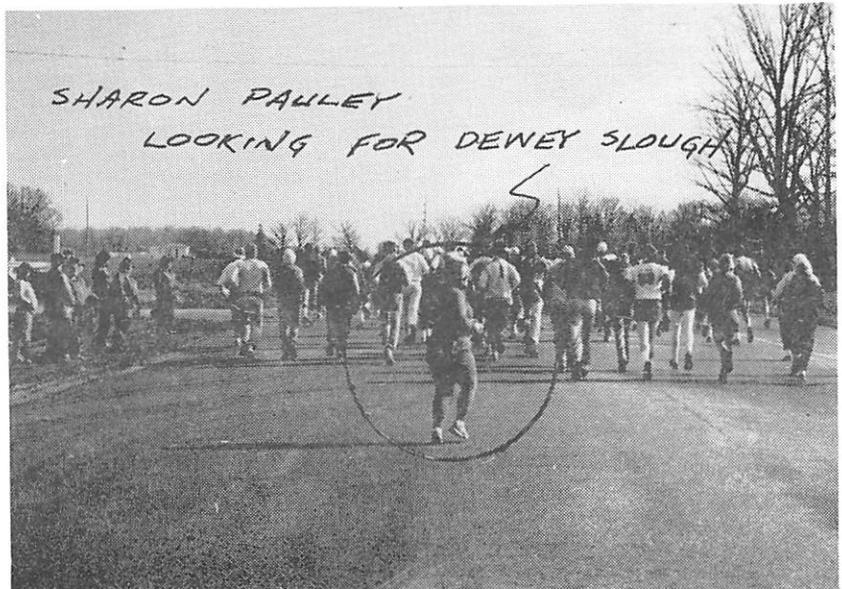
I have worked hard to develop the reputation as the slowest runner in the Fort Wayne Track Club. I am deserving of it and no one can take it away from me.

What are you going to do about this?

Sincerely,

Dewey Slough

Editor's Comment: You're right. I apologize. However, I've had enough female problems in my life. Don't expect me to act as the middle-man in this argument, turkey!!!



(RACE CALENDAR - Continued from back inside cover)

- 13 SPUD RUN 10K - N. Liberty, IN - 10:30 a.m. - Athletic Annex 219-272-7565
- 13 ROTARY RAMBLE 5KM - Demotte, IN - 8:30 a.m. - Charlene Groett - 219-987-2875
- 13 ARCOLA DAYS 10K - Arcola, IN 8:15 a.m. - 1 mi fun run 7:45 - Gene Branning 219-625-3082
- 14* CIRCULAR 5K - Fort Wayne Shoaff Park
- 14 CLUB KOKOMO 5K & 20K - Kokomo, IN (Sycamore Rd. & Breezy Lane) 6:00 p.m. - Rieke Stucker 317-457-0352
- 14 PEPSI CHALLENGE 10K - Indianapolis IUPU Track & Field Stadium - 8:30 a.m. - Pepsi Cola Bottling Co. - 317-632-3464
- 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. EDT - Paul Langevin 419-636-3640
- 27* ARBY'S AND BIG BRO/BIG SIS 5 mile - Fort Wayne Foster Park
- 27 OAKLAWN 5K 7 20K - Elkhart 8:00 a.m. - Athletic Annex 219-272-7565
- 27 LAWRENCE COUNTY TRIATHON (500 yd swim, 20 mile bike, 5K run) Bedford, IN Maurice Doolittle, 1220 13th St., Bedford 47421
- 27 WATERFRONT PARKS & REC. 7UP 10K - Indianapolis (Major Taylor Velodrome) Linda Koontz 317-241-9195 Jennifer Vorels 317-636-1626
- 3 CANTERBURY GREEN'S MUSCULAR DYSTROPHY "LOVE RUN" - 5 mi & 2 mi - 5:00 p.m. - Canterbury Green Apartment Complex - Fort Wayne - Tom Mather - 219-485-5895
- 3 PEPSI CHALLENGE GLASS CITY CLASSIC MARATHON - downtown Toledo, OH - deadline 8-20- Ken Matuszak 419-475-6849
- 4 LABOR DAY 10,000 - Upland, IN (Lions Park) 5:00 p.m. Ted Wright 317-998-2766
- 5 BLUEBERRY STOMP 15K - Plymouth, IN, 10:00 a.m. Rebecca Gangloff, Box 34, Plymouth 46563
- 5 OLD FASHIONED 10K - Buchanan, MI, 8:00 a.m. - Athletic Annex 219-272-7565
- 10 ROANOKE 2 mi & 5 mi - Roanoke, IN, 8:00 a.m. - Russell Grose 219-672-3562
- 10 WILDCAT FESTIVAL 10K - Markle, IN, 8:30 a.m. Max Murchland 219-758-2571
- 10 PORK FESTIVAL 10,000 - Tipton, IN (Middle School) 9:00 a.m. Jay Whelchel 317-675-4429
- 10 MUNCIE ENDURATHON (1.2 mi swim, 56 mi bike, 13.1 mi run) Prairie Creek Reservoir, Muncie, IN, 8:00 a.m., Paul Porter 317-284-6338
- 10 GRAPE STOMP 10K - Berrian Springs, MI (Hess Lake Park) 10:00 a.m., Athletic Annex 219-272-7565
- 10 JAMBOREE JOG 10K - Montpelier, IN - 4:30 p.m. - Rick Myers 317-728-5341
- 17 COUNTRY CLASSIC 4 mile - Kouts, IN (H.S.) 8:00 a.m. Mark Knauff 219-766-2231
- 17 YELLOW RIBBON RUN 7 mile - Francisville, IN - 9:00 a.m. Leroy Melchow 219-567-9237
- 17 PERSIMMON FESTIVAL RUN 5 mi - Mitchell, IN - Larry Moffatt 812-849-2157
- 24* PARLOR CITY TROT HALF-MARATHON - Bluffton, IN - 8:30 a.m. - Phil Lockwood 219-824-2412 weekdays 9-5
- 24 INDY RUNNERS 30K - Fort Harrison, Indpls - 7:30 a.m. Damien Howell, 555 Middle Dr., Woodruff Place, Indpls 46201
- 24 ROAD APPLE RUN 10K - Nappanee, IN, 9:00 a.m. Athletic Annex 219-534-2863
- 25 OAKLAWN RUNS 20K & 5K - Elkhart, IN (Oaklawn Mental Health Center) 12:00 noon

(Death in the Afternoon IV - Continued from Page 4)

A black limo with PLO flags drove through the armed guard stopping near the lead pack of hostages on the bridge. Wearing a red bunnose-head-covering, Yassir Arafat emerged and smiled broadly, waving to the hostages. Arafat questioned his first officer:

"Is everything going according to plan?"
"Yes sir, Yassir!"

Arafat walked closer to the bridge. He was given a portable microphone by the first officer.

None of the Arabs looked very happy.
"Do not attempt funny things on bridge, because we blow bridge," began Yassir. He gazed at all the runners. "So you are Marathon - I will not forget what you did to my people during oil embargo a few years ago - now, you will pay - unless you meet my demands!"

Arafat walked with grimaced smile which all the Arabs appeared to have. "If one of you be Lee or Goldner come to me here. We talk."

Larry and Doon emerge and follow Arafat down to the underpass where they have a few chairs and a conference table assembled. Goldner said, "Lar, look on the bright sight of this. We're leading the marathon!"

Arafat begins the negotiations. "Mr. Lee, your company promised to deliver 150 PortaJohns by last Monday in Beirut. But, we no get! The only thing we get is one box with little old women inside. She not shut her mouth. Drive me crazy. "Where's my Hilliard? Where's my Hilliard?" Day and night she kept repeating, "Where's my Hilliard?" So There we were, me and my guerillas, just outside Beirut, WITH NO PLACE TO POTTY. And I tell you, Lee and Goldner, WHEN 15,000 GUERRILLAS HAVE NO PLACE TO POTTY YOU HAVE TO RETREAT AND POTTY AT THE FIRST McDONALDS YOU COME TO!

Arafat's expression grew stern. "We didn't find any McDonalds! Mr. Lee and Mr. Goldner, I ask you, my first officer asks you, MY ENTIRE ARMY ASKS YOU. . . . For the health of your friends on the bridge, tell us, WHERE ARE MY POTTIES? WE NEED THEM SORELY!"

Doon Goldner warmly responded: "No problem, Yas. I know what the problem is. We'll have your potties relieving the tension here before noon - just keep smiling." Goldner shook his head in disgust, looked at Lee and said: "Damn Post Office! . . . must be Lynn Milner's fault!"

MEANWHILE, Gene B. just polished off a foot-long chili-dog at Coney Island headquarters. He quickly stood from his chair, looking quite perplexed, and ran to the back of the room. Much to his chagrin, he found 15 people waiting for the single toilet.

His review of Coney Island would say: "Great food but not enough bathrooms."

At Calhoun and Main, Gene rejoined the marathon course, heading south through a sleepy downtown. "You'd never know there was a race on today - it's a usual early Sunday morning in downtown. There's little traffic. It's quiet - construction work finished for the week. And over there on the sidewalk is Charles Westermann taking quarters from the parking meters."

At the 4 mile mark, not feeling really well gastrically speaking, he stopped at Snow Whites Kitchen. 12 minutes later, he emerged without buying anything, but looking more relaxed.

With no runners in sight, Gene thought: "I'm so far behind anyone, I better only have a glass of Muscatel at Cafe Johnelle and move on to Southgate's McDonalds for a Big Mac attack."

MEANWHILE, back at the bridge One hour has passed. An apparent agreement has been reached. Arafat speaks to the runners:

"You will be allowed to continue your race, if and when , me, my men, and my potties are safely aboard my Libyan aircraft. Until then . . . you there, stop jogging in place . . . until then, I will entertain you."

The first order of business this month is to report on the amazing progress of that world famous running figure Dewey Slough in his attempt at completing last month's President's Message. A current status report indicates Dewey is somewhere between dots 68 and 69. At his present rate he should finish in time for his winter hibernation.

Now that I have the attention of the few of you who found this article hidden in the back of the Newsletter (the editor finally put it where it belongs) we can get to this month's message.

Over the past years the Track Club has grown rapidly, and as is normal with any organization which grows this way, has suffered growing pains. New races were added, new sponsors were added, and Track Club points races were in demand. The Track Club is now at a crossroads in

its development. Membership has leveled off, with the number of new members about the same as the non-renewals. I feel that now is the time to decide what direction the club should take.

Let's start with what the goals of the Track Club have been: to put out a monthly newsletter informing members of activities, to put on a series of well-run races, and to serve as a social organization. If the Track Club is viewed in this way, the administration of the organization need not be a tough job. Now is the time to get back to the basics of running the FWTC in a more low-key manner.

Coming sometime in September (date and place to be in the August newsletter) will be the annual elections of the FWTC. They are being moved up to September due to an addition to our

family around the first of October. This being our first child, I'm sure it will consume most of my time. For the past few years the Track Club has been run by the same people and the time has come for some new blood to be involved on the board. So, if you have been thinking of getting involved, get in touch with me or any of the board members and let us know. If we go back to the basics of just running the club for its main purpose, the job will be a whole lot easier. I know there are a lot of good people in the club who could carry this out.

Thanks for listening and have a good run . . . after all, that's what it's all about.

P.S. Good luck Dewey. We know you can make it!

Arafat smiles and gives the victory sign with his fingers. "This is Richard Nixon as Arab. And now I do Ronnie Reagan . . ."

Out on the bridge, Charlie Brandt says: "It's about time for a flood don't ya think?"

It was during Arafat's impression of Al Salazar winning at New York when loud voices could be heard coming from the nearby Civic Theater.

"I just try to make people better in every way I can," screamed Civic Theater director, Richard Casey. "And you're wrong about me . . . Dead wrong! In fact, you won't fire me because I quit!"

The Board of Civic Theater directors in the distant parking lot shrugged their shoulders. Richard Casey continued to yell at them:

"And I've never intimidated anyone!"

Arafat was performing another one of his impressions before his captive audience when Casey noticed the commotion and joined the throng. Arafat froze when he saw Casey. Casey laughed at Arafat, and said: "Get rid of that silly hat, old man. I'd never let you audition for me in any kind of jerk costume like that . . . And you've got to enunciate - spit that hairball out of your mouth right now Yassir Aramouth (That's who you're trying to impersonate, isn't it?) . . . Are you trying out for the part of 'Yoda' in Star Wars? . . . Have you ever considered getting a plastic surgeon to give you a lip-job? . . ."

On the bridge, Wayne Schaltenbrand told the runners around him: "Casey's no patsy!"

"Take that big diaper off you're wearing," continued Casey. Betty Hite Nelson quickly yanked Casey onto the bridge chastising him: "If you keep talking that way to him, Delbert Lindley will have drunk All the beer in the hospitality room at the Coliseum before Yassir let's us go!"

MEANWHILE, Gene B. passed the 9 mile mark in Foster Park. And while he was 'resting' in the newly built park toilet house nearby, he began to smell smoke. He stumbled in his shorts outside to see National Secretary of the Interior, James Watt, escaping into the bush-

es. Gene extinguished the flame. "So you're the one who's been burning all those park buildings!"

It was shortly after this ordeal, when Gene became suspicious something in the marathon had gone amiss. Passing the 10/16 point, Gene thought: "Surely the leaders would have passed me by now on their way back to the Coliseum."

When he approached the 13 mile turnaround on Pasadena Drive, he knew for certain something was wrong. "Is the race today? . . . or next Sunday?"

His split for a half-marathon would be 3:08:15.

MEANWHILE, the aid station crews had moved all the PortaJohns from Gates' yard into the Libyan jets at Baer Field. It was 10:55 a.m. when Arafat, his men, and their potties happily left the airport. The bomb under the bridge was professionally defused. At 11:02, the freed runners were notified the race would restart as soon as the aid stations were properly manned again. At 11:14, exactly 3 hours after the race was stopped, the race continued.

Immediately, Garcia and Copeland took the lead with the FWTC six-pack close behind. The pace was 5:45 per mile. Gene B. had just passed the halfway point.

The final moments of the movie were the most exciting of all the "Death" movies. At the 14th mile, a car from TV-33 pulled alongside the struggling Bullshallitt, asking him a few specific questions. The car sped back to the Coliseum. At the 15th mile, Gene's training companion, Jim Dupont, joined him on a bicycle. Dupont was ecstatic and screamed at Gene continually: "You're looking good - take it easy - hurry up - all those demons are behind you."

Gene and Jim passed the leading six-pack of runners, coming and going, at the 10/16 mark.

Back at the Coliseum, one of the race officials in that TV-33 car informed Hilliard about the unusual situation developing in the race. They had a quick conference. When a reporter asked Gates what would happen if "Bullshallitt gets back to the Coliseum first?"

Hilliard's reply was simple: "He would be the winner. We've already checked into the Olympic rules concerning such a possibility and it says . . . here . . . on page 229 of Hoyle's Official Rule Book . . . that if . . . "During a race, the course is blocked by natural causes or threatening manmade causes, it is the option of the participant to find a way around the obstacle if he so chooses . . . providing he has not shortened the overall length of the course to be run . . . and . . . is a nice guy about the whole thing. Gentlemen of the Press, we've mapped the course Gene has run and in our judgement we DECLARE HIM A LEGAL RUNNER IN TODAY'S RACE!"

The audience in the theater applauded their support for the chubby Bullshallitt being pursued by the charging Tom Loucks. When Gene was at 21 miles (South Calhoun and Rudisill) Loucks was at 17 miles. When Bullshallitt and Dupont passed 23 miles (Downtown at Main St.) Loucks was at 21 miles running 5:28 pace. The gross fatigue of the race hit Bullshallitt at the 25 mile mark on Parnell. Dupont could now hear the crowd applauding for Loucks less than a half-mile behind. Loucks was down to 5:20 pace. Bullshallitt, running faster now than all day, was hitting a 9:12 Pace.

Dupont pleaded with Gene: "Buddy, I think you're going to have to pick it up a bit. He's getting too close!"

Because of the days unusual probe, worldwide media coverage was given to Fort Wayne. The largest crowd in TV-33 history blanketed the Coliseum. When Gene crossed into view of the finish line at the Parnell Bridge, Loucks was a scant 200 yards behind. Dupont was screaming encouragement now to Bullshallitt. Gene remembered what his father had told him and tried to pick up the pace. The huge crowd saw what was transpiring and cheered wildly for the two runners. Gene made the 26 mile marker with only a 50 yard lead. On the circular drive now, 100 yards to go, Gene was running 7:30 pace - a sprint effort for Gene.

(Continue on Page 8)

Last and least

THE MURDER OF GRABWELL GROMMET

On the morning of his 42nd birthday, Grabwell Grommet awoke to the peal of particularly ominous thunder. Glancing out of the window with bleary eyes, he saw written in fiery letters across the sky: "Someone is trying to kill you, Grabwell Grommet."

With shaking hands, Grommet lit his first cigarette of the day. He didn't question the message. You don't question messages like that. His only question was, "Who?"

At breakfast, as he salted his fried eggs, he told his wife, Gratia, "Someone is trying to kill me."

"Who?", she asked in terror. Grommet slowly stirred the cream and sugar into his coffee and shook his head. "I don't know," he said.

Convinced though he was, Grommet couldn't go to the police with such a story. He decided his only course was to go about his daily routine, and hope somehow to outwit his would be murderer. He tried to think on the drive to the office, but the frustrations of making time beating lights and switching lanes occupied him wholly. Nor, once behind his desk, could he find a moment, what with jangling phones, urgent memos and the problems and decisions piling up as they did each day. It wasn't until his second martini at lunch that the full terror of his position struck him. It was all he could do to finish the Lasagna Milanese. "I can't panic," he said to himself, lighting his cigar. "I simply must live my life as usual."

So, he worked till seven as usual. Drove home fast as usual. Studied business reports as usual. And took his usual two Seconal capsules in order to get his usual six hours sleep.

As the days passed, he manfully stuck to his routine. And as the months went by he began to take a perverse pleasure in his ability to survive. "Whoever's trying to get me," he say proudly to his wife, "hasn't got me yet. I'm too smart for him."

"Oh, please be careful," she'd reply ladling him a second helping of Beef Stroganoff.

The pride grew as he managed to go on living for years. But, as it must to all men, death came at last to Grabwell Grommet. It came at his desk on a particularly busy day. He was 53.

His grief-stricken widow demanded a full autopsy. But it showed only emphysema, arteriosclerosis, duodenal ulcers, cirrhosis of the liver, cardiac necrosis, a cerebrovascular aneurism, pulmonary edema, obesity, circulatory insufficiency, and a touch of lung cancer.

"How glad Grabwell would have been to know," said the widow smiling proudly through her tears, "that he died of natural causes."

Editor's Comment: This story was taken from the Greater Lowell (Mass.) Roadrunners newsletter "Starting Lines." It was originally printed in the San Francisco Chronicle.

FORT WAYNE TRACK CLUB Statement of Revenue, Expenses for the year ended December 31, 1982 (See Accountants' Compilation Report)

REVENUE:	
Club memberships	\$ 7,290
Contributions	3,195
Equipment rentals	2,270
Race entry fees	1,086
Interest income	702
Advertising income	<u>544</u>
TOTAL REVENUE	15,087

EXPENSES (Excluding Depreciation):

Awards	2,338
Banquet	2,504
Contributions	784
Dues and subscriptions	461
Insurance	991
Office supplies	331
Postage	1,103
Printing	4,273
Rent	665
Repairs, equipment	3,031
Seminar	<u>500</u>
TOTAL EXPENSES	16,981

Excess of expenses over revenue before depreciation	(1,894)
Depreciation expense	<u>894</u>

**EXCESS OF EXPENSES
OVER REVENUE (2,788)**

The above statement for the year ending has been compiled by Drees, Robinson & Perugini, in accordance with the standards established by the American Institute of Certified Public Accountants. The FWTC would like to express their thanks to Thomas A. Wagner, CPA for his time and effort.

New equipment is much needed by the Fort Wayne Track Club. In order to provide the necessary funds we will have to do several things; increase membership fees, increase race entry fees or rely on contributions. Remember, all contributions are tax deductible.

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

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
- 2 CROSS COUNTRY RUNS 5K & 3K
Homestead H.S. Fort Wayne 5:00 p.m., Bob Warner 637-3687 home, Dick Shenfeld 432-4832
- 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
- 9 DELTA CHICK'N RUN 10K & 3mi
Delta, OH (H.S.) 8:00 a.m. EDT, Dave & Sandy Mason 419-531-6879

- 16 "RUN FOR CANCER" 10K - Paulding, OH (Library 9:00 a.m. EDT - Darriel & Connie Suffel 419-399-4999
 - 16 LIMESTONE RUN 10KM - Bedford, IN (N.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
 - 16 CARPATHON 10K - Archbold, OH (Ruhley Park) 9:00 a.m. EDT - Cal Short 419-445-6846
 - 16 SWEET CORN CLASSIC 5K & 10K - Bryan, OH, 8:00 a.m. EDT no registration after 7-1 - Dave Schumm 419-636-4666
 - 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 a.m.
 - 23 HISTORICAL DAYS RUN 5 mile & 13.1 mile - New Carlisle, IN - 8:00 a.m. - Athletic Annex 219-272-7565
 - 23 MAUMEE 10,000 METER RACE - Maumee, OH (H.S.) 9:00 a.m. EDT, Dave Dugal 419-893-0652
 - 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 (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
 - 30 SNOWFLOSS 5 MILE KRAUT ROUTE - Fremont, OH (downtown) no race day registration - Gregg Gerber 419-334-2707
 - 30 PAYNE 10K "RUN FOR LIFE" Payne, OH (St.Johns Catholic Hall) 9:00 EDT - Chuck & Deb Kipfer 419-263-2670
 - 30 AUBURN CLASSIC 10K - Auburn, IN - 8:00 a.m. - Rick Hower 219-925-4112
 - 31 "VOLKSLAUF 10KM RACE" - Oregon, OH - 9:00 a.m. EDT - Dick & Irmie Green - 419-385-6755
- August
- 6 RAINTREE COUNTY JAMBOREE 10K - New Castle, IN., (Chrysler H.S.) 8:30 a.m.- 1 mi. jog 8:00 a.m. - Don Smith 317-529-9583
 - 6 SUMMER STRIDE 7 MILE - Highland, IN - 8:30 a.m. - Wendy Malatestinic 219-838-0114
 - 6 CLEAR LAKE 10K - Clear Lake Lutheran Chapel - 8:00 a.m. Indiana time - Kent Buehrer 419-893-7374 or 219-495-3665
 - 6 LIMA PEPSI CHALLENGE 10K - Lima, OH (Faurot Park) 9:00 a.m. EDT - no registration after 7-31 - Gerry Watkins - 419-225-9266
 - 7 WILDERNESS STOMP 6K Trial RUN - South Bend, IN - (Bendix Woods County Park) 9:00 a.m. - Athletic Annex 219-272-7565
 - 13 BUTLER DAYS ROAD RACE 5K & 10K - Butler, IN (Maxton Park) 8:30 a.m., 1 mi jog 8:00 a.m. - Rick Hower, YMCA 219-925-4112
 - 13 FUN FEST FIVE - N.Manchester IN - 10:00 a.m. - Dick Miller 219-982-6919

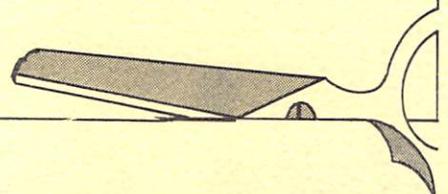
(CONTINUED ON PAGE 18)

* FORT WAYNE TRACK CLUB POINT RACES

DO A FRIEND A FAVOR

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

FORT WAYNE TRACK CLUB



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

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

TRACK CLUB USE:

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

New _____ Renewal _____

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



**FORT WAYNE
TRACK CLUB**

Bulk Rate
U.S. POSTAGE PAID
Ft. Wayne, IN
Permit No. 1799

FWTC NEWSLETTER
P.O. Box 11703
Fort Wayne, IN 46860

**RETURN
POSTAGE
GUARANTEED**