



NEWSLETTER OF THE FORT WAYNE TRACK CLUB

# the inside track

AUGUST, 1983

FORT WAYNE  
TRACK CLUB

# THE Inside TRACK

## 1983 FWTC Race Schedule

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Dewey Slough

### 1983 FWTC POINTS RACE SCHEDULE

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

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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.



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Race Applications.....\$25.00  
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# HILLY 4 results

## MEN 14 and under

Place	Name	Overall Time
1*	Stan Florea	26 23:19
2	Mike Blaettner	55 24:22
3	Ryan Fites	66 25:09
4*	Andy Cauffman	72 25:41
5*	John Schwarze	75 25:49
6*	Richie Braun	90 26:47
7*	Donnie Townsend	104 27:32
8	Mike Welch	118 28:09
9	Kevin Seiler	128 28:40
10	David Moore	136 29:08
11	Mike Ruforth	146 29:32
12	Mark McDowell	151 29:45
13*	Bobby Wiersma	190 31:57
14*	Alex Ojeda	198 32:26
15	Mark Knuckles	213 34:28
16	Dave Goodnight	224 36:37
17*	Jon Trigg	225 36:39
18*	Brian Scott Lindley	229 37:59
19*	Michael Allen Lindley	244 45:07
20*	Jim Schwarze	247 45:47

## MEN 15 - 19

1*	Jeff Beam	1 21:06
2	Mike Davis	5 21:46
3	John Bodey	7 21:48
4	Ed G. Freygang	9 21:59
5*	Phil LeMaster	12 22:25
6*	Tom Hoffman	13 22:34
7*	Tom Shank	15 22:43
8	Don Drake	17 22:56
9	Mark Jackson	20 23:05
10	Steve Lengacher	25 23:19
11	Joel Vorndran	34 23:38
12	Kevin Harrison	41 23:59
13	Tom Ferguson	48 24:12
14	Ted Moore	58 24:32
15	Brian Meuter	62 24:55
16	Jeff Jones	68 25:20
17	Scott Bass	89 26:42
18*	Brian Walker	127 28:28
19*	Gary Kleinknight	164 30:41
20*	Freddy Ojeda	203 33:21
21	Billy Cragg	218 35:21

## MEN 20 - 24

1	Mark Herndon	2 21:07
2*	Michael Bultemeier	8 21:53
3*	Wayne Johnson	23 23:15
4*	Tim Bowman	35 23:43
5*	Russ Holland	39 23:54
6	Curtis Bailey	44 24:06
7*	Chuck DeFord	46 24:07
8*	Don Branstetter	50 24:15
9*	Gary Beam	71 25:30
10	Nicholas Gatton	115 27:59
11	Scott Irvin	121 28:12
12	Jeff McDermott	141 29:14
13	Jay Goldner	212 34:17

## MEN 25 - 29

1*	Vincent Garcia	3 21:23
2*	Doug Sundling	4 21:45
3*	Terry Diller	11 22:20
4*	Jim Anderson	19 23:01
5*	Roger Wilson	30 23:23
6*	Edward Hoffman	33 23:37
7*	Chuck Dowe	36 23:45
8*	Tony Gatton	45 24:07
9*	Kenneth King	47 24:09
10*	Alexander Kyle	53 24:18
11	Ted Ternon	86 26:25
12	George Octavius Lopez	107 27:36
13*	Jerry Huber	147 29:33
14*	Bob Harris	156 30:06
15*	Larry Getts Jr.	161 30:24
16	Brent Lehman	178 31:17
17	Bob Campbell	193 32:04
18	Jim Bottone	216 34:44
19*	Larry Linson	228 37:33

## MEN 30 - 34

1*	Dan Kaufman	6 21:46
2*	Steve Brown	10 22:13
3*	Michael Glasper	14 22:38
4*	Mike Robbins	16 22:47
5*	Gary Dexheimer	18 22:59
6*	David Hockley	27 23:20
7*	Jeff Schneider	42 24:00
8	John Noll	56 24:23
9*	Norm Spitzig	60 24:44
10*	Jerry Mazock	64 25:04
11*	Phil Shafer	65 25:05
12*	Dave Winters	67 25:17
13*	Dewey Culbertson	73 25:42
14*	Jim Abbott	77 25:53
15*	Bruce Barton	78 25:54
16*	Gary Lane	80 25:57
17	Rod Knox	87 26:26
18*	Tom Archbold	91 26:47
19	Edward Weber	97 27:10
20*	Dan Ormsby	126 28:28
21*	Mike Pleus	132 28:57
22*	George Paul Kirby	134 28:59
23*	Phil Kennerk	140 29:13
24*	Bill Steiner	144 29:25
25*	Bill Townsend	150 29:41
26*	Randy Patten	153 29:55
27*	Joseph Hilger	158 30:17
28*	Pat Herman	173 31:00
29*	Steve Lehr	174 31:01
30*	Paul Sabrack	175 31:02
31*	John Underhill	179 31:20
32	Jim Nixon	194 32:06
33*	David Kistler	200 32:32
34	Tom Sullivan	201 32:34

## MEN 35 - 39

1*	Todd Rigelman	22 23:06
2*	Don Lindley	28 23:22
3*	John Schwarze	29 23:23
4*	Art Obregon	37 23:49
5*	Ed Kerr	43 24:04
6*	Russ Suever	51 24:17.1
7*	Ron Motycka	52 24:17.1
8*	John Ferguson	69 25:23
9*	Mike Byerley	79 25:57
10*	Dave Fairchild	81 25:58
11*	Dave Wolf	92 26:54
12*	Dennis Hudson	96 27:08
13*	Dave Waldrop	101 27:21

## 14

15*	Tom Mather	103 27:25
16*	David Spotts	105 27:33
17	Tom Manette	111 27:48
18*	Rudy Kleinknight	113 27:49
19*	Tom DeLong	114 27:57
20*	Dave Bartolini	119 28:09
21*	John Stachera	130 28:50
22*	Dennis Flennerly	133 28:58
23*	Dan Firestine	135 29:05
24	Charlie Backofen	137 29:09
25*	Lawrence Lee	142 29:14
26*	Tom Theard	143 29:15
27*	Ken "Malibu" Roehrs	152 29:52
28	Edward Garrett	154 29:57
29*	Robert Wiersma	155 29:59
30*	Dave Eckert	159 30:18
31*	Steve Butler	171 30:56
32	Carden Henn	177 31:14
33	Jim Deitce	204 33:30
34	Dave Swanson	211 34:14
35	Roger Werling	219 35:22

## MEN 40-44

1*	Jerry Perkins	21 23:06
2*	Larry Averback	24 23:18
3*	Jack Dyer	32 23:29
4*	Woody Baeker	40 23:58
5*	Charlie Brandt	63 24:58
6*	David Boylan	76 25:50
7	Jerry Rickard	83 25:59
8*	Ken Clark	85 26:24
9*	Tom Finan	93 26:59
10*	James Heymann	117 28:05
11*	Tom Clagg	120 28:11
12*	Don Goldner	129 28:48
13*	Jerry Cauffman	145 29:26
14	Roger Knuckles	163 30:37
15	Peter Schnechebies	165 30:42
16*	Dave Kruse	220 35:39
17	Mike Jinks	222 36:00

## MEN 45-49

1*	Bill Schmidt	31 23:27
2*	Craig Miller	57 24:28
3*	Joe Ziegler	59 24:36
4*	Donald Peaks	70 25:27
5*	Robert Gensheimer	88 26:38
6*	William Sohaske	109 27:45
7*	Norm Whisler	110 27:47
8*	Tom Liebrich	124 28:21
9*	Rudi Florreich	131 28:55
10*	Howard Bash	139 29:13
11*	Ron Johnson	168 30:49
12	Terry Hippensteel	169 30:50
13*	Joseph Brooks	172 30:59
14	Bob Wakeland	214 34:31

## MEN 50-59

1*	Mike Kast	38 23:53
2*	Giles Tomlinson	61 24:45
3*	Myron Meyer	84 26:20
4*	Terry Gautsh	89 27:17
5*	Vern Chovan	100 27:19
6*	Ian Rolland	106 27:33
7*	Gene Striggle	123 28:15
8*	John Hilker	138 29:11
9*	Clyde Shank	148 29:39
10*	Paul Snyder	157 30:13
11*	Cyrus Johnson	162 30:34
12*	King Sullivan	167 30:48

## 13\*

14*	Ed Marrette	182 31:26
15	Charles Welch	191 32:02
16*	Don Korte	208 33:48
17*	Roger Phillips	209 33:50
18*	Alfred Moore	210 34:03
	Richard Longworth	203 36:03

## MEN 60 and over

1*	Al Gumbert	206 33:44
2*	Chet Fleetwood	215 34:32

## WOMEN 19 and under

1.	Connie Everage	54 24:19
2*	Alma Marie Ojeda	98 27:12
3*	Tracy Sohaski	108 27:38
4	Tammy Bodey	197 32:22
5*	Holly Cauffman	199 32:31
6*	Jodi Ziegler	205 33:35
7*	Eva Jinks	221 35:55
8*	Lisa Daniels	226 37:13
9	Jill Hudson	230 38:00
10*	Buffy Kneller	231 38:01
11*	Jennifer Schwarze	232 38:07
12	Laura Averbeck	239 41:40
13*	Suzanne Daniels	243 43:57

## WOMEN 20-29

1*	Mary Theresa Connolly	74 25:44
2*	Theresa Ehrman	82 25:59
3*	Judy Tillapaugh	122 28:14
4*	Rose Maria Koczergo	125 28:22
5*	Helen Huber	166 30:43
6*	Cindy Sabrack	176 31:11
7	Becky Stump	180 31:21
8*	Eunice Weis	181 31:24
9*	Sally Bork	188 31:46
10*	Betty Jackson	195 32:06
11	Sue Sipes	196 32:16
12*	Sabine Florreich	202 33:00
13*	Laurie Gensheimer	207 33:44
14*	Linn Mazock	217 34:51
15*	Ann Linson	227 37:32
16*	Rhonda Hyndman	235 38:59

## WOMEN 30-39

1*	Ann Jamison	94 27:04
2*	Phyllis Suelzer	102 27:23
3*	Deb Kukulhan	112 27:49
4*	Marsha Schmidt	149 29:40
5*	Roseann Simmons	160 30:18
6*	Linda Gensheimer	183 31:31
7*	Patti Fleming	184 31:31
8	Teri Neff	186 31:33
9*	PhyKis Kerr	192 32:04
10	Nanette Soper	234 38:43
11*	Sarah Kleinknight	241 42:05
12*	Linda Daniels	242 42:13
13*	Carolyn Schwarze	248 46:36

## WOMEN 40-49

1*	Joan Goldner	116 28:05
2*	Jean Elliott	185 31:32
3*	Wilma Kyle	187 31:44
4*	Janis Greene	189 31:53
5*	Bonnie Taylor	233 38:22
6*	Ruth Ann Hyndman	238 40:34
7*	Maurine Gensheimer	240 41:52

## WOMEN 50 and over

1*	Jean Longworth	236 39:42
2*	Tess Machlan	245 45:15
3*	Doris Snyder	246 45:28

## The runner's Blahs



by DOUG SUNDLING

It happens.

Even in running, it happens.

Especially when Mother Nature decides to cook up a stretch of sultry, sweltering Indiana summer weather.

Have you ever groggily gazed into the mirror before you began your morning run, you can't remember the last time you saw the bright-eyed, eager reflection of a runner hungry for a challenge, and instead, you make out the hazy image of the Blahs?

Have you ever sat after a long day, and while staring at your hand-held running shoe, you wonder if that shoe will ever be tied to your foot, let alone run that workout you insist your training schedule demands?

The Blahs may at first seem to be just a temporary low point, a bad day or week. But, like the innocent house guest who stays the visit too long, the Blahs linger along without indicating any signs of leaving.

I can recognize several signs which tell me the Blahs have arrived. At first, I begin to notice that my routine, quick trip to the bathroom in the morning draws out to a longer stay: "I'll just sit here a little longer till my body wakes up." Soon, I find it difficult to begin stretching, let alone to take that first step of the ensuing workout. I excuse the feeling away with the traditional abracadabra of the runner's vernacular: "Once I get going, I'll be all right." Eventually, I find myself compromising my workouts; what my planned-out training schedule on paper calls for and what I feel like doing begin collective bargaining sessions.

"I'm not going to run 10 miles at a 6:00 pace today."

"All right, how about cruise the first 3 to 4 miles and push the last 6 to 7?"

"How about a 6 mile jog?"

"Here's a proposition; 9 miles hard this morning and jog for 2 to 3 miles this evening?"

"How about a 7 miler this morning and jog what I can this evening?"

"OK, here's a compromise: hard 8 this morning, easy 2-3 this evening. Deal?"

"Deal."

When the collective bargaining falls through, I find myself countering with trite excuses to put off a hard workout, excuses that I know haven't stopped me before. The sign that finally makes me decide it's time to rid myself of the Blahs is when I begin to image what I should have done or should be doing, but haven't. Often I have heard the classic solution from many a high school distance runner: "Let's don't, and say we did."

When running has become too serious with no fun, the Blahs seem to come visit me - especially after a period of continuous serious workouts, each I assume to be an essential building block toward some unknown PR.

So, where does one find the Alka-Seltzer that plop-plop-fizz-fizzes away the running Blahs? How does one find the Richard Simmons spark that chases away the lingering Blahs?

The Blahs, or staleness, is like any other biological signal; it indicates something. That something usually means a change of pace is needed. For a runner, a change of pace may take the form of a new challenge or of easing back.

True to the nature of any running addict, I have seductively pushed myself through any minor inconvenience, such as the Blahs. But, experience has painfully taught me that other alternatives may satisfy my need for a change of pace.

One of the obvious alternatives is stop running for a day, a weekend, or whatever period of rest is desired. You will be amazed at the benefit of the rest, especially after a long, hard continuous training schedule.

If stopping is runner's sacrilege to you, then change terrain. I enjoy driving the extra miles to a nearby State Park which offers quiet roads

and soft trails, a contrast to the daily grind of city streets and county roads. Or, I drive a few more miles to what is a dot on the road map where a small town converges upon the intersection of two roads and where the only hills of any consequence roll through this flat farm land. I have always found jogging over hilly terrain to be more productive and gratifying than a similar workout on flat roads.

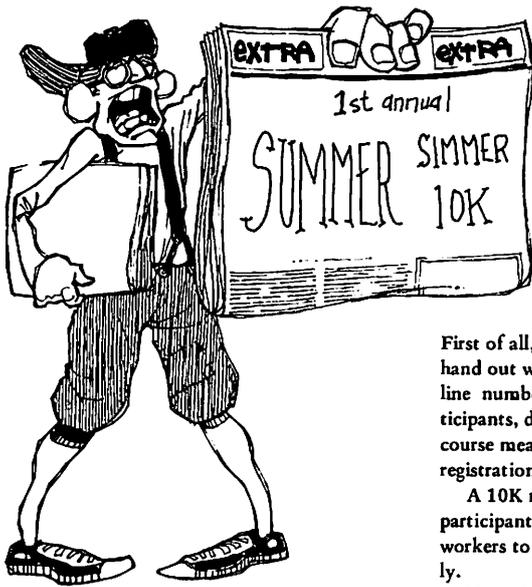
Sometimes, just lowering the daily or weekly mileage revives a sense of freshness. Yet as any committed runner knows, backing off often requires more discipline than running the desired workout.

If you run in the mornings, skip a morning or two and run in the evenings. If you run in the evenings, run a few times in the morning instead. If you really want to break the routine, wake up with the dawn and run a workout. Daylight abounds at 5 a.m., and a tranquil coolness dominates the roads.

Sometimes, I will ignore the planned distance and simply run for a given time. Since most of my training builds upon specific distances, running merely to cover time rather than distance becomes a welcomed change of pace. My jogging wanders to one spot, then I decide to go past someplace else, and so with little consideration of distance. When I am through, I divide the time by my estimated pace.

If you want a sharp change of perspective of your running, instead of running a given workout, walk or bicycle that same route. A change of perspective usually adds the newness, the freshness that chases away any Blahs or staleness.

The Blahs for me often result from shutting out any fun with training that over-emphasizes seriousness. Instead of figuring out ways of pushing myself through the Blahs, I have learned to figure out ways to interject some fun.



## The Fort Loucks 10K

### The Ultimate - Complaint Free - Race

by TIM FLEMING

Running races from week to week can be a very fulfilling experience if one realizes that all Race Directors and Promoters are not equal. Therefore, their race might be well organized or put together as good as they know how. A race demands a lot of time and planning.

First of all, helpers are needed to time, hand out water at aid stations, finish line numbers, correlation of finish participants, direction location, split timers, course measurement and marking, and registration.

A 10K race with a number of 200 participants needs at least 20 to 30 workers to make the race work smoothly.

Next time we run a race and are unhappy with its director, let's realize that no one organizes a race to fail or look foolish. The only foolish ones are the ones who constantly complain about how poor this race or that race was.

Enclosed is my race entry. I hope all of you will be satisfied with it and we hope to see you there.

Entry - Entry - Entry - Entry - Entry -  
 "1st Annual SUMMER SIMMER 10K"

Saturday, August 6, 1983  
 Fort Loucks, Indiana  
 Sponsored by Athletics North of  
 Southern Fort Loucks and Lite Beer  
 by Falstaff

### Course:

Fast and flat. The course is six miles with a 35° down hill grade and the last .2 is level. Guaranteed a P.R. or double your money back.

### Splits:

Splits every 100 yards and police escorts to every group. The traffic control will be by the guardian angels.

### Aid Stations:

Ten aid stations with Chevas Regal Scotch, Heineken Beer, Baileys Irish Cream and Vernors.

### Divisions:

Open top 100. Two and under and every 2 years splits. Guarantee 10 deep in every age group, men and women.

### Awards:

Top 100 get \$100.00 gift certificates from Sappenfields Sporting Goods.

Division awards will be 30" trophies.

For any entrant not winning an award, you will receive a free pair of shoes from Nike.

### Entry:

Entry free - to July 31. After this date, you will receive a \$2.00 check from the city of Fort Loucks.

All race participants must finish race or as much as they can. Goretex suits for first 250 entrants. Check one: S \_\_\_ M \_\_\_ L \_\_\_

### Mail entries to:

Ronko Promotions  
 P.O. Box 36912  
 Fort Loucks, IN  
 (Sorry, no same day registration)

### RICK REITZUG IS A PROUD PAPA

Anyone watching Rick Reitzug run in the Turtle Days 10K may have noticed the look of smugness on his face. Was he about to set a new PR or break the course record? No. He was only anticipating getting to the finish line so that he could see his new son and show him off to his running friends. Benjamin Dugan Reitzug was brought into their home only two before and Rick and Mary looked as proud and happy as could be. Ben, you couldn't have chosen two nicer parents.



\*\*\* FOR SALE \*\*\*  
 One pair Brooks Chariot Size 9  
 Low mileage \$40.00  
 Call Dan Kaufman 485-5241  
 .....

# Chug-a-lug 10K

This is a race combining the skills of 10,000 meter running and hard beer drinking - with a cookout afterwards.

**party** SATURDAY, AUGUST 6th at **cookout**  
4:00 p.m. Race begins at 4:30 p.m.



The race will start at Linn and Jerry Mazock's house, 6135 Orchard Lane, Fort Wayne, Indiana (see map)

Let's have some fun! Anybody over the age of 21. If under 21 (or on the wagon) you may substitute soft drinks for beer. However, course records and overall winners must be beer drinkers.

**FACTS ABOUT THE RACE:** At 4:30, the runners will assemble at the start with a cup of beer from the keg. When the race starts, everyone must consume the entire cup before starting to run. The course consists of six ( 1 mile) loops plus a little at the end. After every loop, each runner must consume 1 full cup of beer. (No 'accidental' spills will be allowed) So, at the start, mile 1, 2, 3, 4, 5, and at the finish you must consume a cup of beer. Only after finishing your beer at the finish will you receive your time and place. You will have consumed 7 beers. I bet after 6 loops everyone will be pretty looped! You better start training!

You can take as long as you like to finish, or not finish at all, or you can set the course record for next year's race. Regardless, it should be a fun day for the entire family (neighborhood?) If you don't drink beer - come anyway and help disabled runners find their way back to my house. There will be cartoons and movies for the kids and non-runners. The cookout will start when you want it. (6:00 p.m.?) In order to know how big a keg to get please call me, Jerry Mazock at 747-1064 anytime before August 2nd to confirm RSVP. This is a POTLUCK, so plan to bring a covered dish. If undecided what to bring, we'll make some food suggestions for you on the phone. There will be a small free-will-love offering collected for the beer (unless you know a way of getting it free!) We won't refill your car tires with air until you pay up.

There may be trophies - there may not be trophies. How about that for being a low-key event! Don't be shy. Looking forward to seeing everyone on the 6th.

## athletic annex®



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### FROM THE TRAINING CAMP AT PENTWATER . . . .

or HOW TO TRAIN FOR THE FORT  
WAYNE TRIATHALON

by ANN MIZE

#### DAY 1

It all began with Joan Goldner's invitation to come to her summer cottage. Ann Jamison and I crammed our bikes and sports gear into the van and headed to beautiful Michigan for four glorious days of serious training. I personally plan to lose five pounds and Ann just wants to be fast.

We arrived to a chilly 52° and gusts of 20 mph wind. So much for sailing,

biking, or swimming today. Instead, Joan took us on a beautiful scenic 15 mile run. Our course included a sandy tunnel like logging road, country roads past miles of orchards, cross country type paths, and finished along Pentwater Lake. The run was memorable. How great to run comfortably in a T-shirt and shorts. (We were all color co-ordinated - it was the first day) Ahh! To have 50° on July 5th.

Joan impressed us further by feeding us fresh asparagus soup, fresh peas and pasta salad.

We watched the sun set on Lake Michigan and strolled a few miles on the beach. We came back to our dessert of home grown and baked cherry pie (my hubby supplied the talent and the pie) I could get into this training stuff. But alas! I hear them talking about a 6 mile pre-breakfast run and lots of biking tomorrow.

P.S. Yes, even in Pentwater, Michigan we still have hubbies.

#### DAY 2

Boy, this is hard work! Up and on the road by 7:30 a.m. for a 6 mile run through the woods and pasture. While running, we spotted a neat pond and settled on a quality swim (1 hour) for

tomorrow a.m.. Back to the cottage for breakfast of cantalope and pear bread.

Joan has planned a long bike ride to the south. We are to save north and Ludington and hill training for Thursday (better known as Day 3). The course was lovely for about 12 miles and then became lovelier with hills for another 12 miles. Ann Jamison and myself decided to try a swim in Stoney Lake while Joan pretended she wasn't sleeping on the beach. (All the while protesting she wasn't in training) The ride back was just as hilly but the scenery and the fact that we saw a deer standing on the road helped make up for it. All I could think about was lunch. Joan's pasta salad never tasted better.

I decided to write this article at 5:00 p.m. because if we trained any more today I would surely die. We are frankly too tired for the terror of sailing, so walking up Mount Baldy (a big dune) and a trip to the Antler Inn for Mexican food is on the agenda. Ann is reading a cycling book and mentions, "When you start to tire it says you may be peddling too fast or you may be in too high a gear or you may have ridden enough for one day."

I rest Day 2 on all of the above.

#### DAY 3

It was hard getting out of bed this morning. Joan played tennis with a friend while Ann and I biked to our discovered pond. It was the cleanest, nicest water I have ever swam in. Twice around equaled 1¼ mile. It was great not to have to concentrate on counting laps.

After breakfast we headed for the hills and Ludington. Ugh! It's been windy here every day and today is no exception. The ride out was bearable but coming back was a mistake. We should have taken the ferry.

Joan coined a new word. She said most of the hills were "makeable." I referred to A.J. as an animal because she was always up the hills first.

The scenery was even prettier than the day before. We stopped to discover canyons and beachfront. By 5:00 I decided we were skipping lunch so I began to fantasize about dinner. The route was a mere 35 miles but the hills were swell.

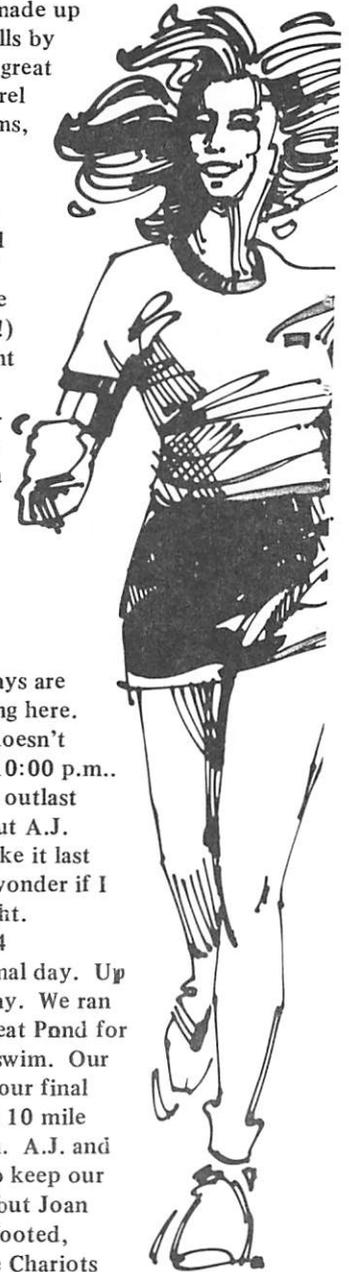
Joan made up for the hills by making a great salad, morel mushrooms, steaks (from the Jamison's) and plenty of wine. (we needed it!)

Tonight is a local band concert, then time for a beach walk and climb of Mount Baldy.

The days are plenty long here. The sun doesn't set until 10:00 p.m.. We try to outlast the sun but A.J. didn't make it last night. I wonder if I will tonight.

#### DAY 4

The final day. Up early today. We ran to the Great Pond for a ½ mile swim. Our sport for our final day was a 10 mile beach run. A.J. and I opted to keep our shoes on but Joan ran bare footed, kinda like Chariots of Fire, (Continue on Page 8)



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

NET PROCEEDS GO TO "DAYBREAK" (Child Abuse Help)

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 should contact a director.

SATURDAY, SEPTEMBER 3, 1983



Canterbury Green

CANTERBURY GREEN'S  
MUSCULAR DYSTROPHY  
"LOVE RUN"



5:00 p.m. — 2-mile Fun-Run	6:45 p.m. — Awards
5:30 p.m. — 5-mile "Love-Run"	8:00 p.m. — Entertainment

Canterbury Green Apartment Complex, Fort Wayne, IN.

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

\$6.00 pre-registration received by Friday, August 26, 1983. Late entries will be accepted thereafter at \$7.00. Sorry, no refunds. (All entry fees to M.D.A. are tax deductible.)

Tax deductible check payable to

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

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

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

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

The 5-mile course starts at the Canterbury Green Club House, winds through the beautiful paved streets, around the lush green golf course, and finishes near the Golf Pro Shop. The course consists of both paved streets and grass. Splits will be given at each mile. Aid stations will be at 1/2 miles and at the finish.

Restrooms, showers, and lockers are available in the Club House. The swimming pool is available after the race. (Bathing suits required and furnish own towel.)

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

Awards: Men & Women.

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

# 1983

CANTERBURY GREEN'S MUSCULAR DYSTROPHY LOVE RUN

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY/STATE/ZIP \_\_\_\_\_

T-SHIRT SIZE: Small \_\_\_ Medium \_\_\_ Large \_\_\_ X-Large \_\_\_

In consideration of your accepting my entry, I do hereby for myself, my heirs, executors, administrators, and assignees, release and discharge Muscular Dystrophy and Canterbury Green for any and all damages which may be sustained and suffered by me in connection with my association with or entry or participation in the Canterbury Green's Muscular Dystrophy Love Run.

Signature \_\_\_\_\_

(Parent or guardian if under 18)

Date \_\_\_\_\_

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

# Turtle Days results

\*Fort Wayne Track Club Members

Only

Place	Name	Overall Time
by Age	Finish	

## MEN

### 14 and under

2	Stanton Florea	51	39:16
6	Bobby Wiersma	262	54:31

### 15-19

1	Jeff Beam	2	34:01
5	Matt Ebersole	38	39:05

### 20-24

1	Jerry Williams	1	33:38
2	Ken Babcock	3	34:19
3	Mike Bultemeier	5	34:28
7	Tim Dowman	9	35:10
8	Robin Schmidt	17	36:17
10	Wayne Johnson	21	36:48
11	David Geiger	48	39:06
12	Gary Beam	56	39:43
19	David Visti	174	46:57
21	Scott Stucky	221	50:51
24	Ken Votaw	230	55:45

### 25-29

1	Vincent Garcia	4	34:26
2	Doug Sundling	10	35:34
3	Terry Diller	12	35:43
4	Jim Anderson	13	35:55
5	Kenneth King	19	36:42
9	Tony Gatton	34	37:50
16	Thomas Wagner	100	42:41
17	James Beeson	117	43:41
18	Doug Shively	134	44:50
23	Don Greulich	218	50:29
29	Bob Harris	238	52:37
34	Mark Andrews	288	56:09

### 30-34

1	Phil Suelzer	11	35:39
2	Michael Glasper	14	36:01
3	Tim Fleming	15	36:13
4	Mike Robbins	22	36:49
5	John Treleaven	28	37:22
6	David Hockley	31	37:42
7	Norm Spitzig	44	38:40
9	Rick Reitzug	46	38:47
12	Jerry Mazock	59	39:53
13	Phil Shafer	60	39:54
15	Dan Standiford	72	40:53
18	Bruce Barton	92	42:14
19	Tom Archbold	93	42:15
20	Dave Winters	94	42:19

21	Dewey Culbertson	96	42:24
22	Greg Fahl	99	42:38
23	Gary Lane	101	42:43
24	Steve Sherburne	119	43:45
25	Mark Coates	133	44:49
30	Nike Pleus	165	46:28
33	George Kirby	173	46:55
34	Phil Kenwert	176	47:05
39	Dan Ormsby	231	51:33
40	David Kistler	234	51:53
41	Joe Hilger	244	53:09

### 35-39

1	Todd Rigelman	24	36:56
2	Art Obregon	42	38:29
5	John Ferguson	63	40:08
7	Steve Adkison	85	41:50
3	John LeFever	98	42:35
9	Nike Byerley	110	43:14
10	Bruce Koeneman	116	43:36
14	Robert Crawcock	131	44:31
15	John Bloom	146	45:39
16	Phil Luttman	151	46:00
13	John Stachera	162	46:22
21	Wayne Filichowski	178	47:09
22	David Bartolini	180	47:24
24	Dennis Flennery	192	48:30
26	Ken Roehrs	201	48:53
31	Ken Hendricks	219	50:31
33	Doug Horendeen	225	51:10
35	Carl Fields	254	53:37
36	Robert Wiersma	263	54:32
37	Jim Deitle	279	55:38

### 40-44

1	Jerry Perkins	26	37:03
2	Larry Averbek	27	37:15
3	Jack Dyer	33	37:43
4	Fred Ross	36	37:55
5	Woody Barker	37	37:56
7	David Baylan	84	41:39
3	Tom Felger	113	43:22
9	Tom Finan	122	43:51
10	Ken Clark	125	44:03
11	Robert Gearhart	139	45:03
13	John Barbier	159	46:14
14	Pete Case	163	46:39
15	Joe Vachon	170	46:44
16	David Butler	188	48:11
18	Jim Martin	222	51:00
19	Larry Yant	223	51:26
20	William Foley	229	51:29
21	Bruce Kotchey	237	52:27
27	Doug Pooler	306	60:10

### 45-49

1	Bill Schmidt	25	36:57
2	Donald Peaks	54	39:42
3	Craig Miller	58	39:47
4	Joe Zeigler	83	41:37
6	Robert Gensheimer	97	42:32
10	Tom Liebrich	142	45:15
12	Ron Johnson	198	48:52
13	Joe Brooks	215	50:13

### 50-59

1	Mike Kast	41	38:13
2	Myron Meyer	62	40:07
3	Bernie Huesing	88	41:56
4	Terry Gautsch	126	44:04
5	Vern Chovan	132	44:37
7	Ian Rolland	147	45:41

8	Eugene Striggle	163	46:23
9	John Hilker	164	46:25
10	Jack Goble	184	47:41
11	Paul Snyder	203	49:02
12	John Edris	211	49:55
13	Roger Phillips	281	55:49
14	Alfred Moore	287	56:07
15	Claude Keller	292	56:33

### 60 and over

1	Al Gumbert	257	53:55
2	Chet Fleetwood	275	55:22
3	David Cox	291	56:30

### Cruiserweight

1	Kenny Wolfe	87	41:55
3	Dick Duke	136	44:57

### Women

#### 14 and under

2	J'nise Ramsey	252	53:29
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#### 15-19

6	Lisa Daniels	266	54:56
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#### 20-25

4	Judy Tillapaugh	111	43:15
5	Trina Chapman	120	43:49

#### 26-31

1	Mary T. Connolly	76	41:08
2	Theresa Ehrman	79	41:18
3	Phyllis Suelzer	114	43:25
4	Deb Kukelhan	129	44:22
5	Rose M. Koczergo	149	45:44
6	Sandy Mort	154	46:09
8	Julie Manger	191	48:29
9	Sally Bork	224	51:04
10	Eunice Weis	232	51:34
11	Nancy Bittner	247	53:19
12	Sue Sipes	270	55:12
13	Judy Viktorowicz	284	56:00
15	Ann Linson	310	61:51
17	Kim Stairs	323	67:14

#### 32-39

1	Betty Hite Nelson	75	40:58
3	Marsha Schmidt	200	48:55
4	Roseann Simmons	206	49:16
5	Patti Fleming	207	49:27
7	Brenda Wolfe	250	53:24
9	Debbie Friedrich	300	58:55
11	Linda Daniels	327	69:58

#### 40 and over

1	Janis Greene	235	51:54
2	Bonnie Taylor	312	62:26
3	M. Gensheimer	335	73:28
4	Tess Nachlan	336	74:38
5	Doris Snyder	337	75:32
6	Sharon Pauley	338	83:35

#### Editor's Note:

There was a great deal of excitement at the turn-around by the lake when local residents thought they had spotted Oscar the famous Beast of Busco. In reality, the Beast was only Dewey Slough who is quite often confused with other slow moving objects.

Dewey failed to make the proper turn at the lake and was last seen moving in the direction of Columbia City, perhaps in time to finish the Old Settlers Day 10K.

# Minutes of Board Meeting

By MARSHA SCHMIDT, Secretary

The Fort Wayne Track Club Board Meeting was held June 26, 1983 at the home of Terry Shipley. The meeting was opened by comments from John Treleaven, President, regarding the 'direction' the Club is moving and the future of the Club.

Tom Wagner, with a local accounting firm which had audited the Treasury Records, was present and presented several ideas to be utilized as guidelines in the future.

1. Utilize cash receipt forms for contributions, equipment rental, etc.
2. All checks in the amount of \$500 and over must be signed by the treasurer and one other officer.
3. Use of budgeting system for financial support of the Club.
4. Move toward prepayments of rental equipment.

The merits of these suggestions were discussed and it was noted that the four items would be considered as a means to better control the funds in the treasury.

Bill Sohaski and Bill Schwarz indicated that the Fort Wayne Junior Olympic Track Team participated in the Regional Meet on Saturday, June 25 and all participants had qualified for the State Meet to be held July 9.

Don Goldner indicated he is working on the Home Loan 10,000 and everything is progressing satisfactorily. It was decided that the 8 mile-2 man relay event would be held some time in September and correspond with the election of officers. John McMillian is to be contacted regarding this event and the exact date will be decided in the near future.

Bill Schmidt reported on the annual Charity Race which this year will be held on Saturday, August 20. After a brief comment regarding the undecided future of the Track Hall of Fame, it was voted that the recipient of the charity event for 1983 be Daybreak Child Abuse Center.

Discussion was held regarding the future of the Track Club for 1984. It was decided by the Board that a questionnaire be distributed to track club members at the Arby's Race in August. This questionnaire will have questions pertinent to the future of the track club. Dan Kaufman, Mike Robbins and Mike Kast will be responsible for compiling this questionnaire for distribution. The same questionnaire will be included in the Inside Track for those members who will not be attending the Arby's 5 mile race in August.

The Treasurer's Report was read by Terry Shipley. Phil Shaefer reported that there are approximately 650 mailings for The Inside Track and that memberships seem to be stable. It was decided that billings for advertisements be mailed quarterly and possibly future follow-up with some advertisers might be necessary if payments are not received in a timely manner.

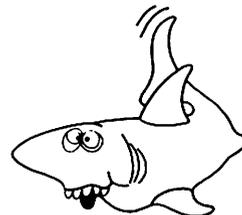
The idea of a new age class for females 14 years old and younger was discussed. The analysis of these age classes will be reviewed after the Home Loan 10,000 when there is a larger group of point races completed. The results of this analysis will be forwarded to the new Board.

The next Board Meeting will be held July 31, at 7:00 at the home of Mike Robbins, 7623 Sunderland. The meeting was adjourned.



(PENTWATER - Continued from page 5)

It's noon and time to pack up and head for civilization. A.J. is still calling me a shark for beating her out of the water. If only this triathlon was a 13 mile swim and a 1 mile run!



Joan was a perfect hostess and trainer. We are rested and tired. The lake seems to have a calming effect. The Pentwater cabin called "Tuckaway" couldn't have been more perfect. The vacation here was good for not only the body but also the soul.





# Foot Locker

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# Turtle Days

by MICHAEL GLASPER

Turtle Days 10K, just another small town race, or so I thought.

I awoke Saturday to a warm and humid day and wondered what happened to the cold front I wished for. I had been told that heat could turn this course into a real nightmare due to the lack of shade. I have run races before in the heat and had 'died' on the course, the last one being the Homestead 25K where I came the closest to dropping out of a race. So I wasn't looking forward to trying to run a hard 10K, but this was a FWTC points race and I'm intent on proving that you don't need common sense to be a runner. After this race I had another case to prove my point.

I arrived at the race site and picked up my registration package. Jim Anderson was there and we warmed up together, running the last mile and a half of the course. We talked about his training for the 3 Rivers Triathlon which he felt was on schedule. I wondered to myself how anyone could feel anything but total exhaustion just maintaining his training levels. Also I noticed that the course finished with a few small hills and would be into the wind.

The start of the race went smoothly and I was feeling loose. I was able to hold my planned pace for the first 3 miles. At this time, I would like to introduce Tim Fleming. I first met him in February of this year when he, Don Lindley and I rode with Myron Meyer to Carmel to run the Sam Costa Half - Marathon. For all of you who have never had the pleasure of racing with Tim, you are the poorer. I wonder what the spectators and the runners around him who don't know him think of this madman who waves and exchanges pleasantries with the spectators and talks to anyone who happens to be running along beside him. I noticed one runner who was a little unnerved. About one and a half miles into the race I hear Tim, about 10 yards behind me talking to someone when he suddenly yells to me that he sees me. When I yelled back to acknowledge him, I notice this guy next to me giving me a quizzical look. It seemed he was wondering about these 'crazies' and if maybe he should find someone else to run with. Soon after he fell back and I did not see him again.

The course has a stretch that you run twice, just before and after you run by the lake which marks the halfway point. It allows me to see a lot of people in a race that I wouldn't otherwise see. I like it and call out to those I know. The last two miles I was just trying to hold on. The heat and the wind combined to wear me down. I was not alone though, as the people ahead of me were not pulling away. I finished 14th overall and 2nd in my age group 30 - 34 with a time of 36:01 and was satisfied with the day's efforts.

Although the course is relatively flat, it has enough small hills and several turns which combined, with the heat and wind in your face over the last half of the course, to make this a challenging race. The course seems to constantly attack you, forcing you to change gears and give you something different to think about. On a cool day, I could enjoy this course. With the day's conditions everyone would be pleased with their efforts.

Jerry Williams won the men's race with a time of 33:38.6 followed by Jeff Beam in 34:01.9. Jerry was winning a race for the second consecutive weekend while Jeff was following up on his win at the Hilly 4.



The women's race was closely contested with Valerie Konger barely edging Betty Hite Nelson. Valerie finished in 40:57.5 and Betty in 40:58.9. I understand that this was Valerie's first race while Betty was coming off a series of three marathons in five weeks, the last one being in Stockholm, Sweden.

Another runner I want to mention is Phil Shafer who broke 40 minutes with a 39:54.4. One of the Wednesday night fun runners at Foster Park, Phil is a guy whose sense of humor makes him a joy to run with and I'm glad to see him coming back to the 30's in the 10K. Keep it up, Phil. I think your running style looks fine, so just ignore Lindley.



Having run this race, I look forward to next year. Larry Shively should be highly commended for putting on a class race. He was well prepared for the weather, having three well-supplied aid stations on the course and plenty of refreshments at the finish. The awards ceremony took place in a timely manner and the awards themselves were very nice. I see now why the Fort Wayne Track Club wanted to make this race a part of our schedule. Well done. I would be remiss if I did not also thank all those who helped Larry put on this race. Without people like you, people like me would not be able to race. Thanks. See you on the road.

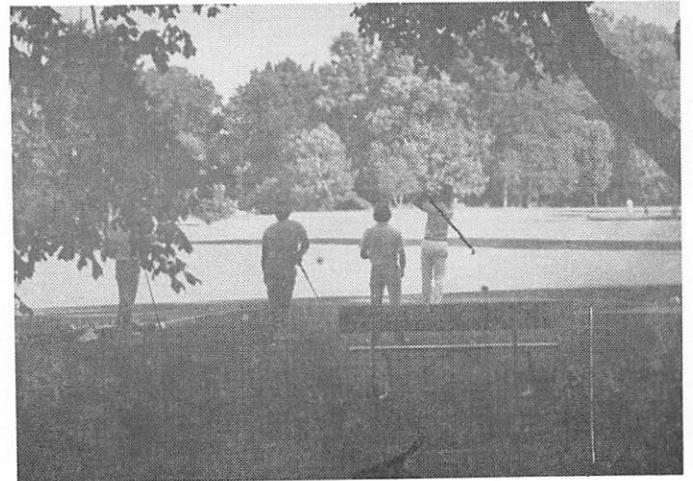
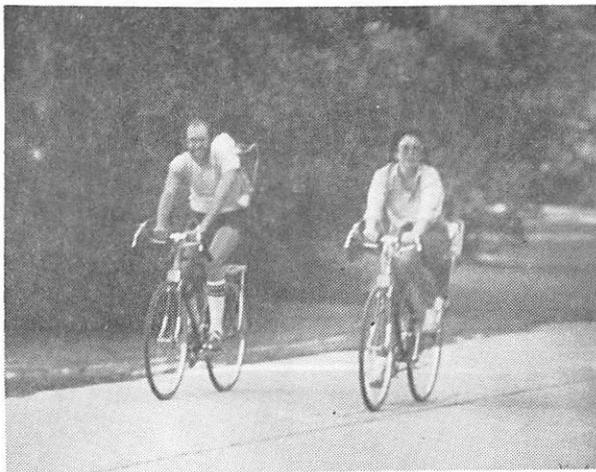
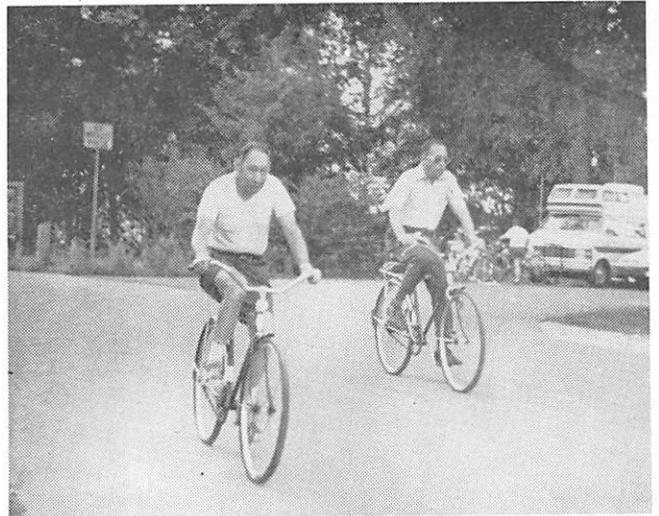
MAYBE I CAN'T  
RUN SUB-40 10K'S.  
BUT CAN SHAFER  
OR FLEMING DO  
ROPE TRICKS?



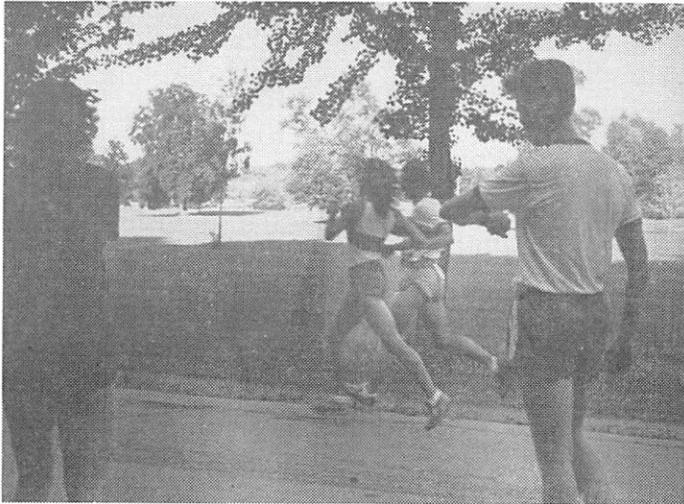
# Wednesday night fun run

SHARE FOSTER PARK WITH

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- ..... a golfer
- ..... a skater
- ..... a walker
- ..... a tennis player
- ..... a volleyball player
- ..... a jogger
- ..... a runner
- ..... a friend



# Special Feature



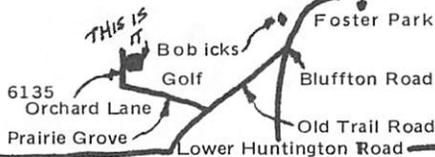


## Training

by MIKE ROBBINS

# Can foot-pounding cause brain damage?

For a great discovery, follow this map to Jerry Mazock's house on August 6th.



**BOTH Bud and Falstaff will be served to avoid any picketing or demonstrations!**



Running has often been described as a positive addiction - positive because of the assumed value it has for the individual's mental and physical health; though an addiction nonetheless. But, can runners become mesmerized and possibly injured physically and psychically as a result of this addictive effect?

It seems easy for many runners to fall into the habit of maintaining a workout schedule regardless of the effects. Certainly, the discipline and training necessary to accomplish goals is admirable; but at what cost? Runners need to continually evaluate their attitudes toward their sport. What should be a rewarding, expanding, uplifting experience can become depressive and destructive. The workaholic can always be spotted and his or her faults enumerated. Can the run-aholic spot the same tendencies? When a schedule or a workout must be completed regardless of the obvious negative consequences, running has become destructive. When the runner is constantly tired or ill-tempered, rest is called for. When the runner is most afraid that missing one workout will spoil the next race, rest is essential. The basic question remains, do you control your running or does it control you?

It is my conviction that the role rest should play in a training program (particularly among runners with work and family responsibilities) will be documented and emphasized in future research. As a former smoker I know what it is like to year after year tell people "I can quit any time I want to, I just enjoy it too much," and then fail at every attempt to stop. Runners who insist on pushing and pushing, perhaps even after repeated injury problems, are in that same boat. "I could train differently if I wanted but this is best for me." This is part of the process Ron Gunn warned against a couple of award banquets ago - the danger of runners becoming vegetable heads. Has a garden been planted in your schedule? A "vacation" may be a cure.

# The Hilly 4

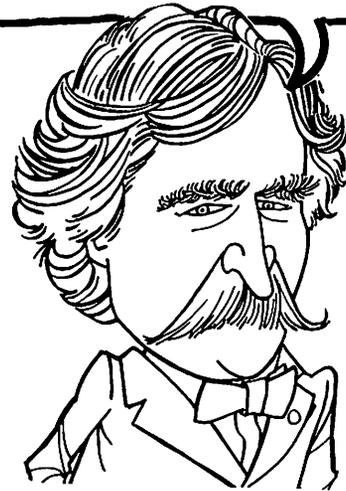
by JACK DYER

June 18th was a warm, humid morning with a modest wind. The conditions weren't ideal for racing and when added to the all too familiar hills of Homestead and the tough distance of only four miles, the race proved to be a real challenge to many of us. During the second and third miles, I began to wonder how long it really takes to recover from a marathon. The race was again under the supervision of John Treleven and was superbly managed. Thank you John and staff.

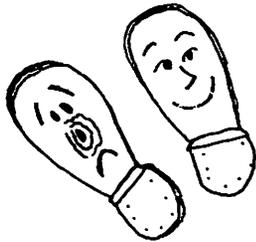
The Hilly Four turned out to have the closest and most exciting finish of the year. Jeff Beam outspinted Mark Herndon to win by one second in 21:06. Connie Everage was the women's over-all winner.

When asked to write this article, I decided to take the author's prerogative and put in a plug for the 'over the hill gang' - the masters. Since joining the over 40 group, I have learned (the hard way) that we have a very strong group of older runners in the FWTC. At the Hilly Four I had my usual vantage point looking ahead to to see Jerry Perkins and Larry Averbeck finish strongly in first and second respectively. I've become an authority in analyzing Larry's run-

*The Hilly 4 - It has its ups & downs, but it's a fairly nice course.*



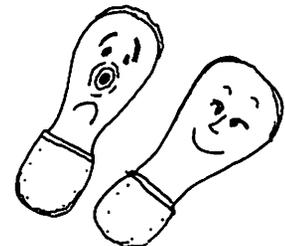
ning from behind this year. Bill Schmidt again ran well to place first in the 45 - 50 age group. Perhaps the most consistent winner and one of the strongest masters on an area - wide basis is Joan Goldner, who again won handily. Everyone is aware of our super masters, Myron Myer, Mike Kast and Al Gumbert. Many other masters ran a good race. Altogether, it's a group of which the FWTC can be proud.



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Closed Monday

## Jr. Olympics program in retrospect

by JOHN SCHWARZE

On July 9, the Fort Wayne Track Club Junior Olympic Team participated in the state competition in Indianapolis. We had one National Qualifier - Tracy Sohaski in the triple jump, 1500 and 3000M. Nicki Frisby, Jodi Ziegler and Sally Jinks were Region 6 qualifiers in the 1500. Other Region 6 qualifiers were Stan Florea and Alma Ojeda in the 3000 meter, Chris Schilling and Jodi Ziegler in the 800, Amy Clay and Kelly Kroells in the 400, and the 1600 relay team of Stephanie Turner, Nicki Frisby, Alma Ojeda, and Jackie Hoevel. Other finalists, whose events are not eligible for region competition included Beth Kroells and Mike Lindley in the 400 and Jennifer Schwarze in the 3000.

Our track club sponsored and developed the team for the primary purposes of fostering an interest in running and instilling the spirit of friendly competition among our youngsters. I feel that we accomplished our goal. We took 22 youngsters to the sectional meet in Huntington on June 25, and all 22 qualified for State. I would like to mention that the sectional meet was very well organized by Don Cotton, from Huntington. And I would like to express my appreciation to all of the parents and in particular to Don Lindley and Mary Helen and Bill Sohaski. Without their assistance and the assistance of the parents of the runners, I doubt if this program would have gotten off the ground.

On July 9 we went to the State Meet. We found a fine quality of talent in the runners from other sections of the state. Unfortunately, the meet was not organized well. To put it quite plainly, the organization of the AAU meet was an absolute sham! It was one of the worst organizational messes that I have ever seen.

The question is, where do we go from here? I feel that we have started something of benefit for the younger members of our club. To serve their needs, there should be a selection of events - road races, track and field events, and cross country.

I am therefore proposing the following:

A youth points system consisting of 5 or 6 track and field meets to be held on Sunday evenings at a local middle school

track with the following age groups:

- 10 & under (both boys and girls)
- 11 & 12
- 13 & 14
- 15 & 16

The following events:

- 100M
- 200M
- 400M
- 800M
- 1600M
- 3200M
- Long jump
- Shot put
- Discus

The guidelines should be limited to a maximum number of 4 events, with a maximum of 3 running events. 5 points would be given for each first place, 4 for each second, 3 for third, 2 for fourth, and 1 for fifth. In the Fall, two cross country meets would be included in the points system. The total points would then be included in the age group awards ceremony at the end of the year. In the summer, if the participants wish, we could compete in a statewide competition. However, it should be an organized event. From what I have observed, I personally have very little confidence in the TAC and the AAU.

The comments of the membership are welcomed.

The eleven FWTC runners who have qualified for the regional meet in Cleveland on July 16 & 17 are:

Chris Schilling (9 & 10)	800M	2:52
Stan Florea (13 & 14)	3200M	10:32
Kelly Kroells (9 & 10)	400M	1:20
Amy Clay (11 & 12)	400M	1:18
Jodi Ziegler (9 & 10)	800M	3:00
Jodi Ziegler (9 & 10)	1500M	6:12
Sally Jinks (11 & 12)	1500M	5:32
Niki Frisby (13 & 14)	1500M	5:36.8
Tracy Sohaski (15 & 16)	1500M	5:38.5
Alma Ojeda (13 & 14)	3200M	11:59
Tracy Sohaski (15 & 16)	3200M	13:09
Ojeda-Gray-Hoevel-Frisby	1600M relay	5:02

Those too young to advance but who did well were Jennifer Schwarze who finished 1st in the 3200 in 15:20 and Beth Kroells who finished 2nd in the 400M run, Mike Lindley finished 5th in the 400M.

### TWENTY-TWO QUALIFY FOR STATE MEET

Twenty-two runners from the Fort Wayne Track Club qualified for the State Meet. The Junior Olympic Sectional Meet was held in Huntington on Saturday, June 25. The first five finishers in each event advanced to the State level. Those who qualified in Indianapolis go to Regionals in Cleveland. The National finals will be held in South Bend at Notre Dame.

Fort Wayne Track Club Qualifiers:

#### BOYS

Event	Age	Name	Time
100M		None	
200M	8 & u.	Mike Lindley	40.4
	9 - 10	Ryan Immel	39.7
400M	8 & u.	Mike Lindley	1:25.5
	9 - 10	Kris Kleeberg	1:23
		Ryan Hoevel	1:34
800M	9 - 10	Alex Ojeda	2:51
		Chris Shilling	2:55
	13-14	Stan Florea	2:27.4
1500M	10 & u.	Jim Schwarze	6:18
		Kris Kleeberg	6:26
		Ryan Werling	6:26.1
	11-12	Brian Lindley	6:28
	13-14	John Schwarze	5:14.4
3000M	13-14	Stan Florea	10:58
		Troy Fry	11:18
		Jon Miller	11:42
	15-16	Rich Braun	12:39
1600M Relay			
	13-14	Braun-Fry-Miller-Florea	4:59

#### GIRLS

100M	8 & u.	Beth Kroells	18.93
	9-10	Kelly Kroells	15.95
200M	8 & u.	Beth Kroells	45.1
400M	8 & u.	Beth Kroells	1:33.7
	9-10	Kelly Kroells	1:21.7
	11-12	Amy Clay	1:14.5
	13-14	Niki Frisby	1:06.5
800M	9-10	Jodi Ziegler	3:12
	11-12	Amy Clay	2:53.9
1500M	10 & u.	Jodi Ziegler	6:22
	11-12	Sally Jinks	5:45
	13-14	Niki Frisby	5:37
		Jackie Hoevel	5:40
	15-16	Tracy Sohaski	5:26.5
3000M	11-12	Jennifer Schwarze	13:50
	13-14	Alma Ojeda	11:36
	15-16	Tracy Sohaski	12:39
1600M Relay			
	13-14	Ojeda-Gray-Hoevel-Frisby	4:57

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



# Foot Locker



## 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 FEE IS \$1.00

### 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

### 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 \_\_\_\_\_

# Running shoes and other oddities

by RANDY LOONEY

My running friend, B. W. Moosepoop, has asked me to write an article for him since he is on vacation. This is not an assignment I relish, since so many things about running seem strange to me.

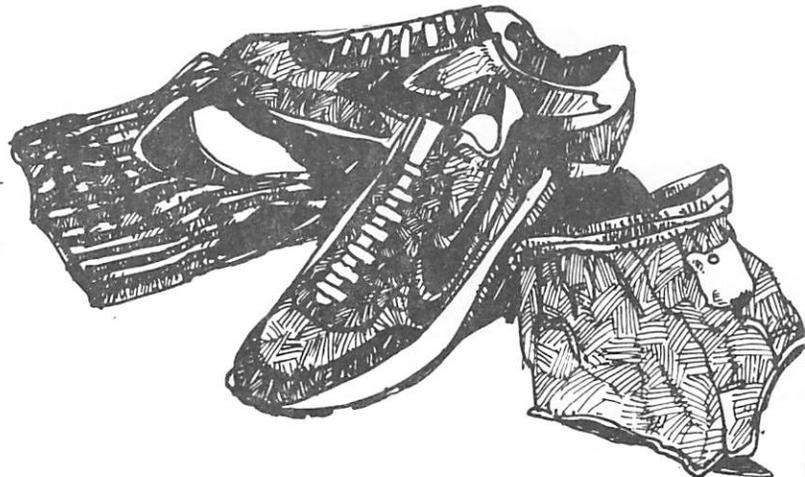
Why do runners run so many five kilometer and ten kilometer races and then try to determine their per-mile pace? Why not run races in miles or figure pace in kilometers? Is this calculation part of the discipline of running?

Why run races in miles or kilometers? Why measure the distance at all? Runners seem to think theirs' is such a pure sport. Why not just run from here to there? Why not, "I'll race you to that big tree at the end of the parking lot by the such - and - such school and back"? Isn't the object to see who can cover the distance, whatever it is, the fastest? Why must everything be so precise and runners so upset when it isn't? Would they have fared differently had the race been 1/10 of a mile different in length?

And what about running shoes? Why are so many of them blue? Sure, some are gray or burgandy or a blend of blue, but why not, say, yellow? There are yellow tennis balls. And yellow golf balls. There's even yellow cake - but no yellow running shoes! Reflective, yellow shoes could even help night runners.

From what I've been told, running shoes are like houses and cars - they just don't make them to last like they used to. If they can send men to the moon to eat out of toothpaste tubes, why can't they make running shoes which last as long as the shoe strings? Or, at least give a runner the option of buying stringless shoes - say, yellow stringless shoes. Every runner I know has a whole closet full of old, perfectly useable shoe strings.

Perhaps, the strangest thing about runners is their fascination with tee shirts. Seemingly well-adjusted adult runners of all ages will endure almost no end of hardship for a \$3.00 tee shirt. If it is a long sleeve tee shirt, no price is too expensive. Pain, fatigue, exhaustion, deprivation don't matter - just let them have their tee shirts. If I ever wanted to take over the world, I would just convince enough people of the wonders of running and then hold a huge race where I promised the best quality long sleeve tee shirts and trophies to the first 10,000 people in every age group and consolation prizes to the others and beer and soft drinks and .....



## FWTC Questionnaire

The board of the FWTC would like you to take a moment and complete this questionnaire. Our desire is to obtain a better understanding of the concerns and needs of our members. We will analyze the results in an effort to operate your club in a manner which best serves the members' needs. Questionnaires will occasionally be available at selected FWTC races. Thank you for your help in this effort.

1. Name: \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ M \_\_\_\_\_ F  
(Optional)

2. How many years have you been a member of the FWTC?  1-2  3-4  5 or more

3. How many years have you been running?  1-2  3-4  5-6  7 or more

4. Occupation \_\_\_\_\_

5. How do you perceive the FWTC's operation?  
 too casual  just about right  in need of revision  too professional

6. How well do you feel the FWTC meets your needs as a runner?  
 excellent  good  fair  poor

7. How well do you feel the FWTC meets the needs of most runners?  
 excellent  good  fair  poor

8. If the FWTC needed to increase its operating income, would you favor:  
 increasing annual dues  minimum race entry fees for members  both

9. Do you consider the current annual dues:  high  low  just right

10. Would you be willing to assist with a FWTC race or other function in lieu of increased dues?  
 yes  no, would rather just pay and run

11. How would you rate the "The Inside Track"?  excellent  good  fair  poor

12. Would you agree to more advertising in the newsletter?  yes  no

13. If you represent a business would you consider advertising in the newsletter?  yes  no  
 no opinion

14. Is the race schedule varied enough to suit your needs?  
 just about right  too many short races  too many long races

15. Would you prefer more or fewer points races?  more  fewer

16. Do you think the points system adequately fulfills its purpose?  
 yes  no

17. Would you consider attending occasional open club meets?  
 yes  no  maybe

18. Would you prefer the annual awards banquet be catered or remain a potluck?  
 catered  potluck

Please include any additional comments or concerns in the space below. Return the questionnaire to:  
FWTC, P.O. Box 11703, Fort Wayne, IN 46860

10 MUNCIE ENDURATHON-Prairie Creek Reservoir, Muncie, IN - 8:00 a.m. - Paul Porter 317-284-6338

10 GRAPE STOMP 10K - Berrien 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

10 HEARTLAND BIKE RACE 50K Montpelier, IN - 3:00 p.m. Randy Brown 317-728-5191

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

17 TIPPECANOE MALL 10K CLASSIC Lafayette, IN - 8:00 a.m. Denise Schenck 317-447-1416

18 MIDWEST TRIATHLON FOR MDA RUN 15 K - Monticello to Purdue - Peter Wallace 317-743-5877

18 MOVING COMFORT WOMEN'S RUN 5K - St. Mary's College South Bend - 1:00 p.m. - Athletic Annex - 219-272-7565

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

24 APPLE FESTIVAL 10K - Niles MI - Athletic Annex 219-272-7565

25 OAKLAWN RUNS 20K & 5K Elkhart, IN (Oaklawn Mental Health Center - 12:00 noon

25 RUN JANE RUN 5K & 10K - Tah-Cum-Wah Rec. Center, Fort Wayne - 9:00 a.m. - Women's Bureau 219-424-7977



## RRCA SANCTION GUIDELINES

What does it mean when you see the RRCA Sanctioned logo on a race ad?

Here are the guidelines for that race as set up by the Road Runners Club of America.

**Sanctioned**

**Non-championship course accuracy:** Courses must be measured accurately. Preferably, the official RRCA certification process should be completed (in order for any records set on the course to be accepted, the process must be completed). It is recommended that no course be measured by an automobile. The method of measurement should be made clear on an entry blank or schedule.

**Entry fees:** Entry fees shall be reasonable for what the runners will receive.

**Heat, weather, etc.:** Races held during the warm part of the year should be kept short and scheduled for the coolest part of the day.

**Medical assistance:** Race directors should provide adequate medical assistance for the size of the event. Small local races are urged to have a local hospital emergency room informed of the event and to take other appropriate measures. Larger events are encouraged to have on-site medical personnel.

**Facilities:** There must be an adequate number of toilets for both men and women. An indoor place for changing and showering is desirable, but not mandatory.

**Pre-race publicity:** Announcements about your race should accurately outline what the runners can expect - entry ceilings, awards, divisions, cutoff in recording times/finishers, fees, splits, aid stations, etc.

**Course marking:** Whenever possible courses should be marked with directional arrows along the route with sentries at key points. The sentries should be well informed of their responsibilities.

**Traffic control:** The safety of the competitors from traffic is a primary concern. Whenever possible an attempt should be made to close roads for major races. Otherwise sentries should be informed of the need for traffic control.

**Aid stations:** Particularly during warm weather, aid stations should occur every 2-3 miles in races over 5 miles in length. Water should be provided with an electrolyte replacement drink as an option. Wet sponges are recommended.

**Compiling results:** It is recommended that each entrant should receive his/her time and finish place in races (fun runs excluded), in a reasonable time after the event. If, due to the size of the field, this is not possible, a large digital clock should be placed at the finish to enable finishers to record their times themselves. Furthermore, pre-race publicity should state how many times will be recorded.

**Divisions:** The inclusion of Men's, Women's and Masters (over 40) is recommended (except in races specifically advertised as being held for one of these groups, i.e., an all woman's race). Divisions into 10 or 5 year age groups should be left up to the discretion of the race director, depending on the number of competitors registered for each division, or expected to compete in each division.

**Splits:** It is recommended that intermediate splits be given to runners along the course. Splits at one mile and halfway are recommended.

**Awards:** Awards should be somewhat proportional to the entry fee and must be distributed among the age and sex categories advertised.

**Insurance:** All RRCA championship events must carry RRCA race liability insurance.

**Eligibility:** RRCA sanctioned races must be open to all RRCA members.

**Miscellaneous:** These following points are suggested:

- a. Start on time;
- b. Qualified race director for big races;
- c. Full financial disclosure (books open for inspection); and
- d. Reliable finish line systems.

Detailed information on all these points can be found in the RRCA handbook.

## President's Message

by JOHN TRELEAVEN

Let me begin by thanking some people who have done fine jobs as race directors over the past few months. Let's start back with the marathon, another fine job by Larry Lee and TV - 33. This was followed closely by the Pepsi Challenge, another well-run Charlie Brandt race. In June we had the Hilly Four and the Turtle Days, both of which came off without a problem. Larry Shively did a fine job with Turtle Days in its first year as a points race. Since I was the race director of the Hilly Four I will only say that it is my goal to keep it a low key and free race to Track Club members. There is still a definite need for this kind of race in the Club. If you happen to see one of the above people, let them know how you felt about their race. A race director's job is a thankless one that can be made a little more bearable by a kind word from the members.

There has been a rumor going around the Club that the points system will be dropped. This is not true. Alternatives to make point standings more manageable are being looked at and discussed by the board. If anyone has any ideas in this area either myself or any other board member would be more than happy to discuss them with you.

The last point I'd like to discuss is the upcoming elections in September. This year they will be held in conjunction with the 8 mile/ 2 person relay at Foster Park. The goal is to try to increase member participation in the elections. We will have a picnic and other fun runs in addition to the main event. This will be a great chance to bring the whole family out to meet other members and take part in the elections. Final details will be in the September newsletter. The date is September 18, so make a note on your calendar. A good time will be had by all.

# You don't have to be rich...

To attend the 1983 FWTC Picnic - Elections -  
& Fun Run

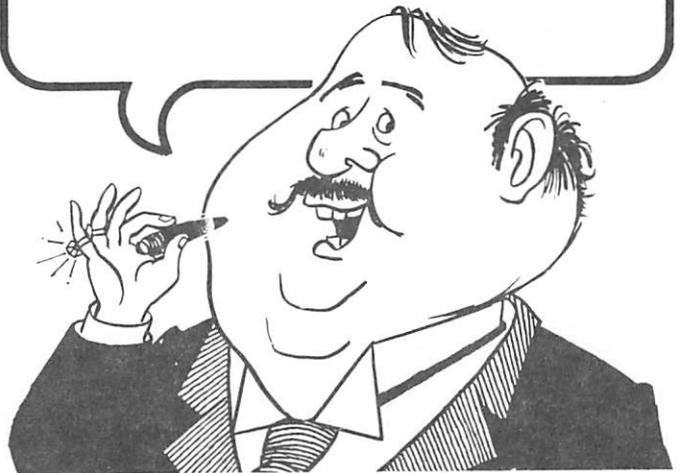
8 mile x 2 person Relay  
(Main Event)

September 18 at Foster Park  
2:00 p.m.

Fun for the whole family.

Watch the September issue of The Inside  
Track for details.

Be there. Aloha!



# Last and least

IF YOU AREN'T ROWING, THEN DON'T ROCK THE BOAT!

by JIM DUPONT, Editor

Tim Fleming, in his article this month on the Fort Loucks 10K, "The Ultimate Complaint Free - Race," has put together a zany plan that is designed to prevent gunbbling of any kind by the participants of the run. If this were a serious race, and it did take place, I would still be willing to bet my Jesse Owen autograph-ed picture that somebody would still find some nit-picking thing about which to gripe. Complaining is the life of some people.

Some of the whining about races is legitimate and people have a right to express their displeasure when an obvious mistake occurs. However, most of the "beefs" are petty and are brought about by irrational and prejudiced thinking.

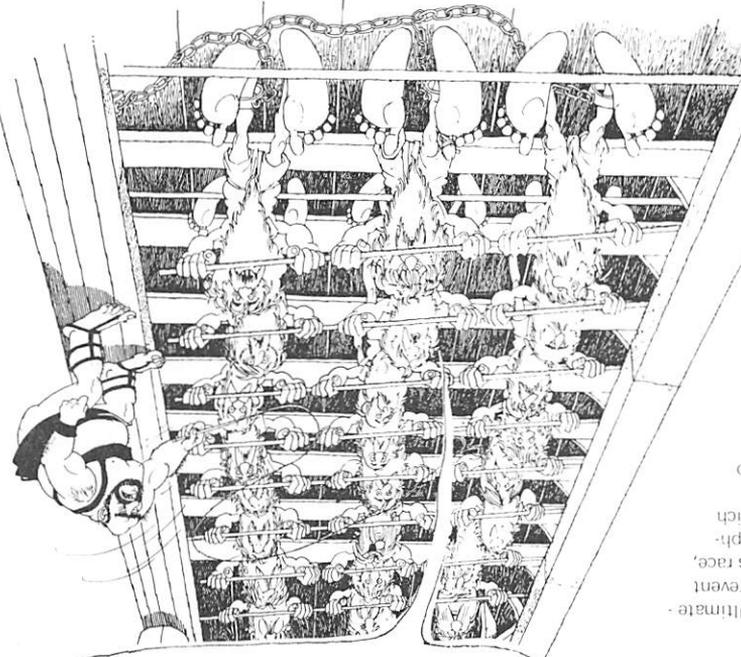
The one great common characteristic of chronic complainers that this editor has observed is that most of these people are people who have never contributed any time or energy themselves in helping to run a race. They are content to let others do all the work and have all the responsibility while they stand back and loudly voice their grievance over any detail not 100% to their liking.

They never put themselves in a position where they themselves can be the recipient of complaints. The wise old saying that I read on the back of a sugar package says it best: "The only people who have time to rock the boat are those who are not busy rowing it."

These complaints fall into three broad categories:

1. "I didn't get a trophy." People who had a good run that day, rarely complain. People who, for some reason, did not run well, look for any type of excuse rather than accept the responsibility for their own poor showing. The aid stations weren't doing their job, the police protection was poor, the race director was a jerk, the timers were inaccurate, the people who pick up paper cups got in my way, are typical scape goat excuses.
2. "The age divisions were not fair." Therefore, "I didn't get a trophy."
3. "I didn't get any recognition." There is a great deal of jealousy of anyone who runs better than they do and therefore get more recognition. Why shouldn't the front runners get better recognition? They have paid the price and are worthy of it.

What it boils down to is the fact that many of these complainers are running for the wrong reasons. They are far too serious and ego-conscious. These people should take a lesson from Sharon Fauley, a runner who has a great outlook and philosophy about running. Every race that she completes is a hard earned victory. She is not inhibited by such things as point standings, ribbons, trophies, winning or personal recognition. Despite this, she has become one of the most respected runners in the FWTC. Runners recognize and appreciate the dedication and determination that she demonstrates in each run that she enters. Sharon and her family are also regular workers at many of the club races. AND, have you ever heard her complain? NEVER!!!



WHY IS IT THAT THE GUY WHO DOES NONE OF THE WORK, DOES ALL THE COMPLAINING? ???

## SHARE THE ROAD WITH A BICYCLE

The TAC held their 100 mile championship this year in New York City. Stu Mittleman, the defending champ, from Boston had a comfortable lead at the turn-around but was forced to drop out of the race when he was hit by a person on a bicycle. Mittleman was taken off the course after 57 miles some three hours into the competition. Officials had asked cyclists not to be on the course.

By just complaining about it. Be a part of the solution.

The bottom line is this: If you have a complaint, express it, but do your fair share in helping to solve the problem rather than creating more tension.

Even though we have our complainers, runners generally go out of their way to "pick people up rather than put them down." Runners are special people. I have said it before and I'll say it again, "Runners are special people." Runners complain the least and are the greatest at expressing appreciation. Without ques- club are therefore complainers. As a printing instructor, I have to deal with a lot of complaints from a lot of different people and groups. Without ques- We should not assume that all people who do not contribute time to the

# 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

August

- 6 RAIN TREE 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
- 6 RUN AMERICAN STYLE 5 5 M - Marion, IN (YMCA) 9:30 a.m. 317-662-6681
- 6 SOYBEAN SHUFFLE 10K - Fowler, IN - 9:00 a.m. - Jane Laverman 317-884-1845
- 7 WILDERNESS STOMP 6K - South Bend (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 - 19:00 a.m. - Dick Miller 219-982-6919
- 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
- 13 MONROE DAYS 10,000 M RUN - Monroe, IN - 8:00 a.m. - 1 mi fun run 8:15 a.m. - Alan Arnold 219-692-6610
- 13 STATE STREET 10K - St. Joseph, MI - 10:00 a.m. - George Myers 616-982-6118 office - 983-3107 home
- 14\* FOOT LOCKER 5K - Fort Wayne Shoaff Park - 8:00 a.m. Mike Glasper 219-432-8134
- 14 CLUB KOKOMO 5K & 20K - Kokomo, IN (Sycamore Rd & Breezy Lane) 6:00 p.m. - Ricke Stucker 317-457-0352
- 14 PEPSO CHALLENGE 10K - Indianapolis IUPU Track & Field Stadium - 8:30 a.m. - 317-632-3463
- 19 YOGI BEARS JELLYSTONE PARK 5K - Pierceton, IN - 7:30 p.m. - 219-594-2124
- 20 CALL -LEADER GLASS FESTIVAL 10K - Elwood, IN - 8:00 a.m. - Ron Boyland 317-552-3355
- 20 DUNES RUNNING CLUB TRIATHLON 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 PEPSO 10K & WOMEN'S 5K - Bryan, OH (St. Pats School/Athletic Field) 9:00 a.m. EDT - Paul Langevin 419-636-3640
- 27 CONVOY COMMUNITY DAYS 10K - Convoy, OH (Edgewood Park) 9:00 a.m. - Gary Painter - 419-749-2163
- 27\* ARBY'S AND BIG BRO/BIG SIS 5 mile - Fort Wayne Foster Park

- 27 OAKLAWN 5K & 20K - Elkhart 8:00 a.m. - Athletic Annex 219-272-7565
- 27 LAWRENCE COUNTY TRIATHLON Bedford, IN - Maurice Doolittle, 1220 13th St., Bedford, IN 47421
- 27 WATERFRONT PARKS & REC, 7UP 10K - Indianapolis (Major Taylor Velodrome) Linda Koontz 317-241-9195 Jennifer Vorels 317-636-1626
- 27 SEED CITY 10K ROAD RACE 10K downtown Windfall, IN 8:00 a.m. - Ken Gulla 317-945-7146
- 28 GOSHEN ANNEX 5K - Goshen, IN - Athletic Annex 219-534-2863

September

- 3 CANTERBURY GREEN'S MUSCULAR DYSTROPHY "LOVE RUN" - 5 mi & 2 mi - 5:00 p.m. - Canterbury Green Apt. 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
- 3 STROH LIONS CLUB DOUBLE DIP 5K - Stroh, IN - 10:00 a.m. - Jerry Perkins - 219- 351-2426
- 4 LABOR DAY 10K - Upland Lions Park 5:00 p.m. - Ted Wright United Ban, Box 188, Upland, IN 46989 - 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 Wheelchel 317-675-4429

Continued on Page 17

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