

OLD SETTLERS  
DAY 10K

**the inside track**  
NEWSLETTER OF THE FORT WAYNE TRACK CLUB



# THE Inside TRACK

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## 1983 FWTC Race Schedule

### 1983 FWTC POINTS RACE SCHEDULE

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  
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PACE FIRST,  
RACE SECOND



by MIKE ROBBINS

One problem which besets most novice runners and some experienced ones is starting a race too fast. This is a problem everyone faces from time to time but is one which can be controlled for the most part.

Generally, when the pace is too quick at the start, an oxygen debt is developed and lactic acid level begin to rise. The full effect of this process is usually evident somewhere between one-half and two-thirds of the way through a 10K race. "I died" is the standard summation.

The maxim, "pace first, race second," may provide a guide to avoiding this all too frequent occurrence. Runners should monitor their training to whatever extent is necessary to project a reasonable pace over the given race distance. Every effort should then be made to maintain that pace (adjusted for weather conditions, course, state-of-mind, and the like) throughout the race.

Road races are not won in the first mile but may be lost then. Runners who feel compelled to beat all their "competition" from the gun, often falter and succumb to this "death" syndrome. They fail to appreciate the "pace" effect and, generally, defeat themselves. The faltering is a result of insufficient mental rather than physical training.

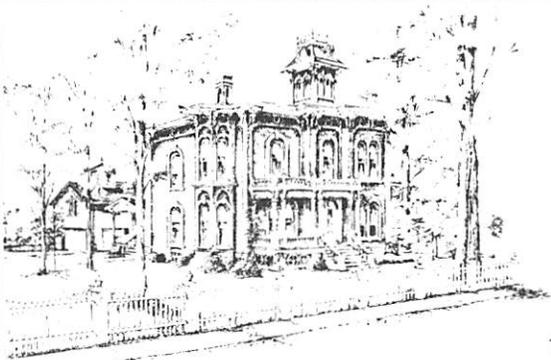
Each runner should begin each race with some idea of anticipated performance. Some predetermination should have been made to establish a realistic goal for the particular race. The goal may be a training purpose or a PR of some specific 5:02 time. In any case, the expected final time should be used to determine the required mile pace. The required mile pace should then be used as a guide for the first mile. The first mile time should not be more than about five seconds at most faster than the expected average. If the time feels comfortable, the remainder of the race is spent maintaining that pace. Thus, for example, if the goal is a 40 minute 10K, a six minute first mile is not stupid, it is suicidal.

As the race develops, if the pace is maintained, surges may be experimented with. It is at those times when the runner may more successfully "race" against the competition. The race may be accelerated or decreased somewhat as the "racing" need demands.

The best way for a runner to achieve this "pacing" attitude is to remember that he or she is always running against his own expectations and goals rather than against any other particular runner. One can be controlled, the other cannot. Training should lend itself to meeting pace requirements. Practice races in which the only goal is to meet exact splits each mile will develop the pace approach.

Determining a realistic goal and then training and racing to achieve it, will develop both mental and physical self-control. This improved self-control will better permit pacing first and racing second.

[ ]



One Mile Run, 5K and 10K Races Run Simultaneously.  
**RACE STARTS AND ENDS AT UNION CITY HIGH SCHOOL**

Entry Fee:  
 \$6.00 (pre-register) 5K and 10K, \$8.00 after September 1st; \$7.00 pre-registered half marathon, \$9.00 after September 1st; \$ .50 one mile fun run.  
 T-shirts to all entrants (except one mile fun run)  
 Divisions:  
 Men and women, 15 and under, 16-19, 20-29, 30-39, 40-49, and over 50.

Sponsored by  
**The Local Yokels and Class of 1984**

**Sunday, September 11**  
**9:00 a.m.**  
**Union City, Michigan**

**Awards:**  
 One night's lodging at the Victorian Villa for male and female winner of half marathon, Trophies to winners of each age division, ribbons to all fun run entrants.

**Course:**  
 One half marathon - mostly flat running; some hills

**Accommodations:**  
 Restrooms, showers after the race at the high school. Post race refreshments to all.  
**Other Events:**  
 Union City's Heritage Day Home Tour will be underway. Runners should keep their numbers for drawings and prizes after the race. Discount coupons will be given in runner's packets.

ENTRY\*\*\*\*\*ENTRY\*\*\*\*\*ENTRY\*\*\*\*\*ENTRY\*\*\*\*\*ENTRY\*\*\*\*\*ENTRY\*\*\*\*\*  
 In consideration of your accepting this form, I hereby for myself, my heirs, waive and release all rights and claims for damages I may have against the Local Yokels, the Class of 84 and the Village of Union City, traveling to, participating in and returning from this event. I attest and certify that I am physically fit and sufficiently trained for competition in distance road runs.  
 Name \_\_\_\_\_ Phone \_\_\_\_\_ Sex \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
 Zip \_\_\_\_\_ Age (as of 9/11/83) \_\_\_\_\_ T-shirt size S M L XL  
 Make checks payable to: Union City Class of 1984 Race Director, Dave Mathis, 420 St. Joseph, Union City, Michigan 741-3531

**RACE HEADQUARTERS**  
 Huntington Park and Recreation Dept., Tracy Flynn, Race Director, 1205 West Park Drive, Huntington, IN 46750. Phone 356-4510  
**ENTRY FEE**  
 \$5.00 up to September 30, \$6.00 race day. Entry forms may be picked up at the park office Monday - Friday. Packets may be picked up at the Park Department September 30 during office hours or at the registration table the day of the race.  
**COURSE LOCATION**  
 Memorial Park at the Ball Diamond.  
**WATER AND AID STATIONS**  
 Are located at 2 and 4 mile.

**AWARDS**  
 T-shirts to all entrants. Adidas Running shoes to overall male and female winner. Trophies to first place winners in each category and medals to each 2nd and 3rd place winners.  
**SPLITS AND TIMING**  
 Chromomix Timer and Zetachron Digital Clock. Splits given at each mile.  
**AGE GROUP CATEGORIES**  
 Men and Women - 17 and under, 18-29, 30-39, 40-49, 50-59, 60 and over.

# 5 Mile Fall Run

**SATURDAY**  
**OCTOBER 1, 1983**  
**9:00 a.m.**

Race sponsored by ADIDAS



**Huntington**  
 Park & Recreation Department

\*\*\*\*\*  
 In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge Huntington Parks and Recreation Department and the City of Huntington and all other representatives and sponsors for all claim of damages, demands, and actions whatsoever in any manner arising or growing out of my participation in the Huntington Park and Recreation 5 Mile Fall Run October 1, 1983. I attest and verify that I have full knowledge of the risks involved in this event and am physically fit sufficiently trained to participate in this event.  
 Name \_\_\_\_\_ Signature \_\_\_\_\_  
 Address \_\_\_\_\_ (Parents signature if under 18 years old)  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Age on race day \_\_\_\_\_  
 T-shirt S M L XL

# The semantics of running

by DOUG SUNDLING

To Run, To Jog, To Trot — What's the Difference?

Three Rivers Rainbow Run ..... Jamboree Jog ..... Parlor City Trot. These are three races which each use a word that is often interchanged synonymously with the other two. To a casual observer of the jogging phenomenon the three words imply the same meaning: "running" by any other name is still running. Yet, to a "runner," the three words - running, jogging, and trotting - have differences, differences that a running friend of mine, Miles Kincaid, defined for me once.

I have heard one of the high school runners I coach more than once complain: "My grandmother called me a jogger the other day. I'm not a jogger; I'm a runner!" I would agree he is a runner during training season; during the off-season I would define him as a jogger.

Jogging is the act of running without the mental concentration. If the body is considered a sort of running machine and the body's gears and cogs can be run at various paces, then a jog cruises at a pace that requires little if any mental concentration. The computer part - the mind - does not need to be scrutinizing the reactions of the body's machinery to the pace, nor does it need to be persistent to maintain the desired pace. Jogging is the running machine in motion without the computer programmed into the action. The runner glides along at an effortless pace that offers little strain for

the body or mind. Instead, jogging becomes a time during which the mind may pursue thoughts that often have little to do with running.

While a jog is usually slower than a run and free of any mental concentration, a trot requires the mind to impose a slow, deliberate pace. Many times while a workout has begun as a jog, the gears fall into a sync, and the jog shifts to a run. Since an easy workout for the running machinery is usually desirable the day before an all-out race or hard workout, trotting a workout becomes an important part of a training program, and mental discipline should program the running gears to a slower pace.

Trotting can provide the most boring and annoying pace for a runner. The slow speed may not challenge the runner mentally, his or her competitive spirit nagging at them to shift gears into a quicker pace. The mental task of maintaining a trot pace is easier, though not as challenging, than sustaining a faster pace while thoughts and doubts of fatigue goad the runners mind.

Running, as opposed to jogging or trotting, provides the ultimate test for the running machinery. For a given segment of time and distance, running requires the total concentration and use of mental and physical capabilities. Every planned run should begin with a goal; the runner pictures what he or she wants to accomplish, such as a given time for a race or an estimate for maintaining a pace for a certain distance, and then programs the desired goal into the mind. Running requires a pace that will eventually tax and fatigue the muscles - the gears and mechanisms of the running machinery. Thus, the computer that controls the machinery - the mind - must engage its concentration and ability to analyze the body's performance and focus upon the desired goal. Running requires the total integration of mind and body if the runner wishes to reach his or her goals and to touch their potential.

For me to touch my potential - to improve and better myself, running has become a learning process, one repeated over and over again each time I approach or exceed my limits. When I feel the hungry desire to run a hard race because I have trotted my previous day's workout, I have learned something. When fatigue begins to erode my concentration on maintaining a race pace, I have learned something. When my chest tingles with the burning sensation of my lungs gasping for vital oxygen toward the end of a hard run, I have learned something. When my weary body teeters on shaking, numb legs after an exhausting race, I have learned something. When I ignore the doubts of pain goading my mind and feel the surge of a second wind, I have learned something. When I feel the satisfaction of having run a smart race, I am a wiser runner.

When I wake up sore and stiff from a previous day or weekend of hard running, I have learned something. When I find a peaceful repose while jogging through a quiet countryside or during a gray drizzle or in the biting near-zero winter weather, I begin to realize something. The lessons a runner learns are endless; the horizon of limits in running is defined only by each individual.



# Body mass

by DON LINDLEY

Recently, I received a May issue of FITSPORT from Minnesota. Included in the issue was a Body Mass Index (BMI) chart for a handicap race. The idea was great because the runners who were farthest from the ideal body type had the most time subtracted from their finishing time. I thought since some of my running partners train as hard as I do but finish behind me in races because of their body proportions, this type of race would give runners a chance to win.

The basis for the method of the BMI was weight divided by height squared. Today's BMI is commonly used by exercise physiologists as a way of relating weight to height. It is especially useful

as means of comparison among members of a given population in determining who is relatively lean and who is fat.

With a weight of 140 pounds and a height of six feet; for example, the BMI is 18.98. At 170 pounds, the BMI is 23.05. An average American male according to the article is 25, while the average female is 24. For an elite runner the figure is lower.

In order to arrive at a BMI for the "ideal" runner the Minnesota Distance Running Association used 11 males and 11 females. The basic criteria was that the males had run sub-30 minute 10Ks, while the females have run below 40 minutes. The conclusion was that the average BMI for males was 19.4; and 18.54 for the females. To determine the handicapped figure, you must find a relationship between the BMI and the finishing time differences in a race.

For example, the association took the results of nine races for males, 10 for females, ranging in distance of four to five miles. When plotted on a graph correlating finishing times to the number of entrants in the race resulted in a bell-

shaped curve, with elite runners at one end, the majority of runners in the middle, and the very slowest at the other end. The significance comes in the finishing time difference between the winner and those back of the pack. For example, the average for the nine races was 3:25 per mile.



Assuming the fastest runners have an approximate BMI of 19.4, you can theorize that those back of the pack runners would be 10.6 points higher. Dividing 3:25 per mile (205 seconds) by 10.6 gives a handicap of 19.4 seconds per mile for each point an individual's BMI deviates from the ideal.

## BODY MASS INDEX CHART

Weight in Pounds	Height in Inches																			
	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77				
110	20.11	19.48	18.88	18.3	17.75	17.22	16.72	16.24	15.78	15.34	14.91	14.51	14.12	13.74	13.38	13.04				
113	20.66	20.01	19.39	18.8	18.23	17.69	17.18	16.68	16.21	15.76	15.32	14.9	14.5	14.12	13.75	13.39				
116	21.21	20.54	19.91	19.3	18.72	18.16	17.63	17.13	16.64	16.17	15.73	15.3	14.89	14.49	14.11	13.75				
119	21.76	21.07	20.42	19.8	19.2	18.63	18.09	17.57	17.07	16.59	16.13	15.69	15.27	14.87	14.48	14.11				
122	22.31	21.61	20.94	20.3	19.69	19.1	18.54	18.01	17.5	17.01	16.54	16.09	15.66	15.24	14.85	14.46				
125	22.86	22.14	21.45	20.8	20.17	19.57	19	18.45	17.93	17.43	16.95	16.49	16.04	15.62	15.21	14.82				
128	23.41	22.67	21.97	21.3	20.65	20.04	19.46	18.9	18.36	17.85	17.35	16.88	16.43	16.01	15.6	15.21				
131	23.95	23.2	22.48	21.79	21.14	20.51	19.91	19.34	18.79	18.27	17.76	17.28	16.81	16.37	15.94	15.53				
134	24.5	23.73	23	22.29	21.62	20.98	20.37	19.78	19.22	18.68	18.17	17.67	17.2	16.74	16.31	15.88				
137	25.05	24.26	23.51	22.79	22.11	21.45	20.83	20.23	19.65	19.1	18.58	18.07	17.58	17.12	16.67	16.24				
140	25.6	24.79	24.03	23.29	22.59	21.92	21.28	20.67	20.08	19.52	18.98	18.47	17.97	17.49	17.04	16.6				
143	26.15	25.33	24.54	23.79	23.08	22.39	21.74	21.11	20.51	19.94	19.39	18.86	18.35	17.87	17.4	16.95				
146	26.7	25.86	25.06	24.29	23.56	22.86	22.19	21.56	20.94	20.36	19.8	19.26	18.74	18.24	17.77	17.31				
149	27.25	26.39	25.57	24.79	24.04	23.33	22.65	22	21.37	20.78	20.2	19.65	19.13	18.62	18.13	17.66				
152	27.8	26.92	26.09	25.29	24.53	23.8	23.11	22.44	21.8	21.19	20.61	20.05	19.51	18.99	18.5	18.02				
155	28.34	27.45	26.6	25.79	25.01	24.27	23.56	22.88	22.23	21.61	21.02	20.44	19.9	19.37	18.86	18.38				
158	28.89	27.98	27.12	26.29	25.5	24.74	24.02	23.33	22.67	22.03	21.42	20.84	20.28	19.74	19.23	18.73				
161	29.44	28.51	27.63	26.79	25.98	25.21	24.47	23.77	23.1	22.45	21.83	21.24	20.67	20.12	19.59	19.09				
164	29.99	29.05	28.15	27.29	26.46	25.68	24.93	24.21	23.53	22.87	22.24	21.63	21.05	20.49	19.96	19.44				
167	30.54	29.58	28.66	27.78	26.95	26.15	25.39	24.66	23.96	23.29	22.64	22.03	21.44	20.87	20.32	19.8				
170	31.09	30.11	29.18	28.28	27.43	26.62	25.84	25.1	24.39	23.7	23.05	22.42	21.82	21.24	20.69	20.15				
173	31.64	30.64	29.69	28.78	27.92	27.09	26.3	25.54	24.82	24.12	23.46	22.82	22.21	21.62	21.05	20.51				
176	32.19	31.17	30.2	29.28	28.4	27.56	26.76	25.99	25.25	24.54	23.86	23.22	22.59	21.99	21.42	20.87				
179	32.73	31.7	30.72	29.78	28.89	28.03	27.21	26.43	25.68	24.96	24.27	23.61	22.98	22.37	21.78	21.22				
182	33.28	32.23	31.23	30.28	29.37	28.5	27.67	26.87	26.11	25.38	24.68	24.01	23.36	22.74	22.15	21.58				
185	33.83	32.77	31.75	30.78	29.85	28.97	28.12	27.31	26.54	25.8	25.09	24.4	23.75	23.12	22.51	21.93				
188	34.38	33.3	32.26	31.28	30.34	29.44	28.58	27.76	26.97	26.22	25.9	25.19	24.52	23.87	23.24	22.64				
191	34.93	33.83	32.78	31.78	30.82	29.91	29.04	28.2	27.4	26.63	26.31	25.59	24.9	24.24	23.61	23				
194	35.48	34.36	33.29	32.28	31.31	30.38	29.49	28.64	27.83	27.05	26.71	25.99	25.29	24.62	23.97	23.36				
197	36.03	34.89	33.81	32.78	31.79	30.85	29.95	29.09	28.26	27.47	27.12	26.38	25.67	24.99	24.34	23.71				
200	36.58	35.42	34.32	33.28	32.28	31.32	30.4	29.53	28.69	27.89	27.53	26.78	26.06	25.37	24.7	24.07				
203	37.12	35.95	34.84	33.78	32.76	31.79	30.86	29.97	29.12	28.31	27.93	27.17	26.44	25.74	25.07	24.42				
206	37.67	36.49	35.35	34.27	33.24	32.26	31.32	30.42	29.55	28.73	28.34	27.57	26.83	26.12	25.43	24.78				
209	38.22	37.02	35.87	34.77	33.73	32.73	31.77	30.86	29.98	29.14										
212	38.77	37.55	36.38	35.27	34.21															

# Auburn mini-marathon

## Results

### INDIVIDUAL AWARDS

Overall Male Winner 10,000 K Run - Rowland Perez 32:28.2  
 Overall Female Winner 10,000 K Run - Jenny Field 41:42.2

Youngest Finisher - Jim Schwarze - 8  
 Oldest Finisher - James Lee - 57

### DIVISION RESULTS

#### PLACE

#### Girls 14 & Under

1 Jenny Field 41:42

2 Mary Reesman 50:04

3 Cathy Wellman 51:17

4 Lynn Etzler 59:56

5 Jennifer Schwarze 1:17:30

#### Women 15 - 19

1 Sherrrie Reinig 46:02

2 Sherry Hoover 46:24

3 Kathy White 47:41

4 Carol VanHorn 51:44

5 Luann Pusey 54:33

#### Women 20 - 29

1 Julie Heimach 45:23

2 Julie Manger 47:43

3 Kim Stairs 49:14

4 Kim Harris 50:52

#### Women 30 - 39

1 Linda Duncan Malone 51:53

2 Cindy Freed 53:43

3 Sally Underhill 58:32

4 Jan Nobles 1:05:32

5 Carolyn Schwarze 1:10:26

#### Women 40 - 49

1 Gwen Fry 57:07

2 Sharon Pauley 1:24:19

#### Women 50 and over

1 Phyllis Grieger 58:30

For example, with a BMI of 23.05 (weight 170 pounds, height six feet), the runner is 3.65 points higher than the 19.4 figure; 3.65 points times 19.4 seconds per mile equals a 70.8 second per mile handicap over a 5K distance, that would be more than a 3½ minute handicap (221 seconds) with a time of 18:41, 3:41 would be subtracted for a time of 15 minutes flat.

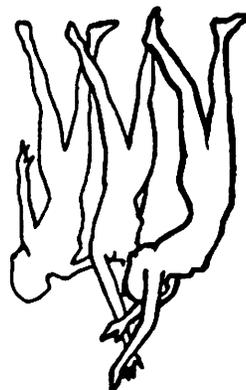
The BMI does not account for differences in performances. Also, it does not take your age into account. But the most beneficial combination would be a fast time and a high BMI, possibly that of a very muscular or tall runner who trains seriously. It does provide a useful basis for adjusting one factor, that a runner cannot change his or her body type. Also, it brings the possibility for a non-lite runner to compete with the likes of Alberto Salazar or Allison Roe, except for Dewey Slough. The BMI chart did not account for the super heavy weights.

Dear Jim,

Speaking for the running community of Columbia City, I would like to thank the Fort Wayne Track Club for giving us the honor of being a points race this year.

Despite the hot humid 84 degree weather, that we always get, we still had our best attendance ever - 288 runners. Many thanks to all the runners who participated in our challenging course. A special thanks to Charlie Brandt and Mike Kast. We sure hope all the runners enjoyed the day, because we sure enjoyed putting on the race.

Keep Running  
 Carl R. Fields  
 Race Director



# Look 'n Fit

8220 Sakaden Parkway □ Fort Wayne, IN 46825  
 Specializing in Women's Dance and Exercise Clothing

Boys 14 & Under

1	Mike Blaettner	37:52
2	Darin Meschberger	41:35
3	Kevin Seiler	44:29
4	John Schwarze	44:49
5	Sean Camp	45:51
6	Rod Sibery	48:55

Men 30 - 39

1	David Hockley	36:27
2	Mike Melendrez	37:20
3	James Lovejoy	37:54
4	John Schwarze	38:34
5	Arden Graber	38:44
6	Rod Knox	39:31
7	Jan Kempf	40:14
8	James Seiler	41:51
9	Robert Gebfert	42:28
10	Edward Hasler	42:42
11	Thomas Cannon	42:44
12	Charles Smith	43:26
13	Dave Reichwage	43:40
14	Gary Wheeler	44:17
15	Rex Joseph, Jr.	45:24
16	Steve Houser	45:55
17	Michael Malone	46:23
18	Randy Williams	46:32
19	Don Manger	47:15
20	Steve Neumann	53:11
21	Warren Hamman	53:38
22	Harold Myers	53:59
23	Bob Nobles	54:16
24	Dave Swanson	56:15

FUN RUN

1	Howard Doughty	6:24
2	Carol Weaver	7:28
3	Dennis Oberlin	7:32
4	Chris Oberlin	7:32
5	Greg Camp	7:38
6	Craig Coulan	8:40
7	Christen Coulen	9:18
8	Lisa Oberlin	9:21
9	Don Smith	9:22
10	Tycius Kempf	10:24
11	Daniss Meschberge	10:44
12	Logan Kempf	10:44
13	Margaret Cannon	10:57
14	Elizabeth Malone	11:37
15	Patrick Cannon	12:13
16	Frida Cannon	12:13
17	Kurt Pepple	12:50

Men 15 - 19

1	Ron Pepple	34:09
2	Brett Pontoni	35:01
3	Kevin Heller	35:57
4	Don Drake	36:53
5	Steven Lengacher	37:12
6	Jeff Salay	38:43
7	Curtus Vinson	38:50
8	Paul Furniss	39:22
9	Mike Miller	39:27
10	Ted Moore	39:52
11	Keith Pepple	40:53
12	Mike Nash	40:56
13	Tim Ackerman	40:56
14	Don Parker	41:28
15	Roy Stinson	42:56
16	John Drake	45:05

Men 40 - 49

1	Rowland Perez	32:28
2	Daniel Flesch	35:32
3	Mike Mendez	36:44
4	William Rockwell	36:54
5	Paul Bauman	37:46
6	Kent Buehrer	37:46
7	Kevin Rowan	37:53
8	Mark Rieffel	39:06
9	Robert Schendel	40:39
10	Mark Jennings	42:31
11	William Schaab	43:23
12	Bruce Young	43:42
13	William Heimach	44:24
14	Stuart Bangs	44:34
15	Jeff Tuttle	44:57
16	Robert Heimach	45:49
17	Mike Grime	46:45
18	Troy Cozad	48:38
19	Brad Middleton	49:08
1	Ron O'Beirne	39:14
2	Rudy Stoeckel	40:23
3	Bob Harter	41:17
4	Glen Graber	42:02
5	Lowell Johnson	42:52
6	Dave Wolff	42:56
7	Thomas King	42:58
8	Richard Reiff	43:29
9	Allen Best	43:40
10	Duane Voirol	45:40
11	Peter Case	46:41
12	Fred Brokaw	47:13
13	Vaughn Roberts	48:35
14	Joseph Brooks	48:46
15	Richard Moore	49:22

Men 50 and Over

1	Rudi Florreich	49:00
2	Bob Kennelly	52:52
3	James Lee	56:00

Betty Jackson

July 23, 1983

Cape Cod Massachusetts 20K

Time 1:39:49

Age group 20 - 29, 5th place

July 24, 1983

Brewster Mass. Runners Forum 15K

Time 1:21:57.7

Overall place 195

Age group 20 - 29, 4th place

July 29, 1983

Club Orleans Mass. 8K

Time 36:27.7

Overall place 161

Age group 20 - 29, 4th place

# I survived the Chug-a-mug

by DOUG SUNDLING

I must confess that I have socially and culturally deprived myself; I have never been drunk. In high school, I missed all of those wonderful, experimental times of discovering how much of the forbidden liquid you could hold. At college, I was too serious a student to party away each weekend so as to wait till the last minute to do my studying. Three beers had been my max, and I had only done that once. In essence, I am a lightweight.

When race director Mazock flatly stated that the amount of beer before and after each 1.1 mile lap would be 12 ounces, I moaned aloud, "This lightweight may turn into a paperweight after that fourth beer."

So, why would I put myself through something that I obviously had no formal training for? Curiosity mostly -- I wanted to see what my limits were, or as Schilitz tells us, you only go around once, so go for all the gusto you can. Besides, the event promised to be fun, and if you want to believe the smoke from this excuse, I wanted to run a few extra miles that day.

I jogged the 1.1 mile loop to warm up -- not to stretch out any muscles, but to get thirsty. The race director stood poised over the keg, filling a cup, and pronounced, "Since I'm the race director, I need to get blitzed before this race starts."

The race was supposed to commence at 4:30 p.m. At 4:30, race director Mazock enthusiastically told us, as he refilled his cup, that the race would start in 15 minutes count. Fifteen minutes and a suspiciously re-refilled looking cup of beer later, the race director told us, "Five minutes, folks!" Over a portable PA he kept advising everybody, "Pace yourselves, people, pace yourselves." The race director seemed already paced.

I sensed the severity of my handicap right at the start of the race. Race director Mazock called, "Runners, set, go!" and two beats -- or gulps -- later, the eventual winner had chugged his cup and was off. Thirty seconds later and after all the other runners had left the line, I finally swallowed the last swig of beer in my cup and headed out to see if I could bring out the best as Budweiser Light sings to us.

"Burp, burp, burp," was my response a few meters from the starting line.

"The vomit bucket is over here, and use the rest rooms as you need them," we were re-informed as we completed the first 1.1 mile loop.

My next cup of beer took 50 seconds to swallow. After lap 2 had been completed, I took 70 seconds to put down the third cup of beer. Realizing I had reached my known limits, I shoved off into the twilight zone of new experiences.

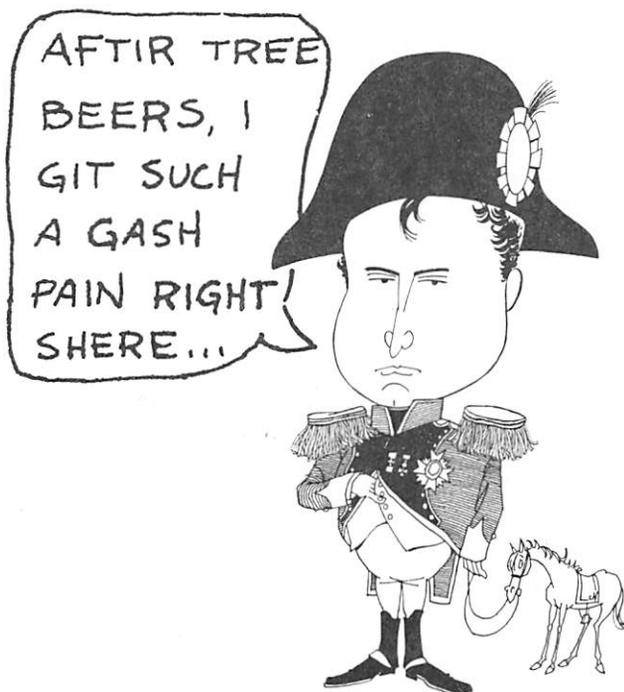
I was still able to run the third lap in under seven minutes, and I felt only the slight discomfort of a stomach nearly full of liquid. After finishing lap 3, I hit the wall-- sort of. At first, I just stood and looked at my full cup of brew, and my body kept saying, "I don't want any more fluids." My conditioned body refused to acknowledge any Lite beer logic that decrees, "Less filling!"

Lacking any chugging training, I helplessly sipped and gulped and swallowed that cup of beer over a three minute interval. About seven minutes later and four laps done, I held the next cup of beer, and it felt like 12 ounces of lead as I contemplated where I was going to put those 12 ounces.

"Here, you need some more, your cup doesn't look full," a wife of one of the runners deviously smiled at me. After the race, I finally figured out the sabotaging strategy she had been using. What's a race when you can't trust the aid stations?

Some three minutes later, I jogged off with my stomach slushing. I had moved up from last to the top 7 but now was fading fast.

Some seven minutes later, lap 5 was completed, and a few more runners had begun to join the lightweight ranks at the starting line. "So much for my macho construction worker image," one runner groaned as he stared at his full cup of beer..



# Minutes of Board Meeting

By MARSHA SCHMIDT, Secretary

The July meeting of the Fort Wayne Track Club was held July 31 at the home of Mike Robbins. The Treasurer's report was omitted from this meeting as Terry Shipley, Treasurer, was not in attendance.

The times and distances for the Arbys Race being held August 27 were announced. Jim Dupont mentioned that the August Inside Track would be 20 pages longer than usual and needed authorization to continue with the Inside Track even though the cost would be more than usual. It was decided that he would continue as usual and if there would be a problem with finances, Terry Shipley would contact him as soon as possible.

Phil Shafer will talk with Don Goldner about including FWTC Membership applications in the packets for the Home Loan 10K in order to increase the membership. Membership applications will also be included in the packets for the Muscular Dystrophy Run in September. Tom Mather will be responsible for stuffing these envelopes which will include the membership information.

The September 2-man relay and election/picnic will replace the Track Carnival to be held in October. The FWTC will provide the hot dogs, buns, and pop for this event which will be held at Foster Park after the elections. Members will be responsible for providing any other food item they might want as well as plates, utensils, etc.

The nominations for the elections for 1984 will be provided in the Inside Track. The Nominating Committee consists of John Treleven, Larry Lec, and one other individual yet to be decided by John and Larry.

In order to provide a more efficient Board, it was moved and seconded that there may be up to 6 at-large officers on the Board. This item will be presented to the 1984 officers. The responsibilities of the at-large officers will be determined by the 1984 Board of Directors.

John Treleven announced that the FWTC will assist with the Run For Health which will be held the first weekend in October.

Phil Shafer is continuing to work on having membership cards distributed to all members.

John Schwarze suggested that the Track Club have races for participants of the FWTC Jr. Olympic Team with possible point system and awards at the end of the year. The FWTC voted and seconded the motion that the FWTC would endorse and support the youth program as developed. This information will be presented to the new FWTC officers for 1984 in order to determine a feasible budget for the FWTC Jr. Olympic organization.

Mike Robbins presented the 1984 Point System recommendation for consideration and a lengthy discussion followed this presentation.

The WE Group will be responsible for distributing the questionnaire at the Arbys Race on Aug. 27. Ann Mize agreed to this responsibility on behalf of the WE Group per Mike Kast, as Ann was unable to attend this meeting. Mike Robbins will provide the questionnaires for this race.

Don Lindley announced that the race finish cards will be printed one inch larger in the future. Jim Dupont will provide estimates and proposed budgets for obtaining professional printing of The Inside Track for 1984.

Jim Dupont reported that Dewey Slough was passed by a tree at the Columbia City Old Settlers Day 10K. Mike Robbins commented, "In all fairness to Dewey, it should be noted that the tree was a very young sapling."

The meeting was adjourned.

\*\*\*\*\*  
**SLATE OF OFFICERS FOR  
 THE 1984 FWTC ELECTIONS**

The Nominating Committee offers the following slate for candidates for the 1984 election.

- PRESIDENT**  
 Don Goldner  
**VICE PRESIDENT**  
 Terry Shipley

- TREASURER**  
 Phil Shafer  
**SECRETARY**  
 Bonnie Taylor

Nominations will also be received from the floor.  
 \*\*\*\*\*

(MAZOCK'S CHUG - A - MUG, continued from page 7)

The first lady finisher had stated in more informal terms to a fellow male runner that though she may not be able to run faster than he, she could whip him at chugging beer. And her number 6 cup of beer had disappeared before I could swallow two sips of mine.

Three minutes later -- or was it four -- does beer affect short term memory? Well, somewhere between there I started lap 6.

The last 1.1 mile loop certainly was . . . different than the first one. I felt too water-logged to know if I had reached an inebriated state yet.

"Wait," I thought. "Was that Dewey Slough who just passed me?"

I wasn't sure, so I asked, "Hey, Dewey, what's moving faster -- me or the road?" There was no response.

"Well," I said to a fellow runner, "at least I can still stralk taight, I mean talk straight."

As I plodded toward the finishing line, I had more than one runner good-naturedly (what else could you be after all that beer) say to me, "I finally found something I could beat you at."

Eight minutes later -- or was it ten minutes -- whatever, it was a while later, I attempted to finish off my last required cup of brew. The stuff just didn't seem to have any pragmatic association with grabbing all the gusto in life, nor bringing out your best, nor being less filling, let alone tasting great.

As I stood poised, ready to put away that last beer so I could break the hour mark, an innocent youngster at the finish line asked me, "Do you want any water?"

"No, son, thirsty is one thing I'm not, I replied. "I'm trying to figure out where I'm going to put this last beer let alone any water."

Somehow in the end, there were no reported deaths and no visible signs of regurgitated grain juice.

The alcohol didn't seem to phase me as much as the ocean of fluids in my stomach. I had never run with that much fluid inside me, and my body didn't like lugging along the reservoir.

I guess I'll be a lightweight forever. I stdl can't understand how you can grab all the gusto by bringing out your best because your favorite brew is less filling and tastes great.

Maybe we should try a similar event but with a touch of pizzazz -- say, Gulp - a - Bottle of Perrier 10KM?



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 American Express

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 Fort Wayne, IN

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**MARATHON AGE GROUPS:**  
 (number of awards in parentheses)  
 MEN - Open (3); Sub-master open (1); Master open (1); 19 and under (1); 20-24 (10); 25-29 (10); 30-34 (15); 35-39 (15); 40-44 (10); 45-49 (10); 50-54 (3); 55-59 (3); 60 and over (3);  
 WOMEN - Open (1); 19 and under (1); 20-24 (3); 25-29 (3); 30-34 (3); 35-39 (3); 40-49 (3); 50 and over (3);  
**10K AGE GROUPS:**  
 MEN - Open (3); Master Open (1); 12 and under (1); 13-15 (3); 16-19 (3); 20-24 (5); 25-29 (10); 30-34 (10); 35-39 (10); 40-44 (10); 45-49 (5); 50-54 (5); 55-59 (3); 60-64 (3); 65-69 (2); 70-74 (2); 75-79 (2); 80 and over (1);  
 HWY. I (3); HWY. II (3); HWY. III (3) (211 lbs. and over)  
**WOMEN - Open (1); 15 and under (3); 16-19 (3); 20-24 (5); 25-29 (5); 30-34 (3); 35-39 (3); 40-49 (3); 50 and over (3);**  
 HWY. IV (150 lbs. and over) (3).  
**AWARDS:**  
 Open - Moss Brown 10 Miller Gore-Tex suits.  
 1st - Lifa Shirts 2nd - 3rd - Lifa Hats  
 4th - 5th - Lifa Mitts 6th & up - Lifa socks  
**ENTRY FEE:**  
 Either race is \$7.00. Must be received by 12:00 noon, November 14.  
**LATE ENTRY:**  
 \$7.00 (Runner will not receive a t-shirt or fruit pak). This is any entry received after 12:00 noon on the 14th.  
**PACKETS:**  
 May be picked up race day from 7:30 until 8:30 a.m.

Return to: YMCA of Grant County, 418 W. Third St., Marion, IN 46952

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Birthday \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
 Shirt Size \_\_\_\_\_ XL L M S \_\_\_\_\_  
 Marathon \_\_\_\_\_ 10K \_\_\_\_\_  
 Heavyweight? \_\_\_\_\_  
 I hereby acknowledge that I am sufficiently trained to participate and to complete in the above mentioned roadrace. I accept full and complete responsibility for my participation in this event and hereby release from all claims of damages and demands arising from my participation in this event all sponsors and officials. (Parents or guardian must sign for participants under the age of 18)

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

INSTITUTE 10,000

JONATHAN

and

Marathon

NOVEMBER 19, 1983  
 9:00 a.m.

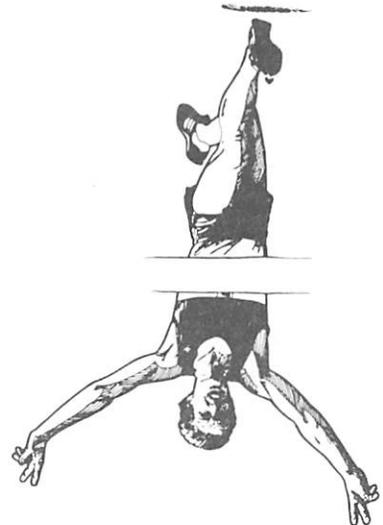
Each pre-registered runner receives (1) a T-shirt (2) a 4 x 6 color photo (3) mailed results (4) on course aid every three miles (5) mile splits (every mile) (6) fruit pak.

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# FWTC Points Standing

MENS OPEN NAME	TOTAL RACES	TOTAL POINTS
TOM LOUCKS	5	288
JEFF BEAM	7	245
DAN KALFMAN	5	226
MIKE BULTEMEIER	5	220
VINCENT GARCIA	5	218
TERRY DILLER	6	196
JIM ANDERSON	6	195
JERRY WILLIAMS JR.	4	192
MIKE GLASPER	7	191
PHIL SUEZLER	4	170
STEVE BROWN	5	163
MIKE ROBBINS	5	161
TIM FLEMING	6	158
LARRY AVERBECK	6	152
JOHN SCHWARZE	6	141
JOHN TRELEAVEN	5	139
DOUG SUNDLING	3	136
JEROLD PERKINS	5	137
BILL SCHMIDT	6	137
TODD RIGELMAN	6	137
GREG ORMAN	2	120
DON LINDLEY	5	119
MIKE KAST	5	113
TONY GATTON	4	107
RICK REITZIG	4	106
ROGER WILSON	4	100
JACK DYER	4	98
TIM BOWMAN	3	97
MIGUEL MENDEZ	3	96
JERRY MAZOCK	2	96
WAYNE L JOHNSON	4	84
MIKE GILLAND	2	77
CHARLIE BRANDT	2	71
DAVE RUETSCHILLING	3	63
ART OBREGON	5	61
TERRY SHIPLEY	1	60
LARRY LEE	1	60
LARRY SHIVELY	2	60
WOODY BARKER	4	58
NORM SPITZIG	4	54
CHRIS EDINGTON	2	40
BRETT DAVIS	1	40
BOB BRUCKNER	1	36
MYRON MEYER	2	34
KENNY KING	1	26
STEVE HOEPPNER	2	25
LARRY ELLIS	1	19
DAN MINNICH	2	15

STEVE ADKINSON	2	
MIKE BYERLY	1	
PAT YONTES	1	
CRAIG MILLER	2	
PAT HERMAN	1	
JIM BERGHOFF	1	
KEN SCHLEMMER	2	
JACK MORRIS	2	
TOM YODER	1	
PHIL WISNIEWSKI	2	
<b>WOMENS OPEN</b>		
PHYLLIS SUEZLER	7	334
JUDY TILLEPAUGH	7	306
ROSEANN SIMMONS	7	266
DEB KUKELHAN	6	266
THERESA EH-RMAN	5	252
ROSE MARIE KOCZERGO	6	251
MARSHA SCHMIDT	6	241
SALLY BORK	6	189
CINDY SABRACK	5	180
JOAN GOLDNER	4	174
BETTY HITE NELSON	3	174
MARY THERESA CONNOLLY	3	150
ANN JAMISON	3	141
DELORIS FIANDT	4	141
PATTI FLEMING	4	136
JANIS GREENE	4	136
TRACY SOHASKI	3	117
BETTY JACKSON	3	105
KAREN KAHR	2	74
JILLIE WILSON	2	69
JENNIFER SCHWARZE	2	57
CATHY PRIMMER	1	54
AMY CLAY	1	44
LINDA GENSHEIMER	1	42
JO ASHTON	1	36
GLORIA NYCLUM	1	37
SABINE FLOREICH	1	27
BONNIE TAYLOR	1	33
ANN LINSON	1	25
<b>MALE 14 and under</b>		
STAN FLOREA	6	334
JOHN SCHWARZE	6	293
BOBBY WIERSMA	5	221
JIM SCHWARZE	4	169
BRIAN LINDLEY	3	117
MICHAEL LINDLEY	3	114
ANDY CAUFFMAN	2	72
ALEX OJEDA	2	63
RICHIE BRAUN	1	45
DONNIE TOWNSEND	1	44
JON TRIGG	1	34
<b>MALE 15 - 19</b>		
JEFF BEAM	5	300
ROGER HAWKS	1	54
ROD JONES	1	50
KEVIN PENSINGER	1	47
PHIL LEMASTER	1	46
MATT EBERSOLE	1	46
BRIAN SHEPHERD	1	45
TOM HOFFMAN	1	45
JEFF COLE	1	45
TOM SHANK	1	44
MIKE PHILLIPS	1	44
RANDY WEDDIFIELD	1	43
TIM KENT	1	42
TODD ALBER	1	41
JEFF JONES	1	40
ROD WILT	1	34
BRIAN WALKER	1	33
FREDDY OJEDA	1	31
<b>MALE 20 - 24</b>		
TOM LOUCKS	5	258
MIKE BULTEMEIER	5	242

TIM BOWMAN	5	
WAYNE JOHNSON	5	
JERRY WILLIAMS JR.	4	
KEN SCHLEMMER	4	
DAVE GEIGER	4	
GREG ORMAN	2	
CHRIS EDINGTON	3	
GARY BEAM	3	
DON BRANSTETTER	3	
KEN BABCOCK	2	
VINCE QUINONES	1	
KENT BLEHRER	1	
TED BUSSEN	1	
RUSS HOLLAND	1	
SCOTT BEAM	1	
BRETT DAVIS	1	
TOM BUSSEN	1	
CHUCK DEFORD	1	
ROBIN SCHMIDT	1	
DAVE VISTI	1	
SCOTT STUCKEY	1	
KENNETH VOTAW	2	
BRIAN DOEHLA	1	
JEFF BROOKE	1	
<b>MALE 25 - 29</b>		
TERRY DILLER	7	308
JIM ANDERSON	6	291
VINCENT GARCIA	5	284
TONY GATTON	7	260
KENNETH KING	6	259
ROGER WILSON	5	214
DOUG SUNDLING	3	168
MIGUEL MENDEZ	3	147
LARRY ELLIS	4	145
SCOTT FRAZIER	3	113
DENNIS ZECH	3	110
ED HOFFMAN	2	88
CHUCK DOWE	2	88
DAN MINNICH	2	80
GARY HOOTEN	3	79
ROBERT HARRIS	3	77
JAMES BEESON	2	65
TOM WAGNER	2	63
MARLIN HOWE	1	41
ALEXANDER KYLE	1	41
TOM HOUGH	1	38
JERRY HUBER	1	36
LARRY GETTIS JR	1	36
MIKE AVILA	2	34
DOUG SHIVELY	1	33
LARRY LINSON	1	32
JOE KUHN	1	0
JOE NYCLUM	1	0
DAVE JOHNSON	1	0
DON GRELLICH	1	0
BOB HARRIS	1	0
MARK ANDREWS	1	0
<b>MALE 30 - 34</b>		
MIKE GLASPER	7	331
DAN KALFMAN	5	276
TIM FLEMING	6	273
STEVE BROWN	5	249
NORM SPITZIG	6	249
MIKE ROBBINS	5	238
JOHN TRELEAVEN	5	236
PHIL SUEZLER	4	224
LARRY SHIVELY	5	225
JERRY MAZOCK	4	194
RICK REITZIG	4	165
DAVE WINTERS	6	172
PHIL SHAFER	5	171
TOM ARCHBOLD	4	162
PAT HERMAN	5	141
DAVE RUETSCHILLING	3	129

STEVE HOEPPNER	1	116
TOM YODER	3	111
MIKE GILLAND	2	104
JIM BERGHOFF	3	97
DEWEY CLIBERTSON	3	96
DAVE HOCKLEY	2	90
GARY DEXHEIMER	2	88
PAT YONTES	2	80
STEVE YAGER	2	71
BRUCE BARTON	2	69
D.E. STANDIFORD	2	66
GEORGE KIRBY	5	66
GARY LANE	3	63
RANDY WILLIAMS	2	61
PHIL KENNERK	4	54
HARRY ALSDERAN	1	47
JEFF SCHNEIDER	1	44
ROGER KINGSBURY	1	44
JIM ABBOTT	1	37
DAN MOORE	1	36
DAN ORMSBY	1	31
MIKE PLEUS	1	30
GARY FAHL	2	29
RICK RAVINE	1	28
STEVE SHERBURNE	2	27
BILL STEINER	1	27
BILL TOWNSEND	2	26
RICK HOWER	2	0
FALL SABRACK	3	0
STEVE FISHLAUGH	1	0
DAN BOSSARD	1	0
TIM BOLIN	1	0
JOHN SHEDRON	1	0
BRUCE HAMILTON	1	0
DAVE GARST	1	0
RANDY DILLER	1	0
JOSEPH HILGER	1	0
JOHN UNDERHILL	1	0
DAVE KISTLER	1	0
MARK COATES	1	0
<b>MALE 35 - 39</b>		
TODD RIGELMAN	5	322
JOHN SCHWARZE	6	279
MIKE BYERLEY	7	253
DON LINDLEY	5	241
ART OBREGON	5	240
STEVE ADKINSON	4	168
ED KERR	3	166
PHIL WISNIEWSKI	4	163
TOM MATHER	4	134
TERRY SHIPLEY	3	133
DENNIS FLENNERY	5	125
DAVE WOLFF	3	111
DAVE FAIRCHILD	3	109
RUDY KLEINKNIGHT	4	104
TOM CAVACINI	3	97
RON MOTYCKA	3	89
JOHN FERGLISON	2	89
RUSS SUEVER	4	68
JACK HAMILTON	2	78
DAVE WALDROP	2	71
STEVE ADKINSON	2	71
CHUCK OKOROWSKI	2	70
TOM MANGETTE	3	69
JOHN STACHERA	2	62
BOB BRUCKNER	1	60
LARRY LEE	1	60
CHUCK KOEPPEN	1	60
TOM DELONG	2	59
DAVE BARTOLINI	2	59
JIM KISLING	1	54
KEN WOLFE	1	43
BRUCE KOENEMAN	1	40
ROBERT CLAY	1	40



# Old Settlers Day results



## Women, 19 and under

1	Becky Mills	46:33	Patti Fleming	50:58
2	Dianne White	48:08	* Linda Gensheimer	51:37
3	Kim Eiler	49:11	8 Sue West	56:54
4*	Amy Clay	51:59	9 Joyce Butler	57:11
5	Kendra Kerch	52:32	10 Jan Boggs	1:00:51
6	Sherrie Reinig	56:02	11 Nanette Soper	1:01:47
7*	Lisa Daniels	58:17	12* Karen Perrin	1:02:20
8*	Bobbi Clay	58:24	13 Margaret Stapel	1:04:39
9*	J'nise Ramsey	59:33	14 Linda Bryant	1:06:40
10	Amy Ridenour	1:00:30	15* Carolyn Schwarze	1:14:38
11	Buffy Kneller	1:01:40	16* Linda Daniels	1:27:50
12	Jill Hudson	1:01:51		
13	Rhonda Wilkinson	1:02:19		
14	Shawn Lortie	1:04:41		
15*	Jennifer Schwarze	1:18:13		

## 20-29

1	Sue Cleveland	41:44		
2*	Mary Teresa Connolly	42:06		
3*	Sharon M. Getty	46:33		
4*	Sabine Florrich	51:13		
5*	Sue Sipes	53:26		
6*	Cindy Sabrack	53:47		
7*	Sally Bork	54:32		
8*	Nancy Bittner	59:02		
9	Jody Long	1:05:47		
10	Wendy Schuman	1:08:46		

## 30-39

1*	Betty Hite Nelson	41:59		
2*	Phyllis Suelzer	43:43		
3*	Deb Kukelan	46:53		
4*	Marsha Schmidt	49:17		
5*	Roseann Simmons	50:09		

## 40-49

1*	Julie Wilson	54:38		
2*	Janis Greene	54:51		
3*	Bonnie Taylor	1:03:55		
4*	Maurine Gensheimer	1:12:35		
5*	Sharon Pauley	1:33:00		

## 50 and over

1	Virginia Carrell	58:30		
2*	Doris Snyder	1:16:16		
3*	Tess Machlan	1:18:00		

## Men, 14 and under

1*	Stanton Florea	39:34		
2	Chris Baker	42:18		
3	Randy Dormans	45:26		
4	Ron Clark	47:40		
5*	John Schwarze, Jr.	47:55		
6	Rodney Bearman	50:06		
7	Jeff Winhelman	54:59		
8	Steve Wilkinson	55:33		
9	Eric Anderson	56:20		

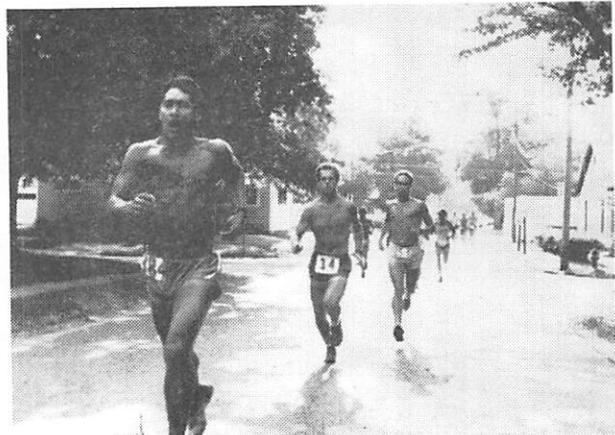
10	Jim Sherry	56:30	25	Keith Ridenour	43:58
11*	Brian Lindley	1:02:45	26	Matt Gibson	44:21
12	Tom Kent	1:06:25	27	Kevin Mishler	45:05
13	Duane Alexander	1:09:43	28	Greg Francis	45:13
14*	Michael Lindley	1:12:33	29	Ramon Vasquez	45:40
15*	Jim Schwarze	1:12:43	30	Andy Hogue	46:26
16	John Strayer	1:19:30	31	Kevin Barker	47:13
			32	Robert Poinsette	49:56
			33	Steve Strayer	50:46
			34	Eric Ross	55:11
			35	Steve Berry	56:28
			36	Nick Sparks	56:50
			37	Philip R. Moyer	1:00:52

## 15-19

1	Ron Pepple	34:37			
2	Randy Houser	34:37			
3*	Jeff Beam	34:39			
4	Brett Hess	34:59			
5	Fredrico Moreno	35:24			
6	Brett Pontoni	35:42			
7	Mike Mazier	36:13			
8	Mark Moore	36:20			
9	Todd Sherman	39:31			
10	Kirk Lude	39:32			
11	Kevin Harrison	39:43			
12	Doug Lude	39:46			
13	Brian Meuter	39:48			
14	Tom Ferguson	39:57			
15*	Matt Ebersole	40:07			
16	Brian Judy	40:31			
17	Richard Poinsette	41:43			
18	Les Byall	41:44			
19	Tim Wall	42:20			
20	Bill Rooney	42:56			
21	Dave Cole	43:22			
22	Rick Wyson	43:28			
23	Keith Pepple	43:36			
24	Tim Duncan	43:57			

## 20-24

1	Mike McManers	34:20			
2	Rick Hackenrider	36:27			
3	Tim Miller	38:22			
4*	Gary Beam	41:19			
5	Trey Lantz	46:21			
6*	Larry Getts Jr.	46:47			
7	Pat Beuchel	46:57			
8*	Scott Applegate	47:42			
9	Michael W. Geiger	52:37			
10	Tim L. Smith	53:04			
11*	Rich Taylor	53:08			
12	David Warner	54:10			
13	Bill Snyder	58:56			
14	Kevin T. Jackson	1:02:25			
15	Bret B. Hall	1:02:30			
16	Brent A. Ferguson	1:03:14			



25-29  
 1\* Vincent Garcia 35:31  
 2\* Rev. Rick Wallin 36:45  
 3\* Tim Bowman 36:56  
 4\* Terry Diller 37:07  
 5\* Hal Pearson 37:21  
 6\* Roger Wilson 38:10  
 7\* Ken King 39:18  
 8\* Tony Gatton 39:31  
 9\* Paul Burris 41:16  
 10\* Chuck Dowe 42:00  
 11\* Tom Wagner 42:56  
 12\* Sam PeGan 43:02  
 13\* Craig J. Allebach 47:24  
 14\* Gary Hooten 47:43  
 15\* James Scott Krieg 49:14  
 16\* Roy M. Ball 49:25  
 17\* Joe Peters 49:59  
 18\* Bob Harris 52:45  
 19\* Duane Shepp 55:14  
 20\* Kim Dove 55:40  
 21\* Bob Campbell 55:41  
 22\* Troy Cozad 55:54  
 23\* Willis Mitchell 1:14:39  
 24\* David C. Rogers 1:16:14

30-34  
 1\* Steve Brown 36:34  
 2\* Phil Lockwood 36:37  
 3\* Michael Gasper 37:51  
 4\* John Treleven 38:20  
 5\* Jim Garner 38:28  
 6\* Tim Fleming 38:28  
 7\* Larry Shively 39:58  
 8\* Gary Dexheimer 40:08  
 9\* Randy Sordelet 40:52  
 10\* Dan Standiford 43:29  
 11\* Tom Cannon Jr. 44:55  
 12\* Jerry Noble 45:35  
 13\* Dave Smith 45:35  
 14\* Mike Pressler 45:57  
 15\* Jed Pearson 46:38  
 16\* Mike Moore 46:48  
 17\* Terry Coonan 47:01  
 18\* Keith DeMeritt 48:04  
 19\* Lee Pearson 48:09  
 20\* Marv Rifkin 48:30  
 21\* William Fogle 48:38  
 22\* Al Henkel 49:03  
 23\* George Kirby 49:16  
 24\* Joseph Hilger 49:59

25\* Mike Pleus 50:43  
 26\* Phil Kennerk 50:55  
 27\* Charles Thomson 51:22  
 28\* Paul Sabreck 54:39  
 29\* Jon Geist 55:24  
 30\* Steve Brown 56:00  
 31\* Jim Heuer 56:56  
 32\* Ted Gilliom 1:03:04

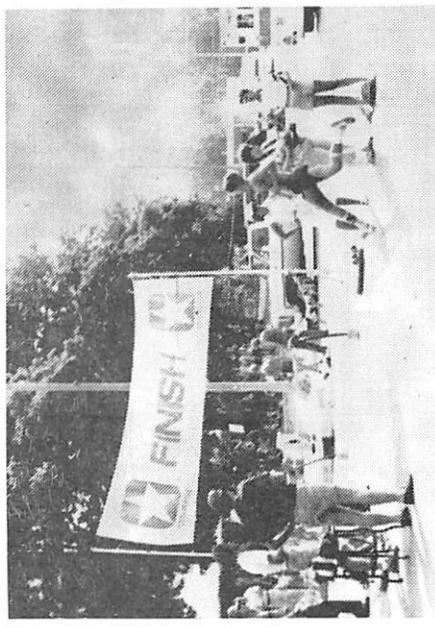
35-39  
 1\* John Buhler 37:54  
 2\* Todd C. Rigelman 38:03  
 3\* John Schwarzze 38:42  
 4\* Andy Dunar 39:59  
 5\* John Noll 40:37  
 6\* Mike Byerley 42:34  
 7\* Steve Adkison 43:22  
 8\* Jim Seiler 43:39  
 9\* Robert Gebfert 44:13  
 10\* Bruce Koeman 44:21  
 11\* Tim Wiedman 44:30  
 12\* Philip Luttman 44:50  
 13\* Terry Gose 45:54  
 14\* Dave Reichtwige 47:20  
 15\* Ron Lippy 47:24  
 16\* Rudy Kleinknight 47:36  
 17\* Tom Mangette 48:08  
 18\* Dan Firestone 49:10  
 19\* Gary Studebaker 50:24  
 20\* Michael Murphy 51:06  
 21\* Bob Clay 51:19  
 22\* Ken Roehrs 51:40  
 23\* Ken Hendricks 52:35  
 24\* Steve Butler 52:52  
 25\* Gary Oden 53:16  
 26\* Ed Beckner 53:17  
 27\* Carden Henn 53:33  
 28\* Dave Bartolomi 53:56  
 29\* Pete Williams 55:11  
 30\* Jerry Rardon 55:14  
 31\* Ken Lude 58:59  
 32\* Dave Swanson 1:01:39

40-44  
 1\* Jerry Perkins 37:46  
 2\* Larry Averbeck 37:53  
 3\* Charlie Brandt 41:38  
 4\* Ken Miller 43:23  
 5\* Tom Felger 43:57  
 6\* Ken Clark 43:58  
 7\* John Barbier 44:00  
 8\* Whitey Bell 44:27

9\* Jerry Rickard 44:37  
 10\* Bob Gearheart 46:12  
 11\* Larry Yant 50:51  
 12\* Bernie Burgette 51:46  
 13\* Gary Mitchell 53:37  
 14\* David Singleton 54:54  
 15\* William Foley 55:51  
 45-49  
 1\* Bill Schmidt 37:41  
 2\* Tony Clouse 39:50  
 3\* Craig Miller 40:40  
 4\* Donald Peaks 40:59  
 5\* Ron O'Beirne 41:24  
 6\* Ray Silrel 41:50  
 7\* Rudolph Stoeckel 44:11  
 8\* Joe Ziegler 45:23  
 9\* Robert Gensheimer 45:58  
 10\* Marvin Proffitt 46:22  
 11\* Clem Getty 46:47  
 12\* Tom Liebrich 46:58  
 13\* Marvin Jarvis 48:11  
 14\* Michael R. Hayes 48:15  
 15\* Rudi Florreich 51:09  
 16\* Joseph Brooks 52:08  
 17\* Vaughn Roberts 53:27  
 18\* Al Shifflett 54:08  
 19\* Rex Bovine 54:30  
 20\* Don Rhoades 59:42  
 21\* Brad Stetler 1:05:48

60 and over  
 1\* David Cox 59:10

50-59  
 1\* Mike Kast 38:49  
 2\* Myron Meyer 40:39  
 3\* Ralph Bushong 42:11  
 4\* Giles Tomlinson 42:57  
 5\* Terry Gautsch 46:19  
 6\* Vern Chovan 46:53  
 7\* John Hilker 47:08  
 8\* Eugene Striggie 47:30  
 9\* Ian Rolland 47:46  
 10\* Jack Goble 48:56  
 11\* King Sullivan 51:20  
 12\* Paul Snyder 52:13  
 13\* Alfred Moore 56:19  
 14\* Roger Phillips 59:58  
 15\* Jim Allman 1:01:31  
 16\* Ross H. Moyer 1:04:20



Resole Your  
Running Shoes

# Chuck's Shoe Repair

## GEORGETOWN SQUARE

5 types to choose from  
starting at \$13.00

Hours: Tues. - Fri. 8:30 - 5:30, Sat. 8:30 - 4:00  
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745-0541

5th annual  
Harold W. McMillen  
Center for Health Education

# Run for health



Sunday, October 2, 1983  
FOSTER PARK

**REGISTRATION:**

Pre-registration thru September 24. Race day beginning at 1:00 p.m.

**AWARDS:**

Awards will be presented to the winner of each race and to the top finishers in each age division of the 4 mile run.

**ENTRY FEES:**

Pre-registration only; \$3.00 without t-shirt.

\$6.00 with t-shirt

Race day: \$4.50 (without shirt)

**SCHEDULE OF EVENTS:**

- 1:00 - 2:00 registraion
- 2:00 p.m. age 6 and under - ¼ mile run
- 2:15 ages 7,8, & 9 - ½ mile run
- 2:30 ages 10 - 14 - one mile run
- 3:00 ½ mile family run
- 3:30 4 MILE CERTIFIED RUN (Men & Women)
 

14 and under	30-39
15-19	40-49
20-29	50 & over

FOR MORE INFORMATION CALL: 625-3778

\*\*\*\*\*

ENTRY \* ENTRY \* ENTRY \* ENTRY \* ENTRY  
Name \_\_\_\_\_

Address \_\_\_\_\_

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

Zip \_\_\_\_\_ T-shirt size S M L

Youth size t-shirt S M L

In consideration of my entry, I and my assignees do hereby release the McMillen Alliance, The Harold McMillen Center for Health Education, and all other race sponsors and representatives for all claims and damages whatsoever arising from my participation in the Run For Health. I attest that I have full knowledge of the risks involved and am physically fit to compete.

Signature \_\_\_\_\_

# 1 hour run results

JULY 29, 1983

## WOMEN 19 and under

Amy Clay 7.45  
Lisa Daniels 7.08  
Jodi Ziegler 6.68  
Jennifer Schwarze 5.44

## 20-29

Judy Tillapaugh 8.18  
Cindy Sabrack 7.30  
Sabine Florreich 6.99  
Sally Beck 6.77

## 30-39

Phyllis Suelzer 8.35  
Deb Kukelhan 8.10  
Marsha Schmidt 7.08  
Roseann Simmons 7.55  
D. Fiandt 7.40  
Linda Gensheimer 7.36  
Jo Ashton 7.0  
Carolyn Schwarze 4.95

## 40 and over

Cathy Primmer 8.31  
Janis Greene 7.05  
Julia Wilson 6.76  
Bonnie Taylor 6.27  
Doris Snyder 5.85  
Maurine Gensheimer 5.34  
Sharon Pauley 4.68

## MEN 14 and under

Stanton Florea 9.86  
John Schwarze 8.18  
Bobby Wiersma 7.89  
Roger Johnson 7.52  
Alex Ojeda 7.48  
Jim Schwarze 6.41  
Mike Peterson 6.25  
Brian Lindley 6.17  
Mike Lindley 5.56  
Brad Peterson 5.46

## 15-19

Jeff Beam 10.51  
Roger Hawks 10.33  
Rod Jones 10.10  
Kevin Pensinger 9.90  
Brian Shepherd 9.47

Jeff Cole 9.45  
Mike Phillip 9.27  
Randy Weddifield 9.12  
Tim Kent 9.01  
Todd Alber 8.95

Jeff Jones 8.90  
Todd Bussen 8.60  
Richard Johnson 8.50  
Mike Rexforth 8.37  
Rocky Kidd 7.75

## 20-24

Tom Loucks 11.02  
Vince Quinones 9.9  
Kent Buehrer 9.80  
Ted Bussen 8.94  
Scott Beam 8.89  
Thomas Bussen 8.86  
Scott Applegate 8.10  
Rick Taylor 7.67

## 25-29

Doug Sundling 10.71  
Vincent Garcia 10.40  
Tim Bowman 10.05

Terry Diller 9.83  
Ken King 9.79  
Roger Wilson 9.65  
Chuck Dowe 9.28  
Gary Hooten 8.16  
John Schlatter 8.11  
Denny Zech 7.85  
Bob Harris 7.49

## 30-34

Dan Kaufman 10.38  
Mike Robbins 10.22

Phil Suelzer 10.03  
Mike Glasper 9.90  
Tim Fleming 9.89  
John Treleaven 9.82  
Roger Kingsbury 9.75  
Norm Spitzig 9.66  
Tom Archbold 8.45  
David Winters 8.30  
Terry Coonan 8.27  
Michael Callahan 7.98  
Al Henkel 7.80  
George Kirby 7.50

## 35-39

Chuck Koeppen 10.81  
Jim Kisling 10.11  
Todd Rigelman 9.87  
Don Lindley 9.83  
John Schwarze 9.79  
Michael Byerly 9.08  
Steve Adkison 9.03  
Russ Suever 8.91  
Phil Wismowski 8.83  
Rudy Kleinknight 7.95

Robert Clay 7.83  
Dennis Flennerly 7.83  
Ken Roehrs 7.29  
Thomas Cole 6.60

## 40-44

Jerry Perkins 9.62  
Larry Averbek 9.58  
Charles Brandt 8.97  
Ken Miller 8.96  
John Barbier 8.64  
David Boylan 8.62  
Ken Clark 8.30  
Don Ashton 8.28  
Barrie Peterson 8.27  
Jerry Rickard 8.24  
William Foley 7.35

## 45-49

Bill Schmidt 9.80  
Craig Miller 8.97

James Magnett 8.84  
Zoe Ziegler 8.77  
Don Peaks 8.74  
Tom Liebrich 8.69  
Robert Gendsheimer 8.36  
Chuck DeVault 8.09  
Marvin Jarvis 7.65

## 50-59

Mike Kast 9.73  
Myron Meyer 9.33  
Giles Tomlinson 8.32  
Eugene Striggle 8.31  
Vern Chovan 7.88  
King Sullivan 7.82  
Paul Snyder 7.53  
Rudi Florreich 7.51  
Al Moore 6.83  
Roger Phillips 6.80

## 60 and over

Al Gumbert 7.10

## FWTC POINTS STANDINGS

## REVISIONS

Note: The following corrections in the point standings were received too late to be included with the rest of the point standing results.

Mike Glasper 192  
Phil Suelzer 171  
Tim Fleming 159  
John Schwarze 142  
John Treleaven 139  
Bill Schmidt 138  
Todd Rigelman 138  
Don Lindley 120  
Mike Kast 114  
Tim Bowman 98  
Roger Wilson 81  
Norm Spitzig 55  
Kenny King 27  
Tim Bowman 226  
Terry Diller 339  
Kenneth King 260  
Roger Wilson 209

# Shoe Fly results

Dexter Lehman, Goshen, won his third title in the fifth running of the shirt title in the fifth running of the Denim Express Shoe-Fly 10,000.

Local Marion runner, John Foss, provided Lehman with a short lived challenge through two miles. However, the heat of the day and the strong pace of Lehman broke Foss. Lehman's time was 30:54.7 which was good for a thirty second victory over Kerry Dickson, 31:24.2.

Willie Young, running in the 30-34 age group, was third in the time of 31:40.3. Adam Renfro and Greg Harger rounded out the top five with times of 31:48.9 and 32:06.0 respectively.

Karen McQuilkin ran strong in her effort to break 36 minutes but fell short with a clocking of 36:18.1. Judy Crow finished second in the women's race with a time of 36:30.2. Ruth Ozmun nipped Stephanie Bassett for third with a time of 38:15.3 to Stephanie's 38:16.0. Jymette Bonnivier completed the top five women with a time of 38:28.7.

The course was challenging with a long gradual hill at the 2½ mile mark and then a shorter, steeper hill at the 3¼ mile mark. In addition the temperature at race time was 83° and the humidity was at 88%.

330 runners of the 379 entrants were able to complete the course. Of these thirteen were able to better 33 minutes and forty were able to better 36 minutes.

(Photos by Ken Hill, Sports Hotline)



Concentration is evident on the face of Dexter Lehman, winner of this years Denim Express Shoe-Fly 10,000. Lehman won the race for the third time in the five year history with a time of 30:54.7.

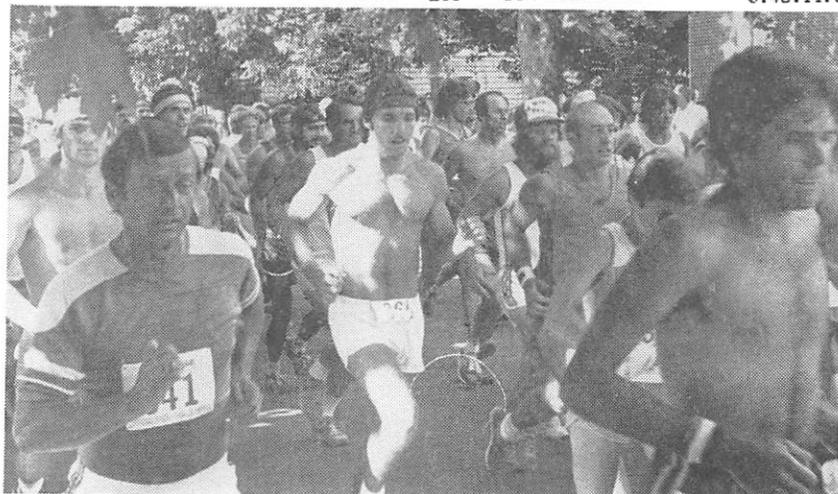
OVRL	NAME	TIME	NAME	TIME
1	DEXTER LEHMAN	0:30:54.68	DAVID DE VOE	0:39:26.41
2	KERRY DICKSON	0:31:24.18	LARRY BOLDEN	0:39:29.71
3	WILLIE YOUNG	0:31:40.23	MICKEY HESS	0:39:33.18
4	ADAM RENFRO	0:31:48.82	RON WALLACE	0:39:37.97
5	GREG HARGER	0:32:05.98	HENRY NICHOLS	0:39:39.63
6	MATT GRADY	0:32:15.51	KARL G. BOYD	0:39:46.74
7	JOHN FOSS	0:32:17.72	DON SHUCK	0:39:51.37
8	CARL WEININGER	0:32:23.70	MYRON MEYER	0:39:53.33
9	TIM MYLIN	0:32:33.16	JIM SCHEERER	0:39:55.63
10	MIKE KEMPER	0:32:33.58	PAUL WHITTINGTON	0:40:02.45
11	MARTY BASSETT	0:32:34.23	JAMES V. SCHEIDER	0:40:13.82
12	BRADY WELLS	0:32:40.12	SUE CARNES	0:40:21.21
13	CHUCK KOEPPEN	0:32:52.22	TOM SCHMIDT	0:40:24.81
14	DOUG OSBORN	0:33:01.09	ELLEN MC MANNES	0:40:25.72
15	ED DEIWERT	0:33:11.51	JERE KUNKLE	0:40:26.56
16	DAVID SPATARU	0:33:17.82	JIM FLETER	0:40:31.00
17	JIM NEEDLER	0:33:19.03	MIKE WORLEY	0:40:33.12
18	BRYAN SPONSELLER	0:33:21.10	STEVE HERRIFORD	0:40:37.00
19	STEVE VOSS	0:33:23.68	MATT LEHMAN	0:40:40.78
20	JOE LAKE	0:33:31.31	GRADY HANRAHAM	0:40:41.34
21	DALE JACOBSON	0:33:39.82	DOUG BURKS	0:40:45.14
22	JEFF GROVE	0:33:57.46	FANK KRAUSE	0:40:58.68
23	JOHN C. ELY	0:33:58.12	JIM PETRE	0:41:04.35
24	ROGER E. LLOYD	0:34:06.46	GREG LUDLOW	0:41:05.32
25	MIKE GILLAND	0:34:09.78	DAVID RHORER	0:41:09.54
26	TIM GRANT	0:34:14.97	ALAN W. MATHER	0:41:15.51
27	CHUCK MASTERS	0:34:15.20	JASON SHORT	0:41:16.09
28	BRIAN CROSLY	0:34:26.53		
29	PHIL SUELZER	0:34:31.24		
30	GREG OSBORN	0:34:39.75		
31	KEN FORSMAN	0:34:40.86		
32	SCOTT WAREHAM	0:34:43.35		
33	JEFF WHEELER	0:35:01.90		
34	BOB BROWN	0:35:08.14		
35	STEVE BROHN	0:35:10.12		
36	SCOTT STEFFEN	0:35:17.17		
37	BILL HENDEY	0:35:29.29		
38	MAX HUFFERD	0:35:32.52		
39	BRAD KRUGLER	0:35:35.41		
40	DARRELL KINGERY	0:35:43.93		
41	STEVE KINCAID	0:36:02.65		
42	DAVID CRABTREE	0:36:04.35		
43	LAMBERT DECKERS	0:36:11.00		
44	DOUG WILSON	0:36:12.50		
45	RANDY VIOLA	0:36:12.94		
46	PAUL M. DAY	0:36:17.56		
47	KAREN MC QUILKIN	0:36:18.02		
48	GLEN DAVIS	0:36:21.00		
49	BOB WILLIAMS	0:36:23.36		
50	ANDREW TARGUINO	0:36:24.90		
51	DAN BOSTON	0:36:27.45		
52	TODD RIGELMAN	0:36:28.45		
53	JUDY CROME	0:36:30.14		
54	TIMOTHY PURDOM	0:36:31.71		
55	RICK J. KERR	0:36:37.27		
56	MIKE LUNDGREN	0:36:44.80		
57	DICK WILSON	0:36:54.83		
58	ERIC R. DIVELEY	0:37:01.48		
59	DAVID SMILEY	0:37:04.76		
60	DAVE GABERMEIER	0:37:10.05		
61	DON LINDLEY	0:37:15.97		
62	TOM RIEBLE	0:37:16.52		
63	LEE DYE	0:37:19.03		
64	CHARLES MOURTISEY	0:37:19.84		
65	RICKE STUCKER	0:37:22.31		
66	LARRY EMMONS	0:37:24.33		
67	WILLIAM J. GREENWOOD	0:37:25.27		
68	KEVIN HARRISON	0:37:26.03		
69	GEORGE K. DELINE	0:37:26.60		
70	WILLIAM D. FOLDER	0:37:29.28		
71	JERRY STAUFFER	0:37:37.00		
72	RANDY L. PALMER	0:37:52.04		
73	KEVIN SHINGLETON	0:37:57.64		
74	MIKE BARRON	0:37:58.85		
75	RAY CAREY	0:38:01.36		
76	PATRICK MC CRAY	0:38:02.36		
77	JOE MERRYMAN	0:38:05.99		
78	BRENT SHINGLETON	0:38:07.34		
79	CASEY PUCCINELLI	0:38:14.48		
80	RUTH OZMUN	0:38:15.25		
81	STEPHANIE BASSETT	0:38:15.99		
82	MIKE HUBER	0:38:18.55		
83	JERE KUNKLE	0:38:23.57		
84	JYMETTE BONNIVIER	0:38:28.64		
85	MALCOLM SIGMOND	0:38:32.78		
86	DEBORAH MC BEE	0:38:39.06		
87	PAUL DREW	0:38:42.29		
88	DUANE PEKA	0:38:45.14		
89	MATT BAKER	0:38:49.70		
90	MIKE HOLMAN	0:38:59.62		
91	MERRILL BRAMMER	0:39:03.85		
92	JON FERENCY JR	0:39:04.32		
93	CHAD LEIGHTY	0:39:14.13		
94	JEFF PLUMMER	0:39:21.89		
95	PAT MC KAY	0:39:23.11		
96	DAVID DE VOE	0:39:26.41		
97	LARRY BOLDEN	0:39:29.71		
98	MICKEY HESS	0:39:33.18		
99	RON WALLACE	0:39:37.97		
100	HENRY NICHOLS	0:39:39.63		
101	KARL G. BOYD	0:39:46.74		
102	DON SHUCK	0:39:51.37		
103	MYRON MEYER	0:39:53.33		
104	JIM SCHEERER	0:39:55.63		
105	PAUL WHITTINGTON	0:40:02.45		
106	EVAN ACHENBACH	0:40:10.10		
107	JAMES V. SCHEIDER	0:40:13.82		
108	SUE CARNES	0:40:21.21		
109	TOM SCHMIDT	0:40:24.81		
110	ELLEN MC MANNES	0:40:25.72		
111	JERE KUNKLE	0:40:26.56		
112	JIM FLETER	0:40:31.00		
113	MIKE WORLEY	0:40:33.12		
114	STEVE HERRIFORD	0:40:37.00		
115	MATT LEHMAN	0:40:40.78		
116	GRADY HANRAHAM	0:40:41.34		
117	DOUG BURKS	0:40:45.14		
118	FANK KRAUSE	0:40:58.68		
119	JIM PETRE	0:41:04.35		
120	GREG LUDLOW	0:41:05.32		
121	DAVID RHORER	0:41:09.54		
122	JAMES MAGNETT	0:41:15.51		
123	ALAN W. MATHER	0:41:16.09		
124	JASON SHORT	0:41:16.09		

125	DAN EDWARDS	0:41:23.34
126	BRAD HAHN	0:41:25.93
127	JULIE WILLIAMSON	0:41:28.62
128	GARY L. MILLER SR.	0:41:35.13
129	DONALD BURNS	0:41:41.43
130	JOE WRIGHT	0:41:47.88
131	RUTH ANN ROSS	0:41:49.12
132	MARK SHORTER	0:41:57.21
133	SUE CLEAVLAND	0:42:05.55
134	MARTIN HENDERSON	0:42:08.45
135	DANN PERIGO	0:42:10.59
136	DAVID T. EIB	0:42:11.19
137	LARRY WHITTED	0:42:13.33
138	DON SHELBOURNE	0:42:15.08
139	BRADLEY YODER	0:42:16.47
140	CAROL ANN HAYDEN	0:42:19.40
141	JOHN YANTISS	0:42:22.13
142	REX STANNARD	0:42:40.55
143	JILL MUMM	0:42:41.80
144	STEVE GONZALES	0:42:45.78
145	RICHARD POGUE	0:42:47.08
146	LEN FROMM	0:42:52.17
147	SHIRLEY WILSON	0:42:54.09
148	JIM RAYL	0:42:55.92
149	WILLIAM R. WRIGHT	0:42:56.82
150	JANET HANCOCK	0:43:02.20
151	STEVDN WILSON	0:43:06.81
152	CHARLES DISTLER	0:43:16.61
153	MARK BLOSS	0:43:18.54
154	BUD GASSETT	0:43:19.00
155	DAVE HOSKINS	0:43:21.97
156	PHYLLIS SUELZER	0:43:30.79
157	JERRY BERNDT	0:43:33.78
158	WILLIE JACKSON	0:43:36.35
159	DON SHADNAGLE	0:43:39.84
160	RILEY CASE	0:43:42.20
161	ROBERT WILSON	0:43:50.45
162	VINCENT FLOYD	0:43:51.35
163	ROGER HACK	0:43:52.79
164	DENNIS W. DAWES	0:43:56.38
165	JERRY FOX	0:43:58.72
166	RON WALLACE	0:44:04.59
167	RONALD K. SPANE	0:44:07.31
168	STEPHEN WALKER	0:44:09.09
169	EVELYN L. LEITER	0:44:10.03
170	BOB HILL	0:44:13.86
171	RICK EZELL	0:44:14.47
172	ARA E. ST. JOHN	0:44:14.89
173	DREW CARREL	0:44:15.26
174	JIM VAUGHN	0:44:28.96
175	BOB STIEHL	0:44:30.08



Karen McQuilkin, Judy Crowe (hat), and Ruth Ozmun (12) pose after winning the Denim Express Shoe-Fly 10,000. McQuilkin won the women's race with a time of 36:18.9 and Crowe and Ozmun were 2nd & 3rd.

176	JOE MARSH	0:44:33.72	202	MARY K. COLEMAN	0:46:13.35
177	JIM BEAMAN	0:44:34.22	203	JIM LINKENBALL	0:46:16.58
178	BILL ABELL	0:44:35.46	204	TOM STANFORD	0:46:18.24
179	GREG BECK	0:44:36.90	205	TIM D. CORMANY	0:46:28.00
180	RON KINGERY	0:44:38.05	206	DAVID STANSBERRY	0:46:29.51
181	CATHY BUSSA	0:44:39.82	207	DAVE MOORE	0:46:32.09
182	BILL BERSBACH	0:44:47.19	208	BRYAN ALEXANDER	0:46:34.22
183	MARK JONES	0:44:47.78	209	MIKE BURCHETTE	0:46:38.14
184	IRA L. JOHNSON	0:44:49.35	210	BOB THOMPSON	0:46:40.06
185	MILT BROWN	0:44:53.04	211	MIKE HACKER	0:46:45.23
186	DICK DUKE	0:44:56.90	212	TODD DIERSING	0:46:48.90
187	LYNNE BENNETT	0:45:06.51	213	STEVEN OSBORNE	0:46:50.96
188	HERB BUSSA	0:45:09.36	214	CATHY SHOEMAKER	0:46:55.08
189	DAVID BLACK	0:45:21.02	215	WILLIAM T. MOONEY	0:46:58.41
190	DAVID BENDT	0:45:22.60	216	SONDRA L. SEIBOLD	0:47:00.75
191	WENDELL PARSON	0:45:23.31	217	CARL RICH	0:47:02.20
192	NORMA GASSETT	0:45:31.61	218	STEVE SNYDER	0:47:07.67
193	SHERMAN KNIGHT	0:45:32.54	219	DENNIS E. DOBVODT	0:47:16.60
194	HARRY SHEPARD	0:45:33.95	220	BOB CRAWFORD	0:47:21.22
195	KEITH MC KAIN	0:45:34.52	221	KIRK ANDERSON	0:47:21.98
196	FRED NOLTING	0:45:36.07	222	WAYNE L. JOHNSON	0:47:23.52
197	ROSS ELWOOD	0:45:39.67	223	TRACI JENSEN	0:47:29.12
198	REX JOSEPH	0:45:41.20	224	DAVE CORBETT	0:47:30.30
199	HARRY WOLDMOE	0:45:50.55	225	KURT RAGSDALE	0:47:32.24
200	LEE WINTERS	0:45:53.70	226	TOM EHMAN	0:47:34.66
201	DON HOLDERMAN	0:46:11.60	227	SCOTT TRIMBLE	0:47:43.38
			228	BETH FOSS	0:47:46.73
			229	RICK TAYLOR	0:47:49.20
			230	ROBERT J. EADS	0:47:50.50
			231	DANIEL E. LOGUE	0:47:51.30
			232	TOM BIGGS	0:47:52.84
			233	PAUL FLOYD	0:48:07.70
			234	CHRIS R. SNIDER	0:48:10.86
			235	JERRY STONER	0:48:11.54
			236	JENNY SMITH	0:48:14.72
			237	PHIL SCOTT	0:48:15.32
			238	JAMES HOBSON	0:48:16.22
			239	DANIEL CORDELL	0:48:19.27
			240	STEVE SCHRIVER	0:48:38.18
			241	TERRY MC. NUTT	0:48:41.03
			242	LEON KINCAID	0:48:44.39
			243	THORPE MILLER	0:48:44.81
			244	JOHN MILLER	0:48:48.11
			245	RON BOYLAND	0:48:49.77
			246	CATHY PRIMMER	0:48:50.40
			247	JIM RICE	0:48:53.37
			248	CHARLES W. ADAMS	
			249	CRAIG AYERS	
			250	BOB ROSS	
			251	DAN DE MARS	
			252	STEVE BUTLER	



The middle of the pack moves away from the starting line.

253	RODNEY PHILLIPS	0:49:24	329	ARNIE HAVENS	1:04:03
254	STEPHEN MCGREW	0:49:27	330	BARBARA MILLER	1:04:12
255	DAVID B. HAIRE	0:49:31	331	DARRELL DEGROFF	1:04:29
256	DIANE STOCKSDALE	0:49:41	332	JANE CORDELL	1:05:01
257	KIKO BRACKER	0:49:43	333	REX F. HEMRIOTT	1:05:02
258	BARNEY EMERSON	0:49:49	334	LA TONYA JOHNSON	1:05:06
259	JAMES ROBERTS	0:49:51	335	LESA NORMAN	1:05:32
260	LINDA MYLIN	0:49:56	336	MARILYN YODER	1:05:57
261	RANDALL MARTIN	0:49:57	337	JOANNE KEATON	1:06:40
262	BARRIE RASSI	0:50:00	338	TESS MACHLAN	1:11:02
263	LOUISE BALDWIN	0:50:03	339	DAVID W. BOGGS	1:11:44
264	KEN GULLA	0:50:25	340	WAYNE E. CALDWELL	1:11:55
265	JOHN FERENCY	0:50:35	341	EVERETT AMOS	1:12:03
266	JOSEPH L. BROOKS	0:50:40	342	CARDLYN SCHWARZE	1:12:19
267	CHARLIE COX JR.	0:50:54	343	SHARON PAULEY	
268	J. MICHAEL DUCY	0:51:03			
269	DON W. MIDDLETON	0:51:08			
270	CINDY L. BUSH	0:51:08			
271	MIKE FARRELL	0:51:09			
272	RICK HAHN	0:51:11			
273	WILLIAM R. SMITH	0:51:12			
274	JILL E. MARTIN	0:51:15			
275	SALLY BORK	0:51:44			
276	HARRY WOLDMOE	0:51:52			
277	RICH ADAMS	0:51:57			
278	GRETCHEN PERIGO	0:51:59			
279	JANIS GREENE	0:52:02			
280	SANDRA SHOUP	0:52:04			
281	LETTY FOUTCH	0:52:06			
282	DAVID GRAHAM	0:52:13			
283	LU ANN HOLMAN	0:52:26			
284	BONNIE BIGGS	0:52:29			
285	STEVE MAUS	0:52:30			
286	WILLIAM COWLING	0:52:46			
287	JAMES STAMPER	0:52:52			
288	RENEE EMRICK	0:52:59			
289	RAY SEARS	0:53:17			
290	DONNA BURNETTE	0:53:23			
291	LYNN HALE	0:53:25			
292	PAT FOGERTY	0:53:50			
293	BOB KENNELLY	0:53:59			
294	WM HERBER	0:54:08			
295	CHRIS MCGREW	0:54:21			
296	LARRY D. WYATT	0:54:21			
297	DALE STINSON	0:54:29			
298	MARK RUNKLE	0:54:30			
299	JUANITA CISCCELL	0:54:32			
300	DAVID COX	0:54:35			
301	VIRGINIA DAVIS	0:54:38			
302	CHUCK DAVIS	0:54:39			
303	KEITH L. HEDGES	0:54:43			
304	CHARLENE EZELL	0:54:49			
305	SHELLEY KRAUSE	0:55:00			
306	NANCY BLACKOWIAK	0:55:36			
307	JOSEPH G. HUNECK	0:55:37			
308	JOSEPH M. BEAS	0:56:00			
309	RONALD K. SPANE	0:56:22			
310	HOWARD DETAMORE	0:56:25			
311	TOM MUTRAN	0:56:38			
312	VIRGINIA CARRELL	0:57:30			
313	TODD WING	0:58:13			
314	SHARLENE BURNS	0:58:42			
315	YALANDA GARCIA	0:59:05			
316	JANE FULTON	0:59:26			
317	BRAD STETLER	0:59:28			
318	DOUG POOLER	0:59:32			
319	KARLA STANNARD	1:00:14			
320	KAREN PERRIN	1:00:25			
321	BONNIE TAYLOR	1:00:29			
322	BILLY CRAGG	1:01:26			
323	ROBERT A. CUNNINGHAM	1:01:55			
324	KEN MYERS	1:02:32			
325	CARMEN LOWE	1:03:14			
326	LUTHER H. KIMES	1:03:16			
327	RICHARD A. GROSE	1:03:22			
328	FRANK DAVENPORT	1:03:34			

(RACE CALENDAR - continued from  
back inside cover)

- 23 CLUB KOKOMO 5K Cross Country  
RUN (Highland Park) 1:00 p.m.  
Ricke Stucker 317-457-0352
- 23\* HOME LOAN 10K, Fort Wayne  
Freimann Park
- 29 HALLOWEEN RUN 5K & 1 mi -  
University Park Mall, Mishawaka -  
10:00 p.m. - Athletic  
Annex 219-272-7565
- 29 PLEASANT RUN 5 mi Run -  
Pleasant Run Parkway  
Indianapolis 10:00 a.m.  
Garry Petersen, 5926  
University Ave. 46219
- 30 CALITHUMPIAN CANTER - Decatur,  
IN (Belmont H.S.) 5 mi -  
2:00 p.m. - Fred Huppert  
PO box 125, Decatur 46733

#### November

- 6 RUN FOR HUNGRY CHILDREN (10,  
4, 2 km) Dowagiac, MI  
9:00 a.m. - Ron Gunn  
616-782-5113
- 12 MARION MARATHON (Justice H.S.)  
Marion, IN 9:00 a.m. - Kermit  
Welty 317-664-0544
- 13 MARINE 10K (1 mi jog) AFRC,  
South Bend - 9:00 a.m. -  
Athletic Annex 219-272-7565
- 13\* FWTC 9K Cross Country Run -  
Bluffton, IN
- 19 HOLIDAY MILE - South Bend  
Americana Hotel 8:45 a.m.  
Athletic Annex 219-272-7565
- 19 LAKESHORE MARATHON - 10:00  
a.m. CST - Dunes Running Club,  
Michigan City 46260
- 19\* FWTC 25K - Homestead H.S.,  
Fort Wayne, IN

# WANTED



SOMEONE TO FILL  
THESE SHOES  
AS

Editor and/or Printer  
of

THE INSIDE TRACK

Starting on January 1, 1984  
If interested, please contact  
John Treleaven or Jim Dupont.



I hope everyone is surviving during this especially hot summer. The best advice I have for hot weather running is to run at the coolest part of the day, either early morning or later in the evening. Also, take it easier than normal and if it is extremely hot go to an air-conditioned movie theater and eat popcorn.

I would like to thank some people who put on two exceptionally well-run races in July. Carl Fields and friends from Columbia City did an excellent job at this year's Old Settlers Day Race. I thought the ice cold towels at the end were a life saver. The last race of July was the one hour run, and for the first time it was held under the lights on a Friday night. Jerry Mazock and Tony Gatton did another fine job with this year's race. In fact, it was the first time during a hot race I didn't hear any complaints about aid stations. Believe it or not, 130 people went through approximately 1300 cups. In fact, they went out and bought 500 more while the race was going on. I will strongly suggest that the race be held at night again next year.

The last topic of my article is the upcoming elections to be held at Foster Park on September 18th. See the race announcement in this issue for all the details. The elections will only be for the Executive Board members: president, vice-president, treasurer, and secretary. It will then be up to that board to put together a complete board. This would be a good time if you are interested in getting more involved with the club to make your feelings known. There is a great need for some new faces on next year's board.

The elections this year will be held in conjunction with the 8 mile 2 person relay. Following the race will be a picnic and the elections. It was changed in an attempt to get a higher level of participation and to have a good time with your fellow club members in a more festive atmosphere.

The nominating committee will present it's choices for the Executive Board and also accept nominations at this time. I hope to see you there and get a chance to talk to you about the club and how you feel things are going. Have a nice run or movie, depending on the weather.

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

.....to attend the 1983 FWTC ELECTIONS AND PICNIC.

Featuring a 2 person x 8 mile relay and a 2 person x 2 mile fun run for kids.

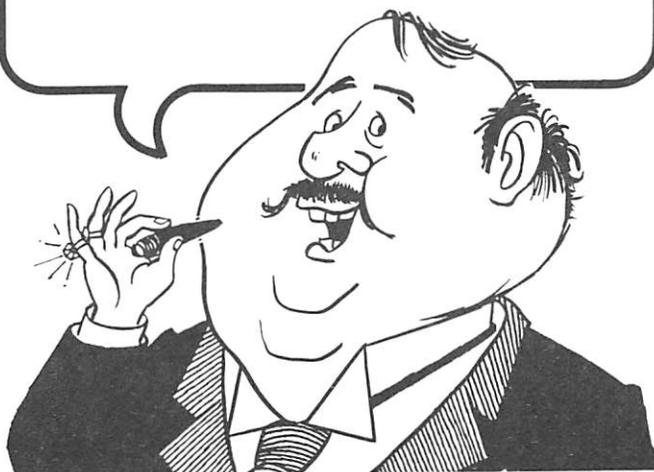
Age categories for 2 x 8 mile relay are:

Men	Women	Mixed
19½ & under	29½ & under	29½ & under
20-29½	30 plus	30 plus
30-39½		
40-49½	Awards to first 3 in each group.	
50+		

Time Table:

1:00-2:00	Registration for 8 mile relay
2:00	Fun Run
2:30	8 mile x 2 person relay
4:30	Picnic & Elections

Any questions? Contact John Treleaven 432-5315  
Track Club will provide drinks, hot dogs, and buns.  
Bring a side dish if you wish.



# Last and least

By JIM DUPONT, Editor

I am a very smart editor. No, that's too mild! I am a brilliant editor. Each month, with a minimum of effort, I am able to put together a top-notch newsletter consisting of interesting articles, race schedules and results, race ads, club news, and all that kind of thing. There is even some time left over for me to sit idly on my screened-in porch, drink a beer, and watch the cute little chipmunks eating the vegetables in my garden. How shrewd and clever I was to have had the foresight to go out and find a top-notch group of people to serve on my staff. They all do their jobs very well, thus making me look very bright. Yes, I have discovered the secret formula for successfully publishing a quality monthly newsletter: find quality people who are willing to put forth the effort and they will produce a quality product.

It has always been my opinion that self praise makes for "dull copy." I have preferred up to this point, to sit back and keep a low profile. Each month I make a special effort to thank the people who have helped on the newsletter with a note, a phone call, or a personal thank you. This month, however, I want to come right out and express my feelings in print. These people have worked hard and are deserving of special recognition.

First, I wish to thank Phil Shafer, who is in charge of mailing. I have intentionally mentioned Phil first because he has the most thankless job of them all. The only time Phil hears from people is generally when they have a complaint. It takes a special kind of person to assume this kind of responsibility and still do such a fine job.

Next, my two column editors, Mike Robbins and Jerry Mazock, have been major factors in the success of the newsletter. Mike has shown great versatility in writing both serious and humorous copy, sometimes under the pen names of Looney or Moosepoop. I consider Mike the "old reliable" because I can be confident of something good from him every month. Jerry is zany and crazy- he has a real talent for humorous writing. We look forward to hearing from his Gene Bull-shallitt. However, I do have to leave town for a few days after each of his articles have been printed

to avoid irate phone calls from people who have been the target of Jerry's powerful pen. Humor has been called the highest form of flattery, but I



do wish that Jerry didn't flatter quite so many people!

Ann Mize takes care of the women's page, and she too is one of the reliable ones. This feature page is very important to the newsletter. (Ann, is it true that you even pedal your bicycle downhill on your training runs at Pentwater?)

Another regular feature, our race calendar, is very complete and accurate, thanks to Tom Loucks. (You've probably heard of him.) Tom even goes that extra mile and submits his copy camera-ready, which is very much appreciated by the editor, as this saves a great deal of time and extra work.

Another factor that contributes to the newsletter's success is the copy we receive from our contributing writers. Doug Sundling could be considered a regular staff member, as he has had a regular column since the April issue. Norm Spitzig, Larry Yant and Don Lindley have also contributed "volunteer" articles that have been interesting and well-written. Others in the club who have taken the time to submit articles are Rick Reitzug, Mary Sohaski, John Schwarze, Tim Fleming, Gloria Nicum, Jack Dyer, Mike Glasper, President John, Secretary Marsha Schmidt, Jim

Anderson, Curt Nold, Greg Orman, and Karen Perrin. Many thanks to all of these people.

I would also like to recognize those club members who have taken the time to call, write, or talk with me in person about matters concerning the newsletter. Your comments are always welcome.

And, of course, last and least, I want to thank my good friend and photographer, Dewey Slough. Dewey, you really do make my job as editor very interesting. It is very important to have good photographs, especially for guys like Tom Loucks, who admits that he doesn't read the newsletter, but only looks at the pictures.

Yes Sir! I'm really smart to have gone out and found help like this. But then, if I'm as brilliant as I claim to be, why can't I figure out a way to keep the chipmunks from totally devouring my vegetables?

## FREAK ACCIDENT INJURES FWTC RUNNER

*Brett Hess, a 1983 graduate and cross country runner from Harding High School and a member of the FWTC, was injured in a freak accident when he was struck by another young man riding a bicycle. Brett was running toward his home on the Paulding Road late in the evening and he failed to see the bicycle coming toward him. The cyclist also failed to see Brett along the dark stretch of road. Both boys spotted each other too late to avoid a head-on collision and were both knocked unconscious.*

*Help arrived and they were taken to Parkview Hospital. The cyclist was kept overnight for observation and released in the morning. Brett was not quite so fortunate as he was in intensive care for two days. He suffered a concussion, a lost tooth, and had several deep cuts. The doctors have since released him from the hospital but have indicated that he will not be able to run for several months.*

*Brett was planning on running cross country at Marion College this fall.*

*We realize that this will mean a brief setback for Brett but are confident that this "gutty" young man will come back stronger than ever.*

*We wish him a speedy recovery.*

# 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

## 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 COUBLE 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
- 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 - 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
- 10 POPCORN PANIC 5 mi road race- Courthouse, Valparaiso, IN 7:30 a.m. - Youth Service Bureau, 103 Indiana Ave., Valparaiso, IN 219-464-9585
- 17 COUNTRY CLASSIC 4 mile - Kouts, IN (H.S.) 8:00 a.m. Mark Knauff 219-766-2231
- 17 YELLOW RIBBON RUN 7 mile - Franciscille, 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 MOVING COMFORT WOMEN'S RUN 5K - St. Mary's College South Bend - 1:00 p.m. - Athletic Annex - 219-272-7565
- 18 MIDWEST TRIATHLON FOR MDA RUN 15K - Monticello to Purdue - Peter Wallace 317-743-5877
- 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
- 24 MONROEVILLE HARVEST RUN 10K - 9:00 a.m. - Diane Schane 219-623-3197
- 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

## October

- 1 SORGHUM SQUEEZE 10K - St. Patrick's Park - South Bend Athletic Annex 219-272-7565
- 2 SPORTS MED 10K (1.5 mi jog) Century Center, South Bend 2:00 p.m. - Athletic Annex 219-272-7565
- 8 OKTOBERFEST 10-4 RUN - OSU Lima Campus - 10:30 a.m. - Steve Higgins, 4240 Campus Dr, Lima, OH 45804
- 8 TERRY FOX MEMORIAL RUN 5K & 15K - Lambert Fieldhouse, Purdue, W.Lafayette 9:00 a.m. - Doug Lamb 317-494-3505/ 317-743-6645(home)
- 8 AMERICAN NATIONAL BANK OCTOBERUN (1 mi jog 9:00 a.m./5K 9:15/10K 9:45) Muncie YMCA - Steve Voss 317-747-7592
- 15 HUMAN RACE 10K/2 mi - Rum Village Park, South Bend 10:00 a.m. - Athletic Annex 219-272-7565
- 16 COVERED BRIDGE FESTIVAL 10 mi, Mansfield - 8:a.m. - Robert Lemont, 317-344-1120
- 23 RATHSKELLER RUN 10K (1.5 mi) Mishawaka - 1:00 p.m. - Athletic Annex 219-272-7565

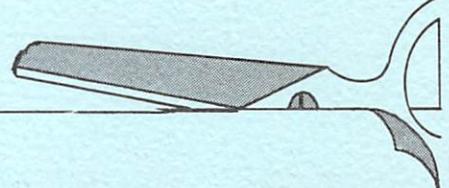
(Race Calendar continued on Page 18)

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

TRACK CLUB USE:

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

New \_\_\_\_\_ Renewal \_\_\_\_\_

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

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



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