

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

the inside track

NOVEMBER, 1983

FORT WAYNE
TRACK CLUB



THE Inside TRACK

THE INSIDE TRACK NEWSLETTER STAFF

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 VICE PRESIDENT Terry Shipley
 TREASURER Phil Shafer
 SECRETARY Bonnie Taylor

ON THE COVER

The start of the Parlor City Trot in Bluffton, Indiana, as the runners wind their way through the downtown rites of the Street: Fair.

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

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 The Inside Track
 3407 Casselwood Drive
 Fort Wayne, IN 46816

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

1983 FWTC Race Schedule

1983 FWTC POINTS RACE SCHEDULE

Saturday	March 19	20K	Homestead
Saturday	April 16	NAVL 15K	NAVL Headquarters
Sunday	May 1	Marathon	Memorial Coliseum
Saturday	May 14	Pepsi 10K	Homestead
Saturday	June 18	Hilly 4	Homestead
Saturday	June 25	Turtle 10K	Churubusco
Saturday	July 23	Old Settlers Day	Columbia City
Friday	July 29	Hour Run	
Sunday	August 14	Circular 5K	Shoaff Park
Saturday	August 27	Arby & Big Brothers 5 Mile	Foster Park
Saturday	September 24	Parlor City Trot	Bluffton
Sunday	October 23	Home Loan 10K	Freimann Park
Sunday	November 13	European Cross Country 9K	Bluffton
Saturday	November 19	25K	Homestead

Look at your mailing label. Your membership expires on the month and year listed. If there are questions, contact Phil Shafer, P.O. Box 189, Ossian, IN 46777. Send renewals directly to FWTC, P.O. Box 11703, Fort Wayne, IN 46860.

CHANGE OF ADDRESS

Attach your magazine label here.
Please print your new address below.

Return this coupon to:
 Phil Shafer
 P.O. Box 189
 Ossian, IN 46777

Name _____
 Address _____
 City _____ State _____ Zip _____

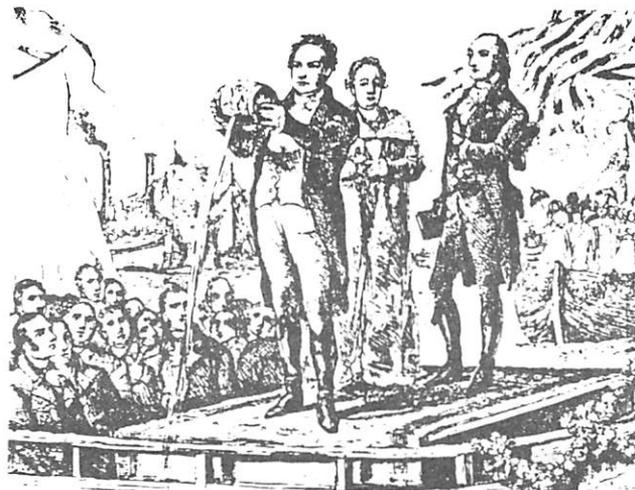


**FORT WAYNE
 TRACK CLUB**

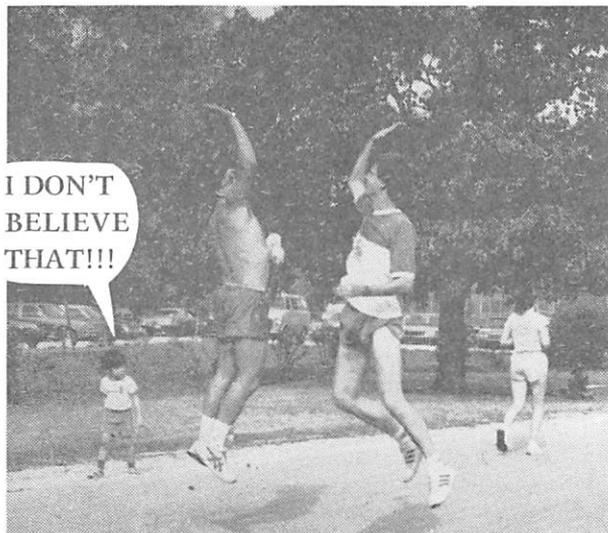
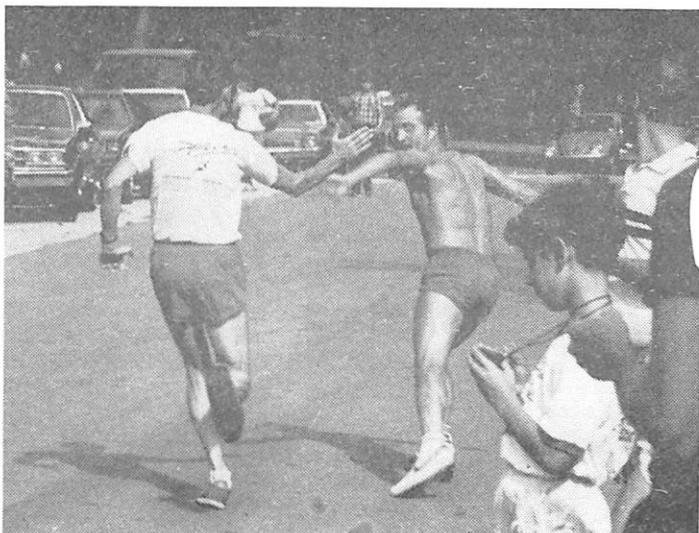
Don Goldner elected president

Don Goldner was elected president during the annual Fort Wayne Track Club Picnic and Elections. Terry Shipley was selected to be his Vice President along with Treasurer Phil Shafer, and Secretary Bonnie Taylor.

Other activities of the day were a "Fun Run" and a 2 person 8 mile relay.



As his first official act as President, Don Goldner promised to go on the wagon for one year. Here he is seen emptying his last key of Blue Thistle Beer as a symbol of his good faith.



Two runners (left) complete a well timed "conventional" hand exchange at the FWTC 4 x 2 mile relay race at Foster on September 18. Not showing as much speed, but far more class, are the team of Shipley and Shafer, (right) who demonstrate their "high hand" exchange. The S&S team did not finish high in the final standings, but they did rate No. 1 in crowd appeal.

FWTC Questionnaire Results

In order to obtain a better understanding of the concerns and needs of our membership the FWTC issued a questionnaire to its members. Here are the results of the 98 forms that were returned:

1. How many years have you been a member of the FWTC?

1-2 years	31
3-4 years	35
5 or more	30

2. How many years have you been running?

1-2 years	13
3-4 years	23
5-6 years	28
7 or more	32

3. How do you perceive the FWTC's operation?

too casual	0
just about right	78
in need of revision	12
too professional	3

4. How well do you feel the FWTC meets your needs as a runner?

excellent	34
good	54
fair	4
poor	2

5. How well do you feel the FWTC meets the needs of most runners?

excellent	23
good	59
fair	11
poor	1

6. If the FWTC needed to increase its operating income, would you favor:

increasing annual dues	33
minimum race entry fees	
for members	38
both	20

7. Do you consider the current annual dues:

high	1
low	33
just right	62

8. Would you be willing to assist with a FWTC race or other function in lieu of increased dues?

yes	65
no, would rather just pay and run	28

9. How would you rate the "The Inside Track"?

excellent	64
good	25
fair	4
poor	2

10. Would you agree to more advertising in the newsletter?

yes	76
no	16

11. If you represent a business would you consider advertising in the newsletter?

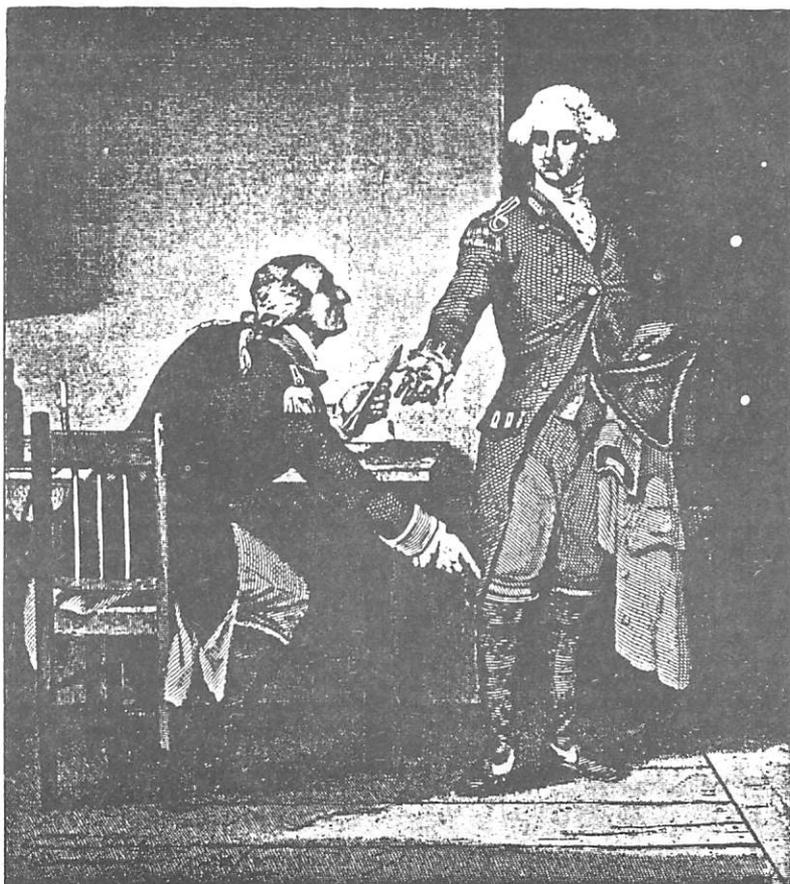
yes	22
no	9
N/A	58

12. Is the race schedule varied enough to suit your needs?

just about right	82
too many short races	1
too many long races	7

13. Would you prefer more or fewer points races?

more	42
fewer	21



The white stripe is a nice touch General Nike, but here are my recommendations for some design changes in your running shoe.

14.4 Do you think the points system adequately fulfills its purpose??

yes 65.5

no 13.3

15. Would you consider attending occasional open club meetings??

yes 54.4

no 5.5

maybe 36.6

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

catered 27.7

potluck 60.0

**An interesting note: women preferred catered and men preferred potluck that tells you something.

It is also interesting to note that on the comment section of this survey, only one was considered negative of the Track Club.

Club News



Check out the TV Show

**RUNNER'S
WEEK**

Friday, October 28

6:30 pm

on Channel 10

The program will be all about the Home Loan 10K. FWTC members will be interviewed.

Note: Volunteers are needed to help with the show. If interested contact Jerry Mazock.

BR



Bill Rodgers "Rainsuits"

Ultra-lightweight, "breathable" fabrics for your more active endeavors. Zippered jackets and slacks in a variety of color combinations for men and women. Rainsuits from \$55.

AS USUAL

10% For Wayne Track Club Discount

athletic annex

Glenbrook Square
48443222

Christmas

CHRISTMAS CAROL PARTY

6:00 pm

December 14

In conjunction with the Wednesday night Fun Run at Foster Park. Party afterwards.

Do you think you have enough shoes ?

by DOUG SUNDLING

It seemed just a couple weeks ago that I had stashed my dozen - give or take a few - pairs of running shoes in the closet. Only now, the once cluttered closet floor is bare, and I can find all those shoes sprawled out underneath and around the chair in the kitchen where I put on and take off my shoes every day. Here lies, perhaps, the most colorful and expensive spot in my habitat: a mound cluttered with \$400 to \$500 of leather, gore-tex fabric, shoe laces, specialized rubber soles, scientifically developed and tested heel stabilizers, and the most advanced and durable mid-sole supports. If people think you live cheap, just show them that pile of running shoes.

That cluttered mound of shoes occupies a natural niche in most any runner's abode: at the foot of the bed, on the bathroom floor, on the back porch, by the garage door. The spot most convenient for you to put on and take off your shoes usually becomes the spot of most inconvenience that everyone else has to walk over. But, one does pause to ponder when a non-running friend - if not a mother or a wife - begs the question: "What do you do with all those running shoes?"

That question leads to, "Do you wear all those shoes?" Obviously, I must have because some time in the past couple weeks, each of those pairs of shoes made it off the floor of the

closet to the floor of the kitchen. Somehow, some way, each one of those pairs of shoes served some kind of purpose.

At the top of the pile of shoes rest the elite - the racing flats. Those are the shoes that have the best public relations and that can claim such statements like,

"I broke the world record when I said I would," or

"I won the New York Marathon on my first try," or

"I've won more races than any other shoe."

Like the tire commercials which impress upon you the races that a tire has won, the shoe advertisements



draw the allusion of world-class stature if you slip on a pair of these elite shoes. I must believe somewhat in that allusion because I wore those flats at a race the past weekend, only reality quickly qualified my racing flats to the limited claim of, "Well, that's another good training run; maybe next time."

Below the elite are my semi-retired racing flats, last year's allusions to world-class stature. These racing veterans have been regulated to "fun run" races or special interval workouts. A good pair of training flats can serve the same purpose, but why throw out a pair of racing flats if they still have a few more miles in them?"

Training flats make up the bulk of my pile of running shoes. These are my favorites - the shoes which cushion my feet into the magical sensation of summer's youth and Mercury's fluid stride. The new pair lies there, waiting to be broken in. The most used pair has been slowly accumulating the miles and have molded like leather gloves to my feet. A dirt and sweat stained, sole-worn pair bides its time except for rain days or easy days of low mileage. There's even an old pair of favorite training flats that have a few good miles left, not quite worn out enough to retire to walking shoes, yet look good with a pair of blue jeans. A training shoe for a different occasion makes good business for the shoe industry - and also makes a larger, cluttered pile.

At the bottom lie the renegades; the expensive new pair of training or racing flats that just didn't feel right and the old veterans, the training flats which shoe-gloo or eternal heal no longer can re-vitalize for the hard pounding of a training run. These shoes become the casual shoe for normal, everyday use. For me, wearing any other kind of shoe can become a mild exercise in tolerance and torture, so most training flats literally have to fall apart before I commit the final act of American consumerism - disposal of consumed goods.

All those shoes represent an expensive pile cluttering up a small niche of my apartment, but in today's society and its quest for health, that pile symbolizes a status symbol. Flaunt it, that is if a mother or wife doesn't sternly request those shoes be put in a more appropriate spot. A cluttered pile of running shoes leaves the impression that you must be doing a lot to have to use all those shoes. Besides, for my money, I don't think I've had a better return on any other investment.

Cook Out after the Race

NOVEMBER 13, 1983

Three races — The first starts at 1:30 p.m.

For entry forms contact:

Jeff Gangloff
3009-5707 Maple Grove Road
Huntington, IN 46750

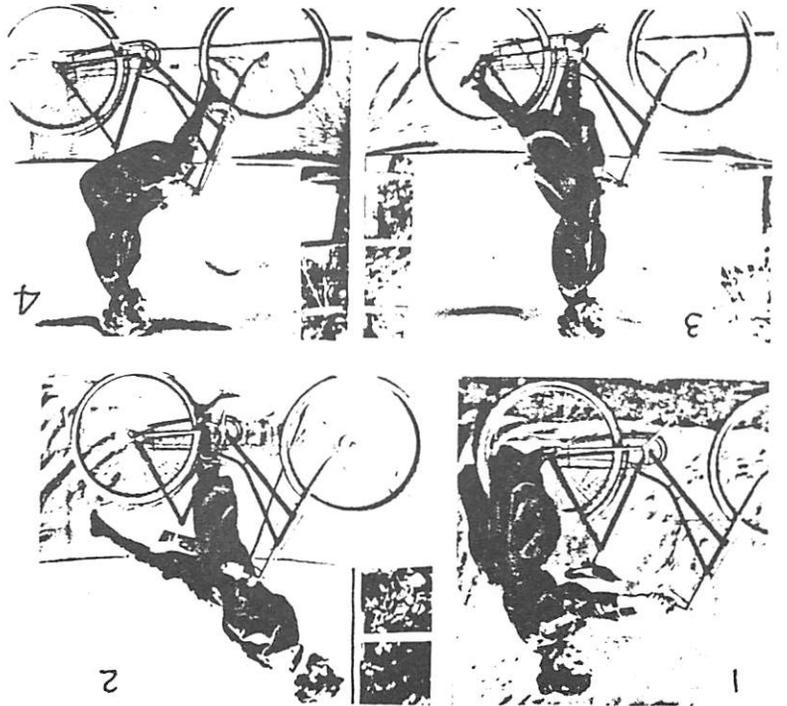
Forms are available at the Athletic Annex also.

Registration is available day of race.
\$4.00 day of race
\$3.00 for preregistration

CROSS COUNTRY CHAMPIONSHIP

QUABACHE STATE PARK EUROPEAN

Fort Wayne Track Club



1. The back bumper straddle is demonstrated by Deb Kukulhan. She claims that it is much more comfortable than sitting on "that narrow little skinny seat."

2. Ann Jamison uses this speed mounting technique.

3. Ann Mize uses this method to see if she can get a glimpse of Ann Jamison ahead of her.

4. And, of course, you will recognize the relaxed style of Joan Goldner as she coasts down the hills.

by IMA SLOUGH

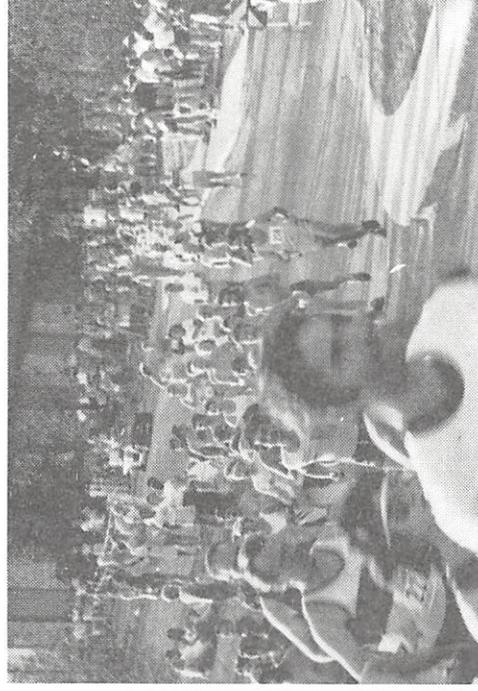
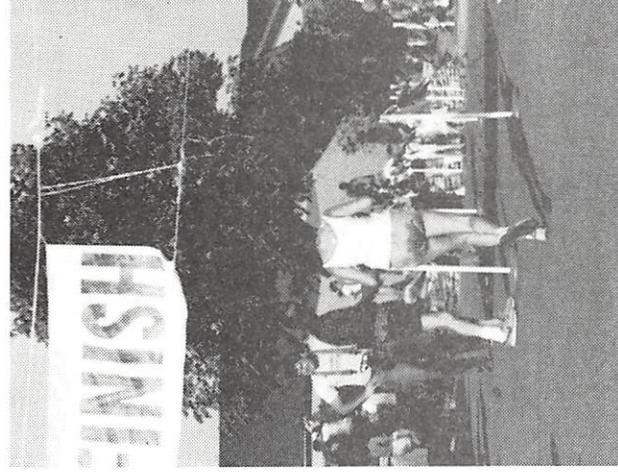
TIPS FOR THE TRI-ATHLETE

For Women

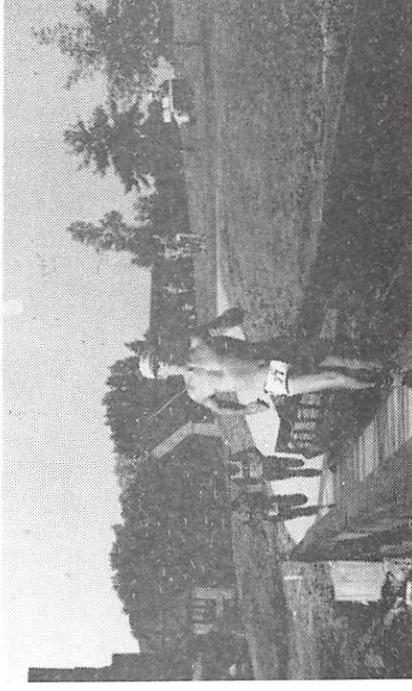
Love Run results

1	Jeff Beam	26:47
2	Phil Suelzer	27:37
3	Ken Babcock	27:50
6	Vince Garcia	28:22
9	Mike Robbins	28:45
10	John Wiening	28:52
11	Doug Sundling	29:17
12	Tim Bowman	29:17
13	Gary Beam	29:51
14	Kenneth King	29:52
15	Larry Averbeck	29:53
16	John Treleven	29:56
18	Don Lindley	30:08
19	Rev. Don Bashor	30:10
21	Tony Gattton	30:36
24	Russ Suever	31:43
31	Tim Wiedman	33:09
32	Barrie Peterson	33:15
33	Sue Carnes	33:22
34	Denny Zecht	33:24
35	Tom Flegler	33:25
36	Theresa Tamkowiak	33:31
38	Terry Coonan	34:03
41	Bruce Koeneman	34:27
42	John Schwarze	34:30
44	Terry Gautsch	35:00
45	James Heyman	35:00
46	B. V. Whateley	35:14
47	Deb Kukulhan	35:16
48	Mike Glaspen	35:16
49	Phil Shafer	35:19
51	Phylhs Suelzer	35:32
52	Ed Hasler	35:36
54	Ron Eschbach	35:55
58	Joe Hilger	36:55
61	Charlie Backofen	37:02
65	George Kirby	37:18
67	Steve Varner	37:20
70	Bill Bare	37:52
71	Howard Bash	38:04
72	Ellen Kay Schurtz	38:07
79	Ken Henoricks	38:40
85	Mike Hey	39:32
86	Kathy Widau	39:44
89	Larry Getts	39:58
92	Paul Snyder	40:11
93	Rich Bolinger	40:21
94	James F. Lantz	40:38

97	Don Merkler	40:44
98	Jamie Dick	40:48
99	Donna Reed	40:50
100	Bruce Kotchey	41:00
101	Eunice Weis	41:08
103	Mike Farrell	41:25
104	Ken Roettrs	41:27
105	Dan Nusbaum	41:32
107	Michael Charles	41:49
109	Jeff Hastings	41:58
110	Doug Pooler	42:06
111	Brenda Wolfe	42:14
112	Rick Ravine	42:29
114	Ken Votaw	43:00
115	Janis Greene	43:11
124	Jame Lee	44:37
126	Mike Holbroda	45:06
132	Sue Keller	46:52
133	Brian Linsley	46:54
134	Jim Schwarze	46:55
137	Rhonda Powell	46:58
143	Mike Lindley	48:22
150	Doris Snyder	1:06:51
151	Sharon Pauley	1:09:07



5 mile Canterbury Green



Parlor City Trot

by TIM CREASON

Bill Gavaghan didn't waste any time getting to the finish line at the ninth annual Parlor City Trot in Bluffton on September 24.

Gavaghan, the head cross country coach at Lawrence North High School in Indianapolis, led a field of some 300 runners over the 13.1 mile course which started and finished in downtown Bluffton. He led them by a pretty good distance, too, as his winning time for the half-marathon was one hour, seven minutes and ten seconds.

That time was more than just a personal best for the Indianapolis native. It was also a new Parlor City Course record, erasing the old standard of 1:08:13 set by Dexter Lehman in 1982.

Of course, it was no real surprise that Gavaghan won, considering he has qualified for the Olympic Marathon trials. But Gavaghan admitted he was mighty pleased with his effort after the race, nevertheless.

"I wanted to go in the 1:07 range, but I didn't know if I could do it today," the winner said after the awards ceremony.

"I felt good the whole way though. I'm pretty happy with it."

Gavaghan's remarks were echoed by women's winner Karen McQuilkin of Bloomington, who set a new women's course record by finishing in 1:18:18. Her effort eliminated the old mark of 1:20:05 set by Betty Hite-Nelson in 1982.

"I'm training to qualify for the Olympic Trials in the Marathon, and if I feel as good then as I did today, I'll be OK," the attractive 24-year-old alumnus of Bowling Green State Un-

iversity said. "I was just going to go out and run about a 6:10 pace and see what it felt like, but after we got going, I knew I could handle 5:50 to 6:00 pace."

Perfect weather and clear skies helped produce the large turnout and fast times at Parlor City, which recorded its largest field ever. The weather certainly helped FWTC's Tom Loucks, who sped to a second place overall finish in 1:07:55.

"I really didn't know what kind of race shape I'm in, but I guess it's pretty good," the 24-year-old Ossian resident beamed afterwards. "I was just hoping to run close to the time I did last year (1:09:29). When I got to the nine or 10-mile mark, I realized I was going faster than what I did last year, so I tried to pick it up."

Loucks helped produce one of the better contests in Parlor City history, as he dogged Gavaghan through the first ten miles. Gavaghan and Loucks both had company in the race's early going, as they were joined by Warsaw's Brian Sponseller, Chuck Koeppen of Carmel, Tim Mylin of Westfield, Willie Young of Indianapolis and Bob Copeland of Clayton in hitting the three-mile mark at 15:41.

Gavaghan made his move shortly after the three mile mark, and by the five mile point, only Loucks stayed with him. A series of five-minute miles on the hills behind the Quabache State Park then put Loucks some 150 yards behind.

Gavaghan couldn't break the Ft. Wayne Marathon champion, however, and Loucks slowly started regaining ground. By the eight-mile point, as they rounded Kunkel Lake in the Park, Loucks had closed to within 75 yards.

"I was just trying to keep him in sight", Loucks said later. "He got away from me when we were coming, out of the park."

Gavaghan, who had turned to see Loucks coming, surged around the lake and pulled away. By the 10-mile point, he was home free, as long as he

didn't slow up. He didn't.

Gavaghan's win led what turned into the fastest Trot finish ever, as eight runners broke 1:12. Sponseller took third in 1:09:36, while Mylin and Koeppen tied at 1:10:13.

On the women's side, McQuilkin was never really pressed. By the three-mile point, which she reached in 17:40, she had a 1½-minute lead on Evelyn Leiter. "I went out a little fast, but I found some guys to run with, and it really helped a lot," McQuilkin said. "I really felt comfortable."

At the end, McQuilkin placed 41st overall in the field.

Leiter ended up taking second in the women's race, clocking a 1:25:54. Sue Carnes of Fort Wayne was third in 1:27:54, and Theresa Yankowick of Fort Wayne was fifth in 1:30:34.

TOP TEN MEN'S FINISHERS:

1. Bill Gavaghan, Indianapolis 1:07:10
2. Tom Loucks, Ossian 1:07:55
3. Brian Sponseller, Warsaw 1:09:36
4. Tim Mylin, Westfield 1:10:13
5. Chuck Koeppen, Carmel 1:10:13
6. Brady Wells, Salem 1:10:29
7. Wilbur Young, Indianapolis 1:11:06
8. Bob Copeland, Clayton 1:11:40
9. Steve Voss, Muncie 1:12:04
10. Kurt Floyd, Anderson 1:12:29

TOP FIVE WOMEN'S FINISHERS:

1. Karen McQuilkin, Bloomington 1:18:18
2. Evelyn Leiter, Bourbon 1:25:54
3. Sue Carnes, Fort Wayne 1:27:54
4. Janet Hancock, Lafayette 1:29:33
5. Theresa Yankowick, Fort Wayne 1:30:34



Minutes of Board Meeting

By MARSHA SCHMIDT, Secretary

September 18, 1983

The 1983-84 Fort Wayne Track Club Elections were held at Foster Park on Sunday, September 18. The elections were held in conjunction with the 2-Man Relay.

John Treleven opened the brief meeting by thanking his officers for the current year. The nominated officers were then announced and unanimously voted into office for the 1983-84 year. They are as follows:

Don Goldner	President
Terry Shipley	Vice President
Bonnie Taylor	Secretary
Phil Shafer	Treasurer

Don Goldner announced that Jan Fairchild would be responsible for the race result table at the Home Loan 10,000 and anyone willing to help with this responsibility should contact her. Also, Home Loan is asking for volunteers to help prior to and after the Home Loan with various duties.

The meeting was adjourned and a picnic followed with all present Fort Wayne Track Club members attending.

October 3, 1983

by BONNIE TAYLOR, Secretary

The October meeting of the Fort Wayne Track Club was held on Sunday night, October 2 at the Central YMCA. Don Goldner opened the meeting with introductions of those new people in attendance.

Minutes were read from the Inside Track by the new secretary, Bonnie Taylor.

Terry Shipley read the Treasurer's Report. As of his report, there is \$395 in checking and \$1359 in the money market fund.

Phil Shafer updated the board as to the membership. He stated membership renewals should pick up for the month of October which should help bring in additional funds. The total membership of the club is about 750, including children. That represents about 600 families in all. There were 630 newsletters mailed - 30 of which were to new members. Membership cards were discussed. Several new reasons were mentioned as to the value of having them - one being for discounts offered by some local merchants. Cards needed to be presented in some cases. It was brought up that the membership needs to be aware of the fact that a discount can be obtained at some



All meetings of the Fort Wayne Track Club are open to the general membership.

of our local businesses if they are members of the Track Club.

Jim Dupont updated the board on the track club's newsletter. He is relinquishing his responsibilities as of the first of the year with Jerry Mazock taking over the responsibility. There has been some investigation made as to prices of printing, typesetting, etc.. Additional information will be gathered before a decision can be made. Jim noted the the Harding High School group can continue to help with the collating and stapling. Also, it was mentioned that the January-February issue will be a combined issue.

Jerry explained that it will be necessary for all copy to be in by the stated deadline. The advertising has now been taken over by Tom Loucks instead of Chuck DeVault. A thank you is in order to both Jim and Chuck for a job well done.

The Junior Program was not discussed as John Schwarze and Don Lindley were not present.

Bill Sohaski reported on the media. He reported that on Tuesday, he and Jerry Mazock have an appointment with Channel 10 regarding a new running program which will feature Jerry. It will be a 30 minute program aired at 6:30 on Fridays. Discussion was held regarding the Track Club's involvement in this effort. Further input will be forthcoming after the Tuesday meeting. Anything right now is premature. Jerry assured the board that his first priority would be the Inside Track newsletter.

The Points System was discussed after a written recommendation was handed out by Mike Robbins and Dan Kaufman. They reported that Russ Suever and Ken Miller will be computing the points for 1984. The following recommendations were accepted:

1. Point calculation methodology be retained (60, 57, 54, etc.) and age groups and transfers be handled as in 1983.
2. All members wishing to participate in the point standings must declare their intentions to do so in writing (on a form to be provided) by March 1, 1984. New members should indicate on their application

form (to be revised).

3. No first place award be given to any race director in either age group or overall standings. Point calculations will be based on race performance only.

There were some recommendations that were tabled until a later date concerning the points system. They will be decided prior to the establishment of the 1984 race schedule. (At some point during this discussion, Tom Loucks got his hands hung up in a pair of gloves with velcro on them and caused quite a stir.)

The 1983 Race Schedule was discussed by John Treleven. Don Goldner covered the Home Loan. Then John mentioned that the November 13 Cross Country and the November 19 25K are the last two points races of the season. A few last minute details need to be worked out yet on these. There is a possibility that the New Year's Eve race will be moved to Glenbrook Mall. John reported the 1984 Race Schedule is being put together. A letter was read from Tom Mather concerning the Canteberry Race being a points race. It was reported by Don Goldner that May 6, 1984, will be the date of the TV33/Hooks Marathon.

Terry Shipley brought the board up-to-date on the equipment. One timer is not working properly at this time. It will be fixed ASAP. The fee schedule was discussed. The present fee is prohibitive for some of the small races. It was reported that some groups are competing with us and that our equipment is sitting idle at times. According to Don Goldner, negotiations may need to be made in some cases.

Mike Glasper brought up the fact that he has a check for the Track Club which was money left over from the Circle 5K Race in August in the amount of \$121. It is being donated by Mr. Juergen Hinz to the club. We want to thank Mr. Hinz for his support.

Mike Robbins handed out copies of the results of the Questionnaire that was printed in the August issue of the Inside Track and also handed out at the Arby's Race. The board felt encouraged over the responses.



**FORT WAYNE
TRACK CLUB**

THE CHALLENGING 25K

FORT WAYNE TRACK CLUB POINTS RACE

SATURDAY, NOVEMBER 19, 1983

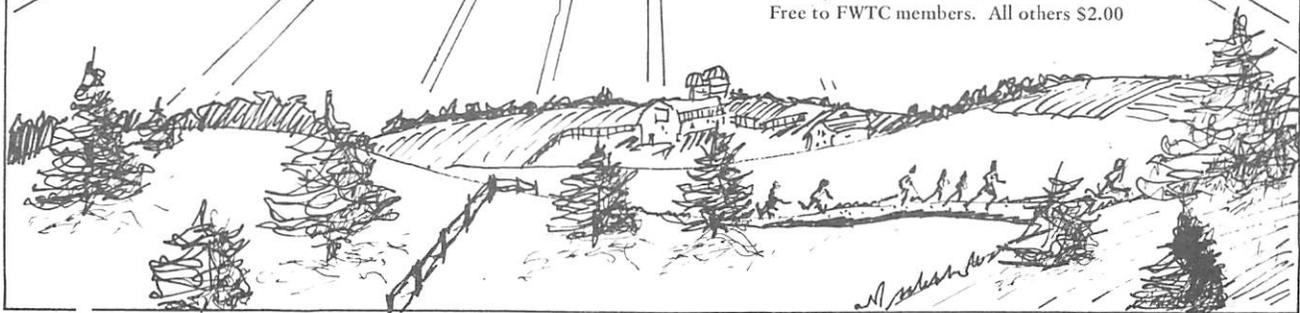
1:00 p.m.

Awards at 3:30 p.m.

WOODSIDE MIDDLE SCHOOL (Next to Homestead)

Registration on the day of the race 11:30 a.m. to 12:45 p.m.

Trophy for first overall male and female.
Ribbons and fruit baskets for age group awards.
Bring an old T-shirt to pass out at aid stations if
weather is cold or wet.
Anyone interested in volunteering help should
call Jim Anderson 745-4446
Free to FWTC members. All others \$2.00



DOOR PRIZES

FIFTH ANNUAL

DOOR PRIZES

COLUMBIA PLAZA 5000 METER RUN

SUNDAY

NOVEMBER 20, 1983

RACE STARTS AT 2:00 P.M.

Columbia Plaza Shopping Center
Corner of US 30 & 109, Columbia
City, Indiana

Registration race day only starting
at 12:00 to 1:30 p.m. in the building
between Sears and the Dollar General
Store.

Age Categories:

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

ENTRY FEE \$6.00

Award for best time overall for male and
female winners. Awards to top three in
each age group. 5th Annual Edition T-
shirts to all runners.

No showers or lockers but restrooms will be
available, plenty of free parking, refreshments
will be served after the race.

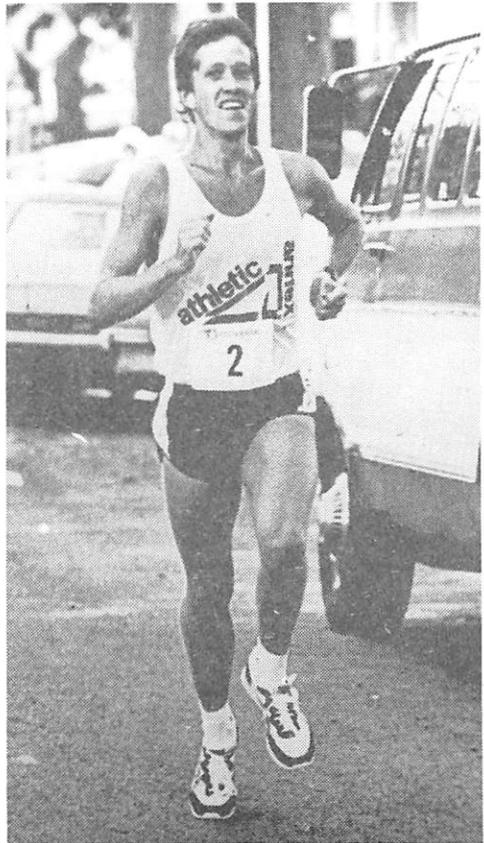
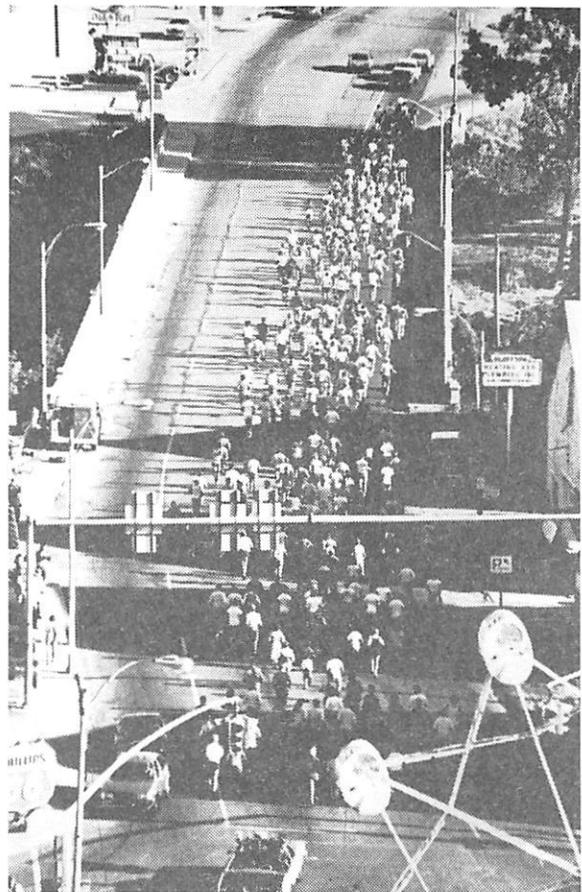
For additional information write or call:

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

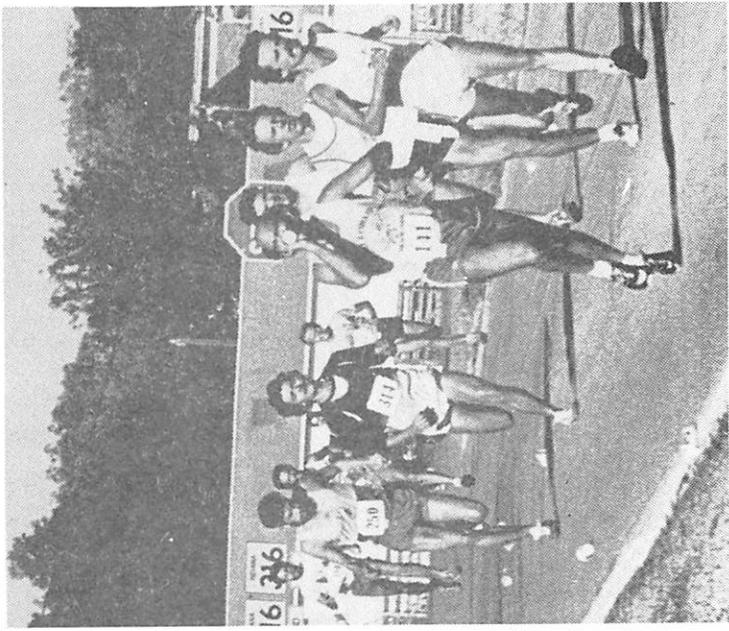
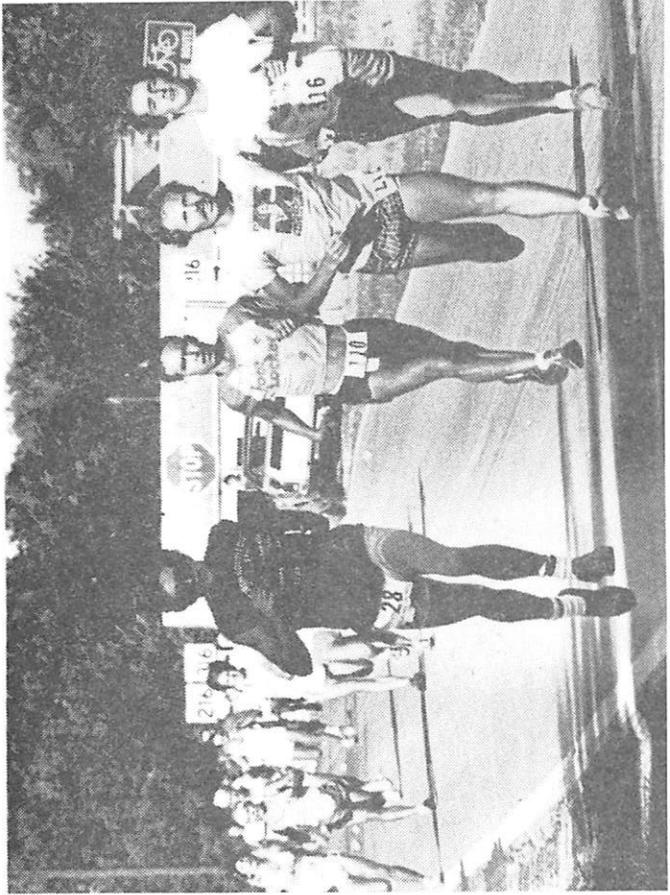
**First 125 runners who register
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PARLOR CITY TROT

EDITOR'S NOTE: We owe Tim Creason of the BLUFFTON NEWS-BANNER a special thanks for submitting these excellent photographs of the Parlor City Trot. (Dewey Slough - eat your heart out!)



Special Feature



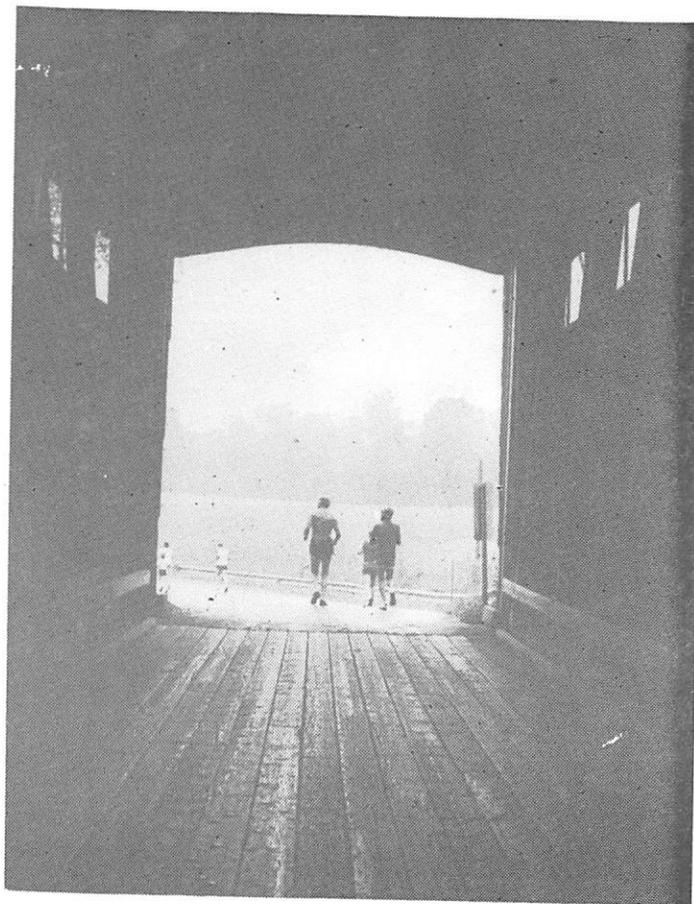
Self-discipline or self-delusion

by MIKE ROBBINS

Many runners train on the edge. They continuously approach the redline while hopeful not to cross it. They try to recognize when they have pushed too hard or too long and then back away. If not, the result is almost certainly an injury. This "listen to your body" approach serves to maintain performance while avoiding self-destruction.

How many of these runners, though, acknowledge this same pattern in the balance of their lives? It demands a high level of self-discipline to pull oneself out the door regardless of the weather or the enticing environs of home to complete one's running regimen. Runners justifiably take great pride in being able to regulate their lives and avoid distractions and temptations in the pursuit of physical fitness and the concomitant psychic and emotional benefits. But, when self-discipline approaches the redline of self-delusion troubles can begin and injury of another sort is just as inevitable.

When the "benefits" of running and the self-discipline of maintaining a strict schedule begin to outweigh all factors in a runner's life, such a runner is flirting with danger. When the entire family, workplace and world in general have to constantly bend and give so that the running schedule can be maintained the same day after day, the self-discipline of the runner may be on the way to becoming self-indulgence and self-delusion.



The runner who refuses to reschedule a workout or who becomes frantic when presented with circumstances which may conflict with the sacred schedule has passed over the redline into the "injury" zone. Any runner whose first response is, "we can't do that then, that's when I run," when only an hour or two change of schedule is imminent, is in serious need of self-reflection. Has running taken control rather than being controlled and used to achieve particular goals? Would the same behavior pattern from someone else in another field be viewed as selfish or self-indulgent?

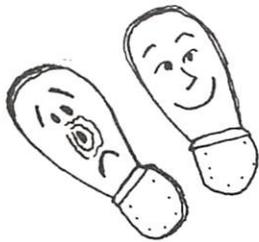
Running can permit individuals to hide from the world protected in the safe web of training and self-satisfaction that they weave around themselves. By forcing themselves to look beyond the self-containment, to allow family and friends and cohorts the same leeway in scheduling their lives, to acknowledge the difference between the process and the goal, runners can indeed grow and succeed in their endeavors while not stomping all those they come into contact with along the way.

If one is not sacrificed for the other, running can greatly aid both physiological and psychological development. Both, though, have redlines that should be acknowledged and respected if the growth is to be injury free.

Parlor City Trot Race results

PARLOR CITY TROT - HALF-MARATHON
Bluffton, IN September 24, 1983

1	*Bill Gavaghan	1:07.10	45	Larry Averbek	1:18.50	101	Bradley Yoder	1:27.29
2	Tom Loucks	1:07.55	46	Bob Williams	1:18.53	102	Ed Kerr	1:27.30
3	Bryan Sponseller	1:09.36	47	Todd Rigelman	1:18.56	103	Mike Byerley	1:27.31
4	Tim Mylin	1:10.13	48	Ron Gallogly	1:18.59	104	Bruce Barton	1:27.32
	Chuck Koeppen	1:10.13	49	Don Lindley	1:18.59	105	Bill Blosser	1:27.32
6	Brady Wells	1:10.29	50	Bill Schmidt	1:19.00	106	Craig Miller	1:27.43
7	Willie Young	1:11.06	51	Floyd Romack	1:19.03	107	Mike Kast	1:27.52
8	Bob Copeland	1:11.40	52	Michael Sheehan	1:19.12	108	Sue Carnes	1:27.54
9	Steve Voss	1:12.04	53	Lee Dye	1:19.13	109	Jerry Mazock	1:27.55
10	Kurt Floyd	1:12.29	54	Brian Dudley	1:19.14	110	Phil Shafer	1:27.55
11	Duane Dye	1:12.47	55	Gary Sweigart	1:19.32	111	James Schneider	1:28.27
12	Phil Suelzer	1:12.55	56	Kerry Wargo	1:19.56	112	Bob Schendel	1:28.35
13	Ed Eichler	1:12.57	57	Steve Brown	1:19.58	113	Stevon Wilson	1:28.50
14	John Walters	1:13.00	58	Chris Edington	1:20.09	114	Richard Mellon	1:28.58
15	Bill Welsheimer	1:13.02	59	Larry Begley	1:20.15	115	Bernie Huesing	1:29.05
16	Dan Kaufman	1:13.23	60	Bret Curry	1:20.16	116	Dwight Purdy	1:29.08
17	Vincent Garcia	1:13.27	61	Jack Dyer	1:20.22	117	Paul Whittington	1:29.10
18	Mike Huber	1:13.45	62	Gary Wilson	1:20.34	118	John Ferguson	1:29.14
19	Tim Grant	1:13.56	63	Bill Heck	1:20.37	119	Sam PeGan	1:29.25
20	Gary Striggle	1:13.57	64	Myron Meyer	1:20.45	120	Larry Diehl	1:29.29
21	Dale Jacobson	1:14.15	65	Karl Boyd	1:20.46	121	Janet Hancock	1:29.33
22	Jim Leffler	1:14.40	66	Dan Moord	1:20.52	122	Tom Hoffman	1:29.50
23	Leslie Williams	1:14.50	67	George White	1:20.56	123	Phil Wisniewski	1:29.54
24	R. Michael Glasper	1:15.03	68	Jim Anderson	1:21.36	124	Marty Clemmer	1:29.55
25	Bill Hendey	1:15.05	69	Doug Sundling	1:21.36	125	Jim Burk	1:30.10
26	Rick Reitzug	1:15.09	70	Woody Barker	1:21.38	126	Bruce Koeneman	1:30.31
27	Tim Murphy	1:15.42	71	Paul Bauman	1:21.52	127	Theresa Yankowiak	1:30.34
28	Gary Dexheimer	1:15.45	72	Randy Palmer	1:21.59	128	Joe DiEduardo	1:30.42
29	John Ely	1:15.53	73	Tony Gatton	1:22.03	129	Russ Suever	1:30.54
30	Randall Hansard	1:15.57	74	George Devine	1:22.11	130	David E. Boylan	1:31.05
31	Tim Barber	1:16.00	75	Joe Phillips	1:22.13	131	Joe Wright	1:31.08
32	Tim Fleming	1:16.38	76	Thomas Dendinger	1:22.19	132	Gene Chandler	1:31.12
33	Dave Charters	1:16.56	77	Duane Peka	1:22.26	133	Brice Miller	1:31.20
34	Ken Babcock	1:17.11	78	James Bushey	1:24.07	134	Phyllis Suelzer	1:31.25
35	Miguel Mendez	1:17.22	79	Rex Piercy	1:24.29	135	Dan Belschner	1:31.30
36	David C. Welsh	1:17.45	80	Ron Wallace	1:24.34	136	Dewey Culbertson	1:31.49
37	Kevin Perryman	1:17.55	81	Larry Ellis	1:24.44	137	Mark Shorter	1:31.51
38	Greg Kuhn	1:18.07	82	John Pherson	1:24.44	138	Christopher Farrell	1:32.05
39	Mike Robbins	1:18.13	83	Robert McCurdy	1:24.54	139	Susan Leffler	1:32.14
40	Eric Brandenburg	1:18.17	84	Kenneth King	1:24.58	140	Terry Gose	1:32.18
41	*Karen McQuilken	1:18.18	85	Steve Adkison	1:25.11	141	Giles Tomlinson	1:32.22
42	Roger Kingsbery	1:18.24	86	Ray Sibel	1:25.17	142	Terry Coonan	1:32.55
43	Glen Davis	1:18.28	87	Dave Lepar	1:25.22	143	Don Bennett	1:33.02
44	Terry Diller	1:18.49	88	Bruce Gillum	1:25.25	144	Gregory Fahl	1:33.20
			89	James Magnett	1:25.28	145	Karl Waite	1:33.35
			90	Steven Caswell	1:25.38	146	Eugene Striggle	1:33.50
			91	Ralph Bushong	1:25.46	147	Tom Lovasko	1:33.57
			92	Mickey Hess	1:25.51	148	Roger Hack	1:34.01
			93	Evelyn Leiter	1:25.54	149	John Hamilton	1:34.01
			94	Donald Peaks	1:25.57	150	Paul Wiser	1:34.01
			95	Sam Hadley	1:26.22	151	Keith Grindall	1:34.17
			96	David J. Smith	1:26.23	152	Thomas Clagg	1:34.38
			97	Stephen Walker	1:26.29	153	Don Nixon	1:34.58
			98	Dave Fairchild	1:26.30	154	Tom Mather	1:35.07
			99	Tom Felger	1:27.17	155	Dave Reichwage	1:35.20
			100	Fritz Klein	1:27.26	156	Robert Gebfert	1:35.21
						157	Jeff Tuttle	1:35.49



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

158	Dan Minnich	1:35.52	234	Roseann Simmons	1:46.17
159	Tom Liebrich	1:35.54	235	Dave Kinder	1:46.33
160	Bob Gardner	1:35.58	236	James Stump	1:46.58
161	Rudy Kleinknight	1:36.18	237	Joe Peters	1:47.21
162	William Bennett	1:36.19	238	Steven Schmuck	1:47.25
163	Debra Kukelhan	1:36.20	239	Paul Sabrack	1:47.57
164	Don Ashton	1:36.21	240	Paul Floyd	1:47.58
165	Michael Callahan	1:36.27	241	Susan Lovasko	1:48.08
166	Ira Johnson	1:36.34	242	Ken Miller	1:48.08
167	Chad Janak	1:36.37	243	Dana Grove	1:48.42
168	Dan Richey	1:36.45	244	Sharon Getty	1:48.47
169	Randall Brantley	1:36.45	245	Vaughn Roberts	1:48.52
170	Mono Jagasia	1:36.46	246	Larry Getts	1:49.22
171	Vern Chovan	1:36.58	247	Betty Jackson	1:50.30
172	Gayle Coffey	1:37.00	248	Ray Coffey	1:50.37
173	Paul Gilley	1:37.11	249	Bobby Wiersma	1:50.42
174	Nick Ray	1:37.28	250	King Sullivan	1:51.09
175	Tom Fisher	1:37.34	251	Donald Nottingham	1:51.31
176	Joseph Cronin	1:37.39	252	Carolyn Williams	1:51.51
177	Herb Chandler	1:37.45	253	Sabine Florreich	1:51.53
178	Wayne M. Ley	1:38.12	254	James Thill	1:52.07
179	Gary Studebaker	1:38.17	255	Terry Water	1:52.19
180	Rudi Florreich	1:38.18	256	Deloris Fiantdt	1:52.33
181	Ron Kingery	1:38.36	257	Joseph L. Brooks	1:52.55
182	Marvin Proffitt	1:38.34	258	Phil Tassitino	1:53.05
183	Erick Soderquist	1:38.41	259	Jo Ashton	1:53.21
184	Robert Grawcock	1:38.46	260	Janis Green	1:53.44
185	Don Noland	1:38.50	261	Randy Steffen	1:54.02
186	Vic Stockman	1:39.01	262	David Hans	1:54.13
187	Clem Getty	1:39.10	263	Scott Irwin	1:54.13
188	Steven Tielker	1:39.17	264	Laura Gough	1:54.34
189	Rose Marie Kocsergo	1:39.24	265	Delphur Lewis	1:54.49
190	Charles Hissong	1:39.50	266	Michael Cooper	1:54.57
191	Doyle Putman	1:39.55	267	Ann Mize	1:55.24
192	Karen Kaehr	1:40.07	268	James Thurber	1:56.26
193	Ronald Stoner	1:40.14	269	Karen Pedden	1:56.42
194	Jack Goble	1:40.40	270	Don Howard	1:56.43
195	Kenton King	1:41.06	271	David Cox	1:58.40
196	Dave Moore	1:41.23	272	Virgil Fojtik	1:59.13
197	Ivan Painter	1:41.23	273	Robert Harris	1:59.17
198	Ron Lippy	1:41.24	274	David Rogers	1:59.19
199	Dave Wolff	1:41.43	275	Alfred Moore	1:59.25
200	David Winters	1:41.53	276	Mike Avila	1:59.33
201	Mark Bassett	1:42.03	277	Angela Severs	1:59.37
202	George Paul Kirby	1:42.15	278	Sue Sheehan	1:59.39
203	Tom Elliott	1:42.24	279	Roger Phillips	1:59.51
204	Nou Phoulevanghony	1:42.48	280	Yolanda Garcia	2:00.03
205	James Moya	1:42.54	281	Cyrus Johnson	2:00.64
206	Wendell Parson	1:42.56	282	Lisa Daniels	2:03.27
207	Al Henkel	1:43.05	283	Brian Lindley	2:06.51
208	Dick Sive	1:43.20	284	Diane Detwiler-Zapp	2:09.50
209	Alan Gilbert	1:43.32	285	Edmund Zapp	2:09.51
210	Mark Runkle	1:43.37	286	Cheryl Bennett	2:10.10
211	Cathy Primmer	1:43.38	287	Connie Teel	2:10.15
212	Pat Beuchel	1:43.41	288	Bonnie Taylor	2:11.21
213	Joe Bachon	1:43.42	289	Eugene Haines	2:16.24
214	Sondra Seibold	1:43.45	290	Philip Steimen	2:16.27
215	Cynthia Sabrack	1:43.55	291	Mike Lindley	2:16.55
216	Patti Fleming	1:44.00	292	Karen Perrin	2:18.40
217	Robert Gensheimer	1:44.04	293	Jonathan Olson	2:18.40
218	Steve Butler	1:44.15			
219	Phil Rizzo	1:44.15			
220	C. Ray Gilbert	1:44.16			
221	Robert Knapp	1:44.16			
222	Duretta Yoquelet	1:44.18			
223	Marsha Schmidt	1:44.27			
224	Bill Townsend	1:44.31			
225	Phillip G. Kennerk	1:45.07			
226	John Hilker	1:45.07			
227	Ron Kleinknight	1:45.22			
228	Scot Kreig	1:45.33			
229	Robert Wiersma	1:45.38			
230	James P. Jones	1:45.53			
231	Pete Williams	1:46.01			
232	Wendell Adams	1:46.08			
233	Greg Bell	1:46.12			

(See page 18 for complete race results of the Foot Locker 5K)



Girls! Girls! Earl Finkel hasn't been right in three months. Put down the umbrellas!

FOOT LOCKER 5K A SUCCESS

by MIKE GLASPER

Led by Greg Orman and Connie Everage, the overall winners, and enticed by T-shirts and merchandise awards provided by the Foot Locker for a \$1.00 entry fee, 358 runners helped make the 1st annual Foot Locker 5K a success.

Juergen Hinz, manager of the Foot Locker store at Glenbrook Square, was the driving force behind the race and I thank him. The T-shirt design, awards and entry fee were his ideas and from the feedback I've received, he succeeded greatly in all three areas. In addition, the Foot Locker Company donated to the Fort Wayne Track Club the entry fees, minus expenses.

I would also like to thank the following people who helped on race day:

Barb Trealeaven, who organized the registration and finishing tables.

Bob Pauley and J.P. Jones, who headed the finish line.

Dave Demaree, Bob, Andrew, John, Cliff and Rob Glasper, Chris and Theresa Schortgen, Judy Tillabaugh, Mr. and Mrs. Dick Florea, Deb Harminger and Roseanne Lindley, who filled in where ever needed and did a great job.

Deb Kukelhan, assistant race director. She deserves a special thanks as she helped with everything from sorting pre-registrations to compiling and typing the race results.

Without these people, the race could not have taken place. I am indebted to them all and hope all runners realize the importance of a good race volunteer group.

A San Francisco run

by TERRY GAUTSCH

One of the challenges of a traveling runner is finding both a location and the time for a daily run. Often it means odd hours, unfamiliar running routes, and unexpected dog encounters! But the pleasure of a refreshing run and the fun of new scenery make it well worthwhile to pack the well-worn runner's duffel.

One such runner's delight is Golden Gate Park in San Francisco. Broad asphalt paths, miles of criss-crossing trails, temperate weather (usually!), and spectacular scenery made Golden Gate a favorite for San Francisco runners.

Contrary to the name, Golden Gate Park is not particularly near Golden Gate Bridge (another running favorite in San Francisco). Golden Gate Park is a broad green strip 4 miles long by ½ mile wide that extends from the Haight Asbury District straight west to the Pacific Ocean. There are a dozen or more small lakes and ponds scattered throughout. The western one-third of the park slopes downward to the ocean to provide some moderate hill running.

A popular Golden Gate Park run if time and ambition permit is the perimeter path which is almost exactly 9.0 miles including the "Panhandle" portion of the Park. The perimeter path is actually inside the park boundaries by 1-2 blocks paralleling the outer auto drive. Start at the Conservatory-easy parking nearby and begin the run to the west. The Conservatory is a classic 1890's Victorian glass and wood structure that is the show case of the park's floral and landscaping displays.

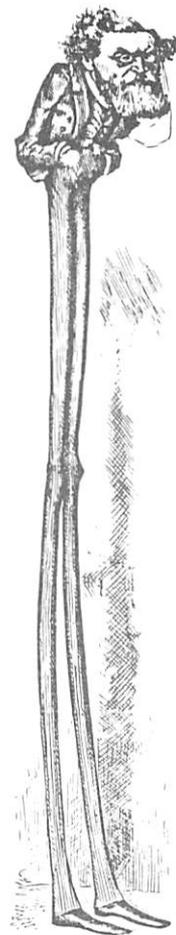
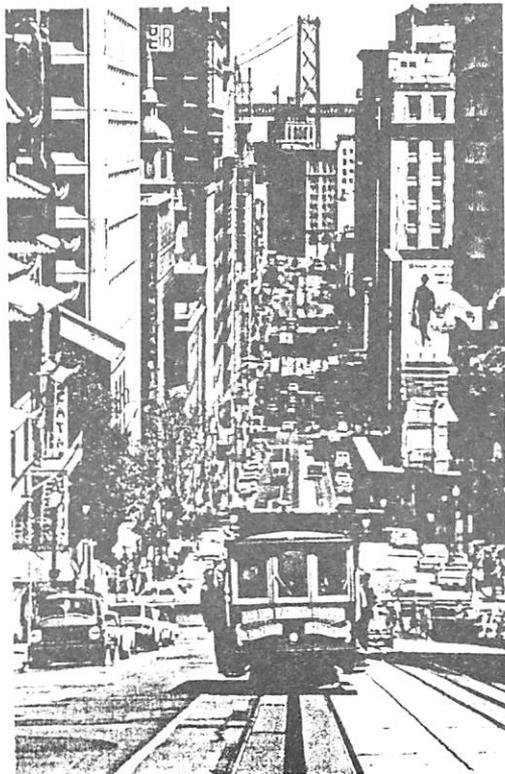
About a mile west of the Conservatory, the path begins the downward slope to the ocean. Here you will encounter large groves of eucalyptus trees with their unique pungent air-far different from the cornfields of Ft Wayne! You will breeze alongside a golf course just before reaching the ocean at mile 2½. Then the path parallels the Pacific for ½ mile- with some splash of salt spray if the surf is up!

Turning back east now on the south side of the park, the path begins to reascend those hills that seemed so gentle when going toward the ocean. The next 2 miles provide more eucalyptus, small ponds, and surprises like a stand of ten foot high ferns.

Runners are moving in all directions throughout Golden Gate Park with each runner seeming to have his own favorite route or trail. There are no mile markers that I noticed but the outer perimeter trail is 9.0 miles - if you skip the panhandle portion, the perimeter run is 7.6 miles.

Halfway along the return path you will encounter the only auto crossing road at 19th street (this is also California no.1). Another ½ mile further brings Stow Lake, the park's largest, and then the Japanese Tea House, a famous park attraction.

Kezar Stadium in the southeast corner of the park is the next landmark at mile 7. Then the final two mile stretch through the Panhandle back to the Conservatory. After a warm-down and final stretch, that famous Anchor Steam beer will taste twice as good! For that special run when in San Francisco, I fully endorse Golden Gate Park!



Charlie Brandt set a new Parlor City Trot record by covering the course in just 327 strides.

FWTC Points Standing

NAME	NUMBER OF RACES	TOTAL POINTS
MALE OPEN		
Jeff Beam	10	365
Tom Loucks	6	338
Mike Glasper	10	327
Terry Diller	10	317
Vincent Garcia	7	306
Dan Kaufman	7	301
Jim Anderson	8	255
Phil Suelzer	6	240
Steve Brown	7	234
Jerry Williams JR.	5	226
Doug Sundling	5	225
Tim Fleming	9	221
Mike Bultemeier	5	220
Mike Robbins	7	221
Bill Schmidt	9	192
Jerold Perkins	7	188
John Treleven	7	185
John Schwarze	9	177
Todd Rigelman	8	177
Larry Averbeck	7	165
Tim Bowman	5	155
Mike Kast	7	152
Don Lindley	6	137
Miguel Mendez	5	137
Roger Wilson	7	136
Rick Reitzug	5	133
Kenny King		131
Tony Gattton	6	128
Jack Dyer	7	119
Woody Barker	6	86
Art Obregon	5	61
MALE 14 & UNDER		
Stan Florea	9	508
John Schwarze	9	418
Bobby Wiersma	7	287
Jim Schwarze	7	275
Brian Lindley	6	238
Michael Lindley	6	227
MALE 15-19		
Jeff Beam	8	454
MALE 20-24		
Tom Loucks	6	338
Tim Bowman	7	323
Jerry Williams JR.	5	243
Mike Bultemeier	5	242
Wayne Johnson	5	213
Chris Edington	5	202
Gary Beam	5	201
Dave Geiger	5	192

MALE 25-29		
Terry Diller	10	478
Vincent Garcia	7	404
Jim Anderson	8	388
Kenneth King	10	388
Tony Gattton	10	380
Roger Wilson	8	341
Doug Sundling	5	282
Miguel Mendez	5	236
Dennis Zech	5	180
Tom Wagner	5	179
James Beeson	6	128
MALE 30-34		
Mike Glasper	10	491
Tim Fleming	9	404
Dan Kaufman	7	396
Steve Brown	7	352
Mike Robbins	7	328
John Treleven	7	328
Phil Suelzer	6	325
Norm Spitzig	7	291
Larry Shively	7	288
Phil Shafer	7	243
Dave Winters	8	236
Rick Reitzug	5	235
Tom Archbold	6	221
Dewey Culbertson	5	169
Pat Herman	5	141
George Kirby	7	122
Mike pleus	5	56
Phil Kennerk	5	54
Paul Sabrack	5	0
MALE 35-39		
John Schwarze	9	450
Todd Rigelman	7	426
Don Lindley	7	347
Mike Byerley	9	341
Steve Adkison	8	279
Ed Kerr	5	253
Phil Wisniewski	6	246
Art Obregon	5	240
Terry Shipley	5	189
Dave Wolff	5	187
Ron Motycka	5	183
Russ Suever	6	177
Rudy Kleinknight	8	171
Tom Mather	5	167
Tom Mangette	5	130
Dennis Flennery	5	125
John Stachera	5	122

Phil Luttmann	5	104
Ken Roehrs	7	67
MALE 40-44		
Larry Averbeck	10	524
Jerry Perkins	9	519
Jack Dyer	8	402
Ken Clark	8	342
Woody Barker	7	337
David Boylan	7	309
Jerry Rickard	7	295
John Barbier	6	248
Charlie Brandt	5	238
Don Ashton	6	229
Tom Finan	5	198
William Foley	5	168

MALE 45-49		
Bill Schmidt	9	540
Don Peaks	10	467
Joe Ziegler	10	463
Craig Miller	8	405
Tom Liebrich	9	369
Rudy Florreich	9	335
Ray Sibrel	6	279
Joe Brooks	8	278
Norman Whisler	5	249
Don Goldner	6	234
Bill Sohaski	5	204

MALE 50-59		
Mike Kast	8	480
Vern Chovan	10	455
Myron Meyer	8	440
Giles Tomlinson	8	413
Paul Snyder	10	398
John Hilker	9	391
King Sullivan	9	362
Roger Phillips	10	360
Al Moore	9	320
Ian Rolland	7	284
Gene Striggle	6	267
Terry Gautsh	6	258
Jack Goble	5	245
Curt Nold	5	189

MALE 60 and over		
Al Gumbert	8	480
Chet Fleetwood	5	266

FEMALE OPEN		
Phyllis Suelzer	10	473
Roseann Simmons	10	377
Marsha Schmidt	9	364
Theresa Yankowiak	7	363
Judy Tillepaugh	8	356
Deb Kukulhan	8	353
Mary Thersa Connolly	6	310
Rose Marie Koczergo	7	288
Cindy Sabrack	8	274
Patti Fleming	7	251
Sally Bork	7	221
Janis Greene	6	192
Deloris Fiantd	5	178

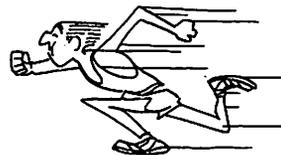
FEMALE 19 and under		
Lisa Daniels	7	322
Jennifer Schwarze	7	300

FEMALE 20-29		
Judy Tillepaugh	8	407
Theresa Yankowiak	5	380
Cindy Sabrack	8	363
Mary Theresa Connolly	6	338
Sally Bork	8	335
Rose Marie Koczergo	7	325
Betty Jackson	7	293
Sabine Florreich	6	258

FEMALE 30-39		
Phyllis Suelzer	10	541
Roseann Simmons	10	450
Marsha Schmidt	9	425
Deb Kukulhan	8	396
Patti Fleming	8	350
Deloris Fiantd	5	218
Linda Gensheimer	5	202
Brenda Wolfe	5	193

FEMALE 40-49		
Janis Greene	10	525
Julie Wilson	7	352
Bonnie Taylor	6	285
Maurine Gensheimer	2	269
Sharon Pauley	6	265
Ruth Ann Hyndman	5	223

FEMALE 50 and over		
Doris Snyder	6	313
Tess Machlan	8	311



Letters to Editor

Dear Mayor Moses and FWTC members;

Thank you for supporting our petition requesting a sidewalk on the east border of Foster Park along Old Mill Road. We appreciate you sharing our concern about the safety of pedestrians forced into the street because of no sidewalk in the area.

We also appreciate your prompt attention, Mayor Moses, the work was completed by the end of August and surely made our summer running at Foster Park much safer.

Thanks too, to the Parks and Recreational Director, Bob Arnold, who investigated our problem and located the funding for the sidewalk. It was a Great joint effort, thanks to all.

Sincerely,

King Sullivan

Dear Jim,

The errors made by your students in preparing the October newsletter, as you indicate, are few and easily understood under their new circumstances. The "errors" contained in your editorial, however, require further explanation.

Though it is certainly arguable that too much time is spent considering the points system (though at the expense of exactly what I'm not certain), the system should at least accurately be described. There is no advantage to not participating in any race nor, conversely, no advantage to participating in any race. Each participant scores zero to 60 points depending upon finishing position with no negative points assigned. The scoring system is absolute and contains no direct variables whatsoever. The only indir-

ect variable is the decision each runner makes to run or not run any particular race. The "final" score for each runner for the year is the sum of the individual race scores for the 10 best races. It is difficult to contemplate anything being much simpler.

The prior system was indeed complicated and when discussion got to the stage of involving a computer to track the scores, the system was changed. To a great extent, any scoring system generally will produce the best results for those who participate the most. Thus, final standings may favor those who consistently participated at a consistent level of excellence rather than those who participated infrequently, but always very excellently. The scoring system was never intended to produce ultimate truth and justice, but rather to allow a pattern to be woven over the entire race schedule. This may evoke a competitive response from some, a method of measurement for others, a subject of varied discussions from still others and complete indifference from yet many others. That Greg Orman is currently the fastest runner in the club will certainly be conceded whether or not he wins the points standings.

Perhaps much of the points system discussion overlaps the decision to attach or not attach FWTC sponsorship to a given race. Many race directors (certainly not all) do wish to involve the FWTC and feel that being a part of the FWTC race schedule will provide both the technical and participatory support their sponsors desire. This can provide the type of symbiotic relationship which benefits all parties involved.

As we continue to look for these best "fishing" ponds, many will prefer only counting the fish they catch while others will prefer just catching and eating fish. This can all be done on the same pond with no diminishment of pleasure from either pursuit.

Sincerely,

Mike Robbins

P.S. If you catch a good catfish, I'll be happy to eat it.

(Editor's Comment) Thanks, Mike, for taking the time to put your opinion "in writing." You have a very strong argument and you did clear up some of my errors from last month's editorial. Please see this month's for more on this matter.

ON THE RUN . . . FROM THE LAW

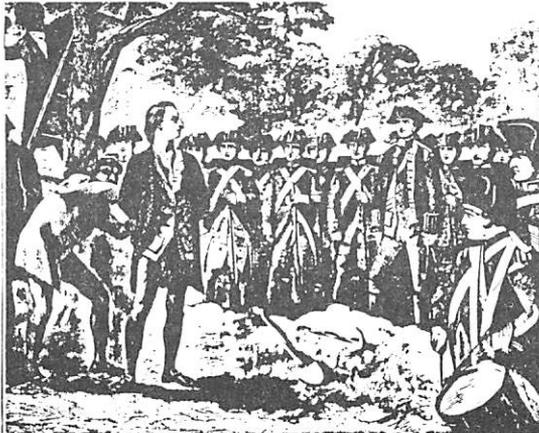
(A note taken from the newsletter of the Van Wert Area Road Runners, October, 1983)

Sue Steinen recently had a run-in, sort of, with the local police department. She was out for a morning run along Woodlan Avenue when a policeman in a passing patrol car told her she ought to be running on the sidewalk, not in the street. Since he said "ought to" and not "had to", Sue continued on her way home in the street. The policeman turned around, pulled up beside her and told her to run on the sidewalk. Sue, showing true dedication to running (or was it stubbornness?) replied that she had only two blocks to go. Not to be outdone, the officer pulled his car in front of Sue and cut her off. He told her that unless she ran on the sidewalk, she'd be arrested.

Sue was actually quit upset. After cooling down she called Linda Benschneider for sympathy and later, Sherri Katz for advice. Sherri advised her to call City Law Director, Rex Fortney to find out if the officer was correct.

After doing some research, Rex called back with the news that Van Wert's law forbids walking in the street when there is a sidewalk available, and this parallels a state law. A similar case in Akron had established that jogging is not walking - - so Sue was not a criminal. Rex also told Sue that the police department would issue memos to all patrolmen stating that jogging in the streets is legal.

INSIDE TRACK Editor, Jim Dupont was shot last month for daring to take a stand against the glorious "points system." The sentence was carried out by a troop of front runners under the leadership of a Major E. Gotrip. The Major stated that the execution was a "points execution" with the runner shotting nearest the heart getting 50 points, second closest getting 48 points, third 46 points, etc..



25-29			
22:43.2	2	*Bob Harris	201
23:42.4	27	*Jim Amstutz	232
24:14.0	28	Mark Gillings	248
25:52.4	29	John Wiehe	282
25:56.8	30	*Larry Linson	283
32:39.5	31	Joe Winebrenner	350
37:51.7	32	Jim Carl	356

30-34			
16:24.7	1	*Dan Kaufman	22
16:33.1	2	*Mike Gilland	23
16:38.6	3	*Rick Reifzug	24
16:48.0	4	*Phil Suelzer	27
17:14.2	5	*Mike Robbins	36
17:20.6	6	*John Treleaven	38
17:27.5	7	*Tim Fleming	41
17:32.0	8	*Mike Melendrez	43
18:03.4	9	*Norm Spitzig	61
18:51.1	10	*Dewey Culbertson	74
18:52.7	11	Rick Schooley	75
18:54.5	12	Alan Severs	78
18:58.0	13	*Phil Shafer	80
19:03.3	14	John J. Connolly	83
19:28.1	15	*Dave Winters	93
19:29.2	16	*Terry Coonan	94
19:34.4	17	*Kenny Wolfe	96
20:33.2	18	*Tom Archbold	128
20:45.6	19	*Paul A. Gilley	135
20:53.1	20	Erick Soderquist	142
21:02.7	21	*Michael Callahan	148
21:46.2	22	*Dan Trestine	167
21:52.1	23	*George Paul Kirby	170
21:52.7	24	Denny Smith	171
22:16.7	25	Steve Herdman	182
22:37.7	26	*Phil Kennerk	197
23:00.9	27	*Paul Sabrack	213
23:51.6	28	Steve King	236
26:23.3	29	*Rick Longsworth	288
26:24.7	30	Mike Hendricks	290

35-39			
16:01.8	1	*Pat Davis	14
16:52.6	2	Max Blank	29
17:26.1	3	*Todd Riggleman	40
17:42.2	4	*John Schwarze	48
18:03.9	5	*Don Lindley	62
18:11.2	6	*Russ Suever	66
18:27.5	7	*Ron Motycka	68
18:32.3	8	*John Ferguson	69
18:45.8	9	*Ed Kerr	72
18:48.3	10	*Phil Wisniewski	73
19:23.5	11	*Steve Akron	91
19:42.2	12	Jonathan Slaughter	99
19:48.9	13	*Darrell Ordway	102
19:53.3	14	Robert Knapp	105
19:56.5	15	*Jim Seizer	107
20:07.4	16	*Mike Zurzollo	110
20:14.7	17	Terry Gose	114
20:52.0	18	*Tom Mather	140
20:59.3	19	*Rudy Kleinknight	146
21:15.1	20	*Phillip Luttmann	155
21:18.1	21	*Bob Wiersma	156
21:20.9	22	*John Stachera	157
21:30.6	23	*Tom Theard	162
21:45.0	24	*Tom Mangette	166
21:54.3	25	*Terry Shipley	172
21:56.6	26	*James Lantz	173
22:04.1	27	*Bob Clay	177
22:04.4	28	Steve Howser	178
22:07.5	29	*Lawrence Lee	180
22:22.0	30	Mike Cadwallader	189
22:25.7	31	*Dennis Flennerly	191
22:27.2	32	*Steve Butler	192
22:47.2	33	*Ken Roehrs	204

by DON GOLDNER, President

In the last President's column John Treleaven expressed his appreciation to various people involved in the management of the club during his term of office.

Speaking for that group, I would like to thank John for his year of excellent leadership. Working with John is a pleasure. We had a good time and things ran smoothly. With a new points system, new out of town races in our schedule and a major move in the marathon, we certainly didn't stand still. Thanks, John, for a great year.

The results of our recent questionnaire have been tabulated and it appears that the club is meeting the needs of the greater majority of the membership. Unfortunately, with 750 individual members, it is impossible to know all of them. We are interested in their running

President's Message

needs, ideas, and expectations of the FWTC.

The questionnaire gives us some direction but we are eager to hear your ideas at any time. I have to contact those of you who took the time to make comments on the survey.

I currently have three immediate goals to accomplish:

1. To get through the Home Loan as smoothly as possible.
2. To obtain an economical method of printing the Inside Track in 1984. Your suggestions are welcome and necessary. Please!!
3. To find an appropriate present for Joan for our 25th wedding anniversary on October 11th.

See you at Home Loan.

		*Fort Wayne Track Club Member		45-49			
				17:35.8	1	*Bill Schmidt	45
				19:02.7	2	*Craig Miller	82
				19:10.3	3	*Ray Sibrel	84
				19:34.9	4	*Donald Peak	97
				19:35.5	5	*Jöe Ziegler	98
				20:29.6	6	*Norman Whistler	125
				20:33.8	7	*Clem Getty	129
				21:25.2	8	*Bill Sohaski	159
				21:26.6	9	*Tom Liebrich	160
				21:41.6	10	*Larry O'Herron	165
				21:51.6	11	*Marvin Jarvis	169
				22:18.4	12	*Dave Wilson	185
				22:51.2	13	*Joe Brooks	205
				23:02.8	14	*Ron Johnson	214
				23:08.9	15	*Chuck Smith	218
				25:42.7	16	*Chuck DeVault	277
				23:07.2	34	*Mike Farrell	216
				23:08.1	35	*Larry H. Lee	217
				23:34.4	36	*Mike Hey	228
				23:52.8	37	Dave Hey	238
				23:53.5	38	*Ken Hendricks	239
				24:10.0	39	Ben Wirkner	344
				24:25.2	40	Dan Nusbaum	355
				24:49.2	41	Gary Friend	260
				25:10.8	42	*James Culbreth	266
				25:45.84	43	Phil Mortenson	278
				26:54.1	44	*Dennis Hudson	300
				27:19.3	45	*Wallace Smith	305
				28:06.8	46	P. Williams	318
				29:03.	47	Rodger Puckett	329
				40-44			
				17:03.2	1	*Jerry Perkins	33
				17:43.1	2	*Woody Barker	49
				17:51.5	3	*Jack Dyer	53
				17:53.5	4	*Larry Averbek	56
				18:03.0	5	Ed Anderson	60
				18:53.3	6	*Ken Miller	76
				19:50.2	7	Bernie Motycka	104
				19:55.9	8	*Tom Felger	106
				20:10.0	9	*Jerry Rickard	111
				20:26.2	10	*John Barbier	121
				20:36.5	11	*Dave Wolff	130
				20:52.4	12	*Don Ashton	141
				20:58.7	13	*Tom Clagg	145
				21:00.9	14	*James Heymann	147
				21:03.7	15	T. Hayhurst	149
				21:10.1	16	Bob Frisby	154
				21:29.9	17	*Bob Harris	161
				21:36.5	18	*Alan Gilbert	164
				22:04.8	19	Bernie Burgette	179
				22:46.5	20	*Bill Foley	203
				24:05.7	21	*Jerry Cauffman	243
				25:14.6	22	*Barry Dorman	268
				25:38.2	23	*Doug Pooley	274
				25:46.3	24	Tony York	279
				27:08.7	25	*Mike Holbrook	303
				45-49			
				17:35.8	1	*Bill Schmidt	45
				19:02.7	2	*Craig Miller	82
				19:10.3	3	*Ray Sibrel	84
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				21:41.6	10	*Larry O'Herron	165
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				23:02.8	14	*Ron Johnson	214
				23:08.9	15	*Chuck Smith	218
				25:42.7	16	*Chuck DeVault	277
				50-59			
				18:10.6	1	*Mike Kast	65
				18:39.2	2	*Myron Meyer	71
				19:14.6	3	*Giles Tomlinson	86
				19:33.9	4	*Bernie Huesing	95
				20:39.4	5	*Ian Rolland	131
				20:47.9	6	*Vern Chovan	137
				21:05.0	7	*Gene Striggle	150
				22:02.8	8	*R. Florreich	175
				22:03.4	9	*Howard Bash	176
				22:20.5	10	*Paul Snyder	187
				22:38.5	11	*John Hilker	198
				23:13.6	12	*King Sullivan	220
				23:19.5	13	*Curt Nold	222
				23:25.5	14	*Charles Welch	225
				24:30.2	15	*Roger Phillips	257
				25:11.6	16	*Larry Coddling	267
				25:31.3	17	*Al Moore	271
				26:50.8	18	*R. J. Longsworth	298
				27:10.3	19	*Ross Moyer	304
				29:03.3	20	Gilbert Maupin	328
				60 & Over			
				24:29.6	1	*Al Gumbert	256
				25:50.5	2	John Drompp	281
				26:46.3	3	*Chet Fleetwood	296

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

November

- 5 JOHN J. PORTER MEMORIAL MARATHON - Grand Valley State College, Grand Rapids, MI 49503 - 616-458-1141 x244
- 5 OMAHA RIVERFRONT MARATHON - 8:00 a.m. - 3117 Golden Blvd. Omaha 68123
- 5 BLUEWATER 5K XC - Montpelier, IN - 2:00 p.m. - Walt Lee 317-728-2779
- 6 MARINE CORPS MARATHON - Washington, D.C. - 9:00 a.m. 703-640-2225 or 640-2720
- 6 RUN FOR HUNGRY CHILDREN (10, 4, 2 km) Dowagiac, MI 9:00 a.m. - Ron Gunn 616-782-5113
- 6 LIEBER 5 MILE (1 mi jog) - Lieber State Rec. Area, Cloverdale - 1:00 p.m. Lee Stewart, Route 1, Cloverdale 46120
- 6 CLUB KOKOMO 5K & 8K - Alameda & Southway Blvd, 2:00 p.m. - Ricke Stucker 317-457-0352
- 13 MARINE 10K (1 mi jog) APRC, South Bend - 9:00 a.m. - Athletic Annex 219-272-7565
- 13* FWTC 9K CROSS COUNTRY RUN - Bluffton, IN. (1:00 p.m.)
- 13 G.L.PERRY 5K, Easy Shopping Place, Elkhart - noon - Athletic Annex 219-272-7565
- 13 APPLY AMPLE (10 mile, 5 mile prediction) Garwood Orchards, LaPorte, 2:00 p.m. Dunes Running Club, Box 42, Michigan City 46360

- 19 MARION MARATHON (Justice HS), Marion, IN., 9:00 am, - Kermit Welty 317/664-0544.
- 19 JONAH INSTITUTE 10K - Marion, IN., Kermit Welty. (in conjunction with Marathon).
- 19 HOLIDAY MILE - South Bend, IN. (Americana Hotel), 8:45 am, Athletic Annex 219/272-7565.
- 19 LAKESHORE MARATHON - 10:00 a.m. CST - Dunes Running Club Michigan City 46260
- 19* FWTC 25K - Homestead HS Fort Wayne, IN
- 20 COLUMBIA PLAZA 5,000 METER RUN, Columbia City 2:00 p.m. - Carl Fields 219-244-5500 or 344-7726
- 20 BEARS OF BLUE RIVER XC RUN (5K) Elks Country Club Shelbyville - 1:00 p.m. Ray Sears 317-392-1903
- 20 TURKEY TROT (10K, 3.76 mi) SMC, Dowagiac, MI 1:00 p.m. Ron Gunn 616-782-5113
- 20 MARYLAND MARATHON - Baltimore 10:30 a.m. - 301-882-5455 between 10:00/5:00
- 24 NILES THANKSGIVING RUN (10K, 1.5 mi jog) Holiday Inn, Niles, MI - 9:00 a.m. Athletic Annex 219-272-7565
- 24 PUMPKIN PLOD (6 mi), Highland Jr.High, 9:00 a.m., Highland, IN 219-838-0114
- 26 THANKSGIVING TREE CITY 10K, Decatur County YMCA, Greensburg, IN - 10:00 a.m. (1 mi. jog 9:30) - 812-663-9622
- 27 PHILADELPHIA INDEPENDENCE MARATHON - Box 7780 Phila. 19182

December

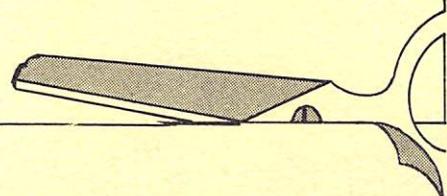
- 3 FROZEN FROLIC 5K (1.5 mi jog) Scottsdale Mall, South Bend 8:30 a.m. - Athletic Annex 219-272-7565
- 4 FROSTY FIVE (5 mi, 1 mi jog) Mitchell, IN - Larry Moffatt, Route 2, Mitchell 47446 812-849-2157
- 11 SANTA SHUFFLE (5K, 1 mi jog) Linway Plaza, Goshen - 1:00 p.m. - Athletic Annex 219-534-2863
- 18 CHRISTMAS CLASSIC (4 mi, 1 mi jog) University Park Mall Mishawaka - 8:30 a.m. - Athletic Annex 219-272-7565
- 31 RITNY RUN - University Park Mall, Mishawaka - 11:30 a.m. Athletic Annex 219-272-7565
- 31 CLUB KOKOMO 5K - Markland Mall 11:45 p.m. - Ricke Stucker 317-457-0352
- 31 NEW YEAR'S EVE ROCK 'n' ROLL (5 km/party), South Bend 11:30 p.m. - Athletic Annex 219-272-7565
- 31 FRIGID 5K - Plymouth - 11:45 P.m. - Athletic Annex 219-272-7565
- 31 RESOLUTION RUN (5 km) - Century Mall, Merrillville 11:45 p.m. - Athletic Annex 219-769-7474

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