



the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

FEBRUARY, 1984

FORT WAYNE TRACK CLUB



FORT WAYNE TRACK CLUB

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INSIDE TRACK

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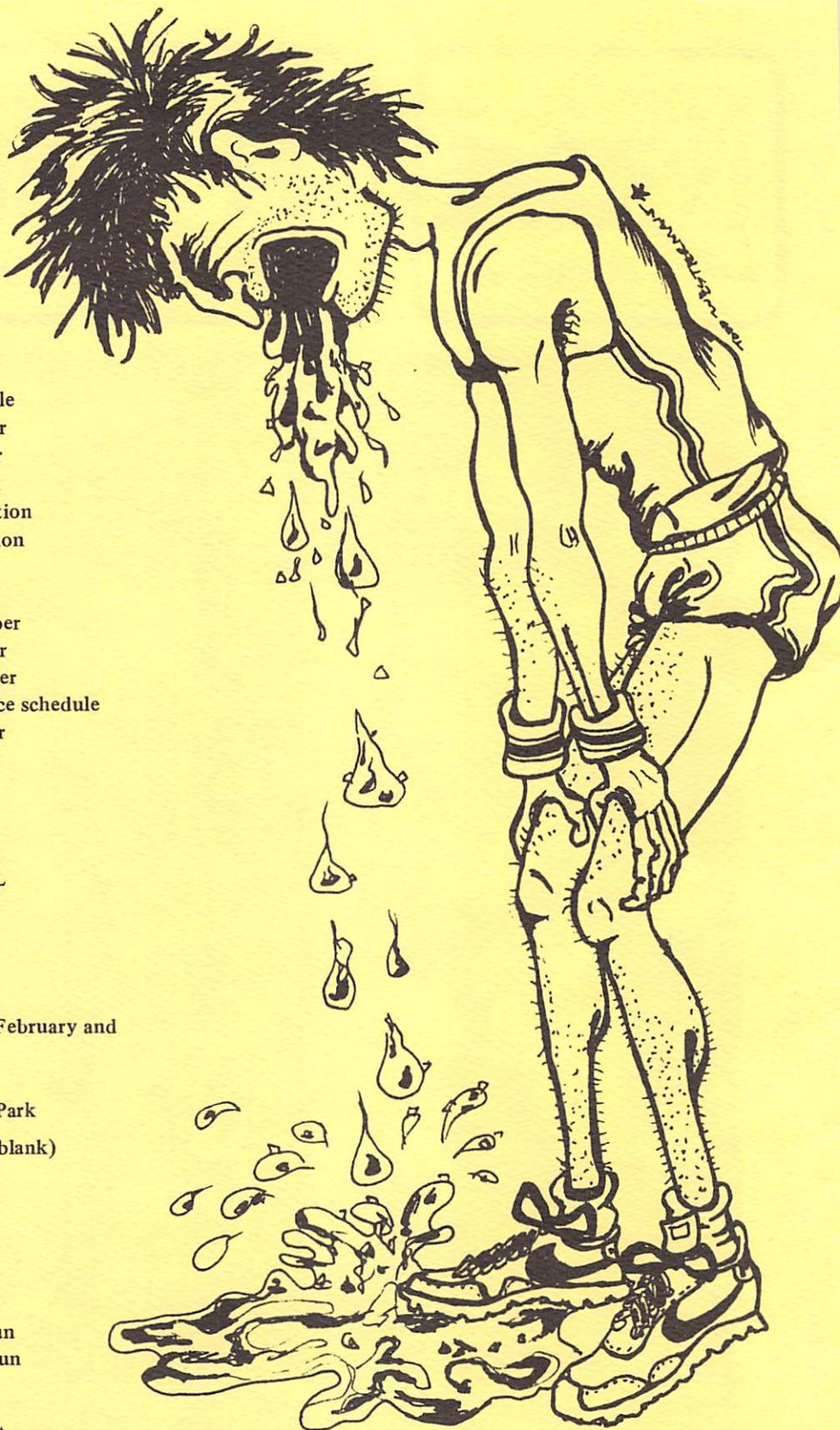
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FOR ADVERTISING RATES CALL

TOM LOUCKS at 622-7108

Fort Wayne Track Club events during February and
March

Feb 11 Winterfest 5mile at Franke Park

(See inside for registration blank)

Feb 11 Awards Banquet at the Oaks

March 17 20K at Homestead

Every Wed. nite there is a 5 mile fun run
at Foster park near golf club house . Run
starts at 6:00P.M.

Long runs every Sat morning at 9:30 at
Homestead High School Every pace
allowed!!!!

REMEMBER: When you train for your spring marathon
DO IT GRADUALLY and **DO IT WITH**
US AT HOMESTEAD HIGH EVERY
SATURDAY AT 9:30 A.M.

INSIDE THE INSIDE TRACK
BY JERRY MAZOCK

INSIDE THIS ISSUE, Susan Lacey R.D. and Judy Tillapaugh R.D. begin their informative Nutrition column. Mike Robbins also provides some food for thought with his humorous look at winter running entitled: Ice Dancing. Yet, there is another side to winter running and Doug Sundling tells us why he can tolerate such lousy weather. And lousy weather certainly greeted Don Lindley's 10K this year. Don said "I'm glad all those 40 people showed up to keep the 7 year tradition of the race alive." Tradition in the FWTC is changing a bit this year, along with some new faces carrying the clubs load according to Don Goldner who is now our beloved club Pres.

"Time"

is a great concern to many in our club and so are the points standings which Dan Kaufman and Mike Robbins have turned in. Elsewhere Russ Suever and Craig Miller tell us how some things will be different this year in regard to the points record keeping. In order to accumulate points, you have to race, and the only way to know where is to check the new race schedule submitted by John Treleaven. Bonnie Taylor used her shorthand and her head while submitting the FWTC Board meeting minutes. "You didn't use your head" is what Mike Robbins would tell you if you read his book review and went out and purchased the disaster: "Running With Your Head". You better have your head bundled up when you run THE WINTERFEST 84 race. Mike Melendrez hopes everyone comes out to the race, but first he wants you to fill out the race application elsewhere in this issue. "Elsewhere" could also be Bluffton Indiana where our last points race of the year was held. An interesting story was submitted about the race by a staff writer of the local Bluffton paper. In case you always like to go out of town, please read Tom Loucks list of races in the area. Some of our races (most) are broadcast on public access TV Channel. There's even a schedule in this issue informing you when to tune in. If you want to know how you finished at Jim Anderson's 25K at homestead look 'em up yourself and give yourself a pat on the back for a job well done. By the way, there are 2 couples who you should give a pat on the back to and congratulate because they're getting married. To find out who they are read Gossip, Gossip, Who's got the Gossip. In his Footnotes article, Dean Reinke gives us all the latest gossip about the Chicago and New York marathons with an different inside look. Huntsville, Alabama is not Chicago or New York but a group of FWTC members ran some fine races there-- Check their race results. And if you're jealous of their times and you want to improve, you should check out the information in this issue about Mike Kast's YMCA Marathon Training Class. And you won't be jealous of Jerry Mazock's New Years Eve when you read in EDITOR'S RUN how he spent this years eve without a race to go to. Hope you enjoy this stuff.



Editor's Run

by JERRY MAZOCK

Don Goldner placed a copy of "The Runner" on his open left palm and told me to place my right hand on top of the magazine, and repeat after him:

I, Jerry Mazock, who had abysmal SAT scores in grammar, do solemnly swear.....

To inform, entertain and offend all those with connection to the FWTC through its newsletter "The Inside Track".....

By not printing ridiculous training concepts submitted by crazy carbo loaded runners who act quite foreign and not very domesticated.....

I'd better do this to the best of my ability. So help me PLEASE, Jim DuPont!!.....

More or less, that was the way I became Newsletter Editor. And now, at 31 years of age, I find myself in a high school printing shop learning the intricate details of producing a monthly newsletter from Jim Dupont.

And quite seriously folks, it looks like a lot of work, but as long as I'm able, I'll give it my best shot and try to save the club a few dollars in the meantime.

I would say the club has activated its second generation of leaders. This was an important concept envisioned a couple years ago during the Mike Hill presidency. And if the club will continue to exist in the future, we must now be looking for the 3rd generation of leaders who will replace us. Yes, everyone has the obligation of putting something back INTO the club--No matter how large or how seemingly insignificant.

It is in this light, that I accept the responsibility of being the editor for the next year.

However, I need your help by:

1) Submitting any articles or ideas for the newsletter--You may think that what you have to say isn't newsworthy, but others might find it quite informative

2) (This is the tough one!) I need legible, neat material by the 5th of the month. In order for you to receive your Inside Track by the 30th of every month, Phil Shafer has to have the completed newsletter in his hands by the 26th for mail labeling. Backing up a bit now---- I have to have the finished "camera ready" copy at the printers by the 12th of the month to guarantee Phil receiving the finished product on the 26th. It will take me at least a week to compose (Type on a special shop typewriter) all the news-

letter articles, columns, arrangement of pictures, etc.--IF I'M LUCKY AND HAVE NO PROBLEMS WITH FOLKS BEING LATE.

This may sound harsh, but I hope you can sympathize with me why the deadline is now THE 5TH OF EVERY MONTH. I know all the great people on my staff will understand and cooperate for the benefit of the club.

Looking over the happenings pertaining to the club during the past month, I believe the cancellation of the New Years Eve Race the most significant happening.

I applaud Myron Meyer and his hard decision he made in cancelling his run. North American's lot resembled an ice rink. He used his head and the club displayed common sense.

Yet, as I layed awake in my bed at 11:45P.M. on New Years Eve, I sadly realized that another tradition had been broken. I missed my friends who would share in the Big Chill before, during, and after the running in of the new year.

But then I heard an icy gust of wind that nearly blew my house over. I chuckled quietly, turned over in bed, snuggled further down underneath a mountain of blankets, thanking Myron Meyer once again for his ultimate running wisdom.



You know, George, I've really looked forward to this birthday because I am no longer in the age bracket with Mike Kast and Myron Meyer.



PRESIDENTS

Quarter Page

BY DON GOLDNER

This newsletter brings in a new era to the FWTC. It is the results of numerous meetings and discussions. not only with the Board members but many others as well. There were visits to various local printers to discuss cost saving ideas and have bids prepared. Meetings were held to determine the format we felt the membership wanted. Yet certainly the cost of the printing was the most critical point.

My thanks to all who worked on the project.. Jerry Mazock, our new editor, is working hard to keep the Letter as interesting, informative and entertaining as possible. He says: "The FWTC and the 'Inside Track' are still the best deals in town."

I agree.

The award banquet should be a lot of fun this year. Bob and Sharon Pauley have made all the

SORRY, REINKE!
ARTICLE WILL
NOT BE IN
THIS Edition

necessary arrangements at "The Oak" and Tim Fleming has promised an entertaining evening program. (Haven't you Tim!).

Speaking of the marathon,.... As more and more members are lately, now is the time you should be laying out your program to arrive at your goal on May 6th. Your goal may be one of many--- A PR, A Boston qualifying time, To break 4 hours or 3 hours, or if you're a first timer, just to finish, and for a select few trying to win. **WHATEVER IT IS**, commit to it and tell others your intentions. This makes it difficult to goof-off. My goal IS ----3:19!

See you at the banquet.

Editor's Note; 3:19!!! Wow!!! I'm impressed! Now, if only we can get Shafer to commit himself to a PR....

REMEMBER: THE NEW DEADLINE FOR THE NEWSLETTER IS THE 5 TH OF THE MONTH' DON'T LET THIS SCARE YA' WE APPRECIATE ALL WRITTEN MATERIAL' PLEASE CONTRIBUTE' SEND ALL MATERIALS TO:

**JERRY MAZOCK
6135 ORCHARD LANE
FT. WAYNE' IN 46809**

BYE

Runners Week TV schedule

"RUNNERS' WEEK" A runners television show with Jerry Mazock as host will be on every Friday at either 6:30 or 8:00P.M. channel 10 depending upon which cable service you subscribe to. Here is the schedule:

February 3 and 10	Homestead Winter 8mile Race
February 17 and 24	In studio production--interviews, questions, maybe some answers
March 2 and 9	Franke Park Winterfest 5mile

Any questions you would like to ask in regard to training or suggestions pertaining to the show please drop me a line at: Jerry Mazock
6135 Orchard Lane
Fort Wayne, In 46809

This is a show just for you, the runner!!

Rócket City Marathón

HUMANA ROCKET
CITY MARATHON
local finishers times and
places

place	time	name
225	3:02:06	Mike Glasper
347	3:13:25	J. Tillapaugh
398	3:17:20	S. Adkison
402	3:17:55	M. Byerly
404	3:18:06	P. Shafer
550	3:30:59	T. Gattton
1013	4:27:26	V. Chovan

GOSSIP GOSSIP

WHO'S GOT THE GOSSIP

Congratulations are in order for Deb Kukelhan and Mike Glasper who announced their wedding plans at the Xmas caroling party

AND ALSO TO

Deb Harmening, who answered Greg Orman's ad in the paper requesting marriage. Just kidding

CONGRATULATIONS TO
BOTH OF YOU

Please send all your happy gossip to Jerry Mazock
6135 Orchard Lane
Ft Wayne In 46809

RUNNING FOR THE HEALTH OF IT
BY SUSAN LACEY AND JUDY TILLAPPAUGH

Athletes are known to try a variety of diets and food supplements to improve their physical performances. They are constantly in search of that magic combination of foods that will help excel their athletic abilities. There are those who swear by an "All-Natural Diet" of lean meats, whole grain products, fruits, and vegetables. Other people prefer the "High-Fat-High-Sugar Diet" of pizza, fried fish, corn chips, ice cream, cookies and beer. Still others use a variety of foods but supplement their diet with megadose vitamins, bee pollen, brewer's yeast, or lecithin. Every athlete is different. Each one needs to discover what combination of foods helps them feel their best and perform at their peak level.

Just as there are hundreds of theories on marathon training there are an equal number of athletic diet formulas. The athlete is the guinea pig who tries them out. Let me voice a word of caution before trying a new diet. Check it out! It may be a gimmick to make someone rich. It may lack a food group thus not providing balanced nutrition. The diet may also require purchasing special food products. Don't be tricked by false claims of super vitality foods.

Many fad diets are not supported with scientific research but with individuals feelings and beliefs. For a diet to be based on sound nutrition principles check to see if it's supported by the American Dietetic Association.

There is no magical recipe for an athlete to win a race or set a PR time. An Athlete's nutritional needs are generally straight forward.

The runner needs:

- 1) Water to transport, lubricate cool, and cushion
- 2) Energy to operate
- 3) Proteins to grow, heal and replace what is lost
- 4) Vitamins and minerals to replace what is lost
- 5) Rest and recuperation

All bodies differ in their needs for various nutrients, of course, but most of these differences stem from metabolic variations and not from life style or activity level.

Only water, energy and rest need are substantially different in athletes from the general population's needs. Yet ah

athletes often insist on varying their intake of virtually everything they eat and drink, the way they sleep and even the way their body use the nutrient supplied.*****

Athletes can get adequate water, energy, protein, vitamin and mineral intake using a variety of foods from the basic 4 food groups(Milk/Milk products, Meat/Meat products,



Bread/Cereal Products, and Fruit/Vegetable) It's not the number of meals eaten per day that a well balanced diet, but the foods that are eaten. Here's a recommended guide for a daily balanced food intake:

- 1) Have 2 servings of dairy products—1 cup milk, 1 cup yogurt, 1½ oz. cheese, 1 cup pudding or custard.
- 2) Have 2 servings of protein foods— 2 oz. meat, 2 oz. fish, ½cup tuna, 2 eggs, 4 Tbsp of peanut butter, ½ cup cottage cheese, 2 oz. cheese, or 1 cup cooked beans/peas.

+

- 3) Have 4 servings of fruits and vegetables—Using good source of vitamin C and A.

Vitamin A— carrots, cantaloupe, apricots, broccoli, greens, sweet potatoes.

Vitamin C— oranges, strawberries, tomatoes, broccoli.

4) Have 4 servings of bread, cereal or grain products, 1 slice wheat bread, baked potatoe, bran muffin, ¾ cup dry cereal, or bananas

5) Drink 6 to 8 glasses of water

6) Spread food intake out over at least 3 meals, with between meal snacks if needed for better food digestion and utilization.

Eating this 2-2-4-4 way will provide the athlete with the recommended daily allowances. (RDA) for protein, vitamins and minerals. Calorie intake will be approximately be 1200 to 1500 calories per day. This calorie level should maintain weight for sedentary individuals. It may promote weight loss in active individuals. Active athletes will need an extra 1000 to 3000 calories per day to satisfy extra needs. It's recommended that these extra calories come from the fruit/vegetable, Bread/Cereal food groups. These foods supply the body with the right fuels to help the muscles work up to par. Athletes are encouraged to avoid foods rich in sugar and fat for extra calories as these lack protein, vitamins, minerals and fiber that the body needs to function at its best.



The athletes diet is basically a balanced 3 meal a day diet with a variety of foods. Nutritious snacks can be used if nutrient needs are not met at meals.

HAPPY EATING!

Editor's note: I wonder if Maloley's will take back the 10 cases of Twinkies I have purchased for marathon training?



"Eating for the Health of It" is a welcomed new addition to the "Inside Track". As clinical dieticians, we hope to provide you with nutrition information to help improve your over-all physical well-being. Please feel free to send your comments, suggestions to:

Susan Lacey
Judy Tillapaugh
Nutrition Office
St. Joseph's Hospital
Ft. Wayne, In 46819
phone 425-3046

BAKED LENTILS WITH CHEESE

Serves 6

Prep time 1 hr 15 mins.

preheat oven 350 degrees

Combine in shallow 9in. by 13in. baking dish:

1?

1¾ cups lentils

2 cups water

1 whole bayleaf

2 tsp. salt

¼ tsp. pepper

¼tsp. each of marjoram, sage, thyme

2 large onions

2 cloves, garlic minced

2 cups canned tomatoes

cover tightly and bake 30 minutes, uncover and stir in:

2 large carrots sliced one-eighth inch thick

½ cup thinly sliced celery.

Baked covered 40 minutes, until vegetables are tender.

Stir in:

1 green pepper, chopped

2 Tbsp. finely chopped parsley.

3 cups shredded cheddar cheese.

Bake, uncovered, till cheese melts, maybe 5 minutes.

NOW EAT!

WINTER RUNNING
BY DOUG SUNDLING

Just because the snow flurries fly and may pile up a few inches or the northwest wind blows in a sub-zero windchill is no reason to stop running. So most runners would think. But, I have found very interesting the manner “non-running” friends have perceived my running during the off-season, or the season of winter. Quite noticeably, there appears three stages of perceiving me and my insistence on baring myself to the winter elements.

At first, despite being one of those strange fellas who runs, I have been assumed to be normal. “Hah, Hah; it was too cold to run today, eh?” has been the typical greeting. A simple grin of conceit and “No, it’s not” have been a sufficient enough reply to shock the friend into a wide-eyed look of amazement. “Well, then,” has been the usual stammering response, “You probably couldn’t run as far today.” “I ran the usual,” I have nonchalantly returned. And, if during the conversation I happened to mention I don’t wear sweatpants unless the windchill dips near 0°F or some other “Out-of-the-normal” dress habit while I run, my friend’s perception of me as normal is completely shot full of holes—or pelted with snowballs. Within a few greeting exchanges, I have altered the perception of me from normal to crazy. Why else would someone run in Hoosier winter weather?

Soon, the perception of me as crazy softens to a second stage of disbelief: “Surely, it’s too nasty outside to run today.” My usual response of “Not really” has more than once, I think, amplified the perception of runners being crazy. But, some of the more curious friends naturally ask, “Why?”

My non-running associates are now ready to understand what it means to be a “runner?” “Why?” — because of several reasons. To maintain a training base and to exercise is probably the foremost reason. But, to tolerate Hoosier winter weather conditions, I need some other incentives. Running gets me out of doors into fresh air and a sense of openness from the tight inside world sheltered from winter’s chill. I can frolic in virgin snow blanketing the trails of the local state park. In the quiet, early morning hours, I can stamp my footprint in streets covered by the fresh dusting of a night snowfall. I can slosh through the slushy streets till my feet are too cold and too heavy to enjoy the childish fun. I can challenge the biting, cold west wind till it reddens my face and legs, and then I can turn around and enjoy the relaxing, comfortable glide back home with that winter wind on my back. I can go outside in bare legs and watch all those strange looks and gazes from people all bundled up as they drive by inside their warm cars. There is a satisfaction of knowing I am out here doing this while most everybody else wouldn’t.

Recently, while jogging my usual pre-dawn run on a winter morning of 20 degree temperature with a windchill of below 10 degrees, I crossed paths with a bundled up female jogger. At first, she was



startled to see me: “I didn’t think there was anyone else crazy enough to be out here in this weather.”

“Sure is,” I replied.

“Do you jog every morning?” she hesitantly queried.

“Yep. It wakes me up; It’s my cup of coffee.”

“I suppose you have to be crazy to want to jog in this weather rather than just have a cup of coffee in a warm house,” she pondered aloud.

“I suppose it helps.”

Maybe runners are crazy—Just a tad.

The last stage usually displayed by non-running friends is one of reluctant acceptance: "Well, how far did you manage to slush today through all the ice and snow?" Any indication that I wasn't able to run "The usual" would usually bring a quick and humorous response of "Ah-ha! Couldn't cut it, uh?" My return grin is not necessarily one of conceit, but of contentment that I know my running---Even in the crazy weather of winter--- has been positive for me.



BLUFFTON CROSS COUNTRY STORY AND RESULTS

Bluffton-- What's a little snow and ice when there's hot dogs, chips and beer to be consumed afterwards!

On Nov. 13, the annual FWTC--Oubache State Park Cross Country Championship was held under cold, clear, breezy conditions. Sure, there were a few patches of ice here and there (there usually is on the 2nd Sunday in November), but that couldn't stop some 150 runners from burning up the trails at the State Park East of Bluffton.

The FWTC cross country race has gained a name for itself, of course, as much for what takes place after the race as for what goes on during it. Runners heat up during the 9,000 meter (5.6 mile) European style cross country run, and then cool down afterwards with a cookout and awards ceremony at which there is plenty to eat and drink.

The cookout helps keep the race low-key and fun, and that is helping it grow in popularity.

However, despite the relaxed atmosphere and temperature in the 30's, some hot performances were recorded during the competition.

Hottest of all was the effort turned in by Carmel's Chuck Koeppen, who scorched the leaf-covered trails in 29 minutes and 55 seconds to record the fastest time of the day.

Koeppen, 37, won the men's open division race, one of three different contests held during the afternoon. Besides the open competition, there was also an all-women's race, and a race for men who fall in the Master's age category.

Koeppen's victory did not come easily, as he had to fight off a challenge from Prairie Heights High School star, Randy Houser and DeKalb High School Brett Pontoni to earn the win. Houser, of La-Grange, forced the pace early and it wasn't until the last two miles of the race that Koeppen pulled away to win.

In the end, Koeppen forged a 29-second margin of victory. Houser was second in 30:24, while Pontoni finished in 30:30.



"He (Houser) sure wasn't afraid to take it out," Koeppen said afterwards. "He really forced the pace. We battled it out for 5 or 6 kilometers before I was able to pull away from him."

Runners from all over the state came to the cross country affair, with Fort Wayne resident, Phil Suelzer grabbing fourth place (31:20) and Ossian's Tom Schach placing 5th (31:24). Nearly 100 runners competed in the open race.

While the men's open contest was tight, the Master's was even tighter, as Ft. Wayne resident Larry Averbeck just nipped Jerry Perkins at the wire. Both men are 43 years old.

The two runners had run together for most of the race, but Perkins went slightly off-course as they neared the finish. In the end, Averbeck won in the blink of an eye, recording a 33:30 while Perkins was credited with a 33:31.

The women's race, on the otherhand, was no contest. Betty Hite-Nelson took the lead at the start and finished that way, nearly a minute ahead of second place finisher Judy Tillapaugh. Running pretty much by herself the whole way, Nelson came to the finish unoppressed in 37:36. Tillapaugh finished in 38:29.

Following the races, awards were given out in both age group and team competition.

At least 3 people were necessary to comprise a team, and runners could only compete in one team event. As far as domination went, the most impressive squad ran in the Master's race as the "Master" team of Larry Averbeck, Jerry Perkins and Woody Barker scored a low total of 6 points to win

In the women's race, the winners were the "Has-Beens", consisting of Betty Nelson, Judy Tillapaugh and Joan Goldner, who scored 8 points

The men's junior (age 19 and under) winning team, meanwhile, was the "Foot-Locker Racing Team" of Randy Houser, Brett Pontoni, and Roger Hawks, scoring 15 points.

Finally, the open division team winners were the "We're Only Here For The Beer Team" of Jack Vrana, Jeff Gangloff, Hal Pearson, Mike Schlemmer, Paul Beckwith and Mike Marturello, who had a low team score of 29 points.

Age division winners were as follows.

WOMEN

- 14--18: Lisa Heyerly
- 19--24: Judy Tillapaugh
- 25--29: Sharon Getty
- 30--34: Phyllis Suelzer
- 35--39: Betty Nelson
- 40--over: Joan Goldner

MEN

- 13--under: Stan Florea
- 14--18: Randy Houser
- 19--24: Tom Schach
- 25--29: Jack Vrana
- 30--34: Phil Suelzer
- 35--39: Chuck Koeppen
- 40--45: Larry Averbeck
- 45--50: Craig Miller
- 50--59: Mike Kast

MEN'S OPEN INDIVIDUAL RESULTS

- 1. Chuck Koeppen.....29:55
- 2. Randy Houser.....30:24
- 3. Brett Pontoni.....30:30
- 4. Phil Suelzer.....31:20
- 5. Tom Schach.....31:24
- 6. Jack Vrana.....31:26
- 7. Jeff Gangloff.....31:27
- 8. Ron Galloghy.....31:52
- 9. Doug Sundling.....31:52
- 10. Roger Hawks. 31:55

WOMEN'S

- 1. Betty Nelson.....37:36
- 2. Judy Tillapaugh.....38:29
- 3. Phyllis Suelzer.....39:05
- 4. Sharon Getty..... 41:23
- 5. Joan Goldner.....41:38
- 6. Ellen Schwartz.....42:29
- 7. Lisa Heyerly.....44:17
- 8. Roseann Simmons...44:21
- 9. Phyllis Kerr.....44:51
- 10. Carolyn Stachera..47:09

MASTERS

- 1. Larry Averbeck.....33:30
- 2. Jerry Perkins.....33:31
- 3. Woody Barker.....35:10
- 4. Mike Kast.....35:25
- 5. Craig Miller.....36:51
- 6. Jack Morris..... 37:25
- 7. Ken Miller.....37:34
- 8. David Boylan.....37:35
- 9. Ray Sibrel.....37:37
- 10. Jerry Richard.....39:39



CHALLENGING 25K RESULTS

BY JIM ANDERSON

I'd like to thank all the volunteers who helped me put on the Challenging 25K.

Allen County REACT, Kenny King, Vince Garcia, Mike Pressler, Mindy Pressler, Ron Johnson, John Sullivan, Mike Gillig, Jack Morris, Debbie Kukulhan, Bob and Sharon Pauley, Karen Perrin, Russ Gilliom, John Treleaven, Jim Griffin, Dave Held, R. Keith Seaman, Chuck South, Angie Suevers, and the rest of those who pitched in and helped out. Most of these people were at the race longer than the runners. It seemed of all the The ones who did, responded enthusiastically. I'd also like to thank Joe Hilger and Hilgers' Farm Market for helping get the fruit baskets for the awards. The fruit baskets weren't an original idea, but it seemed everyone liked them. Last year I took home a box of trophies that weren't picked up. This year all the awards disappeared!

I hope everyone enjoyed the race as much as I did.

Jim Anderson
race director

CHALLENGING K RESULTS

MEN 25

14 and under

Bobby Wiersma 2:20:23
15-19

Jeff Beam 1:30:01
Randy Houser 1:30:02
Bob Anderson 1:55:27
Rick Hazelett 2:12:49

20-24
Jerry Williams 1:32:21

25-29
Jack Vrana 1:34:00
Doug Sundling 1:35:34
Tony Gatton 1:47:31
Paul Beckwith 1:47:53
Larry Ellis 1:48:12
Phil Steinen 2:48:24

30-34
Phil Suelzer 1:30:03
Gary Dexheimer 1:33:39
Mike Glasper 1:34:51
Steve Brown 1:37:15
John Treleaven 1:39:38
Dennis Kroells 1:44:48
Pat Youles 1:45:48
Phil Shafer State Bank 1:49:48
Tom Archbold 1:54:01
Michael Callahan 2:05:21
Dan Bossard 2:08:57
Tom Carpenter 2:11:47
Tom Fisher 2:13:09
Tony Walter 2:16:35
Brian Migloire 2:21:25
Bill Townsend 2:23:00

35--39
Todd Rigelman 1:37:47
Ed Kerr 1:44:16
Steve Adkison 1:45:20
Ron Motycha 1:46:56
Russ Suever 1:51:20
Dave Fairchild 1:52:27
Bruce Koeneman 1:56:31
Mike Murphy 1:57:07
Mike Byerly 1:57:07

Mike Novosad 1:58:10
Paul Hiser 1:58:24
Jeff Crawford 2:00:08
Steve Kiester 2:01:06
I. Painter 2:01:52
Tom Mather 2:06:17
Terry Shipley 2:06:17.1
Jim Price 2:13:01
Chris Wendel 2:20:12
Robert Wiersma 2:20:23



40-44

Larry Averbeck 1:37:52
Jerry Perkins 1:39:38
Larry Salyan 1:44:54
Bernie Moytouer 1:49:29
Ken Miller 1:54:23
David Boylan 1:55:56
Tom Clagg 1:56:43
Tom Felger 1:57:36
Don Ashton 1:58:00
Don Noland 2:00:28
Jerry Richard 2:01:54
Dave Wolf 2:04:43
Larry Lothamer 2:06:20
Rudy Kleinknight 2:08:14
Joe Vachon 2:13:08
J. Martin 2:15:24
Alan Gilbert 2:22:05

ICE DANCING

BY MIKE ROBBINS

Ray Sibrel	1:47:48
Craig Miller	1:56:54
Tom Licbrich	1:62:54
Dave Wilson	2:02:14
Don Jantz	N/A
Joe Brooks	2:34:20
Charles DeeVault	2:55:54

50-59

Mike Kast	1:44:42
Gene Striggle	1:49:56
Bernie Huesing	1:58:17
Ian Rolland	2:02:17
Vern Chovan	2:04:23
John Hilber	2:13:30
Rudi Florreich	2:13:33
Paul Snyder	2:23:07
Curt Nold	2:31:38
Roger Phillips	2:37:25
King Sullivan	2:28:03

WOMEN

19 and under

Lisa Daniels	2:16:19
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20-29

Mary Theresa Connolly	1:43:36
Theresa Yankowiak	1:50:45
Judy Tillapaugh	1:51:46
Betty Jackson	2:28:26

30-39

Betty Nelson	1:45:08
Phyllis Suelzer	1:54:44
Lynne Bennett	1:59:28
Roseann Simmons	2:09:39
Jo Ashton	2:21:54
Ann Mize	2:28:00
Deloris Fiantdt	2:32:27

40-49

Joan Goldner	1:56:54
Gloria Nycum	2:32:10
Julia Wilson	2:41:52
Jean DEEvault	2:52:53

The extreme types of cold and snow and ice (especially as experienced during the latter part of December) can play havoc with normal training schedules. The national running magazines present a myriad of articles and tips on how to deal with the winter conditions. Most center around alternative sports (Cross country skiing is prominently mentioned) or indoor workouts (swimming, stationary biking, lifting). Why do so many runners ignore these suggestions?

Any self-respecting runner would and chuckle at any attempt by a cigarette smoker to justify his actions in the face of overwhelming evidence of its destructive capability. The smoking habit, however, has overtaken what might be the otherwise reasonableness of the smoker's approach to living. Many runners, though, also seem to have been overtaken by "habit" and compulsion is their approach to winter training.

The training possible from "running" on ice-coated roads while the temperatures approach 10 - 15 degrees below zero and the winds gust in excess of 20 mph is negligible at best.

Watching a runner try to avoid slipping, twisting ankles and oncoming traffic presents a picture of addiction rather than one of a serious athlete trying to improve conditioning. Runners who must

run regardless of how abysmal the weather are well-advised to reflect on the possible conditioning needed in another part of their personalities. The runner who cannot tolerate an off-day or the substitution of an alternate form of training, suffers from a lack of imagination at a minimum and a narrow-minded compulsion at worst. One can almost picture even smokers scoffing and chuckling at such attempts to justify ice dancing in the guise of training.

Editors note: Views expressed in this article are not necessarily those of the FWTC.

Just Kidding

POINTS STANDINGS

BY DAN KAUFMAN

AND MIKE ROBBINS

The following 1983 point standings include all races except the Bluffton cross country race, as these results were not yet available at press time. These results will be included in the final determination of awards. Based on the standings at this time those receiving annual awards are noted with an asterisk. There will probably be some minor changes with the inclusion of the cross country race.

The total points are the sum of the 10 best races for the year—even if the number of races shown exceed 10. The number of races generally is the number of races in which points were scored, not necessarily the number of races run or counted.

Any questions please call me, Mike Robbins at home:
485-3068

45-49

Bill Schmidt*	10	600
Craig Miller *	10	504
Don Peaks*	11	469
Joe Ziegler*	10	463
Ray Sibrel *	9	430
Tom Liebrich*	11	422
Robert Gensheimer *	9	358
Joseph Brooks *	10	353
Doon Goldner*	7	294
Norman Whisler *	7	293
Bill Sohaski	6	232
Howard Bash	5	191
Ron O'Beirne	4	183
Chucko DeVault	4	156
Dave Wilson	4	154
Tony Clouse	2	150
Ron Johnson	4	142
Herb Chandler	4	142
Dick Sive	3	125
Tom Laird	3	122
Bob Harter	3	117
Jack Morris	2	108
Gay Davis	3	107

50-59

Mike Kast*	10	594
Giles Tomlinson*	10	505
Myron Meyer *	9	500
Vern Chovan *	11	458
John Hilker*	10	436
Gene Striggle*	9	411
Paul Snyder *	11	405
King Sullivan *	11	405
Rudy Florreich*	12	392
Roger Phillips*	11	370
Al Moore	10	352
Ian Rolland	8	331
Jack Goble	7	322
Terry Gautsch	7	299
Bernie Huesing	6	291
Curt Nold	6	231
J.P. Jones	5	230
Wendell Adams	5	204
Gene Haines	5	162
Clyde Shank	2	138
Richard Longworth	4	132
Cyrus Johnson	3	110
Dewey Slough	95	16

60 and over

Al Gumbert *	9	527
Chet Fleetwood *	6	310
Dave Cox	5	255
Phil Burns	2	45

FEMALE AGE

GROUPS

19 and under

Lisa Daniels *	9	436
Jennifer Schwarze *	7	300
Tracy Sohaski *	4	220
Amy Clay *	5	197
Jodi Ziegler *	5	191
Alma Ojeda	2	114
Holly Cauffman	2	89
Janise Ramsey	2	88
Buffy Knelly	2	81
Karen Fathergill	2	45
Eva Jinks	1	44
Suzanne Daniels	1	38

20-29

Rose Marie Koczergo *	9	414
Cindy Sabrack*	9	410
Betty Jackson*	9	385
Sally Bork*	8	335
Sabine Florreich *	7	302
Karen Kaehr	4	179
Laurie Gensheimer	4	166
Nancy Bittner	4	162
Sue Sipes	4	162
Helen Huber	3	128

30-39

Marsha Schmidt*	10	466
Roseann Simmons*	11	456
Patti Fleming *	10	431
Betty Hite Nelson*	6	360
Deloris Fiandt*	7	299
Ann Jamison*	4	224
Linda Gensheimer*	5	208
Brenda Wolfe*	5	193

Carolyn Schwarze	4	144
Linda Daniels	4	142
Sue Carnes	2	114
Phyliss Kerr	2	83
Kathy Michael	2	82

40-49

Janis Greene *	11	525
Julia Wilson *	9	443
Bonnie Taylor *	8	366
Joan Goldner *	6	354
Gloria Nycum *	6	310
Maurine Gensheimer*	6	269
Sharon Pauley *	6	265
Ruth Ann Hyndman*	5	223
Evelyn Leiter	2	120
Cathy Primmer	2	110

50 and over

Doris Snyder *	7	353
Tess Machlan*	9	353
Jean Longworth*	4	217
Dewette Slough	182	56

NEW POINTS INFO
BY RUSS SUEVER

As the Fort Wayne Track Club has grown in size, so has the effort necessary to administer the Track Club's points system. In an effort to reduce this task, the board has approved a new approach to the points system. Beginning with the 1984 points season, points will be calculated only for those members who have previously requested to be included in the points competition. Normally this request would be submitted as part of the annual renewal of membership (The new application form is being designed); however, since this is the first time we will be doing the

points in this manner, we are asking each member who wishes to be included in the points competition for 1984 complete the form below and mail it to:

Russ Suever
1924 Montgomery
Court

Fort Wayne, In
46815

We are asking to have receipt of the application prior to the first points race scheduled for March 17, 1984. We realize this process will cause some inconvenience to the membership this first year, however we expect this approach to save significant time for those keeping track of the points standings. Thank you for your assistance. If you are interested in competing in the FWTC points standings for 1984, why don't you take the time right now, cut out the form below, fill it out and send it in.

Russ Suever and
Ken Miller

As a reminder, the following is a brief description of the points system that has been approved for 1984:

- 1) We will be using the same age groups as in 1983.
- 2) Points will be awarded to top 25 males and 15 females for each age group and for the open category.
- 3) Points will be awarded 60---first place, 54---second place, 50---third place, 47---fourth place, and 46 on down thereafter.
- 4) Points are awarded for the actual finish place in the age

group regardless of track club affiliation.

5) Points are scored in the age group as of race day. the age group you race most of your races in will be the age group you will finish in at the end of the year

6) No first place votes or awards in the open category or individual age groups will be made for race directors.

7) Total points determine the final standing with a maximum of 10 races. (That is, your ten BEST races if you participate in more than 10)

**APPLICATION IS
ON BACK COVER**

BOARD MINUTES

BY BONNIE TAYLOR

December 4 1983

The December meeting of the Fort Wayne Track Club was held on Sunday night, December 4th at the Central YMCA. Don Goldner opened the meeting. The minutes of the previous meeting were approved.

The treasurer's report was read. It was reported we have \$2,297.09 in the checking account and \$1,394.00 in the cash account. Terry called to our attention that last month's report was in error by \$1,360. He had forgotten a deposit which shows we are better off than last reported.

Membership was reported. 14 new members were picked up from the Home Loan race. 30 new members have been added since the last meeting.

There was a decision made to put out a mailing to all Home Loan participants, who are local non-track club members.

The Newsletter was discussed. Terry Shipley, will be the overall manager while Jerry Mazock will become the editor. The next issue will come out sometime in late January. Included in this issue will be something to explain the points system and a sign up form being put in that issue to be filled out by those wishing their points to be calculated for the upcoming season. The newsletter was discussed at some length. We are looking for a new printer and investigating costs at the present time. Advertising was discussed. Don Goldner expressed how this is very important and that Tom Loucks will need some help in this area.

Don Lindley updated the group on the Junior Program. He expressed a possibility to have our own meets like Ron Gunn's area does. The program will start in June, after school is out for the summer

Bill Sohaski, news media chairman, needs some help with his committee. News coverage of races and results are sometime hard to receive in Ft. Wayne. There needs to be some additional time devoted to this area.

Dan Kaufman passed out a final awards list for plaques and trophies proposed for the 1983 points standings compiled by himself and Mike Robbins. The proposal was accepted by the Board members. All names of recipients will be listed in the upcoming newsletter in

late January. Next year's point system was discussed. It will be handled by Russ Suevers and Ken Miller. Don Goldner expressed the board's thanks to these two for their willingness to take on the project.

Terry Shipley reported his equipment area is in good shape. One hand timer was sent to California to be repaired. We own a total of 13 hand timers. A double-face timing clock was discussed. It was reported that we may need to replace our present clock in the not too distant future. It was suggested we earmark our rental money for a replacement fund.

OLD BUSINESS: The age group categories were looked at under the 1984 points systems recommendations. It was agreed to leave the age categories stand as recommended in both number '4' and number '5'.

NEW BUSINESS: Race certification was discussed. Don Lindley read an article regarding this. A race needs to be certified before the race is run; otherwise it cannot count as a certified course. There is a lot of national recognition gained through certification. We have 3 bikes available for this. We now have a man in Indianapolis, Ken Long, who is our contact person for this purpose. It was encouraged that we get more of our races certified.

The Park Board called Don Lindley about a bike path.

There will be one soon from Foster park to the McMillen Center.

The Family Life Center is putting on a wellness program. Booklets are available from St. Joe Hospital and open to the public

There are a number of running logs still available. they will be available for purchase at several of the upcoming races.

An ULTRA was discussed, More on this later.

The Awards Banquet will be held on Saturday, February 11. Bob and Sharon Pauley will be heading the committee for this. Tim Fleming will be in charge of the program.

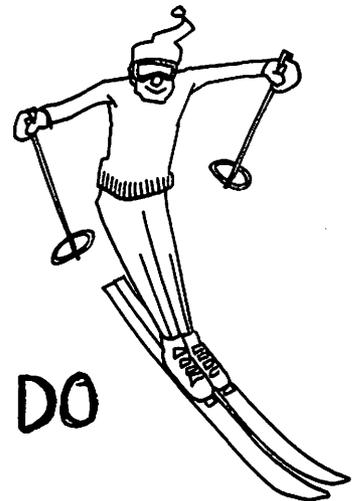
A thank-you goes to the Velo Bicycle Club for their help in the FWTC's 25K at Homestead High School last month. Also a thank-you goes to REACT for their help at the same race.

The meeting was adjourned at 9:07:02. (Time kept by Phil Shafer)

Respectfully submitted,
Bonnie Taylor



DON'T JUST SIT THERE!



SOMETHING!



John Treleaven presented the PROPOSED 1984 race schedule at the Board Meeting: "It is to be kept in mind that the schedule is tentative. AND you better check with the Inside Track for exact date, time and location--For Every race DUMMY !

DON'T FORGET!

SAT. JAN 28 and every SAT at 9:30 Thru the may 6th Marathon a long run will be held. The 1ST RUN WILL BE 10 miles and it will increase!

1984 POINTS RACES PROPOSED

DATE	DAY	LENGTH	RACE LOCATION & DIRECTOR
March 17	Saturday	20K	Homestead High School Mike Kast
April 21	Saturday	15K	North American Van Lines Terry Shipley
May 6	Sunday	26.2	TV/33/Hooks Marathon--Coliseum Larry Lee
May 19	Saturday	10K	Diet Pepsi--Homestead High School Charles Brandt
June 10	Sunday	5K	Circular 5K--Mike Glasper
June 23	Saturday	10K	Turtle Days Race--Churubusco Larry Shively
June 30	Saturday	4 miles	Hilly Four--Homestead High School
July 21	Saturday	10K	Old Settlers-- Columbia City
August 3	Friday	1 hour	One hour run--Northrop High School Jerry Mazock
August 25	Saturday	5 miles	Arby's Big Brothers/Big Sisters--Foster Park Fred Sheets
September 1	Saturday	8K	Canterberry Run--Canterberry Green Tom Mather
September 22	Saturday	13.1	Parlor City Trot-- Bluffton Phil Lockwood
October 28	Sunday	10K	Home Loan 10K--Downtown Ft. Wayne Don Goldner
November 17	Saturday	25K	Challenging 25K Homestead High School Jim Anderson??

COME ON OUT AND TRAIN WITH US. AT Homestead High School! ^{go to} McDONALD'S AFTER THE RUN.

PROPOSED NONPOINT RACES

January 21	Saturday	8mile	Homestead High School EDITOR'S NOTE: SORRY YOU MISSED IT.
February 11	Saturday	5mile	Winterfest-- Franke Park--Mike Melendrez EDITOR.S NOTE: YOU CAN STILL MAKE THIS ONE!
April 29	Sunday	13.1	Foster Park--Don Lindley 1/2marathon prediction run 8 A.M.

July ???? ???? ???	Orienteering Race—Mike Glasper
August 18 Saturday 5K	Kent Davis Run—Georgetown Sq. Bill Schmidt
September 9 Sunday 8mile relay	2 Man/8mile relay—Foster Park John McMillen
October 20 or November 3 Saturday 6K	Halloween Race—Foster Park—Wear costumes
November 11 Sunday 9K	Cross Country— Bluffton, Oubache Park Jeff Gangloff or Phil Lockwood
December 8 Saturday 3K and 10K	Fun Run—Foster Park— Don Lindley
December 31 Monday 5mile 11:45 P.M.	New year's Eve New Year's Eve Race—NorthAmer- ican Van Lines—Myron Meyer

IN CONCLUSION: (All of these dates have NOT been finalized. There are some names which I'm sure I've gotten wrong or failed to insert properly. A couple of the above are in the talking stage only, including the possibility of an Ultra-Marathon. We thought everyone would like a look at what the club is trying to put together—B. Taylor)

**FOSTER PARK 10K
BY DON LINDLEY**

Many thanks to the volunteers who helped during the 10K run, December 10th. I would like to thank J.P. Jones, Don Goldner, Fred Payne, Terry Shipley, Steve Brown, Bob and Sharon Pauley,

were the aid station directors and provided all the necessary hot coffee, hot cider and hot soup, **ALSO, MANY THANKS** to Rosann, Brian, and Michael Lindley for everything. Each had a very important job to make it another successful run. The number of participants were down compared to previous years, but the weather conditions were not the upmost best. My co-race director, J.P. Jones was a great help.

In this run, I have always emphasized participation rather than being only competitive. But whether you were serious or not, I hope you enjoyed the run. See you next year!

**Race Director
Don Lindley**

P.S. The boys and girls at the Allen County Youth Center appreciated all of the T-shirts that were donated by the runners.

33 KM & 10 KM

WINTER FUN RUN

3.3 KM RACE

1. Bill Copeland 13:50
2. Chris Stauffer 15:47
3. Billy Cragg 19:11
4. Tess Machlan 23:30
5. Carolyn Schwarze 24:11
6. Bob Pauley 29:15
7. Sharon Pauley 29:31

10K RACE

WOMEN 20 - 29

1. Theresa Yankowiak 41:28

WOMEN 30 - 39

1. Phyllis Suelzer 43:45

MEN 20 - 24

1. Gary Beam 41:42
2. Ken Votaw 57:58

MEN 25 - 29

1. Tim Bowman 36:16
2. Gary Chandler 46:56

MEN 30 - 34

1. Phil Lockwood 36:55
2. Steve Brown 36:55
3. Norm Spitzig 37:37
4. Dave Ruetschilling 39:45
5. Bruce Lockwood 43:59
6. Brian Migleto 46:56

MEN 35 - 39

1. Bob Bruckner 39:44
2. Dave Waldrop 41:00
3. Tom Cavacini 42:53
4. Terry Shipley 46:40

MEN 40 - 44

1. Jerry Rickard 42:26
2. Russ Shook 52:29

MEN 45 - 49

1. Bob Harter 40:53
2. Tom Liebrich 43:20
3. Don Goldner 45:38
4. Joe Brooks 50:38
5. Chuck DeVault 56:32

MEN 50 - 59

1. Mike Kast 38:36
2. Terry Gautsch 45:02
3. Ian Rolland 45:08
4. Wendell Adams 46:34
5. Al Moore 54:45

MEN 60 and Over

1. Don Hoylman 65:35

THIS ISSUE
WAS PRINTED
BY



MARATHON CLINIC

WHEN: Saturdays, February 4 --
May 5 9:00 A.M.

WHERE Central Branch YMCA
226 E. Washington BLVD.

REGISTRATION: After Jan. 1st at
the YMCA

COST: \$15.00 for YMCA members
\$25.00 for non-YMCA
members

Includes all materials,
training log, recipes, hand
outs and a specific tee
shirt.

The challenge of the 26.2
mile distance of the marathon is
classic to all racing enthusiasts. The
race tests the physical and mental
limits of all. For this reason proper
training and education is vital to the
new or novice participant. The Fort
Wayne YMCA is pleased to offer
the first Marathon Clinic.

Mike Kast will be the instruc-
tor; He is a veteran of 17 marathons,
including Boston, New York and
Grandma's where he ran a PR of
3:07. Mike is one of the area's
outstanding masters runners, and also
is cross-country coach at IU-PU.

The class will begin on Sat.
February 4th at 9:00 A.M. at the
Central Branch YMCA and will meet
each succeeding Saturday for a
'long run' workout. In addition,
classes on training regiments, distance
running physiology, stretching, diet,
etc. will be conducted. Guest speak-
ers and films will complement the
instruction. The class will culminate
on May 6th with the running of the
TV-33/Hooks Marathon.

The clinic is geared to first
time or novice marathoners, but a
running base of 25 miles per week
at class start-up is suggested. This
clinic is given by the Central Branch
YMCA in co-operation with the
Fort Wayne Track Club and TV-33/
Hooks.

GETTIN' READY preview of upcoming FWTC events

Don't miss the WinterFest
'84 5 miler at Franke Park
with Mike Melendrez as race
director. It looks like a real
challenging course on the roads,
trails and "Big Bertha" soap
box derby hill. Times will be
slower, but the competitive
spirit may be high. It's my
guess that Jeff Beam will be
tough to beat, as will Judy
Tillapaugh in the women's race;
Gosh, I hope they show up!!

If you don't want to
race hard--Come out anyway
and enjoy an easier run and
the hot coo coffee afterwards.
SEE YOU THERE!



RUNNING WITH YOUR HEAD
BOOK REVIEW
BY MIKE ROBBINS

During the past several years, I have read a couple dozen or so books by, for, or about runners and I have always enjoyed this adjunct to running. Though some were of far greater value than others, all were fairly well professionally written and published and I found that I generally came away with a greater insight to the sport. Thus, when Don Goldner indicated he had received a new book, Running With Your Head, I eagerly volunteered and read it for the track club. Volunteerism should be abolished!

The book was written by J.O. Hanna. An enclosure contains this about J.O., "An internationally highly reputed coach of more than 30 years." This is an example of the clear, concise grammatical style of the book. Does this mean J.O. is suspected of being a coach? Or, only on mountains or overseas? Has he coached for 30 years or is he older than 30?

An extremely disjointed, mention-everything-but-explain-nothing, stream-of-consciousness type approach with perverse grammar continues throughout the book. If the book was actually edited, the editor should be beaten with a grammar text until he agrees to refund any money he may have received for the task as well as agree to compensate any readers of the book for unnecessary pain and suffering.

I seriously doubt the book had an editor. It seems more likely it was dictated into a discount tape machine, transposed into a home word processor, and finally duplicated on a copy machine by the publisher. I don't mean to be unduly harsh about the quality of the book, but if you received a copy of the "Inside Track" which was prepared

in some similar fashion, you would send it back. You would not keep it in your home.

Even runners have some standards!

The book attempts to address running in an individualistic manner. J.O. desires to say something to each runner, not just about running. Therefore, he begins by stressing that each person must set his own goals.

These should be modest and constantly monitored-which is sound advice though somewhat nebulous. Apparently, answers make themselves obvious. By the 7th page of text, the runner is advised to put the book on a shelf because future running is so dependent upon the initial experiences. Is this Freudian? In any case, it dissolves to more Zen-like advice. "You will know when the time has come to turn the page." You will know, Grasshopper!

Throughout the book theories are mentioned, but not explained; Names are dropped, but not identified; and personal allusions are made, but their general meanings are not made obvious.

References are made to such esoteric subjects as the inscriptions found on a Mexican knife blade (never mind what the quote was, similar training secrets can probably be found in any Tijuana tourist shop), and to "St. Tomas" (his spelling) who refused to believe until he touched the wound. Until I read that "Thomas" was the apostle and the "Saint" was the theologian from Aquinas. Perhaps I should have left the book on a different shelf.

The core of the book presents a myriad of charts which compare the 220 to the marathon. The purpose of the charts is to allow each runner to determine what aspect of training should be given greater attention in order to accomplish the runners goal. Thus, at a particular distance goal, the chart would indicate whether one should concentrate on speed, strength or endurance type training. Unfortunately, the charts are somewhat involved and redundant. The 220-marathon premise is certainly suspect. Most marathoners are not much interested in their 220 times; Like wi Likewise, most sprinters would consider a marathon completely pointless at best and certainly not relevant to training needs. In a more general sense, it requires neither genius nor a chart to recommend how a runner who can run 6:00 pace for a 10K but can't break four hours during a marathon should focus his training for a long distance goal.

After the charts are prepared and the type of training focus is determined, the training pattern is established. The recommended pattern is a series of 23 day periods. These are considered proper biorhythmic cycles and are expected to have a far more beneficial influence on the runner than a weekly cycle. The recommendation of a training cycle based on this type of patent nonsense should greatly embarrass the author and completely distress any runner he may actually coach.

Though most people will not find Running With Your Head readily available, if this and its contents are not deterrent enough to its purchase, the price should be. The regular price is \$32, but the publisher is generously offering a 25% discount. The resulting \$24 could be better

THANKS
FOR THE
EXCELLENT
PHOTOGRAPHY
GARY
LANE!

used as stuffing for a Cabbage Patch doll. I hope that this experience does not portend future marketing efforts of this type.

MANY
THANKS
WHO

TO ALL THOSE
CONTRIBUTED
THEIR WORK THIS
MONTH
HALLELUJAH!
1ST ISSUE
IS DONE!

Jerry
Mazock

RACE SCHEDULE

by

TOM LOUCKS

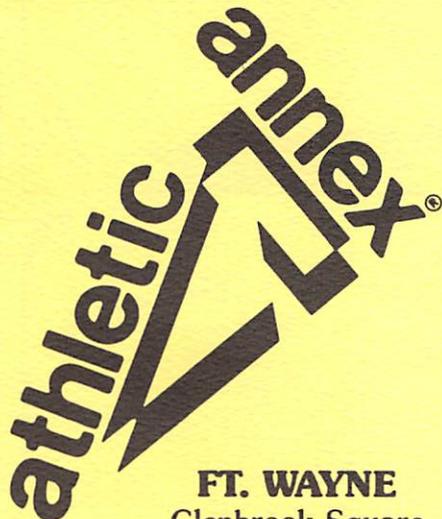
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|-------------|---|
| February 5 | Groundhog 7 Miler Carmel Clay Jr. High, Carmel, In. |
| February 11 | Winterfest '84, Franke Park--Main Pavillion 2:00P.M.
Mike Melendrez, 4524 Leeward Cove,
Fort Wayne, In 46804... 219/432-4642
See Race ad this issue! |
| February 19 | Valparaiso 8 Miler 10A.M. (11 A.M. Ft Wayne time)
Jere Kunkel, 1808 Chicago Street, Apt 87,
Valparaiso, In. 46383 |
| March 3 | Sam Costa ½ Marathon, Carmel Clay Jr. High |
| March 17 | ****Chilly 20K Homestead High School, Mike Kast |
| April 28 | 8K Athletic Annex, Channel 21 sponsoring an 8K
with Dean Reinke as race host. This one is
pending as of press time! |

**** Ft Wayne Track Club Points Race.



SMITH RICH

POINTS AND MEMBERSHIP APPLICATION



FT. WAYNE
 Glenbrook Square
 By the Ice Rink
 (219) 484-4322
 Jeff Platzer, mgr.

**All of our stores are open
 evenings and weekends.**

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 = \$ _____

DO YOU WISH TO BE INCLUDED IN THE POINTS STANDINGS? _____

List name, sex, age, birthdate, and either 'yes' or 'no' for being included
 in the points standings—for each member.

More

fun

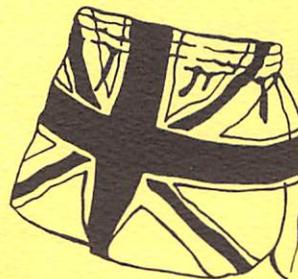
**than
 games!**

Leisure Wear from the athletic annex.

Not every sport needs a field or court. And those
 "after-hours" diversions can be even more fun.

So don't play around
 with your choice of
 leisure apparel. Come
 to the athletic annex
 for:

- Twill Pants —
\$19.95
- Knit Polo-style
 Shirts
- International Shorts (a real novelty!)
- Hawaiian-print T's in long &
 short-sleeve styles
- "Muscle" Shirts



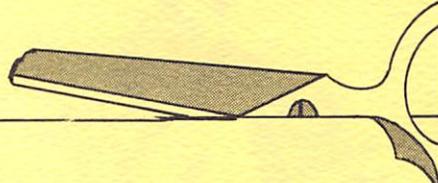
Apparel for your more unconventional
 "sporting" activities.
 All at the athletic annex.



DO A FRIEND A FAVOR

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

FORT WAYNE TRACK CLUB



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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)



**FORT WAYNE
TRACK CLUB**

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

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

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