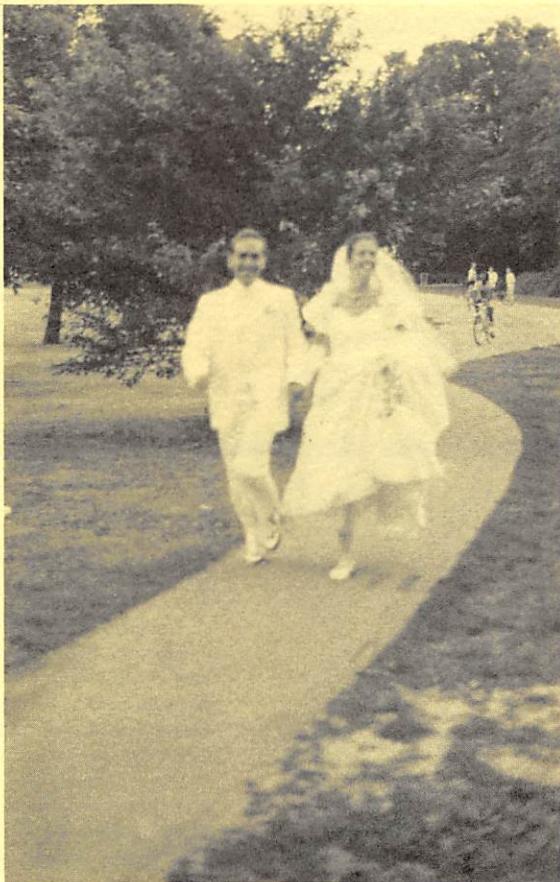


the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

wedding 

CONGRATULATIONS TO MIKE AND DEB GLASPER



We got to the Church on time Now, get me to
the Park on time — For God sakes, Get
me to the Race on time!

**FORT WAYNE TRACK CLUB
OFFICERS AND BOARD MEMBERS**

Don Goldner President 747-4359
Terry Shipley Vice President
 In charge of race property 485-8769
Phil Shafer /Membership 622-7538
Bonnie Taylor Secretary/Media Assistant 447-5892
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Tom Anderson Course Measurement
**FOR ADVERTISING RATES
CALL TOM LOUCKS AT 622-7108**

FWTC 1984 POINTS RACES

July 21 Sat 10K
 August 3 Fri 1 hour
 August 25 Sat 5 mi.
 September 1 8K
 September 22 Sat 13.1 mi.
 October 28 Sun 10K
 November 17 Sat 25K

(PROPOSED)

Old Settlers-- Columbia City
 One Hour Run With Music--Northrop High School--Jerry Mazock
 Arby's Big Brothers/Big Sisters--Foster Park--Fred Sheets
 Canterbury Run--Canterberry Green Tom Mather
 Parlor City Trot--Bluffton--Phil Lockwood
 Home Loan 10K--Downtown Ft. Wayne Don Goldner
 Challenging 25K--Homestead High School--Jim Anderson

PROPOSED FWTC NON-POINT RACES

July ??? ???? ?????? Orienteering Race--Mike Glasper (Anybody who knows anything about Orienteering should contact Glasper immediately!)

August 18 Sat 5K Kent Davis Run--Georgetown SQ UARE Bill Schmidt

September 9 Sun 8mile relay 2 man/8 mile relay--Foster Park--John McMillen

Oct 20 or Nov 3 Sat 6K Halloween Race--Foster Park--Wear Costumes

Nov. 11 Sun 9K Cross Country-- Bluffton Oubache Park--Phil Lockwood or Jeff Gangloff

December 8 Sat 3K&10K Fun Run--Foster Park-- Don Lindley

December 31 Mon 11:45 PM 5mile New Year's Eve Race--North American Van Lines--Myron Meyer

CLIP AND PUT ON YOUR REFRIGERATOR DOOR

REMEMBER: Every Wed. nite there is a 5 mile fun run at Foster Park near the golf club house. Run starts at 6:00PM

INSIDE THE "INSIDE TRACK" THIS MONTH.....Goldner's lengthy column... Editor Mazock's poetry...A fine ad from The Athletic Annex...Russ Suever and Ken Miller's POINTS STANDINGS...Tom Louck's 'end of summer' RACE Calendar...An Injury article by new-contributor, Betty Hite Nelson...Judy Newman-who is a new writer for the newsletter-has a nutrition quiz for us... Mike Robbins says a whole lot of people got ripped off at a local race... Jerry Perkins tells us about his 'long journey'...(PART 1).....Doug Sundling relays a fantastic story about the very 1st Olympic Marathon (Timely reading)...Tim Creason sent me a lot of info about the Bluffton Ladies Run & The Bluffton Invitational 10K...There's also Mike Robbins on stretching...Plus Race ads, results, and zillions of pictures by Gary Lane...We have actual photographs of FWTC members performing in a ballet... HOPE YOU ENJOY THIS STUFF!

HEAR YE, HEAR YE

FROM THE HILLS OF MULDOON ROAD COMES....
THE PRESIDENT'S LINE
 by DON GOLDNER -
 This month featuring special guest president Jerry Mazock

I have received our message telepathically from Don. He says: 1) If you did not run RACE AMERICA you have to wash his car. 2) Watch the Olympic Marathons. 3)The Club is in pretty good shape. (Trust me--Have I ever lied to you?).



Editor's Run

by JERRY MAZOCK

'Oh winter!
 I barely remember your wrath,
 'Tis now hot summer, and all I want is a cold bath.'

Jerry Mazock
 August 1984

These immortal words written many days ago, are still very true and meaningful. For now IS that promised time we dreamed about in January. It is SUMMERTIME--Me and shorts and shoes only on the roads. I swelter in the heat, wishing it would cool down a bit. But then I remember last winter's frozen disaster. Quickly, I recall my 'wish' and thank the Lord for the heat. I would rather be a little warm than a little cold. ENJOY THE SUMMER!

THE RUNNERS HIGH

SHOES AND APPARREL
TO GET YOU THERE!!!

GLENBROOK SQUARE
484-4322

The standings after the first 6 races
(Thru the Painful Hilly 4)

POINTS

Men's Overall

Standings

Dexheimer, Gary 213
Sundling, Doug 212
Beam, Jeff 193
Kaufman, Dan 180
Loucks, Tom 180
Robbins, Mike 149
Dillier, Terry 144
Mazock, Jerry 141
Garcia, Vince 136
Perkins, Jerry 130
Treleaven, John 130
Brown, Steve 120
Glasper, Mike 118
Rigelman, Todd 116
Florea, Stanton 105
Ruetschilling, D 96
Edington, Chris 89
Wallin, Rick 89
Lindley, Don 83
Blosser, Bill 82
Deford, Chuck 76
Mendez, Miguel 72
Averbeck, Larry 60
Schmidt, Bill 60
Kyle, Alexander 59

14 & UNDER

SCHWARZE, JOHN 222
FLOREA, STAN 180
LINDLEY, BRIAN 164
LINDLEY, MIKE 164
GORRELL, TIMOTHY 145
SQUIRES, RICKY 131
WIERSMA, BOBBY 129
BEAM, JEFF 180
BOWMAN, PETER 54
EBERSOLE, MATT 46
WAGGONER, STEVE 41

20- 24

GIEGER, DAVE 277
BEAM, GARY 227
JOHNSON, RANDY 222
EDINGTON, CHRIS 150
MUNRO, BRENT 104
SCHLEMMER, KEN 76
BULTEMEIER, MIKE 50
SCHANNEN, KEN 47
CURRY, BRET 46
VOTAW, KEN 45
WIENING, JOHN 45
BELKNAP, JEFF 44
CHILD, DAN 42
GETTS JR, LARRY 41
MORRISSEY, RICH 41
DILLER, TERRY 266
SUNDLING, DOUG 249
LOUCKS, TOM 180
GARCIA, VINCE 163
KING, KENNETH 132
ELLIS, LARRY 116
WALLEN, RICK 101
DEFORD, CHUCK 92
GATTON, TONY 88
AVILA, MIKE 87
HUGHS, GREG 86
BRATTOLE, MARK 83

TOT #
PTS RC

KYLE, ALEXANDER 83 2
WAGNER, THOMAS 79 2
SCHENDEL, BOB 78 3
BUSHEY, JAMES 77 2
HOME, MARLAN 54 1
AMSTUTZ, JIM 42 1
WYLIE, TOM 33 2
FRAZIER, SCOTT 29 1
TARDIFF, DON 28 2
DOEHLA, BRIAN 0 1
KUHN, JOE 0 1
NYCUM, JOE 0 1

30 -34

DEXHEIMER, GARY 278 5
TRELEAVAN, JOHN 227 5
MAZOCK, JERRY 211 4
KAUFMAN, DAN 209 4
CASWELL, STEVE 196 6
BROWN, STEVE 188 4
GLASPER, MIKE 186 4
MENDEZ, MIGUEL 176 4
WINTERS, DAVE 163 5
SPITZIG, NORM 158 5
RUETSCHILLING, D 137 3
ARCHBOLD, TOM 131 5
YODER, TOM 117 3
COONAN, TERRY 116 3
ZECK, DENNY 112 3
WILSON, ROGER 109 3
BLOSSER, BILL 104 2
MINNICH, DAN 85 3
PLACENCIA, ARNII 85 2
YOULES, PAT 82 2
DIEHL, JERRY 78 2
HOWER, RICK 77 2
CALLAHAN, MIKE 72 2
GRAHAM, GARY 72 2
SABRACK, PAUL 71 2
HARRIS, ROBERT 70 3

SHIVELY, LARRY 64 2
SUELZER, PHIL 60 1
AUSERAN, HARRY 54 1
HOCKLEY, DAVID 46 1
Reitzug, Rock 46 1
KRAEDEL, DENNIS 41 1
GAMER, TOM 39 1
SEINAN, TODD 38 1
KENNERK, PHIL 37 2
HILGER, JOE 36 1
SQUIRES, BILL 35 1
TOWNSEND, BILL 32 1
TRUDEAU, FRED 31 1
FISCHER, TOM 29 2
BOWMAN, TIM 28 1
NOBLE, JERRY 28 1
HELLINGER, R 27 2
FAHL, GREG 26 1
BOLIN, TIM 0 1
GILLEY, PAUL 0 1
MIGLIORI, BRIAN 0 1
SOLON, JAMES 0 1

40-44

AVERBECK, LARRY 281 5
MOTYCKA, BERNIE 235 5
PERKINS, JERRY 234 4
BYERLEY, MIKE 223 5
LINDLEY, DON 216 4
RICKARD, JERRY 206 5
KLIENKNIGHT, RUD 186 6
BOYLAN, DAVE 183 4
FELGER, TOM 169 4
PUCKETT, ROGER 166 4
WOLFF, DAVE 162 4
MILLER, KEN 130 3
ASHTON, DON 117 4
HUDSON, DENNIS 113 3
BURGETTE, BERNIE 105 3
CLAGG, TOM 105 3
NOLAND, DON 101 3
BARKER, WOODY 100 2
BRANDT, CHARLES 80 2
MCGOWIN, JIM 80 2
CLAY, ROBERT 77 2
RODDERS, JOHN 73 3
KRIDER, BILL 71 2
MISHLER, MARK 65 3
YANT, LARRY 65 2
GILBERT, ALLEN 57 2
ROSS, FRED 50 1
KUNKEL, JERI 46 1
WALDROP, DAVE 43 1
VOIROL, DEWAYNE 39 2
CALLICOTTE, JOHN 38 1
MARTIN, JIM 36 2
VACHON, JOE 35 1
HALL, CHARLES 33 2

45-49

SCOTT, JIM 46 1
KOENEMAN, BRUCE 40 2
REICHWAGE, DAVE 38 2
PIERCE, JERRY 37 1
HENKEL, AL 36 2
LEE, LAWRENCE 35 1
RICKNER, GARY 35 1
HENRY, BILL 34 1
WIERSMA, ROBERT 33 2
SILER, JIM 31 1
GOLDTHWAITE, S 29 2
LIPKEY, JIM 28 1
STACHERA, JOHN 28 1
MURPHY, MIKE 26 1
GRAWIAK, BOB 0 1
HUMBRECHT, TOM 0 1
JAMISON, JAN 0 1
LEFEVER, JOHN 0 1
LUTTMAN, PHILLIP 0 1
MANGETTE, TOM 0 1
MATHews, TERRY 0 1
MORTENSEN, PHIL 0 1
NOVASAD, MIKE 0 1
THEARD, TOM 0 1
WILLIAMS, RANDY 0 1

50-59

HILKER, JOHN 301 6
MEYER, MYRON 234 4
MOORE, AL 202 6
SNYDER, PAUL 200 5
PHILLIPS, ROGER 199 6
FLORREICH, RUDY 182 4
CHOVAN, VERN 181 4
JOHNSON, CYRUS 170 4
JONES, J P 164 4
CHANDLER, HERB 147 4
MOYER, ROSS 144 3
KAST, MIKE 114 2
SULLIVAN, KING 106 3
WHISLER, NORM 100 2
GAUTSCH, TERRY 96 2
BASH, HOWARD 86 3
NOLD, CURTIS 83 2
ROLLAND, IAN 76 2
HAINES, GENE 69 3
BECKMAN, R B 65 2
WILSON, DAVE 65 2
DITTO, CLIFF 46 1
STAUPPER, CHRIS 45 1
STRIGGLE, GENE 45 1
TOMLINSON, GILES 44 1
SOHASKI, BILL 38 1
DEVAULT, CHUCK 37 1
PEPLER, JAMES 36 1
ADAMS, WENDEL 35 1
GOBLE, JACK 35 2
MEYER, DON 26 1
STROUSE, BUD 0 1
60 & Over
FLEETWOOD, CHET 329 6
BURNS, PHIL 224 4
HARRIS, WALT 154 3
COX, DAVE 50 1
NOLD, CURT 46 1



Gary Dexheimer
is back and finished
3rd at the
Circular 5K



Tom Loucks
& his 2nd
place trophy
at Bluffton
Invitational 10K

Don't forget:
the 5th of the
month is our
deadline for
the Inside Track

Don't forget:
Mike Robbins and
Jerry Mazock will
be teaching classes
this September &
October at the
Central "Y"

Dealing with
training for the
Home Loan 10K
for the novice
and more advanced
runner. Call the
"Y" for details
(Cont' on
page 5)

RACE CALENDAR
by TOM LOUCKS

AUGUST

- 3 (Friday night!!!8PM!!!) at Northrop H.S. THE ONE HOUR RUN on the track. FWTC points race.

Jerry Mazock (219) 7471064 \$2. To non-FWTC members.

- 4 Clear Lake 10K. 8AM. Kent Buehrer. Box 359, Fremont, In. 46737
- 4 Pepsi Challenge 10K. Lima, Oh. (Fartote Park)
- 4 Raintree County 10K. 8AM. New Castle. (Hysler H.S.)
- 4 Run American Style. 5 Mile. Marion, In. (YMCA) 9:15 AM. 1 mile jog 9:00AM. (317)668/7884. or (317) 662-6601 Ext. 239.
- 4 Gander Overlander 10K and Goose & Gander Meander (couples 1 mi.) Michigantown Community BLDG. 8:30AM. (317)291-7565.
- 4 Run For Special Olympics 4 Mile. (And 1 mile jog) South Bend (University of Notre Dame) 8 AM. 219/291-7565
- 5 Bass Lake Runaround 8.1 mile. Fire Station at Bass Lake 8AM. Dr. Howard Henry 219/772-2141.
- 11 Fun Fest 5 Mile. North Manchester, In. Dick Miller. 219/982-6919. 10AM.
- 11 Monroeville 10K. Monroeville Park. 9AM. Diane Schane. 623--3197.
- 11 Arcola Days. Arcola School. 1 mile 7:45 AM. (\$2 entry if want cap, or \$6 for shirt) 10K at 8:15 AM. (\$6 for shirt pre-registered before Aug. 4--\$7 after.) Joe Hilger 625-3467 or 3030.
- 11 Kent Davis 5K at Georgetown Sq. Bill Schmidt.
- 11 Butler Days Road Race 5 & 10K Butler. (Maxton Park) 8:30AM.
- 11 Rat Race 10K. Anderson. 8:30AM Bruce Barnett 317/378-7230.
- 11 Waterfront Festival 10K. Indy (Major Talor Velodrome) 8AM. Jennifer Vorels. 317/924-9151
- 11 Spud Run 10K. North Liberty 219/921-7602.
- 12 Diet Pepsi 10K. Indy. (I.U.P.U. Track) 8:30AM. 317/632-3464.
- 12 Berrien County Youth Fair 10K. Berrien Springs, Mi. 219/291-7602

- 18 Quenn Of Peace 10K. Mishawaka. 8AM. 219/291-7602
- 18 Chug-A-Lug 10K-Private party for the family at Jerry & Linn Mazock's. 6135 Orchard Lane, Ft. Wayne, In. 219/747-1064. Please call in advance so we know how many to expect AND please come. "T" shirts this year for about a buck. The party starts at 4PM and the beer race sometime thereafter.
- 25 Bryan-Pepsi Run 10K, 5K and 1 mile Fun Run & 3Mile Health walk. Bryan, Ohio. (St. Pat's School) Paul Langevin 419/636-3640.
- 25 Bobby Crim 10 mile, Flint, Mi. 8:30AM. 313/762-3372.
- 25 Oaklawn/WSJV Run 20K & 5K. Elkhart 8AM. 219/291-7602.
- 25 Arby's Big Brothers/Big Sisters. 5 mile. FWTC points race. Foster Park. I believe at 6:00PM????

SEPTEMBER

- 1 Canterberry 8K. Canterberry Green Apts. 8:45 AM. 2 mile 8:00AM. Tom Mather. FWTCpoints race!!!!
- 1 Pepsi Challenge Glass City Marathon. Downtown Toledo
- 1 Stroh's Double Dip 5K (9:30AM.) 1 mile (9:00AM) 41 trophies and ribbons. Jerry Perkins 219/351-2426.
- 3 11th and FINAL Blueberry Stomp 15K. Plymouth, In. 10AM. Plymouth Chamber of Commerce 219/936-2323.
- 8 Pork Festival 10K. Tipton, In. 9AM. Jay Wheelchel 317/675-4429
- 8 Muncie Bud Light Endurathon. Muncie (Prairie Creek Reservoir) 8AM. 1.2 swim, 56 bike, 13.1 run Deadline Aug 1
- 8 Midwest Triathlon. Lake Shafer, Monticello, In. 9AM. 1 mile swim 37.2 bike, 9.3 run. Dan Liotti 317/844-7572.
- 8 Grape Stomp 10K. Berrian Springs Mi. Hess Lake Park, 10AM. 219/291-7565.
- 8 Popcorn Panic 5 Mile-Valparaiso, In. 7:30AM. 219/769-7474
- 8 Lake Lemon Lunge 10K. Bloomington Riddle Point Park 8:45 AM. 812/333-1221.
- 9 Wendy's Couple's Run/Foster Park, 5-Mile.
- 9 United Way Kickoff Run 10K. Lafayette, In. 8:15 AM. Richard Jaeger 317/742-9077
- 15 Wildcat Classic 5 & 10K Indianapolis Lawrence North H.S. 8:30AM. Bill Duke 317/849-9455
- 22 Parlor City Trot 13.1 mile Bluffton, In. Phil Lockwood FWTC points race.



Betty Hite Nelson at the mile mark in 2nd place at the Bluffton Ladies Run



Judy Tillapaugh finishing 3rd overall at the Bluffton Ladies Run



Start of the Circular 5K at Shoaff Pk.

OCTOBER 7TH. ANNUAL McMILLEN RUN FOR HEALTH. 1st race begins at 2PM (Distances are 1/4 mi. 1/2 mi. 1 mi. & 4 mile race. For more info 445 7823.

DON'T FORGET THE RUN JANE RUN TRIATHLON SEPT 15TH AT *8AM. CONTACT THE FT. WAYNE'S WOMAN'S BUREAU

RACES, RACES EVERYWHERE!!!!

INJURY IMMUNITY
by
BETTY NELSON

The fact that runners are a strange breed is well-known. They are compulsive about their running and related activities, sometimes to the point of excluding job and family responsibilities. They become overly concerned with dietary trends and new fitness methods. They, frankly, can become so one dimensional that they bore everyone around them. They become obsessed by their bodies. The delineation of a newly pronounced muscle sends them to near orgasmic heights. The loss of a pound or two is cause for celebration. The slightest twinge of pain or discomfort of any sort has them running for the book of running injuries.

In spite of this narcissism, however, most runners do not take actual injuries seriously. They don't realize that somewhere out there lurks their own personal malady. For some reason runners think that their physical fitness makes them immune to the muscular and skeletal calamities that befall mere mortals.

My own realization that no one is spared came this spring, four years after I started running. Originally, I had an inflamed bursa of the hip. I looked like someone had taken an Atz ice-cream scoop and plopped it on my hip bone. It was all I could do to walk, but I ran anyway. After a mile or so those wonderful endomorphines would take over and I could relax. I went to my doctor who gave me medication and told me to rest. I took the medication and continued to run. I fit into the compulsive category! My doctor sent me to an orthopedist in Ft. Wayne, who shall remain nameless, lest I become slanderous. This person know less about anatomy than I did! He nodded a lot and told me I had a problem-At \$100 per visit. I still ran. Because of the pain in my right hip, I overcompensated and developed an even more debilitating problem in my left ankle. I had read about anterior compartment syndrome before. This is where the muscle expands more than the muscular sheath around it will stretch and circulation is cut off. This is what sidelined Mary Decker for a year. At least I was in good company. I still didn't take the doctor seriously until he used the word 'surgery.' That made my blood run cold, regardless of circulation

problems. He said if I stayed completely off the leg for three weeks, we might not have to operate. That was all I needed to know. I took my shots. I took my medicine. I used ice, then heat. And most of all, I didn't run. I nearly went crazy! Compulsive activity does not succumb easily. I kept imagining each muscle deteriorating to the state of mush. I envisioned myself trying to run and being unable to struggle through. It was HELL- for me and those around me. Finally the day came when I could run again. It hurt. There is a difference between the discomfort of tired muscles and pain. This was pain. I was glad to quit. The next day was better, and each succeeding day brought less pain. Now it doesn't hurt at all unless I'm on an uneven surface.

I'm still not in racing shape, but I go because I really enjoy the people and the camaraderie. I thoroughly enjoyed the finish of the marathon and seeing friends complete it, though originally I thought I didn't belong because I hadn't run it.

Even in runners there is a tendency to look for good from a negative situation. Rather than lament over my lost training miles, I've found a new appreciation of the fragility of the human body. I've realized that people will still talk to me even if I don't win. But most of all, I've tempered my tendency to be compulsive about running. I've broadened my horizons. Now I'm compulsive about EVERYTHING!

POINTS (CONTINUED)

Women's Overall Standings

Tillapaugh, Judy	239
Getty, Sharon	225
Yankowiak, Theresa	213
Simmons, Roseann	204
Jamison, Ann	193
Kukelhan, Deb	186
Schmidt, Marsha	154
Jackson, Betty	145
Goldner, Joan	135
Gorrell, Jamie	130
Connolly, Mary Theresa	114
Clay, Amy	113
Nelson, Betty	110
Sabrack, Cynthia	110
Suelzer, Phyllis	87

19 & under	
GORRELL, JAMIE	164 3
CLAY, AMY	161 3
DANIELS, LISA	105 2
VACHON, KAREN	101 2
SOHASKI, TRACY	54 1
ZIEGLER, JODIE	47 1
CLAY, BOBBIE	46 1

20- 29	
GETTY, SHARON	289 6
TILLAPAUGH, JUDY	255 5
YANKOWIAK, THERE	226 4
JACKSON, BETTY	222 5
SABRACK, CYNTHIA	177 4
FLORREICH, SAB	173 5
CONNOLLY, MARY	114 2
PETERSON, SUE	91 3
WEIS, EUNICE	89 2
SIPES, SUE	80 2
KAHR, KAREN	47 1
STAIRS, KIM	46 1
GOLLER, CINDY	45 1
HUBER, HELEN	45 1
YOUNG, JANET	44 1
BOSSARD, JULIE	40 1
LISON, ANN	39 1

30 - 39	
KUKELHAN, DEB	270 5
SCHMIDT, MARSHA	203 4
WIEDAU, KATHY	134 3
NELSON, BETTY	114 2
SUELZER, PHYLL	104 2
FLEMING, PATTY	94 2
WOLFE, BRENDA	94 2
WARD, SUSAN	92 2
RICKNER, LIZ	87 3
YODER, SHERRY	87 3
MIZE, ANN	83 2
PERRIN, KAREN	83 2
SEVERS, ANGIE	81 3
COX, MERCEDES	79 2
CARNES, SUE	60 1
KOCZERGE, ROSE	47 1
PUCKETT, VAL	47 1
FRIEDRICH, DEB	46 1
WILLIAMS, CAROLYN	45 1
GENSHEIMER, LINDA	39 2
WIERSMA, SHARON	36 1

40 & Over	
SIMMONS, ROSEANN	322 6
JAMISON, ANN	240 4
TAYLOR, BONNIE	218 5
GREEN, JANICE	187 4
GOLDNER, JOAN	168 3
ASHTON, CAROL	145 3
FRY, GWEN	136 3
GUNTERMANN, E	99 2
FUZY, JOYCE	93 2
NYCUM, GLORIA	92 2
GENSHEIMER, MAURINE	87 2
WILSON, JULIE	84 2
KLEINKNIGHT, SARAH	80 2
KYLE, WILMA	50 1
GETTY, DIANE	44 1
PAULEY, SHARON	41 1

50 & Over	
HYNDMAN, RUTH	180 3
MACHLAN, THERESA	162 3
SNYDER, DORIS	151 3
GLEN, KELLY	60 1
LEFFERS, JEANNE	50 1

NUTRITION FOR THE LONG RUN
(MILES AND YEARS)

by
JUDY NEWMAN-REGISTERED
DIETICIAN FROM ST. JOSEPH'S
HOSPITAL
(EDITOR'S NOTE) WELCOME TO
THE STAFF OF THE "INSIDE
TRACK"

More than 8 million Americans have now joined the ranks of distance running-for good reason. What many have discovered is that exercise and sensible food choices can change the body, letting you reach higher levels of performance, endurance and health. For others, exercise and sensible food choices enable them to run around the neighborhood without turning gray and be around to see what their grandchildren look like.

Running enthusiasts tell tales of fat trimmed and smoking stopped, pulse and blood pressure down, tensions and depressions gone, sex lives restored, even damaged hearts on the mend. Are such promises real? They can be if you know the difference between the truths of bodily change and the endless myths and fads that surround fitness and nutrition.

TEST YOUR NUTRITION IQ

1. Which 3 of these are not essential nutrients: Carbohydrates, Proteins, Fats, Energy, Fiber, vitamins, minerals, water
2. Protein has 2 crucial functions in the body:
a) Provide energy, b) Provide essential amino acids, c) Provide for the

growth and repair of tissues.

3. A calorie is: a) A substance in food that causes weight gain. b) A way of measuring body fat. c) A unit that measures the heat energy or fuel value of foods to the body.

4. Calories are derived from every nutrient in one of these lists: a) Minerals, vitamins, and fat. b) Carbohydrate, vitamins and protein. c) Carbohydrate, fat and protein.

5. The Recommended Dietary Allowance (RDA) are: a) The government's idea of the amounts of nutrients you need. b) The amount necessary to prevent a deficiency. c) Set to cover all the known essential nutrients. d) None of the above.

6. If you run or engage in vigorous exercise, you need extra protein, for energy and to build muscles. T or F

7. About 40 minutes of daily running will burn calories, but it will also increase your appetite. T or F

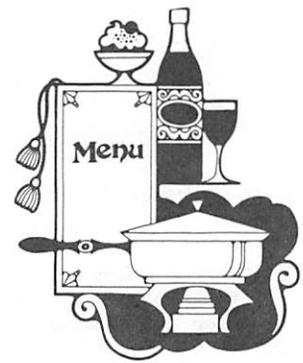
8. One of the best ways to become fit is to cut as much sugar and starch out of your diet as possible.

9. Running is such a good exercise that with a single stride you burn as many calories as you would with a pushup. T or F

10. More weight is lost while exercising if sweating profusely. T or F



The start of Churubusco's
Turtle Days 10K



ANSWERS.....

1. Energy, fiber and carbohydrates. This is a deceptive one. Energy is derived from nutrients but is not itself a nutrient. Fiber is useful but not an essential nutrient. The body has no requirements as such although the body needs calories provided by carbohydrates.
2. Both b) and c) are correct. Protein is essential for maintenance, repair and growth of body tissues. It also supplies the essential amino acids.
3. (c) is correct. A nutritional calorie is the amount of heat required to raise the temperature of one liter of H₂O by 1 degree centigrade.
4. (c) is correct.
5. (d) is correct: None of the above. The RDA is set for those essential nutrients for which there is enough current evidence to make a determination possible by the Food and Nutrition Board of the National Academy of Sciences.
6. False. The belief that athletes need more protein has no scientific basis. Carbohydrate and calorie needs are increased, however. Americans eat more than the required amount of protein to meet growth and repair needs.
7. False. Moderate amounts of exercise help to control appetite. The body has built-in controls which increase or lessen appetite to meet the body's needs. The inactive person's control system does not work well, the active person's does.
8. False. Forget the idea that starches are especially fattening. Foods high in starches

(CONT" NEXT PAGE)

and sugars (carbohydrates); such as leaves, stems, roots, fruits and seeds of plants; eaten in moderation provide energy, minerals, vitamins and needed fiber.

9. True. Moving your body 18 inches up and down uses no more calories than moving your body the same distance with one running stride. A simple rule of thumb is that the fuel you burn is governed by the amount of weight you move and the distance you move it.

10. False. Although you will weigh less after exercising because of fluid loss. The fluid will and should be replaced shortly after exercising. Be sure to drink WATER prior to, during, and after rigorous exercise to prevent dehydration.

SCORING:

ALL TEN CORRECT... You're not only a super athlete, your body shows it. You can help me write next month's nutrition article.

EIGHT OR NINE CORRECT.. You're aware that good nutrition enhances performance and you get your information from the right sources.

FIVE, SIX, SEVEN CORRECT.. Your fitness efforts will be enhanced by good nutrition.

UNDER FIVE CORRECT... One way you can judge the difference between truths and myths is that myths usually entail extremes of punishing exertions and odd distorted unsatisfying diets. Truths succeed where fads fail. Remember, balance and moderation.

TRY THIS MONTH'S RECIPE FOR BROCCOLI SALAD (for a cool summer treat.) EDITOR'S NOTE: (Or try Hot Broccoli Salad for a hot winter treat.)

HERE GOES.....

Ingredients:

- one bunch raw broccoli cut into bite-sized pieces.
- One cup sliced celery.
- One-half cup sliced pitted black olives.
- 8 oz. sliced mushrooms (canned or fresh).
- 6 oz. can sliced water chestnuts, drained.



Toss all the above with 16 oz. of a Lite Italian Salad dressing. Cover and refrigerate.



Before serving, add one box of cherry tomatoes cut in half and one-half cup of sliced green onions. Toss and serve.

Is there anyone out there interested in learning how to operate a camera for "Runners Week". Training is provided by the Library

IF SO CONTACT
JERRY MAZOCK

Haga, West & Page, Assoc. -
Who, What and Why?

Michael Robbins

The Spencerville Covered Bridge Festival Committee apparently contracted Haga, West & Page, Assoc. to organize and conduct a 10K road race as part of their annual festival. The result was a travesty of a race, a mockery of organization and

if any money passed to Haga, West & Page, probably outright theft. In five years of running I have never seen (even at Marion!) a greater discrepancy between what was advertised and what was produced. Were Haga, West & Page Assoc. a retail outfit, the FTC would have filed immediate charges.

I will chronical my involvement and subsequent revelation in the order in which they happened. The application indicated ten separate age groups for both men and women with trophies, plaques and medals to the top four in each, plus trophies to top three overall male and female runners, mile splits at each mile, aid at three separate points, a photographer taking pictures at the covered bridge, top quality T-shirts, attractive gifts awarded by random drawings, a free pancake breakfast after the race and a free fun run. Even at the \$7.00 pre-registration fee, this promised to be a great day for both runner and spectator. Unfortunately, a promise grossly unfulfilled.

Since I did not receive my race number in the mail (as



Dexheimer, Garcia, Beam & Sundling halfway through the Circular 5K

indicated on the app), I attempted to phone Haga, West & Page. The phone number was provided along with a Goshen Road, Fort Wayne address. No one answered the phone, the phone company had no such listing, and the address turned out to be just a room (a "mail drop" in impolite parlance). Haga, West & Page would be traced by others to somewhere in Michigan. (CONT)

I generally arrive about an hour prior to race time. I did so for this race also. No one was there. The registration team eventually showed up, set up a small table and proceeded to have both pre-registered and registering runners stand in line. What appeared to be homemade, large, bulky race numbers (with numbers handwritten with a felt-tip marker) were assigned. Straight pins (yes, honest-to-God straight pins!) were available to somehow affix the numbers to one's clothing. The T-shirts were provided but by now my misgivings were growing by leaps and bounds.

Final instructions were given just prior to the start of the race (I did not notice a fun run) stating that the course was marked, the lead vehicle would drop out soon after the start and that all should have a good time. The verbal command "start" was issued and the next stage of this fantastic voyage commenced. The lead van played its very minor role and dropped out early in the race. I continued in my search for the first mile mark. Like all runners I don't completely trust the



Jeff Beam hits the finish and wins Circular 5K

pace my body tells me and benefit from the objective feedback Casio provides. I did not find that mark nor did anyone give the promised splits. In fact, no splits were given. And I saw NO mile marks on the course whatsoever. Though there may be many benefits from this type of blind, gut racing, I was not prepared for it. But the agony continued. Near what should have been the end of the course, three or four of us (the second, third and fourth place finishers, at

least) were directed down the wrong street - apparently by a "non" official. Since no people were provided other than at the first major turn, it seemed welcome to finally get back into town and be directed to the proper course. By then we probably should have known better. Upon getting back to the main highway, I asked directions to town from someone fortuitously getting out of a car at the time and shouted to the others to follow. We ran approximately .6 of a mile further than the un-directed runners. We took the long course. By all accounts later, the other course was well short. Since there were no indications anywhere that the course had been measured in any fashion, any particular runner's calculation of his or her actual mileage or elapsed time was left to individual devices. No clock or electronic timer were used. I had long since stopped caring by then. I planned to just search for refreshment (the directors provided no water at the end) pick up my trophy, eat my breakfast and leave. But the awards ceremony had surprises of its own. The Haga, West & Page director indicated they had problems getting the trophies so there would only be about three or four age groups instead of ten. Adults at this point can take it. But 10 - 12 year olds who believe they finished "in the money" in the not often used 14 and under age category are another story. Perhaps the situation will be corrected for these kids later. Perhaps they or anyone else should not run for trophies. Perhaps Haga, West & Page should never be allowed to direct any future race.

Needless to say, no random gifts were presented and the pancake breakfast, which had no connection whatsoever with the race (contrary to the impression given on the race app), ended before the "awards" presentation did. Thus, the race event finally ended. Almost nothing that was promised was delivered and almost every major and minor race detail that could be overlooked or ignored by the race directors was. My hope is that Haga, West & Page are merely not proficient

or competent enough to satisfactorily direct a road race rather than an example of a new breed of vulture hoping to personally profit by offering deficient, overpriced services to unsuspecting sponsors and runners. Though they did refund mine and two others' entry fees, all participants should receive a refund. I will never again knowingly participate in a race the Haga, West & Page outfit has anything remotely to do with. On June 23rd in Spencerville I believe both the runners and the community were victimized.

Journey To Boston

BY JERRY PERKINS

In the basement of the Prudential Bldg., in Boston, just before 3:00PM. on April 16, 1984 (Patroit's Day) stands a solitary figure in a growing mass of runners that have completed their journey. With a foil wrapped around his fatigued body, he leans against one of the massive concrete support pillars-and he cries. Not tears of pain nor despair, but rather overwhelming tears of joy, and thankfulness in completing a difficult task. He suddenly realizes he has completed a journey he didn't even know he had begun----

THE JOURNEY TO BOSTON

by
JERRY PERKINS

When did this journey to Boston begin? Was it the beginning of the race at Hopkinton 26.2 miles away or was it 3 days earlier when the car left home? No, it began earlier than that. It was before the scheduled training runs 3 months earlier, even before the qualifying run the previous year, AND, even before he began to run seriously. This journey to Boston began as a youngster when he first heard of a Boston Marathon and men that raced for some 26 miles. He couldn't even imagine running that far. It seemed so impossible to him. (CONT)

Each year in the spring he would hear more of the Boston Marathon, and he would, again, wonder how they run that far. His Boston legacy had begun.

Little thought was given to this legacy, even as he ran in high school. He competed in the half mile and mile races with respectable times- 5minutes plus- for 1957-58, but mainly it had been fun. After high school, college intra-mural track was his only competitive running. After completing his time in the Air Force, his only training for 15 years consisted of 400 deep knee bends each day (milking cows), throwing bales of hay every day of the year, pitching silage, etc., but NO LSD, no fartleks, no intervals. In other words, no running at all.

As he turns 40, his son and a friend from church, Doyme Click cons him into running a 5K race (Cross-country) at the school. It was the end of the summer haymaking and surprising to him and his friend, he did reasonable well, considering he had not run the first mile of any training. Doyme is encouraging and invites he and his son to go to the **Lincoln 10,000** in Ft. Wayne (The last one) He just doubled his 5K time and seemed none the worse for wear. His impression of the people, the organization and the fellowship just really begins to bait the hook.

The next spring he starts running some 3 mile runs with his brother-in-law Tom to "help Tom get into shape", and then decides to keep it up. He increased this to 5-6 miles 4-5 times a week for the summer. His wife's gift of a good pair of running shoes (Saucony) solved sore knees. Some fall races including a long Blueberry Stomp with his friend (he's still encouraging him) and a Home Loan sends him into the winter enthused.

At an early summer race in Albion, 2 FWTC members (Ray Sibrel and Don Peaks) encourage him to come to some FWTC races. His races have all

consisted of 15K's or less. A quicker time at the Blueberry Stomp sets the stage for the Challenging 25K at Homestead. His reasonable 'out easy and just finish' gave him an even paced race which earned him more encouragement from another FWTC member. He had run the last 10K of that race with Betty Nelson who said he should **do** the marathon. The hook is set and another seed is sown. Still 26.2 miles seemed so far. Earlier in the summer, his friend Doyme entered and completed the hot July TV/33-Hook's Marathon. As the winter goes on he thinks more and more of maybe--just **MAYBE**--if Doyme can run that far, just maybe he can. However, his occupation causes him to wonder when he can train.



Jerry Perkins on a short journey (this time) to the finish line of the Circular 5K

His training so far has been regimented to 5-6 five mile **training runs per week, mostly** run late at night after all the farm work is done. These miles have been put in at a 15 seconds per mile over race pace.

Now his goal is set and he reads alot, plans a realistic 45-50 mile training schedule (all quality miles at 15 seconds over race pace for the given distance.) The Lord provides some excellent late winter wether. The miles add up and stamina is added to the year and a half mileage base.

May 1, 1983 dawns cool, wet, but enthusiastic. His goals in ascending order are: 1. To finish, 2. To finish without walking, 3. To qualify for Boston. 4. To break 3 hours. 5. Maybe even to place in the top 50. After all,

everyone is entitled to dream. The enthusiasm carries him out too fast, but he is on his way. By the 10K marker, he is hooked up with Tim Fleming, another first-time marathoner, (The blind leading the blind.) The miles click off at a 6:20 pace. The family is at preset spots for encouragement and the crowds help too. The two runners 'crack the whip' at the turnaround (Sounds like Tim doesn't it?) At the 18 mile marker reality sets in and at 20, the body says, "You fool, let that kid go his way-- and you get serious about just finishing this thing. That is exactly what he and his body do for the last 10K, **IS JUST FINISH**. As he round the Coliseum circle, and passes under the clock it reads 2:57:29. He is hurting but he is happy. Another friend, Tom Soper, comes flying in 1 minute later, feeling great. Tom tells him that they have both qualified for the Boston Marathon. Unbelievable. Right now he is thrilled to have just finished, met new friends, and to have just accomplished yet another goal. A full marathon--completed--Thank you, Lord, **THANK YOU**.

NEXT MONTH--THE JOURNEY TO BOSTON---COMPLETED.



The start of the Painful Hilly 4



Loucks breaking 20:00 and winning The Painful Hilly 4



by Doug Sundling

THE FIRST OLYMPIC MARATHON

Like any human endeavor to pursue a high ideal, the 1890's movement to renew the olympics had plenty of critics and skeptics. The ancient games of Greece could accomplish the ideal of solidity of good will under athletic competition because the games drew upon one culture—the Greek, and the Roman. But, as the world approached the 20th century, how could a gathering of such international diversity unify under the pretense of individual athletic competition? Unimaginable.

Nevertheless, through the efforts of Frenchman Baron Pierre de Coubertin and the zealous determination of heritage proud Greeks, the first modern olympics were organized and held in Athens in April of 1896. Despite huge crowds of spectators at those initial games, nothing during the first 4 days of the games ignited that undefined 'Olympic spirit! The critics and skeptics continued to scoff at the high ideals the games alluded to.

Given their unhallowed revival, why have the Olympics continued? Probably, because of the overwhelming sensation a 24-year-old Greek generated as he finished the first Olympic marathon. On the fifth and final day of competition, on April 10 1896, the 'Olympic spirit became a reality.

The longest race held during the ancient games had been only 4800 meters; feats of long distance running were reserved for military messengers. But, 18th and 19th

century literature had revived the ancient Greek legends of those individual messengers conquering long distances as runners, such as Pheidippides' journey from Marathon to Athens to announce the victory by the badly outnumbered Greeks over the Persians. Swayed by the deep sense of national history and pride and the popular contemporary legends like Pheidippides', the Olympic organizing committee of Greeks readily agreed when Michel Breal, a French linguist and historian, who originated the idea for such a long-distance race, and Baron Coubertin presented the idea in 1894. The formal course would be the legendary path Pheidippides ran from Marathon to Athens, an estimated 24 miles, 1500 yards, and Breal offered to give a gold cup to the winner.

The 24-century-old legacy of the marathon renewed itself immediately. Because legend esteemed running second nature for the Greeks, the proposed marathon readily took root in such thinking which nourished the blossoming myth that would shroud the approaching race. The race became the 'Greek' event. The 1896 program listed it as 'evidence of the Greek dedication to freedom as a nation, and the sacrifice of the individual to maintain that freedom.' Georgious Averoff, the Greek who provided most of the financial support of the Games, added an antique vase to Breal's gold cup-- and reportedly, if the winner be Greek, the hand of his daughter and a dowry of a million drachmas. The Olympic marathon quickly transcended from being a question of national pride to becoming a quest to recapture a Greek legacy, a metamorphosis fueled by the endless writing on it by the Greek press. And other reputed awards for the winner if he be Greek kindled that fire: A large barrel of vintage wine from Dr. Teoflaxos, a tailor's offer to clothe a Greek winner for life, a bar-

ber's free life-time shaves, 2,000 pounds of chocolate from a chocolate factory, and the alleged offers of cattle and lambs from provincial Greeks.

Western Europeans experts had readily pointed out the apparent dangers of such a unknown long distance event, and it would have been dropped if the Greeks hadn't embraced the race with such a passionate fervor. Rumors of 3 Greek youths dying while training for this semisacred ordeal did nothing to diminish the fervor. The marathon was by all legendary accounts, reality aside, a 'Greek' event, destined to resurrect the glory of the past.

On March 10, 1896, during the Pan-Hellenic Sport Celebration, to determine the Greek Olympic marathon entrants, 12 runners ran a trial race over the planned Olympic course. Harilaos Vasiakos won in a time of 3:18. Two weeks later, on March 24, just 17 days before the Olympic marathon, a second trial was run in direct violation of the rules as entrees had been officially closed. Speculation had that the reputation of foreign distance runners influenced Greek organizers to seek out more runners to strengthen the chance of realizing the obsession for a Greek victory. The winner of the second trial with 38 runners was Lavrentis with a time of 3:11:27; in fifth place with a time of 3:18:27 was a 24 year-old named Spiridon Louis.

The first four days of the Olympics provided little to demonstrate the high ideal of the 'Olympic spirit' moreover, not one Greek had brought home a victory. The overcast weather which had accompanied the Games shadowed the fading optimism of the host Greeks. Yet, on the fifth and final day of competition, a capacity crowd of 50,000 packed the modern Panathenaic Stadium in Athens, and a dense mass of humanity, estimated at 100,000, crowded the surrounding hillsides and countryside. The Greeks had

(CONT)

turned out in mass for one event: The Marathon. And, the weather had changed. The New York Times report of April 10 read: "... this morning the sun rose in a cloudless sky. The atmosphere was balmy and springlike, and every condition was favorable for the carrying out of the fifth day..." The weather would favor the intelligent marathoner as it would extract a toll from the marathoner who ran beyond his abilities.

Twenty-five contestants, twenty-one Greek, spent the previous night at an inn at the small town of Marathon. An imposing if not boisterously festive atmosphere must have engulfed the four foreign competitors. Moreover, their own reputations helped swell the undercurrent of emotion building in anticipation of the marathon. Each represented a formidable foe to prevent a Greek victory: Edwin Flack, an Australian accountant living in London had won the 800 and 1500 meter runs; Arthur Blake of the Boston Athletic Association who had placed second in the 1500; Albin Lermusiaux, a Frenchman, had placed third in the 1500; and a Hungarian, Gyula Kellner, had qualified for the Olympics by winning a 40-KM trial at Budapest.

At two o'clock in the afternoon, the starter, Col. M. Papadiamantopoulos of the Greek army, after initiating the tradition of delivering the superfluous speech describing the course, fired the starting pistol. With no precedent to follow, this first-time race had organization: mounted army troops followed the runners from Marathon and patrolled the route to Athens; a fully equipped horse drawn hospital wagon with physicians also followed; coaches rode along on bicycles; village peasants offered resinated wine and chunks of dark bread along the route; and mounted couriers carried news of the race's progress to the crowds at the Panathenaeon Stadium.

A race of such distance was a novelty. Runners had no history of training methods or of competition to prepare them for the tremendous physiological and psychological demand of the marathon. There was no tradition to draw upon, except for legends like Pheidippides—who had died. But, that was only legend, something foreigners scoffed at, Greeks endeared as divine inspiration.

The early leaders would pay for this lack of knowledge. The flamboyant Frenchman, Lermusiaux, a small framed man whose training methods and white gloves were mocked at by the Americans, began the race with a notoriety befitting his character. The marathon race being a superb reason to celebrate the glory of Greek heritage, the festive mood must have delighted Lermusiaux who reportedly sipped repeatedly from a flask of brandy before the race started. When the starting pistol was fired the Frenchman tried to steal the race. The 10K slightly downhill, he took the lead at a furious pace, continuing the pace as the next 10K rose slightly uphill; His 20K time as he reached the village of Pikermi was a reported 55 minutes. He held an estimated 3 K lead over the Australian Flack, who was followed by the American Blake, the Hungarian Kellner, and then a pack of Greeks led by Lavrentis. The courier reports and rumors reaching Athens and the stadium confirmed the worst: The reputed top runners led by good measure over any Greek.

But from Pikermi, the course climbed 150 meters over the next 10K as the ancient route rose from the plains of the Aegian Sea to the hill sheltered city of Athens. Blake, somewhere around 23K, became the first casualty. His feet bloody, he fell

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BLUFFTON LADIES RUN

Kim Briggs traveled a long way July 7 to run a four-mile race, but it was worth the trip.

Briggs, a graduate of Logansport High School, was runner-up in the 1600 meter run at the IHSAA girls state track meet in June, so it was no real surprise that she won the Ladie's fun. However, considering the field, it was a surprisingly easy victory.

Briggs, 18, came from Logansport to win the inaugural Bluffton Ladies Run, a four mile cross-country race for women only held on the grounds of Bluffton's Park Field.

Cruising over the flat, grassy four mile course in 24 minutes 42.5 seconds, Briggs finished nearly half-a-minute ahead of runner-up Betty Hite Nelson of Columbia City. She took control of the race at the gun and simply worked on extending her lead. Nelson was just as clearly in second (alone), finishing in 25:09. Ft. Wayne's Judy Tillepaugh placed third in 26:08 and Woodburn runner Sherry Hoover, the state high school runner-up this spring in the 800-meter run was 4th in 26:42.

A total of 72 women lined up for the start of the race, with 66 finishing. The event was held on a perfect evening for running...clear skies, a temp of 65 degrees and just the slightest hint of a breeze.

The event was sponsored by THE BLUFFTON NEWS BANNER.

LADIES RUN RESULTS

Place	Time	Runner
1	24:42.5	Kim Briggs, 18, Logansport
2	25:09.2	Betty Nelson, 38, Columbia City
3	26:08.2	Judy Tillepaugh, 25, Fort Wayne
4	26:42.5	Sherry Hoover, 17, Woodburn
5	27:14.1	Patty Schreiber, 22, Napoleon, Ohio
6	27:17.0	Shirley Olson, 13, Kokomo
7	27:50.5	Hiedi DeBodine, 16, Fort Wayne
8	28:10.9	Lisa Heryet, 15, Opa
9	28:58.5	Heldi DeBodine, 16, Fort Wayne
10	28:25.3	Tonia Schachtel, 16, Bluffton
11	28:34.4	Becky Babcock, 15, Bluffton
12	28:35.4	Theresa Klingenberg, 18, Fort Wayne
13	28:53.5	Susan Pipp, 16, Leo
14	28:58.9	Kris Thomas, 17, Marion
15	29:06.1	Virginia Graham, 16, Fort Wayne
16	29:09.8	Julie Babcock, 14, Bluffton
17	29:23.4	Kristina Longanecker, 16, North Manchester
18	29:30.5	Barbara Blank, 31, Fort Wayne
19	29:41.0	Carol Schoenle, 17, Fort Wayne
20	29:55.6	Lisa Hart, 12, Fort Wayne
21	29:57.3	Danielle Bentz, 12, Bluffton
22	30:45.3	Kim Stairs, 29, Fort Wayne
23	30:50.0	Lori Waters, 15, Fort Wayne
24	31:05.3	Christine Gilber, 14, Bluffton
25	31:07.2	Roseann Simmons, 40, Fort Wayne
26	31:07.2	Cheryl Cier, 34, Fort Wayne
27	31:33.1	Barb Hadley, 35, Fort Wayne
28	31:39.5	Barb Hadley, 35, Fort Wayne
29	31:40.1	Missy Manley, 35, Decatur
30	31:55.9	Annella Stark, 38, Fort Wayne
31	32:09.4	Michelle Lomont, 18, New Haven
32	32:24.8	Jackie Zirkle, 15, Gas City
33	32:29.8	Phyllis Thompson, 16, Poneto
34	32:44.3	Karla Perkins, 16, Poneto
35	32:45.5	Jo Ashton, 40, Fort Wayne
36	32:54.5	Kris Hoover, 14, Woodburn
37	32:55.1	Karen Kruger, 17, Fort Wayne
38	32:55.7	Kris Nielsen, 16, Fort Wayne
39	32:21.6	Lara Decker, 12, Ossian
40	32:22.2	Nancy Koch, 37, Hartsville
41	32:24.8	Vicky Barton, 30, Wabash
42	32:57.0	Angie Lyons, 15, Gas City
43	33:07.0	Beverly Williams, 14, Gas City
44	33:17.6	John Holman, 15, Berne
45	34:05.5	John Holman, 15, Berne
46	34:09.1	Judy Pugin, 15, Bluffton
47	34:11.3	Evanda Patterson, 16, Fort Wayne
48	34:21.5	Wendy L. Schuman, 21, Columbia City
49	34:27.1	Angie Merkel, 15, Geneva
50	34:28.3	Angie Merkel, 15, Fort Wayne
51	34:28.3	Dawn Zirkelbach, 15, Woodburn

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and did not rise. Soon after, the distance and terrain claimed several Greeks who had run more on national pride and religious fervor than on their own athletic abilities.

As the race approached the village of Karavati, Flack began closing in on Lerumisiaux, and the Greek Vasilakos passed the slowing Kellner and Lavrentias. A Greek was now in third, but well behind the first two.

The reports continued to reaffirm the two foreign leaders and their distance over the nearest Greek. The events inside the stadium continued, and the anticipation of a Greek victory in the 'Greek' event was fading to mere fantasy.

The peasants at Karavati had erected a triumphant arch. What a paradox as the leader, Lerumisiaux passed through Karavati: The crowd was ecstatic, crowning him with a floral wreath and offering him sugared wine, yet Lerumisiaux could sense the wear and tear inside his body and the growing awareness that he wouldn't be able to hold up. He began to realize the pace he had set up was suicidal.

As the course rose outside Karavati, Lerumisiaux began to falter, to feel the rapid deterioration of his body and mind. The passage through the triumphant arch had led to 'the wall! He fell and was revived with an alcohol rub-down by a fellow Frenchman following on a bicycle. But, Flack took the lead. Lerumisiaux determinedly rose and overtook Flack. Not only was Lerumisiaux attempting to do what he had never done, but Flack also was experiencing the unknown as an athlete, having never run more than 10 miles nor having a competitor do what Lerumisiaux had just done. By any standards, both runners had

already accomplished remarkable feats. Near Agia Paraskevi, 32K from Marathon, at the very summit of the course, Lerumisiaux staggered and collapsed.

The Australian, Flack, now in the lead, dared to dream the impossible: A triple sweep of the Olympic distances-The 800M, the 1500M, and the marathon. With about 8K to go, Flack sent the next bicycle messenger to deliver the ill-fated news. The marathon seemed out of reach for a Greek victory; The distance champion of the 800 and 1500 would surely hold on.

The emotional charge of the prospect of a triple distance sweep may have infused Flack's spirit, but couldn't alter the physical reality which permeated the body of this superbly gifted runner. The mocked Lerumisiaux had richly deserved the floral crown bestowed at Karavati as he had set a pace that would extend an inexperienced Flack and provide the destiny that would be Olympic history.

Back in the race, the 24-year-old Greek, Spiridon Louis, had been patiently passing exhausted competitor after competitor. During the race, and official report indicated Louis, still well back at the village of Pikermi, stopped to drink a glass of wine and after inquiring about the leaders, affirmed he would catch them. It was said Louis used what would become a standard technique to break a competitor-the psychologically devastating ploy of squeezing past a runner, letting himself be passed, and passing the competitor again. The will of the inexperienced competitor must have been crushed by this ploy, each vanquished opponent strengthening the determination of the tactful runner.

At Chalandri, 33K from

Marathon and less than 9K from the finish, Louis caught a tiring Flack. Louis squeezed into the lead, and Flack quickly pushed forward to overtake Louis. The dream of the triple win, the pain-realization of the energy extended to overtake Lerumisiaux, the driving desire of the competitor-All must have fueled Flack to continue pushing his body beyond what he had ever experienced. Over the next 4K, Louis and Flack continued their exchange of leads: The spiritually driven Flack and the course-experienced, intelligently paced Louis. at 37K, about 4K short of the finish, Flack faltered. An English companion wanting to get a wrap for Flack asked a Greek spectator to hold Flack up. Delirious, Flack hit the Greek with his fist; Flack was loaded into the hospital van, another 'carriage' case.

An unknown Greek now ran towards Athens, unchallenged over the last 4K. Having run a well calculated race, Spiridon Louis, nevertheless was about to complete the ending of an legend. No matter the personality of the winner or the reality of the race strategy, the mystic of this first Olympic marathon had predestined the event to become legendary- If a Greek would win.

Confusion bewildered the crowd in the Panathenaic Stadium; a gathering tidal wave of cheering was sweeping towards the stadium from the masses of spectators on the hillside. Rumors flew that Flack had faltered. Then an exhausted, dust covered messenger, the starter himself, Col. Papadiamantopoulos, rushed into the stadium on horse announcing to the royal box:

"Elleen..Elleen" ("A Greek...A Greek")

Is there any other moment in sports as when a lone, leading runner of a
(CONT")

marathon approaches the finish? With the competition seven minutes behind, Spiridon Louis must have entered Athens with sweet satisfaction of the marathoner having vanquished the competitors and conquered the course. The greeting he received was unrivaled. Young girls tossed flower petals before his feet; screaming and excited boys herded behind him, running till they tired and then being replaced by fresh ones. It is a wonder that the ecstatic masses didn't smother the lean and fragile figure of Louis as he followed a path forced through the crowding spectators by the Athens Chief of Police on his huge horse. No ordinary man or woman on the streets that day could begin to imagine the feeling of triumph and exhaustion filling Louis--both a survivor and a hero. The waves of jubilation the crowd blasted forward like the air before an avalanche must have swept Louis along on an euphoric cloud those last few kilometers.

The latest report of the leader had spread through the crowd in the Panathenaic Stadium, but seeing was believing. The crest of the tidal wave of cheering roared down Herod Attious Street and then burst into the stadium. Against the magnificent and gleaming white marble entrance to the Panathenaic Stadium appeared a dust-covered, sweat-drenched small figure dressed in the unmistakable jersey of blue and white--The colors of Greece.

The impact on the crowd was instant. By all written accounts and memoirs, this one event--the finishing of the marathon by Louis--left an intangible spell of understanding, of solidity, on all present. The air literally split with the continuous roar of deafening noise as a surge of emotion swept through the crowd bringing tears and waving handkerchiefs, hats, and

little Greek flags. Leap-from the royal box, the Crown Prince Constantine, a six-foot-plus man, and Prince George, taller than 6 feet five inches, ran to greet Louis, and the two giant Princes jogged alongside the smaller Louis to the finish line. The normally quiet dignitary figure of King George I had torn off the visor of his naval uniform cap while waving it wildly in the air. The Greeks understood the feeling, and the foreigners who were swept into the sharing of this profound scene would leave carrying the seeds of the ideals the Olympic organizers had dared dream.

The "Olympic spirit" had been realized.

An anonymous man by nature, Spiridon Louis was to become many things. A goat herder from the hills who could catch the hares which he broiled over his lonely fire. A shephard boy whose heart was as courageous as the wolves he had to kill and whose imagination and Greek sensitivity to the glories of the past were fired by the opportunity to run the marathon. A pastoral figure of the lonesome visionary who considered it his sacred duty to lead the field of the marathon race for the glory of Greece. A peasant shephard who fasted and prayed 2 days and nights before the race, filling himself with religious fervor and national pride. A young man burning with a desire to sway the unyielding parents of a girl he loved. A well-to-do farmer. A postman from the village of Maroussi. A modest young man who possessed handsome features and the lean build of the long distance runner.

Louis had finished the 42K course in a time of 2:58:50 and was followed by the Greek Vasilakos, another

Greek-Belokas, who later was disqualified for having ridden in a carriage, the Hungarian Kellner, and then six more Greeks. Incredibly, Lerumusiaux finished the race, entered the stadium with enough revived energy to chatter and gesture with his trademark white gloves in an attempt to explain what happened.

The prizes for Louis showered forth. From the crowd in the stadium were thrown golden cigarette cases, gold watches, jewels. Lifetime offers poured forth: Fresh fish everyday, meals from a tavern owner, shaves, haircuts, and tailor-made clothes. From the royal family came the offer of a gift of his choice.

Of all the prizes accepted or was given is as unclear as the nature of the man himself. He is reported to have turned down all offers except he requested the King provide a horse and cart to help transport water to his home village of Maroussi. He is reported to have quietly accepted all the awards and honors thrust upon him. He is reported to have become immediately a rich man with all the pre-Olympic awards bestowed upon him except for the hand of Averoff's daughter, for Louis was reportedly already a married man and a father of two children.

What is the myth and reality of this first Olympic marathon? By all accounts, Louis was a modest man, a stark contrast to the more brazen athletes who had preceded him to the victory stand during the previous four days of the Olympics. He knew the course, paced himself intelligently on only 17 days rest, used the devastating psychological tactics on his competitors and was an average provincial Greek who must have lived a steady life to maintain his family responsibilities. Yet, the myth portrays a modest young man--almost a boy shepherd from the pastoral hillside--

(CONT)

BLUFFTON INVITATIONAL 10,000 METER RUN

who ran on religious fervor and national pride, who sacrificed personal glory and gain for the glory of Greece.

Although the stage had been set for a legendary finish if the winner would be Greek; Because of Spiridon Louis's calculated race, the "Olympic spirit"--just as entrenched in the glory of Greece as it is in all humanity, was realized.

The object of running in the first Bluffton Invitational 10,000 Meter Run was to be fast. Just ask Ossian's Tom Loucks. And while you're at it, ask Angola's Brady Wells, and Carmel's Tim Mylin, and Ft. Wayne's Vince Garcia. All 4 runners established new personal records in the event held July 7 at Park Field in Bluffton. Ask also, Thom Burleson of Indianapolis. A former member of the elite Athletics West Track Club, Burleson was the fastest of all, winning the inaugural event in 30:16.

After graduating from Butler U. in 1974, Burleson trained for, and competed in, the 1980 Olympic Trials. Time off from competitive running followed, before a decision was made several months ago to get back into the swing of things. If his race at Bluffton is any indication, Burleson's comeback is going just fine.

After establishing a clear lead at the 3 mile point, Burleson churned out a series of 72-73 second laps on his way to posting the fastest 10K ever recorded in Wells County. "I wasn't feeling exceptional, but my training is going well," Burleson said after winning the invitational race. "I'm at a strength level where I can run these kind of times." In running 30:16, the 32-year-old Burleson pulled several others in the 9-runner field to a personal best, including Loucks, who sprinted to a runner up finish in 30:40. The 2 time champion of the Ft. Wayne Marathon was ecstatic after the race, noting that tough competition and a friendly home crowd helped him knock 17 seconds off his previous best time. "I felt great. It was easy," the 25-year-old Loucks said. "It was like I was floating out there... I could have gone 10 miles at that pace."



THIRD ANNUAL
(FWTC POINTS RACE)
CANTERBURY GREEN'S
MUSCULAR DYSTROPHY
"LOVE RUN"



Your Home Town



of
Canterbury

DATE: Saturday, September 1, 1984

TIME: 8:00 a.m. - 2 mile Fun-Run 9:45 a.m. - Awards
8:45 a.m. - 8K (4.96mi.) Love-Run

PLACE: Canterbury Green Apartment Complex, Fort Wayne, Indiana

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

ENTRY FEE: Pre-registration: \$6.00 per race, received by Friday, August 24, 1984. Late entries will be accepted thereafter at \$7.00 per race. Sorry, no refunds. (All entry fees to M.D.A. are tax deductible.)

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

Runner's packets will be distributed on Friday, August 31, 1984 from 12 noon - 8:00 p.m. at the Club House and on September 1, 1984 from 6:45 a.m. to 7:45 a.m. at the large tent between the tennis courts and the Club House.

PARKING: Please use the IU-FU & Canterbury lots. DO NOT PARK in the streets or carparks of Canterbury.

COURSE: The 2-mile Fun-Run & 8K "Love-Run" will include both golf course and the asphalt streets of Canterbury. Aid stations will be at 2 1/2 miles and at the finish.

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

AWARDS: T-shirts to all finishers of both the 2-mile Fun-Run and 8K "Love-Run".
Trophies: Men & Women overall both 2 mile & 8K.
Medallions: Top three winners in each age category, both 2 mile & 8K.

Age Categories:	Men: 14 and under	Women: 19 and under
	15-19	20-29
	20-24	30-39
	25-29	40-49
	30-34	50 and over
	35-39	
	40-44	
	45-49	
	50-59	
	60 and over	

Wmce
97th

The Bluffton Invitational 10,000 Meter Run was a special race sponsored by the Bluffton News Banner and organized by Doug Sundling and Tim Creason of Bluffton. Several runners were selected in early June and invited to the race, with the requirement that they had run previous 10K events between 30 and 33 minutes. 12 runners agreed to participate and on race day 9 showed up, with all 9 looking for a fast race.

By the mile mark it was obvious they were going to get it, as Burleson pulled the pack through in 4:48. 2 miles went by in 9:36, and at the 5K mark, the top 3 runners were just over 15 minutes. Burleson ran a steady pace through most of the race, before kicking his last lap in 65 seconds. Ft. Wayne's, Jeff Beam was the early leader moving to the front for 2 laps before Burleson, Mylin and Lorek who came all the way from Moscow, Idaho for the race took over. Loucks ran 4th in the 1st half of the race, trotting along with Wells and John Carlson of Indianapolis. Meanwhile, Beam, Garcia and Seymour's Green, followed close behind. Lorek was forced to drop of the pace at 2 miles when he developed a cramp, and a mile later, Mylin fell away when Burleson put on a one lap surge. In the meantime,

Loucks began his move, passing Lorek at 3 miles and catching Mylin shortly thereafter. From there, a dandy race for 2nd developed, with Loucks and Mylin running step-for-step before a good-sized appreciative crowd. Cheered on by the hometown folks, Loucks broke away with 7 laps remaining. Mylin's 3rd place time was 31:00, while Wells took 4th in 31:14 and Lorek slipped to 5th in 31:28. Carlson finished 6th in 31:48, Beam was 7th in 32:08, Garcia was 8th in 32:10, and Green was 9th in 33:09.

Loucks admitted afterwards that the contingent of fans helped, but then, the spectators cheered for all the runners. "It was fun doing that in front of the home crowd," Loucks said. "I thought it was a fantastic event."

THE YMCA WILL BE HAVING A

2 FOR 1 PROMOTION

STARTING AUG 27 - SEPT. 15
FOR MORE INFO CALL ANY
BRANCH OF THE YMCA

For additional information, call Tom Mather, 219/485-5895.
Stan Shepherd, 219/485-3292.

Canterbury Green's Muscular Dystrophy Love Run

(1984 FWTC Points Race)

NAME _____ AGE _____ SEX _____

ADDRESS _____

CITY/STATE/ZIP _____

T-SHIRT SIZE: Small Medium Large X-Large

Event: Both 2 mile 8K

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

Signature _____ Date _____
(Parent of guardian if under 18)

OFFICIAL USE ONLY	
Fee Pd.	Runner's No.

1984 TURTLE 10K RESULTS

MEN

* - Track Club Member

14 and under

1	Tim Gorrell*	103	43:17
2	Jon Miller*	107	43:27
3	Chad Shearer	200	48:05
4	Luke Maucione	230	50:50
5	Robb Hedges	241	51:41
6	Josh Kugler	291	60:23

15 - 19

1	Jim Serstad	2	33:58
	(did not turn in finish tag)		
2	Jerry Aver	5	34:25
3	Tom Hoffman	6	34:33
4	Bill Rooney	13	35:59
5	Todd Sherman	35	38:17
6	Troy Ely	39	38:27
7	Jude Roeger	42	38:41
8	Ray Ball	45	38:45
9	Chadwick Ware	48	39:07
10	Chris McCoy	59	39:43
11	Bob Swinehart	65	40:01
12	Matt Gibson	76	40:56
13	Trent Buehrer	84	41:43
14	Joel Barrett	93	42:37
15	Kary Cearbaugh	105	43:21
16	Steve Loshe	114	43:36
17	Jeff Fetters	118	43:47
18	Doug Hedges	124	44:07
19	Don Dowty	128	44:14
20	Kent Lawson	129	44:15
21	Dennis Coblentz	147	45:04
22	Mike Kelly	181	47:00
23	Randy Shoppell	189	47:30
24	Brian Jones	233	50:52

UNACCOUNTED FOR:

(Later found running west on HWY 30)
 Todd Smith
 Tim Ackerman

20 - 24

1	Jerry Williams	1	33:02
2	Dan Stoneburner	8	35:09
3	Steve McNulty	20	36:35
4	Dave Geiger*	23	36:47
5	Kent Buehrer	25	36:59
6	Curtis Castette	33	38:09
7	Keith Horton	37	38:24
8	Steve Voitlein	53	39:22
9	Todd Eagan*	81	41:34
10	Todd Bowers	112	43:34
11	David Taube	123	44:05
12	Scott Hanley	137	44:38
13	Alan Bell	157	45:46
14	Blain Egolf	174	46:42
15	William Lavpan	196	47:59
16	Ken Votaw*	259	54:19
17	Michael Geiger	270	55:18

25 - 29

1	Rev. Rick Wallin*	7	34:50
2	Marlin Howe*	10	35:23
3	Dan Greene	12	35:56
4	Jim Bushey*	14	36:01
5	Terry Diller*	21	36:35
6	Alexander Kyle*	24	36:52
7	Ken King*	29	37:46
8	Calvin King	31	37:59
9	Tony Gattori*	40	38:34
10	Stephen Perez	41	38:38
11	John Freistroffer	63	39:54

12	Todd Nichols	64	39:55
13	Tom Renz	66	40:05
14	Paul Bauman*	70	40:31
15	Bob Achendel*	74	40:49
16	Craig Bobay	80	41:27
17	Mark Brattoli*	82	41:38
18	Craig Allebach	85	42:07
19	Bob Hake	88	42:26
20	Don Cunningham	89	42:27
21	Greg Hughes*	96	42:53
22	Gary Hooter*	104	43:18
23	Gary Chandler	106	43:23
24	Thomas Wagner*	116	43:40
25	Phil Steinsen	132	44:21
26	James Krieg	155	45:45
27	Doug Shively*	175	46:43
28	Troy Cozad*	183	47:15
29	Tom Stieglitz	192	47:38

30 - 34

1	Dan Kaufman*	3	34:04
2	Mike Glasper*	9	35:14
3	John Treleaven*	17	36:22
4	Phil Wysong	18	36:31
5	Jerry Diehl*	27	37:30
6	Norm Spitzig*	38	38:25
7	Karl Waite	43	38:42
8	Steve Caswell*	47	38:54
9	Rich Rella	51	39:19
10	Todd Seiman*	55	39:29
11	Dennis Zech*	62	39:53
12	Ed Hasler*	87	42:22
13	Greg Fahl*	91	42:30
14	Gary Lane*	95	42:52
15	Bob Miller	98	43:01
16	Jerry Mazock*	102	43:15
17	Dave Winters*	117	43:41
18	Keith DeMeritt*	125	44:08
19	Michael Callahan*	133	44:27
20	David Boling	150	45:12
21	Steve Herdman	154	45:45
22	Nou Phouleuang-hong	156	45:45
23	Bob Dahl	162	45:59
24	Joe Hilger*	171	46:32
25	Bob Harris*	182	47:01
26	Paul Sabrack*	190	47:31
27	Brian Badders	204	48:25
28	Bob Nobles	210	48:59
29	Steve Hacker	218	49:44
30	R. Lavine*	228	50:45
31	Mike Yann	264	54:40
32	Bruce Craig	267	54:47
33	Dennis Towbridge	279	56:46
34	Mike Hendricks*	283	57:18

UNACCOUNTED FOR:

Byron Price
 Steven Brown
 (Later found swimming face down in the lake)

35 - 39

1	Paul Sibray	4	34:05
2	Mike Robbins*	11	35:38
3	Dennis Hooley	15	36:03
4	Tim Fleming*	16	36:11
5	Todd Rigelman*	19	36:34
6	Ed Kerr*	32	37:59
7	Russ Suever*	56	39:30
8	Phil Wisniewski*	68	40:17
9	Dave Fairchild*	69	40:24
10	Ivan Painter*	77	41:08
11	Philip Luttmann*	90	42:29
12	Wayne Filichowski*	97	42:55
13	Darrell Ordway*	99	43:04

14	Tom O'Connell	108	43:27
15	George Kirby*	109	43:28
16	Bob Klitzman	115	43:37
17	Ron Lipply	122	43:57
18	Virgil Fojtik	126	44:10
19	John Stachera*	131	44:20
20	Dan Firestine*	136	44:37
21	Joel Weaver	140	44:44
22	Dan Belschner*	141	44:45
23	Bob Grawcock*	142	44:47
24	Al Henkel*	144	44:58
25	Steve Butler*	151	45:17
26	Tom Belleperche	163	46:00
27	Steve Goldthwaite*	167	46:16
28	Cliffton Gorrell*	169	46:25
29	Dave Eckert	180	46:57
30	John Bloom*	185	47:19
31	Richard Tracy	203	48:24
32	Ken Hendricks*	205	48:26
33	Ron Geabler*	207	48:45
34	Rich Fortman	213	49:09
35	Gary Friend	214	49:10
36	Pete Williams	215	49:19
37	Ed Beckner*	216	49:32
38	Gary Oden	217	49:43
39	James Lantz*	219	49:45
40	Charley Knepple	220	49:47
41	Carl Fields*	238	51:25
42	Bruce Montgomery*	247	52:45
43	John Decker	256	54:02
44	Gene Kelly	290	60:06
45	Ron Heimburger*	292	61:46

40 - 44

1	Jerry Perkins*	22	36:39
2	Woody Barker*	30	37:57
3	Larry Averbeck*	44	38:44
4	Bernie Motyca*	46	38:51
5	Steve Adkison*	54	39:28
6	John Hamilton*	60	39:44
7	Mike Byerley*	71	40:38
8	David Boylan*	73	40:40
9	Steve Creighton*	79	41:17
10	Don Ashton*	110	43:29
11	Gary Mullendore*	113	43:35
12	Mike Creighton	135	44:37
13	Bernie Burgette*	138	44:41
14	Bob Gardner*	158	45:51
15	Robert Clay*	164	46:01
16	Jim Fleck	166	46:10
17	Bob Gearheart*	170	46:29
18	Robert Sennett	178	46:49
19	Michael Lykins	193	47:40
20	Mark Mishler	201	48:17
21	Dave Leatherman	206	48:28
22	William Krider	211	49:03
23	Mike Farrell*	222	50:16
24	Carl Maucione	232	50:51
25	Les Sutton	237	51:12
26	David Butler*	240	51:40
27	Winston Stewart	248	52:48
28	Dave Swanson*	252	53:13
29	H.W. Myers	269	55:09
30	Bruce Drees	275	56:12

45 - 49

1	Bill Schmidt*	26	37:22
2	Jack Morris*	28	37:44
3	Ray Sibrel*	50	39:13
4	Tony Clouse*	58	39:40
5	Clem Getty*	61	39:44
6	Bill Chapman	72	40:39
7	Ken Clark*	78	41:11
8	Dick Clevenger	100	43:07
9	Doon Goldner	101	43:14

10 Tom Laird*	121	43:56
11 Tom King	127	44:12
12 Tom Liebrich*	148	45:10
13 David Hedges	160	45:52
14 Dr. James Babcock	187	47:27
15 Joe Brooks*	221	50:11

UNACCOUNTED FOR (Later found break
dancing at the 4
mile mark)

Harry Castetter

50 - 59

1 Dick Shank	49	39:12
2 Mike Kast*	57	39:38
3 Jim Pepler	86	42:09
4 John Hilker*	94	42:43
5 Vern Chovan*	111	43:30
6 Norman Whisler*	119	43:51
7 Terry Gautsch*	134	44:29
8 Marvin Jarvis*	159	45:51
9 Rudi Florreich*	165	46:05
10 Jack Goble*	172	46:36
11 J.P. Jones*	188	47:30
12 John Edris, Jr.*	199	48:04
13 Gene Gran	229	50:49
14 Roger Phillips*	243	52:00
15 Alfred Moore*	246	52:36
16 Lee Knake*	284	57:38
17 Ross Moyer*	287	57:48
18 Arnold Weiss	293	62:49
19 Paul Snyder*	303	86:11

60 and over

1 Chet Fleetwood*	231	50:51
2 Phil Burns	234	50:53
3 Walt Harris*	257	54:10
4 David Cox	258	54:14
5 Rick Shovlin	285	57:40
6 Art Chaney	304	95:27

(80 Yrs. old)

WOMEN

14 and under

1 Jamie Gorrell*	149	45:11
2 Amy Clay*	173	46:40
3 Julie Babcock	176	46:46
4 Chris Graham	223	50:22
5 Kris Hoover	261	54:36

15 - 19

1 Lori Leatherman	36	38:20
2 Becky Drees	120	43:55
3 Sherry Hoover	139	44:42
4 Tonja Schenkel	146	45:01
5 Becky Babcock	161	45:59
6 Virginia Graham	177	46:48
7 Lori Waters	195	47:52
8 Marnie Gautsch	198	48:02
9 Carol VanHorn	212	49:08
10 Missy Mankey	239	51:37
11 Theresa Wells	242	51:42
12 Sue Wade	249	53:00
13 Elaine Drees	250	53:01
14 Teresa Johnson	251	53:02
15 Michelle Lomont	263	54:39
16 Barb Hoar	266	54:46
17 Kristy Zapp	268	54:56
18 Holly Liggett	277	56:28
19 Trinna Frazier	280	56:54
20 Dawn Zirkelbach	294	63:33

20 - 25

1 Judy Tillapaugh*	67	40:08
2 Trina Chapman	75	40:51
3 Sharon Getty*	143	44:51
4 Betty Jackson*	209	48:55
5 Sabine Florreich*	236	51:04
6 Marie O'Neil	262	54:38
7 Wendy Schuman	271	55:19
8 Julia Jontz	278	56:35
9 Monica Brown	299	67:53

26 - 31

1 Theresa Yankowiak*	83	41:41
2 Robin Walker	130	44:19
3 Sue Ward*	145	44:59
4 Cindy Sabrack*	152	45:29
5 Deb Glasper*	168	46:19
6 Sue Griggs*	184	47:16
7 Eunice Weis*	208	48:54
8 Sue Sipes*	225	50:25
9 Michelle Heine*	235	50:57
10 Jody Long	244	52:20
11 Sue Steinen	255	53:59
12 Janet Hanley	260	54:25

32 - 39

1 Betty Nelson*	34	38:14
2 Pat McIntosh	186	47:26
3 Marsha Schmidt*	191	47:35
4 Joyce Butler*	197	48:01
5 Annetta Stork	227	50:36
6 Cherie Belschner*	245	52:31
7 Polly Nobles	254	53:55
8 Karen Perrin*	276	56:20
9 Jan Kidd*	281	57:08

UNACCOUNTED FOR: (Later found slammed
into tree on the curve
Anna Hooley at the lake)

40 and over

1 Roseann Simmons*	194	47:50
2 Jo Ashton*	224	50:23
3 Janis Greene*	226	50:30
4 Joyce Fuzy*	253	53:23
5 Bonnie Taylor*	273	56:10
6 Wiladene Shively*	296	65:20
7 Sarah Kleinknight*	297	65:36
8 Tess Machlan*	300	69:54
9 Doris Snyder*	301	81:34
10 Sharon Pauley*	302	81:37

WHEELCHAIR

1 Jeannie Hormann	305	90:27
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CRUISERWEIGHT

1 Howard Bash*	179	46:53
2 Larry Getts*	202	48:18
3 Geoff Baker*	265	54:43
4 Michael Reith	272	55:25
5 Willis Mitchell	282	57:13
6 Tom Hestings	295	63:57

Race day Temp - 65-70 degrees

Total # of runners 317

Wheelchair entrant 1

318

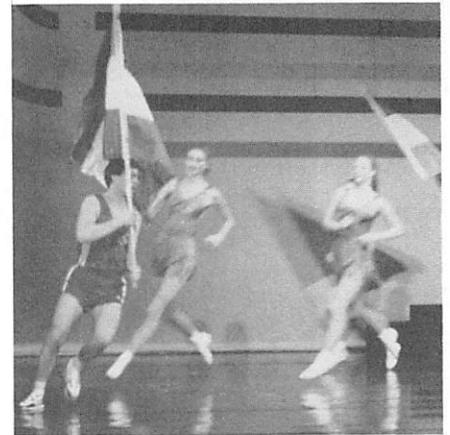
No Shows 8

310

Race Finishers 305

Total # of men 240

Total # of women 70



John Treleaven performing
for the Ft. Wayne Ballet



V.P. Terry Shipley is
just wild about the Ballet



Another FWTC member doing
his thing at The Embassy

STRETCHING VS. WARMING-UP

by: Michael Robbins

There seems to be continuing debate among "authorities" about what stretching should be done, when and how much. Often, this discussion ignores the vital role warming-up should play for any runner - regardless of any particular stretching philosophy. I feel that both warming-up and stretching can be significant but that warming-up is far more important and beneficial.

To help differentiate the terms, stretching generally involves remaining in some type of stationary position while gradually and gently pulling with or pushing against some particular muscle or muscle group. Warming-up is generally the very easy performance of the same or similar activity that one is about to engage in more strenuously.

I believe it is important to "warm-up" or ease into any training run. To do so prior to a race is paramount. The boxer who arrives at the ring dripping with sweat does not feel he has jeopardized his chances of completing 15 rounds and neither should a runner who arrives sweating at the start line feel he has used up any degree of needed energy. This sweating, warmed-up condition can be achieved through a combination of both loosening and stretching but I feel the emphasis should be on the warming-up routine. (For those who do not necessarily agree, whether through experience or prejudice, I have attached a chart which depicts an array of pre- and post-running stretching routines.)

In general, the shorter the race, the more critical is the warm-up. Starting relatively cold into a fast, hard pace can tear and damage muscles and greatly increase recovery time while adversely affecting the level of performance. Conversely, the longer the race, the less critical the warm-up becomes since (especially in a marathon) the first few miles may be run at an easy warm-up pace.

The 10K race is one which I feel demands a solid warm-up which provides both a loosening effect and speed acclimation. Any warm-up routine should be tailored to each individual's needs. Experimentation with various elements of the warm-up will help define the exact mix and length of the components.

I favor a warm-up which **begins** 40 - 45 minutes prior to the start of the race. Some gentle leg stretches following a 1 1/2 - 2 mile easy jog will get the blood flowing and the legs loose. Approximately 15 minutes prior to the start again do some easy running followed by some stride-outs. The stride-outs may vary from 50 - 100 yards at a sprint-like pace. The pace should be faster than the anticipated race pace but slower than an all-out sprint. Four or five stride-outs will likely be sufficient. This stretches the leg muscles and, hopefully, warms and loosens the body to the extent possible on that particular day. I tend to agree with the coach of 5K world record holder, **Dave Moorcroft**, who says **Dave** never does stretching exercises. If he needs to stretch, he runs fast.

It is equally critical to do some easy running following the 10K race. This helps flush the lactic acid from the muscles and generally relaxes the mind and body. A couple of easy miles after a 10K will make any run the following day feel much better. My routine does not include any real stretching after a race (occasionally some incidental stretching slips in) but, again, that should be a part of personal preference.



Jack Morris at the Start of Turtle Days 10K



Dave Fairchild at the finish of Turtle Days



Inside Track photographer Gary Lane poses for this photo at the finish of Turtle Days



The start of The Circular 5K



The start of 2 loops around Shoaff Park

THE PAINFUL HILLY 4 RESULTS

43:56 20 - 2
44:12

MEN

14 & Under	OVERALL	35-39	
1 Stan Florea	22:56 18	1 Metric Robbins	22:21 12
2 Scott Reece	25:57 56	2 Tim Flaming	22:48 14
3 Tim Gorrell	27:58 84	3 Todd Rigelman	23:06 20
4 Ricky Squires	28:41 95	4 Art Obregon	23:18 26
5 Bobby Wiersma	31:22 131	5 Ed Kerr	23:44 31
6 Darin Mast	32:44 141	6 P. Wisniewski	24:44 40
7 Mike Lindley	38:14 160	7 Steve Adkison	24:51 44
8 Brian Lindley	43:47 164	8 Jack Hamilton	25:14 50

14-19	OVERALL
1 Jeff Beam	20:56 2
2 Phil LeMaster	21:55 8
3 Tom Stinson	22:00 9
4 Steve Connelly	23:13 24
5 Matt Ebersole	23:20 28
6 Frank Webster	25:13 49
7 Todd Callicote	28:04 88

20-24	OVERALL
Mark Herndon	21:24 5
2 Craig Schwartz	21:53 7
3 Mike Bultemeier	22:37 13
4 David Geiger	23:12 22
5 Bret Curry	23:13 23
6 John Weining	23:32 29
7 Gary Beam	23:38 30
8 Keith Horton	23:57 33
9 Randy Johnson	24:19 36
10 Todd Eagan	25:40 55
11 Nicholas Gatton	28:28 92

25-29	OVERALL
1 Tom Loucks	19:50 1
2 Doug Sundling	21:21 4
3 Calvin King	22:49 15
4 Terry Diller	22:53 16
5 Kenneth King	24:32 39
6 Tony Gatton	24:47 43
7 Mark Braltoli	26:07 62
8 Gary Aupperle	26:13 64
9 Greg Hughes	27:25 77
10 Gary Chandler	27:28 79
12 Mike Avila	28:48 98
13 Michael Manno	28:54 101
11 Thomas Wagner	28:03 86

30-34	OVERALL
1 Gary Heimdexer	21:09 3
2 Dan Coughman	21:41 6
3 Mike Kukelhan	22:14 10
4 Steve Brown	22:16 11
5 David Hockley	22:55 17
6 Roger Wilson	23:50 32
7 Stormin Spitzig	24:10 35
8 Steve Caswell	24:29 38
9 Dennis Zech	24:46 42
10 Dave Winters	24:59 47
11 Terry Coonan	25:03 48
12 No Name	26:16 65
13 Rick Hower	26:58 71
14 Tom Archbold	27:24 76
15 Joe Hilger	29:03 103
18 Paul Sabrack	30:49 123
16 Gary Graham	30:11 118
17 Robert Harris	30:45 122
19 Bill Townsend	34:09 149
20 Jim Bottong	35:23 153

35-39	OVERALL
9 Ivan Painter	25:59 57
10 Mike Zurzolo	26:04 59
11 Fair Davechild	26:05 60
12 Steve Tomlinson	26:55 70
13 George Kirby	27:26 78
14 Tom OConnell	28:05 89
15 Al Henkel	28:26 91
16 Lawrence Lee	28:46 97
17 Larry Lee	28:58 102
18 Clifton Cor.	29:24 106
19 Dave Eckert	29:42 112

40-44	OVERALL
1 Jerry Perkins	22:58 19
2 Dun Lindley	23:11 21
3 Woody Barker	24:03 34
4 Larry Averbeck	24:26 37
5 Bernie Motyka	24:44 41
6 David Boylan	26:06 61
7 Dave Wolff	26:44 67
8 Dave Waldrop	26:46 68
9 Jerry Rickard	26:47 69
10 Tom Felger	27:19 74
11 R. Kleinknig.	27:32 80
12 John Rogers	27:53 83
13 John Callic.	28:03 87
14 Robert Clay	29:31 108
15 Mark Mishler	29:46 119
16 Lee Mast	30:17 119
17 Larry Yant	31:10 127
18 Bill Krider	31:28 133
19 Dave Swanson	32:52 142

45-49	OVERALL
1 Jack Morris	23:14 25
2 Bill Schmidt	23:20 27
3 Clem Getty	24:52 45
4 Ray Sibrel	25:39 54
5 Ken Clark	26:00 58
6 Craig Miller	26:11 63
7 Doon Goldner	26:17 66
8 Joe Ziegler	27:17 73
9 Tom Laird	27:33 81
10 Tom Liebrich	28:37 94
11 Joe Brooks	31:05 125
12 Russ Shook	31:18 130
13 Fred Geyer	34:15 150
14 Slim DuPont	36:02 156

50-59	OVERALL
1 Mike Kast	24:55 46
2 Myron Meyer	25:38 53
3 John Hilker	27:10 72
4 R. Florreich	29:05 105
5 Just Plain J.	29:32 109
6 Cy Johnson	30:29 120
7 Giles Tomlin	30:32 121
8 Al Moore	32:21 139
9 Roger Phillip	32:25 140
10 Ross Moyer	35:16 152

60 Plus	OVERALL
1 Chet Fleetwood	32:11 138
2 Phil Burns	33:23 146
3 Walt Harris	33:33 148

WOMEN

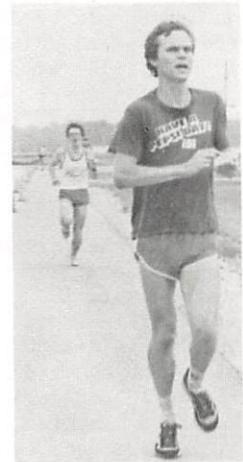
19 & Under	OVERALL
1 Karma Geyer	27:52 82
2 V. Graham	28:45 96
3 Jamie Gorrell	28:53 100
4 Amy Clay	29:30 107
5 Marnie Gautsch	30:02 117
6 Chris Graham	31:09 126
7 Cheryl James	31:16 129
8 Karen Fothergill	31:37 135
9 Julie Toole	33:08 144
10 Kris Hoover	33:19 145
11 Nancy Koch	33:29 147

20-29	OVERALL
1 Theresa Yankowiako	25:17 51
2 Sharon Getty	28:02 85
3 Betty Jackson	31:02 124
4 Eunice Weis	31:12 128
5 Kim Stairs	31:26 132
6 Sabine Florreich	31:40 136
7 Cindy Sabrack	31:41 137

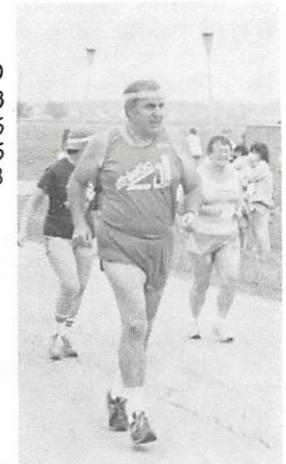
30-39(Old married folks)	OVERALL
1 D. Kukglaselperhan	28:12 90
2 Mrs. 'Tri' Suelzer	29:35 110
3 Marsha Schmidt	29:43 113
4 Pattiski Flaming	29:47 115
5 Linda Renner	35:29 155
6 Karen Perrin	36:47 158

40-49	OVERALL
1 Ann Jammeats	25:19 52
2 June Goldner	27:21 75
3 Roseann Simmons	29:48 116
4 Ganis Greene	32:53 143
5 Joyce Fuzy	34:23 151
6 Bonnie Taylor	36:28 157
7 Nancy McElwain	42:39 162
8 Maurine Gensheimer	42:40 163
9 Sarah Kleinknight	44:00 165
10 Sharon Pauley	49:54 167

50 & Over	OVERALL
1 Kelly Glen	36:58 159
2 Tess Macklin	41:01 161
3 Doris Snyder	44:57 166



Doug Sundling hitting the line at The Painful Hilly 4



Slim Dupont gets a running start at the Painful Hilly 4



The happy start of the Painful Hilly 4

THIRD ANNUAL MARKLE WILDCAT FESTIVAL 10-K

Saturday, September 8, 1984

TIME: 8:00 a.m. sharp
PRIZES: Winners for All Age Groups
T-Shirts for all Entrants
COURSE: 6.2 Mile Flat Course
Time Splits on Course
Aid Stations
Rest Rooms
Showers
FEE: \$6.00 or \$6.00 Day of Race

ENTRY INFORMATION

PLEASE PRE-ENTER BY SEPTEMBER 1 IF AT ALL POSSIBLE!

Make \$6.00 checks payable to WILDCAT FESTIVAL 10-K
Mail entries & checks to:

Max Murchland
6641 W. 500W
Markel, In. 46770

For Further Information, call 219-758-2571

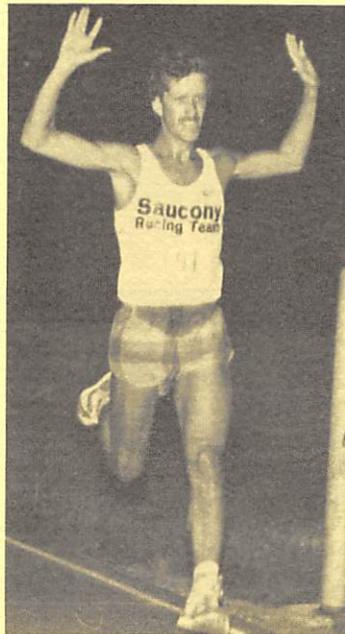
NAME _____ SEX _____ AGE AS CF 9/7/84 _____

ADDRESS _____ CITY _____ STATE _____

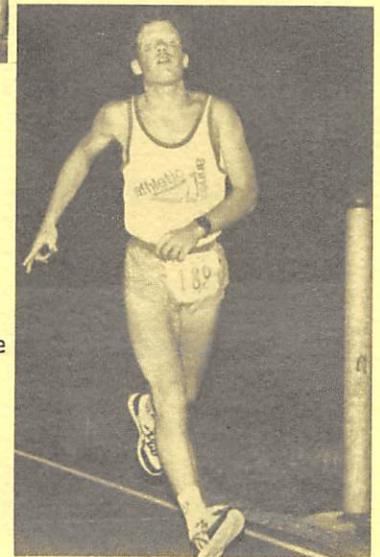
TELEPHONE _____

T-SHIRT SIZE (Circle One) Small Medium Large Extra-Large

In consideration of the acceptance of this entry, I waive for myself, my heirs and assigns, any and all claims for damage against the Markle Wildcat Festival Committee of Markle, Indiana, and their representatives, for any and all injuries received during this event or as a result of this event.



Loucks finishing 2nd at Bluffton Invitational 10K in PR 30:40



Jeff Beam, 7th place at Bluffton Invitational 10K in 32:08

Signature of Entrant _____

Signature of Parent if under 18 years _____

QUOTES, MISQUOTES AND OTHER

Tom Loucks: "In a race I don't worry about anyone who doesn't wear a shirt."

Don't forget your crazy editor's Chug-A-Lug party on Aug 18th at 4PM. Please call in advance so we know how much beer to have and for you to know what food to bring. This year the Athletic Annex is providing the wildest "T" shirts they can get their hands on for a buck. Bring another buck or two(too) for potential other expenses. 747-1064 (219)

Linn & Jerry Mazock are proud parents again. On June 24th at 5:36 PM. Ernest Henry Mazock was born at Lutheran Hospital. He was 21 inches long and weighed 9 lbs. 1 oz. Linn's doing fine. At 8:00PM that evening, She looked so good, I thought she was getting ready to go to work.

MIKE GLASPER ABOUT DEB KUKELHAN: "I've never met a runner that I didn't like."

POINTS AND MEMBERSHIP APPLICATION

Name _____ Birthdate _____ Sex _____

Address _____ Phone _____

City _____ State _____ Zip _____

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

HAVE YOU SEEN "GHOSTBUSTERS" YET?

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

DEB KUKELHAN ABOUT MIKE GLASPER: "I couldn't beat him so I married him"

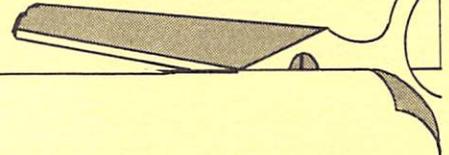
Mail to: Russ Suever, 1924 Montgomery Court, Ft. Wayne, In 46815

Mail reg. membership app to Phil Shafer

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FORT WAYNE TRACK CLUB



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

TRACK CLUB USE:

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

New _____ Renewal _____

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



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